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Big changes ahead for Northlands

Northlands to continue focusing on agriculture industry



By Jan. 1, EEDC will begin managing the EXPO Centre and the City of Edmonton will close the Coliseum. | Supplied

KATE WILSON

By Jan. 1, the City of Edmonton will have taken over management of the EXPO Centre and permanently closed the Coliseum.

In a merger that combines administration and marketing between the Shaw Conference Centre and EXPO Centre, the Edmonton Economic Development Corporation (EEDC), an entity wholly owned by the city, will begin managing the two venues on Jan. 1.

“Originally we wanted the two conference centres to cooperate and work together. It was in the city’s best interest to have them work together rather than be in competition,” said Coun. Tony Caterina.

The merger was announced Aug. 29, after council heard recommendations for the EXPO Centre in a private session. The Northlands board has been in private discussions with the city over the organization’s future. Mayor Don Iveson said the

EXPO Centre will have its own staff.

The solution of merging the conference centres came from a report requested by city council, in which three options for the EXPO Centre were presented.

“Either the Shaw Centre would take over EXPO or vice versa. The third option was to have both run by a third party,” Caterina said.

Caterina noted the city will assess the outcome of the new arrangement over the next few years.

“We still have the third party option,” he said.

City council voted to close Northlands Coliseum at a Sept. 13 council meeting.

“The decision to permanently close the Coliseum reflects an ongoing commitment to use taxpayers’ money responsibly in all questions about the status and upkeep of the facility,” said the city in a news release.

On Sept. 11, the city signed

a memorandum of understanding with Northlands to transition Northlands Park to the city by the end of June 2018, or 30 days after racing is no longer licensed there.

The city and Northlands have stated they see positive outcomes for Northlands and surrounding neighbourhoods.

“The plan will leverage local revitalization initiatives, such as the Avenue Initiative and Borden Park upgrades, to continue improving liveability for residents, businesses, and visitors while also updating the vision for city-building in the area,” stated the city’s website.

The Northlands board sees the change as a way to focus more on agri-food innovation. In a Sept. 13 press statement, the board asked all involved to respect the impact on its 2,800 employees and 1,500 volunteers.

“We look forward to returning to the site to host Northlands signature festivals in K-Days and Farmfair

International,” it stated. “Our organization is optimistic for the future and will be a provincial leader in agriculture, food, and events.”

Agreements are in progress for Northlands to continue hosting K-Days and Farmfair International for the next five years at minimum.

On Jan. 1, 2018, the city will close the Coliseum and assume responsibility for it. It stated, “The future of the building will be considered through the Area Redevelopment planning process.”

Further engagements and analysis are planned for late 2017 and into 2018. The public and city council can expect a report early next year.

Kate took up the reporter’s pad and pen while living in northern Alberta. The writing bug stuck, and the next 20 years were spent covering everything from local politics to community happenings. She lives in Alberta Avenue with her daughter.

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Explore different options when buying meat

NAIT Retail Meat Store sells products during semesters

REBECCA LIPPIATT

You don't necessarily need to buy meat from a grocery store or directly from a farm. The Professional Meat Cutting and Merchandising program at NAIT also sells meat from September to December and from January to April.

Rob Povey, program chair and instructor, would like customers to "come and see us every week and buy fresh meat."

Students also benefit from the experience, learning every aspect of meat cutting, ranging from handling a whole animal to creating certain cuts of meat. They also learn to work the cash register and provide customer service.

The majority of the store's customers are students and staff, but Povey welcomes members of the wider community. Customers can buy freshly packaged and prepared meat; pre-order specific cuts, packages, and varieties of meat;

or order a deboned and rolled turkey for Thanksgiving.

Meat products are made without filler, so are gluten friendly, unless otherwise marked.

"Our secret ingredient is meat," joked Povey.

Products include sausage,



Rob Povey (front), program chair and instructor, welcomes everyone to come and buy fresh meat from the store. | Rebecca Lippiatt

kebabs, steaks, roasts, hamburgers, beef jerky, salmon, pepperoni, kubasa, chicken, and turkey.

Staff and students are profes-

sional, welcoming, and open to answering any questions you may have.

Parking is a little bit of an issue for off-campus customers. The shop is located in the Common Market on NAIT's main campus, but there is a 15

minute loading zone directly outside the store which people who are not on campus can use to access the store.

Meat prices are lower than most retail shops, but Povey explained the store cannot compete with the big box store flier prices. NAIT sources the beef from Lakeside Dairy in Bon Accord, and the meat has good marbling and flavour. Pork comes from the Camrose Hutterite Colony, as does some of the chicken. Povey works directly with suppliers and visits the farms where the meat is sourced.

Additionally, students participate in two events in the wider community: Thanksgiving dinner and the Inner City Roast Beef Dinner at Boyle Street.

People take the program for a variety of reasons. Nobel Bains applied to the program before getting a job at The Common. He considers it an "investment in myself and my skills" as he "can work at the restaurant and do all the cuts [of meat]". When he is finished this program, he will go on to take NAIT's Culinary Arts program. Mary Turnbull, another student, said she "likes making people happy

with food."

with food."

Visit ratcreek.org to see more pictures from NAIT Retail Meat Store.

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

NAIT RETAIL MEAT STORE

CHAIR: ROB POVEY
780.471.8678

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NAIT MAIN CAMPUS
11762 106 ST

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10 AM TO 5 PM; THURS
10 AM TO 2 PM
MID SEPT. TO MID DEC.
AND MID JAN. TO MID
APRIL

WWW.NAIT.CA/90626.HTM

Knowing when to report bars and restaurants

Team helps businesses follow regulations and legislation

TALEA MEDYNSKI

Notice a bar is serving alcohol to minors or someone is smoking in a bar or a restaurant? Or perhaps the fire exits are blocked? A multi-agency group called the Public Safety Compliance Team (PSCT) addresses these kinds of complaints.

According to the city website, "The Public Safety Compliance Team (PSCT) is the regulatory and enforcement arm of the City of Edmonton's Responsible Hospitality Edmonton initiative that promotes education, prevention, and is enforcement-based." The team consists of Edmonton Police Service, Alberta Gaming and Liquor Commission, City of Edmonton Community Standards Branch, and Edmonton Fire Rescue.

Chantel Perizzolo, supervisor of PSCT, said reportable issues range anywhere from noise complaints, to untidiness to an unlicensed business.

"Obviously, you're not going to report a restaurant if you don't like the food or service," said Sgt. Colin Simpson, PSCT's team lead. While reasons to report a business are dependent on the situation, Simpson explained the team "was originally designed to maintain regulatory checks on businesses." He said a collaborative effort can resolve issues more quickly.

In addition to responding to complaints, the team also conducts scheduled and unscheduled inspections of new bars and restaurants to ensure they're following

legislation, standards, and regulations.

"Everyone on the team has their own lens on how they look at it," said Perizzolo. For example, City of Edmonton Community Standards looks at municipal bylaws, like noise, waste management, or zoning issues, while EPS looks at crime and provides services such as looking at security plans. Alberta Gaming and Liquor Commission ensures businesses follow legislation and policies, and Edmonton Fire Rescue deals with fire prevention and fire code compliance.

In terms of bylaws, Perizzolo explained things like general tidiness is important, and business owners are responsible for clearing sidewalks, disposing of litter, bottles, or pallets, and painting over graffiti.

In regards to food safety, Alberta Health Services (AHS) perform unannounced inspections, but people can call 311 or reach AHS directly if they have concerns.

File a complaint by calling 311 and refer the complaint to PSCT to follow up. To track the complaint, ask 311 for a file number or track by business location.

"If it requires AHS we can contact AHS; but 311 will not," said Perizzolo.

"311 is the hub. If you're not sure where your complaint should go, that's your best bet," said Simpson, and explained calls are directed to the proper person. For example, if it's a noise complaint, bylaw officers or police will handle it.

"We meet regularly to find out which complaints have come across our desk," said Simpson. "Then the

particular agency puts that place on their list of inspections."

When the team receives a complaint, they talk to the business owner.

"The first portion is education, try to give the venue information," said Simpson. "If it's determined to be a problem, then give educative steps or support to remedy the situation."

After that, the team follows up to ensure the business has followed recommended steps. If that hasn't happened, consequences can vary from a simple ticket to a loss of a license.

Perizzolo said the team's focus is "is on education, prevention and support for alcohol sale venues to operate in a safe and responsible manner. We also operate as the link between citizens and the business. Enforcement action is a last resort as our goal is to work with the businesses to ensure that all regulations are being complied with."

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

WHO TO CALL

311

Alberta Gaming and Liquor Complaint Line: 1.800.742.7818
Restaurant inspections
albertahealthservices.ca/eph/Page3149.aspx

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

ABOUT US

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Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

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

PRODUCTION STAFF

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

CONTRIBUTORS

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

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Property theft increasing throughout city

Police offer tips to help create a safer community

TALEA MEDYNSKI

Not too long ago, Carolina Astorga, an Alberta Avenue resident, woke up at 10 am after returning from a vacation and noticed the side door of her garage was open. She thought her husband had left it open after leaving for work that morning, but instead discovered thieves had forced their way through the locked door.

At first, she thought only a bike was missing, but later realized thieves had also stolen a battery, a tent, and jump cables.

"They could have taken more, but I think they were in a hurry," said Astorga. "I'm pretty sure they were waiting for my husband to go to work."

It's the second time in the last five or six years someone has broken into the garage, but the first time the garage wasn't locked. This time, it was.

"This time is worse because they just forced their way in."

Constable Amanda Trenchard, with Edmonton Police Service's (EPS) crime prevention unit, said the inner city isn't the only area to be hit

with this crime.

"A few weeks ago, the south side had a string of them," Trenchard said. "People were taking the garage door openers from the car to use to break into the garage."

Thieves typically break into the side door of a garage. They look for unlocked doors, old garage doors, and poor lighting. While some break-ins are planned, other times they're not. Additionally, thieves tend to steal items that are easy to carry and to pawn, like tools.

Daytime is a popular time for theft to take place.

"In daytime, neighbourhoods are empty when people go to work," Trenchard explained. "You lose what's called 'eyes on the street.'"

Trenchard suggested increasing security by installing a dead-bolt at least an inch long to a garage door and using three-

inch screws in the side plate. Mount motion-sensor lights on the garage, but ensure the lights are high enough so thieves can't tamper with them. Also consider the sight lines, which is how easy it is to see the garage door.

"Instead of installing a wooden gate, you can put up a wrought-iron gate—it opens

doors while working outside, putting away items, closing garage doors, and covering windows. If a garage is attached to your house, lock the interior garage door. Once thieves are in your garage, they can break into your home.

"If it's not easy to access, if it takes more time, they may just

measures in place, but the sense of community must go together. We need the community to watch out for one another. Let your neighbours know when you're away."

If you see someone who appears to be scoping out the area, be cautious.

"If you feel comfortable and they don't look like a threat, ask a casual, non-confrontational question," said Trenchard. For example, ask if they're lost or looking for an address. "Sometimes a simple or general question can deter people away."

If you witness a theft, Trenchard said, "be a good witness. Take in a lot, call police."

If it's safe to do so (such as if you're in a car), take a picture or record the theft. But, she urged, "Don't put yourself at risk. In the end, we can replace things, not a person."

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



Residential break-ins tend to take place during the day, while business break-ins more typically take place at night. | Pixabay

sight lines up," she suggested.

Edmonton Police Services also suggested recording the make, model, and serial numbers of expensive items, locking

move on," Trenchard said.

Trenchard emphasized the importance of knowing your neighbours.

"I can put all the security

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Ward councillor candidates address questions

Discover ward candidates' stances on key issues

TALEA MEDYNSKI

On Oct. 16, Edmontonians will vote for a mayor and ward councillors. The RCP distribution area covers Wards 2 and 7 and voters have many candidates from which to choose.

Check out each candidate's response to key questions. Answers have been summarized.

WHAT DO YOU FEEL IS THE BIGGEST ISSUE IN THIS ELECTION?

WARD 7 CANDIDATE ANSWERS

Matthew Kleywegt: Citizen engagement.

Tony Caterina: Everyone has different priorities, but will continue to focus on quality of life for ward residents.

Liz John-West: Voter turnout. Over 50 per cent of the ward neighbourhoods have a 25 per cent or less voter turnout.

Andrzej Gudanowski: There is no one biggest issue. Everyone has their own priorities.

Mimi Williams: Traffic safety, the future of Northlands, and anger over financing of downtown arena.

Kris Andreychuk: Representation. Ensuring ward residents have a voice on city council.

WARD 2 CANDIDATE ANSWERS

Bev Esslinger: Growing responsibly, meeting citizen needs, improving infrastructure, increasing safety, working with communities to develop appropriate assets, and working on homelessness issues.

Shelley Tupper: Infill housing.

WHY SHOULD PEOPLE VOTE FOR YOU?

WARD 7 CANDIDATE ANSWERS

Matthew Kleywegt: The depth of his lived experience and the ability to relate to people from many backgrounds and experiences.

Tony Caterina: A record of getting things done in the ward. Has highlighted ward needs and brought positive change.

Liz John-West: Thirty years of community work in the areas of homelessness, addiction, and domestic violence issues and 27 years of living in the ward. Community engagement is important to her. She's finishing a master's in community development.

Andrzej Gudanowski: The challenge of being a leader, advising, and helping people. Will fight for people's rights.

Mimi Williams: Thoroughly understands the way the city operates due to political science

and municipal government educational background, years of covering city hall as a freelance journalist, and 30 years of volunteering for community causes.

Kris Andreychuk: Raising a family in the community and committed to Ward 7. Has worked and volunteered in the ward and understands ward issues, problems, and possibilities.

WARD 2 CANDIDATE ANSWERS

Bev Esslinger: Experienced, passionate, and a leader. A ward advocate who gets things done. Worked on securing funding to make Yellowhead a freeway and working on a Northwest LRT, a new senior centre, space for cultural groups, and meeting recreational needs.

Shelley Tupper: Dedicated, hard working, informed, open-minded, and a good decision-maker. Experience working on community initiatives like Front Yards in Bloom and Capital City Clean Up. A Ward 2 resident for over 30 years.

WHAT IS YOUR VISION FOR NORTHLANDS?

WARD 7 CANDIDATE ANSWERS

Matthew Kleywegt: Take the land back, keeping what works and turning the remainder into housing. Amalgamate the convention centre and the Shaw Conference Centre under the Edmonton Economic Development Corporation. Keep the urban farm and turn remainder into a walkable residential/commercial community. Subsidize some units in every building and make at least one building an assisted-living facility. Turn Rexall into a community building.

Tony Caterina: Don't let the land sit idle. It's an opportunity to develop the land and create well-planned housing, retail, and commercial developments.

Liz John-West: Continue agricultural aspect and combine the Edmonton EXPO Centre and Shaw Conference Centre under one umbrella. Resident ideas for the Coliseum range from a recreation facility to ice rinks to concert venues. Ideally keep Northlands accessible to all.

Andrzej Gudanowski: Present projects and embrace patronage of gardens like Muttart Conservatory as well as festivals and naturalized pools. Use the Coliseum or affordably build a forum for community leaders and community members to interact and resolve different issues.

Mimi Williams: Northlands holds a lease on the property until 2034, with a clause allowing them to extend the lease to

2049, so it's difficult to frame the discussion, but Northlands employs over 700 people.

Boutique hotels and restaurants could capitalize on conference centre events. High-rise development would be great north of 118 Ave, while south of 118 Ave and north of 112 Ave could be returned to residential and pedestrian-friendly streets leading to Borden Park. Increase involvement of surrounding communities in the conversation.

Kris Andreychuk: With the existing connection to transit, Borden Park, and the river valley, this could be the most exciting development in our city. There's nothing but promise here. Done correctly, Northlands could create a positive domino effect and widespread revitalization.

WARD 2 CANDIDATE ANSWERS

Bev Esslinger: Create a vibrant, useful site reflecting community feedback. Hopefully the organization will evolve into an agriculture- and foods-focused organization.

Shelley Tupper: Redevelop the Coliseum into a Hockey Canada Centre for Excellence and delay redeveloping the whole area. Support Shaw Conference Centre and the Edmonton EXPO Centre working together.

HOW WOULD YOU APPROACH DEVELOPMENT IN THE WARD?

WARD 7 CANDIDATE ANSWERS

Matthew Kleywegt: Infill isn't easy; work with developers to get desired developments for communities while still allowing them to make a profit. Make the middle ground possible.

Tony Caterina: Pleased with the increased development and investment and better access to valued amenities. The development and investment shows the increased desirability of the ward.

Liz John-West: Increase community engagement and encourage a public dialogue or even hold a plebiscite on contentious issues like infill housing.

Andrzej Gudanowski: Help grow businesses and bring in investors. Create a five-year housing program. Everyone should be able to own their own home. Perhaps introduce tiny homes.

Together with other councillors, create the first street commercial passage in Edmonton and open new post offices, banks, neighbourhood police stations, and night emergency clinics.

Mimi Williams: Complete partially finished neighbourhoods. Increase density, but with options like row housing or townhouses. Prompt developers to think creatively with multi-unit development. Encourage multi-generational communities, where people can age in place.

Ensure every multi-unit development permit issued has a percentage of units set aside for affordable housing.

Kris Andreychuk: Attract and retain new businesses, especially small businesses. Ward 7 has over 200 per cent more vacant land than average. Encourage building and preserving quality, unique, and historical homes. Build structures that add to the neighbourhood.

WARD 2 CANDIDATE ANSWERS

Bev Esslinger: Support a growing city with housing needs, but carefully develop mature neighbourhoods while creating growth opportunities. The city's made positive progress in reducing impacts on nearby homes and providing community support. Continued work is needed until we have it right.

Shelley Tupper: Ward residents have suggested a moratorium to ensure neighbourhood character is maintained; others have said there's little incentive to maintain or improve a property when a developer will bulldoze it to build skinny houses.

WHAT IS YOUR STANCE ON REDUCING CRIME?

WARD 7 CANDIDATE ANSWERS

Matthew Kleywegt: Support stronger communities where neighbours watch out for one another. Provide services like managed drug and alcohol programs to reduce theft-related crimes because those struggling with addictions sometimes steal to support their habit. Encourage more communication with police in communities and support an enhanced program for school resource officers.

Tony Caterina: Considers crime reduction important. Provided support for increased or better community-based policing, transit security, enforcement, as well as strategies for addressing derelict and problem properties.

Liz John-West: Reduce crime through prevention and strong communities. Reinstate neighbourhood police stations and help those wishing to live a non-criminal lifestyle. Use initiatives like Abundant Community to create safe, inclusive communities. Encourage property upkeep; it helps increase community morale.

Andrzej Gudanowski: Create community centres providing free universal access to a psychologist. Justice must be fair and honest. If someone is charged with a crime, ensure fair treatment and open access to defense lawyers.

Mimi Williams: Address the root causes of crime before it happens. Provide youth with educational or training opportunities and lobby all government levels to adequately fund welfare programs with educational programming. Support social service agencies working with marginalized communities to identify and help people before they resort to criminal activity.

Encourage neighbours to know each other and be vigilant. Practice crime prevention through environmental design or through increased police patrols when needed.

Kris Andreychuk: Has extensive experience in crime prevention and community safety in the ward. Currently works as the city's supervisor of community safety. Was previously a social worker with EPS and community partners.

Very familiar with the crime issues the ward faces and would start with problem properties.

WARD 2 CANDIDATE ANSWERS

Bev Esslinger: Reducing crime and increasing safety in neighbourhoods, public spaces, and on roads is a huge priority. Will promote and support awareness, education, and enforcement. Will continue to focus on increasing traffic and transit safety. Created and will continue work on the Gender Based Violence Prevention initiative, which focuses on domestic violence and sexual assault.

Shelley Tupper: Have been involved in crime prevention for 22 years by supporting organizations like Edmonton Neighbourhood Watch, Neighbourhood Empowerment Teams, Edmonton Community Patrols, Capital City Clean Up, and Front Yards in Bloom. Knowing your neighbourhoods and neighbours is great crime prevention, along with keeping neighbourhoods upkept and clean.

Editor's note: Ward 2 candidate Ali Haymour was not able to respond in time for publication. For more information about his platform, visit www.vote4haymour.ca.

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

Stories of Alberta Avenue business owners

Champions of Alberta Avenue project released in the next few months

This summer, Arts on the Avenue (AOTA) worked on Champions of Alberta Avenue, which showcases stories of immigrant business owners along 118 Avenue. In October-November, the project's photography, a short film, and written profiles will be released. The Carrot Coffeehouse will host the premier of the photography and written profiles beginning Oct. 1. Over the next several months, look here for condensed profiles of business owners (written by Shirley Serviss) featured in the project.

Downtown Auto: A Source of Pride

Jim (Cua) Nguyen, owner of Downtown Auto, was raised above his father's garage in Vietnam, and spent much of his childhood and adolescence working on vehicles. He had his journeyman ticket by the time he was 21.

He also loved chemistry and was in his third year of studying pharmacy at university when the opportunity arose to come to Edmonton. "I always wanted to try living in another country," he said, "and Canada is a peaceful country." In 1991, he came with other members of his family to embark on a different career path.

"I made the right choice," he said.

Nguyen worked in his brother's garage for a few years before opening Downtown Auto in 1996 at 11765 95 Street. "It's very, very, very important to be here on 118 Avenue," he said. "There's density and lots of traffic."

What makes it different, he believes, and gives it an advantage, is its multicultural nature and strong, supportive community.

Operating your own business takes "knowledge, passion and commitment," Nguyen said. "You have to love what you do, make sure you put knowledge behind it, work with others, and don't give up."

He's proud of his accomplishments. "We provide a service based on honesty, fairness, and responsibility, and I've achieved what I have pretty much from scratch." He hopes his eldest son takes over his business some

day. Nguyen is president of the Alberta Avenue Business Association and said giving back to the community feels good. "I appreciate the opportunity and support the community gave me so, to pay back, I want to contribute my time and energy to businesses on the Avenue."

His contribution extends beyond Alberta Avenue. He's very involved with the Vietnamese community and plays keyboard in the Downtown Band with his brother. They often play for non-profits. "Not only do I enjoy myself, but we help organizations with fundraising."

Vietnam will always be Nguyen's homeland, but while he thinks of himself as a dual citizen, he said he misses Edmonton when he travels there.

"For the first 10 years, I

her as well.

Durowaa is a busy woman. She came to Edmonton in 2003 and has established herself as a successful entrepreneur through determination, hard work, and "the blessing of the Lord."

She was working as a health-care aide when she opened Kasoa Tropical Food Market in 2006, working at the store during the day and as a health-care aide at night. A year later, she moved down the block to the present location at 9320 118 Avenue as she needed more room for the African and Caribbean goods she carries.

One room of the store holds canned products, toiletries, herbs and spices, drinks, and an amazing variety of fish and meats such as cow feet, oxtail, tripe, and beef lungs. A second room has dried goods like rice, beans, various flours and cereals as well as plantains, sweet pota-

stop to find everything from West Africa, East Africa, and the Caribbean that they're looking for," she said. "I'm proud of what I've done."

Durowaa said many immigrants "come here and end up throwing their talent away" and doing some other kind of work. She believes that whatever your talent is, "if you work hard and do it well, you will succeed." That said, she cautions it takes time.

"Right now, I would say Edmonton is home. Here is where I am and I have no plans to go anywhere different."

Lan's Asian Grill: a Labour of Love

Lan Lim and her husband Sunny Lim came to Edmonton in 1975 with \$100 on the recommendation of the one person Lim knew here, who said it was peaceful and people were very

children.

"We saved money; before we spent a penny, we thought about it," Lan said.

Sunny worked as a chef's assistant at the Chateau Lacombe and later started a driving school. Lan sewed the designs and upholstered the insides of caskets until she developed problems with her hands from repetitive use of the stapler, glue gun, and scissors.

In 2008, their grown children suggested Lan start a restaurant to share her wonderful cooking. "If they wanted to do it, I said I'd help. I'd share my recipes and teach them," Lan said.

They opened Lan's Asian Grill at 11826 103 Street near NAIT. A true family business, Tom manages the restaurant, Monica does the cooking, and Vinson does the marketing.

"To be a cook, you have to have a heart," Lan said. "You have to love your customers, keep everything clean, and give good things to your customers. We don't use MSG or too much oil."

Tom remembers her teaching him that lesson early in life when she took a head of lettuce, peeled off the outer leaves, and told him that if they were still good, you could eat them yourself. Then she cut open the lettuce and showed him

the tender, inner leaves. These, she said, were the ones you would serve to your guests—only the best. It's that philosophy that guides the restaurant.

"To be successful, you have to do it with your heart. You have to be honest and care about what you're doing. You have to work hard," Lan said. "We still miss our country, but I love people here. It is my home now."

Visit ratcreek.org for more pictures of the business owners.



Charity Durowaa operates three successful businesses. | Kaye Ly

liked it here, but didn't feel I belonged," he said. "After that, I felt like I was born here!"

Kasoa Tropical Food Market

Charity Durowaa lives up to her name. The owner of two food markets on Alberta Avenue is a generous woman.

"The spirit of my name carries with me," she said, explaining Christianity teaches her to "be kind to other people and help the needy." Growing up with her grandfather, a pastor in Ghana, probably influenced

toes, yams, cassava, and taro roots.

She also opened Mama's Bodega Market, a source for Filipino and Latino Foods at 9340 118 Avenue. "I wanted to explore something different."

In May 2016, she opened Kasoa's second location at 9062 51 Avenue to be more convenient for her southside customers. "It's doing well as I already had a customer base across the river."

"I'm happy. I'm being blessed. People appreciate having one

friendly.

Lan was born in Laos and met Sunny there, but they moved to Thailand fearing what would happen as communism took over the country. Sunny had already escaped from Cambodia, where many people had been tortured and killed, including his parents. They left Thailand for California, from where they immigrated to Canada.

Hard work was the first order of business in Canada, and they took whatever jobs they could find as they raised their three

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EDITORIAL

A new Northlands can be a new opportunity

Changes allow Northlands to go back to its roots

HAMDI ISSAWI

Change is in the air, and that means more than the seasonal change to fall. In the blink of an eye, Northlands seems to have been turned on its head. It all happened so fast.

Come Jan. 1, Northlands will hand the reins of its EXPO Centre to the Edmonton Economic Development Corporation (EEDC), the City of Edmonton's arm-length agency that manages the Shaw Conference Centre.

The city announced the transition on Aug. 29, after council decided to forgive Northlands' \$48-million debt from renovating the EXPO Centre in 2009. The city didn't have much of a choice; it guaranteed the loan, and for the last year, allowed Northlands to defer its semi-annual \$2-million payments.

It's a practical move. Edmonton doesn't need rival

event centres. The EEDC is capable of managing both venues and taking on the EXPO Centre's staff. Although the city can afford to absorb the debt, it shouldn't have to with nothing to show for it.

In the past, both venues competed for bookings and ran the risk of hosting events that might have been served better by the other—a situation which can lead to missed business opportunities.

Under the authority of the EEDC, both facilities can be managed to coordinate and appropriately accommodate clients. Consolidation also opens the city to new business, such as conferences, expos, and trade shows that require more space, resources, and facilities than any one venue could offer alone. Connected by an LRT line, the two centres could easily share large events.

As for the Northlands Park and the Coliseum, the future is

still on ice.

Last month, city council also voted in favour of taking over both, and opted to permanently close the arena by Jan. 1. It was a loss the whole city felt, and with good reason. The Coliseum is an iconic symbol of Edmonton's greatest sports achievements. It was the home of Oilers during the dynasty years, and the place where Wayne Gretzky made his name known across the world.

But with major concerts and sporting events moved downtown to Rogers Place, the Coliseum's major revenue streams have dried up, making it hard to justify as an entertainment venue. There's a silver lining, though: the closure gets the city out of a \$17-million sponsorship agreement with the Oilers Entertainment Group, a bitter pill from the downtown arena deal.

The city has entertained a few ideas for the arena's future, such

as teaming up with Hockey Canada and turning it into a hockey centre of excellence. But renovating the arena to add additional ice sheets and training facilities would cost between \$100-150 million. Demolishing it, on the other hand, would only cost about \$8 million. It might be cheaper to just rebuild.

But nobody is swinging any wrecking balls yet. The area redevelopment plan for the Coliseum isn't due until later next year. Whatever the city decides, there will be time to adjust, or mourn.

Regardless, Northlands will still have a lot going for it. A leader in agriculture and food events, the non-profit organization has an opportunity to return to its roots, so to speak. For at least the next five years, Northlands will continue to host signature events like Farmfair International and K-Days.

And there's the 31,200-square-foot Urban Farm, a model of local and sustainable food production. If Northlands can continue operating it, the patch of land in the southwest corner can continue serving as a valuable educational resource for everyone from hobby gardeners to beekeepers. However, that negotiation is still ongoing.

This time next year, Northlands may be a very different place. But change doesn't have to be a bad thing as long as we're willing to look forward. This isn't the end of the world for Northlands; it's just the end of the season.

Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He has also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.



Change is coming at Northlands, but it doesn't have to be a bad thing. | Kate Wilson

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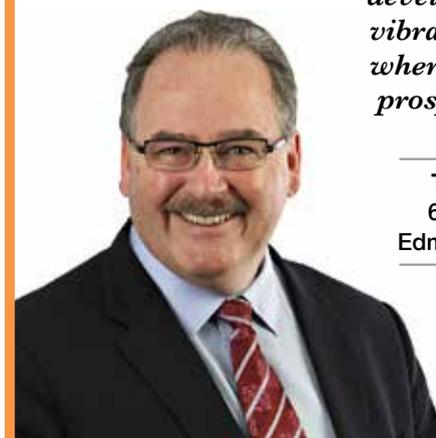
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SLICE OF LIFE

Opportunity comes in strange disguises

The slow fade of a job brings to light a new career

STEPHEN STRAND

With all the changes happening at Northlands, my job is going away and with it, my future is up in the air, with no known destination.

A large part of my income will be gone as of the new year when the division of Northlands as we know it will begin. Then, at the end of the horse racing season, the rest of my income will dry up.

The slow fade of watching the paycheques becoming smaller and smaller is terrifying. Should I call it quits now before the paycheques become too small? Or do I ride it out as long as

possible?

On Aug. 29, city council voted that as of Jan. 1 2018, the EXPO Centre will merge with the Shaw Conference Centre and be run by the Edmonton Economic Development Corporation (EEDC). I work for Northlands, not the EEDC. My job will be given to whom-ever the EEDC chooses, at a wage of their choosing.

My wife and I bought our home in this neighbourhood, in large part due to its proximity to my work with the Oilers at Rexall Place and with my work at Northlands. It is walking distance to both. Now that has become moot.

When the Oilers moved downtown, I decided to step back from working hockey games as a camera operator to focus on aiming my life in a direction less dedicated to my job. But a little over a year ago, Northlands asked the city for a reprieve, for a deferral of payments on the debt they owe to the city. With the reprieve came downsizing, which tends to create more work for those who are left.

Most my life has been spent doing what must be done, doing what I must to keep myself afloat, and doing what I must to keep myself employed at jobs I've not necessarily intended to

have. I've never gone after what I wanted, I've simply done what I must.

My work in broadcasting and at Northlands was never intended. I took them because I got laid off by a company going under. A friend got me into this industry because I needed a job. Northlands and broadcasting has been good to me while they lasted, but perhaps what could have been terrible news is really an opportunity in disguise.

When I was young, my dad worked as a firefighter, and hearing stories of daring rescues made me wish to be brave and help keep people safe.

While I've never had a desire

to run into burning buildings, the desire to help keep people safe has stayed with me. The idea of being a paramedic appeals to me. The idea of being the first on the scene and helping those that truly need help calls to me. I no longer want to do what I must; I want to do what I want. That is why I plan to go back to school to become a paramedic and help those in truly life and death situations.

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.



The impending loss of a job brings to light a new career opportunity. | Pixabay

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Putting a garden to bed for the winter

Follow this to-do list before the snow falls

STEPHEN STRAND

After a summer of enjoying the fruits and vegetables of our labours, autumn is the time to prepare the garden for spring by harvesting, pulling up plants, and composting.

While some plants can endure the frost, others can't. Harvest plants such as tomatoes, peas, peppers, and squash as they ripen. Root vegetables can stay in the ground until it freezes.

Preparing the garden for spring is the last thing to do before winter.

"This is the last thing in the fall, after all the edibles are harvested as temperatures start hovering a few degrees above zero during the day," explained Gérard Forget, Alberta Avenue Community Garden coordinator. Each year is different,

but this work is generally done between mid-September to mid-October.

After harvesting your plants, compost.

Mark Stumpf-Allen, compost programs coordinator with the city, said, "As crops ripen and your garden is emptied, you should immediately plant more seeds." He continued, "Remember, roots are one of the three soil builders and so never leave your soil without active root systems."

After harvesting root vegetables in mid September or October, bury organic waste and leaves where the plants were to help protect the soil against the spring thaw cycles and prevent weeds.

"If you leave soil bare through fall and winter, you're inviting weeds to do the soil building work for you," Stumpf-

Allen said, explaining weeds are nature's way of filling space and helping to repair damaged soil.

Carrots and parsnips can be left in the garden, but Forget suggests picking them in the springtime, otherwise they will go to seed. Forgotten potatoes and tomatoes will also grow.

Forget said the prep work is important because it "also accumulates moisture from the snow for the next growing season." If there are pests in the soil, disturbing the soil right before a frost will help kill some of them over the winter.

Stumpf-Allen said soil on the city's north side is a "clay-structured soil, which is excellent for growing food." But it's important to work the soil and build it up year-round to get it "the way it was before modern agricultural methods began destroying it."

"The first rule of soil building is to take nothing away. All the dead material is food for your soil," Stumpf-Allen explained. "You can leave it alone, let it decay and deal with the leftovers in spring, like nature does. You can pull it up and bury it in topsoil like old-timers did, or you can compost it like scientists do."

Any organic matter can be composted, although you shouldn't compost dog, cat, and human feces or diseased plants. Stumpf-Allen suggests beginners stick to simple composting, like using egg shells and plants. He added, "things that should not go into your compost pile are things that will harm your soil or interfere with plant growth."

Forget added, "things to avoid are weeds with mature seeds that will germinate if spread

back in the garden." Examples include stinkweed or weeds that spread by their roots.

Mix compost in the top few inches of the soil. "It helps hold in moisture in the soil so it is available for plants," said Forget. This also helps improve the soil structure if there is too much clay.

As Stumpf-Allen said, "The soil is telling you what it needs, you just have to take the time to listen and learn the language. Easy-peasy, right? Ha ha, nope."

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.



Prepare your garden for winter between mid September and October. | Stephen Strand

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'Tis the season for all things pumpkin

Use the seeds or puree for all kinds of recipes

RCP CONTRIBUTOR COLLABORATION

It's autumn, the season for Halloween, and by extension carving jack 'o lanterns and sipping pumpkin spice lattes. But pumpkins are more than a mere decoration or seasonal latte; they are chock full of nutrients like potassium and vitamin C and make a great addition to many meals.

Don't eat a pumpkin once you've carved it and used it for Halloween. The pumpkin will have been exposed to bacteria for too long to safely cook and eat it. You can, however, use the pumpkin if you've only decorated it with food-safe paint.

Here are some ideas on how to use pumpkin.

DECORATING

I like peeling the skin off and filling the pumpkin with mini lights. It makes a really cool lantern.
Nicola Dakers

PUMPKIN SEEDS

Clean pumpkin seeds, spread on a cookie sheet, add a little oil and salt or seasoning of your choice, and dry in the oven for several hours. Enjoy!
Rebecca Lippiatt

SOUP

Fry one onion with butter or olive oil. Add a medium cubed pumpkin, salt and pepper, and stock. Cook and blend.
Rebecca Lippiatt

GENERAL RECIPES

I roast the pumpkin whole and then scoop out the seeds. If I'm feeling energetic, I set them aside for roasting later. The pumpkin flesh gets scooped out, pureed with a blender, and frozen in two cup jars. I can then defrost the puree and use it for a variety of recipes throughout the year. Curiously, I never make pie. I use it in muffins, granola bars, and even pasta sauce!
Nadine Riopel

OATMEAL

Add ¼ to ½ cup pureed pumpkin to cooked oatmeal, along with spices like cinnamon and your choice of sweetener or milk. Top with any fruit you prefer.
Talea Medynski

BEVERAGES

At risk of jumping on the pumpkin spice bandwagon, we make pumpkin smoothies. Blend up some roasted or steamed pumpkin chunks in with yogurt, milk, or whatever else you use, add some pumpkin spice, garnish with pecans if you like, and you get the satisfaction of eating vegetables for breakfast.
Sue

BREAD

I found a fantastic bread recipe in an old Reader's Digest cookbook. The recipe involved adding about a cup of pureed pumpkin to a bread recipe. It made the best, flavourful bread and would go so well with soup or stew.
Talea Medynski



Reasons why some homes burn and some don't

Reduce the chances of your house catching fire

NADINE RIOPEL

In the Fort McMurray wildfires of 2016, some houses burned and others didn't, even in the same neighbourhoods. According to fire prevention expert Alan Westhaver, this wasn't purely due to luck. His work with the Institute for Catastrophic Loss Reduction demonstrates reasons for the phenomenon, and it holds lessons on how to keep our homes safer from fire.

Here in the Rat Creek area, the proximity of the Kinnaird Ravine is a hazard because fires travel up slopes more readily than flat surfaces. Ravines can act as conduits from forested areas into residential ones, especially in the spring when there's a buildup of dry underbrush. Embers carried by wind can travel for blocks.

We're vulnerable to more urban types of fire, caused by such things as electrical malfunction or cooking fires. In either case, according to Westhaver, "Fire is a surprising thing. Being prepared and thinking ahead is important to do, because little things make a big difference. You can't do it at the last minute. Do it in advance."

Buildings almost never ignite from radiant heat. If your neighbour's house is on fire, the flames are unlikely to leap to your house. The real danger comes from flying embers landing on your property and igniting flam-

mable materials.

Some homes and their immediate surroundings are more flammable than others.

"The most important thing is the type and arrangement of vegetation around the home," said Westhaver. "Evergreens, especially ornamental junipers and cedars, are highly combustible. They burn with great intensity. Broad, leafy plants are much harder to ignite."

Even evergreens are less dangerous if you remove the lower branches so that fire can't spread up them from the ground.

Other combustibles close to the home can increase risk, such as wooden fences that attach to the house, old construction materials, wood piles, and piles of dry leaves or pine needles.

The combustible parts of the house's structure factor into its vulnerability. Decks, patios, balconies, and building materials increase risk if they are dry and flammable. Cedar shingles and other wooden building materials are most vulnerable.

"There's a misconception that metal and tile are more fire resistant than asphalt for roofing. It's actually rated the same. Vinyl siding is more vulnerable than cement fiber board and stucco," said Westhaver.

Older homes have more nooks and crannies for embers to fall into and ignite, such as vents and other openings. Look for

those and cover them with fine metal mesh.

According to Westhaver, "Wherever snowflakes can accumulate, that's where embers will pile up," because they are carried on the wind.

"Think about the pathways that connect fires to your home. Break those pathways up," he said, "Get rid of unnecessary combustibles. Don't have anything that will burn with an open flame within 1.5 metres of your home, and store things properly."

It isn't necessary to maintain a completely empty space around a home. Moist plants, flowers, and watered grass are fine. But take any measure to minimize clutter and create barriers to the spread of fire.

For more information, download the free FireSmart Homeowner's Assessment and Homeowner's Manual.

Nadine is a professional facilitator and connector. She is also an enthusiastic member of the Spruce Avenue community, where she lives with her husband and young son.

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Evergreens are highly combustible. | Nadine Riopel

your eastwood news



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Annual General Meeting

On Oct. 4 at 7 pm, join us at our AGM to discuss community matters at Eastwood Hall. Connect with community members and participate in elections for board positions. If you are interested in taking an active role in your community and building work experience in community development, we are always seeking people to help take the lead. We will also be selling community membership cards.

Zumba nights

Zumba nights will start soon at the hall every Tuesday at 7 pm. Interested? Email us at ewcl@shaw.ca and stay tuned to our social media for more information to come!

E-Town Vocal Music Society

E-Town is now recruiting those eager to sing. Eastwood youth will be given a scholarship for registering and attending Wednesday classes (from 4 to 6:30 pm) and Eastwood adults pay half price for the Augmented Adults Choir. More info: facebook.com/ETownMinors

New website

Our new website is continually being improved. Now you can purchase new memberships and book rentals online, and we'll soon have up-to-date postings on community news and events on our blog. Visit us at www.eastwoodcommunity.org.

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CASINO VOLUNTEERS NEEDED

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EASTWOOD AGM

Wednesday, Oct. 4 at 7 pm. Discuss community matters, connect with members, participate in the election.

Enjoy sports?

Alberta Avenue Community League is looking for people to lead sports drop-ins. Internships available to post-secondary students.

LEAGUE MEMBERSHIPS

The new membership year started in September. Check with your local league (see p.11) for benefits and how to purchase or go to efcl.org

BINGO VOLUNTEERS NEEDED

Help Eastwood Community League by working a bingo at Fort Road. Call 780.477.2354 or email ewcl@shaw.ca.

Commonwealth Pool Update

Maintenance is not complete so the pool closure continues into October. Check for opening date.

Interested in cooking?

There are opportunities for cooking workshops, neighbour cooking bees, and collective kitchens at Alberta Avenue Community League.

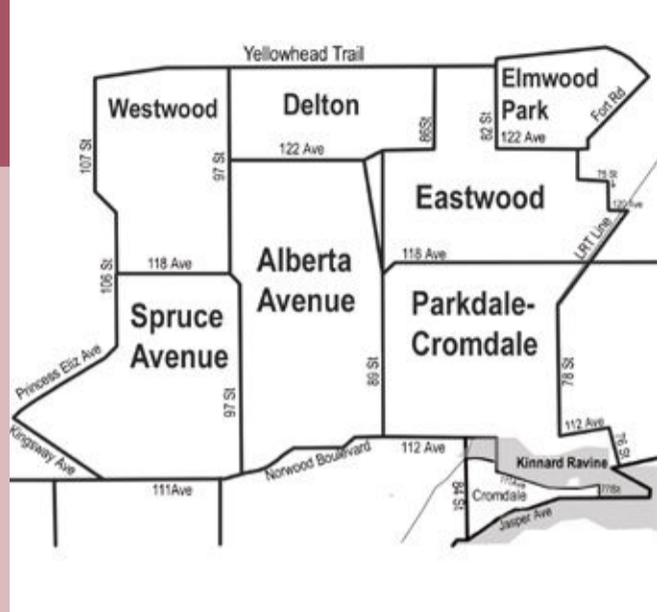
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Composer makes rooftop music at Kaleido

Vivian Fung premieres Humanoid on Alberta Avenue

HAMDI ISSAWI

California-based composer Vivian Fung is known for weaving disparate influences into her music. But her latest project, *Humanoid*, represents her first major piece for electronics, bringing a cellist in dialogue with pre-recorded machine sounds for a 13-minute performance.

"I'm trying to stretch the boundary of what is possible with a single cello," Fung said. "How many ways can you have an interaction between machine and cellist? That was my idea behind the piece."

Last month, audiences heard the answer at the Kaleido Family Arts Festival for the Canadian premiere. Rafael Hoekman, principal cellist for the Edmonton Symphony Orchestra, performed the piece outside, on an Alberta Avenue

rooftop.

Commissioned in part by Arts on the Ave, the performance is broken into three parts. First, the cellist takes on a machine-like sound by responding via the cello to electrical noise. Then, robotic effects, which include the recorded voices of Fung and her two-year-old son, are included. The performance closes with the cellist engaged in a fast-paced, virtuosic show-down against sound effects and a drum beat.

"Cello is close to my heart because I know the instrument very well," explained Fung, who played the cello in high school. "The sound, the timbre of the instrument—it's very dear to me."

And the location is important too. The rooftop of her parents' building on 91 Street and 118 Avenue served as the stage.

Fung grew up in Spruce Avenue. It was here, at the early

age of seven, that she began composing to avoid piano practice.

"I was like any other kid, starting lessons and really hating practice, and my mom would be in the kitchen trying to make sure I practiced," she recalled. "So I would start making up stuff and my mom thought, 'Great, she's practicing.'"

But Fung's piano teacher was also a composer, one who recognized Fung's potential and taught her how to write music.

With a new skill and passion, she spent much of her childhood (particularly Edmonton's chilly winters) composing and crafting elaborate title pages and backstories for her music—artifacts she has kept.

"My imagination went wild with that," Fung said. "It was my outlet. I was a pretty introverted kid."

But that didn't stop her from leaving home at 17 to attend

The Juilliard School, a world-renowned conservatory in New York. Over the next 10 years, she went on to earn a doctorate in music composition, and then stayed to teach music theory and composition for another eight years.

Since then, an interest in diverse cultures and their music has taken Fung all over the world, from China's Yunnan province, where she researched the folk songs of minority cultures, to Bali, where she toured with a gamelan ensemble. Her experience with the latter inspired a violin concerto that won the 2013 Juno Award for best classical composition of the year.

Today she lives in San Jose with her husband and their son Julian, composing and teaching composition to students at Santa Clara University.

"It's great because then I can also explore the new things

that younger people are thinking about," Fung said. "I think that's wonderful. You learn from both sides."

It's that openness to new experience Fung hopes to inspire in *Humanoid's* audiences during the tour across North America this year.

"Just having an open ear and an open mind and just taking it in," she said. "Whatever you take away from that is your own experience. Actually, I would love to hear about it."

Visit Fung's website at www.vivianfung.ca.

Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He has also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.



Edmonton-born composer Vivian Fung created *Humanoid*, a piece for cello and electronics, that cellist Rafael Hoekman played at the 2017 Kaleido Family Arts Festival. | Supplied by Vivian Fung



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Farmfair International is the place to get together, learn and have fun! Go online to plan your visit, including these great events and more!

Heritage Ranch Rodeo – November 8 - 10

Food Lab – November 8 - 12

Stock Dog Competition – November 11 & 12

Heavy Horse Pull Competition – November 12

RAM Country Marketplace – November 8 - 12

Farmtastic Fun Weekend – November 11 & 12

The decision to embark on a self-love project

Turning criticism into love is an ongoing battle

NICOLA DAKERS

From as far back as I can remember, I have never felt good enough. By the time I reached adolescence, that feeling intensified to feelings of complete unworthiness. Although therapy and life experience helped heal some of that trauma, a lingering sense of personal dislike still lies within.

There has always been an invisible glass wall that separates my true talents and self from the outside world. However, this wall cannot hide what people can see on the outside. To prevent people from seeing what I felt about myself

inside, I have been hypercritical about my appearance.

My life has been a mixture of eating disorders, obsessive dieting and exercise, self-hate, self-ridicule, and shame about my looks. I could hide my other imperfections, cover it in my skin, hide it behind my persona or by the deeds I do for others. My appearance, however, could not be completely erased.

Over the years, I have commented on almost all of my Facebook photos about how fat I was or how tired I looked or how old I was getting. The photos I hadn't commented on still elicited feelings of being ugly and unlovable. After sharing this feeling with my friends,

I learned many of them did this to themselves as well. How sad that so many of us go through our lives being such harsh critics of ourselves.

With this in mind, I decided to post pictures of myself that I would otherwise criticize or hide because they showed too much stomach fat, too much thigh wobble, bags under my eyes, or moments when I felt exhausted, defeated, or hurt. But this time with each picture I posted, I included a declaration that I was going to love myself anyway. Although at first it was a hopeful whisper, before long it was a defiant blast into the canyons of the universe.

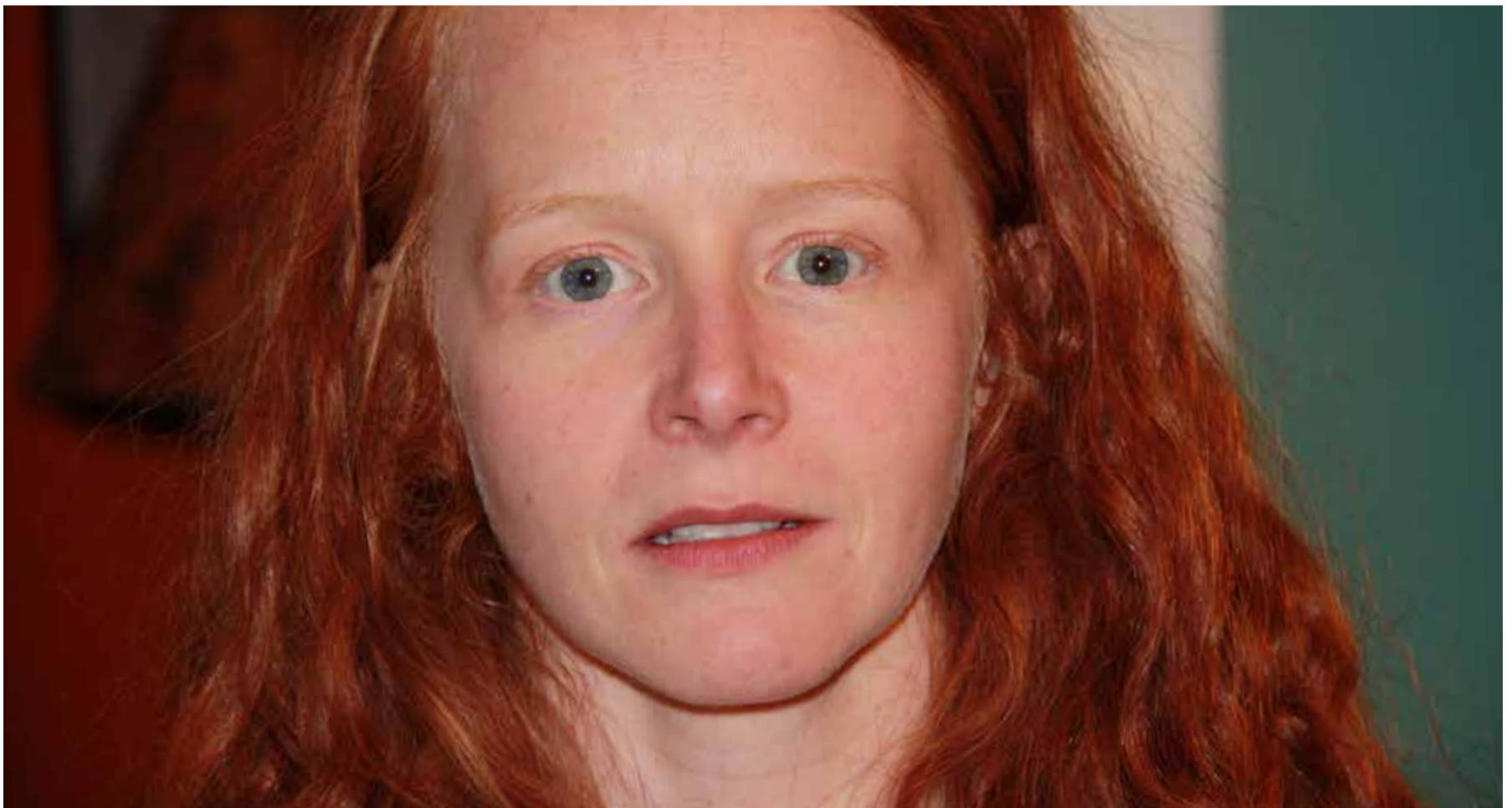
Some posts included old photos, like the photo of me crossing the finish line at my first gold medal race, where I then spent the next three months criticizing how fat I looked. How silly to waste my time on my appearance when I blew away the competition at a race! Other photos were new ones taken in bad lighting, or at the gym during moments of defeat, and even a hand-drawn one of me working out amidst the Edmonton Eskimos football players while I curled 15 pounds and felt like a hobbit.

The reactions from my Facebook friends have been predominantly positive. Better yet, friends and neighbours

have posted similar pictures of themselves on my page in solidarity.

I have not cracked the code to fully loving myself yet, but I feel it is beginning to take shape. I am going to continue posting these pictures until the day I never waiver on my own sense of self love while staring at my image. In the meantime, there is nothing like solidarity to make someone feel loved.

Nicola has lived in the Alberta Avenue community for 10 years. She likes writing, reading, history, painting, gardening, animals, getting lost in the woods, and the awesome people in her community.



One of Nicola's pictures from her self-love project on Facebook. | Nicola Dakers

THE GREAT PUMPKIN EVENT

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5:00 to 8:00 pm
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- * Hayride
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Why you need to stand out in a job search

Reflecting on a long stretch of unemployment

MARK PARSONS

Four hundred and four.

The number stares back at me from the screen, its audacity fit for the Neon Sign Museum. How does someone who has spent over 10,000 hours pouring over resumes, interviewing candidates, and hiring people apply for 404 jobs and not land a single one? By most measures, I would be considered an expert. I know what recruiters look for. In any other industry, my level of insider knowledge would put me on a fraud watch-list. I should have an advantage so overwhelming that Floyd Mayweather would be jealous.

So why can't I find employment? I don't stand out.

See, I only have an advantage over non-industry people. I'm competing against hundreds of people just like me. Hundreds of people with thousands of hours of experience doing the exact same work as I have done. I'm not special. I do not stand out. If someone put four burgers in front of you, which one would you pick? They came from different places, but all have the same ingredients—all the ones you like, and none of the ones you don't. Which one do you pick? Or do you pick one at all?

A seemingly recent tactic of employers is something I call the ghost and repost. The

employer abruptly ends all communication with those within the recruitment process and then reposts the job. It's frustrating to see the same role you haven't heard back from be posted again. While it's something I would never do as an HR professional, I have a theory: they are waiting for someone who stands out.

With the recent economic downturn, many people are looking for work. The skills and abilities of people in each profession of each industry is a bell curve. Some, quite frankly, suck. Some are exceptional. But most of us are in the middle—and boy, is it crowded!

If you are reading this and are struggling to find work, you are probably waiting for me to impart some life-changing advice to help you stand out from the crowd, and here it is: I can't answer that. Whatever it is that you do must be authentic or recruiters will sniff you out as a fake. My advice? Spend an obscene amount of time building your own self-awareness. What are you really good at? What is something you do that feels effortless, but makes other people stand up and take notice? If you don't know, ask people.

These answers may not align with your current career path

and that's OK, but you have to act on it. Get out of your own way. I'm painfully aware self-discovery does not put food on the table. Every rational bone in your body is going to fight it. But I firmly believe there is no such thing as a lack of resources, only a lack of resourcefulness. Things may feel awful right now, but with some tough choices, it will get better.

Born and raised in Edmonton, Mark is a HR professional, writer, artist, and entrepreneur. He is also the founder of Multi Menu Edmonton, a local company that brings the pet store to your door.

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WHAT'S ON IN OCTOBER

EASTWOOD HARVEST FAMILY CELEBRATION
Oct. 1, 2-5 pm. | Eastwood park area (11803 86 St).

COFFEE WITH COPS
Oct. 3, 10-11 am | The Carrot Coffeehouse (9351 118 Ave). Join a roundtable conversation with EPS.

THE CARROT GALLERY OPENING: CHAMPIONS OF AB AVE
Oct. 4, 7 pm | The Carrot Coffeehouse (9351 118 Ave) | **FREE**
Ab Ave has a long history. Arts on the Ave pays tribute to this history through their project "Champions of Alberta Ave." During October, see a special gallery of photos and stories honouring the multicultural businesses and diverse gastronomy of Ab Ave.



JAZZ JAMS: FEATURING THE LEAH HARMAN QUARTET
Oct. 5, 7-9:30 pm | The Carrot Coffeehouse. (9351 118 Ave) Begin with a 45 min set from The Leah Harman Quartet, versatile in styles such as jazz combo, big band, jazz, funk, punk, and Latin. Performance followed by an inclusive jam session. \$5 cover.

DRIVE-IN ON THE AVE
Oct. 8 | Alberta Ave parking lot

RUMMAGE ART & CRAFT MARKET
Oct. 14, 9 am-3 pm | Parkdale-Cromdale Community League (11335 85 St).

HIP HOP SHOWCASE FEAT. THE VICE VERSER
Oct. 18, 7 pm | The Carrot Coffeehouse (9351 118 Ave) | Pay what you can. Hosted by Locution Revolution, October's Hip Hop Showcase features The Vice Verser and an open stage for hip hop artists, rappers, spoken word, and poets. Rated PG.

HEADLESS CARROT
Oct. 28, 7 pm. | The Carrot Coffeehouse (9351 118 Ave). An evening of spook-tacular fun for young adults and adults. Prizes for best costume! Music, treats, games, D.J., and more! Licensed event (must be AOTA member & min. 18 years old to buy alcohol).

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 Coffeehouse.

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

PRO WRESTLING
First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: monsterprowrestling.com.

SAVE THE DATE

EDMONTON POTTERS GUILD SALE
Nov. 18 | Alberta Avenue

THE CARROT CHRISTMAS ARTS BAZAAR
Nov. 17-18 | The Carrot Coffeehouse (9351 118 Ave)

RED SPARROW ANNUAL OPEN HOUSE & ARTISAN SALE
Nov. 25 - 26 | Red Sparrow Gallery (11209-65 street) www.redsparrowgallery.com



www.LSHULBA.com

FREE COMMUNITY PROGRAMS

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

ESL & LANGUAGE

PRACTICE ENGLISH
Conversation circle, Mondays 7-8 pm at Sprucewood Library.

ESL ENGLISH LESSONS
Thursdays from 11:30 am to 1:30 pm at Parkdale-Cromdale. Returning in September.

ALL-AGES SPANISH LESSONS
Free every Monday from 6-7:30 pm at Parkdale hall.

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Light lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. No program in August. More: Suzanne 780.423.9682.

ENGLISH CONVERSATION CIRCLE
Fridays, 10:30-12 pm at Highlands Library. Part of Catholic Social Services LACE program. More: 780-424-3545.

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

FOOD & SUPPORT

COFFEE WITH COPS
First Tuesday of each month from 10-11 am at The Carrot.

PRAYERWORKS COMMUNITY
Hot meals & warm friendship at St. Faith's/ St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-6:30 pm. Sat: serving 8:30-9:30 am; open 8-10 am. Meals start Oct.6. More: 780.477.5931.

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget. 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. Call ahead. Parkdale Hall: Last Sunday of the month. Check parkdalecromdale.org for details.

PARENTS & PRE-SCHOOLERS

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.

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

PARENTING & LITERACY
English classes, free childcare, parent-child activities, parenting support. Tuesday and Thursday, 9:30 - 12 pm from Sept 19 to Dec 7 at Norwood Centre. Register 780.471.3737.

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

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

FAMILY STORYTIME
Share stories, songs and games. Wednesdays, 10:30-11 am at Sprucewood Library.

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Saturdays 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 & printing are just the beginning for this club. Fridays, 4-5 pm Highlands Library.

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

GLOBAL GIRLS
Build new relationships, develop a sense of self-confidence and identify pathways to be able to achieve your goals. Every other Thursday, 3:15 - 5:30 pm at the Mennonite Centre. Register: 780.423.9691.

TEEN LOUNGE JR.
Play video games, make a DIY project, meet friends. Thursdays, 3:30-5 pm at Sprucewood Library, 3:30-4:30 pm at Highlands Library.

ADULTS

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

COFFEE FRIENDSHIP CLUB
Wednesdays, 11 am-2 pm. | The Carrot Coffeehouse (9351 118 Ave). Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in Delton, Eastwood, Parkdale-Cromdale, Westwood, Spruce Ave, and Ab Ave.

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

SENIORS

NORWOOD LEGION SENIORS GROUP
Cribbage, Wednesdays at 1 pm at Norwood Legion.

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, play cards, or

billiards. Wednesdays 11:30 am - 12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

FAMILIES

POP-UP MAKERSPACE
Makey Makey hack, DIY music, Art, 3-D design and more. First Wednesday of the month from 6:30-7:30 pm at Highlands Library.

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 COMMUNITY REC ACCESS
Community league members have free access at Commonwealth Rec Centre on Saturdays from 5-7 pm and/or Sundays from 1-3 pm. Check with your league.

LOCATIONS

Community Leagues - see page 12
St. Faith/St. Stephen Church 11725 93 St
Highlands Library 6710 118 Ave
Sprucewood Library 11555 95 St
Norwood Family Centre 9516 114 Ave
Carrot Coffeehouse 9351 118 Ave
The Nina 9225 118 Ave
Norwood Legion 11150 82 St
Crystal Kids 8715 118 Ave
St. Andrew's Church 8715 118 Ave
Bethel Gospel 11461 95 St
Mennonite Centre 11713 82 St



I am a father, husband, crime fighter, problem solver and resident of **Ward 7** — this community is my home. There's work to do and it is my hope to serve you on Edmonton City Council.

Ward 7 needs leadership and action. I have the knowledge and experience to get the job done.

Kris Andreychuk

Edmonton City Council Candidate | **Ward 7**



KrisAndreychuk



Kris_Andreychuk



VoteAndreychuk

There's Work To Do.

780-249-6119

info@voteandreychuk.ca

There's still time to join my campaign! To display a sign, volunteer or donate check out **voteandreychuk.ca!**