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Qi Creative features new renovations

Local company has grown since opening five years ago



The Qi Creative team poses in the newly renovated space. | Provided by Paula Rivero

STEPHEN STRAND

If you walk west on 118 Avenue and look up to the second storey of the building on 94 Street, you will see a new mural. It is called the Create YouR Awesome Community Mural Project and is part of the recent changes to the Qi Creative building.

Qi Creative works with special needs children and their families “in home and school environments to celebrate their talents and strengths in overcoming challenges,” said Jonathan “Jon Jon” Rivero, the chief energy officer, chief executive officer, and founder.

“We [Qi Creative] are occupational therapists, speech language pathologists, physical therapists, behaviour and trauma specialists, and human ecologists dedicated to helping others create meaningful learning and embrace their awesome selves,” said Rivero.

He continued: “We are creating

awesome 24/7, though our office hours are currently by appointment. We also run programs in partnership with other businesses, schools, and organizations through Qi Adventure Club, which is adventures for people of all abilities.”

These adventures include learning how to downhill ski, skate, skateboard, ride a bike, or dance. Activities also include learning capoeira or taekwondo, which are often run at Alberta Avenue Community Centre.

Planning the renovations began in 2014. The roof came off in December of 2015 to add a second storey and the team moved back into the building on January 11 of this year. The added storey includes four meeting rooms, a full kitchen, and a lounge with colourful modular seating in front of a glass garage door that opens onto a balcony. The main floor has a media room with a green screen for movie making

and an open multipurpose room for larger meetings or playing ping pong.

“These renovations have been years in the making,” Rivero explained. “Qi Creative is a practice that grows a little more each year in terms of the clients we serve and the coaches we hire to meet their needs.”

With the growth came an increased need for space for things such as offices for the coaches to complete paperwork and answer phone calls and a larger communal space to work with the children.

Since 2012, Qi Creative has grown from a local business to an international training company. In 2016, Rivero was the recipient of the TED Talent Showcase, and because of this has been invited to speak at TEDxYOUTH@NIST and TEDxYouth@Austin.

In 2012, Qi Creative launched Qi University, a seminar/workshop

for parents, caregivers, and professionals. They also work with schools to provide educational consulting and therapy services and provide an educational support model that “is a strength-based approach that helps children and students to be successful,” Rivero said.

Costs for the services may vary depending on where you live in Alberta, but a free online community called Qi iQ provides access to resources and material.

Additionally, financial aid is available for families and help with the cost of Qi Creative’s services, such as the Disability Tax Credit (DTC), the Child Disability Benefit (CDB), and the Registered Disability Savings Plan (RDSP).

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

INSIDE

COMMUNITY MEETING

McCauley residents discuss safe injection site proposal >> P2

CELEBRATING CULTURE

Read about Delton School’s Intercultural Family Nights >> P4



EDITORIAL

Learn about similarities between Cuba and Edmonton >> P6

PENNY CARNIVAL

Have some old-fashioned fun for less than a dollar >> P9



SIGNS OF SPRING

Find out why budding trees are a sure sign of spring >> P13



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Residents debate safe injection site proposal

Community meeting addresses the potential impacts

MIMI WILLIAMS

About 60 residents gathered in the basement of Sacred Heart Church on March 6 to hear from members of Access to Medically Supervised Injection Services Edmonton (AMSISE) about their proposal to open four safe injection sites in the city's core.

The meeting, organized by the McCauley Community League executive committee, was intended to address residents' concerns about possible impacts the sites may have on their neighbourhoods.

"Community support is not a requirement of this process," explained league president Phil O'Hara. He said the executive committee was looking for a way to gauge what message to send to the city and other levels

of government. He explained they held the meeting because the proponents were not going to.

AMSISE intends to seek approval from the federal government to operate three public sites: the Boyle McCauley Health Centre, George Spady Centre, and Boyle Street Co-op. A fourth site at the Royal Alexandra Hospital would be accessible only to patients and their visitors. The sites were chosen because they already offer clean needle exchange programs as well as services for the homeless. The proposal would see a nurse and social worker present at all times.

"Supervised injection sites are just one piece of a strategy of harm reduction," Dr. Elaine Hyshka told those present. "We believe that by connecting drug users with health care

professionals and allowing them to form relationships, we can facilitate positive behavioural change." She described the sites as an "off-ramp" or a "connector" to positive health choices.

Those present did not appear overwhelmingly opposed to the principle behind the proposal. But while some were perturbed all three public clinics will be located in their community when IV drug use is also a problem in other areas of the city, others were less so.

"I don't have a concern," said Mary Frances, a registered nurse and McCauley resident. "We already have the clean needle exchange sites here. Maybe this will make it better for us by keeping the used syringes off the streets."

Jane Molstad, the city's McCauley revitalization coordinator, said the syringe pick-

up project gathered 2,400 used needles in the area last year—a dramatic increase from the 1,500 it averaged in six years of operation.

Maurice Fritze currently lives in Terwillegar. He and his wife Angela have purchased a lot in McCauley on which he intends to build and relocate. He said he's worried the proposal flies in the face of revitalization efforts.

"We bought into the revitalization of McCauley," he said. "I don't oppose serving these communities. But there are drug users all across this city. Why isn't there a city-wide sharing of responsibility?"

The federal process requires the city and the police to sign off on supporting safe injection sites, but requires no similar approval from the communities in which they are placed.

The provincial government

gave AMSISE \$230,000 last fall to assist the group in preparing its application and city council approved the plan in principle, pending the conclusion of community consultations.

Shelley Williams, executive director of HIV Edmonton and chair of AMSISE, said the group will continue gathering community input and must complete more steps before submitting an application to the federal government later this year.

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



Shelley Williams, executive director of HIV Edmonton and chair of AMSISE, addresses the crowd. | Mimi Williams

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ABOUT US

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Build Community, Encourage Communication, Increase Capacity.

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Our writers vary from trained journalists to community residents with varying backgrounds. We strive to be a place where individuals can learn new skills and acquire experience—whether in writing, editing, photography, or illustration. We welcome letters, unsolicited submissions, and story ideas.

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I ♥ my RCP

Masjid Quba mosque holds an open house

Tour introduced visitors to local Muslim community

REBECCA LIPPIATT

Alberta Avenue has always been populated by newcomers to Canada. In the last 10 years, many people moving to our community are from Somalia, Iraq, Lebanon, Sudan, and other Arab countries.

Many mosques serve a distinct geographic population, but the Masjid Quba mosque serves an ethnically and culturally diverse group that reflects the community make-up.

On Feb. 25 and 26, Masjid Quba held an open house to welcome non-Muslim community members and introduce them to the local Muslim com-

munity. About 60 to 70 people attended the open house. Members of the mosque greeted visitors and showed them around.

Tanveer Quraishi, wife of the Masjid Quba president, said mosque members wanted to show visitors “what goes on in the mosque and to show what we teach people.” She goes on to say Islam “is a peaceful religion, not a cult [as is often shown in popular media]. The mosque is open to everyone as a place to come and have peace. People can come to pray, meditate, just sit quietly, or have coffee with the members of the community. Anyone is welcome to come here at any time.” Women are

not expected to cover their heads.

Syed Hussain, the mosque director, said since the mosque was opened, he has met people from countries who speak languages he didn’t even know existed.

The tour included a brief history of Islam. Muslims believe in all the prophets, and revere Jesus as a prophet. They point out Islam is the only religion where the words of God were conveyed directly to Muhammad, written down by his two scribes and have never been translated out of the original Arabic.

The exterior of Masjid Quba still resembles the former theatre

it was. The only outward sign the building is now a mosque is the ornate metalwork designs covering the front doors. The interior is a beautiful antidote to our gloomy winter weather. The floor is covered in a continuous sky blue and aqua prayer rug. The rug is designed so all members pray as equals, from the “beggar to the multimillionaire,” said mosque president Hussain Quraishi. White arches soar overhead, and the ceiling is punctuated by sparkling light fixtures and graceful fans.

During the tour, many of the mosque members wanted to make it clear to visitors there is a distinct difference between Islam and how their religion

is used in politics and culture. They do not like how Islam is used as a tool to control people in some countries.

Tanveer said the open house had “a good response, more than what we expected. People wanted to hear what we have to say and are very supportive of what we do.” She continued, “Thank you to all of you for showing up. You are all welcome to visit, ask questions.”

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



The open house welcomed 60-70 non-Muslim community members. | Rebecca Lippiatt

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Delton School stops ignorance with education

Fighting prejudice with food, history, and culture

SIERRA BILTON

Ignorance is a well-known root cause of prejudice. To combat this, Delton School is offering a refreshing solution.

The goal is to educate not only students, but also their families and the broader community about the many cultures in their neighbourhood. Since January, Delton School has dedicated one night per month to celebrating culture with its Intercultural Family Night.

“We believe that if we learn about each other, that will reduce the likelihood of prejudice and discrimination,” Delton principal Errol Johnson said. “It’s hard to hate a person when you understand them.”

The idea began while Johnson was principal at Rosslyn Junior High. The school held an

aboriginal family night once per month to promote similar community engagement and education. So when Johnson moved to Delton School, he knew the family nights would be a good fit for the school with its diverse student population of over 60 different cultures.

The first cultural night held at Delton shared aboriginal culture since the school currently has about 140 students who identify as First Nation, Métis or Inuit. The second event was held during Black History Month in February, so the natural choice was African-Canadian culture. Last month was Arabic culture, this month is Eastern European culture, May is Asian culture, and June is a celebration of all cultures.

A city grant funds the event, which helps to pay for food,

music, and performers. Anyone can attend and in fact, Johnson encourages anyone interested to join.

The point, Johnson said, is “to try and engage the community back into schools—this school is not my school, I’m just the person who’s lucky enough to be placed in charge of the school.”

He said the current use of schools for only students during the daytime is too narrow and could be broadened to the rest of the community. “Schools are buildings that taxpayers generally invest a lot of money in and yet they’re only used from eight to four...then they just sit there empty for the rest of time. My feeling has always been that the school should be the hub of the community.”

A benefit of getting the com-

munity into the school outside of school hours is that connections and relationships can be built, which makes discussions of parental engagement and support easier when parents know the teachers and school administrators.

“The research is pretty clear; when parents are involved and dedicated to their kids, the kids tend to do much better in school—but also in life,” Johnson said.

Nigel Robinson with the Global Indigenous Youth Coalition helped plan the aboriginal Intercultural Family Night in January. Robinson said he is amazed these types of events aren’t standard practice in Canadian schools.

“One of the most important things is it normalizes different cultures for children,” he said.

“Every month they get to see different aspects of other cultures, so it’s not just something they only see at Heritage Days once a year.”

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

INTERCULTURAL FAMILY NIGHTS

April 13: Eastern European culture
May 11: Asian culture
June 8: All cultures
5:30 - 7 pm at Delton School (12126 89 Street)



Delton student, Teagan. Delton School hopes to encourage other schools to adopt similar approaches of fighting prejudice with understanding. | Sierra Bilton



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Breaking out the board games for good fun

Board games provide hours of social entertainment

RCP CONTRIBUTOR COLLABORATION

Board games are a great way to spend time with family and friends. Although many of us grew up playing classic games like Monopoly or chess, there are seemingly endless options now, with board games more popular than ever. Check out some favourite games and places to play them from Rat Creek Press contributors. If you need people to play with or want to try out new games, check out GOBfest, Edmonton's Board Gaming Convention on April 8 & 9 at Alberta Avenue Community Centre. Find out more: gobfest.ca.

My all-time favourite board game has to be Risk, although sometimes it is hard to find a good group of people to play it with. When I do find people to play with, it ends up being so much fun. Who doesn't like taking over the world? A great place to play it or any game for that matter is at The Hexagon Boardgame Café on 101 Street and Whyte Avenue. Super friendly people there and it's owned by a really nice couple. You can also order games directly from them.
Steven Townsend

In university, backgammon was a quick release of homework tension with a roommate. My current favourites are Dominion and Settlers of Catan, both competitive and introduced to me at GOBfest (Games on Boards Festival) held in our own neighbourhood every April. This festival has something for everyone, with teachers, a flea market to buy secondhand games, and a roomful of games to try during the festival and see what you like. The kids I see at this festival are different than kids and young adults who are deprived of the tactile and social aspects of board games.

There are also cooperative games where a family can work together. For example, one game requires players to work together to share water and to retrieve the parts of a plane in order to survive and escape the desert before you all perish. And every Sunday, Players of Games on Boards (POGOB) meet to play various games. Then there are also tabletop cafés and the Carrot's game night. All good fun.
Rusti L Lehay

My family and I have fallen in love with board game cafés, especially The Gamers' Lodge on 124 Street and 104 Avenue. For a \$5 library fee, you can play as many games as you like (from a selection of hundreds) and kids under 12 are free. They have a great selection of kid-friendly snacks too, like a massive bowl of assorted candies. OK. The candies are actually for us adults. We've discovered some fantastic games through trial and error there, our favourite being Hamsterolle. This game is a big wooden wheel with platforms that you balance different sized and weighted pieces on. Whoever balances all of their pieces without spilling them all wins. And someone always spills them all over the table, which is why we play.
Dave Von Bieker

Certain board games have special memories for me because of who I've played them with. I play Scrabble regularly online with my cousin. When I'm visiting my mom, we play Yahtzee. A popular game with my friends is Cards Against Humanity. I've grown to enjoy collaborative games, where people work together towards winning rather than compete with one another. I've been to all of the board game cafés in Edmonton and they're all great, with staff ready to help answer questions. Locally, The Carrot has a board games night the last Tuesday of every month. But it's also nice to hang out and play with friends at home. It makes for a casual and fun atmosphere.
Talea Medynski

We have been loving the new board game café trend that's sprung up over the past few years. Our favourite is The Gamers' Lodge on 124 Street. We've been there several times this winter. It's a wonderful environment for the whole family. Games for every age, level, and interest category. Very affordable for an evening out, especially since kids play for free. It's a great place to meet friends because they have far more games than most people would keep in their homes, and because it means no one has to cook or clean! They also have special events set up for particular interests, and for people who want to come on their own and meet new people to play with. As a social capital nerd, I also love the opportunity it presents to spend social time in real life, building relationships and communities.
Nadine Riopel

My favourite games are Settlers of Catan, Mysterium, and Dominion. Look for used games online and on Kijiji. Gamer cafés are a great place to try out a game before committing to the big price tag!
Sierra Bilton

I love Scrabble. I do home care and play some challenging games with one of my clients. She is in her late 80s and I always look forward to playing with her. Longevity is on the rise.
Shirley Zago



Chess is a classic board game involving strategy. | Pixabay

A lot of people enjoy competitive games like Monopoly. | Pixabay

EDITORIAL

Comparing two different communities

Pinpointing the ways in which a community thrives

CONSTANCE BRISSENDEN

Travel is eye-opening. You're in a new place and you can't help comparing it to home.

When I went on a recent working trip to Havana, Cuba, it made me see our neighbourhoods in a new light. A better light. And it made me angry some people still think we live in a questionable part of town.

In Havana, I stayed in Vedado, a residential area more than 150 years old. I was in Cuba to attend the Havana International Book Fair, representing books written by my late partner, Cree author Larry Loyie. I was invited as the co-author by the Canada Council for the Arts to attend on Larry's behalf.

Most of the authors stayed in big hotels. I chose to stay in Vedado at Casa Margarita, the Cuban equivalent of a B&B.

Every day for more than a week, I walked 27 blocks to catch the shuttle bus to the

Fortress of San Carlos de la Cabaña, the 254-year-old former Spanish fort and the site of the book fair.

I had plenty of time to get to know Vedado and how it fared as a community.

First of all, life happened on the street. People stood by their front gates talking in groups. Home-based businesses transformed house fronts every morning, selling baked goods, sandwiches, or coffee. Students ate their lunches sitting on the sidewalk. Everyone walked. Roosters, dogs, and cats paraded on the sidewalks as well.

In Cuba, people sleep indoors, but live outdoors. Why stay inside? It's cooler outside. Television channels are limited and electricity is expensive. Cell phones are not everyday items. Few Cubans have Internet. Even the big hotels have problems sustaining wireless Internet.

I also noticed if you wanted something, you went out into the street to find it. Valentine's

Day was a great example of a world without the web.

One morning, as I headed out at 8 am to walk downtown, I was surprised to see a couple holding hands. This was a first. I remembered suddenly it was Valentine's Day. Then another couple, and another. Cubans take Valentine's Day seriously.

A woman walked by carrying a fancy cake on a platter. She was smiling. The cake was decorated with white icing and pink sugar roses. No box, just the cake on a platter. Don't trip on the wonky sidewalk, I thought.

A few blocks on and I saw half a dozen men, young and old, crowding around a parked car. Looking closer, red roses flashed. The street flower vendor was doing a brisk Valentine's Day business out of his car.

I loved the street scene in Vedado. It felt comfortable, sociable, and on a human scale.

Back in Edmonton, I see 118 Avenue and its neighbourhoods with fresh eyes. We have so much here to praise and enjoy.

We have cafés, shopping, an art centre, a community centre, and a major recreation facility. We have schools, parks, and family water features. We have the *Rat Creek Press* sharing our stories and alerting us to neighbourhood news. Plus, we have our festivals to celebrate.

For a big event in Cuba such as the book fair, everyone comes out. In 10 days, more than one million people of all ages showed up. They streamed in on foot, in overcrowded public transit, and in taxis of all vintages.

We may not get one million attendees, but we share the same feeling of excitement and pleasure from our street festivals. We get to know our neighbours by enjoying events in both winter and summer. Good feelings emerge.

Merriam-Webster's online dictionary defines a neighbourly relationship as "a close feeling of brotherhood." Our street festivals, and all that our area has to offer, enhance our togetherness.

After all, community in Vedado is not so different from ours. We haven't let the digital revolution steal our surroundings. In fact, the web and email help us connect, especially when winter reduces our mobility.

Canadian diplomat Hilary Syme, based in Havana, told me, "The beauty of Vedado is that it doesn't know how cool it really is. It's got a bit of everything and everybody. Life is going on in the street."

Doesn't that describe our 118 Ave neighbourhoods as well?

Let's speak up for what we have. It's time to let the rest of Edmonton know we have worked hard to create a liveable area. We may not have year-round summer, but we have the warmth of our community activities year round.

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



Constance Brissenden with B&B hosts Anna Maria and George at Casa Margarita in the Havana neighbourhood of Vedado. | Supplied

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Developing Abundant Communities

Fixing big problems on a small scale starts at home

SIERRA BILTON

In a world of increasing social isolation, neighbours can be a great asset for social support, resources, help, and safety. A book called *The Abundant Community* by John McKnight and Peter Block champions collective efficacy to create more capable and effective communities.

In the book, McKnight and Block explain that when communities become organized and engaged, many of the goods and services we normally outsource are often available within our own communities. Rather than becoming “clients and consumers” we could become “citizens and neighbours.”

Howard Lawrence, co-founder of Abundant Community Edmonton (ACE) believes in the untapped assets communities hold. After reading the book, he said he knew

the Asset-Based Community Development (ABCD) framework could be used to benefit Edmonton’s communities, but with some adjustments.

“The principles of the book say that you need to catalog the personal assets—so human assets—the group assets and the institutional assets of the neighbourhood,” Lawrence said. “Our approach is the book made practical.”

The framework utilizes block connectors that go door-to-door asking each resident about their interests, needs, and skills, which is then compiled along with their neighbours’ data to develop a better understanding of the community as a whole.

Karen Mykietka, past president of the Alberta Avenue Community League, introduced ACE to the 80-block neighbourhood a few years ago.

“It’s a bottom-up approach instead of top down. You start by talking to people, see who’s

interested in what, and help connect people in the neighbourhood. Maybe they start an informal group or a formal program or maybe they just get comfortable talking to their neighbours,” said Mykietka.

The city held an event last month celebrating the volunteers, support teams, and community leagues involved in ACE since its introduction to Edmonton in 2013. There are currently 25 participating communities and over 300 block connectors across the city, making Edmonton the leader across North American neighbourhoods using the asset-based approach—and this might just be the beginning. Anne Harvey, ACE project manager, said there are 45 more communities interested.

Lenn Wheatley works as a neighbourhood connector in Alberta Avenue and hopes that by the end of the summer, all the neighbourhood’s residents

will be facilitated in meeting their neighbours to the left and right, maybe for the first time.

“There is a lot of research out there right now that shows that if you increase your social capital...then you start to realize benefits,” Harvey said. “Like increase in safety, decrease in social isolation, increased opportunity for recreation, increase in pride, in the environment—you even start to see improvements in local economy.”

What this all boils down to, she said, is an increase in relationships at the block-to-block level.

Harvey added, “Right now, there is a need for more connection and more neighbourliness. So this promotes both of those at a scale that’s manageable. If we think about big picture questions like safety, social isolation, poverty, racism, discrimination—all of these things are huge, and if we think about them even from a city scale, it

can be overwhelming. But if we bring the scale down to the neighbourhood, and even further down to the block...things become so much more achievable and more meaningful.”

Together, these pockets of community interest could translate into a national momentum that fights social isolation locally and nationally, while also creating stronger communities.

Visit the ACE webpage or call 311 to discover if your neighbourhood is involved and find resources.

edmonton.ca/abundantcommunity

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



Communities across North America have adopted the Abundant Community approach. | Shayne Woodsmith

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The road to creating community initiatives

Advice and resources to get a project on its feet

TALEA MEDYNSKI

Many community initiatives happen in our area, encompassing everything from small community projects to big festivals.

Wesley Andreas, creator of Animate the Avenue Alleys, is a great example of someone who developed a successful initiative. A few years ago, he needed to repaint his garage, but wanted something creative. He participated in an event called DIY City and painted a simple, bright cityscape and silhouettes of people.

"I got such a positive response," said Andreas. "I thought it could become a neighbourhood thing."

A year later, he created Animate the Avenue Alleys for Make Something Edmonton's 100in1Day project. He noticed alleys in the area could use some colour and that he could use the project to connect communities. He talked to Judy Allan, the Avenue initiative coordinator, who suggested holding a few drop-in events and partnering with Arts on the Ave (AOTA). He aimed for 10 alley projects and looked into funding so cost wasn't a barrier.

He also connected with some artist friends.

"I got them to come to drop-in events and they gave advice on what people could do with the space they had," he said, explaining he didn't want people to think they had to be artists to participate.

Andreas said the process was a great experience.

"It was really fun for me because I got to see them [the projects] all, knew the story behind them," Andreas said. "I think it was a positive thing for the neighbourhood, it got people involved."

Although it helped he had experience painting his garage the year before, there was still a learning curve.

"It was the first time I ever said 'let's do this' and had to organize it," he said. "It was pretty involved with some organizing and follow up. The hardest part was convincing [participants] they could do it, that it's not that hard."

Andreas explained community initiatives help people feel connected to a neighbourhood, feel rooted, and feel a sense of belonging.

"A lot of new exciting ideas are community projects. Someone finds something that's needed, has the energy to pull it together. A lot starts with a problem or issue. We needed to repaint the garage," said Andreas.

Christy Morin, executive director of AOTA, said community initiatives bring people back to their passion.

"Life becomes much more full when people work in their passion," she said.

Allan said initiatives bring beauty, physical changes, or increased socialization to a community.

"The Alleys project got people out of their house and connecting with neighbours," said Allan. "Initiatives increase pride in community, how they feel about community. There's

a good feeling of people coming together and making their place a little more fun."

Andreas has advice for anyone starting an initiative.

"Find partners—they're good to run ideas by," said Andreas. "Give [your project] a catchy name so that it sounds like it's something. Find some legitimate supporters—there's lots of organizations in the neighbourhood."

Morin agreed. "Partnerships are really important when you're starting. Find out whose project has a similar heartbeat. Other groups might have experience or know who you can connect to." Morin explained these groups may know of important policies or bylaws involved.

Participating in a larger project may mean having access to support or resources, such as the ability to post your project's page on that organization's website. A project like 100in1Day is also an opportunity to test an idea on a smaller scale, much like a pilot project.

"Start small. Start with what you have," said Morin. "Don't be afraid of failure. It's part of the process."

Deadlines are important for following through. Andreas said he chose 100in1Day because it gave him something to work toward and commit to.

Allan added, "Move forward, make a good plan, execute the plan. Talk to people around you to get people on board. There's so many resources out there, it's just tapping into them."

Andreas suggested planning to spend more time on certain

tasks than expected, breaking the project into steps so people don't get overwhelmed, and being open to different ways of advertising. Andreas used Twitter, but it wasn't as successful as he hoped. Word of mouth, connections through his partners, and an ad he placed in the *Rat Creek Press* seemed to work.

Money doesn't have to be a barrier. A variety of funding is available, such as Edmonton Heritage Council, Edmonton Arts Council, Alberta Foundation for the Arts, the provincial government (Community Initiatives Program), or crowdfunding.

For small projects, the Small Sparks Grant is available for another few years and funds up to \$250. "The only criteria is that it's innovative or connects communities," said Allan.

Morin suggested, "I would talk to your [City of Edmonton] community recreation coordinator. They can help you write grants."

The Norwood Neighbourhood Association (NNA) has grants available for "neighbourhood non-profit projects and events" and people can apply online.

"Normally we try to give small grants to more people. We try to spread it out," said Gérard Forget, NNA board member. He said NNA funds things like small festivals or community gardening-related events. "We evaluate every application coming in. We like stuff that is community-oriented. We support our local people."

As for Andreas, he has some ideas in mind for this year. "I would like to continue the alley project but start another. I need some helpers, I can't do both," he said.

One idea is celebrating and commemorating the Spruce Avenue neighbourhood's history and name. Andreas said he may look into cut-outs of spruce trees or temporary street signs.

Another idea is to take part in the Canada 150 celebration by getting 150 red muskoka chairs.

"I'd offer them up to people to put on their front lawns, encouraging conversation on that day," said Andreas.

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

RESOURCES &/OR FUNDING

Your local community league

Judy Allan, Avenue Initiative Coordinator
(780.496.1913)

Norwood Neighbourhood Association

norwoodneighbourhoodassociation.ca/

Find more online at ratcreek.org



A Spruce Avenue resident participating in the Animate the Avenue Alleys project. | Wesley Andreas

Local Penny Carnival celebrates 10 years

Fun games for everyone for only half a dollar

MARI SASANO

How is it that David Stockburger, a man living in the 21st century, is the creator of Avenue Vineyard Community Church's annual Penny Carnival?

"Many years ago, as a kid, my school would put on a penny carnival for Halloween," he said. "It was the best thing when you're eight or nine years old, the games and getting candy. I always remembered that fondly."

Run by 40 volunteers from the church and community groups, the carnival is celebrating its tenth anniversary on April 22.

Wayne Thomas, pastor of the Avenue Vineyard, recalls the early planning stages of the first year. "We were brainstorming, we wanted to do a community event, and we came up with this idea. There are many young families with lots of kids in our church, and this was a way to get kids and parents and grandparents interacting."

The concept is simple: various games stations are set up around Alberta Avenue Hall, and it's all-you-can-play for a \$0.50 admission. Participants can also buy goods from a concession featuring Battista's calzones, baked goods, and drinks.

Stockburger pays respect to his childhood memories with prizes at each game, usually

purchased on sale and stashed away during the year by his wife, Esther. "There's lots of candy and a few small things like bouncy balls and stickers."

Each player gets a "passport", stamped at every station, and if you get as many stamps as your age, you get a bigger prize.

In the first year of the carnival, they borrowed games from the City of Edmonton, but Stockburger has been researching and constructing his own games over the years.

"I would look them up on websites and got lots of ideas from there, or I'd come across oddball materials and get an idea for a game. I found big magnets that look like gorillas, so I put two on opposite sides

and try to fight over bananas."

With a bit of know-how gleaned from growing up building things with his father, and later, being a homeowner, the church now has its own inventory of games, all made on a modest budget. The best ones, he said, are sometimes the simplest ones.

"I think a lot of people appreciate that it's simple. We have a basketball shootout game with an electronic scoreboard, but that's as high-tech as it gets. Giant tic-tac-toe, or catch a fish with a magnet."

Thomas, who usually runs one of the stations, said adults tend to have as much fun as the kids, and it's that accessibility that gives the Penny Carnival its

wide appeal.

"You didn't have to be the best or biggest, you just tried, and most games are simple enough for everyone to understand. When I did it as kid, you always got a prize. It was a fun thing; you could do great or not great and it was still fun."

Mari is a writer and civil servant.

PENNY CARNIVAL

April 22, 1:30-4 pm

Alberta Avenue
Community League (9210
118 Ave)
Admission: \$0.50



For 50 cents, play all the games you want. | Supplied

Randy Boissonnault MP/Député - Edmonton Centre



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Community leaders of revitalization

Stepping up to make your neighbourhood better

KAREN MYKIETKA

Hundreds of people have given their time to share their vision for and frustration with their neighbourhood over the years. Some of them took it further and joined a committee or worked on a project. Many residents sitting at community meetings today are the same as 11 years ago when the Avenue Initiative Revitalization started. That speaks of the commitment those residents have to making their community a better place to live, work, and play.

Numerous people gave their time and passion to the community well before the Avenue Initiative and many will continue to do so long after this initiative fades into the past. Communities go through their ups and downs, but someone always seems to step up and lead a charge they are passionate about.

“Thank you to all the people who have stepped forward over the years to set in motion an idea or project, share your passion, or just being willing to do anything that needed doing,” said Judy Allan, Avenue Initiative Coordinator.

It doesn't matter whether what you did was short term or long term, on your block or for the community-at-large. What you did was an act of leadership, which is what makes our Alberta Avenue area neighbourhoods great.

Community leaders most often are not elected—they are self-appointed by their own actions. They don't necessarily possess special skills; they learn by trial and error. Ultimately, most want to build a safer, more vibrant community.

Leading can energize you, help you grow, develop new

skills, build your social network and help you get to know your community and neighbours. It can also be frustrating, time-consuming and draining. Individual circumstances, available time, interests, and passions change over time, so the only constant about community leadership is that it is always changing.

Seven community leagues, numerous organizations, annual festivals, weekly programs, committees, networking groups, community building projects, and more provide an abundance of opportunities to meet others and get involved.

Each meeting or event that residents attend is a success, even if they do not make a concrete commitment for further involvement.

“Informal bridges and connections are just as important as the formal,” said Christy

Morin, who Executive Director of Arts on the Ave. She says the community is less isolated than it once was; people want to work collectively and collaboratively.

The Alberta Avenue district is becoming known not only for its festivals and events but also for its opportunities for community involvement.

“When my husband and I were looking to purchase a home and set down permanent roots in Edmonton, it was important to us both to find a neighbourhood with a deep sense of community,” shared Jessica MacQueen. “We wanted to live somewhere with a pulse, somewhere we could get involved, know our neighbours, and feel connected. Alberta Avenue really feels like the right place for us.”

I leave you with advice from Jason Roberts, founder

of BetterBlock.org who was in Edmonton last May giving a motivational talk. His “let's just do it” attitude led to many successful neighbourhood projects and has now become an international movement. Roberts shares three steps to making things happen: show up and be present, give the project/activity a name, and set a date and publish it even before the details are all worked out. This forces you to commit and do it.

Do something—anything—to make your block, your community a better place.

A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.

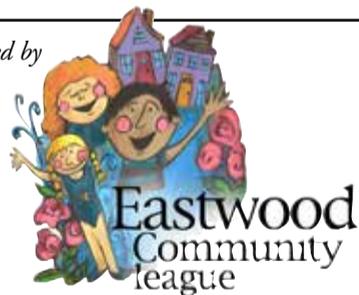


Community leaders enjoying a well deserved summer BBQ in 2016. | Judy Allan

your eastwood news

11803 86 St 780.477.2354 ewcl@shaw.ca

sponsored by



We invite you to the... Eastwood General Meeting

Come break the ice with a neighbour!

Wednesday, April 5th at 7 p.m. Eastwood Community Hall 11803 86 St.

Come take part in icebreakers, conversation games and round-table discussions. Participants will have a chance to be involved in the Eastwood Community League. There will be board positions available.

Light refreshments will be offered. Memberships available at the meeting. - \$5 for individuals and \$15 for families -



Volunteer & Notices

CASINO VOLUNTEERS NEEDED

Help Norwood Neighbourhood Association on June 4 & 5. They fund many great local projects.
norwoodnna@gmail.com

E4C FREE TAX PREPARATION

Call 780.424.7543 ext. 154 for appointments & eligibility info. | Sprucewood Library

THE CARROT'S ULTIMATE GARAGE SALE

Thinking about a good spring clean? The Carrot's Ultimate Garage sale is coming soon! More: artsadmin@artsontheave.org

CHALK ARTISTS WANTED

Seeking Edmonton chalk artists to submit their work and play on Alberta Ave! Interested artists, email artsadmin@artsontheave.org.

KEEP NORWOOD PARK SAFE & CLEAN

Norwood Child & Family Resource Centre is looking for volunteers willing to spend a little time in Norwood Square Park every morning ensuring it is clean and safe for children to play. Call Will 780.471.3737 ext 291.

RCP SEEKING PHOTOGRAPHERS

Like to take walks? Attend local events? Have a smartphone or camera? Snap and share photos with us. Sign up at timecounts.org/rat-creek-press.

your community league!

NOTICE OF ANNUAL GENERAL MEETING
AND NOTICE OF SPECIAL RESOLUTION TO ADOPT NEW BYLAWS

Thursday 27 April 2017

Meet, Mingle and Eat!
6:00 - 7:00pm
Food and refreshments provided

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Presentation from the Board of Directors
Special Resolution to Adopt New Bylaws
Elections for the Board of Directors



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ANNUAL GENERAL MEETING
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At our wonderful community centre
9210 118 Avenue

We are seeking a Vice-President, treasurer & directors.

GARAGE SALE

21st Annual Community Garage Sale

Friday, April 28
9 am to 7 pm

Saturday, April 29
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10240 115 Avenue
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spruceaveleague@shaw.ca
spruceavenuecommunity.com

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EASTER EGG HUNT & PARTY

Saturday, April 8th
10 AM - 12 PM

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12505 75 St
ElmwoodParkCommunity.org

DELTON COMMUNITY LEAGUE

Watch website or Facebook for info on our next monthly meeting
Mother's Day brunch
& other upcoming events.
We are seeking a bingo director.

12325 85 Street 780.477.3326
www.deltoncommunity.com

Local volunteers are a boon to the community

Margaret and John Larsen are long-time volunteers

ADAM MILLIE

In our community, volunteers are the driving force behind many of our most beloved institutions. From our houses of worship and community league halls to Arts on the Ave and The Carrot, the spirit of volunteerism runs strong.

I sat down with two long-term volunteers in our community, John and Margaret Larsen. They've lived in Alberta Avenue for 16 years, and seem to be very busy in retirement.

Between the two of them, extensive volunteer work has been done. Deep Freeze, Kaleido, Alberta Avenue Community League, St. Faith's Church, and the *Rat Creek Press* have all benefited from their time and energy over the years.

Margaret said she volunteers

because, "It helps me meet all kinds of wonderful people, the festivals especially. I find it makes magic come to the community along with all the people from all over the city. I think we live in a wonderful community, so I like to promote it."

John also likes the human aspect of volunteer work and the surprises our community brings.

"I like meeting people, and I meet a lot of people and I like to be part of the community. By working with events within the community, you connect with a whole bunch of people. When we bought the house here, we had no idea it was going to turn out like this."

He continued, "It really is fun. It's as good as anything you want to do in life. And you know, you get feedback.

In the Buddhist philosophy, they say you earn merit when you give away, and that means the energy you give out comes back."

The work of volunteers brings clear benefits to a community. Not only do many hands make for light work, it also builds community resilience.

Margaret agreed. "It certainly strengthens the community because people wind up having a common purpose for a lot of things, and I think the area is going through a lot of changes going in positive directions, so the more people who become involved, the more positive it will be."

Margaret is also involved in practical development projects in Central America. Later this month, she is travelling to Guatemala with a group called

Hearts and Hands to help improve housing conditions.

"We will be installing stoves in people's dwellings where they were cooking over open wood fires," she said, explaining the fires create a lot of smoke. "The stove is of very simple construction of concrete parts and cast iron top and then a stovepipe at the back that takes all the smoke out of the dwelling."

These stoves significantly improve health outcomes for people living in homes where food is prepared over open fire, and their simple construction makes them durable and easily repaired. It's a practical improvement with tangible results to both quality of everyday life and long-term health.

The work of the Larsens has contributed to some big changes in our community. It's time

for attitudes about our community to shift as well.

"A lot of people still have this idea that this neighbourhood is a little bit unsavory, or it's not safe or something. We've been here 15 years, 16 years now, and we've had no trouble whatsoever."

John and Margaret are a great example of civic-minded people committed to their community. When we connect with our neighbours, we build community resiliency and make our lives better. By helping our neighbours, we help ourselves.

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



John and Margaret Larsen are avid volunteers. | Adam Millie




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ninahaggertyart.ca

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Why budding trees are a sure sign of spring

Trees are a source of happiness in our daily lives

AYDAN DUNNIGAN-VICKRUCK

We all search for our favourite signs of spring's arrival and the accompanying hope and promise for a new year of growth: Snow melting, grass greening, geese returning, tulips blooming, trees budding, tax deadlines looming, hockey playoffs.

My favourite is budding trees. It's a sure sign the world has turned, and a commitment has been made to a fresher, greener reality. All the other signs are fickle (except taxes, which hang around forever). Tulips quickly fade, snow returns in May, the geese keep flying to who knows where, and grass is a nuisance.

But trees are a stanchion and stalwart of our changing year. They stay with us even through the deep cold of winter and enhance the unfolding seasons with unending beauty and comfort. Home to birds and bees, they shade our houses,

block the wind, and provide a source of adventure for those who dare to venture out on a limb.

Apparently it is even possible to put a price tag on the pleasure that trees provide. An economist determined that living on a treed street brought the amount of happiness equivalent to a \$10,000 increase in one's salary. In a *Parkallen News* article, Jan Hardstaff writes, "Edmonton's publicly owned trees are worth over \$1.2 billion not including 3,700 hectares of native trees on table land and in the river valley." One real estate assessor estimated mature trees on the street raise property value by 10 per cent.

I am a little suspicious of putting a monetary value on something as priceless as nature and beauty. What value would you put on the agility and self-confidence you gain as a child (or adult) from climbing a tree?

Or the sense of pride from the tell-tale scrapes and bruises? Or the respect for the immutability of the natural world when you try to remove spruce gum from your pants?

Richard Louv, author of *Last Child in the Woods*, writes, "Nature inspires creativity in a child by demanding visualization and the full use of the sense. Given a chance, a child will bring the confusion of the world to the woods, wash it in the creek, turn it over to see what lives on the unseen side of that confusion. Nature can frighten a child, too, and this fright serves a purpose. In nature, a child finds freedom, fantasy, and privacy: a place distant from the adult world, a separate peace."

When post-mortems were being held after the Fort McMurray fire, one urban planner suggested one way to keep a city safe would be to design it without trees. I

cringed. Yes, the fire was horrible, but who would chose to live in a city without trees? I could not imagine living in a neighbourhood without the biodiversity we enjoy in Edmonton, particularly in the neighbourhoods bordering the river valley.

In a RCP public annual meeting, the question was posed, "What brings a sense of community?" Someone in our group answered "trees." Intrigued, I sought an explanation. She replied, "because when I go outside for a stroll down a street, it is trees that bring meaning, beauty, vibrancy to my walk. And that keeps me from being lonely."

I couldn't agree more. This is certainly Patricia's and my experience as we take almost daily walks either through our neighbourhood or in the river valley. Front lawns and birds are an appeal, but the foundational attraction is the comfort-

ing presence of trees.

The City of Edmonton is launching an urban enhancement program called Breathe. This program would ensure there is sufficient green space for everyone. The plan includes a network of parks and pathways that would interconnect communities and strengthen our social fabric. Ravine parks and river valleys, flush with trees, provide a unifying identity to the core Edmonton identity. In our urban planning as in our backyard pruning, we are learning to appreciate that life without trees would be greatly diminished.

Aydan is a social worker, blogger, tango dancer, outdoor enthusiast and co-parent with Patricia to 8 children and 16 grandchildren. He's also a resident of the 'hood and loving it.



Blooming and budding trees are a sure sign spring has arrived. | Aydan Dunnigan-Vickruck

I ♥ my RCP

Don't keep this secret. Tell someone!

CALLING SHUTTERBUGS

Do you spend time out and about in your neighbourhood? Do you have a device to take photos with - a phone, a tablet, a digital camera? If you can take a minute to pause and snap a picture of interesting things in your neighbourhood and then upload it online, you can be a neighbourhood photographer!

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Job hunting isn't for the faint of heart

How I keep my cool when the odds are against me

CHANTAL FIGEAT

I've been looking for work to supplement my income. I'm an older university educated woman, and am not ready to be put out to pasture. I'm job hunting in an area where people drop out of high school for that well-paying blue collar job.

A long, hard look at myself made me decide it's best to think of myself as a multi-tracker. I'm happiest pursuing many interests, so why confine myself to just one? I hope to be able to sandwich part-time work. History has always been a passion of mine, but Fort Edmonton Park is hard to access without a personal

vehicle. Scratch that idea.

Knowing too much is a problem. Proudly advertising a teaching degree on my resume won't help me land those side hustle jobs. People assume I won't stick around. Why would somebody who has worked as a teacher want to wash dishes? Bye bye degree, at least on paper.

We hear a lot about positive thinking in this culture. I reframe my thoughts. "I didn't get one contact today" becomes "I had two interviews last week." It helps with my blue moods.

With my blue moods comes anxiety. I tell myself to expect rejection. Visualization is a stress buster. I place myself on the beach by the Pacific, imag-

ine the sound of the waves, and smell the green scent of the ocean. Relaxed, non-medicated sleep follows.

There are pitfalls to positive thinking that are not part of the current groupthink. One is delusion. Face it, the competition is tough. I can do everything by the book, but I still might not succeed. Working hard and making smart decisions certainly helps. There's also luck.

Another problem with positive thinking is that it can make people feel totally responsible for their happiness. For someone who has been working long and hard to find that job, this is cruel and frustrating. I am willing to take responsibility for my happiness, but I am also living

in a resource-based economy with the inevitable highs and lows.

So I work at it, do my research, but take the time to pet the cat.

I strive for a healthy life balance. I get up each day with at least a general idea of what I'll be doing with my time. I vary my activities. I know thinking too much about getting that call will only drain my energy. So I sit behind the computer and send out resumes. I'm an introvert, but I know I have to circulate. I go to job fairs, distribute my resume by hand, check job boards, attend workshops, and make phone calls.

There is plenty of help available for job seekers. I like to attend the free BGS Enterprises

Inc. workshops. They are led by seasoned people who give lots of good advice. The workshops on transitions and conflict management look good on a resume. I come out with my confidence boosted and a few more ideas in my toolbox.

For information on BGS workshops and other services, email them at bgs@bgsenterprises.com, visit www.bgsenterprises.com, or phone them at 780.425.6655.

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



Job hunting for people over 50 is challenging due to entrenched attitudes. | Sam Waggar

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WHAT'S ON IN APRIL

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

COFFEE WITH COPS

April 4, 10-11:30 am | The Carrot (9351 118 Ave). Chat about neighbourhood concerns with Cst. Challenger.

SPRING FORWARD GALLERY OPENING

April 5, 7 pm. Gary Phil & Julie Drew works inspired by nature. | The Carrot.



BOARD GAME CONFERENCE

April 8-9 | Alberta Avenue. Gobfest.ca



FINANCIAL WELLNESS

April 13, 10 am - Savings. Info/register: 780.424. 2870. | e4c HUB (10215 97 St).

PENNY CARNIVAL

April 22, 1:30-4pm. | Alberta Avenue



BIRDS ON A WIRE

April 22, 8:30 pm. | Studio 96 (10909 96 St). More: edmontonpoetryfestival.com.

EATS ON 118 FOOD TOUR

April 26, 6 pm. Tickets: \$40. alberta-avenue.com

SPRUCE AVE G. SALE

April 28, 9 am - 7 pm. April 29, 9 am - 4 pm. | 10240 115 Avenue.

ENTERTAINMENT

5 PIN BOWLING

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

KARAOKE

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

LIVE MUSIC

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

OPEN MIC

Saturdays, 6:30 pm. | The Carrot.



SAVE THE DATE

BLOOMIN GARDEN SHOW

May 13 | Alberta Avenue albertaave.org



FINANCIAL WELLNESS

Debt, credit, and payday loans | May 19, 10 AM. Info: 780.424. 2870.

THOUSAND FACES FESTIVAL

May 26-28 | Alberta Avenue thousandfaces.ca

FREE COMMUNITY PROGRAMS

Go to ratcreek.org for more information

ESL & LANGUAGE

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

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

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

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

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. More: Digna 780.424.7709.

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

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
More: Edmonton Mennonite Centre 780.423.9522 or info@emcn.ab.ca

FOOD & SUPPORT

PRAYERWORKS COMMON
Hot complimentary meals & warm friendship at St. Faith/St. Stephen. Thursday drop-in 10 am - 2 pm. Friday community supper, 5 pm. Saturday breakfasts 8:30-9:30 am. More: 780.477.5931.

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget at St. Faith/St. Stephen. Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238.

PARENTS & PRE-SCHOOLERS

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

GROWING TOGETHER
A free drop-in group for pregnant women and women with babies up to 3 months of age. Free resources including milk coupons and prenatal vitamins. Tuesdays 1:30-3 pm at Norwood Centre. More: 780.471.3737.

STAY AND PLAY
Free indoor play space and unstructured group for parents and children. Snack included. Mondays 10 am - noon at Norwood Centre.

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

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

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

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

CHILDREN

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

GIRL GUIDES
Girl Guides meeting Mondays from September to June at St. Andrew's. More: 39thedmontonguiding@gmail.com or 1.800.565.8111 (answered locally).

YOUTH

EVIL GENIUS CLUB
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. Fridays, 4-5 pm at Highlands Library.

TEEN LOUNGE JR
Play video games, make a DIY project, or just hang out. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

TEEN LOUNGE
Play video games, make a DIY project, or just hang out. Thursdays, 6:00-8:30 pm. at Sprucewood Library.

ADULTS

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

AVENUE BOOK CLUB
Meets the last Wednesday of each month 7 pm at The Carrot. More: Lorraine 780.934.3209.

COMMUNITY ART NIGHT
Free art workshop for adults. Tuesdays 6:30-8:30 pm at The Nina.

NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)
Second Monday of the month 6:30-10 pm at The Carrot. RSVP: Colleen_col_kside@hotmail.com

SENIORS

NORWOOD LEGION SENIORS GROUP
Darts and pool, Tuesdays at 10 am; Cribbage, Wednesdays at 1 pm at Norwood Legion.

PARKDALE SENIORS SOCIAL
Bingo, snacks and conversation. Mondays 10:30 am - 1 pm at Parkdale. More: PCCL.info@gmail.com.

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, play cards, or billiards. Wednesdays 11:30 am - 12:45 pm at Crystal Kids.

FAMILIES

BOARD GAMES NIGHT
Plenty of games to choose from or bring your own. Last Tuesday of the month 6:30 pm at The Carrot.

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

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

FREE REC CENTRE ACCESS
Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of Elmwood Park, Spruce Avenue & Westwood and on Sundays from 1-3 pm for members of Alberta Avenue, Delton, Parkdale/Cromdale. Eastwood does not participate.

LOCATIONS

Community Leagues - see page 12
St. Faith/St. Stephen Church 11725 93 St
Highlands Library 6516 118 Ave
Sprucewood Library 11555 95 St
Norwood Family Centre 9516 114 Ave
Carrot Coffeehouse 9351 118 Ave
The Nina 9225 118 Ave
Norwood Legion 11150 82 St
Crystal Kids 8715 118 Ave
St. Andrew's Church 8715 118 Ave
Bethel Gospel 11461 95 St
Mennonite Centre 11713 82 St



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CHURCH SERVICES

ANGLICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN
 11725 93 Street
Two Traditions – One Faith.

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
 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

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

BETHEL GOSPEL CHAPEL
A Bible-based, multi-ethnic fellowship.

11461 95 Street
780.477.3341

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

EVANGELICAL BAPTIST CHURCH
'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up'
 Eph. 4:32, 1 Th. 5:11a
12317-82 St.
780.474.4830

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

ST. ANDREW'S PRESBYTERIAN CHURCH
8715 118 Avenue
780-477-8677

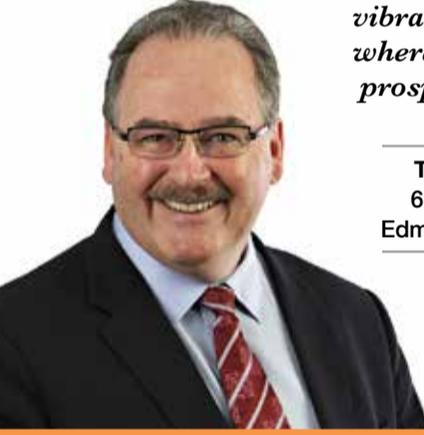
Service Times:
 Sundays at 11 am
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- ~ develop strong and vibrant communities where everyone can prosper



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