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NEWS » TRANSPORTATION

A love affair with retro bicycles

Local bicycle aficionado, Keith Hallgren, has been restoring bikes for over a decade



Keith Hallgren and Edith, the 1957 Peugeot he saved from a dumpster and restored. » REBECCA LIPPIATT

TALEA MEDYNSKI

Keith Hallgren, friendly and semi-retired, moves around his small garage. He's showing his retro bicycle collection, which spans from 1951 to 2006.

"Like old cars, they just have style," Hallgren said.

Hallgren began collecting retro bicycles over 10 years ago and originally had three. He now owns around 20, although some belong to his wife Donna and teenage daughters.

While he actively sought out bicycles like his 1955 Raleigh Lenton, he found others by chance, like the 1957 Peugeot he saved from a dumpster. Hallgren has a soft spot for French bicycles and he named it Edith after the famous Parisian singer Edith Piaf.

He pulls out a red 1951 CCM Path Racer. After finding the frame at the Edmonton Bicycle Commuters' Society co-op, he turned the coasting bike into a cruiser bike, painted it red and outfitted it with recycled parts. Then there's the

blue 1951 Raleigh he bought from the original owner, also his long-time neighbour.

It's amazing Hallgren can even ride. Seven years ago, he worked 10-hour days as a machinist and was considering masters racing. Everything changed when he injured his back in a work-related industrial accident, resulting in lower-back nerve damage. Hallgren thought he might never ride again.

He underwent intensive physiotherapy and got back on a bike. Before his accident, he had purchased a 1973 Phillips Twenty folding bicycle. After the accident, the Phillips was the only bike he could ride.

Two years after his accident, he began apprenticing with Arvon Cycles to learn frame and wheel building. Arvon Cycles is 50 km away, and he made the trek daily on the Phillips.

"That bike and I will be friends forever," said Hallgren, who has rehabilitated well, but is careful. "I found where those

limits are and what I can and can't do."

He also works casually at his business, RBF Cycles, which he's owned for the past six years. He'll work on any bicycle, but sees many older bicycles.

"We're in the business of repairing and building," said Hallgren, who has also does custom fabrication work. "People come to me because I know French bikes inside and out."

To Hallgren, a retro bicycle is a "classic bike that defines bicycles." He refers to his brown 1966 Moulton, a fascinating-looking bike with small wheels. The Moulton influenced bicycle design.

If Hallgren must choose a favourite, it's the Moulton. His friend John Collier made most of the modern upgrades, resulting in a fast, practical bike he uses daily. However, he rides them all and sometimes he even loans them out to theatres in need of props.

"I don't think I have a bike that couldn't go 100 miles," said

Hallgren, though he reserves Edith for only Sunday rides.

Hallgren tries to keep retro bikes as original as possible, but it depends on the condition and make of the bicycle. He restores, repairs, or modifies the bicycles with recycled, used, or new parts.

He rarely sells his retro bikes – he collects them for his own satisfaction – and consider his collection complete. However, Hallgren custom-builds bicycles and is building a tandem bike for himself and Donna, to whom he has been married almost three years. For the past 10 years he's volunteered at EBC and he teaches workshops on old Raleigh bicycles.

Hallgren offers this advice for anyone interested in collecting retro bicycles.

"Study them first," he said. "You need to know where to get the parts. You can't always just walk into a bike shop."

For more information, check out his blog: www.ravingbike-fiend.com or email him at rbcycle@telus.net.

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NEWS » HOUSING

Improve your curb appeal

Grant program offers eligible homeowners up to \$1,000

TALEA MEDYNSKI

John and Rita Rhebergen do not sit idle. They own a 1938 home on 96 Street and 114 Avenue and renovated extensively after they bought the home in 2006. In May of last year, they discovered the Curb Appeal grant program.

"I found out our home was the perfect fit," said John. "We did work through the summer and submitted the final report in October. We got the cheque [from the city] quite quickly." They received the maximum grant of \$1,000.

The Rhebergens replaced the front and back door, the bedroom and basement windows, and the back alley gate.

A grant program offered by the City of Edmonton, Curb Appeal is available to homeowners in the Queen Mary Park, Central McDougall, Alberta Avenue, Boyle Street, and Eastwood communities.

Curb appeal applies to the house exterior, landscaping, or garages. The grant covers up to 50 per cent of costs, to a maximum of \$1,000. There is no income threshold involved.

In order to qualify, the house must be owned and occupied by the homeowner. Don't worry if there are multiple owners on title; as long as one homeowner lives in the home, you'll qualify.

"It's a great opportunity to improve the curb appeal of a home," explains Judy Downey, general supervisor of the city's housing programs. "The grant was created to improve the esthetic value of communities."

City council allocated \$200,000 towards the program.

"In 2013, we released almost \$46,000 to 52 homeowners.

This year we've released almost \$12,000 to nine homeowners," said Downey.

The process is simple. Download the application from the city website, take photos before and after repairs, and keep receipts to submit with the application. Afterwards, homeowners will need to sign the application and a statutory declaration, which a Commissioner of Oaths will also sign.

"We encourage people to apply. If you're not sure about eligibility, ask," said Downey. "There is also the HOPE program for repairs above and beyond funding available in the Curb Appeal program."

If selling your home, increasing your home's curb appeal is crucial.

"A lot of the time, buyers will judge the house while driving by," said Roxanne Litwyn, a realtor for Sterling Real Estate. She talks about the success of a recent sale.

"The reason it sold so quickly is because it's beautiful," said Litwyn, who describes curb appeal as having a "wow factor", like an updated look, a painted front door, or appealing landscaping.

Putting some money and time into improving curb appeal will increase money from the house sale and ensure a quicker sale and fewer showings, said Litwyn.

"Less is more. Repair, clean, and paint. Make the home welcoming."

Litwyn suggests looking around your neighbourhood to find a house similar to yours and see what's been done to make the home appealing.

"Focus on the front yard," suggests Litwyn.

Hanging a few pots of flowers, removing Christmas lights, or hosing off vinyl or siding are other easy ways to spruce up your home.



The Rhebergens installed a new back alley gate and were partially reimbursed from the Curb Appeal Grant. » JOHN RHEBERGEN

WHAT YOU SHOULD KNOW ABOUT THE CURB APPEAL GRANT

The grant covers up to 50 per cent of costs, to a maximum of \$1,000.

Funding is available only until the end of the year, so complete all repairs and submit the application by December 31, 2014.

For more information, the application form, and a complete list of qualifying repairs:

www.edmonton.ca/curbappeal

Contact information:
HOPE program co-ordinator
Call 311 or 780.442.5311

NEWS » ELECTION

Five nominees

The new Edmonton-Griesbach riding

ROB BERNSHAW

A unique opportunity has presented itself with boundary changes and the creation of the new Edmonton-Griesbach riding. The riding is one of six new federal ridings created in Alberta for the next federal election, scheduled for October 19, 2015.

In this nomination race, party members nominate who they would like to represent them.

Edmonton-Griesbach incorporates a good chunk of the old Edmonton-East riding where MP Peter Goldring has been the representative since 2004.

Goldring has not publicly made his intentions known whether he will run for any of the Edmonton Federal ridings. Goldring represents the Edmonton-East riding constituents until after the electoral boundary redistribution becomes official in the first general election called after May 1, 2014.

The Edmonton-Griesbach Conservative nominees are Kerry Diotte and Omar Tarchichi, and NDP nominees are Namrata Gill (Mona Gill), Janis Irwin, and Zane Smith.

All five nominees were contacted and Diotte, Irwin, and Gill provided interviews on why they're running for the new riding.

Diotte, a former Edmonton

city councillor and last year's mayoral candidate, said: "It is going to be a really important election in this country's history. We're doing very well economically, better than any of the G7 countries out there. Our economy has pulled through, [we] have got to credit the federal Conservatives for that. It would be a mistake to turn the keys of the country over to Justin Trudeau or Thomas Mulcair. Certainly, there are always going to be issues that not everybody is not 100 per cent happy with. [We] have to look at overall good of the country."

Irwin, an educator and first-time candidate, said: "Living in a neighborhood in Edmonton-Griesbach and going through a number of neighborhoods in Griesbach that nearly two decades of conservatism hasn't helped our communities. Basically [I see we] needed a change in government, needed a change to our representation."

Gill is also a first-time candidate and an officer with Edmonton Police Services. She said, "I came to Canada with a lot of hopes and dreams. Canada is an amazing country and it has given me an amazing life. I have always felt even when I joined the police service, it is about giving back to a country that has given me so much, to be of service."



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NEWS » EDUCATION

Fun with Art Adventures

E4C’s camp offers girls opportunities for empowerment

CADENCE BERGMAN

For the second year in a row, E4C’s ArtStart program offers a free all-girl youth camp focused on art and cultural field trips.

Last summer, campers visited locations around Edmonton, including Fort Edmonton Park, SNAP Gallery, Heritage Days, and Muttart Conservatory. They experienced visual arts, music, and writing. This year, campers will visit new locations. ArtStart program assistant Ashley Huot and program manager Eva Schneider lead the camp.

Designed to develop self-empowerment, each day exposes 11-15 year-old girls to new experiences. Guests come to speak to the campers, and this year there will be more of an

emphasis on career choices.

After last year’s visit to the SNAP Gallery, one camper commented: “Printmaking was my favorite thing, being able to put a Narwhal on a shirt and learning the process. I want to have a job there.”

According to Huot, prior skill or training in the arts isn’t needed, and each participant can be challenged at her own level.

“In everything we do here, we want everyone to be comfortable and to be able to do it. All the girls love it for different reasons,” said Huot.

Leaders connect with the girls through technology and discussions about media messages for women.

“These kids have cell phones and Facebook. We try to focus on positive media, and it’s

interesting to point out to them how the media can be negative towards women,” Huot said.

Schneider notes that one way the camp promotes critical thinking and discussion is by asking questions in the morning.

“They all have their own journals, and they use them on their own terms throughout the day. Then they can have conversations about the ideas.”

Discussions can be wide-ranging, from self-esteem to violence prevention.

Whether it is discovering the process of silk screening, eating at Heritage Days, learning about plants at Muttart Conservatory, or drawing houses at Fort Edmonton Park, each day is sure to bring fun, time with friends, and of course, adventure.



Campers learn about silk screening at the SNAP Gallery. >> SUPPLIED BY E4C

Art Adventures is a summer camp for girls aged 11-15. This free camp runs for seven days throughout July. Dates are confirmed once registration is complete.

Campers use transit to reach the field trip destinations. Parents drop off campers at the Alex Taylor building (9321 Jasper Ave).

Contact information: Web: www.e4calberta.org / Email: ahuot@e4calberta.org
Phone: 780.424.7543, ext 117 / Facebook: E4C-ArtStart

If you have a skill or interest and you are willing to volunteer and help lead a workshop, contact Ashley Huot at Art Adventures.

Five artists set to begin

Apprenticeship program creates a bridge for emerging artists

REBECCA LIPPIATT

There is no road map for how to live as an artist after school.

A fine arts education provides artists with the skills and technique to perfect their craft, but artists often learn through trial and error about business courses, grant writing, connecting with galleries, and networking.

The RBC Emerging Artists Project has teamed up with the Nina Haggerty Centre for the Arts to provide a bridge between education and a pro-

fessional career as an artist.

“The arts play a vital role in creating vibrant communities, and enabling all artists to practice their craft and creativity is essential to protecting that cultural vitality long-term,” said Jerilynn Daniels, RBC’s senior manager of community investment and marketing. “That’s why we are thrilled to support the Nina Haggerty Centre for the Arts and the Emerging Artists Apprenticeship Program.”

Out of 17 applicants, five artists were chosen to apprentice at the Nina Haggerty Centre. For

14 weeks, these apprentices will work with established artists, mentor other artists at the Nina Haggerty Centre, and participate in workshops designed to facilitate their careers. This apprenticeship is a vital opportunity for Alysha Creighton, Nil Lasquety, Veronica Frank, Alexander Forsyth, and Jill R. Ho-You.

Creighton is an intermedia (video) artist; Lasquety focuses on digital media, drawing, and painting; Frank was the program leader at the Pride Centre of Edmonton; Forsyth is a performer, writer, director,



From left to right are artists Veronica Frank, Alysha Creighton, Jill R. Ho-You, Nil Lasquety, and Alexander Forsyth. >> REBECCA LIPPIATT

and visual artist; and Ho-You focuses on printmaking.

The artists are looking forward to engaging with the community, especially so early in their careers. Their apprenticeship will cumulate in a gallery showing in August.



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WHAT'S ON » FESTIVAL

Bridge Songs

Long-running gala is back for another go

DYLAN THOMPSON

Bridge Songs: the eclectic celebration of music, art, and words, returns June 14 for its eighth year.

This year's theme, Dear Edmonton, examines our relationships with our city. According to the Bridge Songs website, the "work may be a love letter. It may be hate mail. Perhaps a Dear John letter on your way out the door, or a letter of longing to return?"

Dave Von Bieker, the producer of Bridge Songs, said this year's theme is about connecting the event to the larger community.

"It seemed like a really good time to come out with a theme that would reach beyond our own neighbourhood into the city at large," said Bieker. "The more we thought about it, the more we were interested in the idea of how we relate to Edmonton."

Bridge Songs invites everyone to share their own Dear Edmonton. People who use #DearEdmonton on Facebook or Twitter may have their story projected at the show.

Every year, the chosen theme is expressed in different media.

"There's around ten visual artists," said Bieker. "Anything from painters to photography. There's some mixed-media collage stuff. There's actually one comic strip we're including which is kind of fun. There are nine musicians. They do everything from old-time folk to dance rock on the album."

So far, two major themes prominent in the show's pieces deal with "longing for summer" and "saying goodbye to people."

"People seem to be able to relate to those feelings," said Bieker. "The isolation during the winter months and saying goodbye to people as they go off to what they think are greener pastures. Something I've done a lot of times with artist friends of mine is watch them go on to other places."

Tickets are \$10 in advance or \$15 at the door. That price gets you more than just a night of entertainment.

"You get to experience the event, you get to see the art, and you get an album of the music that was written for the event. You get to take that home with you."

As for the future, Bieker wants to give something more



Last year's show had a full house. >> SUSAN WILDE

to the people who take the time to support the event.

"I think it would be really amazing to also include some visuals of the art as well, to include a bit of a memento book that has artwork and writing and the album tucked into the back," said Bieker. "That's a dream of mine."

A portion of ticket sales will help support the recently approved Arts Common Building on Alberta Avenue.

"We always like to give back to the community," said Bieker. "There's quite a lot of money that needs to be raised over the next couple years for that project. We're really happy to be in this community. If we can be one more event that brings people from across the city onto the Ave, that's a real joy for us."

.....

BRIDGE SONGS
Saturday, June 14 at 7 pm
St. Faith's Anglican Church
11725 93 St.

Admission \$10 in advance on yeglive.ca (search by bridge-songs), or \$15 at the door.

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Just a little bent

Helping people straighten their lives out

DYLAN THOMPSON

Bent Arrow Traditional Healing Society, a non-profit organization with nearly 200 full-time staff, provides programming for aboriginal families with a focus on traditional indigenous values and teachings.

They provide 18 programs for the community, including welcome services for new aboriginal Edmontonians, nutrition programs, child services, counselling, spiritual counselling, and monthly soup and bannock meals.

Cheryl Whiskeyjack is the executive director of Bent Arrow. She's been with the organization for 19 years, right when founders Shauna and Brad Seneca first opened the doors.

"She was non-aboriginal and from government and he is aboriginal and he came from working with non-profits. So they both brought strengths and perspectives to the creation of Bent Arrow and I think they brought a lot of balance and credibility as well."

Balance is at the heart of what Bent Arrow does. The philosophy that guides their programming is based on the medicine wheel. At the centre of the wheel is the concept of "*miyo*

wicehtowin" or good relationships. Surrounding the centre are the four directions: humanness, reflection, passion, and spirituality.

According to traditional teachings, the four directions must be in harmony for one to be a "balanced human being." This philosophy doesn't just apply to those who participate in programs at Bent Arrow, but the organization itself.

"If we're out of balance, that's going to affect our work with the community," said Whiskeyjack. "You can't go out there and preach about wellness if you're not striving for wellness yourself."

When asked to describe the most important programs at Bent Arrow, Whiskeyjack is at a loss.

"I'm the mama bear and you're asking me to pick favourites so I'm going to struggle to answer," said Whiskeyjack.

She refers to one of her cubs getting a lot of attention now, the outcomes-based service delivery program, Kahkiyaw. It's an innovate new approach to providing assistance to families. In Cree, *Kahkiyaw* means "everything" or "complete."

"If a child is at risk because a family doesn't have housing,



Filled with pancakes, spectators enjoy drumming and dancing. >> BRICE FERRE PHOTOGRAPHY

we can deal with the housing issue," said Whiskeyjack. "Prior to Kahkiyaw, it was either a housing issue or a child welfare issue. We have a lot of freedom to be innovative in our interventions with families. We're not stuck in an employment silo or an income support silo or a child welfare silo where 'these are the rules' and 'this is the box the families have to exist in.'"

Bent Arrow will celebrate

National Aboriginal Day on June 20 from 9 to noon at Parkdale School. They'll begin with a pancake breakfast in the gymnasium and then head outside for crafts, teaching, storytelling, drumming, and dancing demonstrations.

As always, the mission is to bring the community together.

"Our clients, we help them make good and meaningful connections to the rest of the com-

munity," said Whiskeyjack. "We don't want to be an island for them where it's the only place they can get help. We want to be there to support them in whatever journey they're on."

.....

BENT ARROW CELEBRATES NATIONAL ABORIGINAL DAY
June 20, from 9 am to noon
Parkdale School (11648 85 St.)
<http://bentarrow.ca/>

.....

WHAT'S ON » ABORIGINAL DAY

Ghosts of our shared past

Moving towards reconciliation will help us all connect as a community



RCP writer and N.E.T. social worker Alec Stratford attended the Truth and Reconciliation Commission on March 27-30. >> ALEC STRATFORD

ALEC STRATFORD

When the Neighbourhood Empowerment Team (N.E.T.) looks at root causes of crime, fear is often the culprit. Everyday, people tell us they are afraid they will be victims of crime. They are afraid of their neighbours and afraid to speak up. This often results in folks thinking somebody else is responsible for producing a safer community. Fear grows through feelings of mistrust, apathy, and blame.

Sadly, blame is often placed on the backs of our indigenous community members, already overly represented in the criminal justice system and more frequently (and unjustly) impacted by victimization, poverty, and oppression.

When we start to look at why, it seems clear that Canada's history of colonization is the reason. Canada's Indian Act (first written in 1867 and

amended several times) promised indigenous communities sovereignty and rights. When we look back at our history, many of these rights were not honoured. Instead, Canada worked to assimilate indigenous communities by forcing upon them settler values. The worst of these assimilation policies can be heard in the stories of residential school survivors.

I had the great privilege of hearing some of these stories at the Truth and Reconciliation Commission on March 27-30. I heard about the sexual abuse, violence, and of the longing many survivors had for their own culture, language, and beliefs, all denied by church-run residential schools. I began to see clear connections between our shared history and our current community issues. This shared history and the intergenerational trauma has led to the struggles indigenous community members face today. These

ghosts of our shared past have created communities filled with distrust and fear which continues to impact the overall health, wellness and safety of our communities

As I listened, I thought about my own family history. My grandfather used to tell me stories of his grandfather, Rev. Samuel Trivett and his work in Alberta at the turn of the century. He was a missionary sent by the Anglican church to "work" on the Blood Reserve (close to what is now Waterton National Park). I heard stories about his commitment and dedication to his faith and the good work that he did to build schools that brought Christianity to the indigenous community.

It wasn't until I heard the stories of the residential school survivors that I realized what my great-great grandfather had done. He was a colonizer and created the infrastructure leading to the cultural assimilations

of thousands of indigenous people in Alberta. His work led to the creation of St. Paul's Residential School, still standing today in Cardston, Alberta. This revelation was very painful, particularly in the context of the Truth and Reconciliation Commission. I will carry it with me for a long time as I struggle to find my role and my place in the process of reconciliation.

Although I am not my great-great grandfather and I am not responsible for his actions, his story is mine; he is a part of my history and my identity. Just like young indigenous people, I am impacted by our shared history. The difference is my history is connected to privilege and our indigenous community members' history is connected to oppression.

We are all connected to our past. We all face the challenge of moving towards reconciliation and we must do this! We must do this to stop the fear,

stop the blame and connect as a community.

We hope you will join us and make a commitment to reconciliation by discovering your role and working to create a safer community. Join your community members at the Community Safety Fair on June 14 at the Alberta Avenue Community League. There will be presenters and information booths from a few of our indigenous organizations in the area. The event organizers hope you will come and connect with your neighbours and explore practices to help produce community safety. Join us also in celebrating National Aboriginal Day with Bent Arrow Traditional Healing Society on June 20 at Parkdale School.

These are small commitments that can lead us down the path to reconciliation. True reconciliation will take decades to achieve, but we must get there and be partners in this journey.

A Cree lesson

What's in a name?

LANA WHISKEYJACK

ninehiyaw. I am Cree. The best way to introduce myself is through *nehiyaw*, my Cree language. It is more than, "Hello, my name is...", but rather a statement of place, history, and belonging.

When I say Lana Whiskeyjack *nitisikason*, I am telling you I am from the bellies of many Whiskeyjack women. It's a powerful declaration of asserting where I come from, where I belong, and the sacred relationship of community that began in the belly of my mother.

I am a child of an Indian Residential School (IRS) survivor. The more I learn about the IRS experience, the more grateful I feel to be alive, a little dysfunctional, but here because of my family's resilience of surviving assimilation and colonization.

I am aware how those two

words might leave a burning sensation within some people. That's good. I get a burning sensation every time I get comments like, "you're too pretty to be an Indian" or denied a suite rental because of my last name or the beautiful shade of my skin. I get a burning sensation when I hear people blame the Indians for being lazy, getting everything free, or living off the taxpayers' hard-earned money. It hurts. Temporarily. Then I close my eyes, allow the overwhelming emotion to relax, open my mouth and allow my heart to speak. Of course, I wasn't always like that.

I once was a quiet mouse, timid, never asking questions in school. I spoke only when someone spoke to me. I was curious to know why so many of my relatives were the same way. It wasn't until my 30s that I began to search for answers. I needed to look at where I came from.



Lana Whiskeyjack, the child of an Indian Residential School (IRS) survivor, tells a story of resilience. >> REBECCA LIPPIATT

It didn't take long to recognize these were learned behaviours that my family endured in IRS. My great grandfather was the first generation to attend. That's how I got my cool last name; the priests couldn't pronounce or spell his *nehiyaw* name. My mother was the last generation. It's weird to think that Canada allowed legalized kidnapping of native children, by law forcing parents to give up their children as young as four years old. Many children never made it back home.

I discovered my silence was

rooted from the first three acts of dehumanizing children in IRS. First, children were given a number by which they were known. Second, they were told they were lazy, dirty, and full of lice (many of my family members said they had no lice until they got there). They were deloused with either lye or kerosene, scrubbed so clean they bled. The last one that directly affected me was they were not allowed to speak, not just *nehiyaw*, but at all. They could only answer questions that seemed more like tests of

how indoctrinated and assimilated they were. Children had only one chance to answer correctly; if not, regular punishments were the closest acts of affection many felt. I haven't met an IRS survivor that didn't leave with some woundedness. I know from personal experience I was parented by IRS woundedness.

I may live away from my family and community, but the clothes I wear, the amount of money I make, or where I live doesn't matter, because Lana Whiskeyjack *nitisikason*.

EDITORIAL

Bicycle infrastructure

A bike-friendly city goes a long way towards improving safety

TALEA MEDYNSKI

Every year, I begin summer intending to ride my bicycle until fall. I inevitably ride only a few times. I'm intimidated by cycling in traffic. Until recently, I wasn't aware of many marked bicycle paths near my home in the Alberta Avenue neighbourhood.

However, many Edmontonians cycle regularly. According to the Edmonton Bicycle Commuters' Society (EBC) website, 54 per cent of us cycle and, "35% cycle at least once every week in the spring, summer and fall. One in five Edmontonians cycle for transportation."

It helps to have bike-friendly infrastructure in place. Knowing there are alternatives to sharing a lane with a car or truck makes me feel more confident.

Cycling tends to be safer with designated bike infrastructure; it allows cyclists their own space on the road and lowers the risk of sharing the same lane as a motor vehicle.

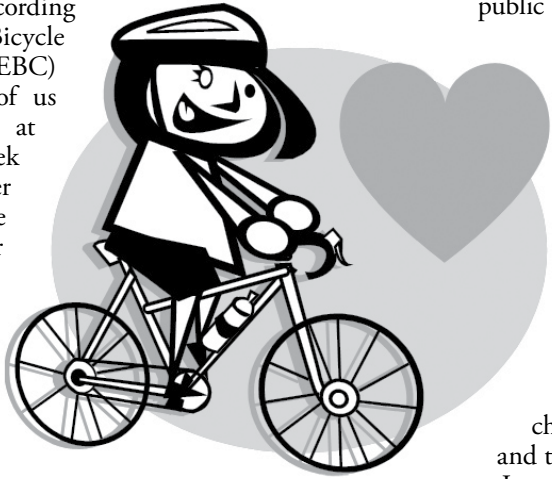
While bike lanes can't ensure total safety, they reduce the risk of a collision significantly. In fact, according to the EBC website, "Bike lanes reduce the chance of a collision by about 50%."

That's pretty significant. It's equally important to know your way around the rules of the road.

Other cities are more bike-friendly than Edmonton. Our city is geared towards drivers, not cyclists. Copenhagenize Design Co., a consulting and

communications company specializing in bicycle culture and advocacy, ranks the world's best cities for cyclists every year. In 2013, Montreal was the only North American city to make that list, coming in at 11 out of 20 cities.

Edmonton has been attempting to become more bicycle-friendly with the Bicycle



Transportation Plan. Aspects of the plan include marked bicycle lanes, education and awareness, increased bicycle parking, and more ETS buses equipped with bicycle racks. According to the City of Edmonton website, the Bicycle Network Plan is "the long term vision for the on-street cycling network and includes up to 500 km of bicycle facilities."

From 2010 to 2013, 20 new bike route projects were completed. Of interest to the *Rat Creek Press* neighbourhoods are new routes around the Coliseum LRT station. Since 2010, 64 km of bike lanes were constructed.

Early this year, city council stopped construction due

to criticism and concerns over issues like route location, reduced parking, and not enough public consultation. Now, the city is taking a step back and just launched a campaign called "What the B*ke?" to increase awareness and participation. There will be an online forum and public meetings during June. For the next two years, there will be public discussion and consultation about bicycle infrastructure in the University and downtown areas. Check out edmonton.ca/together for more information.

We need to keep working on making Edmonton bike-friendly. The more bicycle infrastructure we have, the better chance people will use it, and the safer cycling will be.

In the meantime, hop on your bike, enjoy the weather, and ride safely.

USEFUL INFORMATION FOR CYCLISTS

Edmonton Bicycle Commuters' Society offers a variety of courses and workshops: <http://edmontonbikes.ca/services/outreach/on-road-cycling-education/>

The 2013 bike brochure with bicycle routes for northeast Edmonton: http://www.edmonton.ca/transportation/2013BikeBrochure_NorthEast.pdf

Check out all cycling information offered through the City of Edmonton's website: edmonton.ca/together

COMMUNITY » NEIGHBOURING

Block party tips

Summer bonding with your neighbours



Neighbours enjoy each other's company at a block party. >> ANDREA BROWN

APRIL AU

As neighbours venture outside to enjoy our brief summer, I am reminded it's time to start planning our second annual block party. With several creative suggestions from neighbours following last year's party, I look forward to seeing how their contributions will enrich our gathering this year.

If you have been wanting to meet or reconnect with your neighbours and have been wondering how to go about it, this is an excellent place to start. A block party is a great way to begin creating a greater sense of community, promote safety and prevent crime in your area, and develop and deepen relationships. The following tips will help you with your own party!

Step 1: getting started

Create a flyer and drop it in each neighbour's mailbox to notify them of your interest in hosting a block party and to ask for input. Ask if there are any neighbours willing to help plan the party. We had four households on the block step up to help organize details.

Step 2: when and where

Choose a date for the party as well as a backup date in case of rain. Decide where you will host your party: a neighbour's front yard, a local park, on the street, or somewhere else.

If you are holding your block party on your street or in a city park, fill out and submit the necessary permit application for the location.

For a \$100 fee, it is possible to block off your street for the block party. The city will deliver road barriers a day or two beforehand and will collect them afterward. (*If you want to close off the road or alley, you must get permission from all neighbours affected.*) We closed off our street and

everyone on the block loved it! There was a festive mood as kids and adults alike gathered in the street and front yards to share food, drink, and stories.

If hosting a block party in a city park, parkland permits are available from your community recreation coordinator at no cost.

Step 3: what will it look like?

What kind of approach will you take in regards to food? We had a barbecue and international potluck and had everything from burgers to Vietnamese appetizers!

Consider if there will be any special activities during the event, like icebreakers, games for kids, music, or a street hockey game/tournament.

Think about what you might need for setting up (tables, chairs, dishes, utensils, a barbecue, or name tags). Some neighbours had access to tall tents that really lent to the festive atmosphere!

RESOURCES

Check out these resources to help you with your block party this summer:

CITY OF EDMONTON
Go to Edmonton.ca and search "block parties".

AVENUE INITIATIVE
Fill in a easy four question application for a Small Sparks grant and get up to \$250 for your block party, small community event, or project. Go to avenueinitiative.ca

LOCAL COMMUNITY LEAGUE
Community leagues are for residents. Connect with your league about using the building or resources such as tents, barbecues, or juice coolers. (Alberta Avenue Community League has resources to lend out). Perhaps you can even sell league memberships at your event.

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

ABOUT US

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

COMMUNITY, COMMUNICATION, CAPACITY

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

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EDITORIAL POLICY

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

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

COMMUNITY CALENDAR

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

KIDS' CORNER

Our youth demand action

Safe, clean, and honest communities are priorities

KATH MACLEAN

The only thing that I don't want in the world is drinking beer and no weed...after people drink Alcohol or smoke when they see a child playing outside they will say owful stuff or they will try to kidnap [a] kid.what i hate is that what if I can't pay to put [my pet] to sleep or fix a broken leg i don't want to like watch my pet die. I wish there were some cameras around so if something bad happens, there'd be proof. I love Edmonton it's peaceful come on let's keep it clean and peaceful.

Seems times have changed. Or have they? As much as we fear the concept of Big Brother and strive to protect what little remains of personal privacy in our society, younger folk at Evansdale Elementary School, where I've had the good fortune to teach these past few weeks, are arguing for quite the opposite. Is this a generational gap? Frightened for their own safety, students are becoming proactive instead of desensitizing themselves. Some are demanding a safer community to live in and want city council to step in and make this happen. Not only are they looking out for their own safety, these young Edmontonians, many of whom are first generation Canadians or newly arrived immigrants at Evansdale, want a society that cares for everyone and every creature. Is this an update on

our forefathers' idea of what it means to be Canadian: to be good, to be tolerant, and to be kind towards others?

Here's what students in Mr. Shawn Miller's grade six class at Evansdale Elementary School had to say on the subject of improving the safety and well-being of their community, neighbourhood, homes, and school.

*Spelling and grammar are unchanged to preserve the voice of each author.

Camra's [should be] all over the city and outside the schools so we can see who's littering outside and trying to sneak in schools. The Traiznit buses would not have to pay money to get in and no kids outside after 9 and no smoking, no fights, and no Durgs in the whole world. The only thing that I don't want in the whole world is Drinking beer and no weed. Parnets cant leave their kids with stranger[s] or anyone that they don't know. Kids listen to others and respect. Parents should listen to their kids and not yell at them or hit them or anything thats bad. – Aisha Baptiste

I like Edmonton but I think Edmonton should make a law of NO SMOKING and NO Drinking alcohol because after people drink Alcohol or smoke when they see a child playing outside they will say owful stuff or they will try to kidnapp a kid. – Musa Abdi Omar Amin

I like how the vet pays 500\$ just to fix a broken leg but what i hate is that what if [I] can't pay to put it to sleep or fix a broken leg i don't want to like watch my pet die. – Anonymous, grade six student in Mr. Miller's class

...The drugs and cigarettes are getting out of hand. The cops don't do anything about it and I am scared to go anywhere. There are a lot of drug dealers in my schools parking lot, and around my neighbourhood. If the cops could do something it would make me feel more safe to go out. – Cloe May

If I could tell Edmonton city council ONE THING it would be...camra's. Because theres speeding and crashes, Drug delares, littering on people's lawns. It saves time cause one person says "No your lieing" "No your lying" and you can get the truth. I love Edmonton it's peaceful come on let's keep it clean and peaceful. – Zagnab Ahmed

Thanks for your suggestions, kids!

If your class would like to participate in our next monthly column, please email us at editor@ratcreek.org with *Kids' Corner* as your subject line.

*Excerpt from first paragraph: *I wish that there were some cameras around so if something bad happens there'd be proof.* (Hannah)



LETTER TO THE EDITOR

I just read Mimi Williams' article "Surviving infill: be careful what you wish for", ironically located right next to an article on building community. If I were not so darn British I would have cried. I wonder how many others in the Eastwood end of the Alberta Avenue community feel as I do.

Almost every day I walk my dog around Eastwood. As far as I can see, "in-fill" is more like "stufitfill." On a single-dwelling lot, where two or three years ago we fought the building of a fourplex, there is now a fiveplex that is, as far as I can tell, as tall as the apartment building across the street. On every street there are huge houses in the Avenue area and duplexes going up or built in Eastwood, some attractive, some not.

“ Put too many new people into a neighbourhood in too short a time, and you lose the community, along with community care, and community safety.”

Eastwood has suffered neglect for a long time. We already are lined on two sides with apartment buildings along 119 Avenue and in row upon row from 82 Street to Fort Road, adding to the inner city feeling from cracked sidewalks, pot-holed streets, and litter blowing in the wind. And now, more packed-in buildings.

Several years ago, I was contracted to conduct a social impact assessment in Canmore, Alberta. At that time, Canmore was still a relatively small community and it was slated for ambitious development. I talked to local businesses, politicians, service providers, and families. I also researched other cities that had experienced similar economic development. The figure given at that time indicated it was unwise to allow a population growth of more than 10 per cent per year. Based on my findings and that assertion, I recommended development go ahead as planned but much more slowly.

Rapid development brings stresses on infrastructure. That includes schools and policing, but also social networks. Put too many new people into a neighbourhood in too short a time, and you lose the community, along with community care, and community safety.

This is what the City of Edmonton is creating for Eastwood and other communities along the Avenue. I think we should request a meeting with the mayor and the planners. I think we need to slow this down before it is too late, if it isn't already.

Barb Heather

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YOUTH » PROGRAM

Program helps kids build bikes and futures

The Spoke gives youth an opportunity to build a bike and form lasting connections



Phil Eideck, a student who stayed with The Spoke as a volunteer. >> RUSTI LEHAY



The Spoke participants use bicycle parts to build their own bicycles. >> RUSTI LEHAY

RUSTI L LEHAY

The Spoke: this free program gives kids a ride, a way to get around, or a get-together with friends. It is not just given, though. Youth ages 12-17 have to build their own bike from the bearings to the rubber, starting with picking the right size frame.

Housed in the Edmonton Bicycle Commuters' (EBC) building at 93 Street and 111 Avenue, the six to eight week program teaches participants how to build, repair, and maintain a bike. A side goal is to build relationships with each other and the mechanic mentors. Although the program used to be for kids caught stealing bikes, it is now open to all 12-17 year olds.

Tara Sobey, Spoke coordinator, works hard on forming connections. "Teenagers can be a hard group to engage," Sobey succeeds. Several past Spoke participants stay in touch through social media. "They learn we'll be there for them."

The program success is evident in one teen who did so well, EBC hired him to work at

a farmers' market. Impressed by his work ethic, the Kettle Corn food truck hired him as well.

One mentor, Nathan Treloar, a youth worker by trade, is also a bike mechanic and sales person at Western Cycle. He sees how the volunteer diversity of a police constable, a bike mechanic, a cognitive psychologist, and social and youth workers give kids a wider range of career choices instead of the typical human services professionals at-risk kids meet.

"[It's] great if they become a youth worker. They'll have empathy and inside understanding. There are so many more career choices," said Treloar.

Edmonton creates great youth programs. "However, most programs focus on sports or arts. More programs like Spoke are needed or kids with mechanical aptitudes are left out." Treloar loves all things bicycle-related and enjoys interacting just as a bike mechanic. "Not being their worker offers a different quality of connecting and interacting."

After the bike is built, participants take a graduation ride and are given a helmet and lock with their bike.

Chris Chan, Spoke executive director, said, "It's about relationship building with each other and the mechanic mentors."

“ When you wonder if we have created meaningful relationships, we remember these kids. When we succeed like this in creating a welcoming place, it’s an amazing place to be.”

Sobey added, "We see kids start trusting their environment and community and gain nuggets of relationship-building skills they can take into the rest

of their lives."

Ideally, the kids stay involved after finishing their bikes by mentoring new Spoke participants, or building a bike for the Little Warriors program and the Be Brave Ranch.

Phil Eideck, a social work student and co-coordinator with Sobey, said, "The grassroots program focuses on positive change and the community and the Be Brave adjunct is a needed intermediary step. They might not be quite ready to volunteer as a full mentor, but they can build a bike for a child."

Sobey said, "Building relationships with this community program gives them a sense of purpose which further strengthens relationships between the youths and the community. There is also a sense of belonging for the youths in the community. These are the main reasons why The Spoke exists and continues to grow."

One boy attending the program did not smile for five weeks. Then he took the opportunity to start building a bike for a Little Warrior. Sobey told him he was building a

bike for a program to help kids that have been sexually abused. "The smile that broke out on his face was so huge. He was so proud, it was amazing to see."

Another kid came but never spoke. On the second week, he started arriving an hour earlier, but didn't reply with more than one word to all of Sobey's conversational attempts.

"[It was] really cool to watch him go from these one-word answers to high-fiving his mentors," said Sobey.

He still contacts Sobey. "When you wonder if we have created meaningful relationships, we remember these kids. When we succeed like this in creating a welcoming place, it's an amazing place to be."

WHAT YOU NEED TO KNOW ABOUT THE SPOKE:

THE SPOKE (9305 111 Avenue)
Free program for 12-17 year olds
The program runs for six to eight weeks.

Email: spoke@edmontonbikes.ca

Website: <http://edmontonbikes.ca/services/youth-adapted-services/the-spoke/>



Buy a refurbished bike from BikeWorks for over \$40 and receive a free membership to EBC as well as shop time, tool access, and volunteer mechanic assistance for \$2 an hour. >> RUSTI LEHAY

BIKE » PROGRAM

Learn how your bike works

Buy a refurbished bike, or learn to repair and maintain your bike with the Edmonton Bicycle Commuters

RUSTI LEHAY

For a wee bit of effort and pocket change, you can own a refurbished bike and better yet, learn how to repair and maintain it. Edmonton Bicycle Commuters (EBC) operates BikeWorks North and BikeWorks South. They have all the tools, bikes, and parts needed along with volunteer mechanics to advise how to repair and maintain your new-to-you bicycle.

Any bike over \$40 includes an automatic membership in EBC, which means you pay only \$2 an hour for any shop time.

You might start by hoisting your bike on a rack and cleaning the grime that can hide parts needing repairs. If your pedals wobble, you learn about cotterless crank extractors, pin wrenches, and more. You check and learn about tires spinning, brakes, and shifting.

Braedon Platten and Rachel Prins both bought bikes from BikeWorks. They called the bike Prins bought Platten a “puppy gift.” He would come

home enthusiastic about each new thing he learned.

“He was having so much fun, I came to get my own,” said Prins.

After an hour of minor repairs, Prins rode her bike out.

Emily Klause grovelled for her bike. As teens, “My sister and I teased mom about her lame bike.” Now a student, she bit her tongue. “Mom, can I have that really cool bike of yours?”

Maybe you are like Nigel Tuffrey, who built one bike out of six discarded ones. Tuffrey didn’t make his bicycle at either of the BikeWorks, but he’s a good example of what is possible. Swapping seat and handlebars, wheels and cables, Tuffrey used his bicycle to tour 670 km of India’s back roads in 11 days. He intended to leave the bicycle in India, thinking it was nothing special, but rethought his decision.

“I realized they thought it was a deluxe bike and giving it away would cause inequality envy,” said Tuffrey.

You don’t have to buy a bike from BikeWorks in order to

learn about repairs and maintenance. If you want to repair your bike, you can still use their shop and take your bike in. BikeWorks also accepts donated bikes or parts.

Landlords may want to take advantage of BikeWorks. Bette Hall-Petry, owner of an apartment building just off 118 Avenue, encourages community building in her tenants by making bikes available for communal use.

If you want to experience freedom and joy, bikes are a cheap, easy way to gad about town or tour exotic locales. Bikes take you back to being a free-wheeling kid again.

WORK WITH YOUR BIKE
EBC operates BikeWorks North and BikeWorks South

BIKEWORKS NORTH
9305 111 Avenue
Phone: 780.757.9100

BIKEWORKS SOUTH
8001 102 Street
Phone: 780.433.2453

Find more information here at edmontonbikes.ca



Rachel Prins rides her bike after a few hours of shop time at BikeWorks.

>> RUSTI LEHAY



Emily Klause receives repair instruction at BikeWorks.



Emily Klause works on her bike.



Braedon Platten works on a bike at BikeWorks.



Nigel Tuffrey built his bike out of six discarded bikes and used it to tour 670 km of India’s back roads.

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EDITORIAL » LITERARY

RED IS NOTHING AND EVERYTHING

RUSTI L. LEHAY

Tone of voice is responsible for 90 per cent of conflicts whereas true disagreement happens only 10 per cent of the time. According to the businessballs website, crossed transactions involve tone of voice. Colour is a word where tone matters. A speaker’s tone might arise out of attitude and attitude depends on choosing denial or listening.

This month red, as in Aboriginal Peoples or First Nations red, is a colour to respect and honour. Jo Wishart’s piece reminds us everyday offers us opportunities to make amends and share accountability.

Moving between English and Cree, Naomi McIlwraith writes poems finding shared roots to honour connection. Red “is the colour of my blood: *nimihkom mihkwâw*...the same colour as your blood.” The poem “Perfect,

Not Perfect” first appeared in her book *kiyâm* published by Athabasca University Press.

Wishart asks tough questions by sharing George’s story, one story among thousands of child victims to the genocidal curriculum that was the norm in residential schools. It is genocide to deny people their culture, their language, their traditions. One might even argue it is impossible to make amends for such atrocities.

I believe we have to try. By reading and writing pieces like Wishart’s “Burning Tears,” and McIlwraith’s *kiyâm*, by going to the Truth and Reconciliation Commission conferences, by standing in solidarity. By refusing to deny. By smiling with respect at every person you chance to meet regardless of colour, dress, class, gender, or age. You choose.

PERFECT NOT PERFECT

NAOMI MCILWRAITH

Past Perfect

If I had understood
a bit of Cree,
a bit of how Cree
had shaped you, I might not
have misunderstood you.

ahpô êtikwê ka-kî-sôhki-kotêyih tamân ka-nitohtâtân.

Present Perfect

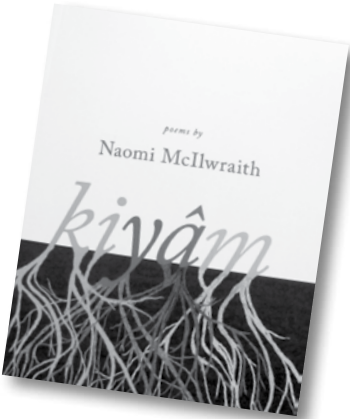
I have tried
to make peace with my tribe
as a wise woman
once advised.

*ê-wîtisânihitoyahk ôma kiyânaw
kiyawâw kâ-wâhkômîyêk.*

Future Perfect

When I finish this task I will
have learned not to frown, but to lean
into the perfect pitch of your speech:
your voice, Tamarack tympanum.

*nika-kakwê-tapahtêyimison
nika-kakwê-wânaskân.*



A painting by Lana Whiskeyjack, as shown in the documentary *Gently Whispering the Circle Back*. » RIC GUSTAVSEN

BURNING TEARS

JOHANNA WISHART

At the Truth and Reconciliation Commission’s Edmonton conference, George in the video *Gently Whispering the Circle Back* recounts his story.

“I was five years old when a man came to our home and said my brother and I had to go to residential school. My father took us to the train station by wagon. I was scared when this big loud monster came down the track. I didn’t want to go. I hung onto my dad. I was crying. My father had tears running down his face. My brother pulled me onto the train.

“When we got to the school, a man told us to do something. I asked my brother in Cree what did the man want? I got hit on the head. Again I asked my brother, what did he want? I got hit on the head again.

“We were taken to a big room with lots of beds. That night I had to pee. The bathroom was on the floor below. I was too scared to go because the teachers were always talking about the devil being after us. I wet the bed. When the supervisor found out, he took

my head and rubbed my face on the sheet until my nose bled. He made me wear the sheet in front of the others.”

The video then depicts how the First Nations personnel at Blue Quills College work to bring healing to many who have been victims of the methods in residential schools. George, one of the leaders, uses his powerful voice and story to be part of the process in the healing circle. He has a quiet soothing way, yet he is brutally honest about his own actions.

George says, “I was angry when my two little daughters woke me up. They were hungry. I went to the fridge; opened it. There was nothing. They pointed to the cabinets. I opened them. There was nothing. I knew I had been paid the night before. I asked myself, why am I hurting these little girls who I love?”

I have seen this video (produced by my daughter Beth) four times. My emotional reaction to George’s testimony intensifies each time.

When the video ends, I rush out of the room sobbing, tears

burning my cheeks. Delma, a tall native woman in a red volunteer’s vest, catches me. Putting her arm around my shoulders, she offers me a card with a number if I need to talk to someone. This native woman is trying to comfort me, a white woman. I represent those responsible for the harm done to her people.

Gradually, I calm down and cease crying. Delma produces a small paper bag for my wet tissue. I dig out other sodden tissues adding to the bag. At all the venues, volunteers carrying tissue boxes and paper bags collect the tears of pain. The bags will be burned as a symbolic way of destroying some of the hurt native people have carried for generations.

I hope other white people have shed tears contributing to the collection. I hope they will need firemen to control the conflagration. My fear is not enough have. I am saddened to hear too many voices still trying to justify the indefensible methods that white society used to kill the languages, ceremonies, and cultures of First Nations peoples.



A healing circle at Blue Quills College, as shown in the documentary *Gently Whispering the Circle Back*.

» RIC GUSTAVSEN

Bard of the Ave Marlene Salmonson will read her poem “Problems Penning Poetry in Edmonton in Winter” at Bridge Songs 2014 at St. Faith’s Church (11725 93 St.) at 7 pm on Saturday, June 14.

June is the month of national Aboriginal awareness. To celebrate this special month and honour the outstanding achievements made by indigenous people, Action for Healthy Communities, the Aboriginal Education Centre at MacEwan University, and Full House Events are hosting an “Aboriginal Culture Day Celebration” on Saturday, June 7, from 2 to 5 pm at 101, 10554 110 St.

BUSINESS » THE LEMONADE STAND

We're not wired for that

Re-wire yourself and find entrepreneurial success

HENRI YAUCK

"Could there be a dirty little secret that results in over 90% failure rate in dealing with creating, starting and building a business?"

In our last article, we talked about the missing Plan M, something easy to understand, so basic to succeed in business, but only a very, very small percentage of small and mid-size business owners use it. Most business graduates have never heard of it. Yet, it is the only thing to yield as much as 300 per cent return to you.

Could it be our psychological wiring is actually not set up to succeed in business? Could that be the dirty little secret to destroy the best-laid business plans and shatter your dream about business success? Could that even be possible?

Evolutionary psychology and a new wave of science called behavioral economics and neuro-economics strongly suggests this could be the case.

For example, we as a species learn by observation and imitation. That's how we learned to walk, talk, sing, and so on.

When we needed something that someone else possessed, we learned to trade. Over time, barter and trade evolved. Basic, simple, straight forward. So our brains became wired through the process of observation and imitation.

Trades grew out of special skills individuals developed. Others who needed those skills traded some of their goods to gain the benefit of those skills.

We became very adept at observing, then imitating. As

societies became larger, we developed a high level of trust in imitating what others were doing. The wiring solidified and became permanent. It's now a part of our genes.

Today, you have competition, not only from the guy next door, but from everyone able to put up a website. Instead of just one or two cars, the consumer has hundreds of cars



from which to choose. You can order in or dine out with a vast number of choices. On the way to buying something, the consumer is faced with endless distractions, some of which will change the very intention the consumer had.

The game has changed, my friend. You can no longer observe then imitate and expect to be around for very long. Whether or not you want to or are ready, you will need to go beyond the hard wiring in your brain.

In almost every product and service category in every area of this great city, there are individuals with money and credit cards in hand looking for what you may have. All

you need to do is step beyond the chimpanzee wiring.

Our society is distracted; people are skeptical and overloaded with technology. While the information age has brought information to us in the blink of an eye, it has also put distance between us all. That's the bad news.

There's good news: we can re-connect and re-establish relationships and trust with even a bare minimum Plan M. What's more, you can have the distinct advantage of connecting with highly targeted individuals predisposed to using your service or buying your offering. In short, it is possible today, as never before in history, to connect with the right people.

Your first step as an entrepreneur is not so difficult: go against the grain of your brain wiring. Then, take the second step putting your Plan M to work. Believe it. It's just that simple. Believe this also: no one is going to do it for you.

These two steps are a YOU executed proposition.

Over the past year, Lemonade Stand articles have described ways and suggested ideas on re-connecting by using simple easy-to-do proven processes. If you missed those articles or are just plain ready to look into Plan M and go beyond self-sabotaging brain wiring, it's easy to check them out again.

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

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

If you have any questions or comments when you are on the blog, click on Contact and email me.

BUSINESS » SHOP LOCAL

Get your nail fix

Great customer service has paid off



Joanna Nguyen-Savoie displays her nail creations. » REBECCA LIPPIATT

THE FIXX NAILS BOUTIQUE

11802 87 STREET

OWNER: JOANNA NGUYEN-SAVOIE

HOURS: TUE-FRI - 10 AM-7 PM,

SAT 10 AM-6 PM,

SUN-MON CLOSED

WWW.THEFIXXNAILSBOUTIQUE.CA

REBECCA LIPPIATT

After moving to Edmonton from Halifax three years ago, Joanna Nguyen-Savoie opened The Fixx Nails Boutique. An esthetician with 10 years of experience, she had heard a lot about the area and wanted to start her business here.

Nguyen-Savoie's clients drive from all over the city to have their nails and other esthetic

work done. Clients learn about the boutique through friends, or read on-line reviews. The boutique has been successful, despite the fact that Nguyen-Savoie relies on great customer service and word-of-mouth for advertising. In fact, she's opened a second location on 124 Street.

Nguyen-Savoie provides esthetic services for gel and acrylic nails, waxing, tinting, eyelash extensions, manicures and pedicures. Services average \$40-50 and gift certificates are available. The Fixx Nail Boutique's business is based on quality. If your new nails need a fix within the first week, Nguyen-Savoie will stand by her work and repair them.

BUSINESS » SHOP LOCAL

Family-operated business

Locally sourced meats, delivered to your door

EASYFORD MEATS

12165 FORT ROAD

OWNERS: DAN WALTON AND

SHIRLEY MCCONNELL

HOURS: MON-SAT 9AM-6PM,

SUN 11AM-5PM

DELIVERY HOURS: MON-FRI

6PM-10PM, SAT-SUN 10AM-5PM

WWW.EASYFORD.COM

REBECCA LIPPIATT

As long-time farmers, married couple Shirley McConnell and Dan Walton know good quality meat.

The couple were cattle ranchers near Drayton Valley for 25 years and took over Easyford Meats eight years ago. Their beef is grass-fed and grain finished, their chickens free-run

and raised without antibiotics. They also sell lamb, pork, goose, turkey, and eggs.

The recipes they use to make sausages are 60 years old—the original Ukrainian recipes inherited from the former owners of Central Alberta Meats. They also sell ready-to-heat foods made by St. Michael's Health Group: perogies, cabbage rolls, and naly-snyky.

Recently, Easyford became the first virtual meat store in Edmonton. Unable to compete with big-box stores like Costco, Easyford concentrates on service, quality, and convenience. They have always offered value packs for freezer or barbecue, but now you can get locally-

raised meat delivered to your door (outside of regular work hours). Pay online at the time of ordering or pay when you receive your delivery.

Easyford's emphasis is on locally sourced products. They can tell you the names of each farm that raised their meat and eggs. The butcher they use is in Tofield, and all beef is cut in the back at Easyford. It's a family business, with McConnell and Walton operating with two daughters and a brother-in-law.

McConnell and Walton know the meat business inside and out, and are happy to share that information with customers. Did you know free-range chicken can only be sold



Shirley McConnell and Dan Walton operate Easyford Meats on Fort Road.

» REBECCA LIPPIATT

in farmers markets? Stores can sell free-run chicken. Grain-finished beef is more tender and flavourful than fully grass-

fed beef. In Alberta, cattle are finished on barley and hay, whereas in Eastern Canada, beef is finished on corn.

HEALTH » BIKE MONTH

The boy on the bright white bike

Bike Month brings memories of love and loss

DAVE VON BIEKER

We’ve all had a dream die, but I once discovered the corpse.

It was shocking. Picked clean to the frame. Dismantled and missing parts. Lifeless and chained. I immediately felt lonely, creeping despair. It may have been morning, just before the school bell rang, or evening, long after everyone had gone home. I stood there frozen in grief, jaw dropped at the stark, bloodless horror. My precious new bike was destroyed by thieves or vandals and left in shambles as a mockery.

The ride was over.

It began with such joy. It was grade four and I felt ready at last for a big, new bike of my own. I was ready to move beyond hand-me-downs. My parents agreed.

That is the only birthday party I can clearly remember. It’s the bike that stands out, which is remarkable if you consider the bat.

My Uncle Rick got me a bat that year. Not a baseball bat, but a living bat. He had captured it in half of a two litre pop bottle. He brought it out to the squealing amazement of me

and my friends. He let it loose.

I’m sure the gift wasn’t planned. Earlier that day he discovered the bat and seized an opportunity to make kids recoil and admire all at once. Rick is that uncle who gives wet willies or presses spit-wet fingers into the centre of your clean glasses.

Even more than the bat, I remember the bike.

When it came time for presents, my dad took us over to the back of his milk truck (he was a milkman). What would need to hide away in a milk truck? He had parked it in the sun-soaked driveway, so my eyes had to adjust as the doors opened into darkness. I squinted to the side, where the white bike glowed like a trusty steed on its very own kickstand. It was a new Supercycle from Zellers or Canadian Tire. It had decals.

I’m sure I wanted everyone to leave right then so I could ride. That bike was freedom. My neighbourhood of Lee Ridge would know this boy on the white bike. I would impress.

I didn’t impress for long. I rode the bike to school just a few times. On that fateful day, I didn’t ride it home.

Did I forget my lock com-



RCP writer Dave Von Bieker’s past holds memories of a stolen bike, but the present is full of potential. >> RYAN MCGUIRE

bination? Was I picked up or decide to walk with friends? Leaving the bike was my fatal mistake. Thieves stole all they could pry loose. They left no tires. As I recall, they didn’t even leave the handlebars. I’d rather they’d taken it all so that my lasting image was complete.

But it is broken.

My parents had barely the money to buy me one bike that year. I’d have to wait for another bike, and then, perhaps, a used or hand-me-down model. I’d climbed a few rungs on a ladder, but those thieves kicked those rungs right out.


A few summers back, I bought a white bike. I bought it new, in exactly the style I wanted, from Toys “R” Us. I ride it through my neighbourhood on sunny days. I impress.

Look for me this summer. I am the boy on the white bike.




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Edmonton Highlands–Norwood




The voice of Alberta Avenue, Parkdale-Cromdale, Delton, Eastwood and Elmwood Park I n the Alberta Legislature

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

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MEET YOUR NEIGHBOURS AND MAKE NEW FRIENDS · PLAN A BLOCK PARTY THIS SUMMER

FOOD » SHOP LOCAL

Ethnic creations please the palate

Shopping locally brings diversity to your plate

RUSTI L LEHAY

Walking to keep my footprint small, I explore the Avenue’s exciting culinary options. When I entered the bustling Paraiso Tropical at 91 Street and 118 Avenue, bags of colourful chilies hint of spice, unfamiliar brands of corn chips beckon, and a small deli showcase of South American treats promise to fill hungry stomachs. My mission is to find ingredients for an ethnic dinner.

Alba Gonzales from the family-run business generously shares culinary tips and tricks, suggesting I try San Marcos Refried Beans and La Victoria Enchilada Sauce. I add fresh jalapeños, peppers, corn tortillas, and corn chips to my basket. After paying, I stroll home. Next is the guest list.

When pondering who to invite, two principles guide me. One: keep the list short as I can maybe squeeze in five, including myself. Two: anyone who eats at my table must make yum-yum sounds.

To be invited again, you can bet the aforementioned “yum yum,” “mmmmm,” “this is good,” “nummy,” “I love food,”

or “this is orgasmic” hum around the table. (Even though I usually reserve the “orgasmic” superlative for chocolate-laden desserts.)

I confess I am no purist to the small footprint, and recipes also suffer my non-purist approach. When asked, “How do you make this?” the end result rarely resembles starting recipes. Chopping three colours of peppers, sautéing brown rice, simmering a chicken broth with cumin all goes together in a casserole for the baked dish I call Spanish Rice.

My “enchilada” impostors consist of chili-drenched, quick-fried chicken strips rolled inside soft corn tortillas, then layered with sauce in a casserole dish and topped with grated jalapeño cheese. I simmered the La Victoria Enchilada sauce with three different kind of beans, coriander, lots of tomatoes, jalapeños, chili spice, chopped peppers, and sautéed onions and garlic. A bowl with soft cheddar cheese mixed in to the San Marcos Refried Beans is steamed until warm and used for a dip with the corn chips.

My whimsical culinary approach pleases palates. My

refusal to drive for only one event consistently disappoints friends. It is one of the choices I am dedicated to making for the earth and my community.

Making change and supporting our communities can be as easy as one less big box store trip. Local shopping creates jobs, inspires local businesses to invest in our community, and saves time and money.

Add up your travel time and expenses to distant stores, time lost for quality family outings, traffic slow-downs, and a few bucks saved on groceries might be no savings at all.

Local shops often stock a high percentage of locally-sourced goods which bypass shipping needs, helping reduce our global footprint.

Here is my 4,795 kilometre confession. In 1970, my mother brought back a small bottle of Tequila from her Mexico City road trip. Recently, I had a guest crack the seal. The reverence with which his large hands shook twisting the small cap as he said, “This is special,” is now added to my list of prerequisite qualities. My other guests echoed that reverence as we tipped back shots of 44 year-old



All the ingredients ready to create an ethnic dinner. >> RUSTI L LEHAY

tequila. Meaningful moments do not require Mexican tequila. Create your own by discovering possibilities along the Avenue.

When Gonzales shared her time and meal ideas, I felt valued and appreciated. I have not experienced this higher standard of service in a big box store. Local businesses survive

by their reputation. They need us. We need them.

I do not need chocolate to elicit sighs of delight for dessert. Blending two ripe avocados, two frozen bananas, and yogurt, then serving in margarita glasses with a sprinkle of nutmeg garnered the proper sound effects to finish the evening.

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HISTORY » TRANSPORTATION

Making historic tracks

Years later, streetcars still mark the Alberta Avenue neighbourhood

CHANTAL FIGEAT

As I dig into the history of the Alberta Avenue neighbourhood, it's become increasingly apparent how much this area owes its character to being a former streetcar suburb.

Both 95 Avenue and 118 Avenue are former streetcar routes. These streets are still centres of activity, with attractions such as retail stores, banks, and churches. Streets where streetcars didn't travel tend to be residential.

Streetcars helped shape the liveability, diversity, and walkability of the Alberta Avenue neighbourhood. Passengers could step off the streetcar, run an errand, and walk short distances home. Small business owners in our neighbourhood still rely on a certain amount of walk-in traffic.

In the early development of this area, the promise of streetcar routes in Norwood was a major coup for real estate developers McDougall and Secord. Before everyone owned a vehicle, streetcar routes increased the desirability of homes too far from downtown and work to walk.

For a nickel, Norwood resi-

dents could commute to jobs, shopping, and entertainment on streetcars running between 12 and 30 m.p.h.

Streetcar lines were colour-coded with panels and had lights at night. The first streetcars in Norwood began running in 1908 with the blue and white line going north on 95 Street and stopping at 118 Avenue. In 1912, the blue and white line was extended to run east along 118 Avenue to 82 Street. At that time, the blue line was also established and ran from 82 Street further east along 118 Avenue, turning north on 66 Street up to 124 Avenue. The red and white line began running in 1924 from Whyte Avenue, up 97 Street, east on 115 Avenue, north on 82 Street, joining 118 Avenue at 80 Avenue.

Turning was tricky, since streetcars had no steering mechanism. Instead, they relied on track and switch position. Streetcars turning at 95 and 82 Streets and 118 Avenue used a DYAD turn, where they went up one side of a loop onto a single track, and then backed down the other side of the loop to turn.

At first, streetcars used both



A streetcar transports passengers along 95 Street, 1939. >>CITY OF EDMONTON ARCHIVES

a motorman and a conductor. The motorman drove, and the conductor sold and collected tickets, issued transfers, signalled stops, and informed the motorman when passengers were safely aboard. However, in 1917 conductors began to be phased out, and by 1920 only one-man cars remained. Conductors reappeared briefly

during the Second World War when women were hired to handle large crowds.

Streetcars were the backbone of public transportation until 1947 when trolleys began to replace routes.

"The biggest factor in dealing with the streetcars after World War II was that a lot of the track infrastructure was deterior-

ating," said Colin Hatcher of the Edmonton Radial Railway Society. Hatcher explained it would have been very expensive to upgrade the tracks.

The blue and white lines running along 118 Avenue were the last ones to go in 1951.

We no longer hear the rattle of streetcars along Alberta Avenue, but their influence remains.

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PETER GOLDRING
Member of Parliament
Edmonton East

HELPING UKRAINIAN DEMOCRACY

The more than 1.2 million Canadians of Ukrainian heritage, many of them living in Edmonton, have been watching recent developments in Ukraine with concern. When the Prime Minister asked me to spend most of May in Ukraine on a special democracy mission, it was an honour I felt I could not refuse. The Prime Minister is aware of my extensive experience in Ukraine and obviously felt that my presence there would be beneficial for both Ukraine and Canada.

I was the only Canadian Member of Parliament present in Ukraine for the entire 2004 Orange Revolution and have served as an election monitor for every presidential and parliamentary election there since, in both Russian-speaking and Ukrainian-speaking areas of the country.

On this mission I was tasked with exploring the impact of the referendum of Crimea on the ability of Crimean Tatars and other minorities to vote in the May 25 early Presidential Election in Ukraine, as well as meeting with political, religious and democracy development organizations.

The situation in Ukraine is very volatile, with a recent change in government, a presidential election underway, the annexation of Crimea by Russia, linguistic tensions and now violence in Eastern Ukraine. It is important the Government of Canada receives reports from someone who not only sees exactly what is happening but who can put those events in context.

My most recent visit to Ukraine before this was in December 2013, when I traveled to Kyiv at my own expense to observe the Euromaidan protests. At that time I spoke to a crowd estimated at 500,000 in Independence Square, something I had also done during the 2004 Orange Revolution.

I think it is important for Canada to do what it can to help Ukraine.

What do you think?

780-495-3261 **www.petergoldring.ca**

COMMUNITY CALENDAR

Sponsored by the Norwood Neighbourhood Association whose vision is to support good projects and activities that benefit the neighbourhood.

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

EVENTS

GAMES NIGHT
Please feel free to bring your favourite board games to share. We'll also have plenty of games to choose from. Invite whoever you like - the more the merrier! Tuesday, June 24 from 7-9 pm at The Carrot (9351 118 Ave).

PARKDALE/CROMDALE GARAGE SALE
Our 4th annual Garage Sale takes place on Saturday, May 31 and Sunday, June 1 from 10 am-5 pm at 11335 85 St. Everything from toys to antiques.

MULTICULTURAL GATHERINGS
International food, music, dancing, singing and fun. Saturdays, 2-5 pm, June 7 Aboriginal Day Celebration, July 19 African Cultural Festival, Sept 20 Corn Festival at Action for Healthy Communities (#101, 10554 110 St). To register email: Yanyu@zhou@a4hc.ca or call 780.944.4687.

POETRY NIGHT AT THE CARROT
Beginning on Thursday, June 26 and continuing on the last Thursday of every month from 7:30-9pm, The Carrot will host a monthly poetry reading facilitated by Dahlia Ross (a poet with over 25 years of writing experience). Open to poets from across Edmonton. For more info contact carrotassist@gmail.com

CANADA DAY AGENCY BBQ
Tuesday, July 1st from 11am-3pm at Norwood Centre (9516 114 Ave). Everyone welcome! Please call 780.471.3737 to register.

NOTICES

ARTS ON THE AVE AGM
Sunday, June 1st from 3pm-5pm at the Carrot (9351 118 Ave). You must be a member to vote. To become a member of Arts on the Ave, go to <http://artsontheave.org/about-us/become-a-member/> Forms are also available at the Carrot. Yearly memberships are \$5. Light refreshments and snacks provided. Live music. Guest Speaker Linda Huffman, Executive Director of Arts Habitat. This is a great way to connect with community and those involved in the Edmonton Arts scene.

AREA DEVELOPMENT MEETING
Join in on discussions regarding development in your neighbourhood. Monday, June 9, 6:30 pm. More info: judy.allan@edmonton.ca.

CRUD AGM
Tuesday, June 24 from 6:30-7:30 pm at the Alberta Avenue Community League (9210 118 Ave).

YARD SHARE GARDEN
Garden space available for 1-2 people at 119 Ave and 82 St. Access to tool shed and water. Share produce. Contact Auston 587.783.0059.

BRAZILIAN PERFORMANCE
Come to the Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! More info: www.capoeiraacademy.ca

THE CARROT STAGE
9351 118 Avenue, 780.471.1580 www.thecarrot.ca
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome.
Saturdays: Open mic 7 pm-9:30 pm. Great time to share your newest tune, poem or comedy act! Free for all ages. \$1.25 minimum charge.

RECYCLE YOUR COMPUTER ITEMS
The Electronic Recycling Association will refurbish used computers and IT equipment and donate to non-profit organizations. More info: www.era.ca

PROGRAMS/CLASSES

SUPER DADS
Eight Tuesdays from 5:30-7:30 pm starting June 3 at Norwood Centre (9516 114 Ave). Childcare provided. Please call 780.471.3737 to register. Spaces are limited.

STOP-MOTION ANIMATION WORKSHOP
From the planning stage to set building to camera work, learn the art of turning still pictures into your very own stop-motion movie. Tuesdays from 4-5pm, June 4 to July 15 (no class July 1) at Sprucewood Library (11555 95 St). Drop-in.

COOKING GROUP
Learn how to make delicious tacos and gorditas, June 7 from 1:30-3:30 pm. Learn how to make Asian wontons and noodles! June 18 from 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Childcare provided. Call 780.471.3737 to register. It's free!

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 780.46.5444.

BOOKS FOR BABIES
Starts July 8. Runs every Tuesday and Thursday until July 22 from 10:30am-12:30pm at Norwood Centre (9516 114 Ave). Call 780.471.3737 to register. It's free!

TODDLER TUMBLE BABY BOUNCE (by Bent Arrow Parent Link Assoc.)
All young parents, or grandparents may bring pre-school aged children for gym play time on kid-friendly equipment followed by our Little Peoples Lunch. Tuesdays from 11:30-12:45 pm at Crystal Kids (8718 118 Ave).

SING, SIGN, LAUGH AND LEARN
For children up to age three accompanied by a grown-up. Tuesdays from 10:30-11:15 am at Sprucewood Library (11555 95 St). More info: 780.496.7099.

PARKDALE/CROMDALE PLAY RANGERS
Come explore Kinnaird Ravine, learn new, exciting skills like orienteering, shelter building, GPS geocaching, and much more! A FREE outdoor drop-in program at Sheriff Robertson Park (8112 111 Ave) for youth between 7 and 12 years of age. Fridays, May 16 to June 20 from 4:30-6:30 pm.

ENGLISH CONVERSATION CIRCLE
Drop in and join others who also want to practice their English. Mondays, 2:30 pm at Sprucewood Library (11555 95 St). More info: 780.424.3545.

IMPROVE YOUR ENGLISH
ECALA English for Community Inte-

gration offers free Parent-Tot English classes. Bring along your little ones and learn basic English skills for everyday situations. Tuesdays and Thursdays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: Sarah at 780.887.6825.

FREE ART NIGHTS AT THE NINA
Community Art Nights, Tuesdays, 6:30-8:30 pm. Family Art Nights, Wednesdays, 6:30-8 pm. The Nina Haggerty Centre for the Arts (9225 118 Ave). www.thenina.ca.

FREE MUSIC LESSONS BY CREART!
Every Saturday at Parkdale-Cromdale Hall (11335 85 St) free group lessons for league members. Singing lessons from 9-10 am and Guitar lessons from 10 am-12 pm. Play and meet others. Contact 780.878.8265 or createedmonton@hotmail.com

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

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

JUST FOR TODAY AFG
Are you troubled by someone's drinking? Al-Anon meeting, Mondays at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by handicap access. For more information, phone: 1.888.322.6902.

SOCIAL ACTIVITIES

LADIES COFFEE
St. Faith's Women's Fellowship Guild Cosy Coffee Club at 11725 93 St. in Prayerworks Hall (entrance off the parking lot facing 92 St). 1st and 3rd Wednesday of the month from 10-11.30 am. Come and join other women in the parish for a cup of coffee, a snack and conversation. Open to all ages, children welcome.

NFB FILM CLUB
Saturday, June 21, 1:30 pm at Sprucewood Library (11555 95 St).

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

CRUD DINNER CLUB
Everyone welcome. To stay informed about upcoming dinners on the Avenue join CRUD on Facebook.

FAMILY MUSIC POTLUCK NIGHT
Join us on Friday, June 27 from 7-11 pm at the Parkdale-Cromdale Community Hall (11335 85 St) for our monthly family friendly arts party and potluck. Enjoy live professional and emerging musicians or take part in the open mic.

FAMILY STORYTIME
Share stories, songs and games for the whole family. Sundays from 2:30-3 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

TWEEN LOUNGE
Play video games, make a DIY project, meet friends or just hang out. For ages 7-13. Thursdays from 3:30-5 pm. Sprucewood Library (11555 95 St). More info: 780.496.7099.

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

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

LI'L SPROUTS PLAYGROUP
Parkdale-Cromdale Community League is looking for a responsible parent to lead this fun Li'l Playgroup. If you can help out please call 780.471.4410.

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 and social takes place every Monday from 10 am-2 pm at the Community Hall (11335 85 St). Coffee and snack provided.

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

SPORTS/REC

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE
Enjoy the fitness centre at Commonwealth for free 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.

FREE QIGONG CLASS
YiXue Lotus practice (Lotus Qigong) for a calm, stable heart and overall well-being. Weekly class, No fee. Call Astrid 780.477.0683.

VOLUNTEER

SPRUCE AVENUE CASINO
Volunteers needed to work the casino August 2 and 3 at the Bacarrat. Call Verna at 780.479.8019.

PARKDALE/CROMDALE CASINO
Volunteers needed to work the casino August 3 and 4 at Century Casino. Call Margaret at 780.479.8134.

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

Listings for free events and programs as well as volunteer opportunities. Email your listings to: info@ratcreek.org.

CHURCH SERVICES

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

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9:30 am - High Mass
7:00 pm - Evensong

St. Faith: 780.477.5931
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11:00 am - Sunday Worshop
1st Sunday - Worship in the Common
2nd Sunday - Traditional Anglican
3rd Sunday - Aboriginal Form
4th Sunday - Traditional Anglican

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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

K DAYS

JULY 18-27, 2014

VOLUNTEER TODAY FOR
YOUR FAVOURITE FAIR!
#KDAY. IT'S ALL YOURS.

It's the festival that belongs to all of us—the 10-day celebration of summer, music, food and fun that you can't experience anywhere else. Become a volunteer and help make this the best K-Days ever—the event of the year that you can be proud to have been a part of.

APPLY NOW AT:
volunteers.northlands.com/volunteer-application/



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A day full of great information, seminars, and activities, BBQ, bouncy castle & more is underway!



COMMUNITY SAFETY INITIATIVE Safety Fair

Alberta Ave Community Centre 9210 118 Ave
Saturday, June 14 10am to 4pm

Presentations

11:00 - 12:00 pm Identity Theft and Fraud
1:00 - 2:00 pm Who do you call when...

Shred It Truck 12:00 - 3:30 pm

Destroy old documents, bills etc that have personal information.

free!

avenue community walkers

Join us to walk around our beautiful neighbourhoods. Meet other community members and get active. Dogs welcome. Any nuisance properties, graffiti or illegal activity seen on the walks will be reported to EPS and 311.

Every Tuesday 6:30pm

The Carrot 9351 - 118 Ave
Contact: safeststreets118@gmail.com

