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NEWS » COMMUNITY

Rolling out one-stop health care

The East Edmonton Health Centre celebrates its first year of full operations



Carrie Koehler and her two sons, Pheonix and Quinn, appreciate the urgent care at East Edmonton Health Centre. The family has used the clinic, close to their home when Pheonix's asthma needed attention. » REBECCA LIPPIATT

MARI SASANO

Since 2009, the East Edmonton Health Centre has been quietly rolling out its services to the community. Now, this bright, cheerful clinic is celebrating its one-year anniversary of full operation, and Karen Deviller, site director for the Centre, wants to reach out to the community.

"Do you have a doctor? Would you like one? Do you need urgent care? We really are trying to reach the people who need us, who aren't attached to a doctor and who want to have a consistent provider," she says, walking us through the building. It's comfortable and welcoming with big windows for natural light, and local artists have painted colourful murals that reflect the cultural diversity of our area.

"East Edmonton Health Centre was designed as a one-stop-shop for patients to come to access services." She notes that for many people,

navigating the health system and figuring out the logistics of multiple appointments and parking can be daunting. The Centre was designed to address those issues in our community: food security, housing, language or cultural barriers. It's a welcome facility for a neighbourhood where even basic medical care was difficult to find a decade ago, says Deviller.

In fact, 10 years ago, there were only 18 physicians working in the Alberta Avenue area. A lack of family doctors is a concern, especially for those whose transportation options are limited. Many residents needing medical care would end up in emergency.

"In this community, we have some special needs: very vulnerable, complex social determinants, so we said, let's see if we can put it all under one roof and add some resources like family practice doctors, nurse practitioners, social workers, and increase

the hours because a lot of our families, they might be new immigrants and they might not have transportation or time off during the day."

And although there were some services available – public health, home care, mental health – many of the patients would have overlapping services. Moving those services to one location would make it more convenient for patients, as well as help coordinate care between various doctors.

"We work on integrating the services for the patient, so maybe if they have appointments with two or three providers, we can have them on the same day."

The Centre now has family physicians, nurse practitioners, RNs who do chronic disease management, dietitians, social workers, a pharmacist, a respiratory therapist and a full-time Aboriginal worker. A flu shot clinic started October 21.

The family care clinic takes patients by appointment, pro-

viding public health, prenatal care, and family physicians. The urgent care is open at night as a walk-in clinic to serve those with medical issues that need to be addressed but are not life-threatening, such as a broken bone or a baby with a fever. The feedback so far has been positive.

"When I look at what our patients are telling us – we do formal and informal surveys – they're telling us they're glad we're here and we've got the right team seeing them. We've got some good people here who recognize that this site can't provide everything. We have to work closely with our community partners because that's in our patients' best interest."

Ultimately, Deviller would like to create more partnerships with the social agencies in the neighbourhood and to reach everyone in the area, especially those who need it most.

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Second part in a series on sexual exploitation and those who are trying to make a difference.

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NEWS » AWARENESS CAMPAIGN

They dream, they hope, they deserve better

Sexually exploited people need help on their long difficult journey

RUSTIL L. LEHAY

One of Thelma's dreams is to be a yoga instructor. Candace, still ensnared in the street life, hopes to become a licensed practical nurse and use those skills to help on the reserve, and then continue on to become a registered nurse. Their dreams and hopes echo those of your daughters, sisters, nieces, cousins or friends.

There is no Make-a-Wish foundation for street workers, and these two articulate women know it takes work to make wishes come true. When valuable support agencies like the Unity Centre are shut down, unsupported wishes tarnish and even vanish into years of sexual exploitation. Feeling her life wasted at 30, Candace asks, "Why should someone have to sell their body to survive?" She adds, "Sometimes prostitution is the only answer when you are down and out."

Never a single answer

There is no easy answer on ending sexual exploitation or helping women leave the streets. "Continued exploitation and lack of options are two barriers to leaving," says Staff Sgt. Jerry Nash.

Thelma was homeless and worked the street for 12 years; she has been off for 30 months now. "Once the street has you, it's rare you get off," she says. Stabbing someone out of self-defense ended her time on the street. It took a violent act for Thelma "to live again."

Constable Violet MacFarlane says, "Every individual out there has a unique story. The choices allowing one to leave may not be viable choices for another."

Making a difference

A strong support person to guide and support throughout the journey is imperative. Without that one person who can act as translator, support, and guiding light, it's next to impossible to leave.

Thelma said, "You do need one person to believe in you." When she found and was able to hold on to that, she then found compassion and love for herself.

Kate Quinn, executive direc-

tor of Centre to End All Sexual Exploitation (CEASE), says, "In many ways, leaving the street behind is like being a refugee. You can feel isolated, like you don't know the mainstream culture and language. You feel like your scars are visible and people will judge you."

Worse than judgment are the johns who uncannily proposition vulnerable women. That is how it all started for Thelma, desperate to escape her own pain, she went for a walk. A john circling the block three times smiled at her and then asked her into his vehicle. She got in.

Housing shortage

"Same shit happening now trying to stay off the street as getting off," Thelma says. "I understand why my sisters keep going back to the street and prison." Even more frustrating is the difficulty in finding decent housing. "It's like I'm still doing time. Everywhere I go, doors are slammed in my face."

Homelessness is often part of the story. Add pest-free to the housing wish list of safe and affordable. Thelma's current apartment is plagued by bedbugs. (Much of the available family housing struggles with these pests.) Grateful after 12 years of homelessness, Thelma spends each day cleaning. Of the other options, "Metis housing has no suitable apartments available. Capital Region Housing is a no go. Pathways to Housing is a no go and Bent Arrow has a six months waiting list." The application feels invasive, requiring Thelma to write her life history.

Building exit strategies

Alec Stratford, a Community Capacity Builder for 118th Neighbourhood Empowerment Team (N.E.T.), says, "Often the women and men working the streets are viewed by mainstream society as people that are 'other' than themselves; as folks who have nothing, no strengths, assets or agency."

Having only a grade nine education though she reads at a grade 12 level, Candace is painfully aware of her lack of skills. She adds, "The Food Bank can only do so much. I mostly work

[prostitute] for survival: food, power, and bills. It's like I'm putting my own humanity at risk to survive."

Manager of Safer Communities and Neighbourhoods (SCAN) and former vice detective for six years, Chip Sawchuk, knows, "Some women turn to the streets to feed their kids. With no job skills, there's no other way of survival."

Stratford says, "We need to see those who are on the street not as 'other.' We need to work in solidarity with these folks and then build pathways out together." It will take community effort to create safe places of inclusion.

Opportunities to be part of positive community events that help heal from the hurt of social exclusion and stigma are critical to helping a person leave the networks that kept them on the street. These are just a few of the supports that help sexually exploited persons rebuild their lives.

It all takes effort and Thelma says, "The amount of work I put into being an addict for 12 years is the same amount of work I put into staying clean. [The hard work] takes me to a level of brilliance. I want and need my children to see that."

You have to do the footwork

Lingering residential school traumas affected both Thelma's and Candace's role models. They long to show their own children how to overcome the challenges. Thelma says, "You can't just expect the help to fall in your lap. You have to do the footwork."

Raised with the core value of not to ask for help adds a barrier. Not having help available and services that are difficult to access adds more barriers.

Candace agrees. "There has to be more programs and resources for girls. The girls on 118 won't go downtown. CEASE does what they can but they've had budget cuts. Sometimes you can only get help if you are in a program. You need at least one drop-in on 118. You can't make it as far as downtown when you're dope sick."

The long journey

"Access to long-term treat-



Painting titled *Inner Voice* by local visual artist Lorraine Shulba.

ment is needed to help unwind from the snares of the drug trade," says Quinn. "The journey in rebuilding life after sexual exploitation is indeed long."

Thelma says, "I am on that journey. All my life I have been on the street or next to it." After trying four times without drugs, Thelma concluded, "You've got to be wrecked to do it. You can't do it straight."

Nurturing hope and dreams

As vital as treatment, MacFarlane says, they all need "people who plant seeds of hope and do not give up on them. But most importantly, anyone exiting the street must be ready to make the change."

Thelma knows this. "You can't save a working girl that doesn't want to be rescued. There's something in me that isn't chained anymore to the street. The chain is broken. I'm free. I'm not sick anymore. I'm really, really happy inside. In yoga, I found my centre. I'm on my journey. I want to teach yoga in prison."

Candace says, "My dream is to help people."

Their dreams need all three building blocks Nash cites to help anyone leave the street: social responsibility, education and intervention. Three small steps communities can take. Giant steps for these women to make dreams a reality. Everyone wins then.

Thank you to the residents of Norwood, Eastwood, Spruce Avenue, Delton, and Cromdale for your support.

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NEWS » BRIEFS

Assisting communities with crime prevention

New CRUD coordinator to help crime councils develop community building initiatives

MARI SASANO

Residents of the 118th Avenue area have appreciated a little CRUD in the neighbourhood – the Community Response to Urban Disorder, that is. The grassroots crime prevention group has spearheaded a number of programs such as the dog walking group, group social dinners, and park crawls that double as eyes-on-the-street crime prevention.

Over the summer, the CRUD board looked for an administrator to take CRUD to the next step. The new CRUD coordinator is Cortney Lohnes, a graduate student in drama at the University of Alberta whose background is in working with youth at risk. Since moving to Edmonton, she has worked with Urban Games, Big Brothers/Big Sisters, iHuman, and SAIF (Stop Abuse in Families). We are lucky she is bringing her considerable experience and ability to focus on CRUD's growth.

"The whole idea with the coordinator position is expanding the work city-wide. The focus of my job is to collaborate with crime councils across the city and share our experience and resources," she says. She has started to connect with crime councils across the city to see what kind of projects

need support. Some of them had already contacted CRUD for help in organizing their own versions of CRUD activities, and this will open up the opportunity for mentorship, support, and networks for all of Edmonton's crime councils.

CRUD has been effective in this area because the projects are simple, often free, and have a social component to them.

"I wouldn't say crime prevention, but community building, which I see as the same work. We want to develop projects that are celebratory and bring the community together," she says, noting that CRUD's involvement is open to more informal groups as well.

"I hope people in the area know that even though my position is about working with crime councils, we're aware people are also interested in forming a grassroots movement."

"I'm very much looking forward to being part of the 118 Avenue revitalization. What's happening is very interesting and exciting. These are people in Edmonton who are committed to making the city a better place to live and that takes work for everyone. It's about active citizenship. I can't wait to get into it."

For more information, contact Cortney at coordinator@crudedmonton.org

CRUD BACKGROUNDER

Community Response to Urban Disorder (CRUD) is an organization that started in our community in 2008 in the middle of community revitalization efforts. Their goal is to foster strong and vibrant neighbourhoods through innovative, everyday activities. CRUD believes that all communities have the seeds for positive change and the potential to be safe and healthy neighbourhoods free from urban disorder.

Q & A WITH CHRIS HAYDUK, CRUD PRESIDENT

WHAT'S HAPPENED TO CRUD?

Ultimately the organization has switched to being a city-wide organization (by our bylaws we are province-wide anyways). Our focus is going to be city-wide, to be a backbone organization. Mainly we will help other groups develop and build capacity because we saw that as something that was missing.

The project Cortney [CRUD coordinator] is working on is the main focus of what we are doing on right now. Much like Alberta Avenue Community League did for us when we started — provided us a base of support so we could apply for a grant and get going, get established on our own — this will be something we will do for other groups.

WHAT IS THE ROLE OF THE CRUD BOARD NOW?

Our board of directors is different than it was. It is made up of people from around the city and different organizations. The role of the board is making sure the project grows the way it needs to grow: steering it, making sure we are getting the best results we can, connecting with resources. We will be focused more on the governance side and less on the doing side. The board will help bolster all the projects as best we can.

WHAT DO THESE CHANGES MEAN FOR OUR AREA?

Locally, we want to help support the new crime council if they need or want. We will encourage people to do different things, even the stuff we did before like walking groups. Other projects we've supported recently like the mosaic mural project and Avenue goes to the Dogs, we will continue to be a backbone support for, developing leaders for these projects.

WHAT ABOUT DINNER CLUB?

Dinner Club is happening. We will look at that as a project. Jane Samson is running it. It may change as the organization changes or it may not be ours, maybe we will just support it.

WHAT ABOUT WALKING GROUPS?

If there is a group of people who want to do a walk and they want our help and our support, we are offering it. Whatever that might look like. It might just be a place to advertising the walk.

TO SUM IT UP

We don't want to lead the projects; we want to support the projects. People can come together for a project or projects and we'll support that as well as work with existing groups or helping establish groups like crime councils.

CROSSROADS CHURCH LOSES APPEAL TO BUILD NEW FACILITY



The architect of the new church building argued his case at the Subdivision and Development Appeal Board followed by residents sharing their concerns and stories of being negatively impacted by the church operations. The verbal decision at the end of the hearing was a denial. >> REBECCA LIPPIATT

BOTTLE DEPOT RELOCATION DELAYED



The owners are anxious to get into their new facility awaiting them at 12640 82 St; however, they are in bureaucratic battle with the City and EPCOR regarding a light pole and sanitary service hook up. >> KAREN MYKIETKA



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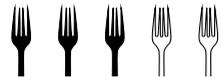

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REVIEW » FOOD

A bar by any other name...

The Blind Duck tweaks the usual pub formula; more than just beer, hot wings and loud music



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DYLAN THOMPSON

I go to pubs for many reasons: karaoke, name-that-tune, and to get responsibly hammered with friends. But basically, I judge the pubs I frequent on three criteria: beer selection, quality of hot wings, and quality of music.

With that in mind, my fiancé and I moseyed down to the Blind Duck Bar & Grill.

It was a quiet Friday inside the Blind Duck. Although, we did show up at 8 pm so the crowd could have arrived later. The music was at conversational level, which you don't see enough of in bars nowadays.

There were four beers on tap, some lagers and Rickard's White and Red. I do wish more bars stocked local beers but what can you do? I chose a Rickard's Red, which was good and my fiancé ordered the White, which was flat.

The menu had many pub staples and a few pleasant

surprises. I love any place that has all-day breakfast. There was a Mediterranean theme throughout the menu: hummus, meat pie, and donairs. Usually you have to stumble out of the bar to enjoy one of those!

We decided to start by splitting some hot wings and mozza sticks.

The wings were the fried kind, which came with ranch dressing and lots of carrots and celery. My fiancé thought they were a little burnt but I enjoy wings with a nice crunch. Overall, they were crispy, hot, and flavourful. Aside from one or two runts in the lot they were consistent in size and the serving was generous for \$9.

We both enjoyed the mozza sticks, which came with ranch dip as well. They were crispy outside and gooey inside, as advertised. Despite being well spiced and delicious, the price was a little high for what we got.

A friend joined us and ordered a Rickard's White and some deep-fried mushrooms. The server told him the Rickard's White keg was empty, which explains the flatness of the earlier beer.

At this point we realized how eclectic the music selection was. We heard Elvis, Miley Cyrus, Cake, Montell Jordan, and one



Rebecca Johnson takes a break from helping customers to pose for this picture. >> DYLAN THOMPSON

odd choice; they played the same song by Passenger twice.

For entrees, my fiancé ordered a Duck burger while I decided to try their donair.

The Duck burger was decorated with bacon and onion rings and served on a Kaiser roll. I would definitely recommend trying one.

My donair, dripping with sweet sauce and packed with lettuce, tomatoes, and meat, was very satisfying. It came with a generous serving of fries, which were thick-cut and slightly spicy.

Our friend's deep-fried mushrooms (with ranch!) were excellent so I bartered some fries

for a few.

Some minor flaws aside, there was a lot to like about the Blind Duck. A bit of tweaking and I could see it becoming a regular spot for a lot of people. The server was very nice, and they played a lot of great songs. At the very least, I want to return to try their breakfast!



Continued from page 1.

"For our new Canadians who have landed here in the middle of winter, they haven't got a clue how to do that. And some of the people have not had good experiences with our health care system. Some of the feedback we've gotten is 'Thank you for not judging me, thank you for smiling at me, thank you for not sending me away.'"

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WHAT'S ON » ARTS & CRAFTS

Get a jump on the holiday season

A gift that comes with a story is twice as nice

DYLAN THOMPSON

Christmas is on the horizon. Why not start early this year and pick up something unique at The Carrot Community Arts Coffeehouse? For the sixth consecutive year, The Carrot's Christmas Arts Bazaar will be held on November 22 from 7 to 9 pm and November 23 from 10 to 6 pm.

Christy Morin, executive director of Arts on the Ave, says the bazaar is the place to get gifts you can't find elsewhere.

"It's all hand-made originals," said Morin. "Anything from pottery to jewelry, lovely paintings, cards, leatherworks, brooches, sculptures, and lots of different hand-made miniatures."

Last year's bazaar had about nine vendors and entertainment to set the mood.

"Usually a piano player or guitar player," said Morin. "Last year we had Lora Jol. Her playing was lovely and it was beautiful."

The bazaar is the perfect place for anyone who wants

the gifts they give to have a history. All the artists will be on hand to share a story over tea.

"You're able to talk to them, hear about the piece – about how it was constructed," said Morin. "When you give it to someone, you're able to tell them how much care and time was put into their gift."

The Carrot ensures the items for sale vary in price so there is something to fit anyone's budget. You can be happy knowing your money is supporting a local artist while staying in your community.

"I really like to buy local," said Morin. "It's really exciting to be able to support local artists because we want to keep them in Edmonton."

Spots are still available for artists wishing to participate. Anyone interested can contact: carrotassist@gmail.com.

**THE CARROT CHRISTMAS
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Saturday, Nov. 23, 10 am to 6 pm
Carrot Community Arts Coffeehouse
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Handmade artisan wares at the Carrot Christmas Arts Bazaar. >> SUPPLIED

WHAT'S ON » ARTS & CRAFTS

Get fired up for Christmas

Local potters show and sell their many ceramic creations

KAREN MYKIETKA

Every year Edmonton potters show off their great works they have been making and sell them to the public at affordable prices.

Don't miss this opportunity to pick up some special, one-of-a-kind Christmas gifts or treat yourself to some new stoneware. The Edmonton Potters' Guild 61st Annual Pottery Show & Sale is on Saturday, November 9 from 10 am to 3 pm at the Alberta Avenue Community Centre.

This sale is the guild's most significant source of revenue. They also raise funds through class and studio fees and an operating grants from the Alberta Foundation for the Arts and the Edmonton Arts Council.

The potters' guild offers classes for beginner and intermediate potters twice a year. Their home base is at Victoria School for the Arts where



Pottery from over 80 different local potters. >> STEVEN MICHOS

they have been since 1952 after taking over the ceramics room in the school.

With 84 members, the guild is likely the largest group of independent potters

in North America. The guild has trained over 1,000 potters many of whom now are artisans renowned provincially, nationally, and internationally.

Justice at Christmas

Enjoyable global marketplace aids worthwhile causes

LAURA WINOPOLO

When Siobhan Stewart took on the position of coordinator of the 2013 Just Christmas global fair trade market she was continuing an annual Edmonton tradition which began in 1985. The 21-year-old University of Alberta student is well aware of that tradition:

"Just Christmas was organized by La Lucha Imports and Friends, a group which was part of 20 Edmonton-based organizations which had direct contact with developing countries through their developmental activities. It was a one day event and had 16 participating organizations."

The event, to be held at the Alberta Avenue Community Hall on November 22 and 23, has come a long way since its inception.

Three rooms will be full of groups offering information for free and wares for sale. There will be food to eat and musical entertainment to enjoy. Stewart hopes to put her own stamp on Just Christmas this year by organizing a mini art gallery.

Although it has grown in size and scope over the nearly 30 years of its existence, the global marketplace has stayed true to its original purpose. "The motivations behind the event are the same today: justice, fair trade, and support of groups that work for peace and



Beautiful handmade gifts for sale. >> WWW.TENTHOUSANDVILLAGES.CA

human rights."

All groups at the fair are registered non-profit or charitable organizations, provide financial and/or volunteer support for international development and humanitarian projects, and engage in fair trade and global awareness and educational activities. Some examples of organizations that meet these criteria are Amnesty International, World University Service Canada, UNICEF, The Guatemalan Support Group, and Ten Thousand Villages.

"The charitable organizations sell quality arts, handmade crafts, beautiful scarves, jewelry and more," says Stewart. "When you purchase a gift from this market, the money you spend goes towards the projects of these organizations. In other words, towards the building of healthy com-

munities around the world." Approximately 2000 people attend every year.

"Some come every year, some are new to the event after hearing about it from friends. I'd say a large portion of those who come to Just Christmas directly or indirectly support social justice and humanitarian groups throughout the entire year," says Stewart. Then she adds, "I look forward to seeing new and old faces there!"

She is not the only one. Just Christmas is a popular pre-holiday activity and for a good reason.

JUST CHRISTMAS
 Friday, Nov. 22, 5:30 pm to 9 pm
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EDITORIAL

Listening and compromise

The dance of public consultation when it comes to development

KAREN MYKIETKA

Civic candidates spent the last couple of months knocking on doors and talking to residents, answering questions at public forums, and sharing their stance on civic issues. One big issue for Edmontonians is public consultation, or more accurately the lack there of.

Stories of people upset about development are a fairly regular occurrence in the media. Terwillegar Towne homeowners are fighting a housing development for recently homeless individuals. Oliver residents are upset with city council's approval of a low density commercial project, aka "strip mall", for the old Molson's Brewery site.

Numerous mature neighbourhoods spoke out against the infill development changes. Residents and businesses were up-in-arms about on-street bicycle paths on 76 Avenue and 121 Avenue this spring. And someone is always unhappy along a planned LRT line.

Residents in north central have battled liquor stores, massage parlours, non-market housing developments, and most recently a church rebuild.

The commonality you hear across the city is: we were not consulted, we were not listened to, everything was already decided.

Even the three top mayoral candidates acknowledged the city does a poor job at consultation, that it is too often just lip service and earlier opportunities for meaningful input are needed. As Councillor Ben Henderson put it: "We have to go back to planning, not just doing development."

City-initiated projects such as fire stations, rec centres, LRT projects, parkland development, bicycle routes are for the greater good of the community and city. It's likely some individuals will be negatively impacted by such developments, but we have chosen to live in a city and have to accommodate such necessities.

“...it all starts right in your neighbourhood with your community league.”

That's not to say the city can do whatever they want. Citizens have the right to be involved in the decision-making about the city they live in. Involvement does not end at the polls. Citizens want more from their city council then being asked to react to their projects. Citizens want an active role in creating the community they live in.

The city should be the model of citizen engagement and involvement. The process needs to be transparent, accessible, and balanced. Proper planning and community consultation take time.

Residents want the city to listen to their desires, wants, and needs but they have to be willing to listen to the needs of the city-at-large as well. Both sides need to be willing to nego-

tiate and compromise. Good listening on all sides improves the democratic process and will hopefully help bring about more understanding and cooperation and lessen disagreement and conflict.

The same holds true at the local neighbourhood level.

Developers – it is better to have open dialogue with community from the beginning rather than meet for the first-time at an appeal hearing. The city does not require community consultation on smaller infill projects, but do you want to be in conflict with your neighbours? If not, then it only makes sense to talk to them before you even start planning a project. You may be surprised what you learn, and you might be able to avoid an adversarial stand-off in front of an appeal board.

Residents – you want your concerns and issues to be heard, but remember you also need to listen to the other side and other views. You live in a community and you need to be willing to find solutions or compromises that everyone can live with. Don't make developers the enemy. Whenever possible work with them to achieve the best possible outcome for the neighbourhood.

The city has created a neighbourhood structure whereby residents can be informed and have a voice: "The Community League is a useful mechanism for debate of area concerns and presentation of views and recommendations to Council." (City Policy C110).

Public involvement, civic engagement, community consultation: it all starts right in your neighbourhood with your community league.

ELECTION » UPDATE

Results are in Edmonton Elections 2013

For those of you who were not glued to the election coverage on October 21 and the days following, here is a short recap. Voter turnout was 34.5 per cent, up slightly from 33.4 per cent in 2007.

MAYOR DON IVESON

Edmontonians overwhelming chose this well-spoken 34 year-old to be their next mayor. Iveson, who wooed 61.9 per cent of voters, has been on city council for the past six years.

"This is a city of imagination and ideas, of hard work... Let's work together to build the city we've always wanted." - Victory speech, Oct. 21, 2013.

WARD 2 COUNCILLOR BEV ESSLINGER

This former public school board chair will be the only woman on council for the next four years. She garnered 28.5% of the vote in the ward where seven candidates vied for the seat vacated by Kim Krushell.

WARD 7 COUNCILLOR TONY CATERINA

Tony Caterina, back for a third term, received 41% of the votes. "We ran a very positive campaign. I think people responded to that because their quality of life is better. Many people saw that the changes are happening. We went through thirty years of neglect. In the last six years I've managed to move hundreds of millions of dollars and convinced the rest of council that this is a very important area."

NOTEWORTHY:

SCOTT MCKEEN, NEW WARD 6 COUNCILLOR

In 2007, Scott McKeen was unsuccessful in his attempt to unseat incumbent Tony Caterina in Ward 7. This time he ran in Ward 6 where there was no incumbent as Councillor Jane Batty retired. McKeen, a former *Edmonton Journal* columnist, is appreciated around 118 Avenue as he frequently wrote about the great restaurants, businesses and community work in the area.

MICHAEL WALTERS, NEW WARD 10 COUNCILLOR

Ward 10 was vacated by Don Iveson when he joined the mayoral race. Those who have been around the Avenue for a while will remember Michael Walters as the community organizer of the Community Action Project (CAP).

CAP worked in Norwood and the surrounding area to build up local leadership, mobilize residents and take action on issues such as derelict houses and drug and crime riddled apartment buildings.

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

MANAGING EDITOR

Karen Mykietka

editor@ratcreek.org

LITERARY EDITOR

Rusti L. Leahy

lit@ratcreek.org

PHOTO EDITOR

Rebecca Lippiatt

photo@ratcreek.org

DESIGNER

Michelle Hayduk

design@ratcreek.org

ADVERTISING REPRESENTATIVE

Bettyann Dolata

ads@ratcreek.org

PROOFREADING

Cath Jackel

CONTRIBUTORS

Mari Sasano, Rusti L. Leahy, Lorraine Schulba, Karen Mykietka, Rebecca Lippiatt, Dylan Thompson, Steven Michos, Laura Winopol, Carissa Halton, Jon Weller, Larissa Swayze, Mieke Alexander, Mary Bell, Wolfgang Carstens, Henri Yauck, Dave Von Bieker, Chantal Figeat, Cadence Bergman, Andrea Brown

DISTRIBUTION

John Larsen, Margaret Larsen, Arlene Kemble, Cantelon Family, Bettyann Dolata, Melanie Moore, 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.

RAT CREEK PRESS CONNECT AWARDS + ANNUAL GENERAL MEETING

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7:15 PM AWARDS CEREMONY

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VOLUME 15, ISSUE 11 » NOVEMBER 2013

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Westwood Community League

Neighbourhood renewal public meeting November 12 at 7pm

NEWS » COMMUNITY

On call to help vulnerable people in need 24/7

A more cost-effective and efficient way to deal with non-emergency crises

CARISSA HALTON

A new pilot project offers a different response to individuals in crisis on the streets. In the past, police officers and paramedics have spent significant time on non-emergency crises that often relate to homelessness.

For instance, a woman calls 911 from the Greyhound station at 11 pm. She and her kids have escaped an abusive home in Regina and know nothing about Edmonton's shelter services. Or a man from the East has come here to work in the oil patch. He calls 211 after he runs out of money and still has no job or apartment. Or a neighbour in Alberta Avenue calls 211 about an intoxicated youth in the alley. When police arrive, they learn his parents won't allow him back home until he's sobered up.

In all of these instances, a person is in crisis; however, there is no immediate risk to the individual that technically requires an ambulance or police officer. Many in the social services and emergency response sectors recognized there was a gap in social services outside regular office hours. Finally in April, REACH Edmonton, Homeward Trust and the Bissell Centre partnered to pilot the 24/7 Mobile Assistance Program (MAP).

The program consists of a van, eight complex support workers, two housing outreach workers, and one mental health worker. Around the clock, the van is staffed and ready to be dispatched.

Calls made to 211 and 911 are assessed by operators. If no one is in immediate risk or

emergency, and their crisis fits the MAP team's parameters, their call is forwarded to the MAP van.

"You never know what calls you'll get," says Deanna Castellanos Garcia, Manager of the MAP team. "The demographics of the participants are not one particular type of person: we are in contact with single women, men with children, even families. We respond to crisis all over the city."

In the six months that the program has been operational, they have had contact with 300 people. Some people need their support only once. Other people they see over and over until those individuals are ready and able to make a change in their life.

Once a participant has had contact with the team, he or she is given the phone number of the van and can call the team directly, any time. Different from an emergency response team, the MAP team not only stabilizes crisis situations, they work with individuals to plan what supports they need to move forward.

"We have a lot of hard conversations regarding what the participant really needs to do," says Garcia, who has worked in Edmonton's inner city for a decade. "For us, it's about building the relationships and going much deeper into the issues."

While housing needs are not the only factor behind many crises the MAP team sees, safe housing is often a significant one. Using the Housing First model, the program hopes to see 80 people placed in permanent housing every year. They



The Bissell 24/7 MAP team is always ready to roll, helping those in crisis.

>> SUPPLIED

also hope to see a significant reduction in ambulance and police time spent on non-emergency calls.

While their six-month report on outcome measures has yet to be finalized, Garcia is confident in the success of the program. "Participants have

said to me, 'If you weren't here, I wouldn't be here today.' To the people who we have housed and the people who are at their last, the MAP team is their lifeline. I'm really proud of my team. They are so very compassionate; you can't teach that!

HOW THE GENERAL PUBLIC CAN ENGAGE THE 24/7 MAP TEAM

In the case of emergencies members of the public should always call 911.

The public can access the 24/7 MAP team through calling 211 in situations where individuals are in need of support but the nature of their crisis is such that they are not in need of emergency medical or police services.

The call centre staff will dispatch to the 24/7 MAP team directly.

Calls not appropriate for the 24/7 MAP team will be alternately directed as per the regular Support Network's procedures and protocols.

Housing the homeless in shelters can cost \$1,932 per month.

A month in jail will run a bill of \$4,333.

A stay in a hospital bed can cost \$10,900 per month.

The 24/7 MAP program aims to reduce these costs carried by governments.

They will respond to people in the middle of their crisis, and work with them to develop long-range plans for support: be that safe housing, mental health services or addiction support.

Cold & Flu Season is here. Are you prepared?

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Flu Nighttime
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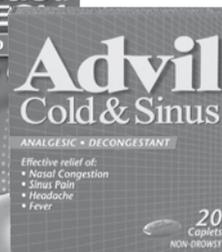
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24 Gels



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REMEMBRANCE » HISTORY

How we recall our history

Remembrance through the acts of listening and imagining

JON WELLER

It is no easy task to imagine the lives of others and attempt to understand their experiences, but at this time of year it is the challenge presented to us.

To remember that which we hold no experience of is an act of imagining the lives of others. It is a challenging but integral act to undertake. It requires us to be open, to make ourselves available to hear someone else's stories, prepare ourselves to learn and offer our time to listen. It is to reserve judgement, to allow ourselves to fully

share in another's experiences.

War for most of us is fortunately distant; however it has changed the lives of countless individuals. It has broken families and destroyed relationships through death and separation. Countries have been ravaged and new ones have risen from the chaos. The effects of war have been dramatic and truly impossible to capture. Many immigrants fled to Canada to escape the violence in their home countries.

Remembering war is to make the effort to listen attentively to those whose lives were affect-

ed. In this process we imagine the heartache, the worry, the longing, the fear and even the improbable joys. We see how it affected people and we learn how they came to survive and continue living.

In the past, like today, there are those who are affected directly and tragically. As our country fights new wars around the globe, we must attend to those who return. We must gather as a community to heal new wounds, support families in grief, and above all else, attempt to understand the incredible debt we owe.



Memorial display at Norwood Legion. >> REBECCA LIPPIATT

Two girls, different journeys, same destination

This performance is a creative adaptation of the true story of two young women who grew up during the Second World War. The stories were drawn from oral history interviews conducted as part of The Ave We Had history project.

EXCERPT FROM PERFORMANCE



This is a small section of the script from a performance. We encourage you to go to ratcreek.org for a link to listen to the 10 minute audio clip of this powerful performance.

Narrator: Anna and Molly. Anna was born in Edmonton in 1925. Molly was born in Poland in 1926. Two women whose lives began in different places but led them here to the Avenue.

Anna: I'm thirteen and I'm skating.

Molly: I'm thirteen and I'm running.

Anna: I'm gliding past my house and past the old barn and past my slow-pokey friends who are still doing up their laces.

Molly: I'm running down the main street of our village that stretches from Warsaw to Torun.

Anna: I'm flying across the ice so fast that everything around me is a blur of swirly white.

Molly: Everything around me is a blur of smoke and fire.

Anna and Molly: I can't hear anything.

Anna: But the whistling of the cold wind in my ears as I loop around the wide outer arc of the rink.

Molly: But the whistling of the bombs as they fall from the German planes.

Anna: The crisp winter air is biting my cheeks.

Molly: Shattered glass explodes from a window, striking my cheeks.

Anna: I take a deep breathe and feel the cold air surge through my lungs,

Molly: I can barely breathe; the ash of dying buildings invades my lungs,

Anna: But my chilly face is sporting a wide grin of ecstasy.

Molly: But my ashen face is bent in a hard look of determination.

Anna: Freedom. When I skate, I am free.

Molly: Home. I must make it home.

Anna: Nothing in the world could destroy this pure happiness.

Molly: I pray that my house is still standing as I turn down our street.

Anna: I'm wearing my new Ace Baileys. I'm skating on the rink that my father built. I must be the luckiest girl in the world.

Molly: My family is gathered in the kitchen. We've all made it home today without getting hit. I must be the luckiest girl in world.

Anna and Molly: I whisper a soft prayer to thank God for this day.

Written by – Holly Cinnamon

Cast

Jana O'Connor – Narrator

Holly Cinnamon – Anna

Andrea Boyd – Molly



Four local actors brought local history to life. Listen to the audio online. >> REBECCA LIPPIATT



Molly Ehman and Holly Cinnamon at the Living History performance. >> REBECCA LIPPIATT

MOLLY

Molly Ehman was born in 1926 in Poland. In 1945, after having survived the German occupation, she was forced to flee as the Russian Army advanced into Poland. She said goodbye to her family and left. Beyond the emotional hardships of such a move it was also a risk and she was forced to hide under a bench on a train in order to escape. She had arranged to meet with relatives who owned a sheep farm and were willing to care for her. However the farm was located on the Russian side of a divided Germany following the war and she again made plans to flee. In order to reach West Germany, Molly had to cross the border by swimming across a river at night and walk two kilometers into town. After a year in West Germany, Molly, with the help of an aunt in Canada, was able to arrange the papers and passage to North America. She said goodbye to the world she knew and left on a ship in 1951 looking for a new life in Canada.

ANNA

Anna, born in the same year, grew up in Edmonton. It was not an easy childhood. Her family was poor as a result of health issues her father had developed from being subject to gas attacks during the First World War. Despite this, she found happiness in her life in Northeast Edmonton: memories of winters full of skating, caring friends and holidays with her family shine through. During the Second World War she was coming of age and enjoying the possibilities the world presented. Her father suggested she attend business school and secure a job before the returning soldiers changed the market. She followed his advice and ended up working a secretarial position. It was here that she met and married her husband, with whom she built a life in the years that were to come.

ABOUT THE PERFORMANCE

Four multi-talented theatre artists came together to create this piece. It is a tribute to an area with a rich and fascinating history. Together they interviewed elders from the Alberta Avenue area and drawing upon the material collected in these endeavours they created a theatrical performance in the style of an old time radio broadcast. The performance itself truly captures the voices of those who shared their time, their stories and their lives with us. A full podcast of the performance can be found on the website TheAveWeHad.org as well as audio clips from interviews and numerous photos.

REMEMBRANCE » COMMUNITY

Norwood Legion welcomes all

Legion president hopes to increase membership and encourages civilians to join

LARISSA SWAYZE

President of the Royal Canadian Legion Norwood Branch, Dennis Galaugher is a busy man. According to him, his involvement with the legion – where his duties range from speaking engagements at local schools to planning the Remembrance Day ceremony – keeps him young. And he’s not the only one. “One gentleman came in to renew his membership the other day who’s been a legion member for 68 years. And he was spry as can be.”

Galaugher’s zest for a full life is what propelled him through a 39-year career in the Canadian Armed Forces. In 1962, at the age of 17, he enlisted in the Royal Canadian Navy and, after intense training at CFB Cornwallis in Nova Scotia, he became an air weapons technician. Galaugher left the navy in 1965 to work for Air Canada before joining the Reserve Forces and then re-enlisting in the Regular Forces as a naval firefighter.

“A lot of people say to me, ‘did you enjoy that job?’ Yes, I enjoyed it. I was a firefighter for 30 years. It’s a very stressful job and if you don’t like it, you won’t stay in it.” As a naval firefighter, Galaugher travelled the world on ships such as the HMCS Saguenay and the HMCS Athabaskan. Now retired, he looks back on his time in the navy fondly. “I had a ball. I had a great career. I enjoyed every minute of it.”

It’s Galaugher’s experience in the forces that earned him his presidential spot on the Norwood Legion’s executive board in 2009. The recognition is quite a turnaround from when he initially tried to become a member of the Norwood Legion in 1996 and was told, because he wasn’t Ukrainian, that he couldn’t.

“During the First World War, Ukrainians had a hard time getting into any of the clubs in the city,” says



President of the Norwood Legion, Dennis Galaugher CD, served 39 years in the Canadian Armed Forces. >> REBECCA LIPPIATT

Galaugher. Because of this exclusion, the Norwood Legion was chartered in 1946, becoming the only branch in the country solely for Ukrainian veterans. This restriction has since been dropped and today the Norwood branch, like the majority of Royal Canadian Legions, is open to anyone, veteran or not.

A common misconception Galaugher is intent on clearing up is that legions are only for veterans. “Anybody can become a member. A lot of our members now are non-military.” This is a trend he hopes will continue. Currently, the Norwood Legion’s membership is around 600, but Galaugher laughs and admits he would “like to see it around 1500.”

Galaugher also hopes to encourage the next generation to join and notes that younger military personnel, such as those who served in Afghanistan, have begun to

sign up for memberships. Many of the legion’s programs and events are appealing to youth. Pool tables, affordable food and the twice-weekly meat draw often bring students in from Concordia University.

One doesn’t even need to be a member in order to enjoy many of their services, as they often host weddings and birthday parties, using their own Red Seal certified staff for catering. And Galaugher recently added professional wrestling matches to the list of legion events.

Still, Galaugher says their primary focus is on the community’s veterans and youth. “If a veteran has any problems at all, we will try to solve it. They just have to come and see us.”

The time Galaugher spent in the navy means he takes extra care in paying respect to others who have served our country. He calls Remembrance Day at the Norwood Legion “huge”.

Since becoming president, he’s added official military traditions such as marching and the Last Post to the ceremony.

Hoping for a large turnout, Galaugher plans to hold the ceremony outside – weather permitting. If it is outside, the main legion parking lot will be closed, except for to those with disabilities. The legion has a second parking lot, across from Save-On-Foods, that attendees can use instead.

After the service, regular guests are invited to the canteen, while cadets and members of the military are invited to a luncheon in the legion auditorium.

Keeping in line with Norwood Legion’s mandate to welcome all, Galaugher invites everyone – veterans, current military members and civilians alike – to pay their respects on Remembrance Day at the Norwood branch, Monday, November 11 at 10:30 am.

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**NOVEMBER 2: Poppy Day, Cadets
and members of Canadian Armed
Forces will be selling poppies
throughout the city.**

**NOVEMBER 9: Lest We Forget
Concert, salute to veterans at
the Northern Alberta Jubilee
Auditorium, contact legion office for
information.**

**NOVEMBER 11: Royal Canadian
Legion Norwood Branch
Remembrance Day Ceremony,
guests should be seated by 10:15
am, service to begin at 10:30 am.**



Photographs of former Legion presidents hang in the lobby. >> REBECCA LIPPIATT



Norwood Legion’s Canteen has food, drinks, dartboards and pool tables. >> REBECCA LIPPIATT

EDITORIAL » LITERARY

Memories...

RUSTI L. LEHAY

November is here asking you to dip into your memories. Has summer really slipped by? More like zipped. Can it be less than two months before Christmas? Can it be almost 100 years since World War I broke out? Where does your memory take you this November?

While it is time to remember the valiant soldiers who fought, died and the too few who returned, what other memories arise for you? Put them down on paper. Send them to lit@ratcreek.org.

Memories of events, strong emotions felt, witnessing things as small as a feather floating or a plastic bag whipped about by the wind can inspire novelists, playwrights, screenwriters, poets and visual artists. Fiction writers rarely create their stories or plots out of thin air. Stories need substance to make a best seller.

What inspires you and raises goosebumps on your flesh? What makes you laugh or cry, swoon or rage? Write.

Writing any idea at all helps lower blood pressure. Completing the thought "Now I realize" or "This happened because" frees you from frustration. Writing about or describing nature eases aches and pains. Erasing the blues can be as simple as writing happy words. (*Woman's World*, 10/14/13, p.40.) Go find your pen. Your blood pressure, mood, your joints and all 2001+ of your body parts will thank you.

CONTEMPLATING LIFE UNDER A TREE



Going outside to get some fresh air and sunshine boosts mood, broadens thinking and improves working memory. One study by Dr. Mecola found that it takes just 20 minutes outdoors to make most people happier. >> KAREN MYKIETKA

REMEMBER

MIEKE ALEXANDER

A quivering chin, a tear down a wrinkled cheek
stoic faces of an honour guard.
Green wreaths with blood red poppies
a piper's lament.
The boom of cannons resounding.
Children covering their ears
eyes in wonder of the spectacle.

Uniformed men, women, medalled chests
faces reflecting pain and gentleness.
A parade of veterans
old, young, some in wheelchairs
scarred in body and mind.
Prayers of remembrance, hope for peace
a tearful salute to the ones gone.
A lifetime past.



ROBERT

MARY BELL

Robert is a clean, native man with dark shiny hair reaching far down his back. He is in his late twenties.

I am interviewing men and women for the Mayor's Council on Homelessness in a church basement.

Like many of the south-side's homeless population, he was picked up by a bus in the evening and taken to the downtown shelter to sleep and released early the next morning with a full stomach. He was not given a bus ticket so he could return to his "home" streets.

Like many, he favoured the south side because these streets were not as violent as those downtown. He walked back daily, panhandling along the way. His stated reason for being homeless was unusual; he simply could not tolerate the stress of monthly bills so he chose the streets.

I delivered the last question on my form, "What keeps you going?"

He looked at his lap. "Actually, I'm not doing so good. It's getting harder. I wish I was on the Reserve and it was raining, so I could cry."

NO MATTER

WOLFGANG CARSTENS

how many dance recitals
he attended,

pretty pink bows
he struggled to weave
into her long brown hair,

or times
he held her
tight in his arms,
called her "daddy's girl,"
and traced
the alphabet of his love
up and down
the tiny buttons
of her spine,

nothing
could ever
make him forget
the sad look
in her eyes

that day
when he told her

she
had been
a mistake



On Saturday, November 23, David Prodan is hosting an event called WARM WINTER WELCOME in Giovanni Caboto Park from 3-8 pm. If you are interested in performing or selling homemade art, crafts, or clothing please email davidprodan@gmail.com.



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BUSINESS » THE LEMONADE STAND

What on earth is that thing?

I couldn't believe my eyes as I stared at the object in the display window

HENRI YAUCK

I shook my head as I walked through the store towards my office. There it was again at the front of a display aisle, the most valuable real estate in a retail store.

I changed course and headed for the warehouse space in the back of the store. Maybe I could find enlightenment there. The warehouse manager looked rather unhappy, and there from floor to ceiling were boxes several rows deep. He complained, "We have a half a train car load of these!" "What's in them?" I asked. "Didn't you see it in the window?" he replied with a look of dismay.

One of the partners of the firm, Canada's second largest privately owned diamond merchant and jewellery store, had spent part of an evening with a wholesale rep and got a little tipsy in the process.

Under the influence, he bought half a train car-load of a ceramic sculpture of a dog that looked like a cross between a bloodhound and the cartoon character Goofy.

"Wow," I said to myself as I headed for my office. On my desk was a little note. The presi-

dent of the company wanted to see me as soon as I got in. I headed straight for his office.

"Henri," he said, "We have these ceramic dogs. Can you come up with something to get rid of them? Don't ask me how we got them." Obviously he was somewhat upset.

As the marketing advertising guy in the company, clearly I had a challenge. But what can you do with an ugly ceramic brown sculpture of a mutt that stands three feet high? There is no reason under the sun that anyone would want to buy one of these things. It's not a work of art. It's just plain ugly. It has no use whatsoever. There are no benefits to the buyer I can talk about. It's not a price point situation.

I have to clear my head. Don't think about it. In the inbox on my desk was the morning issue of the paper. I picked it up, quickly glanced through it,

not really reading anything, just flipping pages. *Haven't seen this before. A new horoscope section. Hey. There's something that people don't need, yet thousands read this stuff every day. Maybe there is a use for that dog after all.*

Over the next few days, a small notice appeared in our regular page ads. Soon there was a trickle of ceramic dogs leaving our shelves.

By the week's end, the little notice style ad grew to an eighth of a page. In a few weeks, the ceramic dogs vanished from our shelves. Soon there was not a dog to be had.

It seems a lot of people needed to stimulate "lady luck", needed a change in fortune or circumstance. And Harry the Happy Hound was sure to do the trick. Just put him by your fireplace or next to the door, pat him on the head when you venture out, and who knows what good fortune will happen?



What is your take-away from this case history?

The sale begins in the mind of the customer. It is the inner want in the mind of the buyer that cries out to be filled. It's that inner want that establishes value and creates the need for the product.

By connecting that inner want with the product by way of an easy to understand story, you point the potential buyer in the direction of fulfillment of that want. Result, a certain percentage of potential buyers will buy.

It all begins in the mind of the consumer. If your product or service does not fulfill an inner want in his or her mind, and you cannot connect it with that inner want, you will have very few, if any, sales. Since storytelling is hardwired into our genes, a good story that captures the imagination of the potential buyer is the best place to begin the process of making sales.

Our neighbourhood is filled with freelancers, entrepreneurs, independent artists, and cottage industries run from homes. This series is dedicated to helping these entrepreneurs succeed.



BISSELL THRIFT SHOPPE
The new temporary location is at 11817 80 Street (behind the Burger Baron).

All the stock was lost in the fire in September. Your help is desperately needed.

RE-STOCK THE SHOPPE!
City wide clothing drive

- MOST NEEDED ITEMS**
- clothing for all ages & seasons
 - new socks & undergarments
 - footwear
 - backpacks & purses
 - linens & bedding
 - kitchen items
 - small electrical appliances
 - collectibles
 - toiletries & personal care items



BUSINESS » SHOP LOCAL

International hair salon



Natalia Silva and her stylists pose at Natalia's Hair Salon. >> REBECCA LIPPIATT

NATALIA'S HAIR SALON
8702 118 AVENUE
OWNER: NATALIA SILVA
HOURS: TUES/WED/THUR
9:30 AM-7 PM, FRI 9 AM-5 PM,
SAT 8:30-4 PM

REBECCA LIPPIATT

Natalia Silva has lived and worked in this neighbourhood her whole life. She started cutting hair at age 10 and still has some of her original clients. She has run a salon on the Avenue for the last 17 years. The current salon, on the corner of 87 Street, is bright and welcoming with big windows that allow customers to people-watch on the Avenue while getting their hair done.

She serves both men and women. All clients are greeted with a cheery hello, often in one of the many languages spoken in our community. Natalia's clients are loyal, following either her or one of her three stylists. OeLivia and Donald Chase moved away from the Avenue in 2000, but every six weeks or so they come in from Lamont to have their hair done. This loyalty comes from being known and cared for by Natalia and her staff.

Bellies and beats



Denise Leclair runs a store with belly dance costumes and funky streetwear along with her dance studio. >> REBECCA LIPPIATT

BEDOUIN BEATS
11805 94 STREET
OWNER: DENISE LECLAIR
HOURS: MON-THUR 1 PM-8 PM,
FRI 1 PM-5 PM, SAT 1 PM-5 PM

REBECCA LIPPIATT

Bedouin Beats has been in business on the Avenue for five years. Up to 200 women (and a handful of men) attend the 25 classes offered each week. While honouring the traditions of belly dance, Denise Leclair considers Bedouin Beats to be an organic belly dance studio and includes elements of hip-hop, fusion, and flapper dancing in

her classes. She even offers a Boomer belly dance class taught to rock and roll songs.

Belly dance is a worldwide phenomenon being taught everywhere from Russia to Bolivia. It is an ancient dance form that truly celebrates women's bodies and glorifies the way women are. Leclair enjoys the community created by the women who attend classes, saying they become a supportive and caring sisterhood. She also encourages teens to take the classes as it teaches them to respect their bodies and provides them with good, strong female role models.

TRANSPORTATION » FAMILY COMMUTE

Dueling values and the second car

How one family manages hectic schedules, eco-friendly choices and getting the kids to class on time

DAVE VON BIEKER

We never planned on being a two-car family.

We were so careful. We all got bikes. I rode into October wearing gloves against the morning chill. We took public transit. We walked and we ran.

I remember icy January mornings when our big-wheeled double stroller became a snow plough on the buried path to school. Our kids were wrapped inside like arctic mummies. I think they loved it.

I've held on to our single-car status like a lifestyle merit badge. We were eco-friendly. We were healthy. Our lives were slow enough to stop and smell the Portuguese bakeries.

Of course it wasn't all sugar. My wife's job requires a car, and she often works evening shifts. Weekly activities like soccer or music lessons were a problem we never quite solved.

On mornings without the car I'd arrive late to work, having left early to trudge the kids to school before running or biking to my office.

Then there was the birthday party we rode bikes to – at least an hour each way – only to find

it was moved due to weather. I was not a popular dad that soggy afternoon.

But we managed. We made compromises for our values. I lament the loss of our heroic one car martyrdom.

This fall we bought an old Subaru Forester and became a two-car family.

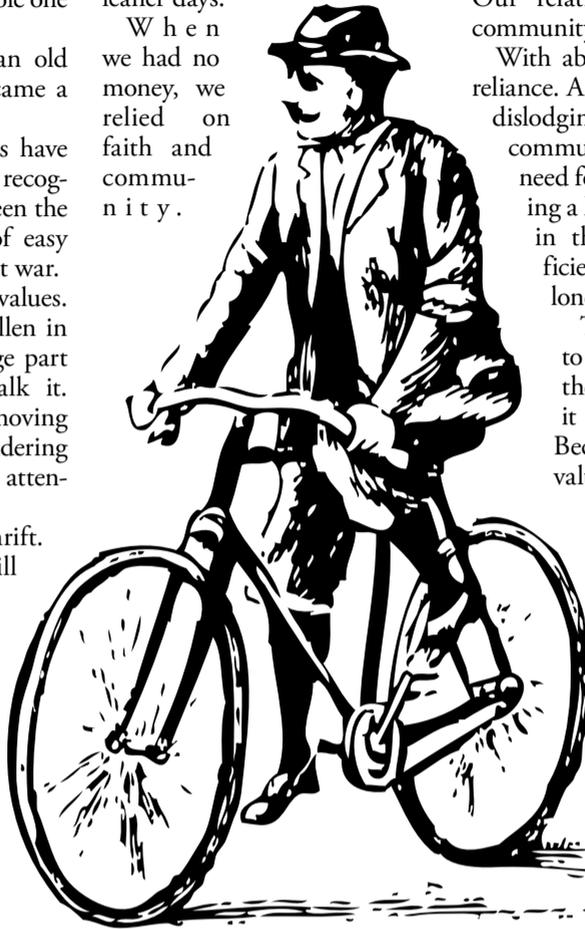
It's not that my values have changed, but this fall I recognized other values. Between the stark black and white of easy choices, my values were at war.

There are the one-car values. I value simplicity. I've fallen in love with my city in large part because I've had to walk it. Discovery comes from moving at the speed of feet. Meandering along, I've learned to pay attention.

I value, shall we say, thrift. I grew up living bill-to-bill on welfare in subsidized housing. This taught me, somehow, to be wary of abundance and even ashamed of financial success. A second car costs. For the past few years, my wife has had an excellent job. For the first time, I am not

worried about money. I can buy what I need, and often what I want. This is all served up with a side of guilt and a sprinkle of romanticizing leaner days.

When we had no money, we relied on faith and community.



Literal miracles like an anonymous cheque in an envelope got us through the roughest patches. Friends were quick to offer rides whenever we needed. Our relative poverty invited community.

With abundance comes self-reliance. A second car is a small dislodging from our need for community, and even our need for faith. We are floating a little farther out here, in the space of self-sufficiency. I fear it will be lonely, dark, and cold.

Those values are dear to my heart. So why the second car? Because it is never that simple. Because there are other values that sit, rightly, a little higher.

I value a full life for my family with opportunities for our kids. I value swimming lessons. I value my son learning the drums, even if it

means a weekly Whyte Ave commute.

I value time carved out for writing and creating. I value time to connect with my community. Having one car meant I couldn't attend events or make time for meetings because walking there took an extra hour. Having one car was a trade off in time. Time has become more precious.

I value sanity. Questions of "how will I get there?" have largely disappeared, and with them, a great deal of stress.

Still, I tell myself this is temporary. Some fine day my wife's schedule will normalize, we'll sell the Subaru and continue packing into our bright red Honda Fit. Necessity will once again force us into crazy, beautiful messes like a three-hour bike ride in the rain.

Of course we can still choose that bike ride. We can still choose, some lazy Sunday, to let our feet carry us and leave both cars parked. Every day we can choose.

It feels grown up, to weigh value against value, grey against grey, and choose a good way forward, no matter how many cars it takes to get there.

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email marionswanson@gmail.com

CARISMA November 16
3:00 - 4:00pm

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MY HOPE CANADA PARTY!

FREE hot dogs, pop-corn and drinks
Video projection
Kids activities

Parkdale/Cromdale Community Hall
11335 - 85 St.

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HISTORY » 100 YEARS

It all started in a tent on a farmer's field

St. Andrew's Presbyterian Church proudly celebrates its centennial on Alberta Avenue

CHANTAL FIGEAT

As they celebrate their 100th anniversary, the congregation of St. Andrew's Presbyterian Church can look back with pride on their history in the Parkdale neighbourhood.

The church began as a mission in the rapidly growing district of Parkdale. Their first service was held in a tent on the south-east corner of Delsard Grierson's farm on October 5, 1913. Grierson donated the land to the congregation, and the Presbyterian mission was thus known as the Grierson Congregation.

By 1914, the tent had been replaced by a permanent building thanks to the efforts of numerous volunteers. They also called their first minister, the Reverend F.D. Roxburgh, who remained with the congregation until retiring in 1941.

In 1925, the original church was moved to the corner of 86 Street and 117 Avenue using sleds and eighteen teams of horses. The simple frame structure was renamed St. Andrew's Presbyterian Church. This building is now home to the Calvin Hungarian Presbyterian Church.

When the old church no longer met the needs of those worshipping in the 1940s, discussion began about a new building. The present site at the corner of 118 Avenue and 87 Street was purchased in 1945. Due to changes in leadership and personnel as well as the need for fundraising, a new church building was not completed until February 1956.

As members met after a recent service, Clerk of Session Jean Olsen and long-time member

and volunteer Deb Esau shared how St. Andrew's Presbyterian works to remain responsive to community needs. The outside east wall of the church holds two 126 square foot murals which were a collaborative project between at-risk youth, local artists Michelle Hayduk and Lorraine Shulba, and St. Andrew's in 2012. The youth created visual depictions of what community means to them and the church approved their design.

The mural project was carried out with the goals of beautifying public space, fostering community pride and encouraging a proactive community. It is a good example of how St. Andrew's is participating in the revitalization of the Alberta Avenue neighbourhood.

St. Andrew's rents space to the Edmonton Native Urban Ministry and St. Mary the Virgin Ethiopian Coptic church. They also provide meeting space for Alcoholics Anonymous and Cocaine Anonymous groups as a free public service.

Norah Burns was on the cradle roll of St. Andrew's in 1929. Burns, a former Sunday school teacher, taught children while they sat at small wooden desks that can still be seen in the church basement today.

"This is the only church I have ever known," says Burns. She smiles and tells a story about the congregation's group efforts to change the lights in the church sanctuary, "That usually takes about three or four people to hold the ladder and one brave soul to go up."

Maintaining the church is a group effort. The entire interior was repainted by the congregation two years ago and sec-



St. Andrew's Church was built in 1956 and is marking its centennial with a beautiful façade upgrade. >> REBECCA LIPPIATT



Former organist Eileen MacCallum (left) and former Sunday school teacher Norah Burns (right) reminisce during a dessert and display gathering at St. Andrew's Presbyterian Church on October 5, 2013. >> CHANTAL FIGEAT

tions of linoleum were replaced. Bill Olsen oversees exterior renovations such as landscaping, replacing windows, and an upcoming new roof, while contractors carry out the work.

As Burns and another long-time member of St. Andrew's, Eileen MacCallum, sit down for celebratory dessert and displays in the church basement, they

enjoy sharing their memories. MacCallum served as church organist at the old church starting at age 16. MacCallum proudly says her brother served as a church elder who assisted the minister.

Like many spiritual communities, St. Andrew's has seen its membership wax and wane over the years. Currently with an

official membership of 80 individuals, the congregation has many people who travel from other parts of Edmonton to their building on 118 Ave. They are now experiencing a period of slow but steady growth and are welcoming people of all nationalities and backgrounds to share in their worship and community service.

CRIME PREVENTION » IDENTITY THEFT

The high cost of convenience and technology

Protect your personal information and keep your bank account secure

CADENCE BERGMAN

On Easter Monday in 2010, my husband left for work early and stopped at Tim Hortons for a coffee. His \$2 debit transaction was declined. When he checked online, he found our bank account was empty. His first thought was I had taken all the money from the account and madly spent it overnight. It took a few minutes for us to realize it had been stolen. We were disturbed at the thought that someone had been able to get into our account and take money out.

The bank phoned us later that morning to say our chequing account had been skimmed. The card number had been recorded using a reading device in a bank machine while a camera was pointed at the number pad to get our PIN. In total, \$1,120 was taken.

Since the bank already knew the bank machine had been compromised, they replaced our money after two days – but what if it had taken longer? What if we had been stranded while travelling? What if the bank had disputed the theft? It was definitely a wake-up call

to pay attention to how our personal information could be stolen and used.

In 2009, over 11,000 people in Canada were reported to be victims of identity fraud, but this number is said to be a low estimate since many people – like us – were reimbursed directly by the bank and did not report the crime to police. On September 19, Cst. Christopher Lucas, the community liaison officer for Downtown Division, held an information session about identity theft at the Shred-It Event. He stated the average theft from a bank account is \$1,100, and the average theft from a credit card is \$10,000.

According to Cst. Lucas, traditional ways for criminals to get your personal information include mail theft or “dumpster diving” – going through your garbage to find information that can be pieced together – and “shoulder surfing” – crowding the victim to see his or her PIN, and later stealing a wallet or purse to get debit and credit cards.

Higher tech ways, like phone or email scams, try to trick targets into voluntarily providing



Cover the PIN pad to protect your number when using your debit card. >>STOCK

their personal information. Or as in my case, debit machines or ATMs are compromised. If a machine is beat up, not secured to a stand, or is taken out of your sight, it may be best to use a different payment method. The highest risk locations are outdoor ATMs and gas pumps.

Identity theft is a faceless crime where the withdrawal often happens in a different

province than the one where the information was originally taken. It also usually happens months after the information is taken so tracing the source is very difficult.

With identity theft the fastest growing type of criminal activity, it pays to be aware of how your information could be compromised and to take some simple steps to reduce your risk.

TIPS TO PROTECT YOUR PERSONAL INFORMATION

Shred anything with your personal information on it: full name, address, bank account info, government numbers like driver's licenses and social insurance numbers.

Try to reduce the amount of mail you receive. Get your bills online and ask to be taken off the mailing lists of charities or retailers.

Properly dispose of your shopping receipts.

Follow up on undelivered mail. If you were expecting a new bank or credit card, or other correspondence, phone the sender if you don't receive it on time.

Change your banking passwords three to four times a year and make sure they are not too easy to guess. It is best to use a system so you can remember the number: for example, use a six digit number and change only one of the numbers when you change your password.

Limit the information you carry in your purse or wallet.

Carry the cash you need for the day's small purchases like coffee to limit your use of debit cards.

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PETER GOLDRING
Member of Parliament
Edmonton East



ENCOURAGING THE GIFT OF LIFE

I wish to introduce a Motion in the House of Commons calling for a change in the way we proceed with organ transplants in this country, suggesting priority should be given (all medical factors being equal) to those who have previously shown their willingness to be organ donors themselves.

Despite the increased awareness of the need for donor organs in Canada, there is still a shortage; about 200 people still die each year while waiting for transplants because no suitable organ is available. If more people were registered as organ donors, perhaps some of those lives could be saved. When such legislation was introduced in Israel there was a dramatic increase in the number of people who registered as organ donors. Perhaps many who are not now registered here in Canada would similarly be motivated to do so.

I have some personal experience. In 2010, after years of daily dialysis required to replace her failing kidneys function, my sister Sue was privileged to receive a new kidney from an anonymous donor. To be liberated from the dialysis machine was such a joy for her and such a blessing to all her friends and to our family, all due to the generosity of someone who signed an organ donor card and a family who thought of others in their grief.

I want to stress that this is a situation where the medical needs of the transplant candidates are determined to be identical. It does not allow a person to jump the transplant queue, but it does provide doctors with an extra criterion they can use when making what can be a very difficult choice.

I think we should do whatever we can to encourage Canadians to become organ donors. You never know when someone in your family may need such a gift. It might even be you.

What do you think?

780-495-3261

www.petergoldring.ca

TheAveWeHad.org

A LIVING HISTORY PROJECT

A collection of oral history interviews, reports, articles, photos and more.

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

EDMONTON POTTERS' GUILD SHOW AND SALE

Get "fired up" for Christmas. Shop from over 80 local potters Saturday, November 9 from 10 am-3 pm at Alberta Avenue Community Hall (9210 118 Ave). Free admission.

POETRY WITHIN POETRY READINGS

Tuesday and Wednesday, November 12 and 13, 7-9:30 pm at The Carrot (9351 118 Ave).

BALLOON JAM

Join local balloon artists as they create balloon art. Bring your own balloons, all skill levels welcome. Thursday, November 14, 6-9 pm at The Carrot (9351 118 Ave).

CARROT CHRISTMAS ARTS BAZAAR

Find great original gifts for those hard to shop for loved ones. Friday, November 22, 7-9 pm and Saturday, November 23, 10 am-6 pm.

NOTICES

BRAZILIAN PERFORMANCE

Come to the 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. More info: www.capoeiracademy.ca

THE CARROT STAGE

9351 118 Avenue. More info: 780.471.1580. Thursdays: Zoomers open mic returning in October. Fridays: Live music starts at 7:30 pm. Check website for lineup. \$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. Go to www.era.ca for more info.

PROGRAMS/CLASSES

NEEDLE FELTING WORKSHOP

Saturday, November 16, 1:30-4 pm at The Carrot (9351 118 Ave).

FREE ART NIGHTS AT THE NINA

Community Art Nights, Tuesdays, 6:30-8:30 pm. Family Art Nights, Thursdays, 6:30-8 pm. The Nina Haggerty Centre for the Arts (9225 118 Ave). More info: www.thenina.ca

FREE MUSIC LESSONS BY CREART!

Running every Saturday at Parkdale-Cromdale Community Hall (11335 85 St) free group lessons will be offered to members. The teacher is part of the community and loves to share his knowledge! Singing lessons run from 9-10 am and guitar lessons from 10 am-12 pm. Play and meet others. Contact Chantal at 780.669.3272

SHARE YOUR STORIES

Have you ever participated in local classes or events? Do you shop at local businesses? What do you do for entertainment around the Avenue? We want to hear about your experiences. Write about your experiences if you are so inclined or contact us and we'll connect you with a writer.

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.

ESL GROUP

New students are always welcome so drop in or recommend a friend! Wednesdays from 9:30-11 am at the Parkdale-Cromdale Community Hall (11335 85 St). More info: 780.887.6825.

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.

SOCIAL ACTIVITIES

BROWNCOATS KNITTING GROUP

Wednesday, November 6 and 20, 6:30-9:30 pm at The Carrot (9351 118 Ave).

CRUD DINNER CLUB

Everyone welcome. To stay informed about upcoming dinners, join CRUD on Facebook.

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

Join other kids in the program room to play video games, make a DIY project, meet friends or just hang out. For ages 7-13. Thursdays at 3:30-5 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

TEEN GAMING

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

WOMEN'S AFTERNOON OUT GROUP

For women to get out, socialize and work on crafts such as knitting, crocheting, card making, and more (or bring your own project). Cost is \$1 drop-in fee for materials. We have a potluck snack. Mondays from 1:30-4 pm in the Sprucewood Library Programming room. More info: Michelle 780.232.5822 or heartsalive@hotmail.com

PITCH IDEAS

What do you want to read about in your community newspaper? Is there something you would like to know more about? Know someone interesting? Got an opinion on something? Contact the *Rat Creek Press*: editor@ratcreek.org or 780.479.6285.

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. Norwood Legion (11150 82 St).

PARKDALE-CROMDALE SENIORS GROUP

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

SENIORS LUNCH

Wednesdays from 11:30 am-12:45 pm at Crystal Kids Youth Centre (8715 118 Ave).

L'I' SPROUTS PLAYGROUP

Playgroup is temporarily cancelled while the Parkdale-Cromdale Community Hall is under renovation. More info: Chantal 780.669.3272.

BABES IN ARMS

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

SPORTS/REC

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: 780.477.1166 or www.sportscentral.org. Also accept donations of gently used sports gear.

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 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

VOLUNTEER AT DEEP FREEZE WINTER FESTIVAL

Planning is underway and we're signing up volunteers. Learn more at our volunteer dinner. Tuesday, November 5, 6 pm at Alberta Avenue Community Hall (9210 118 Ave). More info: deepfreezevolunteers@gmail.com.

VOLUNTEER AT THE CARROT

Daytime and evening shifts at The Carrot need volunteers. More info: carrotassist@gmail.com.

HELP AT NORWOOD CENTRE

Become a volunteer at Norwood Child and Family Resource Centre (9516 114 Avenue) and 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.

BE A BOARD MEMBER (NOT A BORED MEMBER!)

Have direct input in your community newspaper! Share your thoughts, time, talents and skills on this great community building initiative. Check it out as well as help us honour great community contributors at the *Rat Creek Press* Connect Awards and AGM. Monday, November 18 starting at 6:45 pm with a wine and cheese! More info: board@ratcreek.org

HANG AT A GALLERY

Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting while supporting your neighborhood arts scene! More info: volunteer@ninahaggertyart.ca

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.

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

CHURCH SERVICES

ANGLICAN CHURCHES OF ST. FAITH'S AND ST. STEPHEN THE MARTYR

St. Stephen uses the Book of Common Prayer in the rich worship style of Anglo-Catholicism. St. Faith's worships according to the Book of Alternative Services and has a more contemporary service in language and form. Two Traditions – One Faith.

St. Faith's: 780-477-5931
St. Stephen: 780-422-3240
11725-93 Street

Sunday Services:

8:30 am - Low Mass (St. Stephen)
9:00 am - Morning Prayer (St. Stephen)
9:30 am - High Mass (St. Stephen)
11:00 am - Morning Worship (St. Faith's)
7:00 pm - Evensong (St. Stephen)

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.

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

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 & Collective Kitchen (seasonal - call for info)
St. Vincent de Paul Food Help Hotline: 780-471-5577

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

Please join us for our diverse services. We offer regular Sunday worship services in German and English languages.

10759-96 Street (Corner of 108 Ave)
780-422-0059 www.stjohnsluth.ca

Service Times:

9:30 am - German Service
11:00 am - English Service
11:00 am - Sunday School for Children

Holy Communion: Every first Sunday of the month in the German Service
Holy Communion: Every third Sunday of the month in the English Service

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WARD 7 COUNCILLOR



Communities to be proud of.

Thank you for the support over the last six years and for helping make all the positive changes we see today.



Meeting neighbors and making new friends at the 92 street (116-117 avenue) block party, on October 5. >> ANDREA BROWN

JUST CHRISTMAS 2013

Justice at Christmas

An Alternative Global Market Place

Remember when Christmas was about thoughtful giving?

Just Christmas offers the opportunity to give gifts that make the world a better place.

LOCATED AT:

Alberta Avenue

Community Hall

9210 - 118 Avenue

Friday, November 22

5:30 pm - 9:00 pm

Saturday, November 23

9:30 am - 4:00 pm



Free parking
Admission by donation
Food and entertainment



Do YOU want to influence development in our community?

You can be an advocate for development that benefits the whole community.

Tuesday, November 19

6:30 - 8:30 pm

Landlord and Tenants Office

8904 - 118 Avenue

Please confirm attendance:

judy.allan@edmonton.ca or 780-496-1913

Learn about the planning process and where you can have a voice.

Help identify planning issues and work on solutions.

Join together for a louder, stronger community voice.

