

RAT CREEK PRESS

CIRCULATION 12,500

WWW.RATCREEK.ORG

NOVEMBER 2014

NEWS » HOLIDAY SHOPPING

Shop locally for Christmas

Buy unique gifts while supporting small business



Shoppers can check out The Carrot Christmas Arts Bazaar for unique gifts. » SUPPLIED Bedouin Beats sells a variety of items. » TALEA MEDYNSKI

TALEA MEDYNSKI

Christmas is approaching, and while shoppers might go to malls, a big box store, or shop online, shopping locally is another option.

"Consumers have a tremendous amount of choice," said Joachim Holtz, executive director of the Alberta Avenue Business Association (AABA). "People aren't shopping locally as much—they're being pulled to malls."

Part of the problem, Holtz explained, is people are busy and don't leave their cars to stroll around the neighbourhood.

"We have a lot of multicultural businesses," said Holtz. "You can picture Alberta Avenue businesses as a mall in itself."

Alberta Avenue businesses are one of 13 Business Revitalization Zones (BRZs) in Edmonton, and "all zones need help in one way or another." According to the Alberta Avenue website, "the association represents 200 businesses spanning 27 city blocks from NAIT to Northlands along

118th Ave."

BRZs and the city provide support to businesses, such as the Façade Improvement Program (a matching grant program) and this year's pop-up market street sale (created to bring more awareness to local businesses). Next year, business owners can take advantage of free business training and resource workshops.

However, Holtz emphasized the onus is also on business owners.

"If you want people to shop and dine local, you want businesses that look attractive," said Holtz. "Interior presentation matters." Businesses should be well lit, organized, and clean.

Although local shopping could use a boost, it has improved since revitalization began.

"When we started revitalization on 118 Ave, many people didn't shop here. Quality has improved. Our vacancy rate has gone down. Space is now in demand," said Judy Allan, Avenue Initiative coordinator.

With the variety of businesses, shoppers have an opportunity to buy one-of-a-kind

items or find unique services not available elsewhere. Take Bedouin Beats, considered a destination store because it focuses on belly dancing, a business unique to Edmonton.

Denise Leclair, owner of Bedouin Beats, said in general the community supports businesses on the Ave, but added that local support "makes the difference between keeping your doors open and going out of business. My challenge is to get other people to come in," she said, pointing out she also sells items such as streetwear and jewellery. Leclair is hosting an event called Christmas at the Casbah on Nov. 29. Shoppers can take advantage of store specials and enjoy some Christmas cookies and cider.

Although there are plenty of stores from which to buy gifts, you can also treat someone to a meal from a restaurant or bakery. For art lovers, there are events going on during November. Pick up some free trade gifts at Just Christmas, buy gifts at the Carrot Christmas Arts Bazaar, or purchase pottery at the Edmonton Potters' Guild Annual Pottery

Show & Sale.

Christy Morin, executive director of Arts on the Ave, said this year's Carrot Christmas Arts Bazaar will have an outdoor component. Goods will be sold out of warming huts and shoppers can warm by a fire and enjoy hot chocolate.

"You really appreciate that you're buying art," said Morin. "The gifts are unique and very distinctive."

Alberta Avenue
Community League
9210 118 Ave
The Edmonton Potters'
Guild Pottery Sale
Sat, Nov. 8: 10 am - 3 pm

Just Christmas
Friday, Nov. 28: 5:30-9 pm
Sat, Nov. 29: 9:30 am - 4 pm

Christmas at the Casbah
Bedouin Beats
11805 94 St
Sat, Nov. 29: 10 am - 5 pm

The Carrot Christmas Arts
Bazaar
9351 118 Avenue
Friday, Nov. 28: 7-9 pm
Sat, Nov. 29: 10 am - 4 pm

INSIDE:

Community News
Discover the story behind Lorne Larsen Park
» P2

Eye on Community
Read about how one woman beat her addiction.
» P4



Perspectives
Learn why it's important to stop bullying in its tracks
» P6

Everybody's Business
Little Button Sewing Studio offers sewing classes to people of all ages
» P7



Slice of Life
Seniors should have the tools to protect themselves
» P8

The Ave We Had
RCP writer Chantal Figeat writes about her family's wartime history
» P9



The Words We' Ave
Enjoy all the different takes on colour
» P10



jiffy lube

FAST, FRIENDLY, HONEST SERVICE

Coupon valid at these 3 locations only:

13004 82 Street
NORTHSIDE: 780.478.9617

13731 97 Street
NORTHSIDE: 780.478.7553

11503 104 Avenue
DOWNTOWN: 780.425.7562

FAST OIL CHANGE

\$39.99

**REGULAR OIL CHANGE
UP TO 5 LITRES**

Coupon Expires November 30/14

NEWS » LOCAL PARK

Westwood park dedicated to Lorne Larsen

Larsen “fought tooth and nail” for park

CHANTAL FIGEAT

On Oct. 4, Lorne Larsen Park was opened and posthumously dedicated to the man who made it happen.

Several local politicians were present, including MP Laurie Hawn. Hawn gave a short history of the area, stating that in 1910, Westwood was “very rural [it was the last area in Edmonton] to see the gyro clubs and playgrounds.” There was “less green space with the expansion of 97 Street, NAIT, and the Yellowhead.”

Once known as Triangle Park, the park was dedicated to Larsen, who grew up in the community and cared passionately about it. Larsen’s son Victor summed up his father as, “generous and funny, [and] a good storyteller.”

Over the years, there was a growing recognition that more green space was needed. “A 2006 survey of the neighbourhood showed that residents weren’t happy with space available to meet social and recreational needs,” said Hawn.

Although residents clearly wanted more green space, Westwood lost a small community soccer field to Vanguard

College when H.A. Gray School was sold in 2004. However, on April 26, 2005, the city allocated \$35,000 to a fund for the development of park space in Westwood.

The triangular space at 122 Avenue and 107 Street was purchased and allocated for parkland development. Even so, the entire area could not be used due to a right-of-way, which the transportation department refused to give up during the sale.

President of the Westwood Community League from 1996 to 2013, Larsen established a concept design in consultation with the community in 2006. The successful design is a passive park with benches, a pathway, and trees, which act as a buffer against traffic noise.

Much to their surprise, in 2010 the Westwood Community League discovered that Valour Place was proposing construction of a treatment and rehabilitation facility in the Triangle Park area. As a protest, “We were going to have our Community League Day in the cemetery,” said Marlene Larsen, Lorne’s widow. The city took notice and didn’t implement the proposal.



Participants at the Lorne Larsen Park opening display the cheque allocating over \$100,000 towards park development. >> CHANTAL FIGEAT

Larsen died at 59 on Feb. 9, 2013. The joy of finally making the park a reality was also shadowed with sadness. Larsen is clearly loved and missed by his friends and family.

“Lorne’s friends and family benefited because he was selfless and he taught us the value

of common sense. He defined dependability and could always be counted on to help, fix, volunteer, and offer advice,” said Shannon and Terry Goy, Larsen’s niece and nephew.

“He fought for the neighbourhood, he fought for the community, and I’m glad his

name will always be here,” said Rob Hauck, Westwood Community League secretary.

As Marlene said at the dedication, “Lorne, being a very humble man, is smiling right now and thanks us.”

NEWS » ART

Shutterbugs display chops

Photography group holds exhibition at The Carrot

ALOUISE DITTRICK

On Oct. 8, The Carrot Coffeehouse hosted an opening night exhibition to celebrate the work of 22 photographers from The Shutterbugs, a local photography group. For most of the photographers, it is the first time their work has been featured.

“It is difficult for people to put their work out there,” admitted Laurice Block, a founding member of the group.

Each photograph was taken with the theme of the exhibition in mind: think big thoughts, but small pleasures. The Arts on the Ave board of directors selected the photos. Part of the proceeds from the sale goes to

The Carrot, while the rest goes back to the artists.

With over 400 members, The Shutterbugs are a local group on the social website Meetup.com. For \$10 a year, anyone from a beginner to a professional photographer can join the group. While this exhibition was the first for The Shutterbugs, it is not the first time they have worked with Arts on the Ave. Recently, the group helped run the Snap your Joy photo booth at this year’s Kaleido Family Arts Festival.

“One of the reasons I started this club is because I wanted to learn [photography], so I figured why not learn with others,” said Kaye Ly, another founding member.

It seems to be working well. Previous events have included photo walks, photo shoots, and workshops on taking photos, using camera equipment, and various photo editing software. One of their upcoming event ideas is to create a 2016 calendar in support of a local non-profit group.

For more information about The Shutterbugs Meetup Group, visit: <http://www.meetup.com/The-Edmonton-Shutter-Bugs/> For information about Arts on the Ave and The Carrot Community Arts Coffeehouse, visit artsontheave.org.



The Shutterbugs hold their first gallery showing at the Carrot Community Coffeehouse on Oct. 8.

>> KAYE LY

EPS releases app

Edmonton Police Service’s new app will allow people to access alerts and crime files, read news, report crimes, and search for police station locations.

Michael James, digital media supervisor at EPS, said, “We can push alerts to people quickly.”

The app, based on one developed by Victoria Police Department, also includes recruiting information and links to EPS social media sites.

People can report five different types of crime: damage to property, damage to vehicle, lost property under \$5,000, theft from vehicle under \$5,000, and theft under \$5,000.

James said these types of crimes were chosen because people don’t usually report them, assuming the police can’t do anything about it.

The app, compatible with Apple and Android, can be downloaded from the Apple App store or Google Play. For more information, go to edmontonpolice.ca.

Need info?

- 211 Support services and referrals
- 311 City of Edmonton info & services
- 411 Directory assistance
- 511 Alberta Transportation road reports
- 611 Phone service provider
- 711 TTY/TTD Teletypewriting Device for the Deaf
- 911 Emergency

alberta avenue
COMMUNITY CENTRE

WANT AN OUTDOOR RINK THIS WINTER?

We need your help making and maintaining it. info@albertaave.org

NEWS » HEALTH

Anonymous but not invisible

The forgotten faces of addiction

HAMDI ISSAWI

From Nov. 17-23, National Addictions Awareness Week draws attention to this hidden, ignored, and misunderstood condition.

Part of this problem, and what community support groups like Al-Anon try to address, are the less obvious consequences of addiction—the effects on friends, family, and community.

Sometimes confused with Alcoholics Anonymous, Al-Anon is a separate but anonymous fellowship designed to help those affected by another's alcoholism. According to Pamela Walters, information analyst for Al-Anon Family Groups, "Conservative estimates indicate each alcoholic seriously affects the lives of at least four people." The tendency of alcoholism to affect (or infect) those closest to problem drinkers is why Al-Anon calls it "a family disease."

Most often, these effects take the form of shame, resentment, abuse, and a feeling of responsibility.

Mary, a local Al-Anon member whose last name is withheld, can recall the effect her husband's

drinking had on their family. "As his obsession with alcohol grew, my obsession with him grew," said Mary, who has been with the fellowship for 31 years. "I was always checking him out, kissing him, checking the breath, that kind of thing."

This unhealthy preoccupation led Mary to lose control of her own life.

"For that time frame when I was so obsessed with him—you become unavailable for your children. You're there and you're with them, but your mind is always somewhere else. What's it going to be like? What's going to happen? Is he going to drink? Is he not going to drink? If he drinks, is he going to be OK?"

Al-Anon gave Mary a safe space to share her experiences, listen to others, and learn to find her own happiness while living with a loved one's alcoholism. Although alcoholism is fairly common, addiction can be any compulsive activity.

Pastor Wayne Thomas of Avenue Vineyard Community Church also understands the impact of addiction, particularly on the young.

"If you don't have healthy

functioning adults because they're tripped up by their addictions, that's a huge trickle-down effect," pointed out Thomas.

As an outreach worker with Crystal Kids Youth Centre, Thomas tries to offset the limits that addiction imposes on children by teaching them to find confidence, strength, and resiliency within themselves.

"A lot of the youth that we work with at the centre had a very hard time even graduating high school and part of the reason for that is they don't have any vision for that," he explained. "Their parents or guardians or other relatives—most of them never graduated and many of them have struggled with addiction or other hard stuff, and that set the mind-set for the kids."

Through literacy and meal programs, tutoring, art, and sports, the support of Crystal Kids helps inner city youth believe in themselves, whether facing addiction or not. And not unlike Al-Anon, the goal is to help those in the shadows of substance abuse learn to live healthy, balanced, and happy lives.

Free information sessions and events at Youth Addictions Services Edmonton (12325 140 St)

Nov. 17
Demystifying Mental Health (3:30-5:30 pm)

Nov. 18
Drug Trends and Terms (3:30-5:30 pm)

Nov. 19
Tobacco 101 (3:30-4:30 pm)

Marijuana 101 (4:30-5:30 pm)

Nov. 20
Open House and Resource Fair
Youth attend 1-3 pm
Adults attend 3-5 pm

Community resources

Al-Anon and Alateen (for youth)
St. Andrews Meeting House
11107 129 St.
Saturdays at 10 am
Enter through the back door and go downstairs

Crystal Kids Youth Centre
8718 118 Ave.
Phone: 780.479.5283



Often forgotten in the discussion of addiction are the effects on those closest to the abuse. >>FREERANGESTOCK

Modern Relic Designs

With emphasis on sustainability, we proudly specialize in the revitalization and decoration of historic homes and homes of all ages.



Priscilla Clark: 780.902.4010 www.modernrelicdesigns.ca Allison Korpesio: 780.902.3095



BOOKING NOW for residential and commercial snow removal for the 2014-15 season. Year-round packages available. Registered Veterans' Affairs provider.

CALL TODAY 780.471.5322 TripleRLawnsandSnow@gmail.com

We are your company from start to finish - winter, spring, summer and fall

Your health. Our priority.

The Medicine Shoppe
PHARMACY

Professional Services

- Free Prescription Delivery
- Comprehensive Medication Reviews
- Accu-Pak™ Bubble Packaging
- Health and Wellness Events
- Community Immunization Centre
- Custom Medication Compounding
- PACMED Pouch Packaging

Parminder Bhui

B.Sc. Pharm.
Pharmacy Manager

(780) 477-1192
8111 - 118th Avenue

Store Hours

Monday to Friday: 9:00 am - 6:00 pm
Weekends & Holidays: 10:00 am - 2:00 pm

PARKDALE/CROMDALE
11335-85 STREET | WWW.PARKDALECROMDALE.ORG

CRAFT & BAKE SALE AT THE HALL ON NOVEMBER 22&23 FROM 9:30 AM TO 4 PM.

PROFILE » LOCAL RESIDENT

A story of faith and hope

How one woman beat her addiction

NICOLA DAKERS

When Christine Hamm speaks, everyone in the room listens. Strong and confident, this city employee and Boyle Street resident captivates audiences wherever she goes.

Simon Farbrother, Edmonton's city manager said, "The City of Edmonton is lucky to have Christine as an employee."

Hamm is a United Way ambassador and speaks fearlessly in front of large crowds. Yet, it was only eight years ago that she was addicted to crystal meth.

"At age 14, I had been kicked out of Christian school for attending a party, even though there were no drugs or alcohol at that party. So I started attending public school and immediately landed with the worst kids in school."

Over the years, Hamm's drug and alcohol abuse got worse. At the age of 25, during a particularly vulnerable time in her life, she tried crystal meth.

"I was awake for the entire weekend. I didn't sleep. I didn't eat. At the end of the weekend I felt gross." But she was hooked and her life rapidly deteriorated.

"You don't sleep on crystal meth. Ever. So I didn't really sleep for four years. I started having very real paranoid delu-

sions."

Hamm lived in a constant state of dread, self-loathing, and paranoia. She began to fantasize about killing people and was always angry.

In 2006, four years into her addiction, she had to make a choice. Her rage had become all-consuming, she had suffered violence and violations from other users, and her health was failing. "My doctor said I only had four years to live."

Hamm began calling detox centres.

"I lived in Calgary at the time and there was not a single bed open. So, I started calling Red Deer, Lloydminster, Lethbridge, anywhere I could think of." One day, she received a call back from a facility in Red Deer.

Hamm said the decision to go into detox was incredibly difficult.

"The lady on the other end of the line was also named Christine, and she said they had a bed for me. Then she said I had to make up my mind by noon or the bed would be given away." Hamm was scared to say yes.

"I didn't know who I was anymore and wasn't sure I would ever feel joy again. But, I called my dad and asked if he would drive me to Red Deer and he said yes."



Christine Hamm, a United Way ambassador, used to be addicted to crystal meth. » NICOLA DAKERS

Going into treatment was terrifying, but with the right help and with the persistent belief that there was "something more" to life, she persevered. After detox and initial treatment, she arrived in Edmonton with nothing but a bag of clothes, a few dollars, and a "mustard seed of faith." It was with the help of programs supported by the United Way that

Hamm was able to feed herself, find safe housing, receive the counselling and support she needed, and eventually attend college. She excelled in college and has since been working as a clerk for the city.

Hamm has remained sober for the last eight years. The success rate for breaking crystal meth addictions is only three per cent. She has committed

herself to helping people who are struggling in their lives.

"A great thing that has come out of this is how compassionate I have become and how soft my heart is for those who are in pain."

To learn more about Hamm's story or to find inspiration or help with your own struggles, check out her blog at the-faithandhopeproject.com.

Councillor Tony Caterina
Ward 7 - Communities to be proud of

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

Carrot Christmas Arts Bazaar!

Friday Nov 28, 2014 7pm-9pm
Saturday Nov 29, 2014 10am-4pm

Find great original gifts for those 'hard to shop for' loved ones. Indoor & outdoor artisans.

Carrot Community Arts Coffeehouse
9351 118 Avenue | www.thecarrot.ca

Like to write?
Make a few extra dollars.
Seeking more contributors.
ratcreek.org

REAL BUY
BEDROOMS FOR KIDS & TEENS

NOW \$399
was \$799

YOUTH BEDROOM SETS
MANY TO CHOOSE FROM

HOURS:
Mon thru Fri 11am - 7pm
Saturday 10am - 6pm
Sunday 12pm - 6pm

SAVINGS ON ENTIRE HOME PACKAGES

Delivery, Financing, FREE 3 & 6 Months Lay-A-Way Plans

Basic Home Package
14 Pcs \$1499
Real Buy Package
17 Pcs \$1999
Deluxe Package
21 Pcs \$2999

11951 82 Street, Edmonton
Ph: 780.757.3636

QUEEN BEDROOM SETS

NOW \$999
was \$1,999

MATTRESS SETS

SAVE 50%

TWIN \$299
DOUBLE \$349
QUEEN SET \$399

REAL BUY
MATTRESS & BEDROOMS
PROUD COMMUNITY SUPPORTER

WHAT'S ON » ART

Artstream: a realization of a dream

Youngman's hard work creates flourishing multi-faceted arts hub

MARY-ELLEN PERLEY

As you drive up to the historic Grinnell warehouse on 120 Street and 113 Avenue, you become aware of the unusual nature of this long red brick structure. There's something imposing and at the same time welcoming. Maybe it's the history, or the very nature of its endurance. Then you walk into the massive building where Artstream has made its home. And...wow! The entrance walls are alive with swirls of colour, the signature style of the artist who dreamed a dream: Lori Youngman.

On the main floor is PageMaster Publication Services, run by Youngman's husband Dale, a professional photographer and publisher. PageMaster literally and figuratively underpins the Artstream Project, for upstairs is where this multi-faceted arts venue happens. Here is the gallery site, communal area, artist work areas, and teaching

space.

Two years ago Youngman, who has worked in community development for years and lives in the Alberta Avenue area, decided there needed to be "a very special space where artists could flourish." She had a dream to build a safe place for artists to create. But where to find such a space? Then Dale saw the Grinnell warehouse and they began to dream a bigger dream—5,800 square feet bigger.

It is with some pride Youngman maintains they used no grant money to get this dream where it is. Only seven five-gallon buckets of paint each with 'created' paint colour and a lot of love and labour!

"Created paint colour? What is that?" I ask.

Youngman grins her delightfully infectious grin and chuckles, "Leftover paint from my mural painting."

Her process in creating this space was to think, "What

do I need as an artist?" Then she went to work creating the space with the help of her "reno crew". It has taken time to birth the Artstream Project, which is understandable, given Youngman's reno crew all work in film. Now there's a place where any artist can flourish, take classes, teach, collaborate with other artists, be inspired and safe. There is a palpable synergy of energy here.

Currently there are 17 artists located in the Artstream rental spaces with room for four more. These artists include musicians, music producers, videographers, photographers, game creators, and various kinds of visual artists.

Artists can use Artstream on a "day basis, rent a locker, store their stuff and paint or take a course or whatever," said Youngman. Already this large multi-use space has been used for music videos, film shoots, and large art projects like murals and photo shoots. Youngman

has created an even playing field for all levels of artistic expertise.

One of the newbies is Chaka Zinyenba, a musician and artist. He recently completed his first Artwalk on Whyte. He sold three pieces of art and had two commissions! A more established artist also calls this dream arts hub home: Aaron Paquette, an acrylic painter and writer. Paquette is well-known for his incredible 100-foot reconciliation mural to be found in the Grandin LRT station. Then, there are Andrew Smith and Jeremy Remmy, who are about to cut a new album. And last week, Spider Man scaled the walls in one area while two photo shoots happened in other areas. Thus we see "all these streams of art" come home to create at Artstream.

Youngman talked animatedly about the need for all of us to shine and share what is in us. In her old digs, Arts FUSE was a weekly event: a happening for a concentrated community of

artists to come together in a 70s style coffeehouse with a "curated open mic". Youngman is determined to see it blossom again at Artstream. It was at one of these nights that she saw and heard a poet who had "lived through the hell of Bosnia". Youngman recalls a moving moment when "the poet read some of his poetry and then did not know what to do with the clapping." A visual artist, also from Bosnia, declared she wished to illustrate the cover of the poet's book. The fusion took place.

Youngman's dreams continue as she muses about putting up murals on the outside of the building, using the green space where the railway used to be as another venue for art, and of course, there is the dream of a black box theatre!

Artstream, a dream at the very heart of Youngman's being, is a place to flourish and shine. She maintains the "energy of 'just give me a chance' permeates the place". I couldn't agree more.

Artstream Project
11340 120 Street

<http://pagemaster.ca/art/artstream-project/>

780.425.9303



Aaron Paquette putting the finishing touches on his Grandin Station mural. >> DALE YOUNGMAN



E-town Spidey being photographed by Augustine Aranus at Artstream. >> JANET CHAU



Lori Youngman, creator of Artstream Project, stands next to her artwork in the multi-faceted arts hub. >> MARY-ELLEN PERLEY



Aaron with his largest reproduction PageMaster has done to date. >> DALE YOUNGMAN



Men, take up the challenge - promote and support men's health - Movember.com

EDITORIAL

Bullying: not just a school problem

It's important to stop bullying in all aspects of adult life to truly make a difference

FRANKI HARROGATE

When you went to school, chances are good that you either were bullied or saw someone being bullied. With campaigns targeting student-on-student bullying, school policies enshrining protections for LGBT/gender non-conforming students, celebrity-endorsed PSAs such as "It Gets Better", and programs dedicated to changing school culture, our work here should almost be done, shouldn't it?

No.

Let me be clear: identifying and addressing bullying in schools is a vital part of ensuring the safety of all students. It is necessary to teach kids that bullying is wrong. Unfortunately, that's where things end. What happens when kids see teachers bullying each other, or administrators bullying teachers? What happens after kids leave school and join the workforce, go to university, or navigate the rest of the world?

They see bullies being given free reign, without consequence. They see Don Cherry given license to yell, name-call, and use gendered slurs in the process of discussing teams, players, or coaches. They see politicians in

the House of Commons heckling speakers, jeering at other politicians, and using gendered slurs. In the case of Rob Ford, they see someone physically assaulting another politician.

Most importantly, they see none of these individuals facing any sort of repercussion for such behaviour. In fact, in the case of politicians and many corporations, they see either such behaviour being rewarded through reelection or through adulation of business media ("This CEO is a complete shark who increases profit at any cost!")

We see CEOs, executives, and shareholders consistently putting profit ahead of workers' wellbeing and safety. Look at the way certain farming operations are excluded under the provincial Occupational Health and Safety Standards. Yes, bullying is alive and well outside of school walls.

Cyberbullying has opened up discussion about the many ways in which you can be bullied without even seeing your tormentor. Rehtaeh Parsons is perhaps the best-known example of online bullying. After Parsons survived a sexual assault, her classmates and others tormented her to the point where she committed suicide.

When students are presented with programs that target and address such behaviour while providing alternatives, we do see success ... to a point. Telling students that bullying

is wrong while Anita Sarkeesian (a well-known online activist and feminist) is forced to cancel an appearance at Utah State University because someone threatened "the deadliest school

shooting in American history" if she was allowed to speak, provides the lie to that message. Such behaviour is bullying of the highest order. Instead of taking every step possible to ensure Sarkeesian's safety during her talk, the university administration simply reiterated the right of Utah citizens to carry guns in public.

What does this teach everyone watching? That bullying in the "real" world works. While you may not be able to bully when the teacher's watching, all you have to do is become an adult and, once the controls are removed, you're free to act as you will.

So where does this leave us? Fortunately, there are things we can do. Not only should we support anti-bullying programs in schools, we can take steps in our daily lives to call out bullying. Your MP engages in heckling? Contact them and tell them you expect better. Principal bullying a teacher? Contact the school board, the superintendent, and the principal and tell them to walk their talk.

Support those who are bullied by believing them when they share experiences, and providing help in whatever way they need. Create anti-bullying strategies for our own organizations. Bullies need secrecy and assent in order to operate. Exposing bullies and refusing to condone such behaviour in all walks of life is necessary to actually put an end to bullying.



**NATIONAL BULLYING
AWARENESS WEEK**
Nov. 16 to Nov. 22
bullyingawarenessweek.org

Voices Within >> LORRAINE SHULBA

"We'll Keep You Happy for Life"

XL Furniture

FAMILY BUSINESS SINCE 1952

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com
tues - sat: 10 am to 5:30 pm | mon - sun: closed | evenings by appointment

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

ABOUT US

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

COMMUNITY, COMMUNICATION, CAPACITY

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

PUBLISHER

Karen Mykietka

info@ratcreek.org

EDITORS

Talea Medynski

editor@ratcreek.org

LITERARY EDITOR

Rusti L. Leahy

lit@ratcreek.org

PHOTO EDITOR

Rebecca Lippiatt

photo@ratcreek.org

DESIGNER

Lorraine Shulba

design@ratcreek.org

ADVERTISING

ads@ratcreek.org

PROOFREADING

Cath Jackel

CONTRIBUTORS

Talea Medynski, Rusti L. Leahy, Shelaine Sparrow, Priscilla Clark, Franki Harrogate, Chantal Figeat, April Au, Henri Yauck, Rebecca Lippiatt, Karen Sheridan, Marlene Salmonson, and Rob Bernshaw.

DISTRIBUTION

John Larsen, Margaret Larsen, Arlene Kemble, Cantelon Family, and Karen Mykietka.

EDITORIAL POLICY

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

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

COMMUNITY CALENDAR

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

**Give input and leadership to
your community newspaper.**

**Join the Rat Creek Press
board or be a contributor.**

**Only 1-2 hour commitment
a month!**

**Annual General Meeting
Friday, November 21 at 7pm**

Vote on bylaw changes

Everyone welcome.

VOLUME 16, ISSUE 10 >> OCTOBER 2014

E: INFO@RATCREEK.ORG

W: RATCREEK.ORG



Spruce Avenue Community
10240 - 115 Avenue

**Nov 18 at 7 pm Constable Shane Wruth EPS on neighbourhood
concerns & Mark Hall with Blatchford development update**

BUSINESS » THE LEMONADE STAND

Repurpose the proven

Successful businesses focus on what the customer wants

HENRI YAUCK

In the literary world, it is not uncommon for someone to base a new work on an old and popular theme or idea. In the mid-1400s, Arthur Brooke published *Romeus and Juliet*. William Shakespeare took that theme and penned *Romeo and Juliet*.

In business, a similar principle works equally well. Henry Ford became the world's first billionaire by turning the overhead disassembly line he saw in a Chicago meat packing company upside down to create the world's first assembly line. Pumping out Model T after Model T, he effectively repurposed something proven, as did William Shakespeare with *Romeo and Juliet*.

Ford repurposed the disassembly line into the first assembly line because he realized if he could produce a high quality product and sell it for less in an unheard-of large quantity, he could own the automotive market. This creation made him the world's first billionaire and provided thousands of people with the transportation they wanted at an affordable price.

In our time, Steve Jobs fol-

lowed Henry Ford's lead. He repurposed the theme of a high quality product that people wanted at a fair price and turned his camera toward the kinds of people who would buy such a product. He focused on what his customers wanted, not what he had to sell. Apple ads still echo this theme; the successful company provides the innovation people want.

Nike, instead of focusing marketing on their product, focused on what many people wanted. Nike provided an athletic fashion statement, without the need for all the training. Today, no matter where you look you see Nike. They effectively repurpose the sales of athletic footwear by "just doing it."

If you read this far, you will have realized that everything in the concept of repurposing is customer-want centered, not corporate sales centered. In other words, repurposing satisfies the customer's need to buy, not the company's need to sell. This is called marketplace fit. If there is no marketplace fit, there will be very little likelihood of sufficient sales to sustain profitability and growth.

Whether you have a service or are involved in product sales,

it's all about what the customer wants. The overworked and oversold idea of branding and social networking just doesn't cut it. The customer must still be the priority if you are planning to build a profitable business that will support you for years to come.

The customer's experience with getting your service or product creates word of mouth recommendation of your business. All the leading brands were built this way with good products, services, and offers, backed with exceptional friction-free customer experience. Personal greed or ego enhancement has found little success in business growth and long-term success.

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

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

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

BUSINESS » SHOP LOCAL

Learn to sew in small groups

Sewing a "great, practical skill"

LITTLE BUTTON SEWING STUDIO

12205 FORT ROAD
OWNER: ANGELA KELLY
PH: 780.884.1898
HOURS: SEE WEBSITE FOR DETAILS
WWW.LITTLEBUTTONSEWING.COM

REBECCA LIPPIATT

Angela Kelly has been teaching people to sew since 2010. After attending the Art Institute of Vancouver to study fashion design, Kelly returned home and decided to teach sewing. She initially offered a couple of classes, and the demand took off into what has become a full-time enterprise, with five assistant instructors.

Kelly explained you don't sew to save money, but to learn a skill which requires practice. At Little Button Studio, learn everything from how to sew on a button to making a block pattern for your own body, from which you can create custom-fit clothing. The biggest lesson from Kelly's classes is how clothing is made.

For men, Kelly calls sewing

a great, practical skill. While women's clothing stores cater to sizes from petit to plus, men have far fewer options. Learning to sew on a button, hem, or alter clothing to fit body shape is useful. One of Kelly's first clients was her brother. He couldn't find clothes that fit him properly, and under Kelly's tutelage, learned to alter his clothes.

The classes are focused on what the customer wants. Kelly encourages people to bring their own patterns and clothing. She and the other instructors will provide the guidance and teach the skill set required.

Classes and workshops are offered for children (ages seven and up) and adults. There are classes for both men and women. Classes run evenings and weekends, and the studio offers parties and private classes as well. In the summer, there are kids' camps as well as drop-in classes. Children's classes are \$14, and adults \$17, with a four class commitment. Classes run from September to June, and fill up quickly.



Angela Kelly in Little Button Sewing Studio on Fort Road.

>> REBECCA LIPPIATT

Advertise your business
here for only \$90.

Complete ad rates and details at ratcreek.org
or call 780-479-6285

JUST CHRISTMAS
AN ETHICAL GLOBAL MARKET PLACE
November 28th & 29th, 2014 | Alberta Avenue Community Hall

Need custom sewing or alterations?

Call **Marion Swanson**, a seamstress with 30 years experience, for quality work at a reasonable price.

phone **780-477-0778**
email mariongswanson@gmail.com

AWARENESS » BULLYING

Shadows of bullying: taking power back

ROB BERNSHAW

**NATIONAL BULLYING
AWARENESS WEEK**
Nov. 16 to Nov. 22
bullyingawarenessweek.org

Life sometimes gives us shared experiences we'd rather do without. In recognition of National Bullying Awareness Week, I'd like to share my experience.

I was bullied when I was in school, at work, and at college. During those years, I felt all alone, especially in the last year of high school where the

bullies (they were twins) burnt my textbooks and a novel I was reading from the library. The novel was so thick it didn't burn in the incinerator!

The high school principal slapped the bullies on the wrist as punishment, but it did nothing to alleviate my pain, nor did the punishment solve the problem. This wrist-slapping still occurs in society to varying degrees.

It wasn't until I was in my 30s while in the militia and attending NAIT that I was finally able to confront bullies. After that, I was able to move forward towards a better quality of life. I realized they are insecure, child-like, of varying sizes and age, and from any culture. In my

opinion, bullies do what they do to build their self-esteem while taking self-esteem from others. Bullying does not play favourites, recognize boundaries, and has no exclusivity to individuals, genders, or groups.

Happily, I was able to overcome that aspect of my life, but unfortunately, some do not, instead succumbing to the negative energy and snuffing their own energy out, giving the bully more power to continue.

Ideally, there should be zero tolerance for bullying of any kind or form. Society has come

a long way in addressing this behaviour, but we need to go farther yet. There seems to be an air of head in the sand and denial on the part of schools, workplaces, or even families, and it will take a total paradigm shift to change things.

In retrospect, I am thankful for my experiences; they have made me a stronger person, and led me to take a path of forgiveness and growth instead of a much darker path. I am the winner and bullies have no more power over me.

At the time of my experience,

social media did not exist, so bullying was more direct than it is now. In order to overcome online bullying, one needs to develop the strength and fortitude to hit the un-friend switch, the blocking switch, or even the off switch.

Remember the control is in your hands, as I found out later in life. It does take some effort because there is fear involved that bullies use to their full advantage. Remember, you're not alone, even though in the moment it may seem so.



RCP writer Rob Bernshaw confronted his bullies and turned his life around. >> ROB BERNSHAW

How to protect yourself

Free self-defence seminar for seniors

CONSTANCE BRISSENDEN

Self-defence instructor Randy King is young, tall, and fit. He's the last person you would expect to face the same safety issues as seniors. However, violence can happen to anyone.

"What's different is that young people face social violence in settings such as bars. The violence that seniors face usually falls in the category of predatory violence, such as from muggers," King observed.

Says Olivia Chessman, Sanctuary Covenant Church community outreach coordinator, "The seminars focus on brain power as opposed to physical power. They help seniors feel more comfortable in their community." Participants learn about their legal and ethical rights; the dynamics of violence; countering violence; ambush, avoidance, how to get away; and aftermath (the emotional response to a violent event).

Currently in the midst of preparing to teach his first self-defence seminar for seniors, King added, "I really support efforts like this to make a neighbourhood better." The Sanctuary Covenant Church is organizing the seminar with the space donated by Beverly United Church. The seminars (Oct 28, Nov 4 and 18, 1 to 2:30 pm) are open to drop-in participants.

His inspiration partly comes from his own grandmother, a strong and independent woman. King's goal as owner of his own martial arts studio, KPC Self-Defense, is to teach seniors about the potential for violence and to give them tools to protect them.

"I teach reality-based self-defence. Everyone's reality is different. We all have various socioeconomic levels, cultural levels, ages, and physical abilities. How we deal with safety issues reflects all of these," said King. For seniors, physical self-defence takes a back seat to awareness and evasive action.

"As kids, we're taught not to be rude. I say to seniors, 'You don't have to be rude but you're allowed to be abrupt.' It's not rude to establish boundaries such as crossing a street to avoid a rowdy group walking toward you. It is being abrupt for the purpose of self-defence."

Born and raised in Edmonton, King was interested in martial arts at an early age. Five years ago, he began to work full time as a martial arts and self-defence instructor. These days, he takes his skills far afield, such as a recent trip to train a SWAT team in Minneapolis.

How do seniors rate versus SWAT teams?

"Seniors are not as vulnerable as they are made out to be," King said. "They have a lifetime of survival experience behind them and know their own neighbourhoods very well. They know the safest place to get the bus, and what stores and parks are safe."

Nevertheless, seniors have room for improvement. As King pointed out, some seniors still leave doors and windows unlocked. They invite charming strangers into their homes, for friendship or other reasons. "Charm is one of the weapons that predators employ to get their foot in the door," noted King.

Seniors are also made vulnerable by distracted behaviour. Danger can spring up on them.

The solution is simple, King said. Be alert! "Predators are looking for distracted potential victims. If you show you are alert, look directly at them, and take evasive action, you are less likely to be chosen for a mugging or worse."

King will share strategies, such as this tip when walking toward a blind corner. Walk on the outside of the sidewalk as you turn the corner, as if walking the circular edge of a pizza.

King plans to give more self-defence and security seminars for seniors.

For information, contact Randy King
780.710.4222 www.kpcombat.ca

AGM

EASTWOOD COMMUNITY LEAGUE

Annual General Meeting
Thursday, November 6 at 7 pm

11803 86 Street



Memberships on sale starting at 6:30 pm



Roxanne Litwyn
REALTOR®

Selling Homes Since 1990

direct 780.907.7589

For more info & photos visit

www.roxannehomes.com

FREE HOME EVALUATION

"Some restrictions apply"

Call now 780.907.7589

Your neighborhood Realtor

Wanted!

I have clients looking for 2 or 3 bedroom homes in the area, any size, any condition.



11155-65 Street Edmonton, AB T5W 4K2

Free league members access at Commonwealth Rec Centre, Saturdays 5-7 pm.

HISTORY » FAMILY

My family's wartime memories

Experiences during four years of Nazi occupation in France

CHANTAL FIGEAT

My father, Antony "Tony" Figeat was born almost at the stroke of midnight on Dec. 31, 1931 on Rue Bonaparte in Paris, France. The composer Frederic Chopin had once lived on the same street just a few doors away.

When Paris fell to the Nazis in 1939, my father, his five younger siblings, and my grandmother Elizabeth boarded a train for the ancestral home in the ancient village of Pouilly-sur-Loire. Many women and children left Paris for safer territory in rural France.

It was a prudent move, as about two weeks later, my grandfather Charles returned home from his job in the French government to find his home flattened by bombing. "And guess what he found in the rubble?" said my grandmother, "An egg!"

Grandmother was a courageous woman who spoke English. To a casual observer, she was a mere housewife, but these qualities were valuable to the French Resistance. Allied soldiers caught behind enemy lines were helped to friendly territory through a network created by the French underground.

Grandmother would hide them in the old bake oven at the back of the house.

Pouilly-sur-Loire also fell to the Germans.

"The first thing the Germans went for was the wine," said Dad. The villagers were subject to large-scale looting of wine, farm animals, and agricultural goods. There were serious food shortages. "People were eating grass!" said my grandmother.

The eldest of six children, my father spent a lot of time scavenging for food to feed the family. The Nazis imposed tight controls over the transport of goods. Consequently, he would smuggle potatoes in the bottom of his younger brother's carriage past the German sentries on the bridge. In reality terrified, he would nonchalantly play with his brother as they went past.

Communications were also controlled. French citizens were forbidden to own radios. Neighbours would gather furtively in homes of the few who dared own one. They learned to decode German propaganda so they could follow the course of the war.

Although a civilian, my father was not immune to the uglier aspects of war. One day he was coming home from school on

his bicycle when his brakes went. He started going down a hill at a high speed and was unable to stop when a German soldier shouted, "Halt!"

My father rode down the hill while bullets flew past his face.

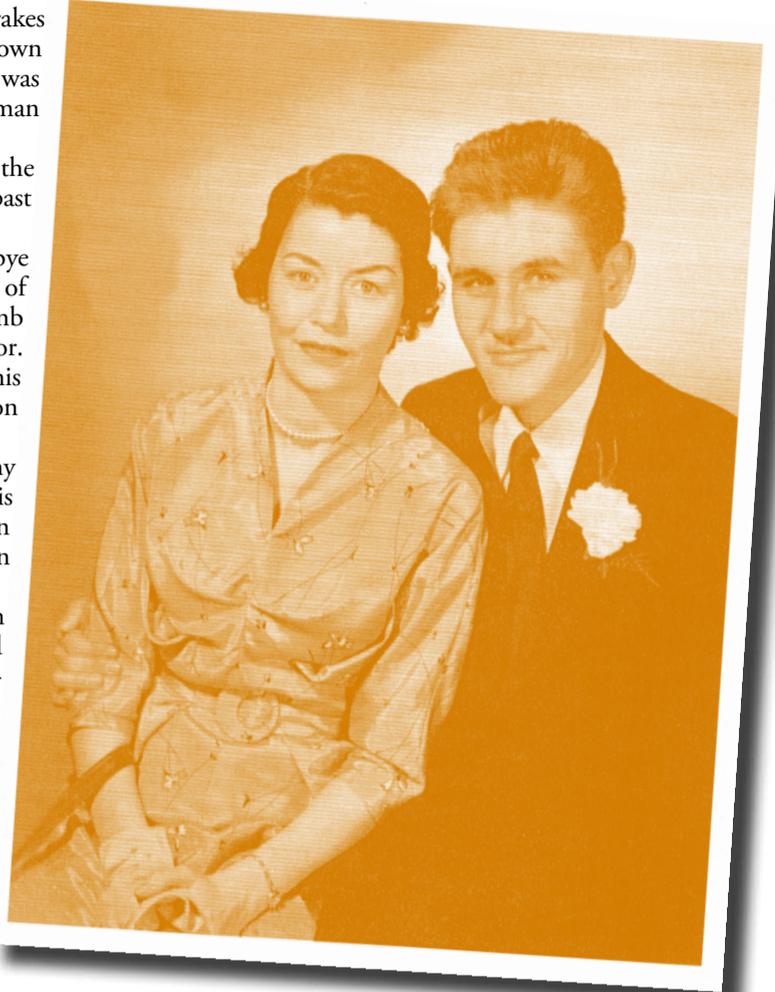
One day he said goodbye to a friend at the front of their home. A V-2 bomb fell just as he closed the door. He looked out to see his school friend lying dead on the street.

A natural storyteller, my father seldom expressed his painful memories. When he did, it was very hard on him.

He would light up when talking about the Allied liberation of Pouilly-sur-Loire.

"They came up from the south," he said. American infantry and tanks went down the main street as the citizenry stood and joyfully watched the proceedings. Men took their berets off to the soldiers. Women were ready with hugs and kisses.

"The Americans gave me chocolate," he said. "I was so happy; it had been so long since I'd tasted it."



Antony Figeat and Jeannine Loiseau were married in Montreal on Feb. 22, 1953. >> SUPPLIED

You're invited to join us in looking at community safety, disorder and crime issues in the area.

November 20th, 6:30 pm

For more information call Alec at 780-944-8402



A BIG Thank you!



More info email: judy.allan@edmonton.ca or call 780-496-1913

avenueinitiative.ca

Would you like to get involved in the community?

Development Group

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

For more information call Judy at 780-496-1913



Avenue Initiative wants to thank all our volunteers!



You have made a great difference in the success on 118 Ave!



Do something special for a child - National Child Day, November 20

EDITORIAL » LITERARY

Colour is a huge word

RUSTI L LEHAY

Everybody needs an Uncle Fred. Fred taught his nieces and nephews that blue was red, red was green, green was yellow, and yellow was blue. A covert uncle's mischief carried out only when his siblings, the parents of the children, weren't around.

Instead of seeing this as confusing, imagine if colour was just one word and the plural of colour was a word used to encompass all the beautiful shades and contrasts that skin, hair, sky and fall leaves offer.

Mieke Alexander has lived the life some have yet to imagine and in her aptly titled book, *Colors of Life*, her explorations of colours offer insights and warm moments.

In that world that John Lennon and other wonderful people have imagined, children all know that colours mean beauty—nothing less, nothing more. In breaking down that huge word to one simple, yet all-encompassing concept, we come face-to-face with a huge magnificence. Every single one of us and every single leaf of every tree, every flower, every plant, every blade of grass in all the shades of green are connected. We are all one.

Send in your poems and your prose to lit@ratcreek.org.



>> RUSTI L LEHAY

Hail Africa

DAHLIA ROSS

It's Africa in me blood
It's African in me Veins
Yes it's Africa in me DNA

They call me West Indian
But it's a mistake
I am sure they meant I am African
They call us Afro-Caribbean
But who cares I am still an African

They sometimes call us Slave Children
But I'll ask the good Lord to please forgive them
They say the Europeans white wash we veins
But who cares I can say it again and again

It's Africa in me blood
It's African in me Veins
Yes it's Africa in me DNA

They say we don't have African names
They say we don't know about fufu, gari
And fried plantain
But I can say it again and again

It's Africa in me blood
It's African in me Veins
Yes it's Africa in me DNA

I want you to hear what I am saying
You better listen to this old refrain
I know you may not understand what
I am trying to explain
But I will keep on saying it and
Saying it is an old refrain

It's Africa in me blood
It's African in me Brain
Yes it's Africa in me DNA

Rain On My Glasses

RITCHIE VELTHUIS

Fall colours

Fade to grey

Turn to white

As snow flies

Winter is coming

Let the fun begin

Complete Joy

MIEKE ALEXANDER

My body is changing; my belly and breasts are swelling
A small heart beating under my heart.
A new life is forming inside my body and I am learning;
discovering all my new existence.

I caress the contours of my enlarged belly
feel the movements and little kicks of this new wonder.
I have conversations with my unborn child.
There is love, sound and touch,
anticipating meeting this unknown life.

A little brown hand in my warm white hand.
A covenant between two cultures with hope of understanding.

A symbol of love, strength and humanity.

A small hand held by a large hand.

A wondrous image of touch, I love you,

I will care for you and keep you safe.

T & D

VIETNAMESE NOODLE HOUSE
8405 - 118 Avenue

EAT IN OR TAKE OUT
TEL: 780 477 0022

Monday - Sundays: 10am - 9pm
Tuesdays: CLOSED

SPECIAL COMBOS | CƠM PHẦN

COMBO 1 (PHẦN 1) \$13.95

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

COMBO 2 (PHẦN 2) \$14.95

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

COMBO 3 (PHẦN 3) \$15.95

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

SUBSTITUTE STEAMED RICE FOR FRIED RICE FOR \$2.95



PETER GOLDRING
Member of Parliament
Edmonton East



REFLECTING ON MARRIAGE

In October Lorraine and I celebrated 40 years of marriage, 40 years together through life's twists and turns to countless exhilarating heights, including the birth of daughters, Corinna and Kristina, the growth of our family with son Tom and granddaughters Katelin, Alexandra, and Eleanor.

My colleague Maurice Vellacott, Member of Parliament for Saskatoon –Wanuskewin, is a relative newlywed. He and Mary were married in 1976, 38 years ago. Maurice reflections on marriage, spoken recently in the House of Commons, bear repeating:

There is a myth out there that the divorce rate is close to 50%.

Shaunti Feldhahn found some startling and encouraging things in the research for her new book, The Good News About Marriage.

The divorce rate for first marriages is actually around 30%. Christians have between a 30% and 50% lower divorce rate than the general population. Although these are American figures, we Canucks can likely shave a few points off of that.

If people were to realize these facts and that most marriages do make it, they would be less skittish about tying the knot. When troubles come, they can say that most people have challenges in a marriage, but most people get over them and get through those problems and they will too.

As the Institute of Marriage and Family Canada pointed out in a recent study, married couples tend to live longer. They tend to be wealthier. They tend to have a much easier time getting out of poverty. Their kids do better in school, are less likely to take drugs and alcohol, and are more likely to delay sexual activity. Of course, they are also happier.

There is good news out there about marriage, and we need to spread the word. The vast majority of marriages happily thrive. Marriage is still a wonderful thing. What do you think?

780-495-3261

www.petergoldring.ca

COMMUNITY CALENDAR

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

EVENTS

CARROT HALLOWEEN PARTY!

Wear your best costume and join us for fun and games, all with a halloween theme! Prizes for Best Costume and Best Pre-carved pumpkin and games galore. Trick or Treaters welcome! All ages! Friday, Oct 31 at 7 pm at the Carrot.

GREAT PUMPKIN EVENT

Have a safe and fun Halloween at this free community event! Check out the Great Pumpkin Event on Friday, Oct. 31 from 4-11:30 pm at Bent Arrow Traditional Healing Society (Parkdale School, 11648 85 St.) Activities include wagon rides, storytelling, costume contest, fireworks, and more!

ST. FAITH FUNDRAISER & SILENT AUCTION

Saturday, Nov. 1, 5 pm. Cedric Abday, organist at St. George's Anglican Church, will perform. Tickets are \$25 and available through the church office, 780-477-5931. Donations for the silent auction are welcome.

NATIONAL CHILD DAY: PASSPORT TO PLAY

Children develop and learn through play. Join us for some fun activities you can enjoy with your child. Sunday, Nov 16 at 2 pm at Sprucewood Library (11555 95 St).

CRAFT AND BAKE SALE AT PARKDALE CROMDALE

Nov 22 & 23 from 9:30 am to 4 pm. We are looking for vendors to come and join us. Tables are \$10 each for the two days. We are hoping that our newly renovated kitchen will get lots of use. For more information call Margaret @ 780-479-8134.

GAMES (& CRAFTS) NIGHT

Tuesday, Nov 25 at 7 pm at the Carrot (9351 118 Ave). Bring your friends, your favourite board game (or craft) and have a great evening of fun.

NOTICES

BRAZILIAN PERFORMANCE

Come to Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm!

Capoeira is a mix of Brazilian martial arts, music, and dance. Various classes are offered throughout the week at the hall. More info: www.capoeiraacademy.ca

THE CARROT STAGE

9351 118 Ave, 780.471.1580 thecarrot.ca
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome.
Saturdays: Open mic 7 -9:30 pm. Share original music, poetry or comedy. Free admission for all ages. \$1.25 minimum food charge.

RECYCLE YOUR COMPUTER ITEMS

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

PROGRAMS/CLASSES

MINECRAFT TOURNAMENT

Build, mine and explore together in this award-winning, blocktastic multiplayer game. We bring the laptops and prizes; you bring the awesome. Friday, Nov 21 from 6-8 pm.

FREE COMMUNITY ART NIGHT

For adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave). Sponsored by Alberta Jubilee Auditoria Society.

FREE FAMILY ART NIGHT

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

FAMILY ART WORKSHOPS

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

SPIRIT ART

An opportunity to explore your spirit through art. 1st and 3rd Wednesday of the month from 10 am to noon at St. Faith/St. Stephen (11725 93 St).

FREE MUSIC LESSONS BY CREART

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

PRESCHOOL PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780-496-7099
Family Storytime Stories, songs and games for the whole family. Sundays 2:30 pm.
Baby Laptime (up to 12 months) Stories, songs, books, rhymes, finger play. Mondays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3) Enhance communication and development through repetition, visuals and movement. Tuesdays, 10:30 am.

TODDLER TUMBLE BABY BOUNCE

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

FREE PARENT & TOT ENGLISH CLASS

ECALA English for Community Integration. Bring along your babies/toddlers and learn basic English skills for everyday situations. Fridays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: contact Sarah at 780.887.6825 or email sarahdelano@hotmail.com.

PRESCHOOL PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780-496-7099
Family Storytime Stories, songs and games for the whole family. Saturdays at 11am.
Baby Laptime (up to 12 months) Stories, songs, books, rhymes, finger play. Thursdays at 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3) Enhance communication and development through repetition, visuals and movement. Wednesdays at 11 am.

ADULT READING & WRITING

A new program using mainly Aboriginal materials. Thursdays, 9:30 am to noon at St. Faith/St. Stephen (11725 93 St).

TECH HELP @ EPL

Have a tech question about computer basics, email, iPads, eBooks and more? Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases and the library catalogue. You're welcome to bring your own tablet, laptop or phone. Tuesdays, 10:30-11:30 am at Highlands Library (6516 118 Ave) or one-on-one at Sprucewood Library (call 780-496-7099 to register).

COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30-8:00 pm, St. Faith / St. Stephen Anglican Church, 11725-93 Street. Cost is \$3 for one serving of each of 4 different meals. For info, please call Trish at 780-464-5444.

SAA MEETINGS & FELLOWSHIP

Big Book Study sponsored by Sex Addicts Anonymous. Everybody welcome. For meeting info call 587-921-1397, text 780-394-3709, email recovery4wolf@gmail.com.

ALATEEN MEETINGS

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

JUST FOR TODAY AFG

Are you troubled by someone's drinking? Al-Anon meeting, Mondays at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by handicap access. For more information, phone: 1-888-322-6902.

SOCIAL ACTIVITIES

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Every Thursday lunch 10 am-2 pm. 1st, 2nd & 3rd Friday supper 5-6:30 pm with MusicJam on the third Friday. Every 2nd and 4th Saturday breakfast 8:30-9:30 am.

FAMILY MUSIC POTLUCK NIGHT

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

BABES IN ARMS

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

TWEEN LOUNGE

For ages 8-13. Play video games, make a DIY project, meet friends, hang out. Thursdays from 3:30-5 pm at Sprucewood Library (11555 95 St) or Highlands Library (6516 118 Ave).

TEEN GAMING

For ages 12-17. Come to the library to play some great games! Thursdays from 6:30-8:30 pm. Sprucewood Library (11555 95 St). More info: 780.496.7099.

NFB FILM CLUB

Saturday, Nov 15, 1:30 pm at Sprucewood Library (11555 95 St).

ENGLISH CONVERSATION CIRCLE

Drop in and join others who also want to practice their English. Mondays from 6-7:30 pm at Sprucewood Library (11555 95 St) or Fridays 10:30 am to noon at Highlands Library (6516 118 Ave).

FULL CIRCLE

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

NORWOOD LEGION SENIORS GROUP

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

PARKDALE-CROMDALE SENIORS GROUP

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

SENIORS BREAKFAST & SOCIAL

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

SPORTS/REC

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

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

FREE SPORTS EQUIPMENT

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

VOLUNTEER

HELP AT NORWOOD CENTRE

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

BEFRIEND A SENIOR

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

DRIVE A SENIOR

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

CHURCH SERVICES

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

Two Traditions – One Faith.
11725 93 Street

St. Stephen: 780.422.3240

Sunday Worship:

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

St. Faith: 780.477.5931

Sunday Worship:

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

AVENUE VINEYARD CHURCH

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

8718 118 Avenue (Crystal Kids building)

www.avenuevineyard.com

Sundays at 10:30 am

BETHEL GOSPEL CHAPEL

A Bible-based, multi-ethnic fellowship.

11461 95 Street 780.477.3341

Sunday Meetings:

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

CHRISTIAN LIFE CENTER

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

10123 Princess Eliz. Avenue
780.471.2250 www.clifec.ca

Service Times:

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

CARISMA CHURCH

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

8401 114 Avenue 780.477.1235
www.carismachurch.org

Sundays at 10:00am

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

ST. ALPHONSUS CATHOLIC CHURCH

11828 85th Street 780.474.5434

Service Times:

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

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

St. Vincent de Paul Food Help Hotline:
780.471.5577

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

Elmwood Park Halloween party Oct 31 from 6-9 pm. Trick or Treat, games, refreshments. 12505 75 St.



Lots of variety!

Liquor Store on Ill
9611-111 Avenue
 780-421-7655

Open Everyday 10am to midnight

Senior discount 5%
 Everyday special on Rum, Rye & Vodka

Bring in this ad and get 5% off



ENCORE
 EYECARE

***BUY ONE GET ONE FREE**
 *Designer eyewear and sunglasses

EYE EXAM by Doctor
 Insurance Claims
 Contact Lenses

T: 780-705-EYES(3937)
 11749 95 St. Edmonton
 www.encoreeyecare.ca

Brian Mason, MLA
 EDMONTON HIGHLANDS-NORWOOD



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

Please contact my office or interact online with me to share your views, issues and concerns that impact our community and our democratic values.

Brian

Connect with Brian!

6519 - 112 Avenue Edmonton, AB T5W 0P1
 Phone: 780-414-0682 • Fax: 780-414-0684
 Email: edmonton.highlandsnorwood@assembly.ab.ca

STRONG AND FREE



LEST WE FORGET

8 SECONDS IS ALL HE NEEDS 



NOVEMBER 5-9 GET YOUR TICKETS NOW AT CFR.CA | **#CFR41** 