



# RAT CREEK PRESS

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

PUBLISHED ON TREATY 6 TERRITORY

WWW.RATCREEK.ORG SEPTEMBER 2018

## Kaleido Festival packs a wallop of fun

There's something for everyone at this long-running festival



Festivalgoers can enjoy a variety of musical genres, like jazz. | Aydan Dunnigan-Vickruck

### AYDAN DUNNIGAN-VICKRUCK

I eavesdrop on the program planning between Christy Morin, artistic director of Kaleido Family Arts Festival, and Allie Morin, the festival's contract coordinator and assistant programmer, hard at work in The Carrot Coffeehouse.

Still soaked from the Folk Fest, I voice my hope for good weather during the festival from Sept. 14-16.

"No guarantees, unfortunately. However, what we can guarantee is another year of amazing entertainment and fun," said Christy, launching into a lineup overview.

"Headliners include Circus Kalabanté Productions, gymnastic performers, regular favourites from Guinea, Africa but stationed in Montreal; The Long War from Vancouver, a folk urban blend; the ETown Vocal Music Society, a 25 member acapella group; and Busty and the Bass from Montreal, an R&B jazz fusion band," Christy said.

"Definitely a band to see before

you die," Allie added.

Festivalgoers will have variety of musical genres to explore, ranging from folk and roots to jazz.

"Jazz Alley has Jeremiah McDade and Mallory Chipman as featured performers," said Christy.

Then there is Angelou Cornel, an 11-year-old opera singer who will be performing from the Paraiso Tropical balcony. Thrilling!

Something very special this year is the premiere of Champions of Alberta Ave, a video production of 11 immigrant business owners, some of whom escaped terror in their homeland. Totally heartwarming and inspiring.

Culture is always part of the festival, like this year's Takwakin (Cree for "autumn") Village, sponsored by Bent Arrow and Enoch Cree Nation and featuring Celeigh Cardinal. Or, listen to world music at the Mongolian yurt, which will also feature Edmonton Public Library storytimes for children.

Family-friendly events include the Aurora Lantern Parade and the

children's stage in the Family Fun Zone. One featured performance is a five-piece classical arrangement of Peter and the Wolf. Or, check out Duffy's Puppets presenting "The Durlings and the Book of Poops."

Adults can enjoy child-free events, like the Saturday night burlesque show in Hodson Hall, following the musical comedy improv from 11 pm to 12:30 am on Friday and Saturday.

Those who enjoy dancing will have plenty to see.

"Bedouin Beats' stage is up again with belly dancing. The main stage will host national dance troupes including Celtic dancing, Hungarian, Filipino, and also the Marena Colombian Dance Group," said Christy.

Christy has her favourite festival events, too.

"I love the audience interaction projects, like the 32 Post-it notes around the Nina where people share something about themselves, or the crowd interactive events, like the Friday night lantern parade or the

Friday night street party. Anything that gets the crowd involved and blurs the distinction between audience, artists, and performers. I really believe that art has the ability to heal and beautify a community."

Admission is pay-what-you-can, with public donation important to keep the festival going.

Visit [kaleidofest.ca](http://kaleidofest.ca) for all festival events and to volunteer.

*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.*

### KALEIDO FAMILY ARTS FESTIVAL

Sept. 14-16, 118 Ave between 90-95 St.

Friday: 5 pm to midnight  
Saturday: noon to 1:30 am  
Sunday: noon to 6 pm

## INSIDE

### POLITICS

Learn about Janis Irwin's announcement >> P3



### NEIGHBOURHOOD RENEWAL

Read about a controversial proposal >> P4

### FESTIVAL

Don't miss reading about Eastwood's Harvest Festival and Clean Up >> P11

### FOOD REVIEW

Discover how good the food is at Kusina Filipino Take Out & Catering >> P13



### BUSINESS

A local expert reveals why it's so important to have a business plan >> P14



### SHARE & COMMENT ON STORIES ONLINE

[RATCREEK.ORG](http://RATCREEK.ORG)  
FB.COM/RatCreekPress  
@RatCreekPress  
@RatCreekPress



**Kaleido**  
FAMILY ARTS FESTIVAL

SEPTEMBER 14-16, 2018

**118 AVENUE**

**90-95 STREET**  
EDMONTON, ALBERTA

## VOLUNTEER ORIENTATION DINNER

Alberta Avenue Community League 5 pm and 7 pm | RSVP by Sep 8 on Eventbrite

**LAST CALL FOR VOLUNTEERS!!** [kaleidofest.ca/volunteer](http://kaleidofest.ca/volunteer)

Training & Dinner: Come meet your teams at our last volunteer dinner

# Avenue Initiative funding remains uncertain

Administration consults with community to develop a new strategic plan

**KATE WILSON**

Residents of neighbourhoods along 118 Avenue continue to urge the city to retain funding and support for revitalization as city council prepares to send scarce resources to new areas.

At a drop-in evening hosted by city administration on Aug. 13, about 40 local residents and business owners shared their priorities and ideas on how to move forward as transitioning away from the Avenue Initiative Revitalization begins.

“What we started 10 years ago is not finished. It has to continue,” said Gerard Forget, an area resident and chair of the Alberta Avenue District Council. “It should be called a continuation, not a transition.”

The drop-in session, held at the Westwood Community Hall, was also a chance for city staff to outline the strategy they’ve pulled together for

working with the community.

David Aitken, branch manager of the city’s Community Standards and Neighbourhoods, reviewed elements of the strategic plan. It takes into account staffing resources, available funding, and community input to develop performance measures for the next phase of neighbourhood support.

He said the city has made a 20-year commitment to the area, “so we can make plans” which can be adjusted based on administration and community leaders reporting back to council every four years.

Aitken’s engagement with the community comes on the heels of city council’s request that staff work with Alberta Avenue and Jasper Place to develop a strategy for transitioning out of the formal revitalization phase.

In 2005, city councillors Janice Melnychuk and Ed Gibbons worked with community services and Judy Allan, the

community recreation coordinator at the time, to begin conversations with residents about their concerns and vision for the area. A strategy was created from that information and in 2006, the Avenue Initiative Revitalization was launched.

Now, the revitalization expiry date has come. Last month, city council approved shifting money and support for revitalization to Inglewood and Balwin/Belvedere, starting in 2019. That meant revitalization funding would end for Alberta Avenue and Jasper Place.

Council’s push for a go-forward strategy for those two neighbourhoods was in response to a letter campaign launched by community members Christy Morin, Amanda Nielsen, and Janis Irwin. They asked that the city not simply cut off funding for revitalization.

At the Aug. 13 drop-in, Aitken urged the community to

create their own strategic plan, complete with measurable outcomes as well as new ideas and innovations.

He said the value of a good strategic plan is to show city council “how we are going to spend” any requested dollars.

Residents reported that although 118 Avenue has seen great improvements, property crime, drugs, and prostitution are still a reality and cleaning these up has “just barely started.”

It was also noted that dropping crime rates, fewer vacant shops, and more families moving to the area are measurable that can add leverage to continuing city support. The community can also think in terms of partnerships to help shift funding in this direction.

The sheer size of the Avenue Revitalization, encompassing 27 blocks along 118 Avenue and seven community leagues, makes it unique among other

revitalization initiatives in the city. That needs to be clearly stated in a go-forward strategy, said Aitken.

Administration’s report and proposed funding for the Ave Initiative transition needs to be submitted to council before the upcoming 2017–2022 budget talks. Funding levels will reflect the community input gathered by city administration in the past two months.

“We need to keep talking, because time is a scarcity and we don’t have the resources,” said Morin.

*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.*



Community members shared their priorities with city administration regarding revitalization funding. From left to right: Colyn O’Reilly, Alberta Avenue Community League board member; Amanda Nielsen, co-owner of Norwood Dental Centre; Gerard Forget, Alberta Avenue District Council chair; Christy Morin, Arts on the Ave executive director, and Janis Irwin, Parkdale resident. | Kate Wilson

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.

#### BOARD OF DIRECTORS

Jessica MacQueen, John Dunn, Nicole Malenczak, Joe Wong, Aydan Dunnigan-Vickruck, Patricia Dunnigan, Alita Rickards and Sean MacQueen. The board may be contacted at board@ratcreek.org.

#### PRODUCTION STAFF

PUBLISHER Karen Mykietka info@ratcreek.org  
EDITOR Talea Medynski editor@ratcreek.org  
DESIGNER Lorraine Shulba design@ratcreek.org  
ADVERTISING ads@ratcreek.org

#### CONTRIBUTORS

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.

#### COPYRIGHT

Copyright of articles, letters, photographs, and other online materials submitted and published by the Rat Creek Press in print or online remains with the author, but the Rat Creek Press may freely reproduce them in print, electronic and other forms.

#### 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.

RATCREEK.ORG

I ❤️ my RCP

# Janis Irwin seeks NDP nomination for election

Parkdale resident inspired by the legacy of Brian Mason

**NADINE RIOPEL**

On the evening of Aug. 1 at Bellevue Community Hall, Parkdale resident Janis Irwin announced to a crowd of 200 that she will be running for the NDP nomination in the riding of Edmonton-Highlands-Norwood for the 2019 provincial election.

Irwin cited the legacy of NDP MLAs in the riding, including Ray Martin, Pam Barrett, and most recently, Brian Mason, whose political career of nearly 30 years is particularly inspiring to her.

“He’s been an incredible MLA,” Irwin said. “We’ve had a strong history of NDP support in our neighbourhoods. These individuals have left really big shoes to fill, but I think we can do it.”

With a background in education as a teacher, as a vice principal, and with the province, Irwin is especially motivated by issues of education and child poverty in the constituency.

“We have some of the highest rates of child poverty in our backyard, and we can do better.”

Irwin cited the NDP’s introduction of \$25 a day childcare as an example of something that has benefited our area.

“Childcare is such a crucial support for a lot of folks here in our neighbourhood.”

In her work with the province, Irwin has been responsible for overseeing the recent curriculum development project. She stressed the importance of the project, pointing out that some of the documents are over three decades old. She said she feels the new development is timely, in order to incorporate topics like Indigenous perspectives, consent, and diversity. She explained it’s important that work continue.

Another area of interest to Irwin is health-care matters, especially in view of the cuts proposed by the current Opposition party. Despite an inherited economic downturn, she said she feels the current government has continued to make important investments, and it would be unfortunate to see that work stopped or reversed.

“I worry about what a billion dollars in health-care cuts would look like.”

Irwin’s experience also includes a number of community volunteer and advocacy roles. She is, for example, currently on the boards of Arts on the Ave and the Somali Canadian Women and Children Association.

Although she grew up in Barrhead, she has lived in Edmonton-Highlands-Norwood for eight years. She

previously ran in the federal election for the Edmonton-Griesbach riding, gaining 34 per cent of the vote but ultimately coming in second to Kerry Diotte.

Another motivation for Irwin to run is her belief that all people should be represented in government.

“Growing up, I didn’t see a lot of people who looked like me in office, so it’s exciting that we have an opportunity to elect someone of my generation, who’s a woman and a member of the LGBTQ community... I want to be chosen to be a part of Rachel Notley’s team of candidates so that I can work to ensure that we can continue making investments in our communities, in our health-care system, in our education system, in childcare, and in the everyday services that reduce inequality and matter to all of us living here in Edmonton-Highlands-Norwood.”

The nomination meeting for the riding is scheduled for the evening of Oct. 23.

*Nadine Riopel is a professional facilitator and connector. She is also an enthusiastic member of the Spruce Avenue community, where she lives with her husband and young son.*



Janis Irwin makes the announcement that she will be seeking the NDP nomination for Edmonton-Highlands-Norwood at Bellevue Community Hall on Aug. 1. | Dave Cournoyer

**Friends of the RCP**

**LEARN ABOUT THE PERKS OF BEING A FRIEND AT RATCREEK.ORG**

- SPONSOR \$ negotiable**  
Alberta Avenue Business Association \$2000
- CHAMPION \$495**
- SUPPORTER \$195**  
Norwood Dental Centre
- PATRON \$120**  
Wesley Andreas, Overall Cleaning, Moxhcha Archives

CHARITABLE DONATIONS MADE THROUGH THE ALBERTA AVENUE COMMUNITY LEAGUE.  
INTERESTED IN BECOMING A FRIEND? GET IN TOUCH: [INFO@RATCREEK.ORG](mailto:info@ratcreek.org) OR 780-479-6285.

# Bike lane proposal is a contentious topic

## Residents respond to Building Great Neighbourhoods proposal

### TEKLA LUCHENSKI

In a mobilized community like Alberta Avenue, change brings impassioned discussion from a diverse pool of committed residents, particularly about the city's bike lane proposal for Alberta Avenue's upcoming neighbourhood renewal.

Many residents opposed to bike lane proposals feel they have not been heard or properly consulted. Residents Howard Kowalchuk and Margherita Gosselin are not opposed in principle to bike lanes, but they argue that the proposed initiatives create problems and do not serve the community well.

Kowalchuk said, "[The proposal] shows no concern for the liveliness of the neighbourhood. I'm not opposed to bike lanes, but change has to be done respectfully, and it has to make sense." He said he envisions changes that are "feasible, sensible, and maintain the integrity

of the neighbourhood." He said the neighbourhood is seeing a period of "increased concentration without accommodation." Kowalchuk explained street parking is a necessity because of limited parking and bike lanes will restrict the already scarce parking.

One contentious proposal involves creating one-way, single-lane streets with limited parking to accommodate a bike lane. The project is proposing to make 114 Avenue from 89 to 97 Street a one-way going west bound and 119 Avenue from 93 to 97 Street a one-way going east bound.

On 92 Street between 111 Avenue and 122 Avenue the proposal is to maintain two-way traffic but with parking only on the west side and a new bike lane on the east side. South of 118 Avenue is already one-sided parking; however, the blocks north of 118 Avenue currently have parking on both sides.

Gosselin is opposed to the plan to limit parking. The city denied her family a double garage permit and limited space in the alley requires them to park their second vehicle on 92 Street. Parking in front of her home is critical to Gosselin due to her mobility issues. Parking on the west side would decrease accessibility for her, especially with windrows in the winter. Further, she wonders if the bike lanes will end up being seasonal because of snow removal issues.

Sean MacQueen, a resident who is pro-bike lane, said he and his wife are "dedicated to seeing the neighbourhood flourish... and are especially interested in [the] Neighbourhood Renewal and making the community more accessible." He explained that safe bicycle infrastructure would increase safety, build community, connect to the downtown grid, and encourage more visits to community events and businesses.

Brendan Van Alstine, community activist, avid cyclist, and Alberta Avenue Community League president, is excited about bike lanes but said plans must accommodate residents' needs. "The league's position has always been to back the neighbours. So let us know your concerns. If you see something [in the renewal proposals] that you like or don't like, say something. This is a once-in-a-generation opportunity to share your input."

Building Great Neighbourhoods aims to present finalized plans in early 2019, after a community meeting this September or October. Visit [edmonton.ca/buildingAlbertaAvenue](http://edmonton.ca/buildingAlbertaAvenue) to see the draft concepts of the proposed renewal.

Jen Rutledge, supervisor of Building Great Neighbourhoods, said, "We want to build something the community will use and that will function for them."

Rutledge encourages residents to review the proposal, and to sign up for a revitalization newsletter on the Building Great Neighbourhoods web page. She said, "So keep your eyes on your mailbox for an invitation to contribute."

*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.*

### BUILDING GREAT NEIGHBOURHOODS

[edmonton.ca/buildingAlbertaAvenue](http://edmonton.ca/buildingAlbertaAvenue)  
Emily Zukowski - project manager  
[emily.zukowski@edmonton.ca](mailto:emily.zukowski@edmonton.ca)



Margherita Gosselin and her son, Richard are concerned about accessibility and safety on 92 Street. | Tekla Luchenski

**FAMILY ART NIGHT**

FREE! DRAW!

Family art classes every Thursday evening FREE! 6:30 to 8:00 pm

**CREATE!!! FUN!**



9225 - 118 ave [ninahaggertyart.ca](http://ninahaggertyart.ca)

# A happy ending for two school playgrounds

Playgrounds at St. Alphonsus and Delton schools are now safer

**TEKLA LUCHENSKI**

Students returning to school this fall will have something to celebrate at St. Alphonsus Catholic School and Delton Public School, with long overdue replacements and upgrades making the playgrounds safer.

At St. Alphonsus, children returned to school on Aug. 13 and were treated to a pancake breakfast and ribbon-cutting ceremony in honour of their new playground. For this school, the playground's opening is the culmination of a long struggle. The school did not have the \$400,000 required for renewal. St. Alphonsus School is on Edmonton Catholic school district property, meaning it does not qualify for any City of Edmonton incentives or funding. However, the need for a new, safer environment was

strong.

The existing sand floor posed a serious hazard, since sand harbours dangerous items such as spent needles. Kim Street, founder of the Friends of St. Alphonsus Society, said, "We pulled a machete out of the sand last year. Every morning the janitor, Jacob Tesfa, had to rake the sand. We got rid of that sand, and retired his rake [at the ribbon-cutting celebration]. He was so happy."

Monday's celebration at St. Alphonsus was a truly joyous occasion. Street does not live in the neighbourhood, and none of her children attend the school. In fact, the majority of the members of the society's board don't live in the community. Street said, "This [project] is what makes [Edmonton] the City of Champions. Never mind sports. Everyone came together to build this playground."

At first, prospects for renewal were bleak. When Street, a professional fundraiser and grant writer, learned of St. Alphonsus' need, she decided to work for free. The first year of fundraising saw a lot of effort with disappointing results. However, after the formation of the Friends of St. Alphonsus Society, nine different schools came on board to help. Word spread and, Street said, "Money started to flow."

Amazingly, the project received more than money. Many of the offerings were donations in kind by local businesses. Playworks, a playground supplier, partnered with the project and completed the \$94,000 construction project at no charge. Donations in kind continued to roll in, with several companies providing fencing, landscaping, concrete, and much more. "It was an amazing experience," said Street, "Those

people had faith in us."

As part of the Edmonton Public school district, Delton School had the same safety issues, but different resources available for renewal and upgrading. Catherine Kuehne, communications advisor for the City of Edmonton, explained that a playground inspector checked the playground and deemed it unsafe. The protective barriers were removed when the City added its finishing touches and the playground is ready for children to enjoy it.

Delton's old playground had wooden materials, which had surpassed their 20-year life span. It also had a sand floor. For public schools like Delton, any changes in the playground are covered by the school, but maintained by the City of Edmonton. The price tag was \$400,000.

Kuehne said, "I'm sure the

children are looking forward to getting back on the playground before school starts and when they return in September."

*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.*

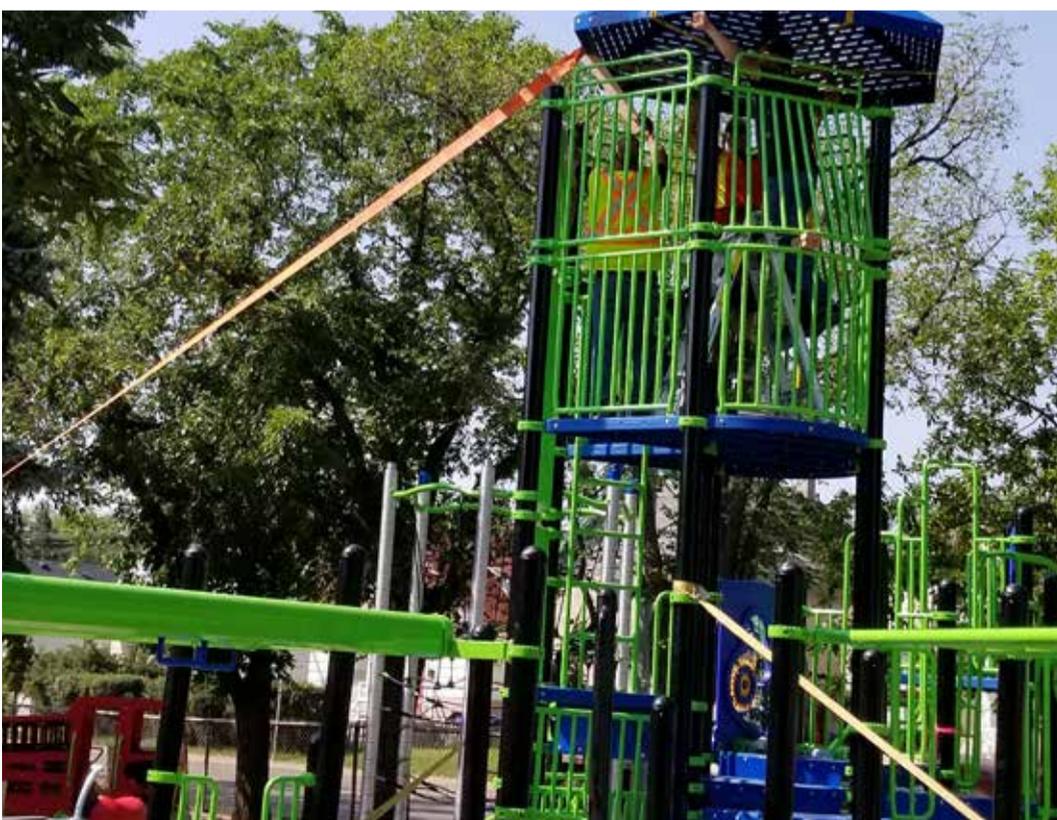
## UPGRADED PLAYGROUNDS

**St. Alphonsus School**  
11624 81 St  
Friends of St. Alphonsus Society  
facebook.com/st.alsplay

**Delton School**  
12126 89 St



St. Alphonsus playground before renewal. | Supplied by Friends of St. Alphonsus Society



A crane places a finishing touch on the new St. Alphonsus play structure. | Kim Street



Children do love fire trucks. | Kim Street

## EDITORIAL

# The good, the bad, and the ugly of infill

Safeguards are needed to mitigate the negative effects but unlikely to come

**KAREN MYKIETKA**

For five years, city council has been on a mission to increase residential infill in Edmonton. Infill, new housing in central, mature, and established neighbourhoods, is a good and necessary goal as our city is growing and urban sprawl is costly. Residential infill is an important part of a sustainable growth plan.

In 2007, the city began exploring how to make it easier for people to operate secondary suites. They made bylaw changes to allow suites in more residential zones and permitted garage suites in certain locations. Two years later, the location restrictions for secondary and garage suites were dropped and at-grade garden suites were also allowed and added to more low-density residential zones.

Numerous homes in our central neighbourhoods had suites prior to the bylaw changes, but many were illegal. Over the past 10 years, the city has worked with homeowners to legalize suites, ensuring they have development permits and meet building safety codes. Currently, the Alberta Avenue neighbourhood has the highest number of suites in the city at 97. A few other neighbourhoods have up to seven per cent of houses with suites which is a higher density than Alberta Avenue's four per cent of homes.

In 2014, the city initiated the Evolving Infill project, including eight months of public engagement, then presented the 23 action item Infill Roadmap to council. The plan included more bylaw changes to encourage and support infill growth. Narrow lots of 25 feet were approved, encouraging lot splitting of large lots and further relaxation in garden suite regulations to reduce development barriers.

Residential parking requirements changed from two required spaces per dwelling to one space in June 2017. A review of parking rules for private property is currently underway, so more changes may be on the horizon.

In August, city council approved bylaw changes allowing secondary suites in semi-detached and row housing, so now any duplex can in reality become four units. The city is exploring a number of other bylaw changes to promote den-

businesses prospering.

That's the best case scenario; no one really looks at the flip side, the down side, the worst case scenario. And when you choose to ignore that, you don't put safeguards in place to prevent it.

A commonly claimed benefit of infill is that it provides affordable housing options, but in reality new homeowners are still buying in the suburbs because the houses are more affordable than a new house in a mature neighbourhood.

committed to the neighbourhood.

An owner-occupied home is more likely to be maintained, and if there is a rental suite in it, the owners will ensure they have good tenants. An investor of a rental property will not be bothered by noise, lack of parking, trash, weeds, or snow-covered walks because the investor doesn't live there and is just happy to collect the rent on the units every month.

The best thing for neighbourhoods would be to make secondary suite permits only available to owner-occupied primary residences but that's not going to happen. The city could at least start enforcing its rental accommodation business licence and attaching tax penalties to properties with high calls for service or numerous violations and complaints.

A frequent objection against increased density in our neighbourhoods is that it will add to the already overcrowded street parking. Many of our streets have one-sided parking and more streets risk losing parking to bike lanes. Residents don't always have an option to park in the back lane or don't want to due to safety concerns. Sometimes residents are denied permits to build properly-sized garages for parking their vehicles.

So while the possibilities of infill, density, and suites are appealing, our neighbourhoods are stuck with the reality of damage to properties, insufficient parking, absentee landlords, and higher and higher ratios of renters to owners.

It's time for city council to open its eyes to the realities of infill and put in place safeguards to ensure our mature communities remain a place where people want to live.

*A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.*



Construction on this up/down duplex stalled six months after it began in May 2014. Despite the fact that it has sat in this uncompleted state for four years without even basic waterproofing to stop it from rotting, the city won't take any action. | Karen Mykietka

sity: flag lot subdivision for garden suites; apartments on smaller lots; a basement suite and laneway house on the same lot; and tiny houses on properties. They're even reconsidering restrictions on collective housing options like group homes and lodging houses.

These infill changes have many benefits for the city and communities. A variety of housing types are needed to meet people's needs throughout their life cycle and with varying incomes. Young people can live closer to the core, seniors can age in place, and families can choose multigenerational living arrangements. Communities need density and a diverse population to be vibrant and sustainable, to keep schools and amenities open, and to keep

The act of building in an already established area will likely be an inconvenience to neighbours, but residents should not have to put up with inconsiderate contractors or property damages. The city has created elaborate educational brochures and an infill compliance team, but more enforcement is still needed and better safeguards could be put in place. Regulation of builders and contractors would help weed out bad ones.

And you'd better hope and pray that the builder actually finishes the new construction, because if they don't, neighbours will just have to put up with a half-built house indefinitely as the city lacks either the will or the means to make a builder finish construction.

Many older houses torn down for infill projects often still have good structures that just needed some TLC or renovations. In our neighbourhoods, character single-family homes are affordable at \$200,000-\$250,000 while the new builds are \$275,000 to \$375,000 and usually front/back duplexes.

Allowing secondary suites in semi-detached and row housing could be a mortgage helper, but it is just as likely (if not more likely in our neighbourhoods), that what was a single-family home will become an investment property with four rental units. Developers and investors get rich and the community gets more absentee landlords and renters. Renters aren't necessarily bad, but they are more transient and less engaged and



This duplex built in 2014 in Parkdale quickly became a rental property and the source of many complaints from neighbours. The basements were finished with kitchens and bathrooms and investigated for illegally rented suites after numerous complaints by neighbours. Neighbours said the property sometimes had 10 vehicles associated with it, taking up a majority of the street parking or vehicles parked on the property's front lawn. New bylaw changes mean the basements can now be made into legal suites, effectively making the property a fourplex. | Karen Mykietka

# Dear Edmonton Public student 100,000

Meeting milestones and continuing to grow at Edmonton Public schools

EPSB TRUSTEE TRISHA ESTABROOKS

This fall, the Edmonton Public school board will welcome its 100,000th student to the classroom! While there are no plans for ticker tape parades or school assemblies to celebrate this achievement, it is a significant milestone representing Edmonton Public's growth and potential. There's no way to know exactly who this student will be, but if I had the chance to sit down and talk with that student here's what I would say:

**You are well served at Edmonton Public.** We have one of the best school systems waiting to meet your needs and help you learn. Our teachers and staff are outstanding and our community and resources are dedicated to supporting students. You will be well poised for growth and success at your new school.

**Edmonton Public is for everyone.** Public education belongs to all of us and we are focused on ensuring all students are welcome and thriving. For example, your board of trustees

is working on a revised First Nations, Métis, and Inuit education policy. As we craft this policy, we want to hear from you, our 100,000th student, as well as your family, friends, and classmates, regardless of whether or not you identify as an Indigenous person. Good policy is only as strong as the people who help create it. Please take a few minutes and complete the survey by Sept. 28. <https://www.epsb.ca/ourdistrict/policy/feedback/>

**Edmonton Public is building new schools and renovating old ones.** This could be important, depending on where you live and where you plan to go to school. For example, work is steadily going on behind the scenes for the modernization of Highlands Junior High School, turning one of Edmonton's oldest

schools into a kindergarten-Grade 9 school. This exciting modernization project for the 118 Avenue area and for surrounding neighbourhoods is due to be open in 2020.



Trisha Estabrooks is the Edmonton Public school board trustee for Ward D. | EPSB

Many students, parents, and neighbours have provided valuable feedback for this project and more public meetings are

planned this fall.

**There's a new curriculum planned for all kindergarten-Grade 4 students.** The curriculum is basically all the content that students like you across

Alberta will be learning during these early years of formal education, so it matters a lot and you should talk to your parents about it. This summer, the Alberta government released a draft of the new curriculum on its website. Parents have been involved in

drafting this curriculum and the Government of Alberta will be holding more information sessions this fall before they finish

the work by the end of 2018.

That's it for now, except to wish all the 100,000 students attending Edmonton Public a fabulous 2018-2019 school year.

Finally, a big thanks to everyone who has reached out to me either through email or a phone call since the 2017 election. I am here to serve you, to advocate for a strong public education system, and to ensure that all children who attend Edmonton Public schools receive the support they need. I look forward to hearing from you and continuing to work on your behalf so that your child has the best experience in Edmonton Public schools.

*Trisha is the EPSB Trustee for Ward D. She is a former journalist with CBC.*

EDMONTON PUBLIC SCHOOL BOARD TRUSTEE

trisha.estabrooks@epsb.ca  
780.429.8016

## Uplift gives people in need a helping hand

Local charitable event will provide a variety of services

STEPHEN STRAND

Those in need will get a helping hand at Uplift: Day of Mercy on Sept. 22, a charitable event providing services, a shared meal, and donated items.

Catholic Social Services and community partners are hosting the event from 11 am to 3 pm at Eastwood Community League, St Alphonsus Parish, and Eastwood park.

"We have meals. We have haircuts. We have warm clothing distribution. We learned the first year, people need new socks and underwear. Something that can be expensive for people and it is something that is really

difficult to get at Goodwill, because these need to be new items," said Kira Dlusskaya, volunteer engagement assistant with Catholic Social Services.

Last year they distributed about 8,000 pairs of socks and underwear and 1,100 coats and jackets. They are still collecting new or gently used coats, jackets, and new socks and underwear. Any of their office locations can accept donations. This year, their goal is to donate 1,500 coats and jackets and 10,000 pairs of socks and underwear. They will also accept business partnerships.

This event is for anyone struggling to make ends meet, with the philosophy of if you

are in need, take what you need.

"Sometimes people took more than one jacket or whatever, but from what we saw it was never more than one jacket in the same size. It was for their family members or someone else in need, and that's great," explained Dlusskaya.

Services, such as haircuts, bike repair, personal portraits, and musical entertainment will also be available. The goal is to uplift and support the whole person physically, mentally, and spiritually.

"We try to figure out a good way to celebrate what we are as an agency and what we do. And just inspire the people that are

involved with us and do something positive."

Dlusskaya added, "Throughout the year, we offer a safe place for women leaving abusive relationships, an opportunity for homeless youth to rebuild their lives, and [we] enable people with disabilities to live life to its fullest. We are often the first point of contact for immigrants and refugees at our office on 118th Ave. And we provide counselling that strengthens families and relationships, helps recovering addicts, and supports women facing unplanned pregnancies."

People of all denominations are invited to attend, volunteer, or donate.

*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.*

UPLIFT: DAY OF MERCY

Saturday, Sept. 22,  
11 am to 3 pm

11828 85 St and 11803 86 St  
To volunteer or donate: email  
volunteer@csslberta.ca or  
call 780.432.1137.



Clothing like coats and jackets will be available for those in need. | Martin Nguyen

# The beauty and darkness of Alberta Avenue

Carissa Halton releases her book about living in the community

RUSTI L LEHAY

In her book, *Little Yellow House: Finding Community in a Changing Neighbourhood*, Carissa Halton combines honesty, keen observation, and a devotion to the Alberta Avenue community.

Non-residents and people who only remember the old version of the Avenue should read her book. Halton was one of the forerunners in those advocating for change and many followed her, with homeowners now making the most of these beautiful older homes, growing the heart and the soul of their blocks and creating something enviable.

After Halton's family moved to their house in 2004, she often heard people say, "It's not a safe place. You'll move when you have kids. You'll move when your kids are in school." She started writing essays about the community to deal with the negative predictions.

The contrast between her experience and the naysayers' beliefs were constant. Even her grandparents questioned her choices. Her grandmother grew up in a third-floor boarding house overlooking the rink on 92 Street. Her grandfather inherited King Appliances on 95 Street. This community held family connections

for Halton.

Halton and her family renovated their home for 14 years, making the little house their own. After they painted the house yellow, her neighbour, Laura, proclaimed the reflective light was so bright she had to pull her shades. Disallowed additional renovations necessitated a move to a larger house in the community.

When the Haltons first moved into their house in 2004, the City of Edmonton released a quality-of-life report rating Alberta Avenue a zero, affirming everything everybody else thought. "It completely missed residents' lived experiences," she said. Halton informs the reader of many groups like Zumba lessons, dog walkers, book clubs, plant exchanges, parent meet-ups, and seniors' teas, for starters. Then there are concerts, plays, drive-in movies, and festivals. "There's so much good," Halton writes.

Many residents experienced further community improvements when groups collaborated. Halton writes, "The police created neighbourhood teams that coordinated local volunteers, community police, social workers, and crime data nerds. Each program required multiple levels of partners from neighbours to school staff to city workers which empowered many who felt there was

nothing they could do."

Gardening offered additional community connection. Halton's neighbour taught her how to pollinate her squash plants with the male blossom's central stack and admonished her to never "waste the male flower. Dip it in egg, cover in flour and fry to eat it like a pancake," she writes.

Halton moves seamlessly from pollinating squash plants to Danny's story, the city's 40th homicide in 2011. On Oct. 8, Danny was murdered only five metres from her garage. Danny's sister spoke openly to Halton, who, driven by curiosity and concern, needed to understand.

Even after Danny's murder, Halton said, "I felt strongly I was not at risk. The people involved with crime were more at risk." Crime increased awareness of the need to watch out for each other. Both the grit and "tragedy served to open up conversations with my kids. We talked about everything and learned how to be safe in our environment."

Halton also wrote about everything. She wanted to capture this section of history so different from her grandparents' experience. The writing clarified her experiences, making it easier to articulate what she felt. Joy and an investigative

nature drove Halton to dissect the various views of her community.

Halton said, "There are elements of fear wherever we go. What makes a person feel safe? It is important to explore what makes you feel unsafe anywhere."

Halton hopes people see Alberta Avenue, humanity, and how compassion and caring can change lives and environments. "Shitty is how you see it." Halton said she firmly believes people will see what they look for. "If people look for beauty and love in their community, they will see it. I saw a lot of beauty along with the tragedy," she said.

Halton's book, speaking so eloquently about our community, can be found on Amazon, at Audreys Books, and at her book launch on Friday, Sept. 14 during Kaleido Family Arts Festival. You can also find Halton and her book at LitFest on Oct. 18.

*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.*



Carissa Halton's book is about her experience living in the area. | Rusti Leahay

# Growing your friendly community bike shop

## Fundraising party planned to improve BikeWorks North

**SEAN MACQUEEN**

This September, the Edmonton Bicycle Commuters Society (EBC) is holding an exciting fundraiser to help improve the facility on Norwood Boulevard.

To get the low-down on the event, I spoke with Chris Chan, EBC executive director, and Stacey Yuen, manager of Dirtbag Café/Rock Jungle Boulders.

Chan explained the fundraiser is partly to launch the organization's new name of Bike Edmonton. "We're also raising funds to do some important upgrades to BikeWorks North, which has been operating for nearly eight years now. We've identified some major improve-

ments to better the experience for patrons and help us get more people riding."

Those improvements include changing the layout for easier navigation and increasing security, comfort, and safety.

"We'll also be constructing a bike hanger, similar to one which already exists at BikeWorks South, which will quadruple the storage space we have for bicycles. This is critical to improving revenues at the shop, which has struggled, and is also necessary to have a reasonable selection of bikes available for people who are looking to start riding."

Chan explained EBC promotes and supports cycling via community workshops, education, advocacy, and events.

The organization has history in Alberta Avenue.

"In 2010, we started our Spoke earn-a-bike program for youth in the Alberta Cycle building on 118 Ave, and when that building's closure forced us to relocate, we chose to open a new shop nearby in Norwood/McCauley," he explained. "This new shop continues to run The Spoke, but primarily serves as the home of BikeWorks North, our non-profit, volunteer-run community bicycle workshop."

The fundraiser takes place on Sept. 8, from about 5 pm until 11 pm, although organizers are still confirming exact times.

Yuen is hosting the fundraiser and donating the evening's beer sales to BikeWorks North.

"A number of our patrons are

EBC members and some even volunteer with EBC, which is how we got involved with this fundraiser. We have a great space for hosting events and we are grateful for this opportunity to give back to the city and support a great non-profit organization that has helped to make cycling accessible to so many Edmontonians."

Fundraiser participants can expect a lot of fun.

"There will be cycling, climbing, beer, food, a raffle, and some fun activities and games throughout the night to help raise money for EBC," said Yuen. Anyone is welcome to attend.

For event updates and information about future programming, visit EBC's Facebook

page and [edmontonbikes.ca](http://edmontonbikes.ca).

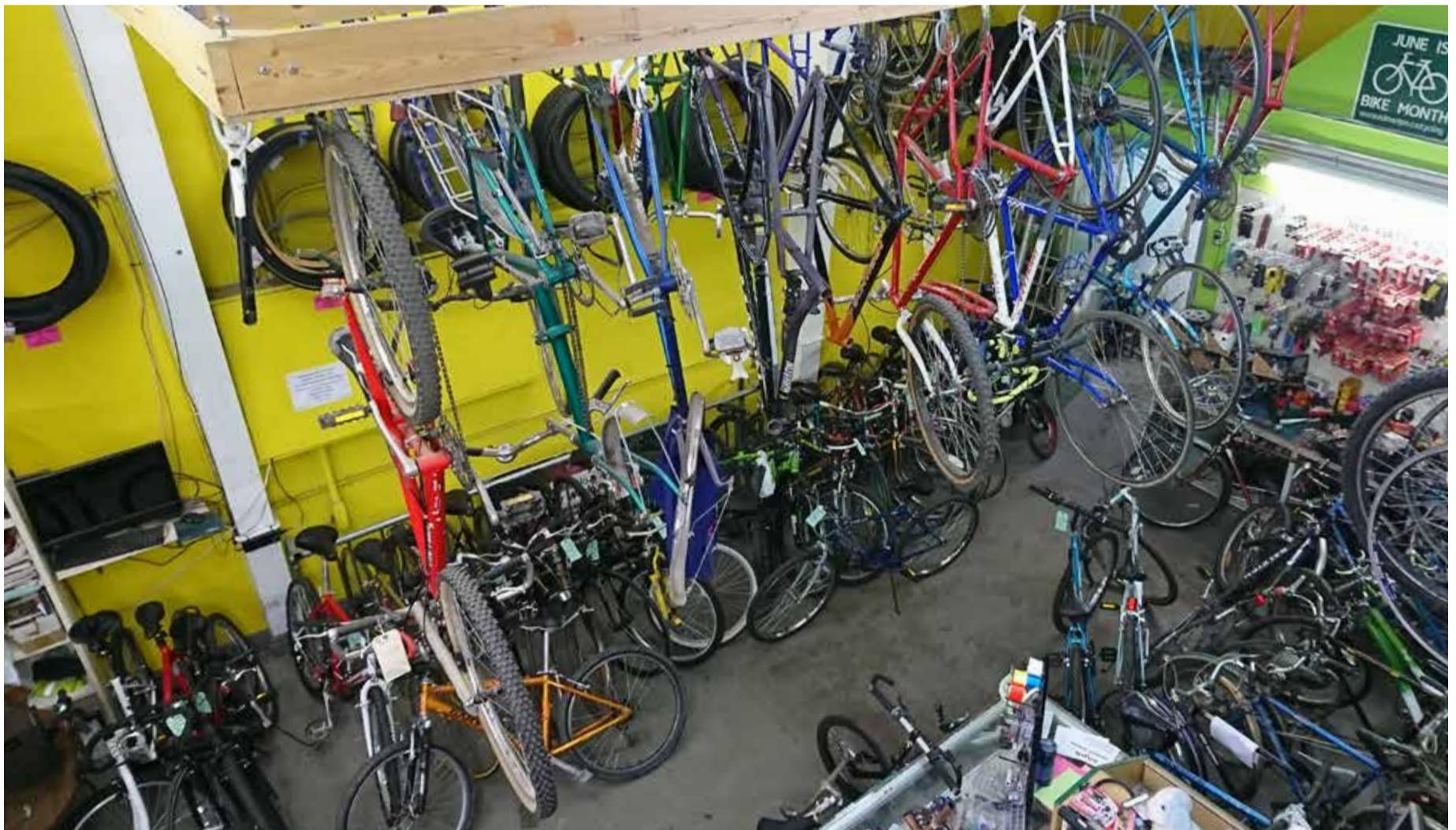
*Sean is a public servant who loves bicycles, renovating his house, and the Alberta Avenue community. He serves on the boards of RCP and EBC.*

### EBC FUNDRAISER

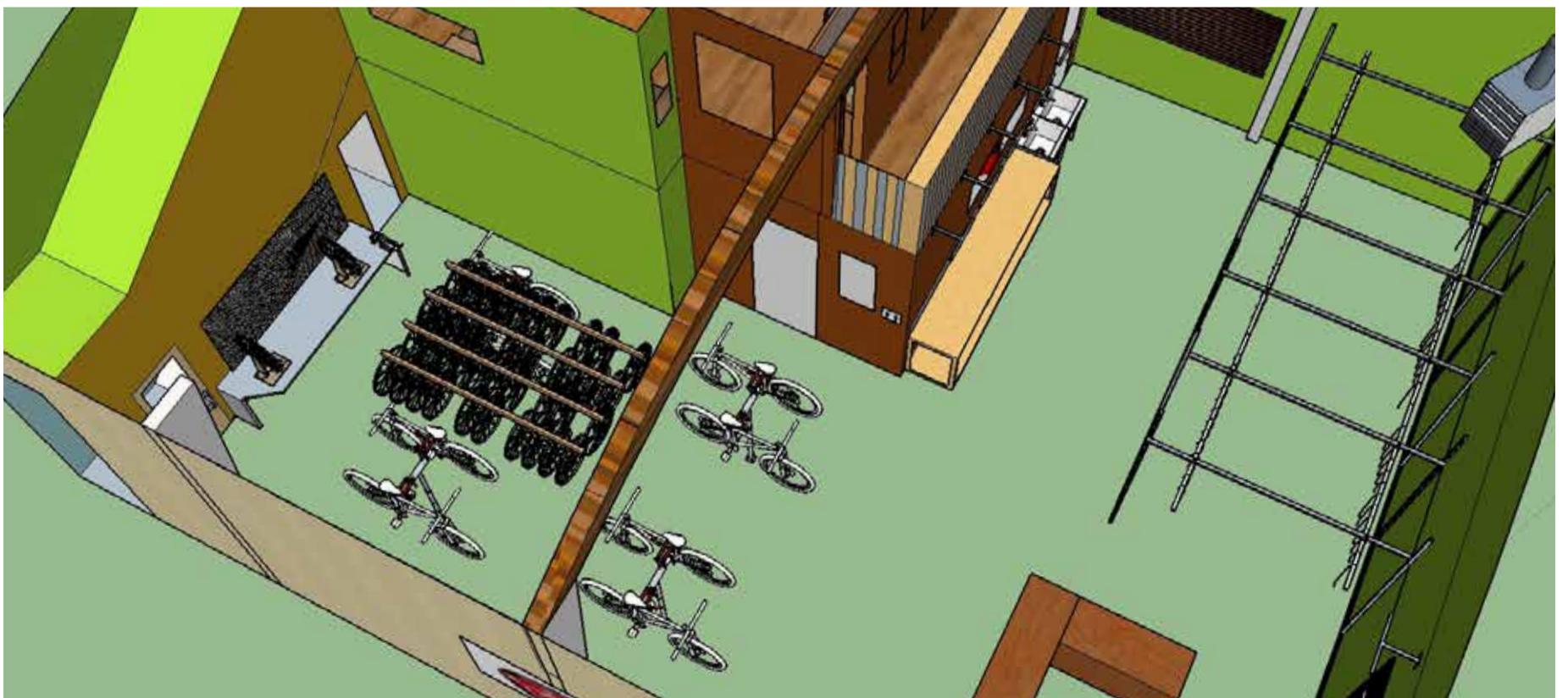
Sept. 8, from about 5 pm until 11 pm (times TBA)

Admission by donation (\$20 is recommended). Admission includes free bouldering for the evening, with \$5 rentals for shoes.

10505 107 St



The fundraiser will help pay for a number of improvements to the facility. | Molly Turnbull



Rendering of future BikeWorks North upgrades at 9305 111 Ave. | Supplied by Chris Chan



EVERYONE IS WELCOME  
**COMMUNITY LEAGUE DAY**  
 SEPTEMBER 15, 2018 #YEGCLDAY18

# Learn more about your local community league

Community League Day offers memberships and fun for residents

**KAREN MYKIETKA**

As September rolls around, community leagues all over Edmonton hold an event for local residents to learn more about their local leagues. Every league celebrates Community League Day a little differently, but all have memberships and plenty of fun available. Check out what your local league is offering and when the celebration is being held.

## ALBERTA AVENUE COMMUNITY LEAGUE

9210 118 Avenue, 780.477.2773, [info@albertaave.org](mailto:info@albertaave.org)  
[albertaave.org](http://albertaave.org)

**League day:** Membership BBQ & Open House, Sunday, Sept. 9 from 3-5 pm.

**Membership:** \$10 individual, \$20 family, seniors free. Buy online at [albertaave.org](http://albertaave.org) or in person during office hours.

**Meetings:** Second Tuesday of the month, 7 pm.

**AGM:** April

**alberta avenue**  
**COMMUNITY LEAGUE**



## DELTON COMMUNITY LEAGUE

12325 88 Street, 780.477.3326, [admin@deltoncommunity.com](mailto:admin@deltoncommunity.com)  
[deltoncommunity.com](http://deltoncommunity.com)

**League day:** Membership BBQ, Saturday, Sept. 15, 11 am-1 pm.

**Membership:** \$5 senior, \$10 individual, \$15 single parent family, \$25 family. Buy Sept. 15 or online at [efcl.org](http://efcl.org).

**Meetings:** Sept. 17, 7 pm

## EASTWOOD COMMUNITY LEAGUE

11803 86 Street, 780.477.2354, [ewcl@shaw.ca](mailto:ewcl@shaw.ca)  
[eastwoodcommunity.org](http://eastwoodcommunity.org)

**League day:** Harvest Fest, Sunday, Sept. 23 from 1-4 pm; BBQ, corn roast, pumpkin pie.

**Membership:** \$5 individual, \$15 family. Buy online at [efcl.org](http://efcl.org).

**Meetings:** First Wednesday of the month.

**AGM:** Wednesday, Oct. 3



## ELMWOOD PARK COMMUNITY LEAGUE

12505 75 Street, 780.479.1035, [epcl@shawbiz.ca](mailto:epcl@shawbiz.ca)

[elmwoodparkcommunity.org](http://elmwoodparkcommunity.org)

**League day:** Annual BBQ and Chili Cook-off, Saturday, Sept. 15 from 3-6 pm; bouncy castle, crafts, games.

**Membership:** Free at any events through September or available through EFCL website for \$20.

**Meetings:** Second Thursday of the month.

**AGM:** Late September



## PARKDALE-CROMDALE COMMUNITY LEAGUE

11335 85 Street, 780.471.4410, [pccl.info@gmail.com](mailto:pccl.info@gmail.com)

[parkdalecromdale.org](http://parkdalecromdale.org)

**League day:** Annual Harvest Dinner, Saturday, Sept. 15 from 5:30-9:30 pm; food, drink, entertainment, fireworks. Buy your membership at the door.

**Membership:** \$5. Buy online at [parkdalecromdale.org](http://parkdalecromdale.org) or at an event.

**Meetings:** Last Thursday of the month, 7 pm.

**AGM:** May



## SPRUCE AVENUE COMMUNITY LEAGUE

10240 115 Avenue, 780.471.1932, [president@spruceavenuecommunity.com](mailto:president@spruceavenuecommunity.com)

[spruceavenuecommunity.com](http://spruceavenuecommunity.com)

**League day:** Membership drive, Sept. 15 from 1-4 pm at the hall

**Membership:** \$7 seniors & individuals, \$15 family. Buy online at [efcl.org](http://efcl.org) or call 780.479.8019.

**Meetings:** Fourth Tuesday, 7 pm

**AGM:** Oct. 23



## WESTWOOD COMMUNITY LEAGUE

12139 105 Street, 780.474.1979, [admin@westwoodcl.ca](mailto:admin@westwoodcl.ca)  
[westwoodcl.ca](http://westwoodcl.ca)

**League day:** Annual big bin event in the hall parking lot on Saturday, Sept. 15 from 9 am-1 pm; membership sale and food, check website or Facebook for more details.

**Membership:** \$10 senior, \$15 individual, \$20 family. Buy at [efcl.org](http://efcl.org) or contact the league admin@westwoodcl.ca.

**Meetings:** Second Tuesday of the month.

**AGM:** October



# Welcoming fall with a festival and clean up

Police and the city partner with Eastwood Community League

**KATE WILSON**

This September, Eastwood residents have an opportunity to celebrate fall and clear away big items cluttering their property.

The Eastwood Harvest Festival is being combined with the big bin event this year, in partnership with Edmonton Police Service (EPS) and the city, said Lenn Wheatley, Eastwood Community League president.

“Eastwood Community League used to celebrate community togetherness in June. This is the second year that the festival has moved to the fall in order to also celebrate the community garden,” he said.

For the community clean-up, EPS will be the heavy lifters. Members of the local beat team will join community volunteers, cruising Eastwood alleys to cart away large items to the big bin event at Commonwealth

Stadium.

“If you see the truck, come out and meet your local police officers and neighbours,” said Karey Steil, bylaw enforcement spokesperson with the city.

Steil noted that the city’s Neighbourhood Empowerment Team did a lot of initial coordination of the partnership.

“Their whole goal is to improve safety. When you have nuisance material on properties, things like furniture and large items, it produces the perception that the community is unkempt,” explained Steil. “It can lead to the perception that the community is uncared for, increasing the risk of being unsafe.”

Clearing alleys and properties increases the perception of safety, she said.

“From the bylaw perspective, if we can help remove those unsightly items, it only helps us do our job.”

The week before the clean-

up, bylaw will go door to door with flyers informing Eastwood residents about the Harvest Festival and about putting unwanted large items in the alley for removal.

In addition to providing people power, EPS is also helping fund the cost of the Harvest Festival barbecue. People will be able to enjoy pumpkin pie, barbecued corn, and hamburgers with chili.

“Everyone is invited. We’re going to have a band and a couple of solo musicians,” said Wheatley. “It’s also an opportunity for people to buy a membership.”

If people just want to attend, admission is the cost of membership. And for those who aren’t able to afford it, the community league is introducing a subsidy program.

“As a community league, we see Eastwood as a hub, celebrating life and legacy together,” said Wheatley. “So the Harvest

Festival is an annual event welcoming the community into that hub.”

Organizers are still looking for clean-up volunteers to be drivers in the two rented trucks, as well as individuals with pick-up trucks and helpers to unload large items.

Volunteers are also needed for the Harvest Festival to help set up, tear down, cook, supervise, and attend the membership table. Volunteer for the festival or the clean up by signing up through the community league website or by calling the office.

This is the first year for the clean-up and festival as a community-city partnership, and Steil hopes it’s a success. She’d like to extend it beyond this year and into other neighbourhoods.

“It’s a great way to keep the community safe and clean, and uphold the community standard bylaws,” she said.

*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.*

**EASTWOOD CLEAN UP & HARVEST FESTIVAL**

**Sunday, Sept. 23**  
**Clean-up: 9 am-4 pm**  
**Harvest Festival: 1-4 pm**

**Eastwood Community Hall**  
**11803 86 St**  
**\$5 single membership**  
**\$15 family membership**  
**Call 780.477.2354 to**  
**volunteer or sign up at**  
**www.eastwoodcommunity.org.**



Some treats from last year’s Harvest Festival. | Michael Chau



An Eastwood resident at last year’s Harvest Festival enjoying some corn. | Michael Chau

**INDOOR SOCCER REGISTRATION**



Delton League  
 12325 88 Street  
 780.477.3326

Info & registration at:  
[emsanorth.com/play/register/5351-2/](http://emsanorth.com/play/register/5351-2/)

Pre-pay online with credit card or pay cash or cheque at one of our registration days:  
 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.

**Hatha Yoga**

Focus on breath, posture and meditation

September 18 to December 6  
 22 classes for \$210

At Westwood hall 12139 105 Street  
 Maximum class size is 10.

To register email [info@westwoodcl.ca](mailto:info@westwoodcl.ca)  
 or leave a message at 780.474.1979.

**WOULD YOU LIKE TO SEE THE ALBERTA AVENUE SPRAY POLE UPGRADED?**



The Alberta Avenue Park water feature is a single spray pole that can only be turned on by staff. A complete overhaul is needed to modernize it. The city has funding for such projects and grants are available for above ground features. We are seeking a few community members interested in working on this project.

[info@albertaave.org](mailto:info@albertaave.org) or 780.477.2773

# Learning skills to build stronger families

Unique program brings parents and teens together

## CHANTAL FIGEAT

The teenage years are often difficult for both parents and teens. Many pressures erode communication between generations, resulting in negative patterns which drive parents and teens apart.

Enter the Strengthening Families Program. Available through Uncles & Aunts at Large, “this program focuses on the positive,” said Lorraine Chaput, program coordinator. “It’s a very unique program that allows parents and teens to be together for 14 weeks.”

A typical session starts with a family meal at 5:30 pm. Following that, parents and teens go into separate rooms and discuss complementary

assigned topics. The two groups are then brought together to practice their new skills. For example, parents may discuss how to help their teen handle peer pressure, while the teens are asked to think about handling peer pressure.

“It’s not a therapy-based group, it’s a skills-based group,” stated Chaput.

The program is not aimed at families in crisis, but is for families with problems such as conflict at home or school-related problems like peer pressure or bullying. Families may drift apart simply because the needed skills are not present to build strong relationships. These skills are not difficult to learn and can replace destructive family patterns with a more positive approach. The new skills need

some practice, but the rewards are great if family members continue to use those skills.

Getting a teenager involved is not always an easy task as they may shut down, especially when an adult is offering to help. Lack of self-esteem often causes teens to act out in a negative manner. The program encourages personal responsibility, which in turn develops a positive self-image necessary for healthy family and future relationships.

Paul and his son Will took the Strengthening Families Program. Paul struggled with anxiety and clinical depression, economic and employment challenges, and a lack of parenting support. He said UAAL staff made him “feel better about myself, I am now more comfortable in my own skin and talking

to other people.”

Will had anger issues “which he continues to work on, but ... the program has improved his ability to deal with conflict.”

Another couple came into the program with their 12-year-old daughter. Karen stated she hoped to improve their relationship with their daughter, which she described as stressful, toxic, fractured, and in some cases, violent. Today Karen says her daughter is a much happier child and is shocked that “such a low-intervention program can make such a difference in the lives of families.” Karen stated, “there is love back in our home...and we even hug each other throughout the day.”

The Strengthening Families Program, developed in 1984, has been delivered worldwide

and is free and available to families with children aged 12 to 17. Two sessions start in September and another two in February 2019; one at Lillian Osborne High School, and the other at Rosslyn Junior High School.

For more information and to register, call Lorraine Chaput at 780.452.5791 as soon as possible, email her at [lorraine@unclesatlarge.ab.ca](mailto:lorraine@unclesatlarge.ab.ca), or visit [www.unclesatlarge.ab.ca](http://www.unclesatlarge.ab.ca).

*Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.*



Lorraine Chaput brings parents and teens together to create positive outcomes. | Chantal Figeat





**You're invited to our community event!**

Everyone in need is welcome to attend Uplift: Day of Mercy!

Community meal, free clothing, and more!

**UPLIFT**  
DAY of MERCY



When: September 22, 2018  
Time: 11:00 a.m. to 3:00 p.m.  
Where: Eastwood Community League and St. Alphonse Parish, 11828 - 85 St.  
Visit [cssalberta.ca/Events](http://cssalberta.ca/Events) for more details.



# Dig into a tasty menu of Filipino cuisine

Take your time at Kusina Filipino Take Out & Catering

**STEPHEN STRAND**

Walking into Kusina Filipino was like walking into a kitchen party at a family home. There was friendly chit chat amongst the staff, who frequently ventured out from behind the till to talk and laugh with patrons and make sure they were helped.

The take-out style restaurant offers a daily rotating menu of Filipino home cooking. They post their menu online and have regular Filipino street food nights.

On the Sunday night my wife and I went, the restaurant was bustling with guests ordering take out and eating in the small dining area. Even with the steady flow of customers, the staff took time to explain each menu item and offer sug-

gestions to us first-timers. Do yourself the favour and take their suggestions. You won't be disappointed.

My wife and I each ordered the three-item dinner (\$11 each), served in take-out containers, along with two banana spring rolls (\$1 each) for dessert.

In the first three-item dinner, we got sticky rice, beef steak (Filipino style), chicken adobo, and monggo (a savoury mung bean stew). The rice and the monggo shared a section of the take-out container and blended beautifully with one another. Just the two of them alone would be a filling meal. The beef steak, marinated in soy sauce, lemon, black pepper and sautéed with onions, was perfectly tender and had a series of familiar flavours that emerged

with each bite. The chicken adobo, slow simmered and served on the bone, was flavourful, yet simple and begged to be eaten by hand.

Our other order consisted of pancit bihon/Canton noodles with mixed vegetables, kare-kare, pork adobo, and a sweet chili chicken skewer. The pancit bihon/Canton noodles combine the thin translucent rice noodle (pancit bihon) and an egg noodle (Canton) similar to spaghetti, stir-fried together with mixed vegetables. It was an addictive combination of salty and sweet and was my wife's favourite dish.

The kare-kare is a stewed beef dish with a thick peanut butter sauce. It was flavourful and moist and was excellent with shrimp paste. Cooked in the same manner as the chicken

adobo, the pork adobo was equally flavourful and simple. Both had plenty of flavour without being overpowering and were enhanced with shrimp paste. Lastly, the sweet chili chicken skewer was spicy sweet, but not too spicy for the unaccustomed palate.

For dessert, we got banana spring rolls that were perfectly fried, with the banana soft but not mushy, and the wrapper crispy. It was drizzled with an irresistible caramel sauce.

There is nothing pretentious about Kusina Filipino. The staff serve food they are proud of and offer suggestions and explanations of what they were serving. The rotating menu offers variety and freshness.

This take-out style restaurant does not feel rushed and is a welcome addition to the

neighbourhood. I already want to go back.

Total cost (with tip): \$30.98

*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.*

**KUSINA FILIPINO TAKE OUT & CATERING**

12329 97 St  
780.752.8777  
kusinafilipinoyeg.wixsite.com/home

**HOURS:** Tues to Thurs, 11 am to 8 pm; Fri to Sat, 11 am to 9 pm; Sun, noon to 8 pm; closed Mon.



Pancit bihon/Canton noodles with mixed vegetables (bottom portion of container), kare-kare (top right portion of container), pork adobo (top left portion of container), and a sweet chili chicken skewer. | Stephen Strand



Sticky rice and monggo (bottom portion of container), beef steak (top right portion of container), and chicken adobo (top left portion of container). | Stephen Strand

Think about an ad for **YOUR** local business!  
ratcreek.org

**Randy Boissonnault MP/Député - Edmonton Centre**



<b>Edmonton</b>		<b>Ottawa</b>
10235 - 124 Street/rue Suite/bureau: 103 Edmonton, AB T5N 1P9 Tel: 780-442-1888 Fax: 780-442-1891		House of Commons Chambre Des Communes Ottawa, ON K1A 0A6 Tel: 613-992-4524 Fax: 613-943-0044

**Randy.Boissonnault@parl.gc.ca**



## Brian Mason, MLA

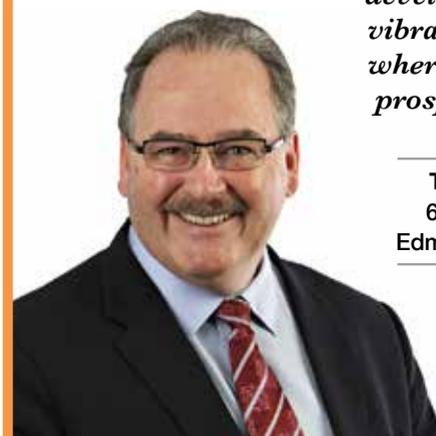
EDMONTON-HIGHLANDS-NORWOOD

*As your representative in the Alberta Legislature, I continue to work hard for you and your family:*

*~ strengthen key services, like health care & education*

*~ promote a government that is fair and responsible to all of its citizens*

*~ develop strong and vibrant communities where everyone can prosper*



Tel. 780-414-0682  
6519 - 112 Avenue  
Edmonton, AB T5W 0P1



Follow me on Facebook & Twitter  
Search for: "Brian Mason Edmonton"

edmonton.highlandsnorwood@assembly.ab.ca

"Communities to be proud of!"

## TONY CATERINA

WARD 7 COUNCILLOR

**780.496.8333**  
tony.caterina@edmonton.ca  
www.edmonton.ca



2<sup>nd</sup> Floor City Hall, 1 Sir Winston Churchill Square, Edmonton, AB T5J 2R7

# Planning strategically for business success

Start off your business right by laying a solid foundation

**SHAREE ALUKO**

Many businesses fail because of lack of planning.

Strategic planning is a crucial first step in business development and if excluded can be detrimental to the business. The planning stage is similar to the foundation needed for constructing a building. It is impossible to construct any type of building without laying the foundation, a good analogy of why it is equally important to plan for business success.

As time progresses, the foundation of a building becomes weaker and will ultimately have to be repaired or replaced for the

continued support of its structure. Similarly, as the business expands and the market changes, the business plan should be revamped to sustain the operation of the business.

The best approach to planning is to create a written document which will serve as a guide and a means of monitoring the business. In creating this plan, it is imperative to consider various factors such as the business model, the target market, and the most suitable location. Also consider how to market the products or services and create brand loyalty, how much capital is needed and the source of funding, scale of operation, number of employees, location of sup-

pliers, and legal requirements or regulations. Keep in mind this is not an exhaustive list. It's dependent on the nature of the business and there may be other variables. Contingency planning is also paramount and the plan should address potential challenges and how to resolve them.

Of course many businesses exist without having these formalities, but it is never too late to strengthen the foundation of the business or to implement completely new processes. With proper change management, the necessary changes can still be made to reposition the business and gain a competitive advantage. A unique competitive advantage is the differentiating

factor which is most impactful and will resonate with customers to increase market share.

An interesting and controversial aspect of planning is deciding the right time to take the leap into the world of entrepreneurship. The popular view highlights the difficulty of committing the time needed to grow a business while working full time. The opposing view supports the choice to build the business concurrently with a full-time job.

These two approaches have their own merits and planning your time and resources can make all the difference. If there are enough financial resources and capacity to delve full fledged

into being an entrepreneur, then this could be a viable option. But if the need for a stable income is essential in the early stages of the business, then it is probably a better idea to gradually build the business before foregoing income stability. Adopt effective planning strategies and make good decisions for propelling long-term success.

*Sharee has a Masters in Business Administration and is passionate about sharing information. She currently works full-time in the banking sector.*



A business plan is a document that guides and monitors the business. | Pixabay

## 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.

## 570 ROYAL CANADIAN AIR CADET SQUADRON



A personal development program offering youth aged 12 to 18 the opportunity to participate in diverse training with no fees. Cadets learn valuable life and work skills such as teamwork, leadership, and citizenship while studying the principles of aviation.

- Public Speaking
- First Aid
- Music : Pipes & Drums
- Precision Drill
- Team Sports
- Flying Scholarships



**Jefferson Armoury**  
11630 109 Street / NAIT LRT  
780-973-4011 ext. 5289  
cell 780-991-3113  
www.570Squadron.com

# Community

## BOARD

### CRAFT PARTY FOR KALEIDO!

If you can hold a paintbrush, want to show your Avenue spirit, and can take direction, then we want to see you! There will be food and fun, and your work will appear at Kaleido Festival! Sept. 2, 9 am-2 pm at the grassy space on 92 St and 118 Ave. Sign up to volunteer at the festival at [kaleidofest.ca](http://kaleidofest.ca).

### ABBA AGM

The Alberta Avenue Business Association is holding its Annual General Meeting on Thursday, Sept. 20, 7 pm at Lutz Room at Alberta Avenue, 9210 118 Ave.

### A SPECIAL EASTWOOD SHOUT OUT

Our community would not be possible without the work of several key people in helping to shape, scrub, plan, and mentor (sometimes all in the same day) the community of Eastwood. Here's a special thank you to everyone who makes the community great!

Amira, for your creative and caring work in office administration and mentorship. Melodie, for making the community centre shine. Steve, our rink manager, for your dedication to rink programming. Ray and Theresa, for always helping to resolve a crisis. To EMCN staff Mischa, Sara, and Stephanie, for your partnership in making the garden program a legacy.

Our board members share their leadership gifts in unique and formative ways. Michael, thank you for your hard work in community engagement. All the best embarking on your next chapter of your life in China!

Thank you to all those who share experiences, skills, and abilities to mentor this community. Through your dedication, we are a hub where neighbours share life, celebrate, and create a legacy.

### TIBETAN BAZAAR

Celebrating 26 years in Tibetan art, entertainment, and culture. Sept. 22 & 23 from 10 am-5 pm at Alberta Avenue, 9210 118 Ave. Admission: \$5 (under 12 yrs free).

## 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](mailto: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](http://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](http://parkdalecromdale.org) for details. Alberta Avenue: Sunday, 1-4 pm. Check [albertaave.org](http://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](http://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](mailto: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 for ages 16-22. Drop-in. More: 780.423.9691.

**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](http://www.570squadron.com).

### ADULTS

**COFFEE WITH COPS**  
Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 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.

**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](http://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. Sept. 26, 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! Sept. 19, 5-9 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, 6:30-8:30 pm at The Nina.

**MUSIC LESSONS BY CREART**  
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: [creartedmonton@gmail.com](mailto:creartedmonton@gmail.com) or 587.336.5480.

**FREE COMMUNITY REC ACCESS**  
At Commonwealth Stadium on Saturdays from 5-7 pm and Sundays from 1-3 pm. Saturdays: Alberta Ave, Eastwood, 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





**YOUR neighbourhood realtor**



Selling homes since 1990!  
**ROXANNE LITWYN**  
780-907-7589

**ROXANNEHOMES.COM**

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

STERLING REAL ESTATE | 11155-65 Street Edmonton, AB T5W 4K2



This is the third year that Edmonton Mennonite Centre for Newcomers and Eastwood Community League have worked together on a community garden. | Supplied

**Norwest**  
INSURANCE AGENCIES LTD

Auto \* Home \* Business \* Life  
RRSP \* Travel Insurance  
Real Estate

11734 95 St 780.477.9191  
Serving this community since 1976

"We'll Keep You Happy for Life"



**XLFurniture**  
FAMILY BUSINESS SINCE 1952

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com  
tues - sat: 10 am to 5:30 pm | mon - sun: closed | Thursdays until 8 pm

**CHECK IT OUT!**

Extra features & more  
**ON-LINE!**  
Stories, pictures & more!  
**ratcreek.org**

FB.COM/RatCreekPress  
@RatCreekPress  
@RatCreekPress




**NORWOOD DENTAL CENTRE**

**Surprisingly Friendly**

- No White Coats
- No Judgment
- No Pressure

Call us at 780-474-2456 to book your appointment today!

Think about an ad for **YOUR** local business!  
ratcreek.org

**Edmonton Safe Parent Association**

Annual General Meeting  
September 29 from 1-3 pm  
Central Lions meeting room #4  
11113 113 Street  
Election of officers on the agenda



**Go Solar**  
With Evergreen & Gold Renewable Energy  
780-429-4731

info@evergreenandgold.ca www.evergreenandgold.ca