



RAT CREEK PRESS

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Alberta Ave Collective holds first meeting

Residents band together to create safe, affordable housing



The Alberta Avenue Collective wants to collaborate with McCauley. | Ana Bubel

TEKLA LUCHENSKI

On Aug. 28, Alberta Avenue, Spruce Avenue, and Parkdale residents met at Spinelli's Bar Italia. The attendees were all concerned about problem properties in their community.

The meeting echoed one held 20 years ago at the same place. Ana Bubel remembers that first meeting, when fellow McCauley homeowners gathered to address the problem of derelict properties in their community. Bubel shared her knowledge to help the residents from surrounding communities who want to follow in McCauley's footsteps.

"People were leaving," recalls Bubel. "We wanted to help people stay by providing home ownership options." Meeting attendees struggle with similar issues. They are concerned for their safety and the safety of some tenants, who are vulnerable to exploitation and violence. Criminal activity is rampant at the problem properties. It seems

that complaints to authorities are either unheard, or overwhelming; there does not seem to be effective means in place, or the political will to protect citizens. It has been a major problem for decades.

Concerned residents wanted to buy residential lots in McCauley and build affordable homes. The goal was never to make money; contributors aimed to create a pool of financial resources that would enable conventional financing for modest homes. This fits the new group's zeitgeist. They want to avoid the pitfalls of gentrification by creating a safe place for everyone, including low-income people, who have a difficult time finding affordable, safe housing.

At first, there was no formal organization of the McCauley Collective. Bubel says their action was based on trust. "We basically wrote IOU's for people who wanted to contribute." She was amazed at the willingness people had to work together. "Most gave \$3,000 -

\$5,000. One woman anonymously gave \$15,000."

With the original pool of money, residents bought three lots at \$20,000 each. They built duplexes on those lots. Over time, they made seven similar deals.

McCauley residents partnered with local builder, Menno Klaassen of Skill-Tec Homes Inc, who dedicated time and personal resources to help. "Eventually," says Bubel, "we ran out of money. Menno went to Servus Credit Union and took out a \$90,000 line of credit to help us."

Bubel proudly talks of the 14 projects that were completed. Eventually, the collective ran out of money.

Ever tenacious and determined, Bubel and her fellow McCauley residents formed the Community Investment Cooperative. The cooperative serves as a foundation with a legal team in place, along with realtors and builders. Most importantly, the cooperative is TFSA and RRSP eligible. Their current idea is

to buy derelict properties and either renovate them, or tear down and rebuild. Affordability is still a key objective.

The Alberta Ave Collective plans to join forces with the Community Investment Cooperative. Investment in real estate has become more complicated; the least expensive derelict house is approximately \$140,000. McCauley residents have shown what can be accomplished with a motivated group of ordinary, engaged, and determined people. Residents of the Rat Creek Press area share similar ideals, and want to collaborate with McCauley.

The Alberta Avenue Collective will meet regularly to explore options, most likely in partnership with the cooperative. For more information, or to become involved in this grass roots initiative, contact Virginia Potkins at vpotkins@gmail.com.

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

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Looking back at twenty years of history

Rat Creek Press' evolution from newsletter to newspaper

KATE WILSON

Flash back to the verge of the new millennium: the May 1999 inaugural issue of *Rat Creek Press* is delivered to residents and businesses in Alberta Avenue and Eastwood.

Karen Mykietka, current publisher of *Rat Creek Press*, started as a volunteer delivering the paper on her street in Eastwood in 2001. Month after month, she thought of all the potential articles and information that could be in the newsletter.

In 2004, when she heard the newsletter partnership was at risk of collapsing, she offered to do a review and soon found herself responsible for publishing a newspaper.

"I recruited another stay-at-home mom friend of mine, Dawn Freeman, to help me. We had no idea how to put together a newspaper and had very little budget to work with," says Mykietka.

"We volunteered our time and figured things out issue by issue."

"From the start, I was trying to build a community newspaper for the community by the community," she recalls. "We provided the opportunity for people to explore their creative side, to try a hand at writing."

The first issue's front page, more of a newsletter style, took readers on a stroll through local history. They called their publication the *Rat Creek Press* in reference to the historically important creek that ran where Norwood Boulevard is now to the North Saskatchewan through Kinnaird Ravine.

The first partners included

Alberta Avenue Community League, Alberta Avenue Business Association, Norwood Neighbourhood Association, Women's Economic Business Solutions Society and Success By 6, a United Way initiative

doors for recruiting board members and applying for funds from highly prized casinos and grants. But those early days were a steep learning curve.

"We pulled off producing our first issue but also encour-

in terms of reader numbers.

"For every issue, you are constantly thinking of ways to survive and thrive as a community newspaper."

Building up to their 2018 annual general meeting, the

from being connected to the community.

"Everything depends on good relationships, an effective production team, a strong and diversely skilled board, happy advertisers, willing financial supporters, and giving volunteers."

Today, she contends, community newspapers are even more important.

"Social media and online aren't always the point of entry for many groups, including seniors, immigrants, and people on low-income."

Currently, the RCP's focus is volunteer development and forging deeper connections with the neighbourhoods.

"A free community paper delivered to every household in a small area gives everyone an equal opportunity to learn about and get involved in their neighbourhood."



Publisher Karen Mykietka holds the first issue of the RCP from May 1999 and the September 2019 issue. | Steven Michos

focusing on children from 0 to 6 years old.

The Prostitution Awareness and Action Foundation, now known as CEASE (Centre to End All Sexual Exploitation), joined the team later, sharing partner space with the Alberta Avenue Neighbourhood Patrol.

Jump ahead five years, the beloved newsletter found its adult legs as a fully developed tabloid-style newspaper. Incorporated as a non-profit society, publication transitioned into a monthly paper with a distribution of 8,500. In September 2007 circulation again increased, and is now at 12,500.

Perhaps more importantly, having society status opened

tered major distribution problems, and many homes did not receive the paper into which we put many hours of labour," recalls Mykietka.

But those were initial birth pangs. Today, with its online format, readers can find the RCP's current issue, mission and goals, advertising information, and contributors as well as back issues.

"I was thrilled when we finally got our our new website up and running," says Mykietka. "The website finally has the ability to post and share articles individually, which is important in today's social media world."

Surviving as an independent newspaper continues to pose challenges, both financially and

board made a plea for public attendance, posting that "the only way papers like ours will survive is if we, as a community, make it happen."

Residents and businesses took it to heart, and community leagues have stepped on board. All seven leagues now help keep the paper afloat in the form of an annual partnership donation. What they get in return is delivery to neighbourhood mailboxes, ongoing promotion of league activities, and relevant news.

The paper has also started Friends of the RCP, offering regular donors perks such as advertising discounts.

But thriving is something altogether different. It stems

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.

In 2006, Rat Creek Press won an Alberta Solicitor General Crime Prevention Award. In 2012, it got an honorable mention for the Governor General's History Award in Community Programming for a history project which culminated in a theatre performance by local actors.

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ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

GOALS

Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

Jessica MacQueen, Joe Wong, Patricia Dunnigan, Alita Rickards, Mariam Masud, Muriel Wright, Steven Townsend, Virginia Potkins and Sean MacQueen. The board may be contacted at board@ratcreek.org.

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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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CIRCULATION

Serving 12,500 community members.

DELIVERY

The paper is delivered by Canada Post to all houses, apartments, and businesses in the seven neighbourhoods listed above including those with no unaddressed mail notices. For the most part, delivery begins on the last Wednesday of the month.

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I ❤️ my RCP

Simple ways to store extra garden harvest

Freeze or can excess vegetables for future use

MARI SASANO

As we move into the fall season, local gardeners are likely asking: what the heck do I do with a zucchini the size of a human infant?

Wayne Gong, garden chair of the Parkdale Cromdale community garden, notes that this year's weather has resulted in a crop of zucchinis of unusual size.

"This year, we had lots of rain so that's not very helpful," he says of the yield in general, based on the 25 raised vegetable beds tended by the community garden group members. The group promotes gardening as a

way of connecting people in the neighbourhood.

Gong, who grew up in a condo, developed an interest in gardening. He helped out at a friend's acreage and later at the University of Alberta's South Campus community garden.

"When I moved to Parkdale, I wanted to do something similar, so we created the community garden. We wanted it to be a gathering place for friends and neighbours with a common interest."

A number of other community gardens exist in our area, such as the one at Alberta Avenue Community League and Eastwood Community

League. Parkdale Cromdale plants five raised beds to supply ingredients for their fall Harvest Dinner and, based on this year's menu, they appear to have harvested tomatoes, zucchini, peas, beans, onions, carrots, and various herbs.

Like all other gardens, results vary depending on condition. This year's rain has seen a bumper crop of zucchini and carrots, while the tomatoes have suffered. But if you're like most gardeners, you still have too much of something! Gong has been nibbling away as the veggies have matured (carrot soup is a favourite), but at the end of the season, he suggests ways to

preserve the excess.

"For this seasonal harvest, we process them. We shred the zucchini and freeze them so they can be used later for zucchini bread or other things. The carrots can also be kept in the freezer. You chop and freeze them. We're learning from past experience; they don't need to be blanched."

In better years for tomatoes, you can make sauce (freeze or can it) or freeze/can the tomatoes whole. But this year, you will likely have to ripen them indoors before you can eat them.

"You have to pick them before frost," he says. "Put it

beside a banana and they'll ripen."

Despite the challenges, Gong says it's all been worthwhile. We can all hope for more sunshine next year, but there are still rewards and lessons from this summer.

"There's a lot of friendship from this activity that brings our neighbours closer to each other, and it releases stress. I love it. On top of that, we have the harvest. We produce something out of soil, water, and sunshine. It's exciting."

Mari is a writer and civil servant.



If you have excess produce from your garden, there are different ways to store it or preserve it. | Pixabay



Wayne Gong (pictured) grew up in a condo but developed an interest in gardening. | Mari Sasano



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New speaker series set to launch in October

Organizer hopes seminars will spread to other local leagues

TEKLA LUCHENSKI

Virginia Potkins is not wasting any time getting programs off the ground in her new role as program director for Alberta Avenue Community League. Beginning on Oct. 10, Potkins will run a monthly speaker series, aimed at educating Alberta Avenue league members on a wide range of topics.

"It's not my idea," says Potkins, chuckling, "I stole it from Terrace Heights Community League." Last year, the Terrace Heights speaker series covered practical topics for its members, including retirement planning, funeral pre-planning, and downsizing. Potkins caught on to the idea of educating people about relevant issues in their lives.

The speaker series is intended to have a seminar format. The Oct. 10 evening will focus on home renovations, particularly for homes typical in older neighbourhoods. It will feature Christie Mawer of Reface Magic. Her company refinishes cupboards to make them look new again. It offers an economical method of renovating with

style on a budget. Potkins plans to announce other speakers for the monthly event soon.

Potkins has several ideas for the speaker series. February may have a theme of love, in recognition of Valentine's Day. It

allenges. "Everything is more expensive," she points out. "A room costs the same for one person as it does for two."

She says she would like to explore resources or hacks for the solo traveller as well as see

think they have no skills, but really, they just don't know how to present their skills."

For all her ideas, Potkin's wish is to hear from the Alberta Avenue community about topics that resonate for league

beginning at 7 pm.

Potkins wants to encourage interested people from outside Alberta Avenue Community League to reach out to their leagues and establish a similar series. "That's what community leagues should be doing," she says, "helping people to rise up, giving them a hand-up rather than a handout."

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



Community members can reach out with suggestions on desired topics. | Pixabay

could focus on dating in today's climate of online relationships and ever-changing attitudes and circumstances. Another theme she is considering is travel for singles. People who enjoy travelling alone face unique chal-

an evening about the challenges of looking after a heritage home. She may use some of the themes that worked for the Terrace Heights league. Resumé writing is another topic that she is excited to share. "Some people

members. "Just contact me with your idea, and I'll find speakers."

Admission is free for anyone with a league membership, and sessions will take place at the league (9210 118 Avenue)

SPEAKER SERIES

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Community League

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membership (please get
your membership from
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Bringing comfort to those nearing death

Local Voices of Compassion Threshold Choir sings acapella at bedside

VALDA ROBERTS

On Monday evenings walking into Alberta Avenue Community Centre, you may hear the soft blend of sweet voices in tight harmony wafting down the hall. These voices belong to the Voices of Compassion Threshold Choir rehearsing in the Lutz Room.

This small group of women is one of the over 200 choirs internationally who sing songs written to bring ease and comfort to those nearing death. Found in most major cities in North America and now worldwide, the Threshold Choirs were founded by Kate Munger in early 2000 in the Bay area of California. Munger recognized how comforting the power of

song was when she sang bedside for a friend dying of HIV/AIDS. Wanting to bring this to anyone needing support at this often difficult time, she formed the first Threshold Choir.

I founded the Edmonton chapter, called Voices of Compassion. We first gathered in the fall of 2017 in a church basement. With weekly practices, the members memorized



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a repertoire of music specifically written by and for Threshold Choirs. Once a number of pieces and their parts are known well enough, members are ready to be in service and go bedside in trios to sing acapella to those on or near the threshold of life.

We have just recently been asked to sing bedside at a few nursing homes and hospital settings by families requesting our service. It took us over a year to learn enough songs and have enough singers ready to go into this most intimate and sacred of time, to support the traveler and the family in a proper way.

All singers in our group know this is a call to service. We do not charge for our presence; we simply want to feel that our gift of song is bringing ease and grace to an often very difficult time for people. Our friends at Pilgrims Hospice offer hospice

training to our singers in preparation for going bedside.

As we are becoming better known in the community and busier, we are ready to accept and train new singers into the group. This is certainly not a recreation or performance choir. We are a service group, and welcome singers who resonate with the idea of being a calm, comforting presence to those dying. A short interview and audition are required.

Contact us at voices.compassion@gmail.com or on Facebook at Voices of Compassion Threshold Choir.

Valda is an Alberta Avenue resident and volunteer for the past 20 years. She's an event organizer and general all round rabble rouser.

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Small Sparks Fund gets projects rolling

Ready-made for residents, businesses, and non-profit organizations

KATE WILSON

You have a great idea for a seniors' art therapy workshop or a neighbourhood children's party, but haven't gone further because the cost is prohibitive.

Enter the City of Edmonton's Small Sparks Fund. It offers any resident, non-profit organization, or business in the Avenue revitalization zone up to \$250 for a one-time project or event.

"The Small Sparks Fund is great for organizing events over the upcoming fall and winter," encourages Karen Mykietka, District Council chair for the Alberta Avenue revitalization zone.

Whether it's a community art project, neighbourhood sporting event, or community beautification, the seed money available from this fund supports small-scale revitalization projects quickly and effectively, agrees Ian Robertson, co-ordinator for the Avenue Initiative revitalization project.

"The bonus is that it's designed to assist not only businesses and not-for-profit and social enterprise organizations but [also] residents, which is a wonderful citizen-centric feature of the program."

The fund is part of the City's wider neighbourhood revitalization initiative, which started

with Alberta Avenue and Jasper Place in the mid 2000s. It stems from the premise that people "who live, work, and play" in a neighbourhood know its attributes and how to build on its potential.

Residents, businesses, social enterprise organizations, and

advance the goals of neighbourhood revitalization. In the case of the Avenue Initiative, current goals are improving safety and security, advancing the local economy, increasing social vibrancy, and fostering leadership and sustainability.

Projects are ineligible if they

themed cultural experience, and a garage door mural in Spruce Avenue.

The application process is simple, in step with the current push by municipalities to simplify forms and permits for residents. It's a five to 10 minute process, which involves briefly

and is required 90 days after your project is completed. Make sure to take photos or have stories that highlight the event.

Robertson reminds people that revitalization for the Avenue is in transition with funding only in effect to the end of 2020. Any extension to 2022, which ends the City's current budget cycle, is subject to council approval.

And if an organization has a bigger idea in mind, they can apply to the Revitalization Matching Grant, which has a limit of \$20,000.

For more information on the Small Sparks Fund, go to edmonton.ca and click on City-run Projects & Plans, or email Ian Robertson at ian.robertson@edmonton.ca.

Find the application form online at edmonton.ca by searching "small sparks".

edmonton.ca/documents/Neighbourhood_Revitalization_Small_Sparks_APPLICATION.pdf.

Kate took up the reporter's pad and pen while living in northern Alberta. The writing bug stuck, and the next 20 years were spent covering everything from local politics to community happenings. She lives in Alberta Avenue with her daughter.



The Small Sparks Fund provides up to \$250 for a one-time project of event. | Supplied

non-profit organizations are eligible to apply as long as they and the project are within their respective revitalization zone. In the Avenue zone, those communities are Westwood, Spruce Avenue, Alberta Avenue, Delton, Elmwood Park, Parkdale, Cromdale, and Eastwood.

The project must also

are ongoing, such as a weekly yoga class, or if there is an admission fee or alcohol. The fund is also not available for paying salaries or facility maintenance.

Over the past year, projects that got help from the Small Sparks Fund have included a writer-in-residence at The Carrot Coffeehouse, a German-

describing your project, who is involved, and how it will benefit your neighbourhood.

You can apply at any time, and more than once in a calendar year. Projects must be completed within eight weeks of receiving the funding, so apply no sooner than two months before your project.

The reporting is also simple



Apply for funding for your idea this upcoming fall or winter. | Supplied



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OPINION

The vitriol of safe consumption sites

Alcohol has a huge negative impact and isn't adequately regulated

MARK PARSONS

Edmonton, like a growing number of cities, is under siege from a dangerous substance. It hides in plain sight and is often consumed in designated places, under provincial regulation. In fact, it will likely be brought to your Thanksgiving dinners, its arrival celebrated!

I am, of course, talking about alcohol.

Confused? Only if you, like many citizens, are laser focused on safe consumption sites, and their perceived effect on surrounding neighbourhoods.

The numbers are irrefutable. Alcohol has a massive negative impact on society. According to Statistics Canada and The Canadian Institute for Health Information (CIHI), alcohol is responsible for over half of the estimated 400 Canadians hospitalized daily for substance consumption. Additionally, 75 per cent of substance-related hospital deaths can be attributed to alcohol.

Its reach isn't limited to direct consumption. Mothers Against

Drunk Driving (MADD) Canada estimates that 42 per cent of fatal motor vehicle collisions and two per cent of total collisions in Canada can be attributed to alcohol. In 2018, the Canadian Institute for Substance Use Research and the Canadian Centre on Substance Use and Addiction completed a joint study and released a report on the economic costs of substance use in Canada. Alcohol came in first place at \$14.6 billion annually, just over 38 per cent of the total for all substances.

There is no arguing that there is an opioid crisis. Irreversible damage is done and families are torn apart by hard drugs. However, if you compare the facts, the impact of these other drugs doesn't hold a candle to alcohol.

Remember the economic impact study mentioned earlier? Opioids came in a distant third at \$3.5 billion annually, just over nine per cent of the total for all substances and behind second-place tobacco at \$12 billion. CIHI's estimate that 75 per cent of substance-related

hospital deaths are from alcohol means that 25 per cent are from other substances. Based on data from the Public Health Agency of Canada, 3,286 apparent opioid-related deaths occurred in Canada between January and September of 2018. That's almost half as many people who died from the flu over the same period!

We have two very clearly dangerous substances prevalent in our society, but the true absurdity comes from the difference in how we regulate their consumption and manage their effects.

Safe consumption sites are some of the most analyzed and studied operations in Canada. Nurses are at every location to ensure that those who use the drugs are safe. To my knowledge, there are no consumption limits or hours of operation, but the drugs themselves are not supplied. Focusing on Alberta, the Alberta Community Council on HIV (ACCH) not only reported a 100 per cent success rate of reversing overdoses, but also that the reduction in emergency services actu-

ally saves the province \$5 for every dollar spent. What organization has a 100 per cent success rate, operating at 500 per cent efficiency?

The biggest complaint citizens and nearby residents have are of needles and behaviours associated with a concentration of chronic drug users. If there were only three bars in Edmonton, all within a few blocks of each other, there would be mayhem. It is because they are in every neighbourhood that their negative impact on neighbours is mitigated. According to Edmonton Police Service, the number of reports of found needles has dropped and crime rates in the areas surrounding safe consumption sites, while increased, have been basically on par with population growth since 2014.

Meanwhile, alcohol's only regulations are the number of drinks you can buy at a time and the hours you can consume them in bars. These organizations don't save taxpayers money. In fact, they are for-profit centres where the government takes a large cut. I

would love to provide studies based on their impact on crime, but there are none. Edmonton's crime statistics only go back 10 years and most bars are older than that. The biggest complaints about bars are noise and behaviours associated with a concentration of drunk people (sound familiar?). However, the response to these concerns is typically met with, "Well, you live close to a bar. What did you expect?"

Opioids are dangerous. Our strict rules and regulations surrounding their consumption save lives every day. Anger towards these sites without measuring the issues and benefits is not helpful. The problem with safe consumption sites is that there are too few and they are too concentrated.

Meanwhile, our cavalier attitude towards alcohol is getting people killed and wasting billions of dollars annually.

Born and raised in Edmonton, Mark is a writer, artist, and entrepreneur.



Safe consumption sites help save lives. | Pixabay

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Let's show the good, great, bad, and ugly

Social media campaign: #ThisIsNotOK and #MoreOfThis

KAREN MYKIETKA

There is much that I love about our neighbourhoods, and much that I don't. I'm sure it's the same for all of you.

Some of the things I don't like are shameful and downright wrong. I hear many people (some who live in our hood and others who don't) say these things would not be tolerated in other neighbourhoods. I think they are right.

At the same time, there is so much great stuff happening in our communities—the people, the social connections, the community building. The initiatives are also fantastic, and so are the mature trees, diversity of houses, history, and ethnic businesses.

Below I'm sharing both items: the good and the bad. I will also share them on social media with the hashtags #MoreOfThis for the good and #ThisIsNotOK for the bad. I encourage you to also share items with these hashtags and tag @RatCreekPress and any other appropriate parties such as @CityofEdmonton, @EdmontonPolice, @YourAlberta, and so on.



#ThisIsNotOK

Two houses sit abandoned, rotting, and derelict at 115 Avenue and Fort Road. On one of them, the dormer on the roof has collapsed. They have open or broken windows and the structures are open to the elements. The houses have been like this for years.
| Karen Mykietka

The City of Edmonton is fully aware of these properties, but no effective action has been taken. The only solution at this point is demolition. The City required the properties to be fenced. As you can see in this picture, Fast Fencing does absolutely nothing to secure the properties.
| Karen Mykietka



#MoreOfThis

The Kinnaird Outdoor Art Exhibit in Kinnaird Ravine is not only beautiful, it also exemplifies collaboration and community participation. From start to finish, this project was conducted by community volunteers, who organized, painted, carried the murals down to the ravine, and fastened them to the retaining wall. New paintings were just installed in September.
| Kevin Cantelon



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Meet the candidates for the federal election

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STEPHEN STRAND

The federal election is fast approaching. On Oct. 21, voters will cast their ballots. In the *RCP* distribution area, we have the Edmonton-Griesbach riding and the Edmonton-Centre riding.



EDMONTON-GRIESBACH RIDING - CONSERVATIVE MP KERRY DIOTTE

The riding's Conservative MP, Kerry Diotte, is seeking re-election and says he believes this election is crucial.

"Today, this country is at a crossroads. Trudeau and his Liberals have broken virtually all of the promises they made to Canadians to get elected in 2015, including a vow to run small deficits and then balance the budget by 2019," says Diotte. "Instead, they've blown billions of more dollars than promised and appear to be headed

to rack up a deficit of \$15 billion this fiscal year alone."

If he gets re-elected, he will continue to provide a strong voice to his constituents. "Most importantly, I want to serve the diverse communities of Edmonton-Griesbach by assisting the hundreds of people who regularly come to my office for help navigating federal services on issues ranging from Canada pensions to immigration."

Visit edmontongriesbach.ca or call 780.701.0040.

NDP CANDIDATE MARK CHERRINGTON

This is Mark Cherrington's first time on the political scene.

A social justice advocate for 25 years, Cherrington has a history of advocacy and working on systemic issues. He helped form Canada's first sanctioned justice committee that dealt with racism and hate crimes called Youth Restorative Action Project. He also developed Canada's first and only all-woman justice committee called Just-Us Girls.

He wants to focus most on healthcare, but other cru-

cial issues are the climate crisis, small business, banking fees, and lowering cell phone bills.

If he gets elected, Cherrington hopes to continue being accessible to constituents. "I'm proud of my record and I feel good in my heart that at four in the morning, if someone is calling me in a crisis, I'm there. That's who I've been and that's who I'll continue to be. I'm there to help our constituents."

Visit markcherrington.ndp.ca/.



LIBERAL CANDIDATE DR. HABIBA MOHAMUD

Dr. Habiba Mohamud wants to help people build a better life for themselves. As a community-based advocate, she has worked with dozens of non-profit organizations.

"Now, I want to be able to take those skills and experiences to Ottawa to help craft the policies that will help all Edmontonians," she says.

Mohamud has spent the last decade contributing to policy development for the Government of Alberta.

"How can we help families working hard to make ends meet? How can we help seniors have a more dignified retirement? How can we fight poverty? How can we continue to improve our immigration system? How can we grow our economy and create jobs for people?" says Mohamud. "If elected, I will advocate for all of these issues, but more fundamentally I will advocate for you."

Visit habibamohamud.liberal.ca/.



PEOPLE'S PARTY OF CANADA CANDIDATE BARBARA NICHOLS

Barbara Nichols was raised in the professional middle class, but also struggled to rear a large family during a recession.

"As your candidate, I am passionate about restoring a government that will unify and empower our citizens to take back our personal, social, and financial responsibilities," says Nichols.

She has a bachelor's degree in special education and a graduate diploma in adult education and ESL. She's also a master's student in family studies and qualitative research.

Nichols currently teaches ESL adults, preparing them

for permanent residency and citizenship while developing testing programs. She also does administration work.

The People's Party of Canada (PPC) is a new political party based on the old Canadian Alliance party. Maxime Bernier launched it last September and Elections Canada recognized it this January. Nichols is committed to having an open-door relationship with community members and with being their voice in Parliament.

Contact Nichols at bn4ppc@gmail.com or visit ppc-yeg-griesbach.ca.



EDMONTON - CENTRE RIDING - PEOPLE'S PARTY OF CANADA CANDIDATE PAUL HOOKHAM

In this riding, voters will have the option to vote for six candidates: Conservative candidate James Cumming, Green party candidate Grad Murray, Liberal MP incumbent Randy Boissonnault, NDP candidate Katherine Swampy, Marxist Leninist candidate Peggy Morton, and People's Party of Canada candidate Paul Hookham. Out of the Edmonton-Centre candidates, only Paul Hookham responded before press time.

Paul Hookham is an entrepreneur who built and sold two enterprises.

He states that the PPC is attracting people who previously supported the NDP and Liberals.

"We're pro-immigration, just immigration that is con-

trolled, fair to those who have gone through the system legitimately, and compassionate to actual refugees who flee persecution. We're pro-multiculturalism, we just don't think the federal government needs to pay for it. We're pro-Indigenous relations, we want all members of the indigenous community to participate and benefit in our economy, not incessantly throw out empty apologies and unctuous platitudes."

He plans to focus on lowering taxes, look at how the government spends money, balance the budget, and curb spending overseas.

Visit www.votepaulppc.com.



League hosting election forum in October

Voters will have an opportunity to ask candidates questions

STEPHEN STRAND

Have questions? Well, candidates in the Edmonton-Griesbach riding may just have your answers.

On Oct. 8, Parkdale Cromdale Community League

will be hosting an election forum to provide a platform for community members to ask questions and give candidates an opportunity to make themselves known to the community.

The forum will run from 7 to 9:30 pm, with a question and

answer portion running from about 7:50 pm onwards. The forum will also be broadcast live on the Parkdale Cromdale Community League Facebook page.

During the forum, audience members and those viewing the forum online can ask candidates

questions. People can post questions for the candidates on the league's Facebook page prior to the event. The league will also be posting some of the main issues of the election ahead of time on their Facebook page and encourage people to express their views on those issues.

For more information, visit the league's Facebook page: facebook.com/PCCLYEG.

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

ELECTION FORUM

Parkdale Cromdale Community League

11335 85 St
Oct. 8

7-7:20 pm: meet and greet
7:20-7:50 pm: introductions
7:50-9:30 pm: forum



Much like the Women's Forum held in March for the provincial election, voters have the chance to attend a forum for the federal election. Pictured is Tish Prouse. | Mimi Williams

What voters want this coming election

Rat Creek Press contributors and readers sound off on voting issues

RCP COLLABORATION

On Oct. 21, Canada's federal election will be held, and voters will select who they think will make the best member of Parliament in their riding.

An election is a perfect time to consider what issues are most important to you and whether or not the candidate you choose reflects those issues or values. This issue, *Rat Creek Press* readers and contributors share what issues are most important to them and what will influence who they vote for come election day.

"I am disturbed that Indigenous issues are not respected and addressed in a forthright and effective manner. Promises are made, yet nothing new is done to address the ongoing needs of communities, families, and individuals. Housing, health, education, jobs, Internet access for remote communities, infrastructure, and cultural development are all on my list when I go to the polls."

Constance Brissenden



"The issues most important to me boil down to: Who will be a responsible steward of our planet, ready to act to ensure the ongoing health of our ecosystems? Who is not only willing but also able to listen to and work with Indigenous nations to dismantle ongoing colonization and its harms? Who is willing to listen to the most vulnerable and take direction from them, instead of handing down "solutions" proposed by (Master of Business Administration) MBAs with no lived experience of vulnerability? Who is willing to entertain the idea of ignoring or tacitly supporting white supremacy in order to access power? In a nutshell, who actually cares what happens to the people with the least power and who face the most impacts when funding or programs are cut? Patterns will influence my voting. When someone shows me who they are, I believe them. It doesn't matter to me what someone's platform contains: what have they done in the past when they were required to walk their talk? If they have been terrible in the past, what demonstrable work have they done to learn and do better? What is their commitment to being a member of the community at large, rather than the person whose butt currently occupies the fancy chair?"

Franki Harrogate

"A priority should be changing the criminal justice system. As it is, now sex offenders barely get a slap on the wrist and are protected while incarcerated."

Tammy Calvin

"Human rights and protections for the vulnerable. Indigenous rights. A real plan for dealing with climate change and transitioning to renewable energy and products. Ensuring our social services stay intact. Ensuring the wealthy pay their share."

Victoria Stevens



VOTING INFORMATION
Visit elections.ca for any voting information or call 1.800.463.6868.



Where neighbours meet and great things happen



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



ELMWOOD PARK HAUNTED HOUSE & HALLOWEENIE ROAST

Thursday October 31
6-8 pm at the hall, 12505-75 St

Our hall will be decked out as a spooky haunted house!
join us during or after trick-or-treating for some scary
activities and ghoulish food! Fun for all ages!

- Hot Dogs
- Hot Beverages
- Outdoor Fire Pit
- Marshmallow Roasting
- Treat Bag for Kids
- *Free League Memberships*





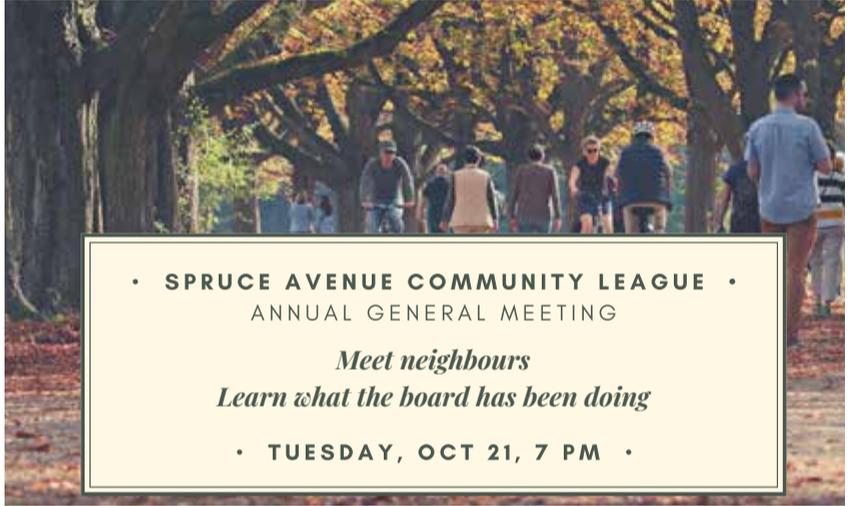
Delton Community League Presents:
Haunted House & Halloween Party

October 26th, 2019
6:30—10:00 pm

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Family of 4 \$25
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Haunted House! Candy Toss! Pumpkin Carving!
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12325 88 Street
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6:30-7:30PM CHILDREN PIANO/MUSIC CLASS
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Check our Website & Facebook for updates!

PARKDALECROMDALE.ORG
FACEBOOK @PCCLYEG

Caring for the world and your mental health

What to do when the world seems to be falling apart

FRANKI HARROGATE

Practically everywhere you look, there's a headline or article lead that tells us how the world is, apparently, utterly falling apart. The reboot of fascism, the changing climate, inequality that is only getting worse—it's enough to make anyone want to hide under the covers and never come out again.

If you're disturbed by what's happening in the world today, that's actually great! Noticing where things are going wrong is the first step to getting them sorted out. Psychological

research tends to show that, in order to want to work for change on a given issue, it first has to affect us. That impact also has to create enough discomfort that changing things feels better than staying with the status quo. However, where does that leave you if you're simply overwhelmed by what's happening and have no idea what to do about it?

First, take stock of what is truly important to you, as well as honestly assessing your skill sets and available time. The struggle for change is long and has many, many moving

parts. Think of it as a bicycle. Everything has to stay in working condition for it to work together successfully.

Look for existing organizations already doing the work, and go in prepared to learn and share your ideas. Working

part. If you care about your insurance rates not going up, it follows that you'll care about trying to limit the amount of extreme weather events likely to happen. Extreme weather events are made worse by rapidly changing conditions in our

makes you feel either "blissed or p*ssed."

Remember that pushing for change is a marathon, not a sprint. None of our systems got to this point overnight, and ongoing work is needed to not only shift frameworks, but also to keep them adaptable to different and changing needs.

Whether you're working to keep and/or expand something beneficial or stop harm, emotional engagement is one key to sustaining our ability to do it on an ongoing basis. This is especially important when working on a complex issue or toward a long-term goal. It doesn't matter if your action is consciousness-raising by pointing out issues and sharing information, or if you're personally leading the charge for systemic change: you have to care about it for it to be meaningful.

When feeling overwhelmed or stuck, first things first: if you haven't or can't remember doing so, eat. Even just a cracker or two. Have a glass of water. Making sure your body's needs are met is the first step to doing anything else. If you're able to go outside and enjoy some green space, do so. Touch some grass or leaves and be reminded of the beauty of the world, and invite others to share it with you.

Remember, you're not single-handedly responsible for saving the world today—nor tomorrow, either. Asking for help and listening to what others need is part of the process. Building community is important. Humans are social creatures, and feeling connected to others will help improve your resiliency. Remember: it's a marathon, not a sprint!

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



Change is a long process, and it's important to be emotionally engaged. | Pixabay

together also builds community: doing so not only encourages building interpersonal relationships, it also provides you with a circle of like-minded people.

Talk about what you are seeing and/or experiencing with others. To use the example of climate change, our health and wellbeing is directly affected by our environment, and the changing climate is changing that relationship. It doesn't take a lot of letters behind anyone's name to figure out that we've been very, very lucky with our environments, for the most

climate. Now, if insurance rates go down because we've acted to decrease climate change, isn't that a bonus for everyone?

So, where exactly should someone start? That depends on what is most important to them. The best advice I ever got for how to make sure you'll be able to continue caring about something after the initial excitement has worn off was this: find something that



Westwood Community League Annual General Meeting & Chili Cook Off!

**Wednesday October 23rd 2019
Westwood Community League
Tasting begins at 6:30 PM**

*Bring a pot of your best Chili to share with your neighbors.
Keep us well fed as we review past / current business as well as elect your board members for the 2019-2020 season.
This is a great opportunity to become more involved in your community!*

WE HAVE NEW DIGS!

YOU'RE INVITED TO EASTWOOD'S OPEN HOUSE! STOP BY TO CHECK OUT OUR NEW SPACE, NAB A FREE MEMBERSHIP, AND STICK AROUND FOR OUR AGM

**Where: Eastwood Hall, 11803 86 St
When: Oct. 5 4-8 pm (AGM at 7)**

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eastwoodcommunity.org

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Learning about local nature and history

Ravine walk revealed interesting information to participants

MELANIE MOORE

Why is the creek at the bottom of Kinnaird Ravine called Rat Creek? In the 1880s, it extended past where the Stadium is now located. At that time, there was enough water to support muskrats, which were harvested by local trappers. Thus the name Rat Creek is short for Muskrat Creek.

On Aug. 21, Parkdale-Cromdale Community League sponsored a nature and history walk that started at Sheriff Robertson Park and continued down Kinnaird Ravine, ending in Dawson Park. Community member Elvis Pineda conceived the walk at the league's Ideas Night in the winter. Pineda envisioned nature and history stations that would illuminate the diversity and richness of the ravine. He pulled a team of community members together to help him realize this vision, and the end result was an amazing mix of nature, art, history, and, most importantly, community sharing.

Twenty-five people met at Sheriff Robertson Park. Many Parkdale and Cromdale residents participated as well as guests from the Riverdale and Oliver neighbourhoods. First we enjoyed a presentation by local master naturalist Kevin Cantelon, who discussed the evolution of wildlife in the ravine and shared his collection of bones, which included coyotes, birds, and bison.

Next, we walked down to the ravine trail, where Sebastian Barrera was on hand to talk about the Parkdale-Cromdale

mural project. Over 60 murals were installed on the retaining walls four years ago, and last year they were removed for renewal and restoration. The new and

engender hunt punch card with pictures of the tree leaves and put hole punches on representative trees for the children to find and complete their cards. It was



Kevin Cantelon shows participants a coyote pelt. | Supplied

restored murals were installed in late August.

As we proceeded down the ravine, children took pictures with cameras provided by Kids for Cameras. They got close-ups of mushrooms (plentiful this year), wildflowers, rock formations, and plants. Watch for their pictures on the Parkdale-Cromdale Community League website (parkdalecromdale.org).

The children were also busy looking for four different tree species.

Sarah De Lano, the league's program director, organized the scavenger hunt and made a scav-

wonderful to see their joy and participation.

When we arrived at the stairs around 78 Street, I played my role as the local historian and announced that we were now time travelling back to 1895. At the bottom of the stairs, close to Rat Creek, were a Métis mother and child (acted by De Lano and Maiara Barrera, who are proud Métis). They played the roles of Sarah and Edith Kirkness, whose family were original settlers of the River Lot that extended north all the way to 118 Avenue, south to the river, and east to Concordia

College. Most of Kinnaird Ravine was on their land. Sarah and Edith were collecting berries and shared them with us. They answered questions about

Mine that operated in the early 1900s, while people lived in the new Virginia Park subdivision, meters away. The mine blasts often woke local residents.

We scrambled back up the slope and continued taking photos, searching for the scavenger hunt trees, and meeting new neighbours. The ravine was cool, and although we had to stop a few times to apply mosquito repellent, it was wonderful, an oasis of nature in the middle of the city.

Near the end of the ravine trail, Pineda stopped us to talk about trees and demonstrated tree boring. His tool made a tapping sound. He took a sample out of a tree, and we counted the rings. Pineda's enthusiasm for nature was evident as he talked about the many species of trees that surrounded us.

Finally the group emerged into Dawson Park, where we enjoyed snacks arranged by De Lano and Sarah Dotimas (who helped with logistics and hosting at the end of walk). Some people walked to the swing that hangs from a tree over the river, while others patted the lovely dogs that joined us on the walk and shared names and stories.

It was a memorable walk for everyone. Thanks to Pineda and the volunteers who made this happen!

Melanie is a local historian who has researched the history of the Cromdale and Virginia Park neighbourhoods. She is also co-editor of James Bond Steele Diaries: The Daily Life of a One-room Schoolteacher in Early Edmonton 1885-1891.



Participants stop to hear what life was like in 1895. | Supplied



The beaver pond is now covered in duckweed. People also used to skate on it. | Supplied

Compose your photos to last a lifetime

Knowing story and finding the right light are keys to a great shot

KATE WILSON

Taking a photo on your cell phone or tablet doesn't have to be a 'shot in the dark'. Below, three photographers share their insights on how to get that next great shot.

Light your subject

Matt Noel, a dedicated amateur photographer in Alberta Avenue, says lighting can complement or ruin your shot. On a sunny day, for instance, move so that the sun is behind you.

"If the sun is behind the subject, you want to move around the target so the light is complementary to them, as opposed to making them underexposed."

The other light problem to watch for is hotspots, such as lamps.

"You want to remove them out of the shot or crop later,

because the viewer's eyes will be drawn to the hotspot and away from the subject," he says.

Kaye Ly, a portrait photographer who calls Alberta Avenue home, finds the best lighting occurs in open shade.

"Find a place where the subject is in the shade, but looking towards an open sky," she suggests. "Along a big building or an overcast day provides the best open shade."

Tell a story

Try to tell the story by capturing the subject's personality and experience, says Ly. "Keep it simple by eliminating any unnecessary information. Don't include anything you don't want to be part of your story."

Framing a great shot is part math and part art, says Rebecca Lippiatt, a professional photographer who contributes to *Rat Creek Press*.

"The art is the story you want to tell and the emotion you are trying to evoke," she says.

So an elderly person's hand could be roughly centered in the frame. But a hand at the edge, perhaps waving goodbye, would tell a whole other story. Both are great, but you need to know your story, says Lippiatt.

Frame for a great composition

When Noel composes a shot, he uses the rule of thirds (see box), for which digital cameras provide a grid of nine squares. The intersecting points are where you place the points of interest.

"So for example, when I took a photo of an older gentleman, he covered three of the intersecting points," explains Noel.

Lippiatt urges new photographers to explore classical art to get a feel for framing.

"Also look into the golden

ratio in art," she advises. (See box for more info.)

Choose the right device

Cellphone and tablet cameras have come a long way, but you still need to know how to use them and their settings, says Lippiatt, so do your research.

Noel suggests two Internet personalities. Marques Brownlee does quality reviews of the latest technologies, including phone and tablet cameras, while Peter McKinnon, a Toronto vlogger and cinematographer, has built a large following for his advice on digital photography.

Shoot from a child's perspective

Autumn and winter offers the joy of capturing children's energy in a photo. To make the difference between a mediocre shot and one that you always go back to, avoid the stand and

shoot approach.

"If the story is about the child's experience, then you need to tell the story from their point of view," says Ly. "Have a conversation with them or sit quietly and observe, then capture expressions of delight as they gaze at a wonderful new discovery."

Lippiatt suggests physically getting down to the child's level.

"You'll get better photos, as the children will be looking at you directly and not looking up at you," says Lippiatt. "You might get dirty or feel silly, but your photos will be much better."

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.



A CHILD'S POINT OF VIEW

These two photos, taken by Kaye Ly on her iPhone, tell a story by zooming in and keeping out unrelated objects. Even with the camera's amazing features, it's still all about the story and the emotions they capture, says Ly. | Kaye Ly



MAKING LIGHT WORK

This photo by Kaye Ly of her daughter demonstrates what not to do for making the most of light and composing a shot. The dappled sunlight made for a blotchy appearance, the background was busy, and Ly told her daughter to look at the camera and smile, resulting in a forced expression. | Kaye Ly



FRAMING FOR IMPACT

This image looks good, says Matt Noel, because it meets the rule of thirds, with the subject hitting the grid on the left side.

TERMINOLOGY

Rule of thirds: The rule of thirds makes for more engaging and better balanced images. To establish the rule of thirds, mentally divide your image using two equally spaced horizontal lines and two vertical lines. Position the important elements in your scene along those lines or at points where they meet.

Golden ratio: Mathematically, the golden ratio is a ratio of approximately 1.618 to 1. Two subjects are in the golden ratio if their ratio is the same as the ratio of their sum to the larger of the two objects. The effect is of a spiral, and the result is a sense of harmony and balance.

Kaye Ly is one of Edmonton's Shutterbugs, a meetup group also offering workshops. For more information, visit meetup.com/The-Edmonton-Shutter-Bugs.

Find Matt Noel's portfolio at mattnphotography.com and Rebecca Lippiatt's at rebeccalippiatt.com.

The family tradition of mashed potatoes

Thanksgiving isn't Thanksgiving without them

VICTORIA STEVENS

The humble potato—ubiquitous, versatile, loved—is eaten in many ways. Boiled, baked, and roasted. Made into breads, pancakes, and deep fried. The best way to eat potatoes, though, is mashed, and the best time to eat mashed potatoes is during Thanksgiving.

The origin of mashed potatoes dates back to the Mayans in Central America. Europeans exploring the New World in the 1500s noted that the Mayans preferred to eat their potatoes mashed. Out of all the Indigenous people who were living and thriving in the New World, the Mayans were the only ones who ate their potatoes that way. Explorers took potatoes back to the old world around 1565. Due to easy cultivation and proliferation in Ireland and Spain, they became a favourite of the lower class because they were affordable and filling. The first verifiable recipe for mashed potatoes comes from the book *The Art of Cookery Made Plain and Easy* by Hannah Glasse published in 1747, although it's believed the recipe became popular in the 1600s. The recipe itself remains virtually unchanged today.

“Boil your potatoes, peel them, put them into a saucepan, and mash them well. To two pounds of potatoes, put a pint

of milk, a little salt, stir them well together, [and] take care they don't stick to the bottom.

their usage of butter, ever.) No Thanksgiving dinner was complete without two or even three

savoury gravy made from the drippings of the roasted turkey or, on occasion, roast beef.

up afterwards. My favourite part was mashing the potatoes, a job I was given at a fairly young age as it was nearly impossible to screw up and was a whole lot of fun! What child wouldn't enjoy smashing a metal object into a giant pot of potatoes, imagining they were a dinosaur smashing everything in its path? Eventually, I got promoted to both mashed potato and gravy duty. This required a bit of planning and timing to ensure the potatoes were finished by the time the gravy was ready to be made.

There was always a myriad of different side dishes that went along with the Thanksgiving meal: turnips, peas, broccoli, coleslaw, sweet potatoes, and parsnips were often included, although in different combinations. The one consistent dish, without fail, was the mashed potatoes.

With this Thanksgiving just around the corner, I am once again looking forward to that meal. Although the traditions and the people I celebrate with have changed over the years, one dish remains the same: mashed potatoes.

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



Mashed potatoes are a crucial part of a Thanksgiving meal. | Pixabay

Then take a quarter of a pound of butter, stir [it] in, and serve it up.”

The above recipe is nearly step-by-step the recipe my grandmothers used, right down to the ample amount of butter. (My grandmothers did not skimp in

helpings of this simple yet delicious side dish. Mashed potatoes were a staple in most meals in my grandparents' homes, but we all looked forward to them at Thanksgiving, as this was when this humble potato dish was joined on the plate with a

I always ensured I spent most of my time in the kitchen “helping” with the cooking on Thanksgiving. I did this partially because I loved the smells and sounds, and partially because the rule was if you helped cook, you weren't required to help clean

Small Sparks Revitalization Grant

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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



Local Halloween events bring tons of fun

Participate in some family-friendly neighbourhood activities

STEPHEN STRAND

Halloween doesn't need to be solely about who can scare others the most or handing out candy to kids. This year, there are some fun, family-friendly activities happening around the neighbourhood.

On Saturday, Oct. 26, Delton Community League will be hosting a Halloween party, which will have a mummy wrap game, crafts, a candy toss, pumpkin carving, and a costume contest. The party will be from 6:30 to 10 pm and will cost \$10 per individual and \$25 for a family of four. Kids two years old and under are free.

"Bring your family and friends no matter if you are a member or not. The kids will have a blast," says Farid Foroud, Delton Community League president. Foroud explains event organizers want to celebrate Halloween and create a fun and affordable event for families. "Come out and celebrate Halloween at our haunted community hall."

For more information, visit deltoncommunity.com.

On Halloween night, Elmwood Park Community League will be hosting an eve-

ning of fun.

"We will be having a Halloweenie Roast on Halloween night with a haunted

Daley-DeGroot, president of Elmwood Park Community League. In addition to roasting hot dogs, participants can also

trick-or-treating to grab a bite to eat, or to do a warm up, depending on the weather."

The event will be running

and free to attend. The league is hosting the Halloweenie Roast to help encourage families to meet their neighbours while they are trick-or-treating.

"We think it's nice to provide a place for those with little ones to celebrate Halloween who aren't quite ready to go door to door," explains Daley-DeGroot. They will also be giving away free league memberships as well as information about the ongoing neighbourhood renewal.

There will also be a competition for the best Halloween house in Elmwood Park, with prizes for the top three houses. Those who wish to participate should submit photos and the judges will decide the first-, second-, and third-place prizes. Submit photos via the league's Facebook page at facebook.com/ElmwoodParkCL/ or email epcl.info@shaw.ca.

For more information, visit elmwoodparkcommunity.org.

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



There will be some great family-friendly Halloween events this year. | Pixabay

house, crafts, and marshmallows at our fire pit," says Gillian

enjoy hot beverages. "It would be a great stop before or after

from 6 to 8 pm on Thursday, Oct. 31 and is family-friendly

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 PrayerWorks Common in St. Faith's & St. Stephens Anglican Church, 11725 93 St. Thursday lunch: served 11 am - 1 pm with doors open 10 am - 1 pm. Friday dinner served 5 - 6 pm, with doors open 3:30 - 7 pm. Saturday breakfast served 8:30 - 9:30 am, with doors open 8 - 10 am. Meals will be in recess for Dec. 26-28 and April 9-11, 2020. 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.

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, 3:30-4:30 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. Wednesdays, 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.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.

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

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

Headless Carrot, Saturday, Oct. 26, 7-11 pm. The Carrot Coffeehouse (9351 118 Ave). Trick or treat? Prizes for best costume. Join us for fire pits, marshmallows, live music, games, and more spooky fun! Check thecarrot.ca for details.

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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Selling homes since 1990!
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Wanted! I have clients looking for 2 or 3 bedroom homes in the area, any size, any condition.

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

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



THE HEADLESS CARROT HALLOWEEN PARTY

Saturday October 26 7pm – til late

AT  **the carrot.ca**

9351 – 118 Ave | Edmonton, AB

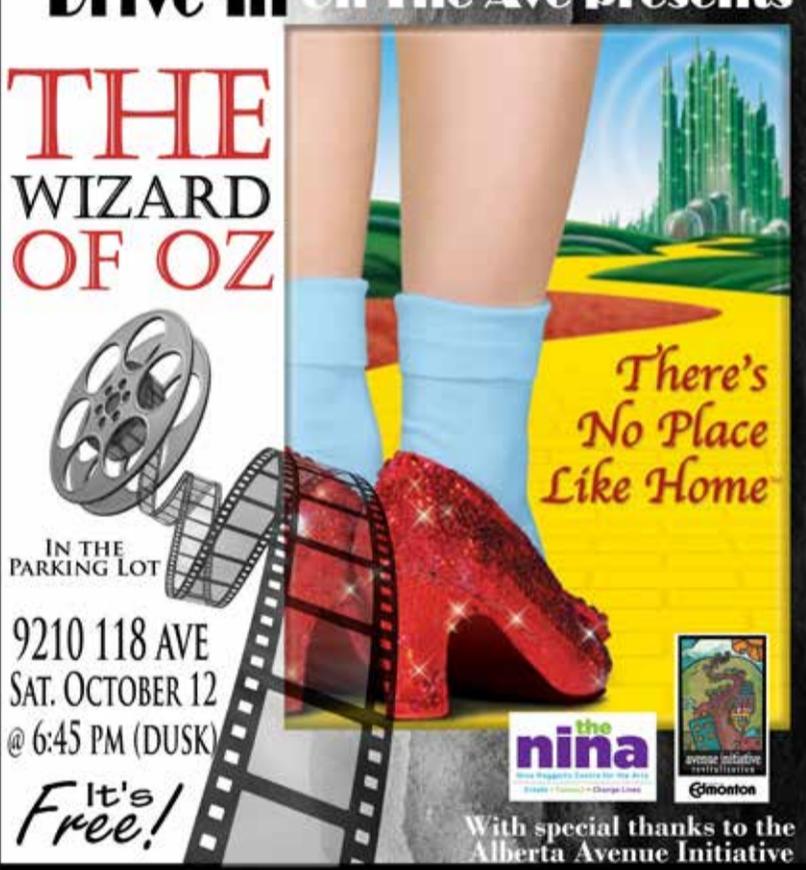
- 🎁 PRIZES FOR BEST COSTUME
- 🍡 MARSHMALLOWS & FIRE PITS
- 🎵 MUSIC & GAMES
- 🎃 PUMPKIN CARVING CONTEST

(Email manager@thecarrot.ca to join!)

Sponsored by:  

Drive-In On The Ave presents

THE WIZARD OF OZ



There's No Place Like Home

IN THE PARKING LOT

9210 118 AVE
 SAT. OCTOBER 12
 @ 6:45 PM (DUSK)
It's Free!

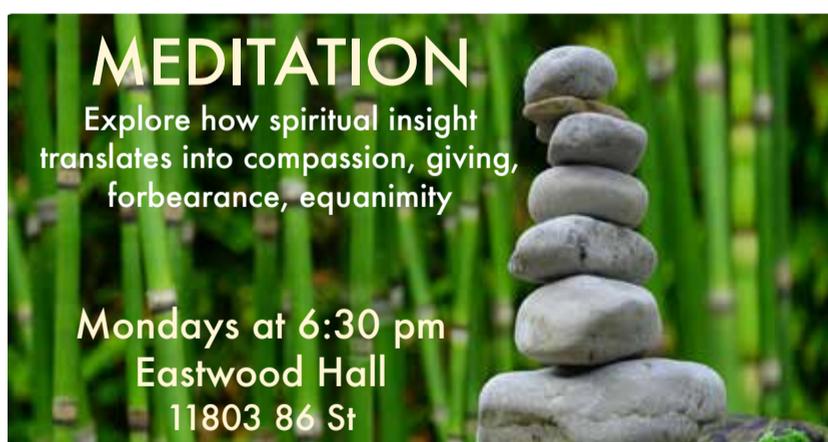
 

With special thanks to the Alberta Avenue Initiative

MEDITATION

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

Mondays at 6:30 pm
 Eastwood Hall
 11803 86 St



NOV 29 2019

RATCREEK.ORG

SAVE THE DATE

FRIENDS OF RCP APPRECIATION

AGM // JOIN THE BOARD!

20TH ANNIVERSARY PARTY LIKE IT'S 1999