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Key strategies for working with contractors

Parkdale resident shares her advice for a successful experience



Back in April, Sinder Sparks' Parkdale home suffered major damage from a fire. | Rebecca Lippiatt

KATE WILSON

In April, Sinder Sparks' Parkdale home suffered a major fire. Since then, she's been rebuilding it.

Sparks has engaged the services of several contractors on numerous construction projects over the years and is eager to share the lessons she's learned with others, hoping they will benefit from the knowledge to make more informed decisions.

She's adopted her own strategies when working with contractors.

"It is key to understand your project needs [in order] to hire a contractor that is appropriate for the job, including permit requirements. Know the contractor's capacity to employ the required tradesmen, or if a contractor plans to subcontract some or all of the work required for your project."

Important strategies include project management considerations for timeline, construction season, and impacts to project and budget.

Your choice of contractor will be dependent on these factors. And don't forget insurance. Who is liable if something goes wrong?

"Be sure you as the property owner are protected," says Sparks. She adds: "Subcontracting can increase the cost of your project and may have potential for complications to your project's completion. Understand permit requirements so you can be assured that project is approved before construction begins as you risk the full removal of the build and the cost with it. You need to have clear communication with your contractor with set expectations."

When the project is underway, it can be easy for things to go wrong. Sparks cautions not to lose focus on details and get sold on your dream.

"Even the best people need background checks. No exceptions, and solid contractors expect to provide credentials to clients, not just references," says Sparks.

Always be vigilant and pay attention to red flags.

"Some problem contractors are very professional and do not have obvious red flags. Business cards with no address was a personal lesson for me among many over 15 years of home ownership. We have a world of access to information today; it is easy to search for a business licence. Yet, we can do so much more if we take the time to visit the contractor's place of business and start from there."

Do your homework and research as much as possible to avoid regrets.

"Be prepared to talk to people and asking for recommendations is a very good place to start. Research the company online and through the civic and provincial registries. You can inquire about their current and past permit applications, a worthy and time-consuming process. I am currently rebuilding after a house fire this April. I selected my insurance company's preferred

contractor because of the additional protection it offered me to complete the rebuild correctly and timely. This is a noteworthy status for a contractor to have."

Homeowners also have a role to play to improve relationships with contractors.

"The homeowner should be prepared with questions for consultation of the project. [Ensure there is] clear written communication for timeline and cost details. Know the difference between an estimate and a quote for both time and money with your contractor. Be respectful of work hours for communication and set check-in times for progress discussions. Give the contractor the space to do the job and respect work site safety at all times."

Sheree has a Masters in Business Administration and is passionate about sharing information.

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Muttart Urban District will change Cromdale

Groundbreaking featured tons of expected development within six years

CONSTANCE BRISSENDEN

The area around Stadium LRT station is changing. A groundbreaking ceremony on July 8 for the new Muttart Urban District at 109 Avenue and 84 Street showed just how much change will happen in the next five or six years.

Initial planning for the new district was completed by Brookfield Residential, which worked closely with the City on a new LRT crossing, sidewalks, park areas, and lighting.

The Rohit Group of Companies will work on vertical development. The first phase, totalling 246 rental units, is underway. Ultimately, 720 residential units and 7,500 square feet of commercial amenities will be built.

When Brookfield is completed, the transit-oriented development will include a coffee shop and a restaurant, among other possibilities.

"We see our tenants working downtown and making the most of the six-minute LRT ride into the city. They may be starting out in business, [they may be] students, or [they're] seniors looking to downsize," says Rohit Gupta, CEO of the Rohit Group of Companies.

Born in Alberta, Rohit Gupta follows in his father, Radhe Gupta's footsteps. Both men work in development and are part of the same company, which has developments in Western Canada.

"The province of Alberta still makes sense for investment," Gupta adds. "We looked at the Parkdale-Cromdale area, and saw potential for growth. I still love home, and home is here in Edmonton."

The six-storey phase one rental apartments will offer walk-to amenities such as the Stadium station, river valley, Commonwealth Recreation Centre, Commonwealth Stadium, Dawson Park,

Kinnaird Ravine, and Save-On-Foods.

Curious neighbours dropped by the groundbreaking ceremony to look at display panels illustrating the final look of the project.

Giff Edmonds and Helen Sahs live within minutes of the new Brookfield development. They have been watching progress for some time. As 30-year local residents, they look forward to completion of the project. "As long as there are no rocks," says Sahs. "We don't want any rocks on the landscape." She approved of the inviting, recently completed parkette adjacent to the building site.

Fellow neighbour and condo owner John Kinnear sees the development and future renovations of the Stadium LRT station as positive. After 31 years as a resident, he says, "I like the changes. It's getting more modern over here, and cleaner looking."

Among Kinnear's wishes are "more condos, with appealing style and access to the LRT." He also asked for another dog park, and learned that a dog run is among the plans.

Residents will benefit from a transit-oriented lifestyle connected to downtown through a newly updated Stadium station. A new pedestrian and vehicle road, Muttart Crossing, will connect 84 Street to the Stadium over the LRT tracks within the next year.

Planned Stadium station upgrades include a new platform added on the west side of the tracks (the existing platform would remain to serve northbound passengers). The underground concourse will be removed. Additional access points and pedestrian track crossings will be built. A plus will be connections to the multi-use trails on both sides of the tracks.

Enhanced lighting and new heated shelters, new public

washrooms, and new bike parking, with a focus on safety, security, comfort, and barrier-free accessibility are in the works. A timeline for completion of the upgrades is still to be determined.

Janis Irwin, MLA of Highlands-Norwood, was on hand to lift a golden shovel at the groundbreaking ceremony. Irwin doesn't own a car and commends the potential of the new development.

"Walkability is so important," says Irwin, who lives just a few blocks from the site. "This new development is vital to the wellbeing and growth of our neighbourhood. I'm looking forward to having access to more amenities."

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



Dignitaries at the groundbreaking ceremony. From left to right: Scott Janis, president, Brookfield Residential Edmonton; Tony Caterina, Ward 7 councillor; Radhe Gupta, president, Rohit Group of Companies; Russell Dauk, vice president, Rohit Group of Companies; Rohit Gupta, CEO, Rohit Group of Companies; Scott McKeen, Ward 6 councillor; Janis Irwin, MLA of Highlands-Norwood. | Constance Brissenden

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ABOUT US

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

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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.

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I'm my
RCP

Pachamama Mother Earth Festival returns

Celebrating earth's bounty with Latino culture and cuisine

KATE WILSON

Offering a chance to delight in the flavours and sounds of South and Central America, the Pachamama Mother Earth Festival is returning to Alberta Avenue on Aug. 17.

"This time around, we are trying to focus more on education and awareness, with more film presentations and speakers in the care and protection of Mother Earth," says Ana Alfaro, festival co-founder.

This is the second year for the festival, organized by the Pachamama Association in conjunction with the Pachamama Canadian Cultural Centre at 91 Street and 118 Avenue. The association's goal is to hold cultural and artistic activities, with a focus on supporting Indigenous people and educating the public on the harms of deforestation and mining in South America.

Alfaro said last year's event was a chance for people to get to know the festival. Though low in numbers for that first year, it was well received.

"People were pleased with the entertainment, food, the speak-

the goddess whom the indigenous people of the Andes venerate as earth and time mother.

"But Pachamama is commonly known as just Mother Earth," explains Alfaro.

Alfaro came to Canada

Pachamama Festival.

The festival is an opportunity to make people more aware of current environmental and social issues with topics like permaculture, environmental care, and cultural preservation. Organizers have included a selection of documentaries about these issues in Latin America.

"It's important to keep that awareness alive for the protection of the environment," says Alfaro. "At this moment, we only know [of] one planet like Earth in existence. We must protect it for future generations."

While the premise of the festival is to explore all these areas, it is also to gather to celebrate music, cuisine, and cultural diversity.

As last year, this year will include cultural displays, music, art, dances of Latin America and First Nations in Canada, and food from countries in

Central and South America.

For the children, there will be handicrafts and activities. Festival visitors will also be able to buy Latin American handicrafts.

For more information, visit www.facebook.com/pachamama.lccc.

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.



Last year's festival featured Central and South American food. | Kate Wilson

ers, and the information provided," says Alfaro. "Everyone who attended and who saw the online video of the event were very happy and encouraged to support our organization and the event this year."

Pachamama is an Incan Quechua word, associated with

from El Salvador over 30 years ago, first establishing an El Salvadoran social services organization to help refugees from Central America and East Asia.

Organizers are also inviting First Nations, Latino Americans, and environmental groups to participate in the

PACHAMAMA MOTHER EARTH FESTIVAL

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Community Centre

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Women's Auxiliary celebrates 120 years

Compassion and volunteerism a foundation of the organization

KATE WILSON

Canada has had 21 prime ministers and been through two world wars since the Royal Alexandra Hospital's (RAH) Women's Auxiliary first lent their compassion and fortitude to the hospital's staff and patients.

The impact is still felt today. "All you need to do is look at this garden," said Gloria Bauer, Women's Auxiliary president. "We buy plants, help staff to get away for a break and patients come and sit, to enjoy nature."

Bauer shared these and other thoughts with about 50 people on June 26 in the sunny spaciousness of the hospital's rooftop Ted and Lois Hole Healing Garden. The celebration was the 120th anniversary of the RAH Women's Auxiliary.

Brian Tod, past chair of the RAH Foundation, encouraged the audience to honour the "women who dared and succeeded" to make the auxiliary happen.

"On behalf of the Royal Alexandra Foundation, thank you for volunteering your time in all that you do...None of us would be here today without the Women's Auxiliary."

In 1899, Edmonton city council launched the RAH Women's Auxiliary in order to pay the mortgage on the new 25-bed Boyle Street hospital. Those first six women who stepped forward assumed responsibility for the \$8,000 mortgage and for all furnishings, salaries, food, and other necessities.

Twelve years later, the RAH was opened and again the Women's Auxiliary took on the mortgage, also agreeing to

supply linens, furniture, and essentials.

Emily Murphy, the 20th century women's rights activist, was an early president, Bauer told the audience. In those days, the women did what they could to raise money, such as organizing a well-known charity ball, holding raffles and bridge parties, and running a food booth at the Edmonton Exhibition.

"They used to go around in a rented horse and buggy and pick up from merchants and homes [the] supplies and donations," said Bauer. "As far as I know, it's the only auxiliary group in Western Canada made entirely of volunteers."

Today, the biggest source of revenue is from the two gift shops located in the Robbins Pavilion and the hospital's main entrance.

In 2017, the Women's

Auxiliary split responsibility with the Hospital Foundation for maintenance of the rooftop garden, which had fallen on hard times. They'll pay for planting annuals and general maintenance until 2023. They've also taken on a five-year maintenance project for Vivian's Garden, the revitalized atrium on the second floor of the hospital.

The auxiliary furnishes many areas of the hospital and buys equipment such as lifts and walkers. They're the source of Christmas lights and festive plants in the hospital at Easter and provide clothing items to Social Services, which passes them on to patients in need upon discharge.

"I don't think there is an area . . . in the hospital that we haven't had an influence in, in terms of furniture and funds for

things like staff workshops," said Bauer.

The people you meet are wonderful, agreed Valerie Mudryk, a volunteer of 12 years whose daughter was born at the hospital.

"You feel you are part of it, part of the organization," she said.

At the podium, Selikke Janes-Kelley, RAH site executive director, thanked auxiliary members.

"Starting with six women and look at the centre of excellence we have now," she said. "When you retire, we'll see you in the gift shop!"

To find out more or to volunteer, leave your contact information in one of the gift shops or email gloria.bauer@ahs.ca.

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Play & paint at Alberta Ave Community League

Cards Nights and Art Nights welcome people of all skill levels

STEPHEN STRAND

Alberta Avenue Community League is now hosting Cards Nights and Art Nights these coming months.

Two friends, Virginia Potkins and Julie McCrea, started hosting Cards Nights at the league in July. It all began with the purchase of new crib pegs.

"We kind of had an idea that, 'Oh, we should get together and play some cards', because Julie and I got these wonderful crib pegs that we bought at one of the pop-up markets," says Potkins.

"I mean, you can't get something like that and NOT play," adds McCrea.

They are planning to hold Cards Night the second Friday of every month from 7 to 10 pm. Once more people participate, they might look into getting a liquor licence and pro-

viding food. They will be providing several decks of cards, a cribbage board, and some poker chips. They can teach people the card games that they know.

"I've always wanted to learn how to play bridge, so it would be awesome if someone knew

page and let them know you are planning on attending or simply show up. People of all skill levels are encouraged to come out and play.

For the artistically inclined, Josee Francis hosts an Art Night at the league.



The crib pegs that started the whole idea of Cards Night. | Stephen Strand

how to play bridge and could teach us," Potkins says with a laugh.

League members are welcome to attend free of charge. To register, visit the league's Facebook

"I always thought there should be art lessons available. There are a couple other places to make it available, but I just felt there wasn't any kind of thing going on here," explains

Francis.

The classes will focus on different things to paint.

"In the weeks to come, there's summer florals, there is a vegetable one, because, you know, the gardens will be spitting out their stuff too. Classic paintings have often been flowers and vegetables," says Francis.

Classes are available to all skill levels.

"I understand what it is to be an artist and have some skills and this knowledge, so I can help people even if they are advanced. And if [it's] the first time they are ever dipping into paint on a brush and they are just scared stiff, I can deal with that too."

She says people need to start somewhere and that the classes are a good way for them to explore.

"I find that watercolour, any of the arts really, the first time you get into it, it can be really

pricey," explains Francis. "My hope is that they go on to an art store and buy their own stuff and keep doing it."

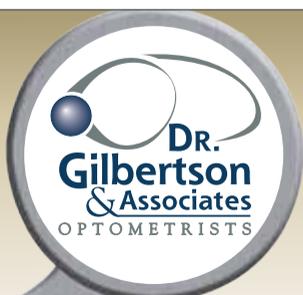
Classes cost \$10 per person plus a tip (whatever you wish to give) and are twice a month over the summer. If enough people attend, classes will continue into the fall. Although the classes are intended for adults, teenagers can attend with their parents. To register, visit the Alberta Avenue Community League website: www.alberta-ave.org.

For more information, visit the league website and click on Alberta Avenue Opportunities Hub or view the community newsletter available through the website.

Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.



Two friends, Virginia Potkins (left) and Julie McCrea (right) created Cards Night after buying crib pegs. | Stephen Strand



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OPINION

Readers share their thoughts on hot topics

Recent news draws a variety of responses from local residents

RCP READERS

This past July, two news items relating to our communities sparked plenty of discussion on social media: SafeCityYEG and CBC's podcast called *Slumtown*.

SafeCityYEG

This online mapping tool was released in early July and allows people to pinpoint on a map where they feel safe or unsafe in Edmonton.

The tool caused a lot of discussion, with community members both in favour of it and against it. Learn more at safecityedmonton.crowdspotmap.com.

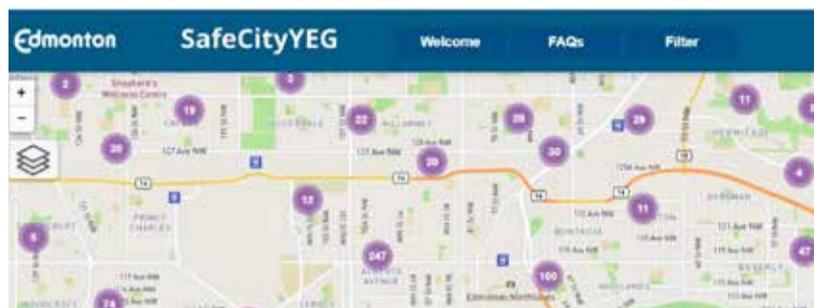
“The problem is that what one person living in one community may consider safe or unsafe is different from what people in our community consider to be safe or unsafe. We can't really discern what views make some people [feel] safe in our area [and] others unsafe. Sometimes what I consider to be unsafe is not unsafe for me, but unsafe for vulnerable people. This does not necessarily mean it is unsafe for most Edmontonians, but is still a hazard for people who are marginalized. My biggest concern is the lens through which people look at different areas of the city and what they consider to be a safety concern.

I looked back at the tool and its intent to help women, and given that I am always scanning the environment for safety for myself as a woman, and safety of vulnerable women, I think it might actually be more effective than I first opined. There are very few places in Edmonton in the last 10 years that I have felt safe to be out openly as a woman. I see it as a way we can give voice to what we go through as women, because otherwise we would be spending so much of our time being vigilant and embroiled in some conflict.

I think my first responses were just to the tags of “safe” or “unsafe”, but now I am thinking there are broader reasons for this application and I am not so quick to dismiss it.

Nicola Dakers

I don't like it. I think the idea of safe is very arbitrary. There are plenty of people who feel unsafe purely because someone asked them for change or there are



A screenshot of SafeCityYEG shows areas of the city that people can mark as safe or unsafe. | Supplied

groups of visible minorities around. This will unfairly stigmatize certain areas, specifically lower income areas. It's a bad idea. I don't mind them collecting the data to put towards initiatives in the future, but having it displayed for all to see is dangerous. It will lead to some areas being over policed and others not at all. Something as simple as “was followed” doesn't even mean much. If you're walking down a public sidewalk and someone is also walking the same direction as you, is that following?

Victoria Stevens

Some of the safety concerns on the map would be moving concerns too! A person may be displaying unwanted actions in the part of the city they happen to be in that day.

Kerry Heberling

My primary concern? Who defines unsafe? Perceptions and reality can and do differ greatly between genders, ages, and minorities of every description. The flip side and what the City also has to remember [is] whatever an individual defines as unsafe for themselves is valid, even when it differs from person to person. It's an all too real possibility that certain people, groups, and neighbourhoods will be targeted and stigmatized. How and where will the lines be drawn? And just as important, who ultimately decides? Example: streetscape design is not as friendly to women or pedestrians. You can bet that it wasn't women or pedestrians that played a significant role in the design. Lots to think about.

Susan Allebone

CBC's Slumtown

The podcast, released in July, focuses on the inner city's problem properties, landlords, neighbours, and bureaucracy. Community members' reactions to the podcast ranged from feeling the CBC sensationalized the situation to objecting to the word “slum” to supporting the podcast in publicizing the very real problems these neighbourhoods face. Listen to the podcast here: cbc.ca/listen/cbc-podcasts/373-slumtown.

I do agree that we need more done about the problem properties.

Mrk Pellerin

I listened to all podcasts. I appreciated “Olivia's” reality and I think she referenced some earlier times of the hood, not to take away from the frustration and her feeling victimized by her experience with a drug house next door and her need to move away. Then I wondered if I am being naive and questioned is it much worse than what I see? I don't feel unsafe in our hood but don't have a drug house on my block. I agree the title is sensationalist but did appreciate [the reporter] interviewing neighbours, landlords, tenants, and fighters to round out the storyline; however, I didn't come away with a feeling of optimism, which I generally feel when I see what is going on in our community.

Valerie Parr

I think [it] undermines the boundless positivity in our neighbourhoods. It sensationalizes issues related to addiction and homelessness, which really shouldn't be necessary for a publicly funded news agency. The word “slum” in itself is problematic, indicating that there is something in the nature of the area rather than widespread societal issues we all have a responsibility to address.

Kiley Brook

I love it. I remember the difficulties we had managing some of these properties when I was on the board at Alberta Ave. There is definitely some sensationalizing, but if the City will literally not do a single thing, it might be what we need.

Nicola Dakers



CBC's podcast *Slumtown* has sparked a variety of reactions from community members. | Rob Bernshaw

READER REACTION

Alberta Avenue resident Nicola Daker's response to *Slum Town* was to create her own podcast called *It's All Good in the Hood*. It highlights the “inner city” community northeast of Edmonton's downtown core. Get to know the people, places, and history of this great hood: <https://bit.ly/2YozAKD>.



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Preparing your kids for the school year

Tips to make the transition back to the classroom easier

TALEA MEDYNSKI

Summer break is nearly at an end for students. Come Sept. 3, schools across Edmonton will open, and this means being prepared to go back.

Part of that preparation is being mentally and physically ready for school.

Carrie Rosa, spokesperson for Edmonton Public Schools, explained parents can do a few things to help their children adjust.

“Especially for our early learners [preschool and kindergarten], we encourage parents to visit the school playground. It will build confidence and comfort,” Rosa explains.

For those early learners, it helps if parents talk to their children about the exciting things they’ll do and learn. Rosa also suggests getting children and youth on a school bedtime and wake-up routine during August

so it’s not such a huge shock when school starts.

Rosa also suggests attending school orientations, especially for students moving from junior high to high school.

“That can sometimes be a stressful time for students,” she says. “If students have questions and want to learn more, call your school.”

Many students will either take a yellow school bus or a city bus, and taking a bus for the first time can be an adjustment. On Aug. 22, the First Riders event is being held at Northlands Park.

“We’re proud to partner with the First Riders event,” says Rosa, who explains that Edmonton Catholic Schools and transportation providers will also be there.

“It’s a chance for students to become familiar with the bus and learn about bus safety as well as build confidence,” she says. “Pre-kindergarten [stu-

dents] are taking the bus for the first time and Grade 7 students are going from the yellow bus to ETS. It’s a good refresher [for students] and a confidence builder for those new to the bus. It helps generate excitement on taking the bus and teaches them rules.”

Rosa says to pre-register by Aug. 15 to secure a spot at the event. Afternoon and evening times are available.

Another part of being prepared is buying school supplies. However, supplies can get expensive. United Way’s Tools for School is a program that helps distribute supplies to those who need them.

“We give backpacks to youth and students in Edmonton and the surrounding area,” says Suzi Medhurst, program coordinator for the community initiative. “Our goal is to make sure every child gets what they need through school because without an education, how can we

expect them to lift themselves out of the cycle of poverty?”

Medhurst explains the backpacks are filled with basic school supplies specific to the grade, although they can’t provide everything needed due to a limited budget.

The need for the program is evident.

“Last year, we distributed over 15,000 backpacks. This year, I expect it will be closer to 17,000. The need goes up every year.”

She explains they don’t always have adequate supplies to meet the need.

“People can donate through Staples from July 15 to Sept. 6,” she says. New and unused supplies are accepted at all Staples locations across Edmonton and in the capital region. Or, donate money at the till or through toolsforschool.ca and Tools for School will purchase the necessary supplies.

“We order everything

through Staples and every cent goes to the purchase of supplies.”

Those needing supplies can call 211 for a list of participating schools or call their school to see if they’re participating in the program. If the school isn’t participating, email Medhurst at smedhurst@myunitedway.ca.

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

RESOURCES

First Riders: epsb.ca/news/events/learntoridethebussafely.html

School supply resources: schoolstart.ca/ or toolsforschool.ca



Students at a previous year’s First Riders event prepare to check out the type of bus they’ll be riding. | Edmonton Public School Board



Students from participating schools can receive basic supplies for their grade. | Supplied

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.



Determining responsibility of needle disposal

Property owners must clean up used needles if found on property

KATE WILSON

A homeowner in Alberta Avenue says she's been "left on her own" when it comes to safely disposing of used needles on her property.

When the homeowner, who declined to be interviewed by Rat Creek Press, found used syringes and other garbage on her back driveway next to the alley, she called 311. But because it was on private land, she was told City staff won't clean it up.

It was a breaking point. She posted on Facebook photos showing the scattered clothing, wrappers, and syringes to be with "a few inches and maybe a foot or so" over her property line and within arm's reach of the alley. She emailed her ward councillor and the mayor.

Capital City Cleanup is responsible for needle pick up and disposal in the city.

According to Adrienne Cloutier, City spokesperson, there's a different response depending on whether needles are called in for public or pri-

vate land.

"The City focuses its efforts on needle collection and disposal on public property. At this time, the City is not removing needles on private property for a number of reasons," stated Cloutier in a written memo. "We will be exploring these practices in the future."

Commenting on the situation with the noted property, she explains that needles on private property are the responsibility of the property owner; however, this was a particular instance.

"(It) may have warranted City staff removing the needle given we had owner permission to do so and the needle was accessible from public property. However, staff was following the policies and procedures in place for needle pick up."

Cloutier says staff did go afterward to check on this situation, but any needles and debris had already been removed.

Data from calls on private land is important to help determine where more public education is needed, and the City does want people to call them

in, either on 311 or by using the 311 app.

This data is important to help determine if more public education is needed on how to deal with needles on private property. "If a property owner consistently finds discarded needles on their property, the data will help us to install a safe needle disposal box in the vicinity of the location."

The most calls for needles on public property last year were in the downtown, McCauley, and Central McDougall neighbourhoods. Next highest were Alberta Avenue and Spruce Avenue. The top three neighbourhoods for needles collected were McCauley, at 142, downtown, at 60, and Alberta Avenue, at 51.

Cloutier says the best way to dispose of a used needle, if you want to safely do it yourself, is to pick it up pointing away from your body with tongs or thick gloves. So as to not harm people such as garbage handlers, place needles in a metal or hard plastic sealed container and label it 'used needles'.

"And finally, wash hands

with soap and water," she urges.

But children don't read websites or posters.

To stay on top of playground safety, Cloutier explains City staff do preventative maintenance on every City-owned playground once every two weeks from April to October and once a month from November to March.

If there's an immediate concern, it's dealt with as soon as possible.

"Staff have machine sifters to sift the sand. In addition, the sand is raked to fill low spots, and this is a secondary measure to conduct minor sand sifting."

Green Shack staff also check sand and play areas for hazardous items. But since not all playgrounds are City owned, Cloutier advises to check before children go into any playground.

If you call in a needle after hours, Fire Rescue is dispatched in instances when it poses an immediate threat, such as a school yard or dog park. Otherwise, the call will be dispatched for pick up starting at 8 a.m. the next morning.

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.

NEEDLE DISPOSAL BOXES

Bissell Thrift Store on 118 Avenue, on 95 Street at the far west end of the lot facing 117 Avenue, and at Commonwealth Stadium at the SE corner of 90 Street and 112 Avenue.

MORE INFORMATION

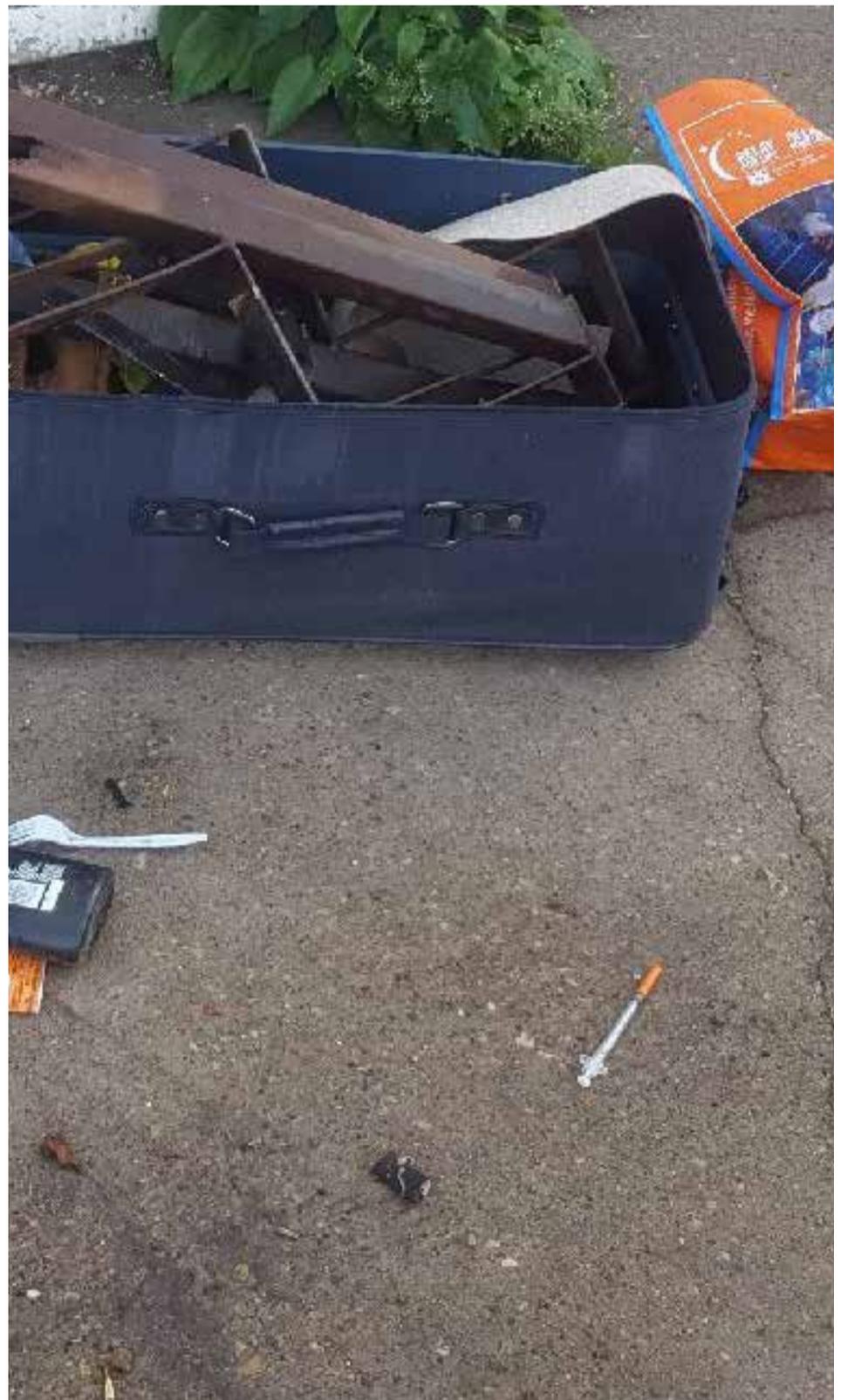
For needle disposal locations and other data: edmonton.ca/needlemap.

To learn more: edmonton.ca/needles.

For Capital City Clean Up program inquiries, call 311 or email capitalcitycleanup@edmonton.ca.



The City only collects used needles found on public property. | Supplied



The City only collects used needles found on public property. | Supplied

Why the return of the beat patrol is crucial

Changing the face of policing through public engagement

TEKLA LUCHENSKI

Our complex, diverse, and vibrant communities have an important partner in the Edmonton Police Service (EPS) in creating the kind of space we desire.

For Superintendent Trent Forsberg and Sgt. Andrew Weaver, the vehicle for change is the return of the beat patrol: officers on foot or bicycle patrolling a smaller geographical area and spending more time connecting with community members.

Forsberg and Weaver say there will always be a need for officers in vehicles who respond to 911 calls and emergency situations. There will always be arrests. The difference is that the beat patrol creates opportunities to be proactive. “We have the freedom to be creative in trying to solve problems,” says Weaver.

Forsberg is a 32-year veteran in the force. He is thrilled to play a role in supporting an already impressively mobilized community.

He says, “Policing has changed. The idea of ‘law enforcement’ is wrong.” Forsberg stresses public safety and public engagement. He believes that “when people within the neighbourhood take back and utilize public space, crime and disorder reduce. Come together as a community, and you’ll be safe. None of us is as strong as all of us.”

The beat patrol model is simple. Forsberg explains, “Police provide a visible presence initially.” Gradually, businesses and residents become more unified and confident about occupying public space. For example, “If all people use a park, drug dealers aren’t as comfortable being there. If residents don’t go possess space,

then someone else does.” To make changes, he says, “You don’t have to fight anybody. You just have to be there.”

Over time, the beat patrol model sees the eventual reduction of police presence. Communities reclaim space and visible police presence reduces.

The beat patrol model focuses on all community members. That includes creating safe spaces for vulnerable people. For example, in tent cities, “We are not there to hurt or try to lock them up, but to keep them safe.” Although tent cities create shelter for the homeless, they also attract exploitative criminal elements.

Weaver has a team of six constables who patrol the beat in pairs. On foot year-round or with bicycles in the summer, they talk to people from all walks of life. “I like meeting people and finding out their story,” he explains. “Everyone

has a turning point in their life.” Weaver says he believes that if he can learn a person’s story, he can help guide them in a better direction. “We try to find different approaches to break whatever cycle they’re in. We are breaking the history of crime and disorder, really.”

Beat constables sometimes partner with organizations to create structured events, like Coffee with Cops at The Carrot Coffeehouse, or safety presentations for children at the Green Shack. These events are a way to build positive interactions with the police. “Our role,” says Weaver, “is not to dominate. We don’t want to be the driving force of change. We want it to be sustainable in the community. We’ll support from below, but we shouldn’t drive the train.” He encourages our communities, saying, “Everybody you need is in this area. Tap that resource, and

you will never have a human resource issue.”

Both Forsberg and Weaver advise, “Get to know your neighbours.”

“Go back to old values,” says Weaver. Look at the police as a resource. Ideally, all members of the community who see an EPS officer will feel protected and think, “Hey, there’s Trent, [or Andrew, etc.]”

Tekla is a freelance writer loving life in the Parkdale neighbourhood since 2013.

**Superintendent
Trent Forsberg**
trent.forsberg@
edmontonpolice.ca

Sgt. Andrew Weaver,
beats team 1
andrew.weaver@
edmontonpolice.ca



Sgt. Andrew Weaver wants you to say “hello” when you see him or his constables “walking the beat.” | Tekla Luchenski

CORRECTION

In the July issue, we published an article on page 14 regarding the old smokestack by Fort Road. The article mistakenly stated it was the old Gainers meat packing site, but it is in fact the Canada Packers meat packing plant. The strike itself took place at the Gainers site.

Thank you to all the readers who contacted us regarding this error. We will be revising the article and publishing it in a later issue, likely online.



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spruceavenuecommunity.com
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August 18

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Sat August 17th

Thinking of having a garage sale this summer? Why not participate in a community-wide sale on August 17th? Email epcl.info@shaw.ca by Wed Aug 14 to have your sale marked on our map. We'll be advertising the sale online and in newspapers.

Don't have enough for your own sale? reserve your spot at the yard sale at the Elmwood Park hall. \$20/ table or \$10/ half-table. Bring your own table for a free spot!

WHAT DOES IT LOOK LIKE TO

Be a Block Connector

Great neighbourhoods have always required that a few neighbours initiate friendly connections. Could this be you in Alberta Avenue?

Find out more: engage@albertaave.org

Membership Renewal Time!

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Go to ParkdaleCromdale.org/membership
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Parkdale Cromdale Community League

e4C Elizabeth House hosting summer barbecue

The event is an opportunity for neighbours to learn more

KENDRA MACDOUGALL

e4c Elizabeth House, a beautiful building situated next to St. Faith's Anglican Church, has been in existence for many years.

Initially a transitional housing facility for women and then temporarily a women's shelter for a short period in 2016, it was closed for two years before re-opening as permanent supportive housing for individuals of all genders and identities in January of this year.

Jaimie Clements, site manager, feels it's important for the community to be aware of this change as well as embrace the value that the residents bring to the community.

The supportive housing facility provides a stable home environment to 20 residents who have concerns with mental health and addictions in order to provide the opportunity for individuals to explore their different strengths, talents, and abilities. The home is run by e4c with supports from Alberta Health Services, which includes a social worker, occupational therapist, a nurse, and a peer support worker.

Clements emphasizes, "This is their home. We're here to provide supports."

e4c Elizabeth House plays an important role in the plan to end homelessness in Edmonton. "Having it here, surrounded by a lot of supports

creates more of a sense of community and is something for this community to be proud of, that they are actively contributing to end homelessness," says Clements.

Shannon Donogh, communications coordinator with

remain connected to their existing supports and their friends within their own community."

Clements adds: "e4C Elizabeth House provides an environment for residents to build meaningful connections with one another and

designers, video gamers, gadget fixers, and landscapers. They have such empathy for each other, they care for each other, they have built a sense of community within the community."

The residents of e4c Elizabeth House are inviting their neighbors to join them in celebrating the recent re-opening and transformation of the house on Friday, Aug. 23 from 4 pm to 8 pm. Donogh says staff and residents are hoping that the barbecue will be a chance to "learn more about permanent supportive housing, meet their neighbors, and provide an opportunity to break bread together as a community."

The barbecue will be held in partnership with Neighbour Connect through Alberta Avenue Community League.

Kendra is a recent bachelor of social work graduate and is passionate about community engagement.



e4C Elizabeth House re-opened in January as permanent supportive housing. | Supplied

and people who are supportive of the initiative, including the Alberta Avenue Community League and Arts on the Ave,

e4c, explains the importance of having permanent supportive housing in the Alberta Avenue community. "The residents

in the community," she says. "The people who are living [in Elizabeth House] are visual artists, musicians, poets, interior

BARBECUE

Friday, Aug. 23, 4-8 pm

e4C Elizabeth House
11717 93 Street

Celebrate the outdoors with play and potlucks

Get involved with a high tea garden party or nature group

KATRINA SCHULTZ

This August, Parkdale-Cromdale Community League (PCCL) is hosting events for kids who love the outdoors and for league members wishing to participate in a high tea potluck.

The Great Canadian Nature Break Group is a kid-friendly event focused on expanding connections to the outdoors.

The league is partnered with Norwood Child and Family Resource Centre to bring families outside to play and explore. Every Tuesday in August, enjoy songs, music, science, stories, art, and more. The group is free to attend.

As well, local residents can get to know their neighbours at the High Tea Garden Party, a potluck presented by Grower's Dozen gardeners at the centre

of their blooming garden boxes.

The Grower's Dozen Community Garden has been putting in the elbow grease and green thumbs to grow some amazing plants. Now that their garden boxes are in full bloom, they are excited to welcome you into the rink to enjoy the greenery. The event is a potluck, so please bring some baking or sandwiches and organizers will bring the drinks. This is a

PCCL member-only event, but memberships will be available at the door.

More information and updates on these events and more can be found on our Facebook page @PCCL or at parkdalecromdale.org.

Katrina is PCCL's new communications director. Taking on the role is a big change, but she's thrilled for the opportunity.

AUGUST EVENTS

Great Canadian Nature Break Group

Aug. 6, 13, 20, 27: 10 am to noon at PCCL

Free admission
Garden Party/High Tea Potluck

Aug. 18: 11:30 am to 1:30 pm
PCCL

11335 85 St
Free admission with league membership



Enjoy a high tea potluck/garden party as a member of PCCL and bring some baking or sandwiches. | Pixabay

Every Tuesday in August, the kid-friendly Great Canadian Nature Break Group is a great way for kids to enjoy the outdoors. | Pixabay

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When trees give you apples, make cider

Use excessive apples from your tree to make delicious cider

MARI SASANO

A few years ago, I lived in a little house in Parkdale. I had a crabapple tree in my yard, and every fall, I would make one or two pies, some apple crisp, and applesauce. That would use up a few dozen apples. The rest of the apples would start falling, attracting wasps and my dogs—an unfortunate combination.

It's wonderful to grow your own food. But what do you DO with that many apples?

Nadine Riopel lives in Spruce Avenue and learned to make cider as a volunteer for Operation Fruit Rescue (OFRE). Now she hosts an annual cider pressing weekend every summer for friends and neighbours, which she values for a number of reasons.

"Firstly, I get cider, and that's important because you can't buy it anywhere. I don't know where to get something that tastes like this except to make it," she says. "But also I hate waste, and we get a lot of backyard fruit going to waste, and this is the best way to use up backyard apples by volume. You can only make so many pies and sauce. But you can do a whole tree into cider in an afternoon."

It's a production that benefits from many hands.

"When we're mid-cider-day, we will have boxes and boxes of them covering the entire deck

area. I've never counted; they just show up and we push them through," she says. "Cider days is one of the main hosting things we do in the year, and people come over and hang out, and neighbours meet. It's a bit of

pedal-powered machine it uses in its community events.

Riopel pasteurized the cider and sealed it in jars. Twenty-four litres of cider lasted Riopel's family almost a year. The sweetness or tartness of the cider

making cider from local apples.

"I think what we do that's different is our focus on these prairie flavours. A lot of Okanagan ciders use regional flavours like peaches, but we try to focus on the flavours that are unique to

tact Prairie North through their website, prairienorthcider.com, and arrange for them to take extra apples and turn them into cider.

"One thing I'm interested in, is some of the very old apple trees in the city. And I want to try them because not all of them are great fresh-eating apples, but some apples that aren't great for fresh eating are good cider apples, and maybe some of them were planted for cider. And that's one of the easiest ways to preserve juice from the fruit."

Prairie North's model involves taking in those donations of backyard apples and sharing some of the profits with community organizations. Once the juice is pressed, the fermentation process involves adding yeast and storing the juice in an air-locked container. While it's a relatively simple process, it can be intimidating. Prairie North wants to encourage potential home cider-makers, and will be offering classes for those who are interested.

"It's good to be connected to the things we eat and drink and the food that we grow around the city. There's more than we'll be able to use. It's great for people to have a connection to the city, to the land."

Mari is a writer and civil servant.



Nadine Riopel's son with the very last jar of cider from the previous year. | Mari Sasano

a community-building social thing."

It's a simple process: pick apples, rinse them, crush them, and then press them. You can rent a press from a home-brew or wine-making shop, but an apple crusher might be harder to find. Riopel had a friend build her one, and OFRE has its own

depends on the blend of apples. She opens the last jar from last year, and it's sweet and refreshing.

There is also the option to add yeast and ferment it into hard cider, which is what Nathan Smith does. He's the head cider maker for Prairie North Cider, a new company dedicated to

here and represent where we're from. We don't see a lot of those in commercial ciders."

Those "prairie flavours" include rhubarb, raspberries, saskatoons, and sour cherries, and more unusual seabuckthorn, haskap berries and spruce tips. But the apples will come from the community. People can con-



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Eastwood Community League 86 St and 118 Ave | eastwoodcommunity.org | www.thecarrot.ca | artsontheave.org



Working the festival circuit as an artisan

Local clothing designer shares her story and some advice

STEPHEN STRAND

Fast fashion produces a great deal of clothing and factories mass produce tons of products, but artisans, artists, and clothing designers still create their own products. Sabrina O'Donnell is one such example.

O'Donnell is the creator of Sabrina Butterfly Designs, a locally owned and made clothing line she started in the summer of 1998. She sold her clothing line at a store where she worked and also attended two festivals that summer.

"Funny enough, I started at a festival. That's how I first started my business, with North Country Fair, which was a festival I grew up going to as a child," explains O'Donnell.

That same summer, she also attended the Jasper Folk Festival as a vendor. "I just knew that that was how I wanted to conduct my line of clothing and my

business and reach out to that kind of audience."

After the two festivals, she returned to Edmonton and looked at other opportunities (like craft markets and farmers markets) to determine her target audience.

"In the end, my target audience is summer music festivals. That's actually where we make a large part of our income," explains O'Donnell. Through each festival, O'Donnell gains clientele. She also has an online store and a shop in the Montrose neighbourhood where she makes the clothing.

The festivals she attends varies from summer to summer. This year, she is attending the Calgary Folk Festival, the Filberg Festival in Comox, B.C., and the Bear Creek Folk Festival in Grand Prairie. This will be her 17th year at the Calgary Folk Festival. She has attended the Edmonton Folk Festival in the past, but hasn't always fallen

into their guidelines.

"They had a really strict guideline when I first started with them, which was that you had to be a maker of all, and if you had any sort of help, you weren't able to apply, which was kind of crazy. And it got even more strict as the years went on," O'Donnell says.

By her third year as a business owner, she had a child and needed help getting her work done, so she no longer met the guidelines for the Edmonton Folk Festival. But she discovered attending festivals away from home was better for business.

"I feel like people, when they are at these shows, they often seek out the artisans that are from the same city. They will support them, but they will often ask, "Do you have a website? Do you have a storefront?" She makes some sales at local festivals, but hands out more business cards. "When I am going elsewhere, there is none of

that. It's more of buying on the spot, because they know that's the time."

She suggests that when selecting which festival to attend to know your target market and price point. "If you're at a show with too many lower-priced items and yours is a higher price, people might only have a budget to spend so much at that market."

Festivals seem to be the right fit for her, but cautions they can be a lot of work. "A lot of long hours and you [have] the set up and the whole transition of even just getting there."

Factors include renting cargo vans to get equipment and inventory to the site, having staff lined up to help set up/attend the booth, lining up electrical needs, renting/buying a tent, applying to attend festivals, producing the necessary inventory, and paying the vendor fee. But hard work pays off.

"I was the sole maker at

the beginning. I was doing all the pattern work, the cutting, designing, sewing. And then from there, I started getting piece work help. I did some small manufacturing and then I had some help in my old location, and now I have two employees that help me here," says O'Donnell. They make everything in house, which allows people to go into the shop and see what they have, along with samples of upcoming designs.

For more information, visit sabinabutterflydesigns.ca or visit her store at 6007 120 Ave, Tuesday to Saturday from 10 am to 5 pm.

Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.



Sabrina O'Donnell has been designing her own clothing line since 1998. | Stephen Strand

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Reminiscing about a summer of surprises

Climate shock and not culture shock is what awaited me in Canada

NAZREENA ANWAR-TRAVAS

It was the summer of 2011. Everyone was walking around in summer attire and basking in the sun. In their midst, I, a newcomer to Canada, was wearing a jacket and drinking a cup of hot chocolate. I no doubt stuck out like a sore thumb and I was painfully aware that I looked every inch a person “fresh off the boat”. Coming from a country where the weather was plus 35 almost all year round, anything below 20 degrees was freezing to me. Just how others probably thought I was insane to be all wrapped up, I equally thought everyone else was cold resistant.

One especially windy day, I remember walking all the way to

my apartment, my hand tucked into my pockets. I popped my head into the property manager’s office.

“Why isn’t the heater working?” I asked timidly. “Heat is included with the rent, right?” My words trailed off.

The manager looked at me as though I was an alien. Who needed the heat in warmer weather? I didn’t blame her then and I still don’t blame her. She turned the heat back on in my apartment and I was as content as a cat with cream. Two weeks later brought another new experience: my first ever hail storm. By then, I was working.

“You don’t know what a hail storm is?” my supervisor asked incredulously. “No,” I answered, my eyes round as saucers. She

shook her head and let me take a few minutes off. I looked in wonder as the hail fell. I ran out and picked up a few hail stones. People were staring at me and I did feel rather silly then, but I didn’t care. They didn’t know that I was experiencing something totally new and intended to cherish every moment.

It took yet another couple of weeks before I finally sauntered about sans jacket. But the learning curve continued. Once, I woke up to a beautiful sunny morning and proudly arrived at work wearing my favourite blouse and skirt. To my dismay, it started pouring cats and dogs by noon.

“Is it not supposed to be sunny today?” I asked around. “No, it’s supposed to rain by afternoon

for the rest of the day,” my colleague replied. “Didn’t you check the forecast?”

The forecast? I came from a country where summer stayed hot all through the season unless the unexpected happened. Checking the forecast was unheard of. Another lesson learnt. As I walked home forlornly that evening, cold and wishing I wore a jacket, I resolved to read the forecast every single day. The days passed, one by one. Certain days were really warm—even to my standards. I had bought a bicycle by then and I did all I could to enjoy summer. I went on long walks, read books, and crocheted by the riverside. But at night, I still slept covered up and thought my roommate was insane to

keep the windows open.

Years later, I would complain of stuffy hot nights, but it was my first summer in Canada.

The glorious jacket-free days lasted a few more weeks. Soon I noticed the evenings were getting chilly. I had to wear a jacket in the mornings and evenings. The days were slowly fading away into a different season with its own new experiences to a newcomer who was yet to experience fall, winter, and spring.

Writing has always been Nazreena’s biggest passion besides crocheting and breeding budgies. Having changed nine schools as a child in different countries, cultural tolerance and the flexibility to adapt to diverse environments come naturally to her.



Adjusting to a new climate can sometimes be more challenging than anything else. | Nazreena Anwar-Travas

Randy Boissonnault MP/Député - Edmonton Centre



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Edmonton Carnival brings Latino fun

International artists celebrate Latin culture and community

TEKLA LUCHENSKI

Edmonton Carnival may have found its new home at Alberta Avenue.

For its first two years, the event took place in Dr. Wilbert McIntyre Park. Volunteer Erick

Estrada explains, “We like the [Alberta Avenue] space. It’s bigger. We are looking for more support from the community. Also, events like this help take away the stigma for 118th Ave.”

Estrada loves Alberta Ave. “I have lived in this neighbourhood since I arrived here to

learn English.”

Dajana Ambury, a vendor and Alberta Ave resident agrees. She says, “People are friendly and the community is inviting. There are lots of people shopping, visiting, and dancing.”

Edmonton Carnival presented international artists on July

13-14, including Maluma tribute artist, Orion, who closed the event to an enthusiastic crowd. As the crowd warmed up to the tribute, one audience member laughed and quipped, “I think everybody is in shock! They don’t know how to cheer him.”

Congratulations to

Edmonton Carnival for a successful event.

Tekla is a freelance writer loving life in the Parkdale neighbourhood since 2013.



Volunteer Erick Estrada (right) says friendly Alberta Ave provides the perfect fit for Edmonton Carnival's vision. | Tekla Luchenski

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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.

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
Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.

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, 3:30-4:30 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. Back in September.

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

SENIORS

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

NORWOOD LEGION SENIORS GROUP
Cribbage, Wednesdays at 1 pm at 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

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, 6-11:30 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. Back in September.

MUSIC LESSONS BY CREART
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.

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

NOTICES

Kaleido Festival, Sept.13-15. Volunteers needed! Visit kaleidofest.ca/volunteer for more info. Kaleido Festival submissions. Accepting submissions for Kaleido festival gallery. Visit kaleidofest.ca/visual-arts-gallery. Create a glow lantern in late August/early September for the Aurora Kaleido Lantern Parade. Email lantern@kaleidofest.ca. Create a lampost creation or installation. Email artsadmin@artsontheave.org.

Won't You Be My Eastwood Neighbour: free back alley parties with music, art, games, & BBQ. Aug. 13, 5 - 8 pm, back alley west of 87 St and 118 Ave. Aug. 27, back alley on 88 St and 119 Ave. Norwood Festival, Sunday, Aug 18, 11am to 4pm @ 11306 91 St (Norwood Wesleyan Church). Food, games, music, aerialist.



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CHURCH SERVICES

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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 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
 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

CHURCH SERVICES
 CHURCH SERVICES
 CHURCH SERVICES

Janis Irwin, MLA
 Edmonton-Highlands-Norwood

 JanisIrwin

780.414.0682
 6519 112 Ave.
 Edmonton.HighlandsNorwood@assembly.ab.ca



MEDITATION

Explore how spiritual insight translates into compassion, giving, forbearance, equanimity



Mondays at 6:30 pm
 Eastwood Hall
 11803 86 St

SATURDAYS 5-7 PM
ALBERTA AVENUE
EASTWOOD
WESTWOOD

Free swim

for league members
 at Commonwealth Recreation Centre

SUNDAYS 1-3 PM
ALBERTA AVENUE
PARKDALE CROMDALE
SPRUCE AVENUE



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 nolandrugs.ca

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THINK Rat Creek Press!