

RAT CREEK PRESS

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New language centre for newcomers to open

Local organization to open a centralized facility and English language centre



Standing in the lobby of the 82 Street main office of EMCN are, from the left, Ada, EMCN staff; Marla Welk, EMCN communications director; and Alpesh, a staff member. Ada and Alpesh both started as clients with EMCN about seven years ago. | Kate Wilson

KATE WILSON

The Edmonton Mennonite Centre for Newcomers (EMCN) has been a support for new Canadians for almost 40 years, and now the office and programming are moving into a bigger, more centralized facility.

"The centre has grown exponentially over the past five years," explains Marla Welk, EMCN's communications director. "We're currently spread out in five locations in the city. We do have waiting times, and we need the proper space to help our clients and operate efficiently."

Five years ago, the intake was 12,000, but it's now ballooned to 17,000 per year. Two strategies to deal with the growth have taken shape.

One is to take programs from their three locations and put them under one roof downtown. Programs at Nova Place on 118 Avenue and at their main 82 Street location will go to the downtown building. This move will free up

their main building, dedicated to English language learning. English classes at Eastwood School will also go there.

"We got a lot of support from funders and the community and now we can purchase the 82 Street location," says Welk. "It gives us the opportunity to consolidate our language services."

The language barrier is often a huge challenge. Learning English gives newcomers employability and more community involvement. The new centre will have 22 classrooms for morning, afternoon, and evening classes, along with part-time classes, allowing newcomers to work.

During construction, English language classes will continue in six classrooms.

"There will be no interruptions to services."

EMCN's new downtown lease at 10160 112 Street will bring the settlement, therapy, community, and employment programs as well as administration and volunteering into one space.

A newcomer's first year is criti-

cal, and having a centre close by for helping with the transition can make all the difference.

"[For] the large majority of new immigrants to Edmonton, their first point of entry is downtown and the first place they live is adjacent to downtown."

Traveling by transit from communities like Oliver and Queen Mary Park can take up to an hour to reach the 82 Street office.

"Having the centre downtown will cut that significantly," says Welk. "The downtown location adds presence to the communities and people will be able to find us easier."

The EMCN website states 7.3 per cent of the 47,000 residents who settled in Alberta in 2015 arrived as refugees.

"Refugees' needs are a lot higher, and we'll be able to respond more quickly."

The bill for leasing space at 112 Street and opening the language centre is \$10 million. While EMCN has a loan to help buy the 82 Street building and funding from three

levels of government, they still need resources and dollars.

Under their Embrace Campaign, EMCN is inviting businesses, community groups, or individuals to offer financial assistance. In-kind help won't be turned away. Donations of things like fridges, furniture, whiteboards, classroom supplies, and even foot washing stations are welcome.

Other ways to help include attending campaign events or hosting a fundraiser.

The move downtown is expected in October 2019. EMCN's goal is to start gutting and renovating the 82 Street location by January 2020, with doors to open by May 2020.

Email mwelk@emcn.ab.ca or call 780.423.9684.

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.

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Infill design winner announced in Spruce Ave

First-place design includes accessible and family-friendly elements

NADINE RIOPEL

The morning of Saturday, June 8, residents gathered at the Spruce Avenue hall to learn about the results of the 'Missing Middle' Infill Design Competition.

Five city-owned lots on 112 Avenue and 106 Street had been chosen as the competition site, and 30 submissions were received from all over the western world. With the help of two community advisors from the neighbourhood, a jury of experts chose first-, second-, and third-place finishers.

The first-place design, The Goodweather, includes 56 housing units, 14 parking units, and a daycare. The units include two- or three-bedroom family townhouses, accessible ground-level seniors' units, and loft apartments suitable for students. It appealed to the jury partly because it facilitates aging

in place.

"Looking at options for the [extended] family to be together in the city, there's not a lot," commented resident Jonathan Armstrong, reflecting a desire for more multi-generational housing design. According to City infill design project manager Jason Syvixay, people have already started asking about when the units will be available for sale.

The answer is not a straightforward one. The prize for winning is the right to purchase the land and develop the design, with the City providing support for the rezoning and permitting process and waiving the rezoning fees involved. The timeline of actual construction is mostly controlled by the developer, not the City.

Syvixay reported that the City "has been in discussions with the winning teams since deliberation ended", and that they are very close to having

a signed sales agreement with the first-place finisher. They are hoping to have permitting and rezoning complete by winter, enabling the group to go ahead with construction from there.

Some residents aren't eager for that to happen. Two women who asked to remain anonymous expressed concerns. They said they feel the volume of increased density is overwhelming, regardless of which design is implemented, and find the degree of the change daunting in general.

"Goodbye, sunset," one of them lamented when contemplating the two- and three-story structures planned for the five lots currently occupied by four single-story houses. Another felt uncertainty about the process and opportunities for involvement.

"What would be helpful for me," she said, "is to have a cheat sheet or road map for the process so I can know when

I can get involved and influence what's happening, and also know how rezoning and construction will affect me in a practical way."

Unfortunately such a road map does not yet exist, said Syvixay. The rezoning process already involves some community consultation checkpoints but he hopes to do more, have more conversations with neighbours. The specifics of that are still being developed, but the community advisors, Joshua Culling and Jonathan Hlewka, will remain involved.

"We were happy with the top three. The one that was number one made the most sense. It fit in the best with the neighbourhood. It had a chance of affordability," says Culling, "If you'd have told us going in that it was a 56 unit development, we'd have expected a tower."

"We're not concerned that they're going to deviate too much," said Hlewka about

whether the reality will match the design. Basic adherence to the original design will be a condition of the sale of the land.

Speaking to the crowd, Coun. Bev Essingler expressed her support.

"This shows why we do it—demonstrates we can have quality architecture in infill. Infill is not a four-letter word."

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.

MISSING MIDDLE INFILL COMPETITION

Full detail and images edmonton.ca/programs_services/recognition_awards/competition-winners.aspx



Spruce Avenue residents peruse the designs and winning entries of the competition. | Nadine Riopel

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

ABOUT US

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Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

Jessica MacQueen, Joe Wong, Patricia Dunnigan, Alita Rickards, Mariam Masud, Muriel Wright, Steven Townsend, Virginia Potkins 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.

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Serving 12,500 community members.

DELIVERY

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City council lifts non-market housing pause

Community leaders want firm policy and council oversight on new projects

TALEA MEDYNSKI

The seven year non-market housing pause is now lifted in Alberta Avenue, Eastwood, Queen Mary Park, Central McDougall, and McCauley after meetings with the City's executive council on June 10 and city council on June 18.

City council states the results of a new policy and approach will ensure better distribution of affordable housing throughout Edmonton, not just the five affected neighbourhoods.

Mayor Don Iveson says the attitude toward affordable housing is changing from being a problem to being a solution to social challenges, and that there is a stigma around affordable housing.

On June 10, many panelists approved of lifting the pause.

Biruk Senbetu, an engineer, lives in Queen Mary Park and is a refugee from Ethiopia.

"I'm trying to save money to get accreditation here, but more than 50 per cent of my income goes to rent. Having more affordable housing in my neighbourhood would help families and other community members that live here."

Cam McDonald, executive

director of The Right at Home Housing Society, said, "In non-market housing, police intervention is relatively low. The idea that non-market housing leads to more problems is a bit of a slippery slope sometimes."

Ward 7 Coun. Tony Caterina says, "One part that hasn't been mentioned is not only the concentration [of the housing], but the efforts of the community," Caterina says.

Susan McGee, CEO of Homeward Trust Edmonton, says, "A lot of the problem was that there wasn't a lot of clarity in what was being proposed for a site. There's been some really intentional work around zoning. When communities are asked to entertain a proposal and in many cases, they rightfully don't trust what exactly is going to be built and how it's going to be operated. That's putting a lot of pressure on them."

Coun. Scott McKeen represents Ward 6, which includes Queen Mary Park, Central McDougall, and McCauley. "I understand their distrust. They see it as a problem. They see it as more of the same," says McKeen. He asked panelists if removing the pause would uplift those communities.

According to City policy drafted since the moratorium, every neighbourhood is to have 16 per cent affordable housing. Currently, Alberta Avenue has 7.8 per cent non-market housing and Eastwood has 11.49 per cent. According to City data, calls for police at affordable housing came in at 2.8 per cent in Alberta Ave and 12.49 per cent in Eastwood.

Melanie Anderson, Alberta Avenue Community League's development director, says she's against the pause being lifted because she's afraid the City will interfere with the natural market emerging in the community and buy properties normally bought by people during the pause who couldn't afford to buy a home elsewhere.

She continues, "If they want to remove the stigma and if that is truly their problem with the pause in our neighborhoods, then write into the guidelines a firm, concise statement and actual percentages all neighbourhoods have to hit before other neighbourhoods with higher ratios get bumped again."

She says doing so would protect every neighbourhood from an unequal ratio of affordable housing. "Then you can remove

the pause which triggers the stigma, and turn the conversation to even distribution across the city where people can live in affordable housing where they normally could not."

Greg Lane, president of McCauley Community League, says he's torn on the issue.

"I personally feel it's a human right to have housing. It's sad to think that affordable housing has a negative perception in the public eye," he says. "I would stress to administration and council that there is some clean up that needs to be done. There are a lot of illegal rooming houses, predatory housing. That stuff needs to come to an end. I don't really care how you do it, but please clean that stuff up. You'll have more support from the community if you do."

Michael Brown, a Central McDougall community league member, says, "What people are saying is this pool of vulnerable people is being concentrated more and more into the urban core and this is creating a major draw for criminal elements and people who would use and abuse those people." Central McDougall is also participating in the Abundant Community initiative. "As we continue to

reach out and have conversations about housing and poverty, we have heard a strong consensus that we need real policy to guide housing investments in our communities, not guidelines, not half measures."

Community leaders sent a letter to city council with recommendations going forward, which included the suggestion that council "directly oversee the approval process for all new non-market housing projects and emergency/crisis resources and programming in the five core, low-income neighbourhoods."

Some of the ideas behind the reasoning was that communities with significant poverty are more complicated and more community input is required. Any new investments should strengthen the community with goals like raising home ownership rates, building community capacity, and reducing transience.

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



Nova Plaza is an affordable housing apartment unit on Alberta Avenue. | Talea Medynski

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Local organization reaches out a helping hand

Building community leadership is what revitalizes our neighbourhoods

AYDAN DUNNIGAN-VICKRUCK

REACH Edmonton is perhaps not an organization that most of us would recognize, but true to its name, its influence reaches deep into communities that surround the city core.

On June 6, over 300 enthusiastic REACH members gathered in Central Lions Recreation Centre for the annual meeting in which they approved a seven million dollar budget in funding for community initiatives, with money coming from the City of Edmonton, Public Safety Canada, 24/7 Initiative, All In for Youth initiative, Ambassador Program, Out of School Time programming, Police and Youth Engagement Program, and others.

REACH assists communities or agencies working on the front line to address problems and solutions. Its engagement

strategy is somewhat unique in that firstly, it explores and exposes the root causes of social issues common throughout the city, but particularly in its core.

REACH coalesces support for organizations that address these issues at street level, such as Hope Mission, Boyle Street Community Services Co-operative, Canadian Mental Health Association, and the Crisis Diversion Van.

It also provides education and tools to communities to help them to problem solve and to take responsibility for making neighbourhoods more desirable places to live. This latter was the focus of guest speaker Paul Schmitz, CEO of Leading Inside Out.

Schmitz, author of *Everyone Leads: Building Leadership From the Community Up*, brought an inspiring and informative narrative of what it takes to build leadership in a com-

munity.

With years of experience in social activism in the United States, Schmitz believes that everyone is a potential leader; the success of community activism is dependant upon organizations recognizing the leadership ability of its members.

“Leadership is not a position held by a few, but action shared by many,” says Schmitz.

Schmitz offers several strategies for communities to develop leadership.

For Schmitz, “Change is an inside job.” He stresses that the best people to address social problems in marginalized communities are the people who live in those communities. When communities problem solve together, it’s a good thing. They strengthen and grow when issues are tackled strategically.

He encourages people to identify problems in concrete terms, counselling that leaving

issues or ideas in an abstract form doesn’t lead to action.

Likewise, a community must ensure that results are measurable. This requires definable and identifiable outcomes in order to decide if an initiative has “moved the needle.” Any solutions should also be concrete and achievable.

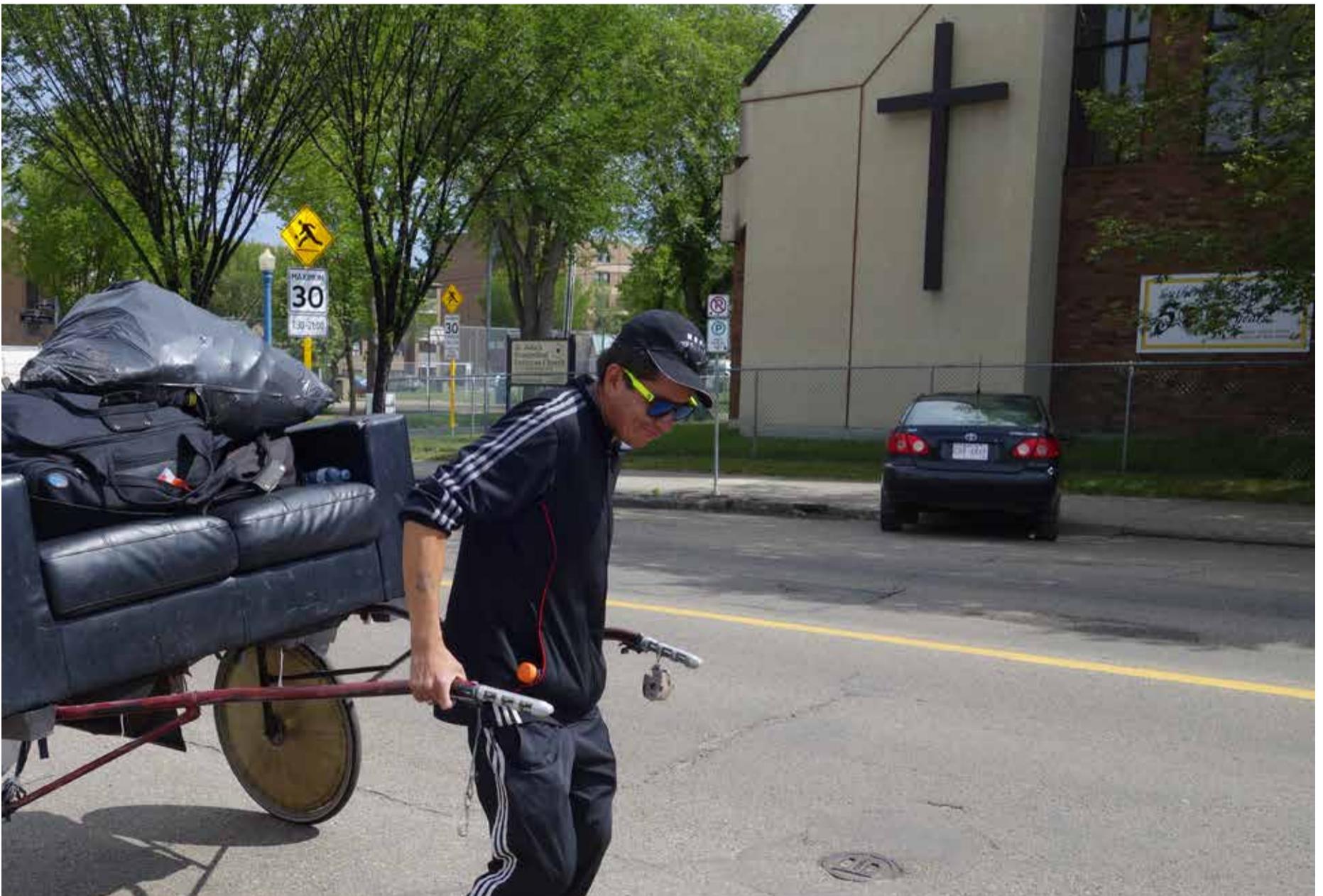
Developing a leadership culture is the ultimate solution to revitalizing our neighbourhoods. Schmitz quoted Peter Drucker (author, management consultant, and educator) several times with the words, “Culture eats strategy for breakfast.”

Leadership potential in individuals needs to be identified by asset-based engagement. We need to identify strengths and assets in individuals rather than deficits. We are all both; it is merely our perspective that emphasizes the positives or negatives.

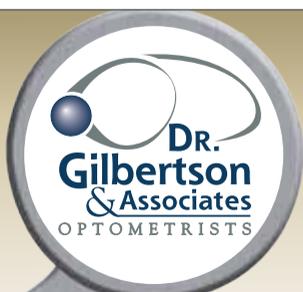
Edmonton has a tremendous asset base with its community league organizations. This has been extremely effective in strengthening a sense of responsibility for the quality of life and sense of community and identity. The result is that we are off to a head start when we are looking to motivate people to action.

For those interested in joining REACH, memberships for students and seniors are \$10, \$25 for individuals, \$50 to \$200 for corporations, and are available at www.reachedmonton.ca.

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.



Over 300 REACH members attended the AGM and leadership presentation on June 6. | Aydan Dunnigan-Vickruck



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New pilot aims to bring together businesses

Initiative to create a safer area for shoppers and residents

TALEA MEDYNSKI

A new initiative between Alberta Avenue Business Association (AABA) and Alberta Ave's EPS beat teams is hoping to make Avenue businesses and the area an even safer and more positive place in which to shop and live.

Businesses Together is a six-month pilot between (AABA), We Believe in 118, and Edmonton Police Service that started on June 1.

Joachim Holtz, executive director of AABA, explains how it all started. "Back in January, I was approached by our two beat sergeants, Sgt. Andy Hayward and Sgt. Andrew Weaver, who wanted to run an idea by me."

Both sergeants hail from England and there as police officers had created a plan for community members. They thought they could adapt the same plan to work for businesses here.

Essentially, the pilot focuses on businesses working and communicating with one another by using crime prevention principles and technology to reduce crime and to ensure people that businesses and the area are safe. Holtz adds, "[The pilot] will provide strategies and tools to prevent crimes and [related] activities."

Using a set of simple rules for businesses to follow, the pilot aims to weed out the destructive behaviour of some patrons and draw more shoppers to the area. Holtz describes it as a "self-

sustaining watch" and he hopes business owners get to know one another better as a result.

Some rules include no soliciting, providing washrooms for paying customers only, zero tol-

12 years. This is just a continuation of that progress. It's all about safety," says Holtz. "I think it's a really good idea. Businesses can talk and communicate. Everyone working

Holtz emphasizes that the pilot is a positive and hopeful development and that AABA has always had a positive relationship with police.

Another aspect of the pilot is the addition of 10 AABA televisions installed in select businesses to showcase participating businesses, events, and Crime Stoppers appeals. Participating businesses can advertise for free using this television.

"Every few seconds, there'll be an advertisement. In between the advertising slides, there will be an image of someone the police are looking for and people that cause a disturbance."

on a positive note."

Police can ban patrons from stores if there is an allegation of crime or disorder. When someone is banned, the hope is that it will help with that person's rehabilitation. The ban lasts for 90 days and that person is banned across all participating stores in the pilot program. Additionally, the stores will have contact numbers to call for useful resources when dealing with public disorder in their stores.

After the pilot is over, there will be a debriefing by EPS.

As well, participating businesses in the pilot have access to an online chat forum designed to connect them with each other to share ideas, ask for advice, or exchange information.

"Obviously, we'll try to get some type of measurement," says Holtz. He also mentioned that businesses can meet the police at quarterly Businesses Together mixers (a business version of Coffee with the Cops).

Holtz is positive about the pilot.

"I think that this is a great idea, because at the end of the day, if you're not proactive, what have you got? The whole thing is work together, communicate together, and keep each other informed."

For more information, visit alberta-avenue.com/initiatives.

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



Beat police, Joachim Holtz (executive director of AABA), and Christy Morin (executive director of Arts on the Ave). | Supplied

erance for banned patrons, and banning sales of weapons or drugs.

"There's been lots of progress on Alberta Avenue over the past

together, joining together."

The police beat teams have already signed up 160 businesses for the pilot. It's not mandatory for businesses to participate, but

Holtz adds that people who cause disturbances are "a nuisance". It's petty, it creates a bad impression. All that we ask is that people show respect. It's all

Our school is more than an elementary school

John A. McDougall students love to fundraise and help others

GRADE 6 STUDENTS OF JOHN A. MCDUGALL

Across from the community public park and a couple of blocks down from Kingsway Mall, you will find John A. McDougall Elementary School (J.A.M) on 10930 107 Street. It looks like a castle on the outside with walls made out of red brick and humongous doors. Over the past few years, the student population has tremendously increased to approximately 350 kids occupying its three floors. The building was built in 1913 and is 106 years old today, with renovations completed in the early 2000s.

The school specializes in literacy and offers an incredible reading and writing program. Teachers believe that students need to learn how to read and write in order to become successful in life. With the program, they can help a lot of students that do not know how to read or write and improve their skills.

Students strengthen their reading skills by completing

daily reading at home and in school.

"We believe that literacy is the right of every child. A tool for empowerment, literacy allows our students to better understand the world around them," states Corene Zmurchik, principal of J.A.M.

The All in for Youth (AIFY) team and the Boys and Girls Club offers many programs for Grades 1-6 known as Out of School Time (OST), and which happen everyday after school. On Friday afternoons, Grade 6 students can go on field trips like Ninja Warrior, swimming, and to a farm.

The AIFY team also hosts family night. That is where the parents and students from J.A.M. come together to partici-

pate in activities. For example, families have created paintings, which are now displayed in the school hallways. Nour A. replied, "J.A.M. is special to me because it's a one-of-a-kind place where people are kind and nice."

plan out how each event works. One student from Ms. Chong's class named Sean R. said, "John A. McDougall School is amazing because they raised \$212.80 for people who have cancer like Terry Fox."

One of the biggest achieve-

cause.

Paytan A. exclaimed, "I like that we can support people and care for others. The John A. McDougall community loves fundraising."

Other fundraisers included collecting food for the Food Bank and raising money for the Heart and Stroke Foundation.

J.A.M. is a public school with many diverse cultures. Students respect cultures and teach others about their cultures through events like Multicultural Day. Parents have the opportunity to share their culture and food with others and watch students express their culture through dancing and singing. Kim T. was quoted in saying, "I feel safe and right at home here at John A. McDougall."

The Grade 6 class has been studying journalism in Language Arts. Students have been learning how to make effective and informative news articles and are excited to share some of their school highlights with the community.



John A. McDougall School is located on 10930 107 St. | Darshan S.

The school also strongly believes in helping others. Students set up fundraisers to help organizations around the community. They create posters to spread the news and provide fun activities to raise money.

The students in the Me to We club and individual classes help

ments that J.A.M. has done was fundraising \$563.24 for the Stollery Children's Hospital through a hot chocolate and candy cane sale. The Grade 6 class created their own business model and over half of the school bought hot chocolate or candy canes to support the

OPINION

The urgency of wildfires and climate change

Steps we can take to ensure we don't start a fire

MIMI WILLIAMS

One of the most memorable characters from my childhood is Smokey Bear. Created by the United States Forest Service, the fictional bear dressed like a forest ranger gained international fame through the longest running public service advertising campaign in US history. His slogan, "Remember ... Only YOU Can Prevent Forest Fires!" was changed to "Only You Can Prevent Wildfires" in 2001 and this year, as Smokey celebrates his 75th birthday, his message remains as important today as it did in 1944, particularly here in Alberta.

Half of our province is covered in forests, with many of our communities built within or adjacent to forested areas. Alberta's designated Forest Protection Area runs from north to south and along the entirety of the western British Columbia border. The importance of protecting these forests cannot be overstated. Along with providing habitat for animals, forests serve to protect watersheds, prevent soil erosion, and help to slow down global warming by absorbing carbon dioxide.

Forests are also an important economic driver in our province, employing tens of thousands of people and accounting

for billions in revenues. Billions of dollars' worth of Alberta forest products are exported to markets around the world. Protecting our forests matters.

So far this year, there have been 608 wildfires in the province with a total of 704,929.85 hectares (1,741,919 acres) burned. While the number of fires is below the current five-year average of 644 wildfires, it is important to note that the average covers the entire forest fire season and this year's figures are only up to June 15, with three months of the typical fire season remaining. Of particular concern, this year's figures show the size of the areas affected has increased almost 500 per cent from the average of 146,066.54 hectares (360,938 acres) burned.

Mike Flannigan, a professor of Wildland Fire at the University of Alberta, has said the extended wildfire season (which used to start April 1 and now officially starts on March 1) can be attributed to human-caused climate change. Most scientists and industry experts agree that we are going to see longer fire seasons in coming years, along with higher temperatures and more droughts. A research study by Environment and Climate Change Canada,

the results of which were published in the academic journal *Earth's Future* earlier this year, found "extreme high temperatures combined with dry conditions increased the likelihood of wildfire ignition and spread."

Basically, climate change is increasing the destruction of forests and the destruction of forests is speeding up climate



We can each take steps to prevent starting a wildfire. | Pixabay

change. The situation is urgent.

Smokey Bear, as it turns out, was a little heavy-handed in assigning individual responsibility to preventing wildfires. While it is true that human activity plays a large part in igniting fires, a good number of wildfires are sparked by lightning strikes, a force of nature that none of us are able to prevent.

Still, we can take some steps to ensure we aren't personally responsible for setting off a blaze that can quite quickly

spread out of control.

First and foremost, check local regulations for any permit requirements or burn bans. Unless you are in a designated campground, you might require a campfire permit and/or the landowner's permission for an open campfire, cooking fire, or bonfire in or near forested land.

Clear the area around your fire of any flammable debris (dead grass, twigs, etc.) and be prepared to extinguish the fire if necessary. At least five gallons of water and a shovel should be nearby.

Don't have a fire if it's windy; sparks can fly much farther than we realize. Stay with your fire until it is completely out.

If you smoke, don't move around while you do it in forested land. Stay in one place while you smoke and then make sure your butt is fully and completely out. Then, put it in your pocket.

Our forests are vital for the survival of a huge number of species, including ours. Forests generate a tremendous amount of economic activity and provide endless opportunities for us to enjoy them recreationally.

No one individual can ensure that forests are protected for generations to come, but if each of us takes the effort to do our small part, including reducing our carbon footprints, it might at least give them a fighting chance.

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.

Spring To Fall Block Parties



Do you have a great idea to get to know your neighbours or bring beauty and vibrancy to your neighbourhood?

Spring through fall are great times for events or initiatives.

Any activity that gives an opportunity for people to meet and get acquainted is beneficial. The focus is on having fun, and collaborating with neighbours to work together on initiatives that bring our communities to life!

Go to edmonton.ca/blockparties for information, planning kits, and a road closure permit application.

Need funding for your party or project?

Small Sparks provides residents, businesses, and organizations with up to \$250 for projects that help promote safer, healthier, and better neighbourhoods. It's available to the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

Complete the quick, easy, one page application. Search "Small Sparks" at edmonton.ca.



One hundred years of Indigenous history

The best things non-Indigenous people can do is listen and learn

FRANKI HARROGATE

June is Indigenous* History Month in Canada. June is also the month in which Canada was provided the final report of the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG).

We now have over 100 years of reports into the mistreatment and ongoing genocide of Indigenous peoples by Canada. It started with the Bryce Report in 1907, in which Dr. P.H. Bryce noted the horrendous conditions of residential schools and the extremely high death rate of children who were sent to them. Prior to that, there was the extermination of the Beothuk people of Newfoundland during the 1800s. Their demise is a significant strand in the pattern of ongoing genocide.

However, it must be noted that the Truth and Reconciliation Commission of Canada (TRC) and the MMIWG reports are merely the latest—not the first—of their kind. Canadians have repeatedly been asked, for over a century now, to honour

the treaties and dismantle the oppressive systems that uphold and reproduce colonization and white supremacy. For over a century, we as a society have ignored that call.

For over 100 years, numerous commissions, reports, and inquiries have taken place in an effort to showcase the impacts of ongoing colonization, genocide, and systemic oppression experienced by Indigenous peoples in Canada. In 1996, The Royal Commission on Aboriginal Peoples issued its final report, urging Canadians to begin engaging in a national process of reconciliation, and to change the existing relationships. The recommendations were provided to the governments of the day, and the same result occurred: recommendations for change were heard, shelved, and ignored. The issue here is not lack of knowledge: it is one of apathy.

As with previous publications, the MMIWG reports outline next steps to be taken, both on individual and systemic levels. We have been asked, once again, to take our relationships with Indigenous peoples seriously.

We have been asked to honour the promises made when treaties were signed. We have been tasked with the responsibility for doing better and building community instead of sitting back and benefitting from ongoing oppression. The final report of the National Inquiry into Missing and Murdered Indigenous Women and Girls is found here: mmiwg-ffada.ca/final-report/.

While there are specific calls for justice outlined in the report, it's crucial to address the four pathways listed below and quoted directly from the report:

- 1) Historical, multigenerational, and intergenerational trauma;
- 2) Social and economic marginalization;
- 3) Maintaining the status quo and institutional lack of will; and
- 4) Ignoring the agency and expertise of Indigenous women, girls, and 2SLGBTQQIA people.

In learning, we must remember: as colonized and targeted groups, some nations or individuals may not be in any way interested in engaging with non-Indigenous people. That

response is justified, and yet, it must not stop you. Learn the names, histories, and protocols of the nations whose traditional territories you live and/or work on. For example, whose territories were stolen in the process of establishing Edmonton, St. Albert, Redwater, or Leduc? In order to do better going forward, we must first understand what has occurred to get us to where we are now. We are not responsible for what others did prior to our existence, but we are responsible for repairing the damage they did in the name of creating our systems.

Canada's mainstream media and journalists, predictably, responded without apparently even reading the report or its 46-page supplementary report, "A Legal Analysis of Genocide." Cindy Blackstock (Gitksan), executive director of the First Nations Child and Family Caring Society of Canada, created a learning series on Twitter in response, with the hashtag #isitgenocide. The best way to learn is to listen to Indigenous peoples themselves. Whether on social media or through literary works, some folks I par-

ticularly recommend are Alicia Elliott, Dawn Dumont, Jesse Wente, Russ Diabo, Richard Wagamese, Tanya Tagaq, Tanya Talaga, Arthur Manuel, and Pam Palmater.

Treaty acknowledgements usually discuss the fact that things are happening on the traditional travelling grounds of numerous nations. What about acknowledging the responsibilities we have as partners in these treaties? I, personally, further acknowledge my responsibilities under and as a beneficiary of Treaty 6. We are all treaty people.

*While "Indigenous" is used as an umbrella term, it must be noted that "Indigenous peoples" belong to many different nations, with each community having their own histories, cultures, languages, perspectives, and so on.

Franki is an active volunteer and has recently completed a masters degree in counselling psychology. They and their partner live in Eastwood, which is a great place to raise two small humans.



The final report of the National Inquiry into Missing and Murdered Indigenous Women and Girls outlines the next steps to be taken. | Pixabay



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Explore Edmonton's great gems this summer

How to be a tourist in your hometown and neighbourhood

ALOUISE DITTRICK

Edmonton is a wonderful city in the summer, but it's easy to forget about what's in our own backyard. Whether you've lived in Edmonton all your life, or if you're new to the city, here are some ways to explore Edmonton and your neighbourhood this summer.

Summer is a great season to get outside. At Kinnaird Ravine and Rundle Park, there are plenty of trails to walk and bike. With its playing fields, tennis courts, and picnic areas, Borden Park is another nice place to spend a day. If it's hot out, go for a swim in one of Edmonton's many outdoor pools. Borden Park's new outdoor pool is within the RCP's communities, but all outdoor pools in Edmonton have free admission this year.

Edmonton hosts many summer festivals. One of the biggest festivals of the year, K-Days, will take place from July 19 to 28 at Northlands. K-Days includes a midway, games, exhibitions at the Edmonton EXPO Centre, and live music and entertainment. A Ride All Day (RAD) pass with gate admission is \$48 plus tax. You can buy these at Save-On-Foods and Circle K/Mac's.

Watch a summer sport at the FIVB Beach Volleyball World Tour Edmonton Open from July 17 to 21 at Northlands. Over 100 teams from around the world will compete as part of the qualifications for the 2020 Olympics. Admission on July 17-18 is free. From July 19-21, you can attend with your K-Days admission. To buy a pass, or for schedule times, visit: k-days.com/outdoor/fivb-beach-volleyball

world-tour-edmonton-open.

This summer, the Edmonton Eskimos have several home games at Commonwealth Stadium. A fun option for families are the Family Huddle tickets on sale at Save-On-Foods for \$29.50 plus tax. A schedule of games is available online at esks.com.

Haven't seen Northlands' Urban Garden? Northlands has ongoing events or lectures from 6:30 to 7:30 pm each Wednesday until September. These events cover a variety of topics in gardening and urban agriculture. Due to K-Days, there is nothing scheduled for July 25.

If you love music and live entertainment, The Aviary has a variety of concerts and events planned this summer. Philip Muz, owner and operator of The Aviary says, "We're stoked for a jam-packed summer here

at The Aviary. [There are] heaps of free events and huge shows open to everyone. We're updating the website with new events all the time, so check out the-aviary.net for event listings."

Community leagues will host several events this summer. Some will help residents host a block party, which is a great way to get to know your neighbours. If you live in Alberta Avenue, Parkdale-Cromdale or Westwood, contact the summer engagement team at engage@albertaave.org, pccl.student@gmail.com, or engage@westwoodcl.ca respectively.

Parkdale-Cromdale Community League will also host two potluck brunch garden parties on July 7 and August 18 from 11:30 am to 1:30 pm at the Parkdale-Cromdale Community Hall.

On July 7 from 9 am to

5 pm, Delton Community League will host a School's Out Carnival at their hall. Activities include a dunk tank, face painting (\$2 to \$3), carnival games, and a concession with a garage sale. Entrance to this family event is free. It costs \$20 to rent a table for the garage sale. Call 780.477.3326 for more information.

This article only scratches the surface of what you can see and do in Edmonton this summer. Be sure to get out for these local attractions and events. While summer in Edmonton is fantastic, it doesn't last long.

Alouise is a professional writer and graduate of MacEwan University. She writes about travel and the performing arts at takemetotheworld.com.



K-Days always has plenty of different attractions. | Northlands



Watch the Edmonton Eskimos play at Commonwealth Stadium. | Alouise Dittrick

Boosting your home security this summer

Use these easy and practical tips to prevent break-ins

TALEA MEDYNSKI

Summer tends to be synonymous with vacations and yard work, but it can also bring more opportunities for would-be thieves. Sgt. Andrew Weaver, a beat sergeant of 118 Avenue, offers tips to help improve property safety.

First of all, when working in your yard, garage, or garden, lock the door of your shed, garage, or house. Leaving doors open or unlocked means there's potential for a crime of opportunity.

"If people see a weed whacker in a shed, they could just take it," Weaver says.

Summer can bring some scorching hot days, so there's the temptation to leave doors open or only a screen door as a barrier.

"I get it, you don't have air

conditioning, but think of what you're giving up."

Weaver suggests buying a wooden dowel to place in sliding doors or windows as a deterrent. He also advises buying four inch wood screws and swapping them out with the old ones in your doors.

"They'll go all the way in the studs, making the door harder to kick in."

He encourages neighbours to reclaim the alleyways. Community members typically use the streets and avenues, not the alleys.

"People who don't want to be seen use alleys," says Weaver. He suggests visiting with your neighbours across the alleyway or even setting up a floor hockey game for youth. Having more neighbours in the alleys would discourage would-be thieves.

Make sure that locks or other security are especially solid in

the back of the house. "Usually break-ins are from the rear of the property," he says.

If you're going on a summer vacation, a few signs could announce your absence to anyone scouting the area regularly.

"If there's a trailer normally there and then it's gone, it's an indicator that your property is empty," says Weaver. Other signs include piled-up mail, an unmowed lawn, a lack of garbage or recycling in the alley or at the curb, or even drawn curtains or blinds.

"They look for signs that you're not home. You don't need to be Sherlock Holmes to work it out." Potential thieves patrol the area regularly, looking for absent homeowners or renters. They know what's normal and abnormal. "A lot of crimes we see are crimes of opportunity," says Weaver.

The biggest solution Weaver keeps coming back to is knowing your neighbours.

"You'll know which ones you'll feel comfortable sharing so much information with," he says of announcing when you're gone. "Be neighbourly all the time. You'll have more eyes on your house." And in turn, he explains, you can return the favour.

While you're gone on vacation, ask your mail carrier to stop delivering mail. Or ask a neighbour, family member, or friend to stop by regularly and place the mail in the house.

And of course, make sure your locks work properly on doors and windows. Check that any alarm systems are working properly. If you have something particularly valuable in your home, consider giving it to someone you trust until you return.

Essentially, give the appearance of being home and in your normal routine. Set lights and radio on a timer to turn on regularly so it seems like there's someone at home.

"Leave curtains as you would normally leave them," he says. "Ask a neighbour to throw some of their garbage next to yours on garbage day."

If you're away for a few weeks, ask someone to mow your lawn so that regular maintenance is being done. And of course, don't post about your trip on social media until after you've returned.

"Use common sense," he advises.

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



A lot of home security is using common sense and having good relationships with your neighbours. | Pixabay

C'mon Festival heads downtown this July

Long-running festival will feature three concerts

KATHRYN MACINTOSH

The C'mon Festival, Edmonton's annual celebration of dressed-down classical music, started life on Alberta Ave in 2013 at St. Faith's Anglican Church as a Fringe Bring Your Own Venue (BYOV). From there, it spent four years at Studio 96 in McCauley. This July, the festival moves past the LRT construction barricades to the Winspear Centre. Hopefully the audience will be able to brave all the downtown construction to find the C'mon Festival's new home!

The festival is dedicated to taking the "attitude" out of clas-

sical music. This year's slogan is "seriously fun!" The three-concert festival will feature the Polyphonic String Quartet, violinist/composer Alissa Cheung, marimba virtuoso Tim Borton, and clarinetist Rob Spady. It will also showcase music by Farhad Khosravi, who plays a beautiful Middle Eastern instrument called the santur.

C'mon Downtown takes place July 12-14 and is pay-what-you-can. Visit cmonfestival.ca.

Kathryn is a trombonist, educator, and concert producer with a passion for exciting Edmontonians about classical music.



The C'Mon Festival has been going since 2013. | Supplied

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deltoncommunity.com spruceavenuecommunity.com

eastwoodcommunity.org westwoodcl.ca

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Alberta Avenue

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780.479.6285



Create an original slogan for Spruce Avenue

Use this opportunity to show how you perceive a great neighbourhood

ASHLEY AYUME

A walk down the peaceful tree-lined street of Spruce Avenue can certainly be relaxing, but we hope it will also be inspiring with the result of a community branding slogan contest.

Communities with a strong citizen connection are not only wonderful places to live, but also safer. Spruce Avenue is full of heritage and pride and we want to share it with all of Edmonton.

We are looking for an original slogan as well as a graphic or artwork to represent our little piece of Edmonton. Whether you're enjoying our splash park or touring our historic homes, there is a branch of Spruce Avenue for everyone. We are one of the smaller communities in Edmonton as well as one of the oldest. We have an abundant historical presence and citizens that are passionate about making our community beautiful.

The artwork can be a photo, design, or original graphic that you feel best represents us. The slogan should be an organic expression of the area, as well as engaging

and authentic. Come and visit our area and we are sure you will be inspired. Our roots run deep in Spruce Avenue and it's time it showed.

manent Canadian resident. The Spruce Avenue Community League board will narrow down the entries and the winner will be selected via social media con-

student entries once the fall term commences. The Spruce Avenue board will announce the grand winner during the Spruce Avenue Harvest Festival

Community members can buy one for \$5 and beautify their front yards and alleys. Signs will be appropriate for outdoor or window display and will be either black and white or colour depending on the winning design.

Signs will be for sale during the harvest festival as well as at the community league hall during area events. The winning artist will be invited to a public unveiling of the sign and will receive a copy as well as an honorarium to thank them for their work.

We hope this slogan can be the face of Spruce Avenue for generations to come. Spruce Avenue Community League and the Edmonton Neighborhood Engagement Funding program are sponsoring the contest.

Find the full contest rules on the Spruce Avenue Facebook page or by contacting programdirector@spruceavenuecommunity.com.

Ashley is a resident of Spruce Ave with her husband Remo and their two children. She's the program director for Spruce Ave Community League, a farm girl at heart, and she's passionate about community connections, urban agriculture, and gardening.



The winning slogan will be turned into a sign that community members can buy for \$5. | Ashley Ayume

Submit your creative expression by July 31. Anyone can enter as long as they're a per-

son on our Facebook page from Aug. 15 to 31. Local schools will also be invited to submit

on Sept. 21. The winning artwork will be printed on a 16 x 24 inch sign.



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AUGUST 13**
5:00 pm to 8:00 pm
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Residents enjoy an evening of art and music

Salon series brings together multiple artistic mediums

VICTORIA STEVENS

On June 15, Catherine Owen hosted the Summer Solstice Edition of the 94th Street Trobairitz at her 104-year-old-home in Alberta Ave. The evening was an intimate event showcasing artists of multiple disciplines from around Alberta.

The evening began with conversation and refreshments on the patio, allowing the 12 guests and artists to mingle. After getting cozy in the living room, Owen, an accomplished poet and author originally from Vancouver, began the evening's presentations by reading her poem, "Moving To Delilah." It describes her move to her current home, affectionately named "Delilah."

"I don't want to be bored," Owen says about why she has continued to host events like

this. She has hosted many events over the years, including 44th Ave Troubadours in Edmonton and the Bed Series, where artists performed from the comfort of her bed in Vancouver. "I'm never bored when you combine mediums."

Tom Roschkov, an Alberta-based musician and multimedia artist, and his musical partner, Tex, serenaded the group with classic country music stylings of Johnny Cash and Marty Robbins. The pair have a wonderful chemistry, which makes their two guitar pairing an even greater joy to witness.

"I always play this song wherever I go," says Roschkov of the song "Devil Woman" by Marty Robbins.

As Owen's cat Stevie lounged on the floor, soaking up pets from the attendees, poet Claire Kelly read two poems. "Her Pillow Smells of the Special"

appears in her current book, *One Thing Then Another*. Kelly has published two books of poetry and was longlisted for the CBC Poetry Prize in 2017.

Leslie Greentree was up next to read her short story, "Room of Pickled Things." It is about a boy attending his grandfather's funeral. The story won the Little Bird Fiction Competition in 2013. Greentree has many published works and awards to her name, including the Howard O'Hagan prize for short fiction for her story "A Minor Planet for You."

"I love this! I just love house salons," says Greentree.

Rounding out the evening was Laurie MacFayden, an Edmontonian since 1984 who has had a distinguished career in journalism and the arts. MacFayden spent 30 years as a journalist and continues to be a writer and visual artist.

MacFayden talked about the art of collage, explaining a bit of the history of it, and how it can be an incredibly raw and impactful art form.

Kerri Strobl attended the event with Greentree. Strobl and Greentree are part of the buddy program through the Writers' Guild of Alberta. Strobl, having recently moved back to Edmonton, really enjoys events like these because they allow for a more authentic experience.

"People are more free to express themselves and the way they are, rather than be influenced by the context of the space they're in," says Strobl.

The evening concluded with conversation and music on the patio.

The next edition of the 94th Street Trobairitz will be in the fall and will be Halloween-

themed.

Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.

JUNE 15 SALON ARTISTS

Catherine Owen
crowgirl11.wordpress.com/
 Tom Roschkov
tomroschkov.weebly.com/

Claire Kelly
 @ClaireElKelly on twitter

Leslie Greentree
lesliegreentree.ca
 Laurie MacFayden
lauriemacfayden.com



Artists performed at Catherine Owen's Summer Solstice Edition of the 94th Street Trobairitz. | Victoria Stevens

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The buzz about why dandelions are important

Weeds and flowers are a crucial source of food for pollinators

TALEA MEDYNSKI

It's a sure sign of summer when you spot dandelions popping up everywhere. But these weeds aren't just a pest we can't seem to remove from our lush lawns and gardens, they're also important for bees and other pollinators.

Mike Jenkins, the City's pest management coordinator, says, "Dandelions are a pretty good source of nectar and pollen. Many insects feed off of sugar and some only carry pollen. Bees are specialized in getting pollen as a protein source to feed their young."

Honey bees aren't the only pollinators that utilize dandelions. "Dandelions are a benefit to honey bees and native pollinators before other flowers are out," Jenkins says.

Considering its importance, should dandelions still then be considered a weed? "Weed is a subjective definition," says Jenkins. "A lot depends on where it's growing, if it's in a sports field or a lawn. The longer you leave them, the harder it is to get rid of them. If you can keep a patch in your yard without letting them take over, it would probably be a benefit to honey bees and native pollinators."

Edmonton has all kinds of pollinators, not just bees, but wasps, butterflies, flies, moths, male mosquitoes, ants, and other insects.

Mark Stumpf-Allen, the City's compost programs coordinator, explains that dandelions are also beneficial to the soil.

"They have a very deep taproot which penetrates into subsoil. Deep-rooted plants like

dandelions can bring nutrients up and store it in their leaves. Those nutrients become available to plants next year as they decompose. Not many of our crops can penetrate into subsoil. Dandelions are more than bee food—they're soil builders."

To prevent dandelions from taking over your lawn or garden, Stumpf-Allen advises, "Pluck off new growth: the green leaves and stems, anything that will seed the roots through photosynthesis." You can also pluck the head of the plant off before it seeds out. Stumpf-Allen adds, "But seeds are airborne and travel hundreds of meters."

In the last few years, there's been a lot of news about honey bees being in jeopardy. In the Eastern United States, honey bees are experiencing a colony collapse disorder due to pesticide, mite infestations, and a

monoculture diet.

"We have not seen a colony collapse here. Our honey bees are doing well," says Jenkins, but adds that the Gypsy Cuckoo Bumble Bee and other species, along with many of our native pollinators, seem to be in decline.

In order to help these pollinators, plant a variety of flowers that bloom at different times since not every pollinator can use just any flower. For example, honey bees are originally from Europe and naturally seek pollen when European weeds would bloom. Jenkins says some parasitic wasps are so small they'll actually drown themselves in dandelions. Plants like carrots, yarrow, and dill are useful for these smaller pollinators.

"Flowers that aren't great for bees are big, double-petaled flowers that people love to

plant," says Stumpf-Allen. Bees can't access these flowers. He adds, "Low walls of urbanite create lots of nooks and crannies for ground-dwelling solitary bees. The walls are a great way to create interest and reuse waste material."

"More diversity is better. Having huge fields of one species leads to all kinds of imbalances," says Jenkins.

"The more diverse, the more healthy [pollinators] will be," adds Stumpf-Allen. "When bees visit your garden, they'll have healthy pollens and nectars to take back to the colony."

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



Dandelions and a diverse variety of other plants are important for bees and other pollinators. | Pixabay

“ More diversity is better. Having huge fields of one species leads to all kinds of imbalances. ”

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Old Gainers site is a memorial to resistance

Taking a moment to listen to the valuable lessons of history

KEVIN BELL

In 2015, my partner and I moved to Edmonton and settled in Eastwood. Getting to know our new community, I would often take our dog to the path that runs along the LRT tracks. Northeast from Coliseum Station, once you pass under Wayne Gretzky Drive and over the Yellowhead, you'll come to ETS' new Kathleen Andrews Transit Garage. Seven hundred people will work there.

When we first walked around the 13-acre site, before construction of the garage began, the place was a ruin and had been since the end of the last century. Piles of dirt and jumbles of broken concrete, metal joists, old wiring, plumbing, and the shattered remains of foundations with stairs that led nowhere made for a landscape evocative of a war zone. Or perhaps like the remnants of an ancient civilization.

Rising from the rubble, incongruously intact, a massive terra cotta chimney was home to roosting pigeons. It was all that remained of the Gainers plant, the former industrial heart of Packingtown. Once one of Edmonton's working class dis-

tricts, Packingtown was where thousands of workers and their families lived near their jobs, in houses where many of us today now live.

This end of town was home to the second largest meat packing industry in North America, next to Chicago's Union Stock Yards. The area once thrived on account of the trade it generated, but because cheaper labour could be had in the United States, it stopped being a meat packing centre in the 1980s and Packingtown was in decline.

In 1986, the owner of the Gainers plant decided the business wasn't profitable enough. That year when the workers' union contract came up for negotiation and they sought pay equity, the owner of the plant, Peter Pocklington, dug in his heels. Pocklington owned the Edmonton Oilers too, so they considered it an insult that he could afford to pay a million dollar salary for one hockey player but not give the meat packers a raise. The workers didn't give a wick about the profits. There was a lot more than someone else's dividends at stake for them, so they made a stand and went on strike.

Given the times, strikes were

not unusual. They were breaking out across the province. The economy had tanked that year as the booming oil industry busted, so even oil workers were on the lines in places like Fort McMurray. But the bitterest struggle happened in Packingtown and the strike lasted six-and-a-half months.

Pocklington refused to negotiate and hired replacement workers instead. He tried to break the strike by bussing them in. This outraged the workers, and so the buses were armoured when chunks of pavement began to fly.

The Edmonton Police Service were deployed. The resistance of the workers was so intense that the city was close to calling in the army. Instead, they used court orders to limit the number of strikers allowed on the line. Arrests were made and police tactics were enough to divert the struggle away from the picket line. A national boycott of Gainers products and a mass protest of 6,000 people on June 12 at the legislature followed.

Enough pressure, between the pickets, protests, and the boycott, was brought to bear that the premier got involved

and a contract offer eventually appeared on the table. It was nowhere near the workers' original demands. After a two year wage freeze, the third year would only bring a small raise, but the workers would keep their jobs.

They had been pushed to their limit; six months is a long time to be living on strike pay. Circumstances compelled them to take far less than what they had struck for in the first place, but they bought themselves time. The plant would stay in business for another 10 years.

Quoted in 2011 as to what he wished he could have done differently in 1986, Pocklington said he wished he'd closed the plant. The only thing that stood in his way back then were the unionized workers demonstrating for us how resistance is anything but futile.

Pocklington eventually got out of the meat packing business. In 1988, the Conservative government handed him enough cash to cover the wage increase and more. After accepting the \$61 million, Pocklington sold the plant and walked away. By 1997, after being sold again, this time to Maple Leaf Foods, the plant was shut down despite

another strike. It was demolished in 1998. The site would be a wasteland for nearly two decades afterwards.

The new ETS garage is a welcome sight on the lot. While Packingtown is history, the old struggle between the priorities of capital and those of the working class is not.

The smokestack is no cenotaph. Its testament should not mourn the passing of an era. History has more than moribund sentimentality for us, if we choose to listen to what it has to say. As the last remnant of Packingtown preserved for posterity, it is no longer symbolic of ruins. Standing over a new plant, of sorts, it is a memorial to resistance. The smokestack ought to be seen as a reminder of the workers who fought to save their plant and their community, not the hubris of the wealthy few whose priorities meant its destruction.

Kevin is happy to live in Eastwood with his partner and two dogs. An unashamed socialist, he writes and occasionally paints about history as a way of coming to grips with the problems of today. kdbellblog.wordpress.com



The smokestack of the Gainers plant is an important part of our history. | Kevin Bell



The smokestack could be considered a memorial to resistance. | Kevin Bell

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Get ready for a Taste of Parkdale Cromdale

Upcoming event is meant to celebrate diversity and culture

MARIA SHARIF

Canada is known for its multicultural society, diversity, inclusion, as well as being a place of acceptance and celebration. Parkdale Cromdale prides itself in upholding these Canadian values, but at times there is a lack of diversity at commu-

nity league events. We'd like to break these barriers and make everyone feel welcome.

On July 13 from 1-5 pm, Parkdale Cromdale is bringing different cultures under one roof for a day of celebration with a Taste of Parkdale Cromdale, a multicultural event celebrating the beautiful cultures in our vibrant com-

munity.

We need your help to make this event successful and are seeking volunteers, food vendors, dancers, singers, and anyone else who would like to display their culture in any way.

Let's celebrate all the different cultures that make this community great. We'd like to encourage everyone to par-

ticipate in representing their culture, but the greatest contribution you can make is your presence.

For more information, contact Parkdale Community League Centre or email us at pccl.student@gmail.com.

Maria is a fourth year education student from the University

of Alberta. She is working with Parkdale Cromdale as an engagement coordinator in Neighbourhood Connect. She is a strong believer in inclusivity, diversity and equity and hopes to further inculcate these principles in the community this summer.



Get ready for a Taste of Parkdale Cromdale this July. | Pixabay

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. Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400. 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.

PARENT LINK CENTRE
Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.

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).

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.

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.

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.

AVENUE WORD ADVENTURING
Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm, The Carrot Coffeehouse. More: Rusti @ lit@ratcreek.org.

SEATED MEDITATION
Restfulness for the body and mind. Led by Kate Wilson, 12 years exp of Zen-based meditation. Bring a cushion and mat or simply show up. Mondays, 6:30 pm, Eastwood hall. Membership required.

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.centallions.org.

NORWOOD LEGION SENIORS GROUP
Cribbage, Wednesdays at 1 pm at NorwoodLegion.ca.

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. Third Wednesday of month, 7-9 pm at The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
Choose from our selection of games or BYOG. Tables are free! Last Wednesday of the month, 4-9 pm at The Carrot Coffeehouse. Hosted by Tim 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 CREAT
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: createdmonton@gmail.com or 587.336.5480.

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

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.

Arts on the Ave AGM: July 8, 7-9 pm at The Carrot Coffeehouse. The AOTA Nominating Committee is seeking interested members to join the board. More: artsontheave.org/blog-1.

Won't You Be My Eastwood Neighbour: a series of free back alley parties featuring live music, art, games, and BBQ. July 9, 5-8 pm, back alley west of 84 St and 118 Ave & July 20 at Eastwood League Hall (11803 86 St).

K-Days free pancake breakfast, Chalk It Up, and all day fun! July 20, all day at Eastwood League Hall (11803 86 St). Start the day at our pancake breakfast and participate and watch the magic of chalk art.

Kaleido Family Arts Festival: Gallery call for submissions. kaleidofest.ca/visual-arts-gallery for more info.

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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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 CHURCH
A community to belong in...
a community to serve with.
11335 85 Street (Parkdale Hall)
avenuechurch.ca
Sundays
9:30am coffee fellowship
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
ST. ANDREW'S PRESBYTERIAN
A caring and loving church in your community where everyone is welcome.
8715 118 Avenue
780-477-8677
Sundays at 11 am

THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH
A Place for Worship and Service
11661 95 Street
salvationarmy.ca/alberta
780.474.4324
3:00 pm Sunday Worship

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

CHURCH SERVICES
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Randy Boissonnault MP/Député - Edmonton Centre



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Suite/bureau: 103
Edmonton, AB T5N 1P9
Tel: 780-442-1888
Fax: 780-442-1891

Ottawa
House of Commons
Chambre Des Communes
Ottawa, ON K1A 0A6
Tel: 613-992-4524
Fax: 613-943-0044

Randy.Boissonnault@parl.gc.ca

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arts on the ave (780) 471-1580 | artsontheave.org

AOTA SUMMER 2019 EVENTS

Kaleido FAMILY ARTS FESTIVAL

SEPTEMBER 13-15, 2019
118 AVENUE
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KALEIDOFEST.CA

CHALK UP ON 118



SATURDAY, JULY 20 | 10:00 AM - 4:00 PM
86 STREET & 118 AVE
(EASTWOOD COMMUNITY LEAGUE)
Free K-Days Pancake Breakfast 10 am - Noon
Free Hot Dog BBQ 1 pm - 4 pm
// Performances // Fun Chalk Art Workshop // Chalk Artist //

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(780) 471-1580 | artsontheave.org



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