

RAT CREEK PRESS

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Rallying for continued funding

Residents and consultants must meet tight deadline for upcoming budget



From left to right: Amanda Nielsen, Janis Irwin, and Christy Morin are some of the community members who've been actively involved in trying to ensure Alberta Avenue continues receiving funding for revitalization. | Talea Medynski

TALEA MEDYNSKI

Over the last few weeks, community members have been rallying together and fighting hard to keep revitalization funding and support in Alberta Avenue.

On June 18, city administration presented a report to executive committee recommending that revitalization funding be reallocated from Alberta Avenue and Jasper Place to Inglewood and Balwin/Belvedere for 2019-2022. This meant revitalization funding would end for Alberta Avenue and Jasper Place and that funding would shift to the new neighbourhoods.

Christy Morin (executive director of Arts on the Ave), Joachim Holtz (executive director of Alberta Avenue Business Association), along with business owners and community residents, spoke to executive committee asking them not to wind down support.

"This motion meant funding for Alberta Avenue revitalization could end as early 2019. We wanted fund-

ing and programming to remain in place until a plan for phase two of revitalization was established," said Amanda Nielsen, co-owner of Norwood Dental Centre.

Before the report and recommendations went to city council on June 26, they made another call to action.

"I thought we'd be better reconsider the strength of the motion and ask the community to champion a stronger and clearer ask," said Morin.

Morin, Nielsen, and Janis Irwin, a Parkdale resident, created an email template containing a letter for council members, along with a call to action to amend the original motion so funding remained. An estimated 500 people across Edmonton sent the letter to city councillors. Their efforts led to an amendment requesting a report and service package (a detailed funding plan) prior to the 2019-2022 budget process.

Great Neighbourhoods staff are now rushing to consult with the

community to complete a plan and funding request for the next four year funding cycle. Timelines are extremely tight as the report must be submitted by Aug. 18.

Current funding for Alberta Avenue's revitalization is approximately \$300,000 per year. But although the community has received revitalization funding for a decade, residents say there's still work to be done.

"In my opinion, we're not ready to transition even," said Irwin. "I know we're asking for a lot. If we hadn't already put a lot of money and time into revitalization, it would be a different story. People are willing to invest in the community. The city should as well."

Mark Henderson, artistic director of Alberta Avenue-based Theatre Prospero, said, "If this was evaluated closely enough, the city may well find they're saving money by spending money on community."

City administration intended to wind down funding even though they have not re-evaluated the need.

Community leaders feel that the Alberta Avenue district still has high social vulnerability and is still one of the highest need areas in the city.

Irwin pointed out the boarded-up buildings along 118 Avenue. Nielsen said some of those buildings are owned, but "they're taxed so low people have incentive to hold on to them."

Morin said new initiatives are needed, such as building mixed-use properties combining businesses and apartments on 118 Avenue as well as offering more programming in multicultural, arts, LGBTQ, and Indigenous areas.

Irwin said she doesn't want to pit Alberta Avenue against other neighbourhoods like Inglewood and Balwin.

"I don't think we need to sacrifice one to support another," said Irwin.

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

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Kaleido
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SEPTEMBER 14-16, 2018

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Latino celebration coming to Alberta Ave

Pachamama Cultural Festival celebrates the earth and her bounty

KATE WILSON

Pachamama Cultural Festival, an event that explores not only the colours and sounds of South and Central America but also the gifts of the earth itself, is coming to Alberta Avenue this month.

The word pachamama, from the Incan Quechua language, comes from the goddess of the same name whom the Andes' indigenous people venerate as the earth and time mother.

"Pachamama refers to planet Earth or it can mean time and space," explained Pachakuteq Espinoza Bravo, cultural executive of the Pachamama Association. "It's the planet we live on and the dimensions we live in right now. It has deep meaning."

The Pachamama Association runs the Latino Canadian Cultural Centre at 9140 118 Ave. To celebrate Latino communities in Edmonton and the Avenue area, the association has organized the festival around Latino cultural heritage as well as issues of the day.

"It is to share our culture and knowledge, and to create a fun time with music, food, dances," said Bravo. "But it is also to talk about important things our association works on."

Bravo is a visual artist, musician, and healer from Peru. He arrived in Canada in October 2017, and helped start the association with co-founder Ana Alfaro three months ago.

The Pachamama Association focuses on permaculture and environmental care, with things

like documentary films, as well as cultural preservation, with projects such as guitar classes.

"These are the kinds of things we will be displaying at the festival," said Bravo. "People can learn and also have a good time."

He explained the understanding that "the planet holds us and gives us everything we need to survive and evolve" has always been part of indigenous cultures around the globe. In that spirit, festival organizers have included a selection of documentaries about environmental issues in Latin America.

"We are trying to create awareness about what is happening in South America environmentally," said Alfaro. "Things like the continuation of mining by other countries,

oil companies drilling, other environmental issues."

They've also incorporated cultural workshops, including drumming for children and adults alike.

"We will have music therapy with drumming, some painting," said Bravo. "You just feel better after life-painting or playing drums."

A Latin dance workshop for women and information on the association's projects rounds out the awareness component.

Festival visitors will also be able to buy Latin American handicrafts. The food selections will showcase Peruvian, Salvadoran, Canadian Indigenous, and Mexican traditions.

"Every country has different fruits, vegetables, and ways

to cook them," said Bravo. "Pachamama is beautiful wherever it shows up, and it shows up everywhere."

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.

PACHAMAMA FESTIVAL

Aug. 25, 10 am to 8 pm
Dance at 6 pm
Alberta Avenue Hall
9210 118 Ave
Free admission for festival,
but admission charged for
the dance (TBA).



Pachakuteq Espinoza Bravo (left) and Ana Alfaro (right) are organizing the Pachamama Cultural Festival. | Kate Wilson

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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.

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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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I love my RCP

Groove to sultry summer jazz on Alberta Ave

Listen for two great musical series in August and September

KATE WILSON

While the Jazz Alley Showcase happening in Alberta Avenue is not entirely new, it brings a fresh vibe to a successful jam session series started a year ago.

That series was a pilot project Gus Butcher launched in collaboration with Arts on the Ave.

“Gus is a friend of mine. He organized monthly jazz jams at The Carrot last year,” explained Zack Lim, program lead for the Jazz Alley Showcase. “We thought we should continue that, but in the format used at Kaleido [Festival].”

So they moved the concept into the back alley. Located in the lane just south of 118 Avenue between 94 Street and 93 Street, the bi-weekly sessions feature a 45-minute set from an emerging or established jazz ensemble. A jam session with whoever wants to participate follows.

Lim, in his final year majoring in music composition at MacEwan University, has all six weeks of the licensed events booked. They continue until the Kaleido Family Arts Festival in September.

“It’s nice to see familiar faces, but people just walking by in the area are also dropping in,” said Lim of the attendance so far. “We tell them, this is a free event, any donation is appreciated. Come and sit down, bring your dog and enjoy the music.”

What the audience hears are the sounds of local talent.

“All bands are active Edmonton musicians in the jazz

scene,” said Lim.

The series started June 19 with Bold Quartet, which includes Lim on piano and Butcher on guitar. Its four members—like many of the line-up for Jazz Alley Showcase—came together while studying in MacEwan’s music program.

One prominent talent is Dan Davis, who teaches at MacEwan. A traditionalist who infuses modern stylings into his sax playing, he heads up Jazz Alley Showcase on Aug. 14.

Many of the artists excel in other genres as well. One of note is Joel Jeschke, who brought Evil Twin to Jazz Alley Showcase on July 17 and who also drums with Whale and the Wolf, who won Rock Recording of the Year at the 2018 Edmonton Music Awards.

“People can expect to see quality here,” stressed Lim. “I hired them because of quality.”

After the Alley Showcase’s last set, the Front Porch Series will round out a celestial cast of musical talent on the Avenue. In the third year of this successful program, described as a fiddle party on a porch, singer-songwriters, blues, jazz, and folk artists will be spilling their tones into the residential greenery at this year’s Kaleido Festival.

The original idea emerged from the interface of a Ted Talk about how community arts festivals are revolutionizing in reflecting and engaging community. The Ted Talk led to the festival team discussing what neighbourhoods in the Alberta Avenue area have to offer.

“We brainstormed on a unique part of our community, our housing stock . . . and how much of that

stock had verandas, porches, balconies,” explained Christy Morin, Arts on the Ave executive director. “We thought, why not use it for performances and engage the community?”

This year, Kaleido organizers want to expand the Front Porch Series. They’re still seeking homes from 90th to 94th street within two blocks of the festival. Interested homeowners can contact The Carrot at 780.471.1580 and ask for Allie or Leah or email program@kaleidofest.ca or contracts@kaleidofest.ca if they want to offer their porch as a venue.

Lim, who’s played at Kaleido Festival for three years now, hasn’t been involved with the Arts on the Ave organizational side until this summer.

“I think the work they do is fantastic,” he said. “It’s how we bring community events and members together. It’s community building.”

The Jazz Alley Showcase continues Aug. 14 and 28. Shows run from 7-9:30 pm. Cost is an optional donation of \$5 at the door; 18 and under is free. For more information, visit thecarrot.ca/events.

The Front Porch Music Series happens during Kaleido Festival, Sept. 14-16. For a schedule of performances, go to kaleidofest.ca

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.



The Jazz Alley Showcase takes place in the alley south of 118 Avenue between 94 Street and 93 Street. | Christy Morin



Donations are appreciated at the Jazz Alley Showcase. | Christy Morin

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Westwood unveils new spray deck & fountain

Everyone can access the league's newest water features

STEPHEN STRAND

Westwood Community League used to be home to an ornamental pond, but now houses a brand-new spray deck and fountain, designed for easy access and entertainment.

On June 27, the water features unofficially opened with a small yet upbeat turnout.

"I think it's been positive for the most part. I don't know that a lot of people have had a full chance to get out here. Of course, we had the hot, hot weather the week before, which would've been perfect to have this open," said Kim Ellis, president of Westwood Community League.

It's taken some time for the project to come to fruition.

"In 2011, Alberta Health Services identified the pond

as a health hazard. It had to be removed under their order. We were working with the city, back and forth, on what we would want," said Ellis.

Due to the unfiltered and standing water, the water depth, and lack of lifeguard on duty, the pond fell under the same umbrella as the rest of the city's wading pools, which closed in 2010. The community league wanted proper filtration to keep the wading pond open, but it was too costly so they had to come up with a different plan.

In 2014, the city presented the public with two design concepts.

"One [design concept] was more what you would see at traditional spray decks, with the dragon's heads and the buckets dumping, and things like that. And through public consultations, this one won more of the

vote to go with this feature," explained Ellis. It took two years to work out any kinks and in 2017, construction began.

The successful design is a circular concrete pad with water spouts spiralling inwards.

"[Residents] liked that it was not necessarily aged. So, if an adult wanted to go in, they might not feel so ridiculous," Ellis added with a chuckle.

This design also allows nearby residents to easily access the spray deck and fountain.

"We have our seniors complex on the same property, so we wanted to make sure this space was accessible for everybody."

The spray deck is barrier-free, so anyone who wishes to play or cool off on a hot day can do so. In fact, the barrier-free philosophy has been applied to as much of the park as possible,

including extending the tops of the picnic tables so people can fit wheelchairs under them.

Another benefit of the chosen design is the sight-lines. From the benches you can see everything.

"My kids are older now, but they always wanted to be in two separate spaces. I like the sight-lines. I can keep an eye on one that is playing around in the park and one that maybe wants to be in the water feature," Ellis said.

An official opening party with planned activities takes place on Sunday, Aug. 5.

"We have a couple of food trucks coming. We are looking at trying to get a DJ. We are looking at having rainy weather plans, which would be face painting, bubbles, sidewalk chalk kind of fun stuff," Ellis explained and added organizers

will also hand out popsicles. The event is free to attend.

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.

WESTWOOD SPRAY DECK & FOUNTAIN

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The spray deck is barrier-free. | Stephen Strand



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Sample music at Mice District Mondays

The Aviary's program offers free live music to the community

MARI SASANO

Some of us will remember Tiffany's Bird Shop on 111 Avenue. Philip Muz grew up in nearby Highlands, and has a photo of himself as a kid with a big parrot in front of the store.

Decades later, this January, he and his brother, Mark, reopened that space as The Aviary, a live music venue replacing their old space, the Artery on Jasper Avenue which was demolished to make way for the LRT.

When they opened in January, the Muz brothers knew they wanted free music once a week for the community.

"We came up with the idea of this program but wasn't sure if it would work because programs didn't work at the Artery," said Muz.

"Mice District" is a play on the words "Ice District", the area around downtown's new arena.

"We thought it would be cool to call it 'Mice District' for the area of town," he said. Muz explained the name also acknowledges the more humble profile of the neighbourhood, as well as the old Rat Creek that used to run along 111 Avenue. Although Mice District Mondays was initially meant as a showcase for local bands, Muz is now bringing in touring acts for free shows every Monday.

"It's a way to get people out to The Aviary to be able to bring

your kids and have a cheap night out. It's showcasing music and making live music accessible in the neighbourhood."

The Aviary has been running Mice District Mondays since the beginning of May, supporting the program with tips

endar is more full. It's been well received. We've had a wide variety of musicians, playing everything from hip hop to indie rock to Zimbabwean pop. There's no specific genre, but I want to keep it diverse. It does need to be agreeable for everybody, so

down, it's a hip, friendly atmosphere with cheap drinks. My brother and I are both musicians and artists so we're holding a high standard of what we're bringing in here—we've had a couple Juno-nominated acts."

Acts have included Bardic

people. It's maybe 50-50, people coming to see that specific performer as a fan, and the other half is coming because it's a free music night, just to hang out. It's in walking distance. And we have \$4 pints of beer, so that's pretty good. It's a diverse crowd."

The Aviary is currently looking for another sponsor to help pay the performers and bring in bigger names, and Muz is planning to include artist-curated nights as well. He hopes The Aviary will become a regular hangout for the community, as well as bring in people from across the city to enjoy what Norwood has to offer.

"I love the neighbourhood. There's a lot of benefits to being in a residential community. We're on a commercial strip with lots of people, different things to do, but not live entertainment seven nights a week. It's been fun."

Mari is a writer and civil servant.



Philip Muz, co-owner of The Aviary, says the Mice District acts have had a good reception so far. | Mari Sasano

and a sponsorship with Alley Kat Brewing Company. Muz is happy at the reception so far.

"It's been really good! It was a little hit and miss at first, but we have some really good momentum now that the cal-

probably no aggressive thrash metal bands. It's geared towards families and stuff that everyone can enjoy."

Muz hopes to fill a need in the area for live music. "For someone thinking about coming

Form, Jay Gilday, Billy Moon, Electricity for Everybody, and Jerry Leger.

The Aviary is all-ages, so people are encouraged to bring their families.

"It's a really good mix of

MICE DISTRICT MONDAYS

Every Monday, 5 pm to midnight
The Aviary
9314 111 Ave
www.the-aviary.net
Instagram @aviarynorwood

You're invited!



Avenue Initiative Revitalization - Drop-in Event

Come share your feedback

Date: August 13, 2018

Location: Westwood Community League (12139 - 105 Street)

Time: 6 - 9 p.m.

Refreshments will be provided.

On June 26, 2018, City Council directed Administration to "work with the Alberta Avenue and Jasper Place communities to develop transition strategies for the revitalization areas and provide a report and service packages prior to the 2019-2022 budget process."

Come share your input on our proposed strategy outline on August 13, 2018.

For more information:
edmonton.ca/NeighbourhoodRevitalization



Supporting a local social enterprise

The Bissell Centre has resources for people in need

AYDAN DUNNIGAN-VICKRUCK

I am orienting an intern to social service supports in the inner city, one of my intriguing job opportunities as a social worker in the hood. We are in front of the Bissell Centre on 105 Avenue and 96 Street, gingerly stepping around an assortment of shopping carts and bicycles with their guardians standing by, smoking, socializing, sleeping. We make our way inside.

“Aren’t you scared?” my intern asks. “All these homeless people. Doesn’t anyone attack you or threaten you?”

Apparently the assumption is that if someone is homeless or dependent upon social services, they are somehow morally deficient. It’s a common misunderstanding.

“I cycle by here most work days to check up on a few of my clients. With any luck, I will find one drinking coffee or using the washing machine or talking with staff. I consider that a good thing,” I respond.

I make an appointment to chat with Devin Komarniski, media contact for the Bissell Centre, to get his take on why people become homeless.

“Certainly there are the economic causes; a lack of sustainable affordable housing, low minimum wage, lack of support networks. But apart from these, you can’t give a blanket reason,” said Komarniski. “Everyone has their own story. People are on the street because they have no support networks to fall back on in hard times. They get caught in a downward spiral of depression, loneliness, and addiction. Most have lived

with trauma, conflict, victimization. Many are merely mimicking dysfunctional patterns learned from inter-generational poverty.”

He continued, “That is where we come into play. Our motto is: Support each person in

of poverty and homelessness. Support is provided to 600 families through different programs. For those who qualify for the Early Childhood Development program, childcare is free on a temporary basis, while the Family Support

program also addresses why eviction occurred so that it doesn’t happen in the future. Financial literacy and budgeting is provided in conjunction with the financial support.

Day-to-day supports at their drop-in centre include food

literacy workshops, computer classes, arts and recreation programs, drumming circles, and smudges.

Over 100 unique individuals are assisted every week. The newly-renovated facility is spacious, attractive, with washing machines and showers available free of charge.

In addition to the administrative building and day-use centre on 96 Street, there is the Bissell Thrift Shoppe on 88 Street and 118 Avenue; Hope Terrace, a residential facility for adults with FASD (Fetal Alcohol Spectrum Disorder) near the Stadium; and Moonlight Bay Centre on Lake Wabamun, a summer camp providing an escape from the pressures of the city.

I suppose the confusion of my intern is understandable. On a quick drive by, you don’t gain the insight that this is a learning community where people are working to better their situation.

Those who wish to support the Bissell Centre and its clientele can do so in a variety of ways.

“We have more than 900 active volunteers,” Komarniski boasts with a broad smile. “Sign up to help, or donate or shop at the clothing store. There are always lots of opportunities.”

For more information, visit www.bissellcentre.org/communityspace.



The Bissell Centre helps support 600 families. | Aydan Dunnigan-Vickruck

their individual journey out of homelessness.”

The Bissell’s objective is to create a safe and inclusive environment that provides opportunities for reflection, healing, and reconciliation, so that people can get out of the cycle

Services staff often provide single moms in financial distress with diapers and formula. A loan equivalent of one month’s rent is available through the Community Bridge program, funded by Enbridge, for families facing eviction. The pro-

and coffee, clothing, showers, laundry hygiene items, phone, Internet, haircuts, and foot care. Educational supports include housing workshops, employment, mental health services, addictions counselling, victim services, skills training,

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.



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ArtsCommon 118 kicks off with a bang

Party introduces hub design and programming to the community

MARIL MURRAY

On Aug. 29 at 6 pm, everyone is invited to the first ArtsCommon 118 Community Party.

The party, taking place on the very land that will hold the two-building creative hub, will feature light fare, live music, and the current design and programming concepts. The design presentation will run twice, with the first seating at 6:30 pm, and the second an hour later.

ArtsCommon 118 was sparked in 2007, thanks to former mayor Stephen Mandel, Christy Morin, executive director of Arts on the Ave (AOTA), and the support of the Avenue Initiative. The hub will bring

multiple benefits to the district. The design includes live-work space for artists, a black-box theatre, commercial retail, a music school, art markets, informal performance areas, exhibition space, offices, outdoor markets, a café, and two rooftop garden farms. With sustainability and net-zero in mind, the design will include solar panels, high R-value materials, and geothermal heating options.

Momentum for ArtsCommon 118 has been growing ever since the City of Edmonton offered the old Alberta Cycle building to the community as a gathering place, who used it for theatre and art events until it was demolished due to structural problems. The grassy space

where it stood, as well as the empty lots across 92 Street (east of the Nina), will house the hub. The street and alley will be transformed into a pedestrian area of shopping, culture, and vitality.

“We’re eager to get shovels in the ground,” said Morin. “ArtsCommon 118 is important to AOTA, its board, and the community. We’re hoping to see both longtime and new community members at the party—we need everyone’s input.”

Past community consultations and design charrettes led by AOTA created the project name, focus, and purpose, and formed the basis for a recent feasibility study by Manasc

Isaac Architects.

AOTA’s partner on this project is Edmonton Community Development Company (ECDC). Mark Holmgren, ECDC’s executive director, explained the economic benefits of the project: “ArtsCommon 118 will bring jobs to the area, not only during construction, but also into the future as ECDC operates and maintains the building.”

ECDC, like other CDCs across North America, exists to undertake economically viable projects that bring direct social benefits to communities. Learn more at www.edmontoncdc.org.

We look forward to seeing you there! Please RSVP to

mlpolydore@edmontoncdc.org.

Maril, MBA, CMC, is a Principal at Nuovoco Consulting. She brings strategic and leadership skills to organizations in the private and public sectors. Maril’s focus is on helping her clients to grow revenues and profitability. Learn more at nuovoco.com.

**ARTSCOMMON 118
COMMUNITY PARTY**

Aug. 29, 6 pm

**Grassy space on 118 Ave
and 92 St**



Kaleido’s Tawakin Village 2017 on ArtsCommon 118 land. | Christy Morin

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Randy Boissonnault MP/Député - Edmonton Centre



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Randy.Boissonnault@parl.gc.ca



Brian Mason, MLA

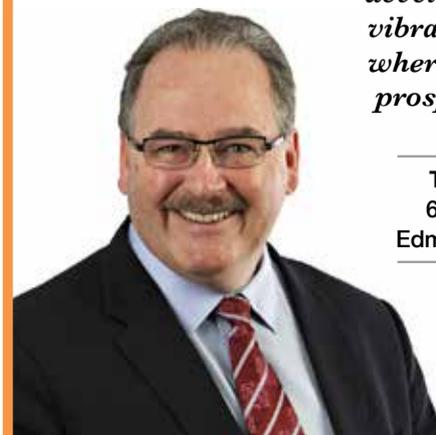
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~ develop strong and vibrant communities where everyone can prosper



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Borden pool finally open to the public

Natural swimming pool is a summer oasis

CONSTANCE BRISSENDEN

For two years, we've been waiting to dive into Borden Park's natural swimming pool. On July 6, it finally opened for a test run for local community league members. They came, they saw, they swam, and they raved.

The impressive new pool is 43 metres long and 16.8 metres wide. Sand on one side, with lounge chairs and umbrellas scattered around creates a beachy feel. Spacious individual change rooms have lockable doors.

While popular in Europe, only two natural swimming pools exist in North America. The second is in Minneapolis, Minnesota.

The water is 23 degrees, "like swimming in a lake," according to Shauna Graham, site coordi-

nator and operations supervisor for the city's leisure centres. The pool is Canada's first naturally treated swimming pool, with aquatic plants, plankton, and filters taking care of filtration.

Environmentally unique, the \$14.4-million pool suffered growing pains. Looking back, Graham said, "I call it a journey. We had to make changes to the original concept, we replaced the original builder, we did a risk assessment, and we couldn't build in the winter."

As families poured in, the most commonly heard word was "awesome." Renee Beaulac brought her two young children from Highlands for a swim. "I love it," Beaulac said in appreciation.

Coming from Bellevue, Shelly Carson and Kevin Egli swam in the deep end with their daugh-

ter Anevey Fraser. "It is cold," commented 15-year-old Anevey with a smile, "but once you get in and move around, it's pretty good."

Small children had no problem with the water temperature. Two-year-old JC played happily with mom Maribeth Nebril in the tot pool. Dad Nicole Nebril sat nearby with family friend (and southside resident) Dianne Cariaga.

Nebril was an environmental planner in the Philippines and this was his first visit to an outdoor pool. "I think it's great. Instead of chlorine or artificial chemicals, the pool uses plants to disinfect the water. Maybe it's an idea that could be tried in the Philippines."

One of the most enthusiastic visitors has been coming to Borden pool for more than 75

years. Joan MacGregor, a life-long Highlands resident, attended the pool's grand opening on July 11 with 18-year-old grandson Spencer Acheson.

MacGregor shared her childhood memories of the pool. "We would stay all day at the pool, and the water was really cold. Our teeth would be chattering," said MacGregor. "This water is pleasant."

Was the pool worth the wait? Undeniably, yes. It's an oasis in a beautiful park.

The last words should come from MacGregor: "It's forward-reaching, it's built to last, and it's lovely."

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

POOL TIPS

The pool is sensitive to phosphate (sunscreens, lotions, hair products, soaps, detergents, etc). Swimmers must take a head-to-toe shower before using the pool. Free lockers can fit small possessions. Paid lockers (\$1.50) can fit a small backpack. Bring only unopened bottles of water.

Borden Park natural swimming pool
7615 Borden Park Road NW
edmonton.ca/borden
ennaturalswimmingpool

Open noon to 8 pm daily until September long weekend (weather permitting). Free admission.



The family that swims together includes (left to right) daughter Anevey Fraser and parents Shelly Carson and Kevin Egli at the July 6 beta testing for community league members. | Constance Brissenden



Nicole Nebril enjoys the Borden Park's pool with his wife Maribeth and son JC. | Constance Brissenden



Lifeguard Lillian Clutterbuck surveys the pool after visitors pile in for the July 6 community league test opening. | Constance Brissenden

Our community is an Instagram hot spot

Check out these local places for beautiful photo opportunities

LINDA HOANG

There are many Instagrammable walls in Edmonton. These are walls that catch your eye, that have a pleasing aesthetic, and that photograph well for social media.

Instagrammable walls can be mural or graffiti walls, brightly-coloured walls, interesting texture walls, you name it. These interesting walls add to the beauty of a city and can attract people to a location that might

otherwise not be frequented.

Or—these walls can surprise you. You might have walked or driven by these walls many times, but didn't notice its Instagrammable quality. You might turn a corner and find an Instagrammable wall in the alley.

One of my favourite ways to explore a neighbourhood is by looking for and photographing its walls!

Alberta Avenue is full of Instagram-worthy spots

and in June, I led a group of 50 Edmontonians on an Instagrammable wall photo walk along the Ave with my friend Brittney.

We visited just a few of the walls between 93 Street and 84 Street on 118 Avenue.

There are tons of other murals and art pieces all along the Ave. You'll find taller murals on the east side of the Nina Haggerty Centre for the Arts, an alley of murals between Popular Bakery and The Carrot, and lots of

other eye-catching pieces on your walk.

View more photos from the Alberta Avenue Instagrammable wall photo walk and find out information on upcoming walks at the Instagrammable Walls of Edmonton Facebook Group.

You can also find an ongoing Guide to Instagrammable Walls of Edmonton on my blog.

Linda is an Edmonton area blogger who writes about food, lifestyle/events, travel, pets, and community at www.linda-hoang.com. She is also a Social Media Strategist at communications agency Calder Bateman, a proud fur-parent to two cats and two dogs, and the founder of the Edmonton International Cat Festival.

Reprinted with permission from Linda Hoang and the Alberta Avenue Business Association.



AVENUE THEATRE WALL | 90 St & 118 Ave
Amira Mae Bere and Melodie Juco pose beside the colourful drawings on the Avenue Theatre. | Martin Bui



PROFESSOR MARVEL WALL | Optimum Auto Services
| 84 St & 118 Ave. | Maggie Glasgow



NORTHERN PACIFIC WALL | 91 St & 118 Ave.
A group of around 50 people joined Linda Hoang on a walk along 118 Avenue to check out our Instagrammable walls. | www.linda-hoang.com

A tribute to a lifelong Delton resident

Walter Gurba was a treasure of the community

MIMI WILLIAMS

On June 28, a long shadow cast itself across Delton as word of Walter Gurba's sudden passing spread through the community. Taken one day shy of his 83rd birthday, Wally was a fixture of this community since he first moved here with his wife Alvina in 1957.

Holding the role of president of Delton Community League for over 28 years, he was part of the group of residents that worked to build the league hall, which first opened in 1978.

He spent decades caring for that hall. I first met him when my family lived in Alberta Avenue and I would bring my sons over to the Delton rink to play shinny hockey. It was always a pleasure to talk with Wally over a hot chocolate while watching the kids skate. He had a deadpan sense of humour and took great joy in making you laugh out loud, especially if it took you a second to get the joke.

That rink meant the world to Wally, as it did to so many hundreds—no, thousands—of kids who skated on it over the past 30 or so years. He lovingly cared for the rink with the Zamboni that

he scored at a bargain basement price from a decommissioned Sportex rink. He spent a good chunk of his "retirement" tinkering with that machine and positively glowed when he overheard the kids brag about having the best outdoor ice in the city.

After a house fire displaced my family from Alberta Avenue in 2007 and a house across the

a legacy that will be enjoyed for generations to come. With his family continuing the tradition of community service by remaining active on the community league board and as volunteers around the facility, it is clear the extended Gurba clan will carry on their gido's commitment to making their little corner of the world a better place.

On a personal level, I would like to express my gratitude for the kindness he showed my children (as he did all children) for so many years as they were growing up and skating on that rink. It was my youngest who let me know that Wally had passed away and the grief in his voice was pretty hard to miss.

Walter was a grandfather figure for hundreds of kids like mine who didn't have one in their lives and for that I will be eternally grateful.

My family and all of us here at Rat Creek Press wish to express our heartfelt condolences to Wally's family. Thank you for sharing him with us. He'll not be forgotten.

He'll not be forgotten.

Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work, and play in Edmonton.



Walter Gurba with the Zamboni he used to make Delton's excellent ice. | Karen Mykietka

street from the rink came on the market, I snapped it up. As a single mom struggling to keep two young men on track (and not always succeeding, I'll admit), that rink provided countless hours of recreation to a whole lot of kids that needed not only positive activities but also positive role models in their lives.

Wally's tremendous contributions to our community have left



11803 86 St 780.477.2354
ewcl@shaw.ca
eastwoodcommunity.org

August features gardens and games at Eastwood

Community garden

Our community garden is in full bloom! It's located just north of our sports centre at 11903 86 St. 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 visit our Facebook page for postings and updates on the events mentioned above.

Edmonton Dice League Open gaming event

Are you interested in tabletop gaming?

Do you like playing Warhammer? From Aug. 25-26, Eastwood Community League Hall will be hosting two days of gaming and war in the grim dark! With check-in at 8 am and games starting at 9 am, competition will be fierce and fun. The minimum \$10 donation goes to children's charity. Please register by Aug. 4. Find more information on the event's Facebook page, which likewise can be found through our own Eastwood Community page.

Office hours

Have further questions, comments, or just want to help out? Stop by the league hall on Wednesdays from 3:30-6:30 pm. Our doors are open and we are always welcoming community members to step up to the plate.



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.

HEY NEIGHBOUR!

EASTWOOD CALL FOR VOLUNTEERS SUNDAY, SEPTEMBER 23, 2018

Eastwood Community League is organizing a neighbourhood clean up and we need your help for:

- Driving (must have a good drivers abstract and valid licence)
- BBQ'ing
- Greeters

Please email ewcl@shaw.ca to volunteer

Information on the clean up will be released closer to the event



Ways to connect with your neighbours

Take the time to say hello with these simple strategies
LEARN MORE AT NEIGHBOURCONNECT.CA



A giant game of Jenga is a wonderful way to play outdoors in the summer. | Supplied



Simple fun with a hula hoop is a great way to meet your neighbours. | Supplied

This summer, the Neighbour Connect team has been working hard introducing neighbours to one another by hosting different activities in the area. Here are some other ways to connect.

Make a hello card. Paint or draw a simple card that just says “Hello, neighbour!”

Organize a potluck. If you don’t have the space to do this in your own yard or home, we’d be happy to help you arrange something on the street or even at the community centre.

Help with outdoor chores. Mow a neighbour’s lawn in the summer, shovel their snow in the winter, or do anything else to help out.

Offer your help or expertise. If you notice an elderly neighbour struggling with yard upkeep, or a neighbour’s trash cans blowing into the street, help out! If you’re a great mechanic, handyman, cook, photographer, tutor, or anything else you feel might be useful, don’t be afraid to offer help to those who may need it.

Host a holiday-themed party. Labour Day, Canada Day, Halloween, Christmas, even a back to school brunch—each holiday presents an opportunity to get to know your neighbours and build connections.

Build a block directory/contact list. This is handy to have on hand to help a neighbour, plan a party or event, or report any safety concerns on the block.

Invite neighbours over to watch the game. Football, hockey, baseball, curling: there’s always some kind of sporting event happening and gathering in front of a television to cheer on your favourite team is good fun for everyone.

Ask a neighbour or two if they would like to join you on a walk. It may feel awkward at first, but it’s a simple way to connect with neighbours. To start a conversation, try discussing how long you’ve lived in the neighbourhood and what you like about living there.

Bake something or share some of your garden harvest. People often exchange baked goods during the holidays, but why not try it out on any ol’ Tuesday? Very few people are ever disappointed in cookies, fresh bread, or brownies.



your community league



Elmwood Park COMMUNITY



Greenshack
 Free playground program
 July 3 – Aug 23
 2:30 - 6 pm

Spray park hours
 9 am to 9 pm

Bring the kids out for some fun!

12505 75 Street

INDOOR SOCCER REGISTRATION



Delton League
 12325 88 Street
 780.477.3326

Info & registration at:
emsanorth.com/play/register/5351-2/
 Pre-pay online with credit card or pay cash or cheque at one of our registration days:
 Sunday, August 26 from 1-3 pm
 Wednesday, August 29 from 6-8 pm
 Saturday, Sept 8 from 11am-2pm
 Tuesday, September 11 from 6-8 pm
 \$20 late charge for registration after Sept 11.
 2018-19 league membership is required.



SPRUCE AVENUE SPRAY PARK
 Open 9 am to 9 pm

GREEN SHACK
 Monday to Friday 2:30 to 6 pm

CELEBRATE SUMMER IN WESTWOOD!

And the Grand Opening of the Westwood Community Fountain and Spray Deck!

Children's Activities! 
 Food Trucks!

MUSIC!
PRIZES!
 and more!



AUGUST 5 2018 | 12PM • 4PM
 WESTWOOD COMMUNITY LEAGUE

12139 105 STREET NW

Saying farewell to a community contributor

Judy Allan retires as the Avenue Initiative coordinator

TEKLA LUCHENSKI

Judy Allan is already at The Carrot when I arrive to meet her. She is a lively person, wearing bright colours and with a bright smile to match. People approach her with hugs and happy greetings. It is easy to see that she is well-known at this social hub.

As the city's Avenue Initiative coordinator, the city's revitalization project for 118 Avenue, Allan was in the neighbourhood regularly and has become well-acquainted with the people. She worked with community members on the Avenue Initiative, and left her mark in her own way. It shows in the way she is received. She retired on June 15.

According to Allan, this has been a favourite community in all her years as a community developer. "I love the level of mobilization in this community. The initiatives I worked on were community-driven—not just the city delivering services. It's been amazing to be a part of it," she said.

Allan said she has always enjoyed community development. Before her role as the Avenue Initiative Coordinator, she worked in the Green Shack program, eventually becoming a community recreation coordinator. When the Avenue Initiative began, it fell to her department

to consult on the project.

"We spent a year consulting [with] the community about their concerns and issues. The Avenue looked much different at the time, and community members were concerned about increasing its vibrancy and safety. The focus resulting from consultation became safety, streetscape, beautification, cleanliness, and development," said Allan. "Our first efforts focused on aesthetics and safety."

The project began with a focus on building new, wider sidewalks and improved lighting. Those changes made a big impact. People felt

safer walking on the sidewalks, which had been quite narrow before. Better lighting increased a sense of safety, but it also moved dangerous or criminal activities off 118 Avenue. The wider sidewalks narrowed the avenue, which slowed traffic

considerably.

A year later, in 2006, Allan said that "the arts community started to bubble up. Now it has a whole momentum and life of its own."

As a self-described introvert who loves people and especially

and my contribution. It wasn't just me doing things. It was me supporting people in the community as they made changes happen."

She explained her style of leadership is more supportive. "Seeing how people grow and become strong leaders. I love that." She continued, "I really value the relationships I've built. I'm not a very controlling leader. I lead from behind. I like to help people see their talents, because everybody has something to offer."

Allan is excited for the community to have a new person in the role after all these years. She emphasizes the importance of "creating sustainability and transitioning when leadership changes."

For the time being, Allan is happy to be at home, enjoying the summer with her partner.

She loves her garden and her dogs, and loves spending time with them. She will continue to volunteer at a local rescue organization, where she is a board member.

"Don't think I'm done," said Allan. After a well-deserved rest, she plans to enjoy traveling. Her love of travel takes her off the beaten track, as she prefers to make her own plans rather than book guided tours. British Columbia, Chile, and Ecuador are possible destinations in the near future. As a traveler, she loves to stay in one place long enough to "get to know the city."

Allan contemplates getting involved in community development abroad, but has not made any specific plans to date. "I'm excited to say, 'I don't know,'" she laughed.

We wish her well, wherever her new path takes her.

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.



Judy Allan served the community for many years as the Avenue Initiative coordinator. | Rebecca Lippiatt

enjoys interacting one-on-one, Allan said she feels proud of the community for its efforts and ability to mobilize and enact real, positive change. She is modest about the impact she has had as a leader here, insisting that "the project transcends me

ArtsCommon 118 COMMUNITY PARTY

Wednesday, August 29
6:00 pm | 92 St & 118 Ave

Join the Party!

Wednesday, August 29th at 6:00 pm

Light fare will be served

At the Grassy Space

92 Street and 118 Avenue

6:30 pm Presentation and Conversation

7:30 pm Presentation and Conversation

Share with us your excitements regarding the future site of this community Arts Development. We look forward to meeting you and receiving your feedback and vision with us.

RSVP: mlpolydore@edmontoncdc.org
or call 780-996-4488



EDMONTON CDC

arts on the ave



Come visit us at the
ArtsCommon 118 table during
Kaleido Family Arts Festival
September 14-16, 2018

Air cadets provide valuable life skills

Local cadets look forward to special field training exercise

TEKLA LUCHENSKI

Lieutenant Paul Alberto graciously greets me and gives me a tour of Brigadier James Curry Jefferson Armoury, where the 570 Sir Winston Churchill Royal Canadian Air Cadet Squadron (570 Squadron) trains. Soon after, Leading Air Cadet Stephen Westerman joins us. When Alberto, Westerman, and I sit down to discuss the upcoming field training exercise scheduled for September, Westerman proves to be a remarkable 13-year-old.

Westerman's respectful but confident demeanor embodies what it is to be a part of this organization. It also demonstrates the importance of the upcoming field training exercise, which aims to provide

fun learning experiences for cadets, while imparting important practical knowledge and life skills. He speaks softly, but with assurance as he relates his story of being part of the squadron. Alberto answers questions about the squadron, but also mentors Westerman by respecting his contribution. They work as a team.

The field training exercise from Sept. 21-23 at Hastings Lake is an extension of the regular cadet program, which runs 10 months of the year, with cadets meeting at least once a week for three hours of drills and classes.

During the field training exercise, cadets and their leaders will spend three days camping together for fun and learning. The intense experience sharpens leadership and team build-

ing skills. It will include setting up the camp, setting snares, building shelters, and starting a campfire without matches. They will also have training in search and rescue and first aid.

Leaders like Alberto will support cadets in leadership roles throughout the weekend. Alberto explained, "We introduce them to these skills bit by bit through the years. Our primary goal is teaching practical skills. Our secondary goal is to teach leadership and *esprit de corps* [pride, fellowship, and loyalty]. After 48 hours, cadets really get to know each other. It's great for confidence and self-esteem." He continues, "To suddenly be a cadet for 48 hours is a much bigger experience [than the weekly meetings cadets attend]."

Westerman said he wanted

to try being part of the 570 Squadron because, "My mom went through it, so I should try it too, to see how my experience would go. It went well."

Alberto added, "It is very common to have family and generational ties in the cadets."

Anyone aged 12-18 can join the cadets. Family tradition of membership or not, Alberto said friendships forged between cadets often last a lifetime.

Alberto emphasized, "We want [cadets] to go out and try. Cadets is a lot of work, and intense. We want to make sure they are prepared for success. We create a safe environment to 'fail' in."

Westerman loves the survival training weekend. He said, "Anything I do, I'm just not afraid. You want to get [young people] out of fear so they'll be

much braver in life."

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.

570 SQUADRON

**Brigadier James Curry
Jefferson Armoury
11630 109 ST**

**www.570squadron.com
Contact Susan Sexsmith:
president570@gmail.com or
780.991.3113**



From left to right: Lieutenant Paul Alberto and Leading Air Cadet Stephen Westerman will attend the field training exercise in September. | Rebecca Lippiatt



Lieutenant Paul Alberto will support cadets in leadership roles during the three day event. | Rebecca Lippiatt



Leading Air Cadet Stephen Westerman joined cadets because his mother had been a cadet. | Rebecca Lippiatt

Spark! Youth Camp ignites fun for kids

Two-week day camp is a great experience for participants

CONSTANCE BRISSENDEN

Lunch hour at Spark! Youth Camp at Alberta Avenue Community League hall is busy and noisy. Camp participants eat pizza after spending the morning learning about theatre. Some, like 13-year-old Violet Walker, are mastering the technical side. Others, like Nyctea Hazewinkel, a Grade 5 student, are taking acting.

"We made pizzas that show our personalities," explains Walker. "My pizza is kind of sweet but kind of not." Some pizza combinations may never be repeated, such as one with bacon bits and chocolate.

This summer is the fourth year of Spark! and Walker has attended from the beginning. Taking the technical side of theatre, she's learned about lighting, props, sets, and costumes. In performance, she has expressed her creativity as a playwright and an actor.

Hazewinkel is attending Spark! for the first time, focusing on performance. He's in a group for ages seven to 10 years. His parents heard about the camp by word-of-mouth. When they asked Hazewinkel if he'd like to attend, he said he was "right on board."

He's enthusiastic after a morning improvising with Joleen Ballendine from Rapid Fire Theatre, using everything from a garbage can to a mop.

"I feel free, I can be anything I want," Hazewinkel says. "I was inspired. It's the real deal, awesome."

The aim of the 36 students is the creation and performance of a play, which took place on July 21. The students, with guidance from professional instructors, create the script and roles and are in charge of all technical and design aspects.

Spark! was launched by Lianna Makuch, an actor, producer, teacher and director, and Chris dela Cruz, a theatre technician/technical theatre instructor. The staff consists of nine professionals, including two youth leaders. Others come

in to teach short sessions such as mask making, magic, culinary arts, and multimedia painting. Parents pay a fee of \$250 for their children to attend.

What started as a two-day camp now runs for two weeks.

On performance day, the appreciative audience fills the hall. Parents, friends, and the public wait expectantly.

Before the show starts, dela

ed places, too." Characters in the fast-moving play include a fluorescent purple talking llama, the "DDDS" (Deadly Divorced Dad Squad), a maniacal mayor, and more.

For Walker, the list of neat

have to say. We have to remember lines, so we memorize with friends. Working with other people makes learning a whole new thing," she says.

Her mom, Montrose-based clothing designer Sabrina O'Donnell, is a big fan of Spark! "It's such a cool opportunity for the kids of the community to have this type of theatre camp," she says. "Violet has gone to many summer programs. She says this one is the best. The instructors bring great talent and share it with the kids."

More than 12 sponsors now include TELUS Edmonton Community Board and Alberta Avenue Community League. Donations to the silent auction fundraiser came from 34 local businesses. Chona dela Cruz, Chris' mother, has supported the program financially from the beginning. "The growing sponsorship really helps. I've seen great improvements this year," says the local realtor.

"We could expand," adds dela Cruz. "There is talk of it. It's really, really popular."

Hazewinkel certainly hopes to be back. "I'd like to try technical next year," he says a little wearily immediately following the play.

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.



Actors perform in scenes from the play, *The Llama Heist: The Mayor Strikes Back!*, which was created, designed, performed and run by Spark! Youth Camp members. | Mat Simpson Photography

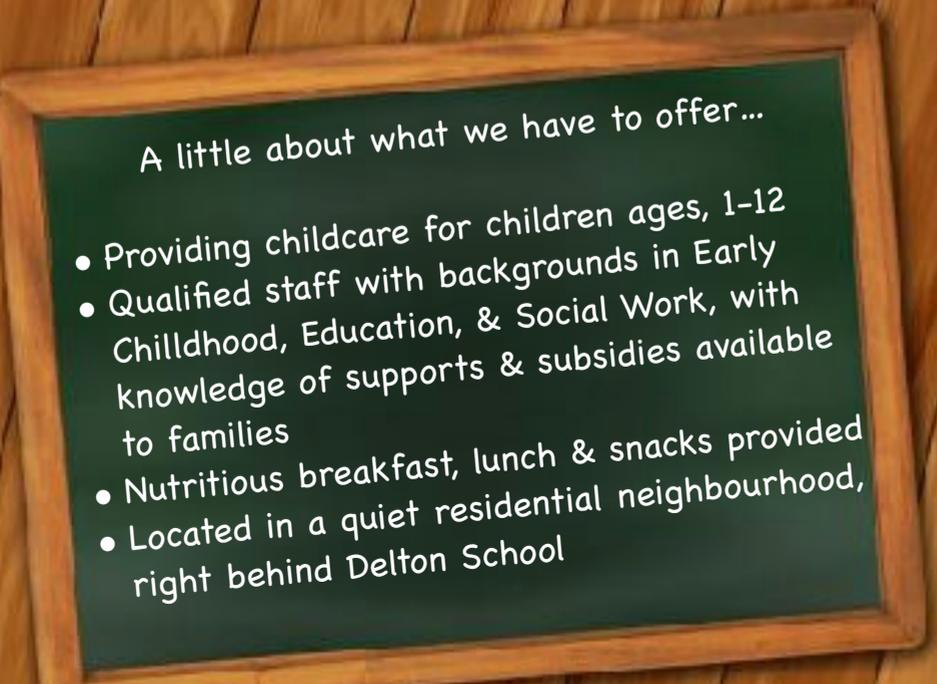
Cruz laughs when he sums up the play *The Llama Heist: The Mayor Strikes Back!* "The script comes from the participants' hearts, minds, and some twist-

things about the camp is long. She makes friends and meets new people. "The instructors are great. They really interact with us. They listen to what we



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- Located in a quiet residential neighbourhood, right behind Delton School

780-752-2229

12126 90 St NW

info@deltoncare.ca

www.info@deltoncare.ca

Community BOARD

BACK TO SCHOOL CONNECT

Food, resources, haircuts, entertainment, activities, and more! Saturday, Aug. 25, 9:30 am-noon at the Edmonton Intercultural Centre (9538 107 Ave).

NORWOOD FESTIVAL

Performers, games, and food. Sunday, Aug. 12 from 1-4 pm. Norwood Wesleyan Church (11306 91 St).

OUTDOOR POOLS

Enjoy free admission for City of Edmonton outdoor pools!

Borden Natural Swimming Pool now open daily from noon-8 pm. edmonton.ca/outdoorpools

VOLUNTEER AT KALEIDO
Volunteer with us.
More: www.kaleidofest.ca

SUBMISSIONS
Want to sell your arts & crafts or maker wares or deck out a lamppost or some pavement? More: www.kaleidofest.ca

Community Events

Community League Day, Sept. 15

Kaleido Family Arts Festival, Sept. 14-16

Tibetan Bazaar, Sept 21-22

Great Pumpkin Event, Oct TBA

Potters' Sale, Nov. 17

Yule Ave, Dec. 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. Call The Carrot for info.

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 Commonweath 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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Facility manager Cyndi Schlosser stands by one of the plant basins contributing to the filtration of the natural swimming pool. | Constance Brissenden

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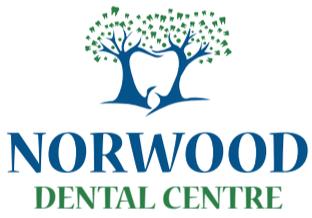
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DENTIST-APPROVED SUMMER SNACKING TIPS
 Kid-friendly snacking options for awesome oral health

Now that we're well into the summer, most kids are at home. For many parents, this means your kids will be digging through the kitchen in search of snacks. I'd like to offer some friendly pointers for summer snacking that won't compromise your child's oral health.

Most parents already know that candies are bad for teeth and cause cavities. I'm happy to report most parents I speak with already limit these treats. I also recommend:

- Watching out for sticky snacks. This includes carb-heavy snacks such as Goldfish, Teddy Grahams, crackers, and granola bars. These snacks stick to your teeth and gums. When these snacks break down into sugars, a cavity-causing scenario emerges.
- Watering down juice. Juice looks healthy because it is made from fruit, but many juices—especially kids' juice boxes—are loaded with sugar. Add some water to juice to reduce the sugar content and stretch out your grocery budget!
- Drinking water and eating vegetables after eating sticky, sugary snacks. Water helps rinse away sugars and food debris caught in the teeth and gums. Eating vegetables like carrots or celery is great because it forces the mouth to keep working and producing saliva, helping cleanse the mouth further.
- Using a straw. Straws help prevent sugary pops, juices, and slurpees from coming into direct contact with your child's teeth. At our home, we use reusable glass straws that are both functional and sustainable.

Some great snack options include regular popcorn (just watch out for the husks!), cheese (which leaves a tooth-friendly coating behind), raw almonds, boiled eggs, vegetables and fruits, and yogurt (I recommend opting for adult yogurts; the ones marketed towards kids are often very sugar-heavy).

I hope this offers some helpful tips. Happy summer snacking!

DR. WILLIAM CHIN | General Dentist/Owner, Norwood Dental Centre



About Norwood Dental Centre

Norwood Dental Centre offers caring, affordable, and quality dental care in a surprisingly friendly and relaxed environment. We care about people, not just teeth. Learn more about us at www.norwood-dental.ca.