



RAT CREEK PRESS

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Festival mixes favourite hits and new events

Kaleido Festival gears up for another year of art and fun



Once again, festival goers can paint or even help make a giant papier mâché creation, like this duck last year. | Epic Photography

TALEA MEDYNSKI

This September, Kaleido Family Arts Festival will be featuring a mix of favourite events and offering some great new ones.

Christy Morin, artistic director of Kaleido Festival, explains people can enjoy a wide variety of entertainment this year.

Something fun and new is an obstacle course created by Fitset Ninja, an Edmonton gym that creates family-friendly obstacle courses reminiscent of the TV series *American Ninja Warrior*.

The idea to include it in Kaleido was sparked during a conversation between Morin and Wayne Thomas, a local pastor and the outreach coordinator at Crystal Kids. Thomas' two teenage sons are competing in the UNAA [Ultimate Ninja Athlete Association] World Series Championship Finals.

"[Wayne's sons] are going to be there at Kaleido and are excited about it," says Morin.

The obstacle course will either be in front of the Avenue Theatre or

in the back field of Alberta Avenue Community League. "There may be art somehow in the obstacle course," says Morin.

A printmaker who works at The Nina Haggerty Centre for the Arts will also be at the festival.

"She will be doing [her art] with found objects and you can print with her," says Morin, who adds that the artist has been working with Eastwood Community League during their Won't You Be My Eastwood Neighbour? community-building events.

While at the festival, be sure to look down the side streets for a blast from the past.

"We want to do the 1950s-60s look of hanging white garments, bloomers down side streets," says Morin, who adds that they need donations of clothing for this exhibit. "Drop off used white and bleached clothing at The Carrot between now and the festival." Label the bags so volunteers and staff know what it is. All clothing will be donated to the Bissell Thrift Shop afterwards.

Organizers are also looking for

donations of yarn for the unity project, which is the big fibre arts community project that has been on Kaleido grounds for the past few years.

And for kids and the young at heart, a new organization featuring fairytale princesses will be roaming the festival grounds and connecting with families.

Festival organizers are bringing back Soul Doodle, which is finger painting on Plexiglas, which Morin says is great for everyone, "whether you're 60 or seven."

Trace a Face is new and is "tracing someone's face [on Plexiglas], doing a quick gesture sketch of someone who means something to you."

"It just warms your heart," says Morin. "I think that's the difference of Kaleido: that human touch."

Last year, a giant papier mâché duck was a blank canvas for people to colour. This year, another papier mâché creation will be at the festival, but organizers would like ideas. Submit your idea to installation@kaleidofest.ca, and also indicate if

you want to help build it.

During the festival, don't forget to look at the sidewalks for some chalk art. "It's inspiration from when we did Chalk It Up," says Morin, referring to the July event where chalk artists create some sidewalk art and offer some tips to participants.

Circus Kalabanté Productions, a Montreal circus school and company specializing in African arts, will also be returning to Kaleido Festival. The founder and artistic director, Yamoussa Bangoura, will be focusing on drums.

Visit kaleidofest.ca for more information and an upcoming schedule.

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

KALEIDO FAMILY ARTS FESTIVAL

Sept 13-15
118 Ave, between 90-95 St

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SEPTEMBER 13-15, 2019
118 AVENUE

90-95 STREET
EDMONTON, ALBERTA

Volunteer with us this festival! Email volunteer@KaleidoFest.ca or call (780) 471-1580

Free musical training for Spruce Ave students

Sarah McLachlan School of Music extends enrolment to Spruce Avenue

AYDAN DUNNIGAN-VICKRUCK

As I am canvassing for the *Rat Creek Press* at this spring's Bloomin' Garden Show & Art Sale, a striking young gentleman with distinctive shoulder tattoos walks by. My curiosity is piqued, so I ask for an introduction.

"These tattoos are Cambodian script for song and sound. Hi, I'm Justin Khuong."

I am guessing a connection with music, a strong interest of mine, so I probe a little further.

"I have been a guitar teacher for 13 years. I have a BA in education and a music diploma in composition from Grant MacEwan. I have been performing since 17, starting with punk, metal, then over time transitioning to folk acoustic guitar. My current band is Bardic Form, an award-winning progressive world folk fusion group," he says. "And I also teach music at Eastglen with the Sarah McLachlan School of Music."

Whoa! This intro just went from intrigue to total shocker. Sarah McLachlan has a music school in Edmonton? In fact, the first school opened in

Vancouver in 2002, and then a second school opened in Surrey, British Columbia. In 2016, a satellite school opened in Edmonton at Eastglen High School.

Khuong explains the music

which is to serve students from lower income and underserved neighbourhoods that might not have the opportunity to access musical training."

Khuong says formal musical training is expensive.

are free to students, courtesy of donations from the public and large scale funders such as Sun Life Financial," continues Khuong.

The Edmonton site currently has six teachers and one site

ally, and intellectually. They develop self-esteem, resilience, the ability to act responsibly and independently and learn the importance of being active, engaged community members. After each semester, there are concerts and performances to provide students the opportunity to gain confidence on the stage."

Eligible youth include students in Grades 7-9 attending Highlands, Ivor Dent, John D. Bracco, and Spruce Avenue schools. These students can apply to attend Tuesday and Thursday classes, which will depend on which school they attend. Eastglen students attend classes on Mondays and Wednesdays.

Interested students should sign up soon for the fall session. Registration forms can be found on sarahschoolofmusic.com.



Justin Khuong (right) with fellow musician Brian Raine (left) playing at La Cité Francophone. All instructors of the Sarah McLachlan School of Music must also be performing musicians. Find out more about Khuong's band at www.bardicform.com. | Supplied

school was a good fit with Eastglen High School.

"They had space and an interest in hosting the program as well as an established guitar program. And the demographics fit with the mission of the school,

"It is Sarah's conviction that music feeds the community and develops character and strengths and should be available to all children, no matter what the social-economic circumstance. Instruction and instruments

manager who teach about 100 students from September to June.

"The school teaches not only music, but also a broad range of life skills. Students grow musically, socially, emotion-

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

A fond farewell to pastor Phillip Telfer

Norwood Festival is Telfer's last as the local pastor

VICTORIA STEVENS

Norwood Wesleyan Church is getting ready for a change in the new year. After seven years, pastor Phillip Telfer is stepping down.

"I'm not sure what the next step is, I just knew it was time [to move on]," says Telfer.

Telfer was born in the United States and attended Indiana Wesleyan University, obtaining a degree in sports ministry. Knowing he wanted to help those in need, he traveled to Africa to build connections through sport. It was there he met one of the teachers, who was from Edmonton and working with the same program. They married and returned to

Edmonton. He took the job at Norwood Wesleyan Church, knowing it was a community that had unique concerns.

"There's a lot of brokenness in the area," he says about the surrounding community. Telfer's goal was to offer stability for people in an often unstable environment.

Telfer has seen his role in the church as one of service to those around him, and for him to be a safe person for people to approach. He says that he may not be the destination for many people, but a safe stop on the way. His vision of the church has been one that sees the church as a physical home for healing, family services, healthy family growth, and meeting the community's

needs. This includes both physical and emotional needs such as the need to be fed, the need to be clean, the need to be useful, and the need to belong.

The church includes spaces such as a dining room where a family meal is hosted most Sundays, an accessible washroom, a family room, and a "laundry room", which allows people to "air their dirty laundry"; a place where people can speak and be heard without judgement. His view of the church is one of a wheel, with the church providing a place for people to have their needs met, heal, and eventually complete the wheel by giving back to others. No religious affiliation is needed to use the church's services.

Telfer was instrumental in creating the annual Norwood Festival, which takes place in August. The festival includes services, entertainment, and family-friendly activities. This year, these activities included an aerialist, donkey rides, and live music.

He says he began the festival to celebrate Norwood, to let people in the area know the church is there, and of course, to have fun. The festival helps fight the isolation many people in the community feel. Low income, addiction, loss, and trauma all lead to increasing isolation.

"It's important to meet people with love and compassion," Telfer says about why he started the festival. "To meet

people where they are."

Telfer hopes the festival and the work the church has been doing over the last seven years will continue after he is gone, but that will be up to the next pastor and the community.

Although he isn't sure where he will end up next, Telfer is looking forward to his next adventure and will be greatly missed by the community of Norwood and the congregation of the church.

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

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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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Festival planning requires Herculean effort

Weather can bring big complications to organizers

MARI SASANO

For festival goers, the experience seems effortless, as if conjured from thin air to delight us. But talk to a festival planner weeks away from their event, and you'll get an idea of the amount of work that goes into that seamless experience.

In mid-July, I talked to Christy Morin, executive director of Arts on the Avenue, which produces the Kaleido and Deep Freeze festivals. It took three emails and two phone calls to schedule a time to talk, and at the last minute, was postponed by a couple of hours due to an emergency meeting.

"Our planning has already

started for 2020," she says, when we finally connected.

Even though we were almost two months away from the 2019 festival, the Kaleido team was in the thick of things. Starting more than a year in advance allows them to choose a theme and start booking headliners, who themselves are often trying to juggle tours and other performances.

"And the community—people will come to us and make suggestions, and we put them in our bucket for a future festival. We try to do the 'yes, and' thing and find ways to make things work."

In spite of planning, something as simple as the weather can throw everything back to

square one.

"Well, last year's weather was a make-work project," says Christy, reminding us that the 2018 Kaleido was hit by an early (and heavy) snowfall.

Sauvé MacBean is the production coordinator whose job it is to keep the show running. She remembers the Saturday morning when the snowstorm hit the festival site. "We got to work in the morning, and it was decided that we were moving ahead with it. We had under an hour to reprogram nine stages and move them indoors."

MacBean and festival programmer Allie Morin had to scramble to reconfigure the entire festival.

"Sauvé and I were in the

performers' lounge, looking at the schedule—this can move here, that can go there—and the pieces came together."

Thanks to their planning and quick thinking, the festival continued in the Alberta Avenue Community Hall and in spaces of local businesses.

Christy gives credit to her agile and resourceful team. "Everything is discipline and timing. The team is very detail-oriented, right down to the minute. It takes real communications to get everything to feel like it's just happening."

Outdoor events always have a weather contingency, and Kaleido is no different. It's just that their planning was concerned mainly with wind

and rain. But snow? That was something they didn't expect. But Kaleido has the benefit of being the sister festival to Deep Freeze, which has seen more than its share of snowy days. This is a team for all seasons. As long as it's still safe, the festival finds a way to magically appear in all conditions.

"We needed to surrender to it and do what we can to rebuild. Every performer, every artist, the people coming to the festival—they were very understanding. That's the Edmonton spirit," says Christy.

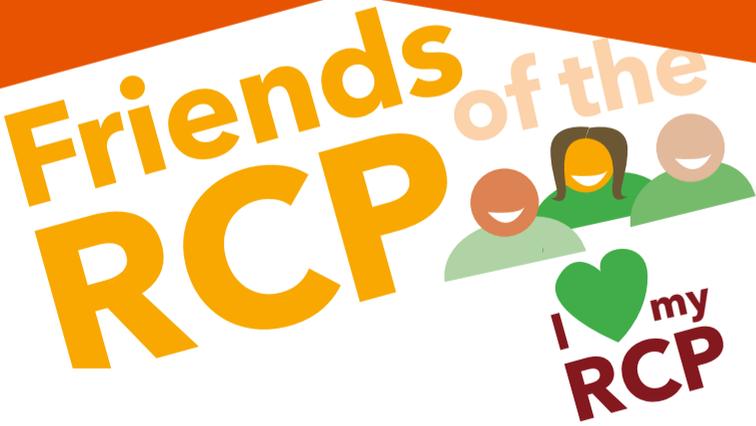
Mari is a writer and civil servant.



The morning of last year's brought snow and last minute planning to reprogram where some entertainment would be held indoors instead of outdoors. | Epic Photography



The weather last year had festival organizers thinking on their feet. | Epic Photography



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Celebrate Community League Day

Heighten spirits this fall at your neighbourhood community league

KATE WILSON

This fall, local community leagues have something for everyone, from a petting zoo to tango lessons.

"We have hatha yoga starting up again in September," says Kim Ellis, president of Westwood Community League.

The 20 classes give participants more balance in posture and in their daily routine. The yoga class is a program requiring registration and payment to participate.

For balancing home and yard, Westwood's big bin event is on Sept. 21. Community members can deliver their unwanted large items to the bin at the Westwood Community Hall parking lot.

"Bring your mattresses, but not Eco Station specific items such as paint, concrete, soil, tires, electronics, appliances," urges Ellis.

Spruce Avenue Community League is continuing its family-oriented programming, with their annual Harvest Festival taking place Sept. 21 on Community League Day. A city-wide celebration of

Edmonton's 159 community leagues, this year's theme is 'Get to Know Your Neighbours'.

"We have a petting zoo booked for the Harvest Fest," notes Ashley Ayume, Spruce Avenue's programming director. "We're also planning a community supper . . . with yard games in the afternoon and of course selling league memberships."

At the Harvest Festival, the league will also be recognizing the Front Yards in Bloom chosen in Spruce Avenue.

Winter programming is in the works, including a hibernation celebration to include a horse-drawn sleigh ride and other family activities. The board is also hoping a parent can offer to host a parents and children meet-up one day a week to bring cheer to the colder days ahead.

Alberta Avenue will be bustling for all ages this fall, with plenty of new programming (see article on Virginia Potkins for more info), urban pole walking, and the continuing math tutoring drop-in sessions. The collective kitchen is starting up again as well.

Because Community League Day often overlaps with Kaleido Family Arts Festival, Alberta Avenue holds their membership barbecue early in September, explains Brendan van Alstine, president. This year it's on Sept. 8 from 5-7 pm.

"We put many of our games and icebreakers in the grassy fenced space out back, serve food and sign people up or renew their memberships," says van Alstine.

Not to be put off by the shrinking daylight hours, the Parkdale-Cromdale Community League (PCCL) is resuming its popular weekend programming with the CreArt music program and tango lessons. Restorative yoga and meditation continues. New this fall is a Wednesday evening adult barre class and a Friday morning family yoga.

Beginner sewing and the collective kitchen resumes in late September, and details are in the works for a community mediation clinic, offering community members looking for dispute resolution some free time with a lawyer.

On Community League Day,

the harvest dinner will offer members a free meal sourced from their community garden and donations from neighbourhood restaurants.

"It has always been our aim to serve the area in a way that joins people together and this dinner has been the largest event to do so in recent years," says Kevin Wong, president.

Plans for a federal election forum are underway as well. Stay tuned to the PCCL website for more details.

Physical fitness is in the works at Delton Community League, with indoor soccer registrations now open, while Elmwood Park Community League will be re-starting its popular children's activity group most likely in October, says Gillian Daley-DeGroot, president.

"We'll have details out in a few weeks in terms of dates and times, but typically this group will do a game, a craft, and have a snack each week."

The league is also looking forward to their annual chili cook off and barbecue for Community League Day.

"Complete with bouncy castle and door prizes!" says

Daley-DeGroot.

At Eastwood Community League, weekly drop-in meditation continues Mondays for any member wanting to deepen their practice or learn how to start.

Eastwood also has an open house planned for Oct. 5, giving members a chance to meet, enjoy produce from the community garden, and check out the recent hall renovations.

"The open house is for mingling and finding out about programs and opportunities we have going on in the neighbourhood," explains Erin Campbell, communications director.

The open house will be followed by the AGM, all at Eastwood Community Hall.

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.



Parkdale-Cromdale Community League has plenty of fall and winter programming. | Supplied



A young community member plays ring toss during Spruce Ave's Harvest Festival. | Supplied



A horse-drawn carriage is but one activity community members can take part in during Spruce Ave's Harvest Festival. | Supplied

Garage sale season isn't over quite yet

Alberta Avenue Community Centre to host Indoor Garage Sale

NAZREENA ANWAR-TRAVAS

Contrary to popular belief, garage sales aren't just for summer, and they don't need to be held in a garage. This October, get ready to purge your home or buy new treasures with Alberta Avenue Community League's Indoor Garage Sale.

In June, Special Events by Gina Miller organized the first garage sale in support of the league. The event proved to be a great success and the second garage sale will be hosted indoors on Saturday, Oct. 19.

"Due to many events happening at the Alberta Avenue Community Centre, it was the best Saturday to do a garage sale in October," says Virginia Potkins, owner of Special Events by Gina Miller, which is

organizing the event.

"The June event was pretty filled up and we expect a likely response for the upcoming fall event," states Potkins. "It is going to be held in the Hodson Hall at Alberta Avenue Community League from noon until 6 pm. Admission is free. There is ample free parking space and there will be a concession put on by the Alberta Avenue Community Centre."

The event is open to everyone to participate, including non-profit and charity associations. Items that can be sold are typical of every other garage sale, such as household items, collectibles, clothing, toys, books, and so on. Items must be in fairly good condition.

People are also welcome to donate gently used items to any participating non-profit organization they choose to sup-

port on the day of the garage sale. Non-profit organizations largely rely on people's generosity to help support their activities. These items will help the association to raise money for their cause.

Three non-profit organizations already participating are Alberta Avenue Community League, *Rat Creek Press*, and Spark! Youth Camp (a two week drama camp). All the proceeds from their tables at the garage sale will go directly towards supporting their activities.

After the garage sale is over, participants can choose to keep any unsold items or they can donate them to the Canadian Diabetes Association, who will have a truck on site. It should be noted, however, that the society will accept neither items that are too large, nor those items that have an expiry date,

such as car seats.

The Alberta Avenue Community Garage Sale offers an excellent opportunity for participants to clean up their homes while supporting a worthy cause and for visitors to buy items of interest under one roof. It is also a chance for visitors to mix and mingle in an indoor environment. Volunteer opportunities are also available.

Contact Potkins (email address below) to book a table, to volunteer, or for any related questions. Tables are limited, so don't delay. Each table costs \$20. Non-profit organizations will be charged \$10 per table.

Fall is generally associated with shorter days and cooler temperatures. Why not warm up your soul by taking this opportunity to tidy up your home for Christmas, help charities raise money, mingle with

neighbours, and make new friends? Make sure you mark your calendar for the event!

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 flexibility to adapt to diverse environments come naturally to her.

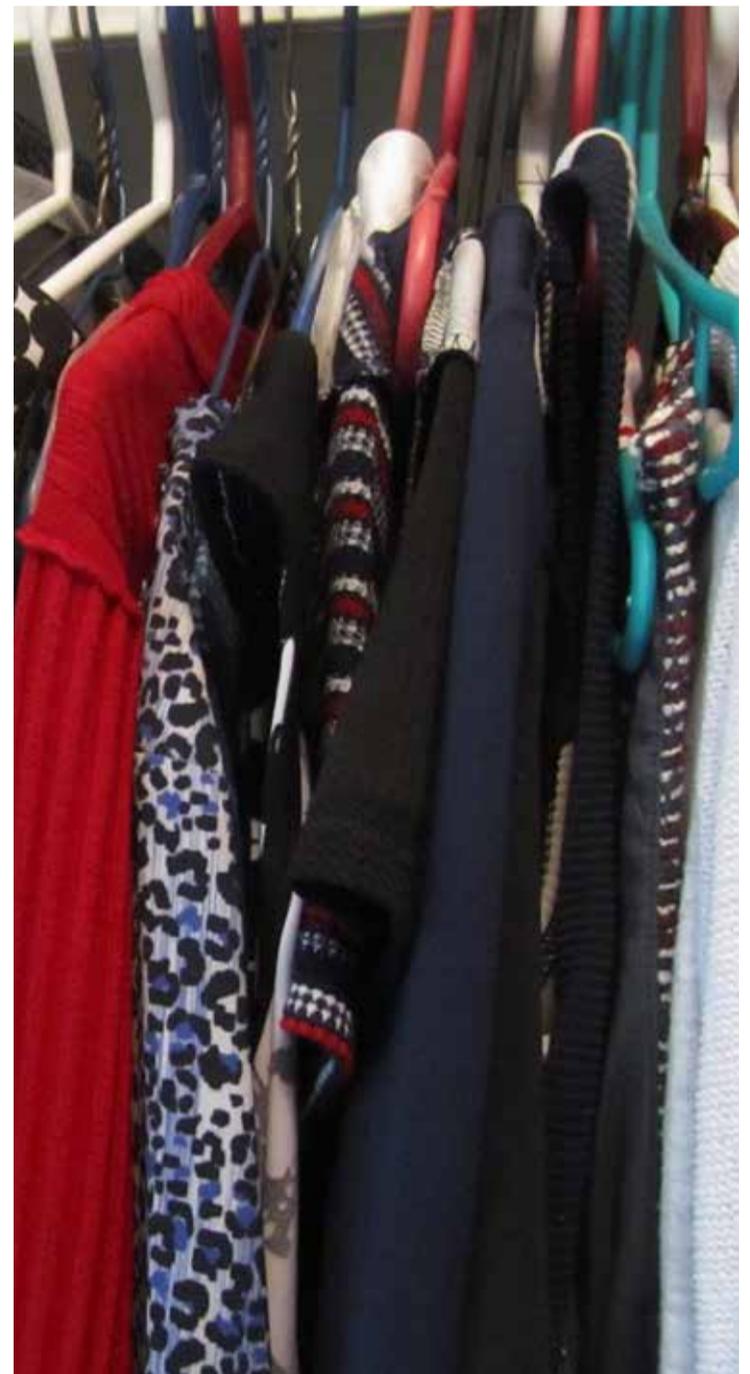
INDOOR GARAGE SALE
Saturday, Oct. 19, noon to 6 pm

Hodson Hall at Alberta Ave Community Centre
9210 118 Ave

For more info:
specialeventsbyginamiller@gmail.com



Gently used household items can be sold or donated to the Indoor Garage Sale. | Nazreena Anwar-Travas



Take the opportunity to purge your home and donate some items to the garage sale. | Nazreena Anwar-Travas



You may find some treasures at the Indoor Garage Sale on Oct. 19. | Nazreena Anwar-Travas

OPINION

Take the time to cast a ballot this October

Your vote counts in this upcoming federal election

MIMI WILLIAMS

On Oct. 19, 2015, 60 per cent of voters in Edmonton Griesbach—the federal riding that encompasses the communities this newspaper serves—marked a ballot. While that figure was more than eight per cent lower than the national average for voter turnout, it was a vast improvement over 2011, when turnout was just under 46 per cent and 2008, when it was just over 42 per cent.

A large part of that increase could be attributed to the boundary changes that occurred after the 2011 election when our former riding of Edmonton East was carved up and amalgamated with others. But at least some of it has to do with the bump in voter turnout nation-wide. In 2015, 68.5 per cent of eligible voters cast a ballot, the highest turnout since 1993, and very close to the average voter turnout of 70.7 per

cent for federal elections since Confederation.

The highest voter turnouts in Canada's history were in 1958, 1962, and 1963, when voter turnout was over 79 per cent. The lowest voter turnout on record was in 2008, when voter turnout fell to 58.8 per cent. Turnout in the 2011 federal election, at 61.4 per cent, was ranked third lowest.

I always vote and encourage others to do the same, but I've grown to understand why people just can't be bothered to engage. It is very easy to be cynical when it feels like elected representatives are completely disconnected from our everyday lives. That said, your vote matters and the governments we elect have a profound impact on our lives every day. And while it might seem that the election is a foregone conclusion, nothing could be further from the truth.

The final poll before the 1958 election (which secured

former Prime Minister John Diefenbaker the largest majority in Canadian history) showed the Liberals ahead of the Progressive Conservatives by 48 per cent to 34 per cent. Canada had its own "Dewey Defeats Truman" moment (you can Google that) when *Maclean's* magazine printed its regular weekly issue—set to hit newsstands the morning after the vote—declaring that democracy in Canada was still strong despite a sixth consecutive Liberal victory.

Maclean's inaccurate cover story aside, although the Liberals finished some 200,000 votes ahead of the PCs nationally, Diefenbaker's PCs were elected handily, winning 208 of 265 seats. The following election, in 1962, saw Diefenbaker's PCs re-elected with a minority, only to be replaced with a Pearson government that achieved four seats shy of a majority in 1963.

Since 1921, there have been 29 elections, 13 of which have

resulted in minority governments. Minority governments last, on average, less than two years, but they can be very productive. The back-to-back Liberal minority governments under former Prime Minister Pearson, which relied on an alliance with the New Democrats, saw the introduction of medicare, the Canada Pension Plan, official bilingualism, and a new flag. When Pierre Trudeau led a minority government from 1972 to 1974, the New Democrats forced the creation of Petro-Canada.

While minority governments can be pushed to perform actions they might otherwise not be inclined to take, they are also less likely to pursue unpopular agendas. Like former Prime Minister Pearson before him, Stephen Harper led two back-to-back minority governments following the 2006 and 2008 elections. In retrospect, we can see that the most dra-

matic changes introduced by his government occurred only after they were handed a majority in 2011.

The conditions are ripe for us to see a minority government in place after the ballots are counted this fall and I, personally, could not be happier. Our governments govern best when they are held to account by other parties holding the balance of power. Of course, there's nothing any of us can do to dictate the composition of the House of Commons come October, but each of us can do our part by taking the time to vote.

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.



This October, consider casting your vote for the federal election. | Pixabay

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Sharing the reasons why I ran for trustee

An Edmonton Public School trustee does many things for students

TRISHA ESTABROOKS

In my role as a trustee for Edmonton Public Schools, I am often asked to come and speak to Grade 6 students about civic government and explain the job of a school board trustee. Having never worked as an educator or as a classroom teacher, it is truly a pleasure to share with students the reasons why I ran for elected office and why electing a school board trustee matters.

Without a doubt, the best parts of meeting with students are the questions that percolate during our conversation.

Do you have an office? Yes. Are you a teacher? No. Do you

get paid a lot of money? No. Do you have kids? Yes, two, and they are fun. Are you like the mayor? No. Can I vote for you? No... at least, not yet. Why do you do this job?

It's that final question that always makes me stop and smile. Without fail, every single Grade 6 class I have visited—be it a student at Hardisty, Virginia Park, or Ivor Dent—asks me the why question. Why do I do this?

I do this job because I believe in public education. I believe that families, parents, students, and communities need to have a say in how public education is delivered in Edmonton, in Alberta, in Canada, and in society at large. I believe that public

tax dollars should be spent intelligently and prudently to educate the next generation of citizens.

Trustees are advocates of public education. We are elected every four years, at the same time Edmontonians elect our mayor and city councilors. There are nine trustees on the Edmonton Public School Board, and the areas we represent are called wards. Our main job is to oversee a budget of \$1.2 billion dollars and set the vision and direction for public schools in Edmonton.

This past year our board drafted a new vision statement: "Success, one student at a time." I like this vision; It speaks to the importance of

each student in the Edmonton Public School district, which is the fastest growing district in Alberta with more than 3,000 new students enrolling for the 2019-2020 school year. I hope this vision inspires people and serves as a reminder that success means different things to different people.

September is like the new year, a time full of promise and hope for the year ahead. I set goals for my personal life as well as my professional work as a trustee. It's a time for renewal for me and my colleagues, and for the board as a whole as we get back to work.

I am looking forward to serving our community during the school year ahead. I always

welcome your phone calls and emails about concerns or questions you may have, or your advice about how I might do my job better.

To the Grade 6 students out there: get your questions ready. I'm keen to visit your classes and talk about the things a publicly elected trustee can do for you.

Trisha is the trustee for Ward D. In June 2019, she was elected by her colleagues to serve as chair of the Edmonton Public School Board. She lives in Ward D and has two children who attend an Edmonton Public school.



Trustee Trisha Estabrooks (second from left) with the rest of the Edmonton Public School Board trustees. | Supplied

Small Sparks Revitalization Grant

- Funding opportunity



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

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.

Apply for Small Sparks funding for your party, project or initiative!

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



Food security is an issue for students

Donations for Edmonton's Food Bank are needed year-round

MARI SASANO

By this point in the year, many kindergarten to Grade 12 and post-secondary students have just gone back to school. It's exciting to start a new year, but it can also be challenging. Knowing that the basics aren't being covered at home can be a huge extra worry.

NAIT students have support with NAITSA (NAIT Students' Association) Food Centre. Valentyna Burakovska, the Food Centre coordinator, says students can apply for two hampers a month. These hampers include three to five day's worth of non-perishable items.

Most of these students attend NAIT full time. "They're living by themselves, they have all these extra expenses and responsibilities. The Food Centre is something every student can use."

NAIT students can sign up by visiting naitsa.ca/service-hub/food-centre/.

Nancy Petersen, Edmonton Public Schools director of strategic supports, explains many schools have formal or informal food programs.

"Many of our school's students can access a breakfast or lunch," Petersen says. "The school's principals are the front line in determining the need."

Resources accessed depend on the school. Some schools access e4C or Food for Thought, while others apply for grants to national programs like Breakfast Club of Canada.

"Staff notice a big difference when nutritional food is available," says Peterson, noting that food helps with thinking and problem solving.

A huge resource for anyone to access is Edmonton's Food Bank.

"Every month, we provide [food for] 20,000 to 22,000 people through the hamper program, not including the people accessing food for schools or shelters. We distribute between 350,000 to 500,000 meals and

snacks to schools, both public and separate," says Marjorie Benz, executive director of Edmonton's Food Bank.

As an organization that depends on donations and volunteers, the Food Bank is always looking for support from the public.

"Our need is year-round, but it's hard to do appeals to the public all year round. The good months are when people get extra money through their GST refund. Our [client] numbers go down," says Benz. Higher levels of unemployment also reflect higher Food Bank use.

If you are able to help, certain items are more in demand. Aside from the usual non-perishable staples (pasta, canned soup, baby formula), good protein sources are the most needed.

"We never get enough canned meat, like tuna," Benz says, noting that the Food Bank often makes up the shortfall by buying peanut butter. Cash donations are also most wel-

come for such purchases.

"We do our work can by can, dollar by dollar."

The Food Bank also provides food depots at more than 60 community organizations like the Salvation Army, churches, Boyle Street Community Services, and the Bissell Centre. The Food Bank also has a holistic view of the issues that might bring people through their doors.

"The services with the Food Bank are broader than people think—soup kitchens organize through the Food Bank, and at our Annex, we have a program called Beyond Food, where you can train to get your safety ticket, help with resume writing, job searches."

The issue of food insecurity is a symptom of the larger issue of poverty. According to a survey, 70 per cent of Food Bank recipients have a household income of \$25,000 or less. Benz knows that Edmonton's Food Bank has a limited mandate, and that not having

enough to eat is just one part of the larger root cause affecting all aspects of life. Poverty means fewer resources in general, which means everything is harder, including finding a home, getting an education, and getting a better-paying job.

"I think structurally, we need to look at income, what people can live on, and housing. It really affects people, their health and well-being."

To get help, call 780.425.4190. Eligible clients can also order hampers online at edmontonsfoodbank.com, where you can also find a list of other resources, like free community meals, recipes, and locations of discount groceries, community gardens, collective kitchens, and bread runs. The Annex building is located at 11434 120 St.

Mari is a writer and civil servant.



Edmonton's Food Bank supplies food and snacks to schools. | Supplied



Many factors contribute to food insecurity. | Supplied

Keeping on top of problem properties

Report small bylaw infractions before they turn into bigger problems

STEPHEN STRAND

Almost every neighbourhood has homes that have become unkempt eyesores, but often there could be an underlying issue resolved with the right resources.

That's where the Residential Living Governance Committee (RLGC) comes into play.

"Once upon a time, there were a few initiatives, they were all kind of working parallel, but not in synergy, like they are now," explains Justin Lallemand, specialized program coordinator with the RLGC. "Throughout Alberta, there were numerous folks with Alberta Health Services that were trying to accomplish the same work as the Edmonton Police Service [and the City's] Community Service branch."

With everyone having their own chains of command, their

own way of reporting issues, and their own databases, necessary information wasn't always being shared.

"Then, all the top leaders came together and decided that, 'Hey, we are all dealing with the same problems anyway. What we should be doing is looking at a better way to integrate our inspections and co-ordinate them accordingly and prioritize them effectively.'"

From there they created the RLGC. A triage network takes complaints from the general enforcement area and bylaw and sends them to their Problem Properties Team.

"When Problem Properties finds a file that requires a multi-agency approach, they will send it to the RISC (Residential Inspection Safety Compliance) Team with the Residential Living Governance Committee."

At that point, they will conduct the assessment, make referrals, and conduct enforcement when needed.

But they still rely on people making complaints to bylaw. Lallemand suggests paying attention to the small things, such as general bylaw violations.

"Something can start out small and then eventually it becomes larger and larger. It's the old broken windows theory, where maybe you have a vacant house and somebody drops off a single couch, because they think, 'Oh, nobody is going to see me, nobody is going to complain.' Then a single couch turns into a couch and a mattress. Then it turns into a couch, a mattress, and a barbecue. Then before you know it, citizens in the community start realizing that maybe that house is vacant."

This scenario can attract people who may decide to go in and do something illegal.

"When we do see small bylaw violations, we still treat every violation as important. There is nothing too small. It can be something as simple as long grass," Lallemand explains.

As soon as they can engage with the property owners, the better. This communication can involve leaving a business card or a warning letter of the violation. They sometimes discover there are circumstances in a homeowner's life preventing them from keeping on top of their responsibilities.

"We can work with them and there are certain referrals and senior centres and community league members that like to help. We can start that going early." It also helps the homeowner to keep their property maintained. "If we address

the small issue, they don't spiral out of control."

By doing this, it helps give bylaw officers a sense of what is going on at the property and they can build a history with the homeowner. If the homeowner needs help, the RLGC has external partners with the Government of Alberta and the City where they can refer the homeowners.

"The first contact is the most important because we get a good sense of what is really going on. And from there, we can get the proper services if we have to."

If you see a bylaw infraction, call 311. For more information, visit the City website at edmonton.ca or call 311.

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

Local affordable services just a step away

Community organizations offer plenty of services for all

VICTORIA STEVENS

For many people, accessing basic services and programs can be out of reach financially. Finding an extracurricular program for kids, tools for that renovation project, or affordable mental health care can feel like a lost cause.

“It’s so hard to find help when I need it, especially if I don’t have any extra money,” says Cheree, who did not give her last name. Cheree lives in the Alberta Avenue community and has struggled with some challenges in the past. She now has a steady job and housing, but still has a hard time paying for some of the basics.

Cheree isn’t alone in finding it difficult to afford simple things many take for granted. From everyday basics such as food to programs for children and youth, finding the money for all these things can be tough. However, affordable resources can easily be accessed in and around our communities.

For example, NAIT’s baking students sell what they make in class at the Common Market cafeteria for discounted prices.

Students practice their future craft and people can access excellent food that may be financially out of reach otherwise. The Common Market cafeteria can be found on campus in the “O” building, right next to the meat store, and is available from mid-September to mid-December and mid-January to mid-April.

NAIT also houses a denture and dental clinic. Teeth cleaning for youth aged seven to 17 costs \$20 and is open from January to March. The clinic also offers custom dentures for as low as \$950 for complete upper and lower dentures plus expenses. You can book an appointment for a 30 minute screening. It’s important to know these services require a significant time commitment.

Accessing health care can be one of the largest stresses and financial strains. Boyle McCauley Health Centre offers a plethora of services for those who face barriers accessing the mainstream health care system. These services include optometry, a woman’s health clinic, psychology and psychiatric care, a dental clinic, and even a foot care clinic beyond the usual

health care needs. They provide “the highest standard of care that is evidence informed and client focused.”

“Libraries are one of the last truly public spaces. You don’t need to buy a coffee or anything to sit,” says Jennifer Schell, community librarian for the Sprucewood branch.

The Sprucewood location offers early literacy programs, parenting workshops, science programming, a Practice English program, and help with taxes during tax time. There is even an Xbox in the program room for use. All Edmonton Public Libraries offer free Internet, scanning and faxing, and printing services for 10 cents a page.

Doing your own home repairs or renovations is an excellent way to save money. The Edmonton Tool Library has an impressive inventory of tools, plus advice to get you started. An annual \$50 membership provides access to hand, power, and garden tools and is similar to a conventional library.

Bike Edmonton operates a workshop and provides the tools and space needed to fix and maintain your bike.

Memberships cost \$20 for a year, but non-members can use the space as well for a somewhat higher hourly fee than members. Bike Edmonton sells refurbished and used bikes as well. The Spoke program, a six-to-eight week course for youth ages 12 to 17 and run by Bike Edmonton volunteers, teaches students how to maintain and repair their bikes. Participants leave with their very own bike at the end. Participants must be nominated for the program.

The Bissell Centre Thrift Shop has everything needed for your home. Items range from \$2 for baby clothes to \$50 for dressers or bed frames. The added bonus is that the shop helps support the Bissell Centre, which offers a myriad of programs and supports for those in need.

Local community leagues offer many services as well. Membership costs vary with each league but on average run \$10 for an individual and \$20 for a family. Offerings are unique to each league but may include community garden plots, meditation classes, soccer registration, access to skating rinks, and singing classes.

Check your local community league to see what is available.

Affordable resources are vitally important to maintaining healthy, vibrant communities.

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

RESOURCES

Common Market “O” building, NAIT campus
11762 106 St

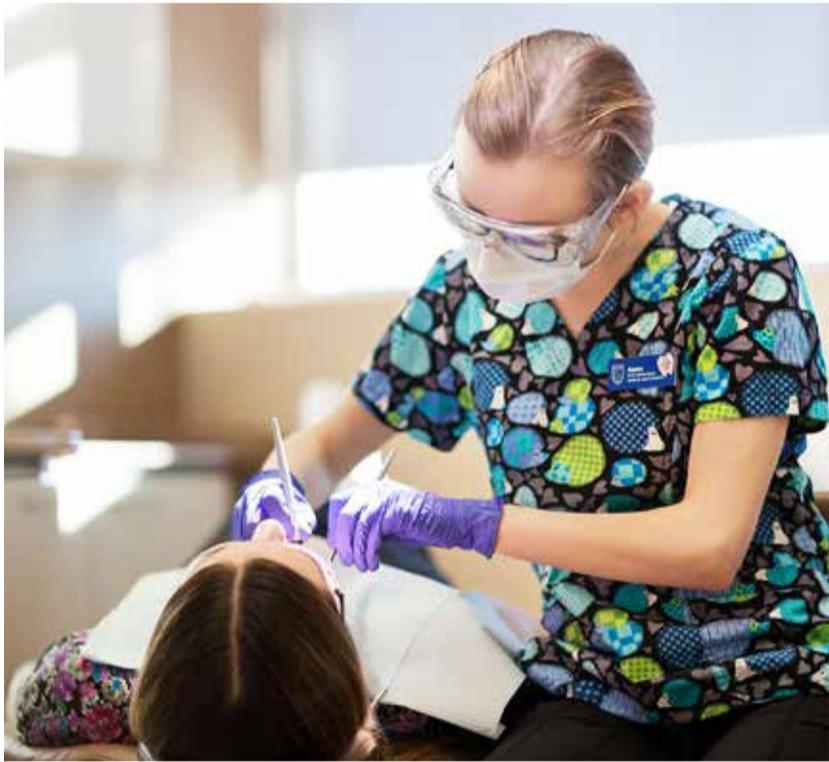
NAIT Dental Clinic
Room F204, 11762 106 St
780.471.7786

Boyle McCauley Health Centre
780.422.7333

Sprucewood Library
11155 95 St
780.496.7099

Tool Library
7308 112 Ave
edmontontoollibrary.ca

Bike Edmonton North
9305 111 Ave
780.433.2453
bikedmonton.ca



The public can access teeth cleaning for youth or dentures. | Supplied



Baking students sell what they make during class at NAIT’s Common Market cafeteria. | Supplied

Another great resource is Uplift Day on Saturday, Sept. 28 from 11 am to 3 pm at St. Alphonsus Parish and Eastwood Community League. The free event, led by Catholic Social Services, will have different organizations providing resources to those in need. The event includes a hot meal, warm clothing, children’s activities, photographs, a haircut, and entertainment.





Where neighbours meet and great things happen



- albertaave.org
- deltoncommunity.com
- eastwoodcommunity.org
- elmwoodparkcommunity.org
- parkdalecromdale.org
- spruceavenuecommunity.com
- westwoodcl.ca

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Helping build a stronger community

Program director is set to introduce great programs to a vibrant league

TEKLA LUCHENSKI

Virginia Potkins is a veteran contributor to the neighbourhood. You will find her in formal positions, such as program director, board member, and event planner. She's also active in less formal positions, such as volunteering at the Edmonton Folk Fest or organizing get-togethers on Facebook. She has a long history of volunteerism and involvement in community events and organizations.

And Potkins has plans. Potkins has worked closely with Karen Mykietka, who, as facility manager at Alberta Avenue Community League, has also been acting unofficially as program director. With Potkins taking on the position, both Mykietka and Potkins can now focus their talents for

greater effect.

Buckle up. Our beloved community is about to get even better.

Potkins aims to continue the vast array of current programs and projects that enrich the community. One recent program includes painting classes, which Potkins proudly asserts, "have been a huge success and sell out every time. There is even a wait list. We live in an area where people like to express themselves in many ways, including art."

Other current programs include the Spark! Youth Camp, drop-in math tutoring, pole walking, community garage sales, free classes on Excel and PowerPoint, and other offerings that reflect the talents of community members. Potkins has been involved in creating the recent pop-up mar-

kets, which will help the league board to assess whether or not a farmers market is sustainable in the community. The collective kitchen helps families from Alberta Ave and surrounding communities.

Potkins is also helping to establish a Men's Shed, where men come together around a project, like building a fence for a senior. The idea is that participants will relax and talk to each other while working on a project, providing an outlet to seek support in various aspects of their lives. Jeff Potkins has stepped up to facilitate that initiative, with a target start date of Oct. 8.

Potkins is also organizing a speaker series. This involves a group of speakers focusing on a theme, such as health, buying a first home, selling a home, or renovating. The model has

worked well in Terrace Heights, and Alberta Ave would both benefit and be a rich source of potential speakers.

For Small Business Week, a national event in October, Potkins has announced the first annual Alberta Avenue Business Awards Gala to take place on Oct. 24 at the community league. Details will be available soon.

Alberta Avenue Community League is making changes that will channel abundant talents and expertise toward even greater things to come. As the league board reorganizes, Potkins is hoping to add to her role as program director by putting her name forward for board president. Brendan van Alstine, current president, will be stepping down in the spring.

Potkins says she is inspired by the calibre of people who live

in the community. The high level of thoughtful and diverse engagement creates a powerful, safe, inclusive, and enjoyable neighbourhood for all who live here. Her vision is to strengthen Alberta Ave as a tight community that inspires others by example.

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

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Virginia Potkins is a proud contributor to the Alberta Ave Community League | Tekla Luchenski

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a little bit of

EVERYTHING

Podcast aims to help new Edmontonians

New in Town helps people find what they need in our city

KATE WILSON

Nadine Riopel loves to help people connect and introduce newcomers to what Edmonton has to offer, so she's started a podcast that combines both.

"I was doing market research on how to best reach and support people who are new here. I found out that a lot of people in my target demographic listen to podcasts," explains Riopel. "So it just seemed like the right way to go."

From her home in Spruce Avenue, she offers professional services in team building and event hosting, but her podcast is a work of passion.

Called *New in Town*, the interview style format gets to the heart of what many people experience when arriving in a new city. What are the best restaurants? Where is a good mechanic?

The cheery intro to her conversational, half-hour sessions quickly breathe life into those everyday challenges, "the hidden gems of food and entertainment, practical stuff like how to get your utilities set up and what school to send your kid to."

Riopel recalls one newcomer recently asking her where to find taro root, and Riopel wanted to be that person who can bridge

those information gaps.

"Moving is hard but exciting, and what can make it easier is if you know somebody," she says.

Her first podcast episode, posted June 20 and featuring guest and friend Janelle Smaill of

features Elise Stolte, columnist at the *Edmonton Journal*.

Because her guests are also friends, the conversational style lends an intimacy that has the listener feeling like they're right there. Interviews can be in

friends and we can bring that warm, welcoming, friendly feeling."

While she grew up "mostly in Edmonton", Riopel brings a Canada-wide perspective to the sessions, having also lived

her own business and started looking for ways to help people meet their potential.

"Everybody wants to achieve great things and often what is needed is the right connection or conversation," she says. "I love to make those things happen so that people can be all they can be."

Her podcast is presented in tandem with ticketed events that bring newcomers to the city together. Her first one is on Sept. 21, in partnership with Work Nicer Coworking and the Alberta Podcast Network.

"When you move to a new place, it makes all the difference to have somebody in-the-know guide you a bit, and that's what we want to do with the events as well as the podcast," she says.

If people have a topic they'd like covered, Riopel welcomes emails: nadine@nadineriopel.com. Find the podcast here: <https://welcometotown.transistor.fm/>.



Nadine Riopel, shown here at a Spruce Avenue park, can set up her digital mic anywhere that's convenient to record or edit her podcast. | Kate Wilson

Schmidt Realty Group, explores finding the right location to live when new to a city. Episode three widens the aperture to shed light on those things that make Edmonton the way it is—

from transit in a "massive city" to densification and infill—and

someone's house or at her own kitchen table.

"I try to consider what perspectives and info would be helpful to my listeners," she explains. "I also know a lot of very cool people with helpful things to share who are also

in Ottawa, Jasper, and New Brunswick, augmented by her degree in international relations and a background in customer service.

After several years working in high-end hospitality and fundraising, Riopel wanted to launch

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.

New podcast aims to challenge stereotypes

Nicola Dakers says it's all good in the hood

TEKLA LUCHENSKI

Nicola Dakers wants to spill a secret about our communities with her new podcast. The intro says the podcast is about "all things inner city Edmonton, from Boyle Street to Delton, from Spruce Ave to Eastwood, and all the great little places in between." Her well-researched, frank, and proactive approach aims to focus on changing negative perceptions by focusing on the way people talk about the communities. Dakers' secret is the podcast title: *It's All Good in the Hood*.

The inner city has many dots on the map on the Edmonton Police Service crime map site. From the statistics and from the rumour mill, those unfamiliar with the inner city might hesitate to buy property, do busi-

ness, or enjoy our many festivals and activities. The crime statistics, as residents know, can be convincing; the rumours, pervasive.

Dakers does not try to sugar-coat realities. Crime exists in our neighbourhoods. The real story, however, is complex. She says, "It makes me so happy to be able to look at perspectives of people from outside the community and challenge those views."

Dakers is a self-described nerd about researching statistics and history. She is digging deep to learn about how community leagues started in the city. She is intrigued to find that community origins have shaped the way an area views itself over time. Dakers wants to "highlight that all the things that happen in the community come from the

community. The focus is not top down; it's bottom up." Her research has shown that the "history [of this community] is very much people taking a chance on the 'wild' lands to the north [of the river valley]."

Dakers is a 12-year resident of the inner city. After a year of personal challenges, she decided to take a leave of absence from teaching to heal and to reassess her direction. The podcast idea was born of a desire to engage her creativity. The recent CBC podcast, *Slumtown*, also inspired her. It examines the crisis of problem properties and low-income housing in Edmonton's inner city. She says *Slumtown* reignited a conversation among residents. "This neighbourhood has been asking for help for a long time. In normal neighbourhood fashion, what do we

do? We help ourselves. The noise people have made [about the podcast] has started things up again."

Dakers quips that gathering guests will be simple because "I know lots of people because I talk a lot." She has started to network with other community leagues, which helps enrich her perspective.

The first two episodes have already been released. The first features a conversation with local real estate agent, Michelle Patterson-Nipp, about outside perspectives. The second episode features recent members of the community discussing their perceptions before they moved in, and how those views changed as they settled in. Future topics will include gentrification (is this truly gentrification?), historical development of commu-

nity leagues, more on inside/outside perspectives, and even a true crime story.

Currently, the podcast relies on word-of-mouth promotion, mainly by Facebook sharing. Dakers is developing a website (below), and is exploring other means of sharing. You can find *It's All Good in the Hood* on iTunes and RSS.

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

IT'S ALL GOOD IN THE HOOD

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Settle in and make yourself at home

New NorQuest program trains students to help newcomers

RICHARD WRIGHT

Romanian-born and Canadian-raised NorQuest College program developer Alexandru Caldararu might be one of this city's most worldly residents, despite barely being outside of Canada since birth.

"I tell people that I have been hit hard by the travel bug. And I haven't even been able to scratch that itch yet. But working at NorQuest is the next best thing because the whole world comes through our doors."

It's true. Student diversity at NorQuest features 62 per cent of the population born outside of Canada. Overall, 77 languages are spoken on campus, representing 131 countries of origin.

Caldararu is a former settlement worker with Edmonton Immigrant Services Association, and after a few years teaching at NorQuest, he is the proud parent of the Settlement Studies diploma program, a first-of-its-kind in Western Canada that will hold its inaugural classes

this September.

Caldararu worked closely with colleague Angelica Quesada to meet with community members, immigrant services agencies, and internal stakeholders to develop the program.

"Although [the program] combines elements of social work, immigration consultation, and community development, the outcome is something greater than the sum of its parts."

Caldararu says existing practitioners already serve newcomers. However, after years of being in the field of immigration services and education, areas of specialization were lacking.

"If you look at some of the literature between 2000 and 2017, particularly when the Syrian refugee wave hit, there were a lot of gaps identified by researchers who analyzed the settlement sector, researchers who indicated that more work needed to be done to equip settlement workers with the skills needed to engage in trauma-centred care, intercultural conflict manage-

ment, or other strength-based practices."

When people transition into settlement work, they don't necessarily have specific training; they learn as they go. Mistakes made during that process could have been prevented with training.

Newcomer or immigration agencies are often the first contact many newcomers have with the broader public. Presenting clients with an air of confidence and compassion for what they have gone through, and what lies ahead, is important to helping them develop their own trust and confidence.

"A settlement worker can work in an intercultural space and meet people at any given point in their lives," says Caldararu. "Simply put: they work with people on their journey to integrate into Canadian society."

That journey is a personal one for Caldararu. His parents arrived in Edmonton from Romania in the 1980s when he was very young.

"I distinctly remember growing up and feeling disconnected from my ancestral homeland, and the culture of where I now lived. My parents did speak English but it wasn't the primary language in the house. They were trying to pass on their traditions but at the same time I had a real collision with what my friends were experiencing, which was much different."

Caldararu's parents worked hard and didn't have the opportunity to connect with resources that could have helped ease their transition to Canadian society.

"I can't imagine that what they got when they arrived in Canada is necessarily what they envisioned when they left Romania. They really struggled at times with the language, with the culture, and the fact they had to work three or four jobs to make ends meet," he says, explaining he's never forgotten their sacrifice. "My way to honour that is to use whatever capacities I have to try and make it so people don't have to sacrifice like that when they come to

Canada."

Caldararu says these services for newcomers in no way take away from Canadians as a whole. Creating healthy, happy, and confident newcomers helps everyone.

"Immigrants are the backbone of the Canadian labour market and economy. If we want to continue attracting the best and brightest the world has to offer to our shores, then we have to recognize that it is not solely up to newcomers to 'fit in'."

He adds: "We have a responsibility to adjust the way we relate to one another to create communities that are welcoming and inclusive for others who may be very different from us. If we are able to do that, then I believe we are setting ourselves up for a more prosperous and equitable future."

Find out more: norquest.ca/cal/2019-2020/program/settlement-studies/.

Richard is a media relations and storytelling consultant with NorQuest College.



Alexandru Caldararu (pictured) developed NorQuest's Settlement Studies diploma program. | Supplied

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An election is a desire to be heard

Advice for potential candidates about to embark on a campaign

ROB BERNSHAW

Since our very first breath when our voices reverberated in people's ears, our desire to be heard has been strong.

People often have the perception that municipal councils and provincial or federal governments do not always hear our voices. In 2013, that is the sense I got in the days leading up to the municipal election. That's when I decided to step up to the plate and swing my candidate bat with this message: "Ward 3 residents need to have their voices heard at city hall."

I have participated in four election campaigns as a candidate: in the 2013 municipal

election for city council, in the 2015 municipal election for school board trustee, in 2017 municipally for city council, and in the 2019 provincial election for Member of the Legislative Assembly (MLA) as an independent.

Living in a democratic society in Canada, anyone, no matter their background or socioeconomic status, can run for office.

The beautiful thing about the process is that everyone must overcome the same challenges. For example, in order to become a candidate, you must be at least 18 years old on nomination day, a Canadian citizen, and a resident of the local jurisdiction for six consecutive months before

nomination day.

Every potential candidate must go through a nomination process. This means that person must knock on doors to collect a minimum amount of names of local constituents in the area where they've chosen to run. This process gives the candidate the opportunity to run in the election. The same process is done provincially as well. Every potential candidate must also pay a deposit along with the list of nominations collected. The deposit municipally is \$100 and \$500 provincially. There is no deposit required federally.

As a veteran of four election campaigns, here is something to remember if contemplating

putting your name into the election arena: invest in good, comfortable footwear. Good shoes are a must-have item on the campaign trail. Lots of door knocking, walking, and running is involved. One way to keep fit is to run in any campaign as a candidate or volunteer.

Speaking of volunteers, appreciate the people who help you. Volunteers are invaluable and are the heart and soul of any campaign. In fact, when I've gone door knocking, some people have loved the message I presented and have volunteered to help spread that message. I always accept their enthusiasm and support along the campaign trail. The more volunteers, the

better the campaign.

I may not have hit a home run yet, but one thing is gratifying regarding my "be heard" campaigns: Edmonton city council has incorporated part of my message and now has an online lobbyist registry. One may not always get elected, but a hit to first base is good when it comes to the voices of the people being heard.

Lastly, but very important: if you decide to run in an election, always have fun.

Rob is a community organizer and activist, writer for the Rat Creek Press, and passionate advocate to make Alberta bully-free.



Rob Bernshaw at the Elections Edmonton office after submitting nomination papers on Aug. 31, 2015. | Supplied

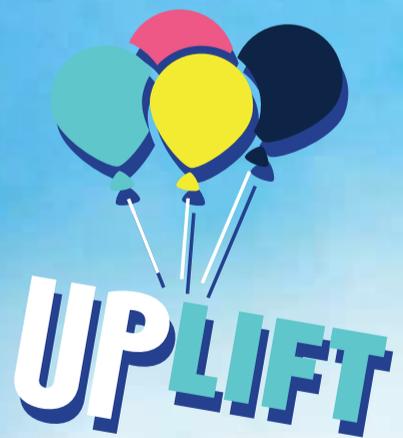
Uplift Day

SEPTEMBER 28, 2019

ST. ALPHONSUS PARISH AND
EASTWOOD COMMUNITY LEAGUE, EDMONTON

11 am - 3 pm

For anyone
in need!
FREE!



 Hot Meal

 Hair Cuts

 Portraits

 Entertainment

 Gently used
jackets

 New socks and
underwear

 Info on CSS
programs

 CATHOLIC
SOCIAL
SERVICES

Sign of
Hope!

cssalberta.ca

 Society of Saint Vincent de Paul

 MC
COLLEGE

 Greater St. Albert
Catholic Schools

 ELK ISLAND
CATHOLIC SCHOOLS
Celebrating Christ in Everywhere

 MODERN
BEAUTY SUPPLIES

 BURWELL SCHOOL OF
photography



 NOLAN DRUGS



Parkdale-Cromdale rocking with events & programs

Don't miss out on neighbourly fun and free programs for all ages this fall

The Parkdale-Cromdale Community League building is just one block north of the 112 Avenue Stadium LRT on 85 St. Their hall is warm and inviting, a great place to visit with neighbours or stretch away the work day knots.

A \$5 membership gets you access to their great events and programs. You can purchase one online or at any of their events or programs.

Learn more on their website at parkdalecromdale.org and follow their Facebook page to stay in the know. You can also contact them at info@parkdalecromdale.org or 780.471.4410.

September events not to be missed!

PCCL Pub Night: Friday the 13th edition: Sept. 13, 7 pm. \$4 drinks. Members & invited guests. Also Oct. 11 & Nov. 8.

Harvest Dinner Celebration: Saturday, Sept. 21, 5-10 pm. Members-only event! 130 seats available, first come, first serve. Cash bar \$4.

Programs galore!

Barre Nights: 6 Wednesdays, 8:30-9:30 pm starting Sept. 4.

Come and restore your body & mind with this beautiful slow-paced class focused on helping you release the stress of the day. All levels of yoga welcome. Please bring a mat, blanket, and any props. Let's melt the worries of the day away and get back to centre. Hall will be open at 8:20 pm.

Family Friendly Yoga: Fridays, 9:30-10:15 am starting Sept. 6. No experience required. Family yoga is a great chance to spend some quality time together influencing your family's connection and balance, giving you and your kids the best opportunity to feel confident and supported. The uplifting energy of laughter and fun will surely enhance your yoga practice!

Mile Zero Children Dance: 8 Fridays, 5:30-6:30 pm, starting Sept 6 for ages 2-12.

CreArt: Resuming on Sept. 14: every Saturday from 10 am to 1 pm.

Tango: Every Sunday 6:30 to 8 pm. \$5 drop in.

Collective Kitchen: Last Sunday of every month from 1 to 4 pm.

Beginner Sewing: Resuming late September. Follow us on Facebook and our website for updates.

Community Mediation Clinic: We will be setting up a mediation clinic with a lawyer to offer a free service to community members who wish to resolve disputes and find a middle ground. Details to come.

Winter Talking Circle & Hygge will also be returning this winter



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: Last Sunday of month, 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
Saturdays & 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 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. Thursdays, 3:30-4:30 pm at Sprucewood 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, department, 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. Sept. 25, 1-4 pm at The Carrot Coffeehouse. This is a drop in club only, and if people cannot attend, then they do not meet any other time.

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.centralions.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.

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.

NOTICES

Kaleido Festival, Sept.13-15. Volunteers needed! Visit kaleidofest.ca/volunteer for more info. The Carrot gallery call for submissions: We want to showcase and sell your art from our gallery walls! We welcome exhibition proposals from local visual artists and art collectives. We are currently accepting submissions for our 2020 programming. Visit thecarrot.ca/art 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
1725 93 St
St. Andrew's Church
8745 118 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina
9225 118 Ave





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CHURCH SERVICES

ANGELICAN PARISHES
 ST. FAITH AND ST. STEPHEN
 Two Traditions – One Faith.

11725 93 Street

St. Stephen | 780.422.3240
 Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

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

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

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

11335 85 Street
 (Parkdale Hall)
 avenuechurch.ca

Sundays
 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



Join

DELTONCOMMUNITY.COM
 780.477.3326

CHECK WEBSITE & FACEBOOK FOR MEMBERSHIP EVENT

League Day & Big Bin
 September 21



hatha yoga
 THIS FALL

Check westwoodcl.ca & Facebook for details & updates.

AGM in October. Join the board!



Gaden Samten Ling Buddhist Meditation Society
 Presents the 27th Annual

Tibetan Bazaar

Children's Activities, Entertainment, Himalayan Vendors
 Traditional Tibetan Food, Meditation Instruction

September 21 & 22 | 10 am – 5 pm
 Alberta Avenue Community Hall, 9210 118 Avenue

For more information visit gsl-ab.ca



EdmontonTibetanBazaar

Thinking of advertising?
THINK Rat Creek Press!