

RAT CREEK PRESS

ALBERTA AVENUE • DELTON • EASTWOOD • ELMWOOD PARK • PARKDALE-CROMDALE • SPRUCE AVENUE • WESTWOOD

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Bringing dogs and people together

Muttstock returns for another year of canine fun



Dogs can lounge or splash in wading pools provided. | Supplied

TEKLA LUCHENSKI

July heralds the return of Muttstock, and the annual dog festival promises to be a highlight of your dog's summer, with food, activities, vendors, and live music.

Anjie Robinson, founder and president, said, "It's like there's a million dogs. You can't go wrong with that. It will be a super fun time."

Muttstock's success has grown over the four years since its inception. Muttstock began as a festival run by Eastwood Community League, but became a separate entity by recently gaining non-profit status in Alberta. With a board of directors and a fundraising focus, the festival has grown quickly.

"There is increased attendance over previous years, and we have gone from 40 vendors in the past to 63 in 2018. We have also added a wellness component. Come to Muttstock and you will learn a whole lot."

As a non-profit organization,

Muttstock organizers focus on raising money for the animal rescues that form the entity's committee. Robinson said, "My favourite thing, honestly, is being able to give money back to the rescues."

Thirteen animal-related organizations are represented on the Muttstock committee and six more non-committee agencies are associated with the festival.

This year, BigSteelBox has donated one of their units in support of the Inner City Pet Food Bank. The goal is to fill the bin with pet food. Inner City Pet Food Bank recently lost its funding and relies entirely on donations. Festival organizers are asking attendees to bring any kind of non-perishable pet food items to donate.

Robinson is excited about expanding Muttstock's wellness component. New this year is Puppy Yoga. Aspiring yogis of all ages and abilities are invited attend a practitioner-led yoga session in a room with licking, playing, and cavort-

ing puppies. This event is held in Eastwood Hall and promises to be full of love and tomfoolery.

Although Muttstock organizers require dogs to be on leash in the main festival areas, an off-leash area is located in the outdoor rink. Dogs can cool off in the wading pools provided, or run free as they make new dog and human friends. Drinking water and bags for cleanup will be available.

Outdoor booths will include dog-related vendors and charitable organizations such as animal rescue organizations and pet insurance representatives.

Of course, a key Muttstock draw is its live music. This year, The Denim Daddies, Lara, Stiletto, The Confusionaires, and Sweet Vintage Rides are performing. Robinson said the bands are beginning to form their own Muttstock culture of cooperation and celebration in support of the festival's goals.

Muttstock organizers look forward to welcoming dogs and their

families. Robinson is confident that this will be "a fun, affordable event, definitely for the dogs."

Tekla has lived in the Parkdale neighbourhood since 2013. Trained as a cultural anthropologist, she is a freelance writer, excited to contribute to The Rat Creek Press as a passionate observer of lifestyle and community expression. She has two dogs, Bigsby and Genevieve.

MUTTSTOCK

Eastwood Community Hall
& Eastwood park
July 7, 11 am-6 pm
11803 86 St
Free admission, but
pet food donations
encouraged

Muttstockab.com or
facebook.com/muttstock
muttstock@gmail.com

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New program seeks to meet people's needs

Beyond Food works with other essential support services

TALEA MEDYNSKI

Three years ago, Edmonton's Food Bank conducted a survey and discovered an astonishing 70 per cent of their clients were not connected to any other support services.

They decided to change that by creating a program called Beyond Food, a free service consisting of nine non-profit partners. The program, which officially launched on May 23, offers services such as job readiness, access to free safety tickets, English and math upgrading, budgeting, personal counseling, housing information, and work experience opportunities.

"The Food Bank felt that this wasn't its area of expertise, so they reached out to partners," said David Berger, Beyond Food manager. "We're

all working together. We just want to meet the needs of the folks."

Every partner provides different services. For example, Boyle Street Community Services has a full-time employee at the Beyond Food office to help people find jobs and study for safety tickets, while the City of Edmonton provides a social worker twice a week for counselling. Other partners include the Bissell Centre, The Learning Centre Literacy Association, the Canadian Mental Health Association, Habitat for Humanity, Edmonton Catholic Social Services, Edmonton Mennonite Centre for Newcomers, and Edmonton's Food Bank.

"In this economy, there's significant stress. We're short on the capacity to help people in need," he said. "I think people are telling us they want to be

connected to these resources. There's an awful lot of poverty in this city."

The program is a work in progress.

"About eight months ago, we reached out to employment readiness partners. We also wanted to look at the literacy and budgeting piece."

To that end, the program has a learning lab that participants can use for tasks like math and English upgrading, obtaining a GED, and studying for safety tickets. And just recently, the partners held a job fair that attracted 600 people and 19 employers.

"One of the interesting things we're working on is a pathway to employment," Berger said.

Those interested in working in the construction industry may get a construction safety ticket through Beyond Food and work experience with

Habitat for Humanity. The estimated 10 shifts at Habitat for Humanity gives participants a chance to use tools and get accustomed to a construction worksite.

"We're developing links with larger construction companies in the city so community members can progress from securing a safety ticket to work experience and on to full-time employment," he added.

Anyone can access Beyond Food, although it may be of particular interest to those who are unemployed or who live on low income. The program operates on a drop-in basis from Monday to Friday.

"Our focus is as much as possible to provide one-on-one service," he said.

Participants can call or walk in, complete a registration sheet, and talk to one of the staff.

"We ask what service they're

interested in and go from there," said Berger.

The outcome of this program is simple: "People feeling that they can manage their lives a little easier and achieve their goals toward greater stability and independence. It's a recognition that we live in tough times and we have to come together as a community."

Visit edmontonsfoodbank.harmonyapp.com/hungry/beyond-food/ or edmontonsfoodbank.com/efb-tv/beyond-food-1/ for more information.

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

BEYOND FOOD

Annex Building
11434 120 St
Mon-Fri, 9 am-4 pm
780.425.2133



Wisam AbuRajab (employment readiness worker) (left) and David Berger (Beyond Food manager) (right) at the Beyond Food office. | Stephen Strand

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

ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

GOALS

Build Community, Encourage Communication, Increase Capacity.

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

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CIRCULATION

Serving 12,500 community members.

DELIVERY

The paper is delivered by Canada Post to all houses, apartments, and businesses in the seven neighbourhoods listed above including those with no unaddressed mail notices. For the most part, delivery begins on the last Wednesday of the month.

New Avenue businesses celebrate launch

Meet and greet introduced businesses to the neighbourhood

AYDAN DUNNIGAN-VICKRUCK

Folks on Alberta Ave love parties. On June 14, Simba's Den Pub & Bistro and Norwood Dental Centre hosted a roaring neighbourhood meet and greet at the restaurant.

The restaurant was packed, with owner Senait Tamene and her staff busy serving platters of Ethiopian and Eritrean cuisine. Meanwhile, William Chin and his fiancée Amanda Nielsen from Norwood Dental Centre introduced themselves to their new neighbours.

Tamene said she's always had a vision for running a welcoming, inviting restaurant with quality, homemade food.

"Not that I needed anything to keep me busy," said Tamene. "I am married with three young boys, who are always my priority. Plus, I am a realtor. But I love to cook and managed a restaurant in Toronto before I moved to Edmonton. So when the former tenant moved out of this building, I jumped at the chance to follow my dream."

Tamene said she opened a restaurant here because she believes in the neighbourhood.

"It has gone through some tough times but it is changing for the better. The people here are positive and helpful. It is like a little town within a big city. You seldom walk down the street without bumping into someone you know and stopping to have a conversation or offering to help."

Chin and Nielsen joined in the conversation.

"I used to work in a dental clinic in West Edmonton Mall. It was very impersonal. You never got to know anyone, any families. Often the clients would fly in from up north, get some dental work in conjunction with their shopping, and then be gone. We wanted to belong to a community, get to know our patients," said Chin.

Like Simba's Den Pub & Bistro, Norwood Dental Centre comes with history—60 years' worth! "At one point," Chin commented, "there were five dentists here. This past year, there was only one dentist part time. So it is building the practice from the ground up."

The proprietors have had to remodel the buildings and re-envision the businesses.

For Chin and Nielsen, this meant making the experience of going to the dentist relaxing and pleasant. They have given their office a real homey feel by providing comfort blankets, Wi-Fi, TV, kids' toys, aromatherapy, and refreshments. Then of course, there is Nielsen's effervescent personality to top it all off.

"We are looking forward to putting down roots in this community," said Nielsen, "Not only as a business but as a family. We have already gotten a good feel of this area from our volunteering with the Avenue festivals."

Both businesses are experiencing growing pains and the struggles that come with being a new business, but they are off to a good start and they all say they are meeting expectations to date.

Joachim Holtz, executive director of Alberta Avenue Business Association and guest speaker at the joint launch, commented: "Business owners invest their time, money, and themselves in their business—with no guarantees. But it is this type of commitment and courage that it takes to make a business work."

It certainly helps that this neighbourhood likes a good party, but even more, citizens who invest in making this a better community.

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

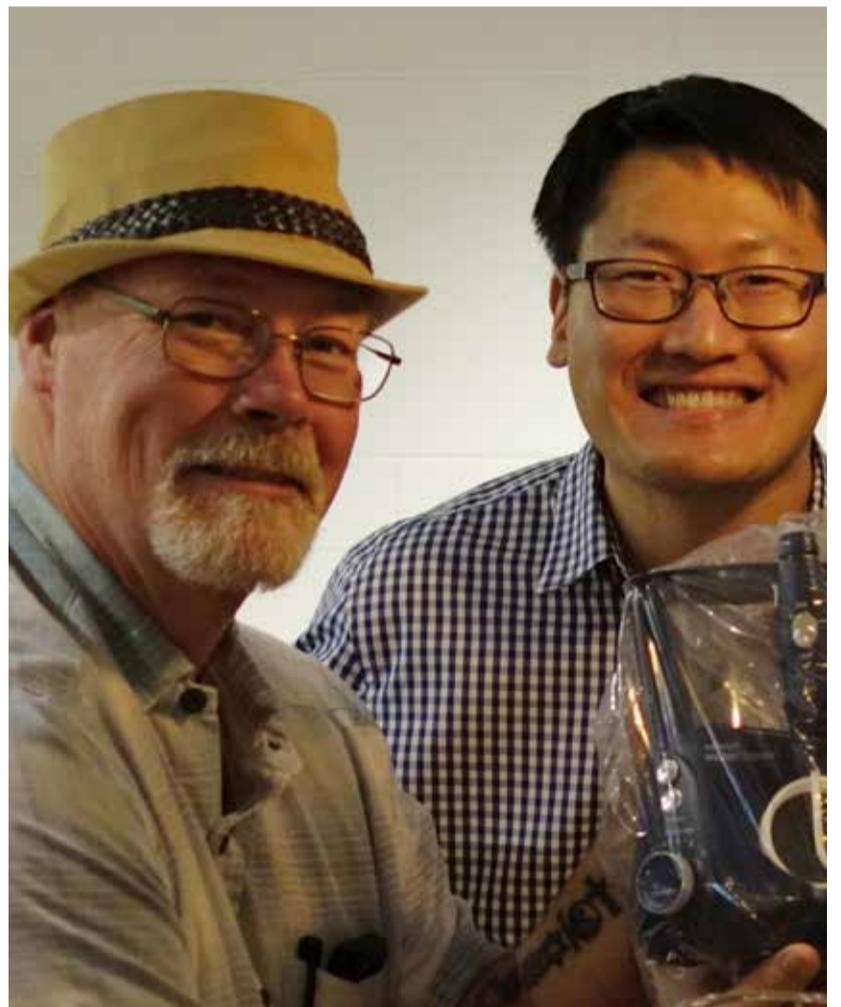
NEW AVENUE BUSINESSES

Simba's Den Pub & Bistro
 9349 118 Ave
 780.994.1521
 Open seven days a week, noon to 10 pm weekdays and to midnight on weekends

Norwood Dental Centre
 11660 95 St
 Open six days a week
 780.474.2456 or drchin@norwood-dental.ca



Diners sample the fare at Simba's Den Pub & Bistro during the restaurant and Norwood Dental Centre's joint launch. | Aydan Dunnigan-Vickruck



A door prize winner (left) with William Chin, owner of Norwood Dental Care. | Aydan Dunnigan-Vickruck

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Summer fun in the Coliseum parking lot

Socialize and play sports in a repurposed space

MARI SASANO

This summer, the Coliseum parking lot is being repurposed as a recreational area for activities like basketball and skateboarding. The decision to repurpose the parking lot came after the Coliseum was closed.

Two years ago, the opening of Rogers Place downtown created uncertainty about the future of the area around the Northlands Coliseum (formerly known as Rexall Place, Skyreach Centre, and the Edmonton Coliseum). Northlands surrendered the Coliseum site to the City of Edmonton on Jan. 1, 2018.

The initial plan to was redevelop the old arena for other purposes, but eventually the city determined that the storied venue, the former home of the Oilers, Canadian Finals Rodeo, and countless concerts and events, is to be demolished.

This news caused some concerns from the community about the area becoming derelict and crime-ridden while it

was unused, so city staff developed a strategy to prevent it from becoming a dead zone, said Andrea Tarasenko, city-

drop-in and unsupervised, from 5 am to 11 pm.”

Equipment has been set up in the north parking lot since

tournament on Aug. 2 for youths 13 to 17 years old.”

The City of Edmonton imagines this to be popular for kids

and use the space. We’re hoping that people will be coming off the LRT and see what’s going on and stop in after work or school.”

Future plans for the Coliseum are still being discussed (the Area Redevelopment Plan is expected at the end of 2018), but if there is enough interest, they may extend the parking lot activities. Tarasenko encourages people to visit for their own enjoyment and well-being, as well as to help bring something useful to the community.

“We are always trying to encourage participation in health and wellness activities, whether it’s youth or families. It’s a great way to keep this site active and vibrant during the summer.”

Mari is a writer and civil servant.



Basketball hoops and other equipment have been set up for people to use in the parking lot. | Supplied

wide programs manager of neighbourhood recreation.

“The branch took the initiative to animate the space,” Tarasenko said. “There will be two basketball courts, hockey nets, and skateboarding. It’s

May, and will stay until mid-September, with a break for K-Days from July 5 to Aug. 5.

“There’ll also be some events by various organizations. There’s been a big bin event already, and there’s a hockey

who want some outdoor activity in the summer, but Tarasenko said she hopes it will become a way for everyone to spend some time with friends and to get moving.

“We invite anyone to come

COLISEUM PARKING LOT

North parking lot
7424 118 Avenue
Break from July 5 to Aug. 5

Open from 5 am-11 pm

K-Days offers one-of-a-kind experiences

Get ready to create a short film or dance the night away

TALEA MEDYNSKI

This year, K-Days is offering some unique experiences, like an opportunity to create a short film or dance the night away. And best of all, both events are free with gate admission or registration.

The 48 Hour Mobile Film Challenge is a partnership between K-Days and the Edmonton Short Film Festival.

“We’re trying to help Albertans become more creative for free,” said Carson Mills, communications manager at Northlands.

Participants are challenged to create a film using their cell phone. “You’re given three different elements that you have to incorporate in the film,” said Mills.

The challenge kicks off on July 20, when participants will meet organizers in Hall B of the Edmonton Expo Centre and discover the three secret elements. Participants then have two days to film and upload the short film to YouTube, with the remaining time of K-Days used to market the film online. Afterwards, a judging commit-

tee will look at the film’s story and at which film got the most interactions online.

“These things are a ton of fun,” Mills said. “To do it on

website, “Prizes will be awarded for the best marketed film and the top judged films. Every 48 hour challenge film completed at the K-Days event will be eli-

And for the first time, K-Days is holding a Silent Disco Headphone Party on July 27 and 28. For those unfamiliar with the concept, a silent disco is essentially a dance party with headphones.

“Three live DJs are taking the stage,” said Mills. Every participant receives a pair of wireless Quiet Events headphones for that night and can select songs from the three different playlists: top 40 and electronic dance; 80s, 90s, and early 2000s; and hip hop and R&B.

Mills said K-Days organizers include different events like the silent disco because

it’s a great opportunity to try new things.

“The bizarre things are too good to pass up,” he said. “It piques that curiosity factor.”

It’s also a great opportunity for people who love music, love

to dance, and “who are looking to get the most out of summer.” Plus, the three DJs gives people a choice of music.

“You don’t always want to hear what everyone wants to hear. The control is in your hands,” said Mills.

The disco runs from 11 pm to 2 am and is for people aged 18 and older. A maximum of 500 people can be accommodated, so be sure to arrive early. The beer gardens will also be open during the disco.

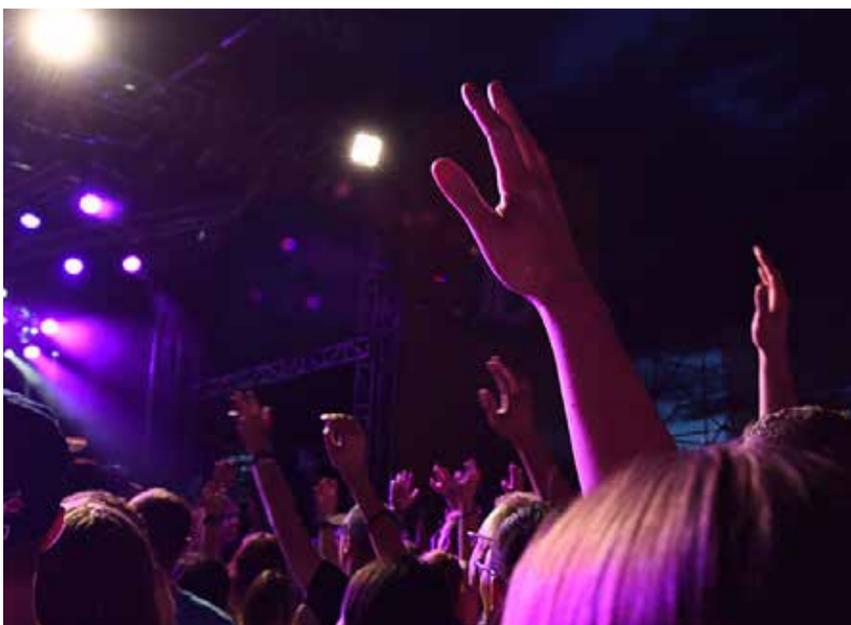
Talea is the Rat Creek Press editor. She loves sharing the stories of our diverse neighbourhoods.

K-DAYS

July 20-29
48 Hour Mobile Film
Challenge
July 20-22

Register:
esff.ca/free-48-hour-mobile-film-challenge/

Silent Disco Headphone Party
Tim Hortons North Stage
July 27-28, 11 pm - 2 am



If you’re 18 years of age and over, you can attend the Silent Disco Headphone Party. | Supplied by Northlands

your phone is a fun wrinkle in the project.”

Mills said cellphones were chosen because it was the most inclusive option. “Everyone’s got a phone that can do this.”

According to the K-Days

gible for screening at the ESFF @ KDays Film Festival on July 29. The top two winning films and the best marketed film will be screened at the Edmonton Short Film Festival Gala on October 13.”

Learn more about your city this July

Long-running festival is an opportunity to discover local history

TALEA MEDYNSKI

If you've ever wondered about the history behind the state-ly Prince of Wales Armouries Heritage Centre or the stories of those buried in Beechmount Cemetery, you can learn more from July 2 to 8 at the Historic Festival & Doors Open Edmonton.

"It's actually two festivals in one," said Tim O'Grady, vice president of The Edmonton and District Historical Society.

The 22-year-old festival is an initiative of the society.

"It's a way for people to get into the back doors of businesses they wouldn't normally be able to get into," said O'Grady. Many cities have an open doors day, but Edmonton's event is different because of the historical aspect. While the festival has ongoing partners, the society reaches out to new partners every year. Royal Alexandra Hospital, new this year, is celebrating its 100-year anniversary.

The society acts as a hub for the festival and every organization runs its own event. While some events have an entry fee, others are free.

"All the church tours are free and the Royal Alexandra Hospital tour is free as well," said O'Grady.

Part of the reason the festival started was because many smaller organizations didn't have the resources of a larger organization or festival. "Our organization takes care of all the marketing and promotion so

that these smaller organizations can take care of day-to-day stuff and focus on programming. It fits with our mandate to provide meaningful opportunities for people to engage in their past."

ecture. We're so tied to a boom and bust economy. We tear things down and build, build, build. We've got these wonderful modern buildings, like the Queen Elizabeth Planetarium."

St.

"I think there's a military section and a pretty big Muslim cemetery. It was established in 1914 and is quite a diverse cemetery. It's an opportunity to talk

Due to construction, there is no behind-the-scenes tours of the building this year.

"The good thing about the Telephone Historical Centre is that you can touch things as well. It's good for kids," said O'Grady. He explained the Loyal Edmonton Regiment Military Museum is good for older kids or anyone who's interested in military history.

Other local events include the festival kickoff at Highlands Golf Club, the Alberta Aviation Museum, McCauley's Church Street tour, the Girl Guides of Canada Alberta Council Archives and Museum, and the Royal Alexandra Hospital Foundation.

"Edmonton is always surprising you, something is always going on," said O'Grady. "I think that people can expect to learn something for sure without spending much money."

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



The festival will highlight some of Edmonton's unique organizations and history, like the Prince of Wales Armouries Heritage Centre (pictured). | Tim O'Grady

The festival is an opportunity for people to learn more about their community from informed organizers, like Tim Marriott, a local historian running the McCauley Church Street tour.

"He's a font of knowledge," enthused O'Grady.

Edmonton is a special city with an interesting history.

"One of the unique parts of Edmonton is its modern archi-

The planetarium, built in 1960, is located in Coronation Park and closed in 1983. O'Grady said it's important not to assume our unique buildings will always be there because another boom may mean those buildings get demolished.

Locally, an interesting way to learn about the past is by taking the walking tour of Beechmount Cemetery on 124 Ave and 104

about pioneer and immigrant communities in those early days."

Or, check out the Prince of Wales Armouries Heritage Centre's open house, which includes tours, exhibits, and interpretations. The open house covers the building's history, the Telephone Historical Centre, and the Loyal Edmonton Regiment Military Museum.

HISTORIC FESTIVAL & DOORS OPEN EDMONTON

July 2-8

www.historicedmonton.ca

780.439.2797

Many possible ideas for exhibition lands

City staff hope to present a short list of ideas this fall

CADENCE BERGMAN

The City of Edmonton's call for ideas for the exhibition lands garnered over 60 submissions, and on June 21, city staff presented them at the public ideas review held at the Edmonton Expo Centre.

During two sessions, attendees gave feedback on which ideas they liked (and didn't like), laid out how those ideas could be arranged on the site on an aerial map, and worked with a designer to sketch their vision.

Popular ideas included a permanent indoor and outdoor market space, festival grounds with an outdoor stage, a food hub, a playground/waterpark, and an artificial lake. Other ideas with strong support were an Indigenous culture and wellness centre, urban agriculture, renewable energy generation, and restaurants.

Corola Cunningham attended the session to provide input and work on possible scenarios.

"I just think this is an opportunity, and a wonderful spot for the Indigenous Culture and Wellness Centre that the city

and the Indigenous community are in engagement with right now."

Students in Grades 2 and 4 from Mount Royal School wrote down some of their thoughts, too—farmers markets, a spray park, homes for the elderly, a camping area, an ice cream stand, and even a slime store.

Lyall Brenneis, manager of

work with the ideas and the feedback they've received and develop possible scenarios, evaluating their feasibility with a goal of presenting a short list to the community in the fall.

"The intent is to not be as prescriptive as some area redevelopment plans have been; this is what we call a master plan, a higher-level vision, understand-

ing a repurposed Coliseum building. In their concept, the Coliseum would be converted to student and seniors housing, with close access to groceries, shopping, and restaurants.

Mike Butler, government relations representative with the group, appreciates the consultation.

"We really think it's an amaz-

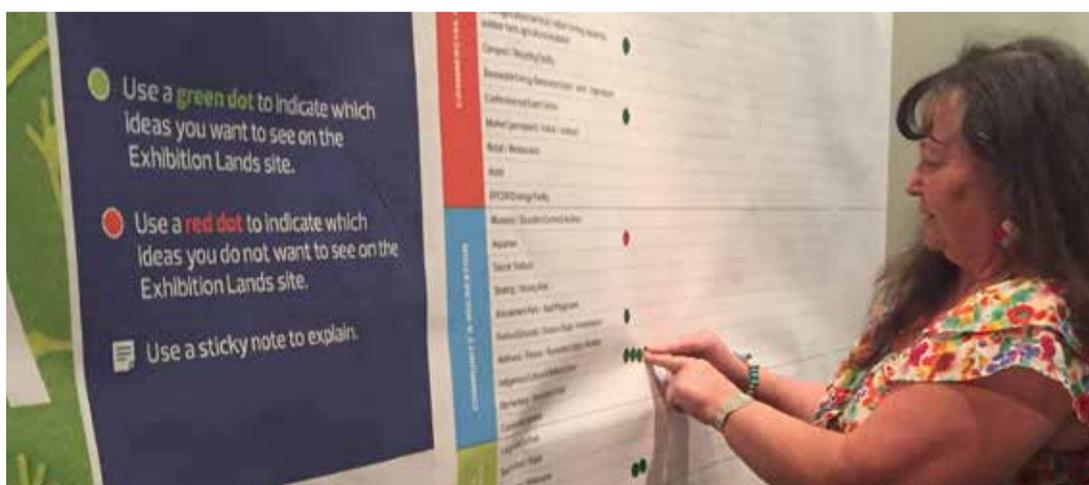
something that we feel is very important, to re-develop the Coliseum."

City council voted in March to close the Coliseum and is investigating demolition, but Agora Borealis is trying to convince council to reverse their decision.

The sheer size of the lands—over 200 acres—means it's possible many of the submitted ideas could become reality. Some people, like community member Graydon McCrea, want to see the area preserved as a large grasslands park, with an Indigenous campsite open to the public and a possible lake.

"I think this is a very rare opportunity to develop a large central space within the city and to create something that would be completely unique," said McCrea. "Most people who live in the cities will never in their life get to see a traditional grasslands space."

Cadence lives in Edmonton with her husband and three kids, and is passionate about local history, politics, and current events.



Corola Cunningham places a sticker next to an idea for the Indigenous Culture and Wellness Centre during the public ideas review on June 21, 2018. | Cadence Bergman

the exhibition lands transformation project, said that the public ideas review is an important step. City planners will now

ing that it may take time to build out," Brenneis said.

Agora Borealis is a group casting a development vision, includ-

ing process that they're listening and connecting with people on what they want to see in the neighbourhood, and it's

PUBLISHER MESSAGE

Your time and money

Ways to show you value your community paper

KAREN MYKIETKA

How important is having a community newspaper to you as a resident, as an organization, or as a business?

It's important if you value it, if you want to receive community news in your mailbox every month, if you want stories written about festivals, initiatives, and businesses. If you want a vehicle for communication to be there when you need it, consider contributing your money and your time.

Over the last decade, the world of print media has changed substantially. Few independent newspapers exist anymore. Most newspapers are owned and operated by large conglomerates. Increasing costs and decreasing advertising revenue have resulted in mergers and downsizing. With all the online options, many people prefer to source their news online and many businesses have turned to online marketing instead of print advertising.

As a non-profit society, we are able to do a casino fundraiser but this funding covers less than half of our expenses.

Advertising and a sponsorship used to cover the balance, but this is no longer the case. In order for this newspaper to be financially viable, it must be less dependent on advertising.

Over the last two years, we've lost a number of our regular larger advertisers; some festivals and events no longer exist, others don't advertise, the City of Edmonton advertises less, and local businesses do not advertise much.

We do what a community newspaper should do and cover the news, festivals, events, businesses, community organizations, programming, residents, and issues facing our neighbourhoods. But it seems like the more we cover, the less organizations and businesses feel the need to advertise.

Community newspapers are a chronicle and archive of a community's journey. They are a valuable and important resource. For this newspaper to continue to be a great community asset, it must be financially sustainable. We are asking residents, businesses, and organizations to show you value having a community newspaper by contributing money and/or

time. Many people contributing small amounts of money can have a significant impact on our bottom line, which is currently in the red.

Rat Creek Press has been serving the seven communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood as an independent, non-profit newspaper since 2005. I hope it can continue to serve all the residents of these communities for years to come.

Some of the ways you can support your community newspaper:

BECOME A MEMBER

An easy way to support us is to become a RCP member. It's only \$10 a year. The Rat Creek Press is delivered to almost 12,000 households. If only a small fraction became members, it would make a significant financial impact. You will get an advance pdf copy of the monthly issue via email. We will invite you to give editorial and design input. Complete our membership form at timecounts.org/rat-creek-press.

BECOME A FRIEND

Make a charitable donation to us through the Alberta Avenue Community League and we'll give you perks such as a complimentary membership, a display sign, acknowledgement in our paper and on our website, an appreciation supper, social media posts, advertising discounts, and online ads. Find at more at ratcreek.org/friends-of-rcp. Thank you to Alberta Avenue Business Association for their \$2,000 sponsorship, Norwood Dental Centre for being a Supporter, and Overall Cleaning and Wesley Andreas for becoming Patrons. Email info@ratcreek.org.

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Help us connect with your neighbourhood. Be our eyes and ears and keep us informed of what's happening. Bring information about the paper to your neighbourhood and let residents know about our membership and Friends of RCP program. Apply: timecounts.org/rat-creek-press.

BECOME A BOARD OR COMMITTEE MEMBER

The board will start recruiting for new members in the fall and our AGM is in November. We are in need of a vice-chair, secretary, fundraising coordinator, social media coordinator as well as community relations and editorial committee members. Interested? Email board@ratcreek.org.

INTERACT WITH US ONLINE

Comment and share our stories at ratcreek.org. Like our Facebook page. Tag or send us your community pictures #RCPSnaps.

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Spread the word about this well-loved and read community newspaper and our advertising opportunities. Direct people to ratcreek.org or email ads@ratcreek.org.

A wonderful community-based publication that celebrates the joy and diversity of this area.

– Clint Wilson

The Rat Creek is an excellent community resource that combines lived experience of neighbourhood residents with solid reporting on local issues. –Raine Bean Sidhe

I read it. All of it!
–Kathryn Rambow

The only paper I read cover to cover!

–Cora Shaw

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–The Aviary

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Playing is essential to a long, happy life

What we lose if we abandon playing as an adult

AYDAN DUNNIGAN-VICKRUCK

Get back into the sandbox. How we play is how we live. Play is practice living. We act out pretend life dramas in imagined worlds as safe places for learning character development, socializing, citizenship. Play is not just for kids; it's any activity that is creative, expressive, expansive, and performed more for the mere pleasure than for a contrived outcome. Studies show that fun, spontaneity, relationship and connection, silliness or goofiness, and creativity keep us healthy and happy well into our senior years. So why do we stop? Something gets lost between childhood and adulthood. Play is abandoned for work, fun is dismissed as childish, creative activities are diminished to day-dreaming. We become focused on success or power or possessions. We learn to believe that "if it can't be measured, it isn't

important", or "second place is only for losers," or "the destination is more important than the journey". Worst of all, we morph from being participants to spectators. We quit taking risks, pushing edges, and instead opt to live vicariously through our children, TV stars, or sports heroes. Cynicism sets in as personal aspirations are abandoned. It doesn't have to be like this, of course. We have choices. This idea of play was presented in stark relief for my daughter Sara and I during the last night of a fascinating trip to Argentina. We had spent the day touring the historic district of La Boca, Buenos Aires, a neighbourhood steeped in tango tradition and soccer heroics. Mulling through brightly coloured curios shops and posing with storefront tango dancers, we became increasingly aware of the rising din of banner-waving, beer-drinking soccer fans, revving up their

team spirit for the match that afternoon. Later that evening, we went to the square in the San Telmo neighbourhood where public dancing and performances are hosted Sunday evenings. Several couples thrilled us with the dramatics of performance tango. The performers passed around a hat and it is apparent they dance for love, not money. The dance floor quickly filled with 150 tanguero-wannabees and another hundred or so cheering them on. It's close to midnight when we made our way back to our residence. As we attempted to cross a major street, we were blocked by a procession of eight police cars, sirens blaring, ushering at break-neck speed two luxury double-decker buses of soccer players to get them out of town before violence was incited. Seeing that was a dramatic contrast to the peaceful, positive scene we had just left. Two

entirely different learnings of community engagement and character development. This does not divide neatly into an arts versus sports rant. Some of our elite athletes are also our model citizens. Nor does it mean all art or music is enculturating or edifies. We all know of musicians who are anything but model citizens. What it does mean is that we need to reflect on how we spend our time and money and invest ourselves in those activities which build our culture and society and make us better citizens. We cannot compartmentalize our lives; #metoo has taught us that attitudes cultivated in the playground or locker rooms or dance halls follow us into all levels of social interaction. A healthy citizenry encourages participation at all age levels and from all segments of society, creates space for diversity, rejects an us versus them polarization, values learning and personal growth over possessions

or winning, and encourages dialogue and understanding. These are attitudes we start learning on the playground and continue learning them (or not) throughout life. Re-envision your sandbox. Become a participant. Sit down and watch only long enough to catch your breath. You are never too old to learn something new. There are so many accessible and free options in our community to learn to paint, dance, play a musical instrument, or kick-box. Volunteer for a festival. Join a community league. All of these options are invaluable not only for your health but also for that of your community. Most of all, have fun. *Aydan is a social worker, blogger, tango dancer, outdoor enthusiast, and co-parent with Patricia to eight children and 16 grandchildren. He's also a resident of the hood and loving it.*



A hike in Patagonia with the author's daughter Sara. | Aydan Dunnigan-Vickruck

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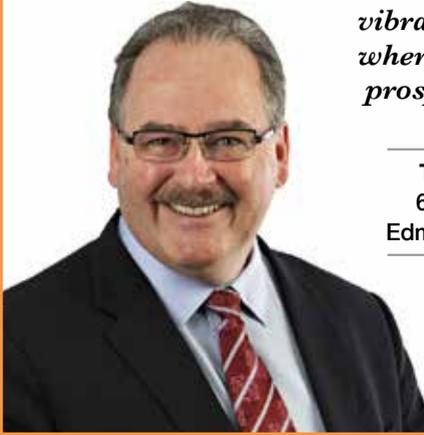


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Alberta Avenue has its own real-life heroine

Ana Alfaro has made a vocation of helping family and community

RUSTI L LEHAY

Comic book heroes possess superpowers to make the world a better place, but a real-life heroine resides and works here on the Avenue. Ana Alfaro operates Educational Tours and Travel with her daughter Lucy on the second floor of 91 Street and 118 Avenue.

Travelling to Canada as a refugee from El Salvador in the early 1980s meant leaving everything familiar behind, plus her career as a medical doctor. Alfaro said, "I never used my medical training here. I decided to do something else to help my family and community."

Help she did. Alfaro established El Salvadoran Social Services in 1982 to work with refugees from Cambodia, Vietnam, and El Salvador.

"We focused on refugees who escaped across borders without documents from Guatemala, Nicaragua, and El Salvador when turmoil was high in South America."

At that time, only a few groups existed to help, such as Catholic Social Services and the Edmonton Mennonite Centre for Newcomers, but "no one was helping people without documents. Refugees had no money for lawyers." Alfaro learned how to obtain documents to settle refugees in Canada and set up the St. Barnabas Refugee Society (BRS), working with Margaret Hirshir as president.

Alfaro established temporary locations in the United States as a stopover for people planning to settle in Canada. "Every two weeks, I went across the border helping people apply to come legally to Canada." Alfaro spoke to churches soliciting help with clothes, shelter, and sponsors for refugees. BRS was the umbrella for multiple groups to obtain much-needed funding. Alfaro aptly defines herself as a helper of people who don't have any future or hope.

"We did it for about 20 years. Helped hundreds of people." Alfaro, along with BRS, church

groups, the Latino American community, and many more helped refugees study English, obtain documents, and register for Alberta Health Care. "Then we focused on training and jobs."

The third generation of families she helped have become well-established professionals in Edmonton. "I'm proud of my contributions to my community. People came with no knowledge of the society, culture, and language. We gave them the opportunity to start a new life."

Alfaro knew helping refugees settle was only triage. She next set up Latino American and Salvadoran groups for sports, group dance, theatre, community craft workshops, and women's and youth groups. She knew it was important to "stay connected with their culture and their roots so they didn't get lost in a new society."

She started her travel agency after a bad car accident slowed her down in 2006. She initially focused on educational Latin

American tours, but now takes groups anywhere awareness is needed.

This fall, she is taking a large group to Rome for the Oct. 14 celebration of the pope recognizing Archbishop Óscar Arnulfo Romero as a saint. The archbishop struggled to protect the impoverished, calling on Americans to stop the war. He was killed in El Salvador March 24, 1980, a week after Alfaro left for Canada.

"We are also taking a tour to Peru in September to jungle areas where indigenous people are fighting to protect their land from oil corporations," said Alfaro. With little money for food, they have no resources to inform the world.

Somehow Alfaro finds time to form more organizations and she continues to campaign and petition against outside interference. Recently, she started Pachamama (meaning mother earth) to help Latino Americans.

"We fundraise for projects in Mexico, Peru, and El Salvador.

We are holding a Pachamama festival on Aug. 25, inviting First Nations, Latino American, and environmental groups to participate."

The goal is to set up a Latino American centre to hold cultural and artistic activities and to bring artists from South America. Pachamama will focus on supporting indigenous people (like in Peru, mentioned above) and protecting Earth from deforestation and harmful mining.

Alfaro's superpowers are clearly caring and possibly not needing sleep, as her slower pace may be akin to a cheetah's top speed.

A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.



Ana Alfaro operates Educational Tours and Travel with her daughter Lucy, but worked to help refugees for many years. | Rusti L Lehay

Local resident has created her own oasis

Colyn O'Reilly shares tips to creating backyard bliss

STEPHEN STRAND

Walking into Alberta Avenue resident Colyn O'Reilly's backyard is like stepping into an oasis.

Her backyard is a prime example of what incorporating hardscaping (like rocks or patios) and softscaping (living aspects like plants) together can achieve, and she has done it beautifully. Her design includes two brick patios, rundle walkways (crushed rocks), a stone seat, and a brick fireplace where she has set up furniture for people to sit and relax.

She has also created beautiful mulched flower beds filled with an assortment of eye-catching colourful plants. Her flower gardens are filled with both perennials and annuals.

"I have lilies and tulips all over the yard. I love the foliage. I have them in my garden as well. I have made that mostly perennials. I have annuals in

there to fill it in this year, but I'm going to make that just a perennial bed," said O'Reilly. "If there is a piece of ground, I will dig a hole and put a plant in it," she said with a laugh. She even grows vegetables in large pots.

Although O'Reilly has

bright orange," she explained. Once completed, she'll place the benches in her front yard, where she will pull up the sod and turn it into a little park area. It will be filled with perennials, raspberry bushes, and a well-kept lilac bush.

The colour scheme of her

with giddiness.

The backyard is a work in progress. "The basic hardscaping is done, and now I will be putting in a light structure for shade in the fireplace patio area," said O'Reilly.

She also wants to add a carport at the back of her property

"Do what you can financially every year. If you can do it in a big whop, do it in a big whop. Otherwise, do it in bits and bits." She added that it is important to draw out your plan because it will change. "Mine has started out as a base and I am still adding to it."

To help determine which plants to grow, start by learning which plants can grow where.

"You don't want to disappoint yourself too much. You are going to disappoint yourself. Some plants will only make it one year," O'Reilly said.

Looking at other people's yards will be a good indication of what plants will thrive. From there, go with what grabs your attention.

"Trust yourself. You will fill the yard with what will give you pleasure." She suggests starting with something small to give you some practice. "Because if you practice with love, it will give you love back."



Colyn O'Reilly's backyard is a work in progress. | Stephen Strand

worked on her yard since 2013, she is not yet finished. Currently, she is restoring a pair of wooden park benches with metal armrests and feet. "The wood is going to be black and the metal is going to be bright,

front yard is also intentional. "Because that is facing east and in feng shui, that's the fire area. So, reds and oranges and black. I thought, that's perfect because it will just pop with the chain link fence," O'Reilly explained

and leave a walkway from the back alley to the backdoor patio as well as replace one of her brick patios with a wooden one.

For those wishing to hardscape their yard, O'Reilly suggests doing it in stages.

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



O'Reilly's brick fireplace is an ideal place to sit and relax. | Stephen Strand

Legal ins and outs of starting a business

Some things to keep in mind before opening your doors

MEENA DECCAN

So, you're starting a business? Here are some things you may want to consider:

Incorporation. Unless you know that you are going to do a booming business in your first year (or other considerations that make incorporation necessary), you might want to hold off on incorporating until there is enough income to warrant it. Most businesses take two to three years to break even and until you have income to leave in the corporation, there is no tax advantage to incorporating. Ask a lawyer or an accountant to look at your business plan and advise on whether incorporation makes sense.

Partnership/shareholder agreements.

If another person is involved in your business, document any rights and responsibilities. How much money are you each contributing to the business? How will this be documented and repaid? What

skills is each person contributing? How often will these skills be required and what is a fair rate of compensation? What degree of involvement will each person have in the daily decisions for each part of the business? Having these difficult conversations at the beginning will keep them from derailing your business later on.

Succession planning.

Consider what will happen to unfilled orders if you are unable to work. This might happen if you become ill, but it will certainly happen when you want to retire. Will your partners buy you out? Will you sell your business? Does your business lender require you to have "key man" insurance to replace your services if you are unable or unwilling to continue? Whatever decision you make, document it so your successors can carry out your plan when the need arises.

Naming and licensing. Most municipalities require businesses

to be a trade name protected by trademark and copyright legislation. You do not want to go to the trouble of building a reputation and customer list only to discover you cannot legally use the business name.

Employing others. It is tempting to subcontract everything to self-employed individuals and avoid the overhead of payroll. However, if your contractor works solely (or primarily) for you and if you control the hours, location, and tools for that individual's work, you may have an employee rather than a contractor. You may then be responsible for the overhead associated with having an employee (like making deductions from paycheques, WCB contributions, and compliance employment standards legislation). Properly identify the nature of your commercial relationships and document them accordingly.

Setting up everything properly can reduce stress and leave you free to grow your business.

The general information offered here is not intended to be legal advice. If you need a lawyer and cannot afford

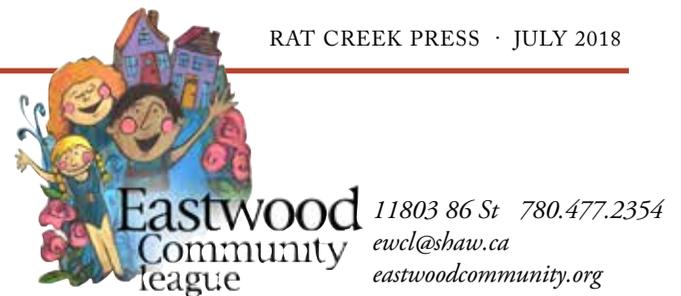
one, you may qualify for legal aid, or you may be able to access a free half-hour consultation through Edmonton Community Legal Centre.

Meena is a solicitor with 20 years of experience and focuses her law practice on solving problems before they become litigation files.



It's well worth your time to think a few things through before starting your business. | Pixabay

to be licensed and Edmonton is no different. If your business relates to a regulated profession, you may also require a professional license and permission to use the business name of your choice. Consider getting these permissions and researching your chosen trade name before registering it. Even if there is no other business by the same name in your neighbourhood, it may



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ewcl@shaw.ca
eastwoodcommunity.org

Eastwood fun abounds with festival and garden

Muttstock festival

Our annual dog festival is kicking off on July 7 from 11 am until about 6 pm. Taking place in the park by Eastwood Community League at 11803 86 St, this outdoor festival is highlighted every year by live music and a ton of fun activities for both dogs and dog lovers alike. Participants can look forward to taking in low-cost dog-related and family-friendly activities like a barbecue and demonstrations as well as information from pros from Edmonton and surrounding areas. All proceeds go towards funding local animal rescues as well as other non-profit organizations that participate in making festivals

such as these possible. Interested in volunteering? Want more information? Visit muttstock-ab.com.

Community garden

Our community garden continues to grow with the season, located northwards at 11903 86 Street. In partnership with the Edmonton Mennonite Centre for Newcomers, we host garden parties and gardening workshops throughout the summer. Workshops focus on everything from seed planting methods to composting techniques. Stop by to smell the flowers, and keep an eye on our Facebook page for postings and updates on the events mentioned above.



ANNUAL GENERAL MEETING

July 31 at 7pm at The Carrot Coffeehouse 9351 118 Ave.

Norwood Neighbourhood Association has been a staple in our community for over 40 years. We believe in Neighbourhood power.



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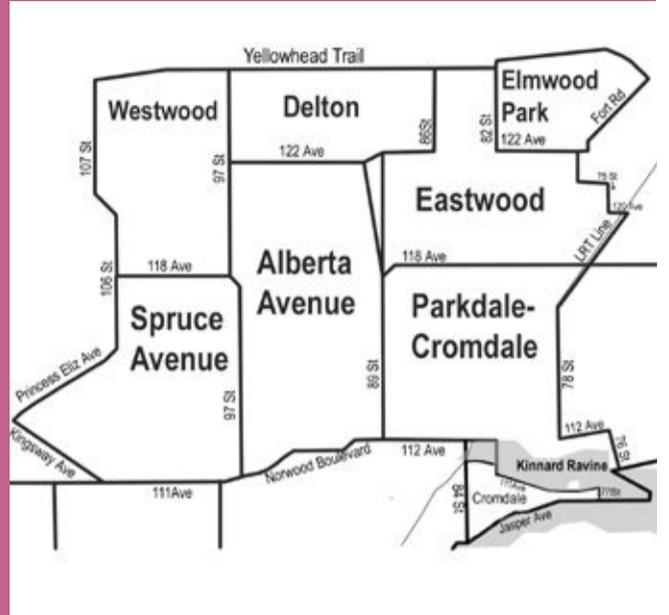
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2:30 - 6 pm

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9 am to 9 pm

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12505 75 Street

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Green shack 10 am to 1:30 pm July 3 to Aug 23
New spark park opening this summer.

SPRUCE AVENUE SPRAY PARK
Open 9 am to 9 pm

GREEN SHACK
Monday to Friday 2:30 to 6 pm



FREE SUMMER PLAYGROUND PROGRAMS

MORNINGS 10 am to 1:30 pm Delton Eastwood Norwood Square Park Sheriff Robertson Park Westwood	AFTERNOONS 2:30 pm to 6 pm Alberta Avenue Elmwood Park Parkdale Spruce Avenue All day – McCauley & Borden Park
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Safe space and education at support group

True support means not turning anyone away

KATE WILSON

Upstairs at the Canadian Native Friendship Centre (CNFC) on 95 Street, youth start arriving. They've come for the board games, pizza, maybe a talk about self-care, or just to enjoy each other's company.

The event is the meet-up of the LGBTQ2S+ Support Group.

"It's for youth when they need support," explained Ryan Moosewaypayo, group leader. "We noticed that there's not much support for the two-spirit community, where they could meet and be around people with the same issues and challenges."

Moosewaypayo has been running the program for a year now after Johnny Thunder, the original group facilitator, went to NAIT to study business. Thunder started the group between two and three years ago.

"I started it back up," said Moosewaypayo. "I just thought youth in the LGBTQ2S+ community would need a place."

Two-spirit, or 2S, is a direct translation of an Ojibwe term. It generally means two things: an umbrella term that refers to all LGBTQ2S+ First Nations, Metis, and Inuit individuals, or it describes someone with both

male and female spirits within them.

Moosewaypayo, from the Kinistin Saulteaux Nation of Treaty 4 in Saskatchewan, acknowledges the non-fixed

it within a gender lens," said Moosewaypayo. "Within my role at the Friendship Centre, I keep it open as possible. I default to referring to it as a meeting of LGBTQ2S+ identity

Meet, a school-based initiative designed by two-spirit and LGBTQ Indigenous peoples.

"Some nights are educational," said Moosewaypayo. "For example: sex education, things

"It's a learning opportunity for folks about how to manage things like self-care or stress. We sometimes talk about health, how to take care of your bodies," said Shayne. "I feel like there is always an opportunity to reach out more. It's a little bit of a gap that this support group serves."

Sometimes other speakers are asked to give presentations, or documentary films are shown. Moosewaypayo stresses the group is open to everyone, but participants are generally 15 years and up and mostly youth.

"Some people come to support their friends. We target mostly youth but [occasionally] get some who are older," said Moosewaypayo. "We don't turn anyone away."

He does see progress in participants.

"We've seen people coming back," he said. "They feel they're part of something."



Ryan Moosewaypayo, program lead, gives youth in the LGBTQ2S+ community and their allies a safe and welcoming space. | Kate Wilson

interpretation of two-spirit. He stresses there are multiple perspectives depending on the individual or tribe. It could refer to sexuality, as in whom people are attracted to. "Or some people look at two-spir-

and Indigenous identity."

The support group is run in partnership between the CNFC, the Institute for Sexual Minority Studies (iSMSS) at the University of Alberta, and a project called Where the Rivers

like safe sex, or healthy relationships."

Shayne, who works with iSMSS but volunteers as facilitator for the support group, adds this educational element to the twice-monthly gatherings.

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

Being thankful for what Canada offers

A new Canadian lists reasons why Canada is great

NADINE UWIMANA

I will never forget my first day in my new country. April in Edmonton was freezing compared to Rwanda. I wondered if I would ever enjoy Canada due to the weather and the fact that everything was new. I seemed to be in a new world. But after a few winters, the snow I used to dislike turned into the snow I now like for skiing.

I am a young woman and an immigrant from Rwanda. Living in Canada since 2013 has been a life-changing experience, something I celebrate every July 1 on Canada Day.

My first Canada Day celebrations were downtown at City Hall. All I could see were people from different nations waving their little Canadian flags. Everyone was so happy! To my

new Canadian eyes, the crowd looked like a garden of different flowers. After the celebrations, we all shared foods from differ-

things and opportunities I found in Canada:

Education: In Canada, everyone has access to educa-

Public Library and elsewhere that you can take to help you get a job. Those programs are not available everywhere in the world. I'm grateful I am getting an education at the Concordia University of Edmonton.

Healthcare: We have access to healthcare in Canada. You do not have to die alone in despair in your home due to lack of medical treatment. There are many countries where you may end up suffering if you don't have cash or a job with healthcare insurance.

A peaceful country: We have a low crime rate, with no wars and no election fights like the ones that happen in other countries.

Bilingual nation: Canada is a bilingual country, with French and English its official languages. Canada encourages its citizens to be bilingual.

Accepting citizens: I have noticed Canadians are accepting and not judgmental compared to

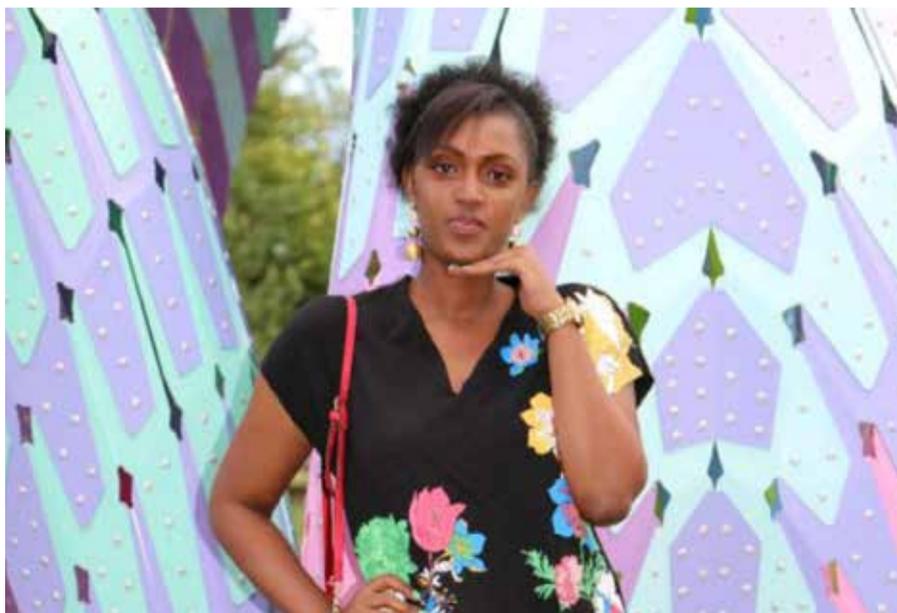
other countries. Canadians open their hearts for many causes and offer great hospitality.

Manners: Canadians are polite. When I enter a store, someone is already holding the door for me. I love it! But people say sorry too much!

All of those reasons make Canada a beautiful place. And of course, this country has amazing landscapes and places for adventures and fun.

I will be writing the Canadian citizenship test soon. The questions go deep into Canadian history, laws, and traditions. When I study for the test, I'm benefiting by learning so much more about Canada. By the end of this year, I will officially become a Canadian citizen. I feel grateful for Canada, my precious new home.

Nadine is a full-time student at Concordia University of Edmonton studying human resources management. She is researching "challenges experienced by African students, especially those who come from countries with conflicts."



Nadine Uwimana (pictured) has learned Canada has lots of positive things to offer. | Supplied

ent cultures.

I consider myself lucky to live in Canada; it's an opportunity many people in my birth country of Rwanda wish to have.

Here are some of the great

tion. Even when you don't have enough money, many people have access to student loans. Not all countries offer student loans. Plus, there are some free short programs at Edmonton

Photographer captures a shot of our past

Streetscapes and local entrances showing at art gallery

KATE WILSON

In 1974, photographer Hubert Hohn was cruising Alberta Avenue and neighbouring communities—past its pre and post-war stucco and field-stone houses—with his 35 mm camera. A year later, he focused his lens on the new suburbs pushing Edmonton’s boundaries.

Hohn was considered a catalyst of his time for photography in Western Canada. His work resulted in a vast collection of photos that recorded the architectural stylings and suburban landscapes at two growth surges in Edmonton’s history.

The collection of photographs present a fresh look at often overlooked residential settings.

“I was interested in showing that there are aesthetically meaningful ways to see suburban environments that were widely regarded as highly unaesthetic,” said Hohn.

Both series can now be seen at the Art Gallery of Alberta (AGA).

Born in Arizona in 1944, Hohn immigrated to Alberta in the late 1960s. He had studied photography with American master Ansel Adams, and completed the two Edmonton projects while he was curator at the Edmonton Art Gallery.

The exhibit reflects the importance of including local perspectives at the gallery, said Leonore-Namkha Beschi, AGA interpretation coordinator.

“It’s important to have an exhibition program that is representative of Canada’s cultural diversity and heritage,” she said.

The *Edmonton Entrances* series, with its richly-coloured and detailed entries, show how homeowners of the late 1940s and 50s brought uniqueness to what could be a monotonous suburban landscape.

The neighbourhoods include Alberta Avenue, Delton, Spruce Avenue, and Parkdale-Cromdale as well as others like

Cloverdale and Westmount.

“The decorated entrances seemed like a form of architectural design or perhaps folk art that I thought should be documented,” recalled Hohn.

In some there’s a Ukrainian influence, while others demonstrated a flair for aesthetics such as an occasional art nouveau screen door or faux stone work.

“It was a way to show social status, or simply to express their individuality,” said Beschi. “The series is quite powerful as a group, almost like a portrait of the owners.”

Hohn took all photos under the same overcast midday light at the same distance and angle. With this simplicity and repetition, he was able to emphasize each doorway’s uniqueness.

“There were no aesthetic choices on my part—the art should speak for itself,” said Hohn of his chosen documentary style.

His 1970s series, *Suburban Landscapes*, took a different approach. Photos are black and

white and play with lines and perspective. Because they were taken at midday, when suburbs are generally empty, they have a kind of landscape, painterly appeal.

“Driveways, telephone poles, backyard fences, pavement repairs . . . are not art, but can I frame combinations of shapes, tones, and textures that are aesthetically appealing?” said Hohn of his different framing style. “In *Edmonton Entrances*, we have aesthetic content without aesthetic choices on my part; and in *Suburban Landscapes*, we have aesthetic choices of non-aesthetic content.”

As part of the AGA’s community outreach, Beschi has invited community league members of neighbourhoods represented in the *Entrances* series for a private tour and perhaps further discussion.

“I think it’s a nice way of seeing the architectural heritage of the city,” said Beschi. “It’s also something people can

relate to, so people can see a part of themselves in an exhibition.”

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

HUBERT HOHN: EDMONTON ENTRANCES AND SUBURBAN LANDSCAPES

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Leonore-Namkha Beschi, interpretation coordinator at the AGA, stands beside images of entryways that permeate Edmonton’s mature neighbourhoods. | Kate Wilson

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Following the flow of words to a memoir

Local writer celebrates the release of her book

RUSTI L LEHAY

A hiker, mother, educator, caregiver, community advocate, and Alberta Avenue resident enthusiast, Patricia Dunnigan followed the flow of words to see where the stories living inside her might lead. Working with editor Jannie Edwards served as the final catalyst to turn ramblings into a delicious and evocative memoir.

"I started writing these stories in 2014, wanting to see if I had enough for a book. I knew the themes were synchronicity and intuition. Only under Jannie's guiding hand did they become a collection."

More than a memoir, *The Twisted Sisters: synchronicity and intuition* evolved into a work of art. At a Christmas dinner, Dunnigan mentioned her stories were ready, but she needed a designer. Constanza Pacher, a designer dating Dunnigan's son, piped up, "I would love to do that."

Dunnigan, clueless about book design, had no idea of the skills and dedication Pacher would devote. "She read and re-read all of the material, falling in love with the stories," Pacher

became so intimate with the material, she used designs, symbols, and blurred images from Dunnigan's journals to tell the stories through art.

Pacher's colleagues at MacEwan University urged Dunnigan to submit her book to LitFest, Edmonton's literary festival. Self-published books may be disparaged and/or labelled as amateur or vanity presses, but make no mistake—Dunnigan's book is a work of art and qualifies on several counts as professional.

Hiring a professional editor and designer moves it well beyond the realm of vanity press.

At the June 3 launch, Edwards said, "A writer must learn how to accept and reject editorial feedback. An editor needs to be gentle in the shaping." Dunnigan's soul-driven stories found a safe place in Edwards' editorial hands who was like a fairy godmother to the book. As the designer, Pacher was the wand that added the pizzazz.

Dunnigan said, "The illustrations are the pizzazz."

Readers will likely fall into one of two groups. The first group may find it so rich, they will read small appetizer chunks,

digesting slowly, living days on one story. The other group will gorge on the rich text, images, epiphanies, and the humanity Dunnigan brings to sharing her life on the page. Both groups may agree it is all gravy with no bland vegetables or plain spuds anywhere.

The art almost outshines the text. Almost. Then words like "Memories of our friendship drifted through my mind like a strip of negatives from an old camera," starts "i like it here," the story of seven-year-old Carrie. It's stories like this and people like Dunnigan that make the Avenue revitalized and a community.

Being an intuitive and sensitive person, Dunnigan said, "I always felt like I was swimming against the current. I feel like I was able to have three lives: raising my family, education, and a business life." Dunnigan left her teaching education early to care for her ill mother, then created her big dream family of six children. When her last child went to school, Dunnigan returned to her education plans. "That rocked the boat of a traditional marriage." Her second marriage brought two stepchildren into

her home and heart.

Dunnigan is a person who gathers hearts, cradles them softly, and sets them free, even when consumed by tremendous grief. In a moving set of vignettes focused on loss, she writes candidly of her son who died two days after a premature birth. Few can speak about the personal experience of grief in a way that invites others in to ask the big questions. She covers the gamut of the words offered up to those grieving from "It's God's will" to "Maybe there is no answer." Dunnigan suggests, "answers are a lifeboat we cling to in the face of indifference and despair. Stories we hope will keep us safe from the howling dogs of madness."

From musing over grief, to memories of standing in Argentinian rain with her husband, fearing their cab driver will leave, discovering later it was law to "kick" passengers out when refuelling the vehicle, and many more laughable moments, Dunnigan fulfills the key ingredients of a memoir with brutal honesty, moments of epiphany, outward searching, inner probing, and splashes it all on the pages.

"I'd like readers to be inspired to pursue their dreams, to trust their inner wisdom, and let themselves be inspired by the beauty of our planet in the cosmos."

Readers may conclude Dunnigan already inspired the people around her. Long after Carrie moved away from Alberta Avenue, Dunnigan's husband saw the girl's father on a bus. The neighbour girl who "slowed" down Dunnigan's mornings was in Grade 12 and doing well. The book is sure to inspire anyone who reads it.

To buy your own copy or contact the author for book club readings, email hikingpatricia@gmail.com.

Twisted Sisters: synchronicity and intuition is written by Patricia Dunnigan, illustrated by Constanza Pacher, and edited by Jannie Edwards.

A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.



Editor Jannie Edwards (left), author Patricia Dunnigan (centre), and illustrator and designer Constanza Pacher (right) at the book release. | Rusti L Lehay

Community BOARD

FREE MUSIC PROGRAM

Alley Kat presents: Mice District Mondays! A free music program in support of Inner City Recreation & Wellness Program. 5pm-12am. All Ages welcome. The Aviary 9314 114 Avenue.

OUTDOOR POOLS

Enjoy free admission for City of Edmonton outdoor pools! Note: Borden Natural Swimming Pool's opening is delayed.

OUTDOOR WRESTLING SHOW

Monster Pro Wrestling presents a show so big it can't be held indoors. Saturday, July 7. Bell time 2 pm. Alberta Avenue Garden. Admission \$20. Advance tickets \$17 at www.diyobo.com. Or \$15 at league office (info@albertaave.org).

CHALK IT UP IN THE COMMUNITY

July 21, 9 am-5 pm outside The Carrot (9351 118 Ave). Celebrate KDays at our free pancake breakfast and participate or watch chalk art creation on the sidewalks, alleys and streets! Pancake breakfast: 9 am-noon & hot dog roast: noon-5 pm.

Community Events

Muttstock, July 7

Kaleido Family Arts, Sept 14-16

Tibetan Bazaar, Sept 21-22

Edmonton Potters' Guild Sale November 17

Yule Ave A Merry Christmas December 15

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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

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

GLOBAL VOICES CHOIR
An informal way to practice English. Song books and light lunch provided. Thursdays, noon-1 pm at Mennonite Centre (no classes in August). More: Suzanne 780.423.9682.

ENGLISH CONVERSATION CIRCLE
Fridays, 10:30-11:30 am at Highlands Library. Part of Catholic Social Services LACE program. More: 780.424-3545.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
More: Edmonton Mennonite Centre 780.424.7709 or info@emcn.ab.ca.

FOOD & SUPPORT

EDMONTON URBAN NATIVE MINISTRY
Drop-in Tuesdays, Thursdays, and Fridays, 10:30 am and 3 pm for social, spiritual, and practical support, including computer access. Lunch Tuesdays and Fridays, noon-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

BENT ARROW TRADITIONAL HEALING SOCIETY
Various programs and services, including a soup & bannock lunch once a month. 11648 85 Street. 780.481.3451. www.bentarrow.ca.

PRAYERWORKS COMMUNITY
Hot meals & warm friendship at St. Faith's/ St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-7 pm. Sat: serving 8:30-9:30 am; open 8-10 am. More: 780.477.5931.

COLLECTIVE KITCHENS
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen: 2nd Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444. Parkdale hall: Last Sunday of the month, 1-4 pm. Check parkdalecromdale.org for details. Alberta Avenue: Sunday, 1-4 pm. Check albertaave.org for details.

PARENTS & PRE-SCHOOLERS

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

SING, SIGN, LAUGH & LEARN
Mondays and Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.

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

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

NORWOOD CHILD & FAMILY RESOURCE CENTRE
Parent & family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. www.norwoodcentre.com.

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Saturdays, 3-4 pm at Highlands Library.

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

YOUTH

EVIL GENIUS CLUB
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library.

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

GLOBAL GIRLS
Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre. Drop-in. More: 780.423.9691. Returning in September.

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

AIR CADET SQUADRON
Youth program for ages 12-18. Aviation, drill, deportment, music, marksmanship, survival, physical fitness. Thursdays, 6:30-9:15 pm Sept to June. www.570squadron.com.

ADULTS

COFFEE WITH COPS
Join a roundtable conversation with EPS. First Wednesday of month from 10-11:30 am at The Carrot Coffeehouse.

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

YOGA CLASS
Focus on senses, breathing techniques, and postures that build strength and flexibility. Thursdays, 7-7:50 pm at Parkdale-Cromdale hall.

MEDITATION INTRO CLASS
Explore mental and physical exercises in order to relax and enjoy stillness more easily. Thursdays, 7-7:50 pm at Parkdale-Cromdale hall.

GUIDED MEDITATION SITS
Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.

COFFEE FRIENDSHIP CLUB
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-2 pm at The Carrot Coffeehouse.

COMMUNITY ART NIGHT
Free art workshop for adults. Tuesdays, 6:30-8:30 pm at The Nina. Register/info: 780.474.7611. Resumes in September.

WELLBRIETY SUPPORT GROUP
Mondays, 7-9 pm at Canadian Native Friendship Centre, upstairs room #200.

SENIORS

CENTRAL LIONS SENIORS ASSOCIATION
Programs, clubs, drop-in activities, fitness centre. 11113 113 St. 780.496.7369. www.centrallions.org.

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

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, or play cards or billiards. Wednesdays, 11:30 am-12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

FAMILIES

DENE DRUMMING
Wednesdays, 1-3 pm at Canadian Native Friendship Centre, upstairs room #200.

TRADITIONAL ARTS & CRAFTS
For ages 12+. Wednesdays, 5-7 pm at Canadian Native Friendship Centre, upstairs room #200.

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

HIP HOP SHOWCASE
Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. July 18, 7-9 pm. The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
Choose from over 20 board games and let fun fill your table. Tables are free! Last Wednesday of the month, 4-9 pm at The Carrot Coffeehouse. Hosted by Catrin of GOBfest.

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

MUSIC LESSONS BY CREART
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: creartedmonton@gmail.com or 587.336.5480. Returning in September.

FREE COMMUNITY REC ACCESS
At Commonwealth Stadium on Saturdays from 5-7 pm and Sundays from 1-3 pm. Saturdays: Alberta Ave, Eastwood, Elmwood Park, Spruce Ave, Westwood. Sundays: Alberta Ave, Delton, Parkdale-Cromdale.

OPEN MIC NIGHT
Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at The Carrot's uniquely warm and personal open mic night. Saturdays, 6-10 pm at The Carrot Coffeehouse.

LOCATIONS

Bent Arrow	11648 85 St
Bethel Gospel	11461 95 St
Cnd Native Friendship	11728 95 St
Community Leagues - see page 12	
Crystal Kids	8715 118 Ave
Highlands Library	6710 118 Ave
Mennonite Centre	11713 82 St
Norwood Family Centre	9516 114 Ave
Norwood Legion	11150 82 St
Sprucewood Library	11555 95 St
St. Faith/St. Stephen Church	11725 93 St
St. Andrew's Church	8715 118 Ave
The Carrot Coffeehouse	9351 118 Ave
The Nina	9225 118 Ave





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CHURCH SERVICES

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

Two Traditions – One Faith.
11725 93 Street
St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

St. Faith: 780.477.5931
Sunday Worship:
 9:00 am Friday Prayer
 11:00 am Sunday Worship
 1st Sunday Common
 2nd Sunday Trad. Anglican
 3rd Sunday Aboriginal Form
 4th Sunday Trad. Anglican

AVENUE VINEYARD CHURCH
A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.
8718 118 Avenue
(Crystal Kids Building)
 avenuevineyard.com
 Sundays at 10:30 am

AVENUE CHURCH

A community to belong in...a community to serve with.

11335 85 Street (Parkdale Hall)
 avenuechurch.ca

Sundays
 coffee fellowship - 9:30am
 10:00 am Service

BETHEL GOSPEL CHAPEL

A Bible-based, multi-ethnic fellowship.

11461 95 Street
780.477.3341

Sunday Meetings:
 9:30 am - Lord's Supper
 11:00 am - Family Bible Hour

NORWOOD WESLEYAN CHURCH
 Meeting needs with love and compassion
 11306 91 St
 10:00 am Sunday School
 11:00 am Sunday Service

EVANGELICAL BAPTIST CHURCH

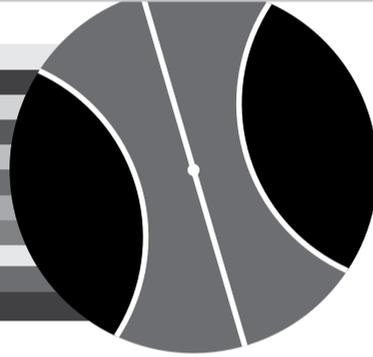
'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up'
 Eph. 4:32, 1 Th. 5:11a
12317-82 St.
780.474.4830

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

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
780-477-8677

Service Times:
 Sundays at 11 am
 A caring and loving church in your community where everyone is welcome.



SEE A PLAYGROUND, SLOW TO 30.

7:30 am to 9:00 pm EVERYDAY

edmonton.ca/why30?



Residents enjoying a campfire and pub night at Alberta Avenue on June 23 assisted with painting a mural on the garage door. | Lorraine Shulba



The June opening for Borden Natural Swimming Pool has been delayed due to a small leak in the pool's filtration pond. The hoped-for opening is in July, but crews must fix the leak first. Check the city website for more information: edmonton.ca/bordenparkpool. | Talea Medynski