



# RAT CREEK PRESS

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## New social network to connect neighbours

Nextdoor is a way to know what's happening in your neighbourhood



Achint Malhotra says Nextdoor is useful and would recommend others to use it. | Nazreena Anwar-Travas

### NAZREENA ANWAR-TRAVAS

Launched in Canada in September, Nextdoor is a private social network that aims to promote community building by encouraging face-to-face conversations and meetups. It offers a variety of ways to connect neighbours and learn about your community.

"I never knew there was an East Indian eatery near my condo until I came across this restaurant's name in Nextdoor," says Achint Malhotra, a student who lives near Parkdale. "This restaurant has now become a favourite for my friends and I."

To sign up, go to [ca.nextdoor.com](http://ca.nextdoor.com) and create a profile by entering your postal code, the first line of your address, and your email. Share as much or as little as you want on your profile. Create posts, polls, events and urgent alerts and share with your neighbourhood and nearby neighbourhoods. You

can also create or join groups related to a specific area of interest. A music lover, for instance, can create a group to discover if there are others nearby who share that passion.

"I was moving and had lots of stuff to sell. Unfortunately, I lived in a condo and could not host a garage sale," recalls Noora Ibrahim\*, who lives near Alberta Avenue. "Through Nextdoor, I reached out to a community resident who was holding a garage sale the following weekend. We teamed up and together we managed to sell a lot of our stuff under one roof."

The platform reports increased activity during emergency situations or upcoming special community events. Residents can spread the word about a theft and organize a watch group.

For Macaris Fernandes\*, who lives in Norwood, this app is a boon. "I always wanted a treadmill but I couldn't afford a new one. Neither did I have a vehicle to

bring a second-hand one home. Thanks to Nextdoor, I got ahold of someone who was selling his exercise equipment at a reasonable cost and voila! I now have a treadmill!" "But how did you manage to bring it home?" I ask him. "It was easy," he laughs. "The seller lived just next door!"

The social network is currently in use in more than 10 countries. It's a private social network where you verify your address and join the neighbourhood where you live.

Karen Mykietka launched the Parkdale neighbourhood on Nextdoor in September and is excited it already has over 130 members. "I don't like how Facebook chooses what you see and stuff gets buried in the newsfeed. On Nextdoor I can meet my neighbours and know what's happening around me."

Ten members are required to launch a neighbourhood. Alberta Avenue and Eastwood have launched. Cromdale, Delton,

Elmwood Park, Spruce Avenue, and Westwood haven't reached 10 yet. Once you sign up, invite your neighbours if you have their phone or email, or send out free invitation postcards.

Another useful feature is that public service partners like Canadian Red Cross and the City of Edmonton can share critical safety and emergency messages with users.

Download the Nextdoor app or visit [ca.nextdoor.com](http://ca.nextdoor.com).

\*Names have been changed by request.

*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.*

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# Derelict property on Alberta Ave cleaned up

Better solutions are needed to secure or remove derelict properties

## STEPHEN STRAND

A growing community push-back against derelict properties along with increasing complaints to the City is resulting in some progress. On Oct. 3, the property at 11847 96 St was cleaned up.

Led by two municipal enforcement officers, a crew of Think Green employees cleaned the junk from the property, boarded up a broken window, and helped gain access to the derelict house and garage.

Police searched the two buildings and found a man and a woman living in the garage and escorted them off the property.

Numerous reports were made about the property over the years to the City and Edmonton Police Service.

“Complaints about this prop-

erty date back to 2008 but increased in severity, type, and frequency after 2012,” says Crystal Coleman, communications advisor with the City. “We issued two Municipal Government Orders to deal with the nuisance conditions pursuant to the Community Standards Bylaw. This allowed the City to carry out the orders at the owner’s expense. When remedial action is taken, we bill the property owner. If unpaid, it is added to the tax role.”

Coleman says they have issued fines to the property owner in the past and will continue to monitor the property every three to four weeks until further notice. “They will go back periodically until they are satisfied it’s been resolved. But they are still trying to contact the owners.”

But some neighbours, like

Virginia Potkins, don’t feel like the City or EPS are doing enough.

“I believe, if you dig through the archives at the *Rat Creek Press* actually, in 2008 they were trying to work with the landlord to clean the property up,” explains Potkins. “After 2008, maybe 2009, the house caught on fire. It has been like this for 13 years. All boarded up, no one living there.”

No one officially, anyway; there have been ongoing issues with squatters. Police confirmed that they have received calls about trespassing, disturbances, and trouble.

“Since they closed up the house last Thursday (Oct. 3), [squatters] broke into the house the very next day. The boarding up that they call ‘securing the property’ is not good enough. Putting boards on the

windows is not the kind of security [needed] when they board up houses. All [people] need is a claw hammer to get in,” explains Potkins. She adds that the City needs to secure the house with bars and a fence. “If there is no fence around it, people just dump [garbage].”

Potkins says people will often go to that property to hang out, do drugs, and drink. “And they’ll break into the house. It just invites other people who want a place to go and do whatever. It also invites people to rummage through. It’s an open invitation for a lot of different things.”

Over the years, Potkins has rallied her neighbours to file complaints with 311 and the police whenever something new arises with the property with the hopes that some action will be taken.

Another neighbour, who wanted to remain anonymous, said the house attracts unpleasant elements to the neighbourhood. “Breaking in, squatting. Same thing with the garage, which is full of stuff, also being broken into.”

When asked what she hopes to happen with the property, the neighbour said, “Shut it down for real. Either demo it or rebuild something that fits the neighbourhood better.” She is pleased that the City at least showed up to clean the property.

For more information or issues with derelict properties, contact 311.

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



Neighbours say better security is needed to ensure people can't get on the property. | Stephen Strand



Residents want this property shut down, demolished, or rebuilt. | Stephen Strand

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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.

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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](mailto:board@ratcreek.org).

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### CONTRIBUTORS

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

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Serving 12,500 community members.

### DELIVERY

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.

# City Centre Early Years Coalition needs help

Brain development tool has shocking results for Edmonton children

**TEKLA LUCHENSKI**

On Sept. 9, the City Centre Early Years Coalition held a meeting of potential partners at the Norwood Child and Family Resource Centre. The coalition is one of seven in Edmonton, based on geographic boundaries. It is also in dire need of help from the community to establish a strong base that will help children in the first five years of development.

Deborah Fehr, who represents the Alberta Resource Centre for Quality Enhancement (ARCQE), and who is helping organize the coalition in the Norwood community, described its mandate: “To help inform people of the importance of the early years for optimum development for children, in order for all children

to reach their adult potential.” The coalition focuses on child development from birth to five years, since research shows that these are the most critical for brain development; they shape a child’s future development and learning potential.

The Early Development Instrument (EDI) research tool collected data about child development in Canada and around the world. According to the EDI website, the tool “measures children’s ability to meet age appropriate developmental expectations.”

The EDI results for Edmonton—especially for city centre—show that children are well below the average across Canada. That means children between ages one and five are missing the opportunity to build important pathways in the brain for future develop-

ment and learning capacity. The resulting deficit will profoundly, and most likely negatively, affect their adult lives.

The City Centre Coalition sees an urgent need to improve early brain development for children across the city, and particularly in the RCP communities.

“How do we put a voice onto early years development?” asks Kathy Burgett, coalition chair. “Knowledge has been underground. We haven’t educated the public.”

The City Centre Coalition is the least active of all seven in Edmonton because it has struggled to build a strong foundation. Except for the last four years, there has been little financial support from the provincial government. From 2015 to 2019, it received unprecedented support. Burgett hopes

that support will continue, but the future is uncertain. It is a critical moment in establishing a strong base for early childhood education.

Right now, Burgett points out that membership is the coalition’s biggest struggle. The short-term goal is to establish a core membership that will be mobilized to spread the word and implement long-term strategies.

Delroy Parr, who attended the meeting, says, “It is encouraging that science is backing up what we’ve known for a long time. We need to systematize early childhood education and educate parents about how to teach children.”

The coalition invites your support and engagement in preparing children for future success. “We’re in this together, to make a difference for our

children,” says Burgett.

Contact the City Centre Coalition to learn how you or your organization can become involved and become part of an important solution.

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

**CITY CENTRE  
COALITION**  
Kathy Burgett, chair  
Tel: 780.910.3832  
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norwoodcentre.com  
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The early years of one to five years old are crucial for brain development. | Pixabay

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# Delton Grocery has historical designation

Renovations will reveal original look of the building's exterior

## VICTORIA STEVENS

The Delton community will soon be turning back the clock, at least when it comes to the exterior of one of its buildings. Delton Grocery has been approved for historical designation by the City of Edmonton.

Built around 1914 on the corner of what is now 122 Ave and 88 St, Delton Grocery actually began as a butcher shop and has been a community store of some type ever since. The current owner, Kulwinder Sokol, bought the store in 2001 after coming to Canada as a business immigrant. He had previously worked in Dubai, England, and the Philippines, where his children were born, including his son, Harjinder Sokol.

"The store wasn't what it is today," the younger Sokol says,

remembering it from his childhood. "It had to be developed."

The senior Sokol agrees and says that he sees the store as a way of helping the community. Over the years, he has consistently stocked items the community needs, including warm coats during the winter months. It's a family affair, requiring everyone to pitch in to keep the store going. They restock the shelves five days a week, yet they don't see the store as work. They see it as community building and service, and it changes based on what the community needs.

The Sokol's heritage designation journey began over three years ago on the suggestion of a vendor they had contacted because the building was due for an external renovation. Step one was contacting the city's Historical Council and required

a lot of research at the city archives. Once the research was complete, it was then back to the Historical Council and then on to developing the scope of the project. They had to find estimates from 25 contractors, which were hard to find as restoring historical buildings isn't easy. It was then just a matter of waiting for approval.

"The community played a role," the younger Sokol says, referring to the support they've been given over the years and in particular for this project. He mentions a visiting woman who told them that her father had owned the store sometime mid-century. She had driven into town to offer her support in their quest for historical designation.

David Johnston from city planning also played a big role in helping the Sokols navigate

the process.

The designation will allow the Sokols to claim back 50 per cent of the cost to renovate the exterior of the building, to a maximum of \$40,000, and will also provide money to maintain the building every five years. However, the designation does come with stipulations. All changes done must be towards reverting the building back to its original look; this includes wood siding and keeping the original window design.

Around the turn of the century, windows were built with wooden frames. To adhere to the stipulations that come with the designation, the wooden frames must be kept. The Sokols were able to find one Canadian company who could do the custom work for them, but it doesn't come cheap. They estimate the renovations will

cost around \$80,000 to complete.

"We were always optimistic, but it's not done until it's done," the younger Sokol says. Now that Delton Grocery has the designation, renovations can begin, and a little piece of Edmonton's history can be brought back to life.

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

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Harjinder Sokol (pictured) in front of Delton Grocery, which his family has owned since 2001. | Victoria Stevens



The City of Edmonton has approved Delton Grocery for historical designation. | Victoria Stevens

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# Conflict resolution workshop for residents

Listening and finding common ground is part of the mediation process

**MARI SASANO**

Whether between neighbours or organizations trying to collaborate, conflict is to be expected at some point. Competing points of view can sometimes make finding common ground seem impossible. *The Rat Creek Press*, together with Alberta Avenue resident and mediator Deborah Fehr, will be hosting a conflict resolution workshop for any community member interested in becoming better at reconciling differences.

Mariam Masud, vice chair of the *Rat Creek Press* board, is organizing the workshop.

“In the past I worked in sustainable and community development, capacity building, and strategic planning. It’s good to be part of a community and be active and connected,” she says.

“Being part of the *Rat Creek Press*, it made sense to put on workshops to make the community stronger.” This is the first of a number of community workshops.

Deborah Fehr has lived in the neighbourhood for about a decade. She has a background in working with children, but she also has certificates for mediation and negotiation.

“Mediation is where you have a conflict between people who might not have the skills to talk

it out themselves. So a mediator’s basic job is to help those two people or organizations listen to each other.”

Fehr uses a number of techniques to help people listen and to be heard, including using a talking circle inspired by Indigenous practices.

all equal around the table.”

In Fehr’s experience, the problem as presented is rarely the real problem at the heart of the matter. What those real problems reflect are values. For example, when two neighbours are disputing where a fence should be built, the issue is

mise.

“There are going to be some people who are never going to back down, and you can’t solve everything. But you can resolve an awful lot by just stepping back and allowing people to be heard.”

Fehr says we need to learn

but your whole brain isn’t engaged when you’re angry or passionate about something. So the process allows a calming-down period, and you can get to the real thing that’s the issue, and you can have a conversation that is worthy of your time.”

Masud hopes to empower residents to be able to draw on conflict resolution skills to bring people together. “I think it leads to more resilience in the community. If we have a good way to address differences, over time, we grow stronger.”

For more information on the topic of conflict resolution, as well as skills, events, and workshops, visit [conflictresolution-day.ca/](http://conflictresolution-day.ca/).

*Mari is a writer and civil servant.*



Conflict resolution can help people settle differences. | Pixabay

“When we usually have a conversation, I say something, you say something, and it goes back and forth. A lot of the time we’re thinking about what it is we’re going to say next. In a circle, the process is slowed down. It’s more about listening than speaking. A circle makes us

not about the location of the fence, but what is important to each neighbour. It might be protecting some trees in the yard, or because the old fence is something someone built and is proud of. Once each person understands those reasons, they can start working on a compro-

to view conflict, not in terms of winners and losers, but of finding ways to meet people’s needs in a respectful way. Key to that, again, is learning to slow down and listen without being defensive.

“When you’re reactive, you want to jump on somebody,

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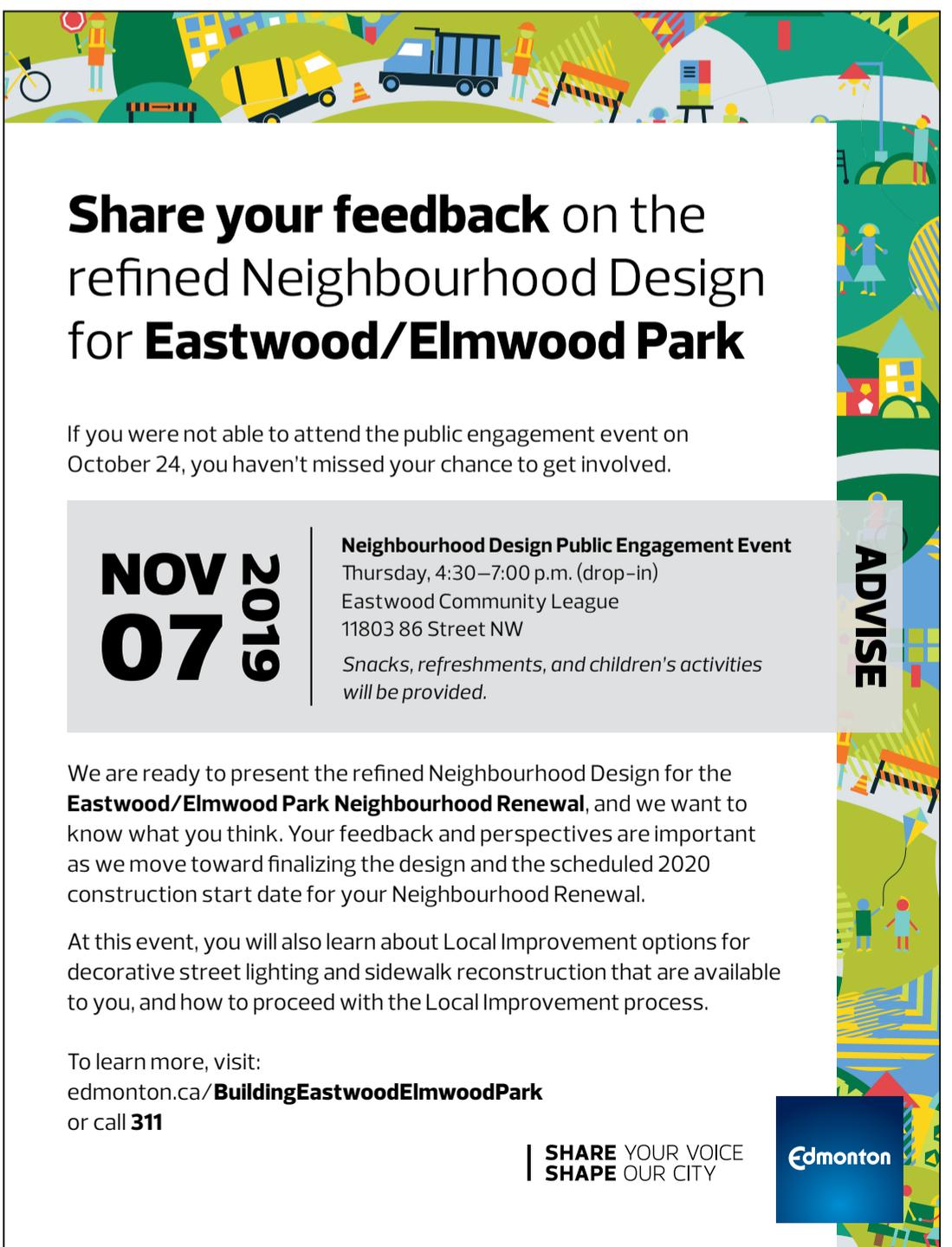
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## OPINION

# The difference of guilt and responsibility

## Non-Indigenous reflections on Orange Shirt Day

**NADINE RIOPEL**

The comment read, “Yes, I agree that the Indigenous children were stripped of their heritage and dignity, but it is the very Catholic churches that still exist today that should be paying serious restitution, and not the Canadian government and us taxpayers.”

It was made in response to a Facebook post about Orange Shirt Day, the day in September that recognizes the legacy of residential schools.

The commenter was frustrated because he felt blamed for choices and actions made by others who, in his mind, have nothing to do with him. Why should he pay for what Catholic nuns and priests did to Indigenous families?

I’ve heard these sentiments from non-Indigenous folks before. It’s a sense that we are being unfairly blamed and penalized for atrocious things that aren’t our fault.

I get the logic. As a white-passing person, I might even have had similar feelings myself at some point. But the more I learn, the more I realize an important distinction that changes this whole conversation: the difference between guilt and responsibility.

Is it the fault of the average non-Indigenous person that atrocities committed against Indigenous people in this country—including within residential schools—happened? Did we personally rip children out of their mothers’ arms? Did we build or run or support the schools? Probably not.

Guilt for ongoing atrocities is more debatable, but for the sake of this discussion, let’s focus on residential schools. It’s true that we as individuals are not, technically, guilty.

However, the people at fault, including various churches and the Canadian government, used residential schools as part of a deliberate strategy to get Indigenous people out of the way, both physically and symbolically. They had to be removed from the land. Their way of life had to be suppressed if not eradicated. Why? To make room.

Colonialist institutions were

are in charge now. We do things our way, and we expect Indigenous folks to do so as well, for the most part. We are dominant and successful because Indigenous people were removed from the equation; suppressed, assimilated, severed from their heritage and families and land.

This is where responsibility comes in. Whether or not any of us actually chose to commit

nearly 50 per cent of Indigenous children live in poverty. That’s more than twice the national rate. That’s a direct result of what was deliberately done to keep Indigenous people down, so non-Indigenous people could be on top.

This is not to say that we as non-Indigenous people don’t work hard, don’t struggle, don’t experience hardship. Life is not being handed to most of us

The dispossessed family in this scenario never fully recovered, financially or emotionally, from the blow. Their stress increased, their health declined, and the adversity the theft created was passed on to their kids and then their grandkids.

Meanwhile, you, in the same generation as those grandkids, are fine. Your parents grew up in the stolen house. They inherited it ‘legally’ from your grandfather. They did not have to struggle to put a roof over their heads. They could afford higher education. They had less stress and more ability to have healthy relationships. They passed these advantages along to you.

You are now likely in pretty good shape, while the grandchildren of the dispossessed family are not. The odds are in your favour, not theirs.

Did you steal their house yourself? No. Are you a bad person because of what your grandfather did? No.

But do you have a responsibility to the descendants of the dispossessed family? Yes.

I don’t have solutions for all the problems created for Indigenous people by those acting in my best interests. I haven’t got this all figured out. No one does.

But at the very least, we should be on board with things like Orange Shirt Day.

This is not about accepting blame or beating ourselves up. It’s about recognizing the truth of what happened, and that we have a role in addressing the consequences, no matter who is at fault.

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



Wearing an orange shirt on Sept. 30th is one way to recognize and acknowledge the legacy of residential schools in Canada. | Nadine Riopel

making room for non-Indigenous people and their ways. Every aspect of Canadian society follows primarily non-Indigenous models. Non-Indigenous people, including the government and other power structures, control most of the land in this country.

Non-Indigenous people

atrocities against Indigenous people, those atrocities were committed on our behalf. Here and now, we have advantages because of it, and Indigenous people are disadvantaged.

Indigenous people are over-represented in the homeless population and criminal justice system. One study found that

on a silver platter. But generally speaking, non-Indigenous people are better off; Indigenous people are worse off.

Imagine if your grandfather had one day taken a gun and kicked another family out of their house and set up house-keeping without even paying them.

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# Exploring local ideas for sustainability

Our urban landscapes provide us with many benefits and services

**GILLIAN KERR**

According to McKinsey & Company, 3.6 billion people, half of the world's population, live in cities. The UN World Population Prospects states that by 2050, 75 per cent of the world's population is projected to live in urban areas. The overall activities in cities account for most resource consumption and greenhouse gas emission compared to the global total. In cities like Edmonton, industrial industries, commercial industries, and household activities all contribute to resource consumption and greenhouse gas emissions.

This article is the first in a series looking at local sustainability with a focus on our RCP

communities. The intention is to provide interesting and useful information and assess things we can do in our 'backyard'.

Urban landscapes are the everyday environment for most of us and contribute to our well-being. One way we can look at our urban environment is to consider the services we get from our landscape. Ecosystem Services (ES) are the flow of services we receive from natural areas and biodiversity. These include things like fruit trees, living spaces for bees and other important insects, carbon storage, air temperature regulation, air pollution removal, and storm water runoff buffers.

You may think that cities, with all their buildings, roadways, and vehicles, have few

ecosystem services. Yet, there are many examples of how these contribute to our quality of life. When you are out for your next walk, look for parks, cemeteries, golf courses, watercourses, avenues, gardens and yards, green roofs, sports fields, vacant lots, and industrial sites. Each of these provide ecosystem services.

In the past decade, many studies have looked at the benefits urbanites receive. Locally generated ES can reduce local air pollution and heat from paved streets; have direct health benefits, such as lower early childhood asthma rates; create a sense of inner peace; enhance public ecological knowledge; and improve awareness of sustainability challenges.

We can all do things to main-

tain and increase these services as a community and as individuals. First, what services do you get in your own backyard or local park? Do they provide mental health benefits, such as stress relief? Do they provide recreational opportunities, such as gardening? Or maybe shade and comfort on a hot day?

The services of our urban spaces may provide us with ideas for now and as we plan for the spring.

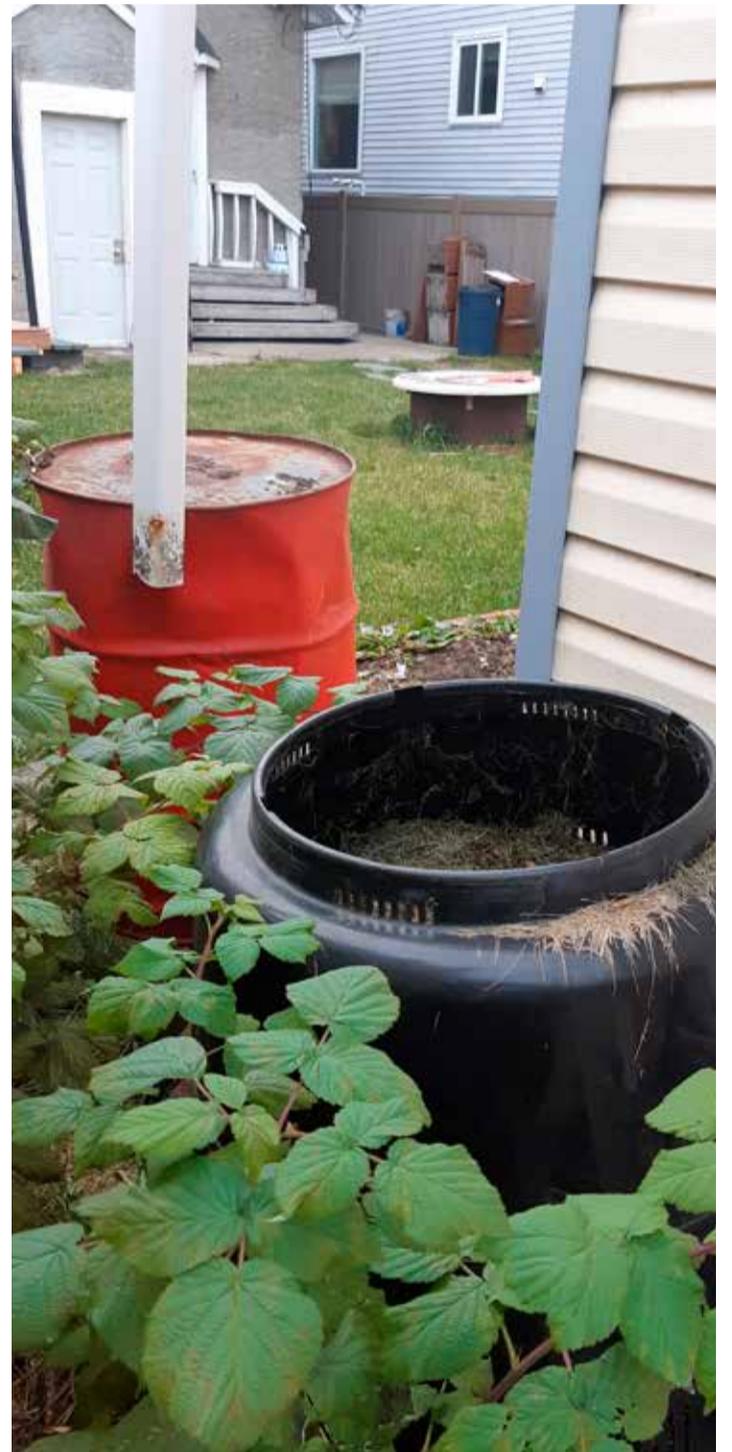
One specific consideration is composting. Backyard composting of leaves, lawn clippings, and food waste is easy to start in the fall. A backyard compost can provide rich material to fertilize your garden in the spring and share with your neighbours. You can compost in an open pile or in containers.

Containers confine the compost pile and make it more manageable and visually attractive. You can make your own or purchase one at your local home materials store. The City of Edmonton provides information on how to make your own compost bin, where to place it in your yard, and tips for winter composting at <http://bit.ly/35FBtr6>.

*Gillian has lived in Norwood since 2006 and loves the community. She has worked as an environmental consultant for the Ministry of Environment and volunteers and teaches on environmental issues. If you have any ideas or questions you would like an article to focus on, email [gillankerr@fastmail.fm](mailto:gillankerr@fastmail.fm).*



Our urban spaces provide us with all kinds of benefits. | City of Edmonton



It's easy to start composting in the fall. | Gillian Kerr

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# Musical Mamas support the creation of music

All levels of female musicians are welcome in this group

## RUSTI L LEHAY

There is a distinctly feminine-powered musical phenomenon right here in our 'hood, and all levels of musicians are welcome.

Sinder Sparks started the Musical Mamas Society in April 2014. Key founder and president, her dream of supporting musical women became even more tangible when granted a not-for-profit society status in 2018.

Sparks says, "There is a lot of talent hiding out in Edmonton living rooms." The Musical Mamas' core mission is to "encourage, develop and support women in the creation of music." Creation is far more important than perfection.

Supporting each other in various ways, the group ensures there are no financial barriers. Members can join for an annual membership of \$24 or by trading volunteer time in lieu of cash. While ideally it is for adult musicians, no "mama" will ever be turned away for not having children, not paying the annual membership fee, or bringing children to a meeting if there are childcare issues.

They have eight support development meetings per

year that started off in Sparks' home. After trying various meeting places, they now meet in Parkdale Cromdale Community League every third

Valuable presentations range from learning about sound systems, how to work with and know the shoptalk of sound technicians, the art of finding

other. Check out their website: [musicalmamasociety.com/](http://musicalmamasociety.com/).

There is no stopping Sparks. She dreams of setting up a not-for-profit recording studio offering musical engineering students practicum opportunities. Local recording options vary in cost and quality, creating a barrier for many musicians. Along with this big dream, Sparks envisions paid positions to compensate volunteers for their donated skill sets.

This path was destiny for Sparks in 2014 after all her band members found better opportunities, leaving her to stand alone.

"I found others looking for the same thing, which led me to forming Musical Mamas."

In addition to their mission, their motto is B.E.A.T., an acronym for: Bring Everyone All Together. Another big goal on the horizon is to create and serve additional regional B.E.A.T. districts throughout Edmonton and further, encouraging all musical genres and

skill levels. The programs are female led, geared towards supporting women in their musical endeavours.

Cognizant to avoid exploitation, Sparks pays creatives even nominal fees, encouraging the musicians to make money and empowering them to ask for fair compensation. The members call Sparks the conductor president. Sparks would either like to step down when she can replace herself or have someone step in to the conductor role to run the business end of Musical Mamas.

*A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.*



Shauna Specht plays the guitar. | Rusti L Lehay

Wednesday, breaking over summer and Christmas.

Embedded in their core mission, they strive to create opportunities to network, grow, and develop a safe space within a grassroots peer support group. Sparks says, "Having collaborative peers gets you out of the living room and helps to overcome the pressure of the question, 'Are you good enough?'" Some members are instrumentalists, others are vocalists. Sparks adds, "It's all about encouraging each other."

the right microphone, percussion circles, a vocal coach, and how to be safe at a show. Sparks says, "We pay all our presenters, though several donate the fee back." Each meeting ends with an open stage so musicians can practice new material and/or perform for a live audience.

Members also have the option to participate in the compilation CDs (volumes 1 & 2 are out) sharing the resources to professionally print a disc. These CDs must be bought as a set. It is about supporting each

## MUSICAL MAMAS

Meet every third  
Wednesday, 7-9 pm  
Parkdale Cromdale Hall  
11335 85 St  
780.807.5883  
[musicalmamas.ed@gmail.com](mailto:musicalmamas.ed@gmail.com)



Musical Mamas is a supportive group encouraging the creation of music. | Rusti Lehay

# Motorcycle madness and a dream come true

An adventure in Dawson City brought total strangers together

**DEREK QUITTENTON**

The television ad featured a big touring motorcycle. I was 64 years old, I had never owned a bike before, and I knew this was one I could ride. The Spyder RTS had two front wheels and a drive wheel. I went to the dealer the next day and bought one.

That was six years and 150,000 kilometres ago. Riding my bike has proven that there is always something on the other side of the hill that I just have to see. And when I get there, there's another hill.

This summer I completed the Dust to Dawson (D2D) summer solstice ride. For four days in Dawson City, I never

saw it get dark. I was one of about 100 motorcycle riders from all over North America and a handful from Europe. Nearly all the bikes were the adventure touring types: Triumph Tiger, KTM, BMW 1200 GS, and my dream bike, the infamous world rally champion, the Honda Africa Twin.

The D2D is a standout for adventure tour bikers. For 28 summers, travellers have arrived for a summer solstice gathering in June. I put up my tent and joined the street party. The whole city was wrapped in an aura of happiness. The weather was perfect, the crowd was friendly, and the beer was cold.

At 12:47 am, we sat around the picnic tables, sun hats on,

in shorts and short-sleeved shirts. My neighbours were an American husband and wife team on monster bikes, matching green and cream Indian Chiefs. A skinny, young engineering student from Holland rode an unbelievably small Honda 250 cc all the way from Halifax. There was not a single Harley. Gadzooks! What? Get my Harley dirty?

Then there was me, with the only Spyder RTS.

A pair of RCMP officers in a patrol car cruised by the campsite. I waved them over. "You guys have been invisible," I said. "Where have you been?"

They laughed. The female officer asked, "Is this your first time for the D2D?" I nodded.

She shook her head. She explained that the D2D is the money maker for Dawson City for the summer. Stores, bars, taverns, and restaurants make a third to a quarter of their annual income during these four days.

"It's the quietest time of the summer for us," she added. "All you guys want to do is drink beer, tell lies about where you've been, and just have fun. None of you is stupid enough to ride after drinking. Once in a while, we have to walk one of you back to your tent, if you can remember which one it is!"

I invited the pair of them over for a beer after their shift. "We'll get right on that," was the officer's reply, and she and her partner drove on to their

patrol.

I didn't hear, see, or feel any toughness or tension the whole weekend. It proved that a bunch of total strangers could come together and have a great time. I've now experienced the motorcycle touring fantasy I saw on television. I heartily encourage you to go for your dream. Got to love my bike!

*Derek, a former financial planner, retired, sold his practice, bought a big honking touring motorcycle, and hit the road! Six years and 160,000 km later, all in Canada and a snippet in Alaska, he has seen this land. You want to learn about the grandeur of this land, just ask him!*



Bishop Brook Pond Falls in Newfoundland. | Derek Quittenton



The roadside memorial for the Humboldt Broncos bus crash. | Derek Quittenton



Klondike River, Whitehorse. | Derek Quittenton



Conflux of the dark Klondike River, mineral laden, with the white glacier silt of the mighty Yukon River, Dawson City, Yukon. | Derek Quittenton



The aptly named carhenge in Lamont, Alberta. | Derek Quittenton



Derek Quittenton on his Spyder in Skagway, Alaska. | Supplied



Where neighbours meet and great things happen



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



## The Alberta Avenue Christmas Market

SATURDAY, NOVEMBER 23  
 THE ALBERTA AVENUE AVENUE  
 COMMUNITY CENTRE  
 9210 - 118 AVENUE  
 10AM - 4PM

Christmas Craft Fair!

December 8th, 2019

Contact [communications@deltoncommunity.com](mailto:communications@deltoncommunity.com)  
 for more info or to sign up as a vendor!



IT'S TIME TO GIVE BACK.

# SPRUCE AVENUE COMMUNITY NEEDS YOU!

CASINO VOLUNTEERS NEEDED  
*January 29 & 30*  
 Grand Villa



SHINNY HOCKEY  
 Do you enjoy hockey? Are you interested in working with kids? We are hoping to organize shinny hockey for boys and girls up to 12 years and a second group for boys and girls 13 to 16 years.

CONTACT VERNA  
 780.479.8019  
[treasurer@spruceavenuecommunity.com](mailto:treasurer@spruceavenuecommunity.com)

SATURDAYS 5-7 PM  
 ALBERTA AVENUE  
 EASTWOOD  
 WESTWOOD

# Free swim

for league members  
 at Commonwealth Recreation Centre

SUNDAYS 1-3 PM  
 ALBERTA AVENUE  
 PARKDALE CROMDALE  
 SPRUCE AVENUE

# Treating trauma and mental health is crucial

No one is immune to trauma and mental health struggles

**TALEA MEDYNSKI**

Everyone is different, and the way trauma affects people is as varied as the folks in our communities.

“A lot of time people think trauma is an event. However, trauma is how we experience an event. When an event is experienced as traumatic, the impact can be debilitating on our body and mind,” says Jon Jon Rivero, chief executive officer and founder of Qi Creative.

“Trauma is trapped through our senses and our organs. It keeps us in a state of hyper-arousal, even when there is no apparent threat, creating an overdeveloped ‘fear-response’. This can really disrupt a person’s ability to meaningfully participate in life. Trauma makes it hard for us to be at our best.”

Rivero, an occupational therapist and certified trauma practitioner/clinical, defines trauma-informed care: “It is being educated. Understanding what is trauma, how it impacts the body and the mind, and what approach is needed to support the healing process for that person.”

An important strategy is using repetitive motion or movement.

“Creating interventions are at the heart of our approach, such as dancing, playing a musical instrument, performing martial arts, hand drumming, beat boxing, or simply playing. These types of interventions provide patterned, repetitive movements that help regulate the nervous system and hyper-arousal. We really work to get the person out of their heads and into their bodies, since trauma is stored in the body (the body remembers),” he says. “Playing and connecting with

others are the best ways to deal with trauma,” adds Rivero, adding that participating in some sort of art form tends to be helpful. Every culture has their way of dealing with trauma. For example, in the Philippines they folk dance, while First Nations may participate in a pow wow.

Rivero says treating trauma is important because it is often the source of many other mental health challenges.

“No one is immune. What is traumatizing to one person is not to another.”

If you discover someone in emotional distress, and you are

Jenan Nasserdeen, founder of Catalyst Training Services and a certified child and youth care counsellor, teaches mental health first aid courses.

“Mental health and poor mental health looks different for different people,” says Nasserdeen. “Sometimes those

“[It could be] a disturbance in a person’s ability to function and a shift in a person’s demeanor.”

People often don’t know what to say, or they are hesitant to get involved. Like Rivero, Nasserdeen suggests listening.

“We have an incessant need to fix the problem. Simply by showing up and asking ‘how are you doing?’ can save a person’s life.”

She says a person who dies by suicide will attempt suicide an average of 11 times.

“Silence keeps us sick. One of the first things we lose is hope. Lack of hope causes us to retreat into silence.”

Nasserdeen compares asking someone in distress how they’re doing is like climbing into a hole and extending your hand to help.

If you see someone in emotional distress, Nasserdeen says, “Never leave them alone; give them reassurance, comfort them until emergency services arrive.”

Call 211 and press 3 to request the 24-hour Crisis Diversion Team.

She suggests helping by complying with simple requests. For example, letting that person use your phone to call someone.

“Be an empathetic listener. Don’t feel the need to fill the space. Don’t try to judge or be critical of someone. Avoid giving glib advice. Don’t diminish experiences. Don’t inject biases, beliefs, or experiences into what they’re going through.”

She adds, “There’s no shame in saying ‘I don’t know how to help you. What can I do to help?’”

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



Trauma can be at the root of many problems. | Pixabay

“The important thing is to be present, and to listen empathetically. It is not about giving advice, but rather creating a space for people to feel safe and cared for. Remind people to take care of themselves and be available, even if they don’t talk.”

willing to intervene, you can provide mental health first aid. Rivero suggests giving a blanket, something to hug, a thermos of warm tea, or something warm to drink.

“When you’re in shock, your temperature tends to plummet.”

who have the deepest depression and most crippling anxiety can wear the bravest faces.”

Signs include a loss of interest in the things someone normally loves, or becoming withdrawn. They can include a shift in a person’s perception, their character, or the language they use.

Parkdale Cromdale Community League

# WE ARE HIRING!

1 - Office Manager  
1 - Custodian

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Please indicate in your email if you are interested in one position or both. Positions **can be combined** for the right candidate.

**Parkdale Cromdale Community League**

# June's Delicatessen opens in the Highlands

Stop by this new delicatessen and try some great, deli-style food

**STEPHEN STRAND**

From Black Box Hospitality Group, which owns District Café & Bakery, Speedy's Burrito Cantina, Salz Bratwurst Co., Fox Burger, and Highlands Liquor, comes a new diner called June's Delicatessen.

June's Delicatessen may share the occasional similarity with the other restaurants operating under Black Box Hospitality Group, such as their coffee, but each restaurant is different enough that there is no fear of saturating the market with one type of food.

Located in the historic Gibbard Block in the Highlands, the interior of June's Delicatessen was designed to suit the building. The interior design, along with its laminated, double-sided, single-paged menu and black and white tiled floors created a manufactured nostalgia that suits the delicatessen perfectly. It all ties in well with the food.

On the cold, rainy Sunday afternoon when we visited, there was a short wait to be seated. The smell of coffee and food hit home and gave us the satisfaction of knowing we made the right choice.

I ordered the Reuben sandwich (\$12) with a side of matzo

ball soup (\$6). Being a fan of Reuben sandwiches, I tend to be overly critical of them, but this one surpassed my expectations. The proportions of cheese (Gruyère instead of the often

preventing the sandwich from becoming too dry. It came with a tiny pickle and a small serving of sauerkraut on the side.

The matzo ball soup broth was flavourful and had a gener-

the gluten-free corned beef hash (\$12). It was presented in a different manner than what we were expecting, served almost like an omelet with the eggs acting as the base and the house

cal breakfast hash, the flavours worked well together to create a meal better than its parts.

On the side, we shared a blintz (\$10), which is not only gluten-free but also vegetarian. It had a buckwheat crepe wrapped around a cottage cheese mixture that was sweet without being overbearing. The crepe was accompanied by sliced apricots, plums, and dried cherries, along with an apple butter sauce and a few mint leaves. The buckwheat crepe wasn't too doughy and held the concoction together nicely.

Overall, I would give June's Delicatessen four forks out of five. The portions were good sizes, but for the price, I felt the Reuben should have come with a side and the dumpling in the matzo ball soup could have had more flavour. If you are into good coffee and deli-style food, I would recommend heading over to the Highlands to give them a try.



The corned beef hash is gluten-free. | Stephen Strand

used Swiss), house corned beef, sauerkraut, and Russian dressing was impeccable. Each bite had the right combination of each ingredient without any one being overbearing. The marbled rye soaked up the butter brilliantly while it was being grilled,

ous serving of vegetables and chicken, resembling the homemade soup your grandmother would make. Yet the sole, large dumpling was a bit dense and tasteless. I felt it took away from the soup.

My dining partner ordered

corned beef, potatoes, cabbage, tomatoes, crème fraiche, and chives cooked throughout. It was filling without being too heavy. The crème fraiche was a surprising, yet enjoyable addition, as was the paprika sprinkled on top. Like a typi-

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



## Alberta Avenue District Survey 2019

Complete online at: [ratcreek.org](http://ratcreek.org)

The Alberta Avenue District runs from NAIT to Northlands from 111 Avenue to the Yellowhead. It includes the neighbourhoods of Alberta Avenue, Cromdale, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood.

We all want a safe, welcoming, vibrant and thriving community. The Alberta Avenue District Council\* would like to take stock of where people feel we are at and what is important to them as we continue to work on these goals. This information will help guide us as we plan.

Please take a minute to share how you CURRENTLY feel about safety, local economy, vibrancy, properties, leadership, and investment in the district. There are optional short answer questions for your comments under each topic as well as final comments on the district and revitalization.

The survey will be available until November 30, 2019. It will take 3-10 minutes. Complete the survey online at [ratcreek.org](http://ratcreek.org) or **drop paper surveys in the mail slot at Alberta Avenue, 9210 118 Ave.**

**PRIZE DRAW** – You will be entered into a draw for a \$100 gift card to a local restaurant if you provide contact info. Email/phone will not be used for any other purpose and will be removed from the data prior to analysis.

Email: \_\_\_\_\_  
OR Phone: \_\_\_\_\_

\*The council includes Arts on the Ave, the Alberta Avenue Business Association, the Rat Creek Press and the seven community leagues – Alberta Avenue, Delton, Eastwood, Elmwood Park, Spruce Avenue, Parkdale-Cromdale, and Westwood.

### YOUR CONNECTION

What is your connection to the Alberta Avenue District neighbourhoods? Check all that apply.

- I live in the district
- I work in the district
- I shop in the district
- I dine in the district
- I volunteer in the district
- I play in the district

Other: \_\_\_\_\_

What is your postal code? \_\_\_\_\_

### For the following questions:

**SD = Strongly Disagree**      **A = Agree**  
**D = Disagree**                      **SA = Strongly Agree**  
**N = Neutral**

The community is **SAFE**.  
SD    D    N    A    SA

What would help you feel safer? \_\_\_\_\_

\_\_\_\_\_

The **LOCAL ECONOMY** is thriving.

SD    D    N    A    SA

What would help improve and grow the local economy? \_\_\_\_\_

\_\_\_\_\_

The social fabric of the area is **VIBRANT**.

SD    D    N    A    SA

What makes the area unique and vibrant? What do you want to see more of? \_\_\_\_\_

\_\_\_\_\_

**PROPERTIES** are attractive and well cared for.

SD    D    N    A    SA

What do you need to support you in caring for and beautifying your property? Or what would you like to see from residential and commercial properties?

\_\_\_\_\_

\_\_\_\_\_

People are empowered to **LEAD** change.

SD    D    N    A    SA

How would you like to contribute to and lead change in your community? \_\_\_\_\_

\_\_\_\_\_

**INVESTMENT** in the community is strong.

SD    D    N    A    SA

Where is investment needed most in the community? \_\_\_\_\_

\_\_\_\_\_

How **IMPORTANT** is it that we work on:

Safety                      NOT SW N IMP VI

Local Economy            NOT SW N IMP VI

Vibrancy                    NOT SW N IMP VI

Properties                    NOT SW N IMP VI

Empower People            NOT SW N IMP VI

Investment                    NOT SW N IMP VI

**NOT Important, SomeWhat Important, Neutral, IMPortant, Very Important**

# Fresh Routes launches pilot in Edmonton

The mobile grocery store addresses food deserts in communities

RUSTI L LEHAY

Four million Canadians struggle with food insecurity every year.

Morgan Allen, the Edmonton lead for Fresh Routes, says, "One point five million people are going a day or more without eating."

Allen says, "Despite the abundance of food in Canada, not all Canadians have access to healthy and affordable food. Canadians also face a paradoxical situation where healthy foods, such as fruits and vegetables, are out of economic and geographic reach. Harmful 'foods' are cheap and plentiful."

Fresh Routes was founded last fall after a four month pilot in partnership with the City of Calgary. Formerly the Community Mobile Food Market, Fresh Routes' Mobile Grocery Store (MGS) evolved into a year-round initiative.

The not-for-profit social enterprise focuses on creating new, innovative ways of providing healthy and affordable food to as many Canadians as possible.

It's important to note that although their partner organization is Food Rescue, Fresh Routes does charge for the food since they pay for it. Future partnerships with community kitchens may help with the food literacy goal.

Allen says, "The mandate is

head of cauliflower, and 10 avocados for \$17.

Working in partnership with communities, the MGS brings healthy, fresh, and affordable food into neighbourhoods facing barriers—allowing choice, maintaining dignity, and building community.



pilot phase, including locations in downtown, northeast, and west Edmonton.

If the pilot is successful, Fresh Routes intends to expand across the city into other areas that face barriers to accessing food such as restricted mobility or lower incomes. Even a 10-15 minute

teers load food purchased at near-wholesale prices from H&W Produce and other local vendors. Once a location and weekly time are established, it will operate continuously.

Once Fresh Routes has buy-in from residents, they can continue indefinitely. They need 58 transactions each week to be viable. Based on Calgary's success story and the number of people at their Edmonton launch, their success seems likely.

Allen says, "This one woman was buying the majority of her meals from a fast-food chain located near her home because it was the only option she could physically access. After the mobile grocery store launched in her neighbourhood, she shared with our staff how overjoyed she was to finally have access to the nutritious foods she enjoyed again."

Fresh Routes go to food deserts where people tend to walk as a main mode of transportation. | Rusti Leahay

to increase access to food in three ways: physicality (location), financially (lower costs than big-box grocery stores), and food literacy." One woman at Clareview's launch purchased a bunch of celery, a humongous

On Oct. 9 from 6:30-8 pm at Clareview Rec Centre, Edmonton had its first Fresh Routes truck stop. Set to recur weekly year-round, there will soon be an additional six to eight locations in the Edmonton

walk to a grocery store may be too much for some individuals, so they bridge this gap by bringing affordable food directly to the customer.

Using the mobile one-tonne refrigerator food truck, volun-

*A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.*



Morgan Allen, the Edmonton lead for Fresh Routes, says harmful foods are cheap and plentiful. | Rusti Leahay

# Dying well focuses on your last days

This personal concept can include quality time and practical discussions

**TALEA MEDYNSKI**

Death is inevitable. For some, it's sudden and there's no preparing for it. But for others with a terminal illness, there's time to come to terms with it either at home or in a hospice or palliative care unit in a hospital.

"The term 'dying well' is personal for everyone," says Bonnie Ross, community programs manager at Pilgrims Hospice Society. "It means to live fully up until death occurs, to be spiritually and mentally at peace."

It also means pain and symptoms are managed.

Ross gives the examples of being surrounded by loved ones and doing what's important during those last days.

"Spend real quality time," suggests Ross. She says this could mean simple, everyday things, like watching your grandson play soccer.

For many people, it means leaving nothing undone. "When that time comes, there is a sense of comfort and peace."

And if you know someone in that position, you can do a lot to help them.

"Ask them questions," says Ross. "What is important to them? What they would like to do? What do they need to be at peace?"

Sabrina Atwal, senior advisor of media relations with Alberta Health Services (AHS), advises

discussing practical and important matters.

"Families can have conversations about their loved ones' wishes for the end of life, and document them, in case they cannot speak for themselves. This helps take the guesswork out of the process for healthcare providers. It also reduces the stress family members may feel during such an emotionally hard time," says Atwal.

Explore resources at [conversationsmatter.ca](http://conversationsmatter.ca) so loved ones know that they've covered everything needed and can figure out

Families may also access respite so they can spend quality time with their dying loved one instead of being a caregiver.

Pilgrims Hospice Society, currently building the Roozen Family Hospice Centre, offers supportive services and programming.

"We focus on living up until death," says Ross, explaining Pilgrims Hospice offers services like caregiving and pain control. With an average stay of 17 days for those at the end of their life, the society offers community programming as well as an adult

home respite program. With their program called No One Dies Alone, if someone has no one to sit by their side as they're dying, the hospice will provide someone for the last three days of life.

And of course, don't be afraid to ask for help.

Ross says, "I would say it's important to look for help whenever possible so you have the help whenever possible." She adds, "Take people up on offers to help. People do want to help, but they don't know what to offer. Don't be afraid to talk

be even more important."

Those who receive a palliative diagnosis are assigned a caseworker, Ross explains. It's usually an RN, and different resources are available depending on the situation.

Other useful information includes the Alberta Hospice and Palliative Care Association (includes workshops, education, and programming) and the Canadian Hospice and Palliative Care Association.

Or, visit [albertahealthservices.ca/info/Page14778.aspx](http://albertahealthservices.ca/info/Page14778.aspx) for palliative and end-of-life options.

Atwal says, "The website has resources, stories, grief support services, hospice information, and what to do after a death. If patients are seeking a medically assisted death, information can be found at [ahs.ca/maid](http://ahs.ca/maid).

Ross explains that dying well is important.

"It really makes for a better experience for everyone. It's sad, but you know your loved one died in the best way possible, to be able to walk away from a death, knowing you did everything you could." She adds, "It's important to leave nothing unsaid, resolve issues, apologize or patch up relationships. Leave spiritually and emotionally peaceful."

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



Dying well means different things to everyone, but it can generally include being prepared and spending time with loved ones. | Sharon McCutcheon on Unsplash

a plan.

Atwal says, "This includes appointing an advocate who can speak on your behalf if you cannot speak for yourself and having your financial affairs in order."

respite day program.

"It's a great recreation," says Ross. "It takes people away from being ill." The program has services like art and pet therapy.

They also offer community outreach, grief services, and a

to your caseworker and ask for more assistance."

If you are the one who is terminally ill, the same principle applies.

"If you do have a family, ask for help. Your caseworker will

## 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?

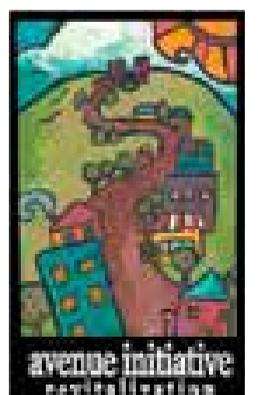
Any activity that gives an opportunity for people to meet and get acquainted is beneficial. The focus is on having fun, and collaborating with neighbours to work together on initiatives that bring our communities to life!

Go to [edmonton.ca/blockparties](http://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](http://edmonton.ca)





**Tired of money problems?** **It's time for solutions!**

**FINANCIAL FREEDOM FORUM**  
**November 28 @ 7PM**  
 11306 - 91 ST NW

**Please join us for a fun and engaging movie screening event-**  
**THE GREAT DISCONNECT**

Hosted by: Bachelor of Social Work Students,  
 MacEwan University & Alberta Avenue  
 Community League

Get to know your neighbors and  
**Community**

When: Thursday, November 21, 2019  
 (6:30pm-8:30pm)  
 Where: Alberta Community League  
 9210 118 Ave, NW, Edmonton, AB

Directed by:  
 Tamer Soliman

**FREE ENTRY**

Please RSVP using  
[www.albertaavenue.org](http://www.albertaavenue.org)

Pizza (Veg. & Gluten free options available) & refreshments

Free Childcare with Fun Activities



**Annual General Meeting**  
**Fri Nov 29 @ 7 pm**  
**Parkdale Cromdale**  
**11335 85 St**



**JOIN US**

**Rat Creek Press**  
**Become a member**



**Party like it's 1999**  
**RCP 20th anniversary celebration**  
**Fri Nov 29 @ 8 pm**  
**Parkdale Cromdale**  
**11335 85 St**



**FREE COMMUNITY PROGRAMS**

<p><b>ESL &amp; LANGUAGE</b></p> <p><b>PRACTICE ENGLISH</b>              Conversation circle, Mondays, 7-8 pm at Sprucewood Library.</p> <p><b>GLOBAL VOICES CHOIR</b>              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.</p> <p><b>LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)</b>              More: Edmonton Mennonite Centre 780.424.7709 or info@emcn.ab.ca.</p> <p><b>FOOD &amp; SUPPORT</b></p> <p><b>EDMONTON URBAN NATIVE MINISTRY</b>              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.</p> <p><b>BENT ARROW TRADITIONAL HEALING SOCIETY</b>              Various programs and services, including a soup &amp; bannock lunch once a month. 11648 85 Street. 780.481.3451. www.bentarrow.ca.</p> <p><b>PRAYERWORKS COMMUNITY</b>              Hot meals &amp; warm friendship at PrayerWorks Common in St. Faith's &amp; 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</p> <p><b>COLLECTIVE KITCHENS</b>              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.</p>	<p><b>PARENTS &amp; PRE-SCHOOLERS</b></p> <p><b>BABES IN ARMS</b>              A wonderful casual parent meetup. Fridays, 10 am-noon at The Carrot Coffeehouse.</p> <p><b>SING, SIGN, LAUGH &amp; LEARN</b>              Saturdays &amp; Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.</p> <p><b>NORWOOD CHILD &amp; FAMILY RESOURCE CENTRE</b>              Parent &amp; family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. www.norwoodcentre.com.</p> <p><b>PARENT LINK CENTRE</b>              Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.</p> <p><b>CHILDREN</b></p> <p><b>LEGO AT THE LIBRARY</b>              Design and build a lego creation. Ages 6-12. Saturdays, 3-4 pm at Highlands Library.</p> <p><b>GIRL GUIDES</b>              Meetings on Mondays from September to June at St. Andrew's. More: 39thedmontonguiding@gmail.com or 1.800.565.8111 (answered locally).</p> <p><b>TEEN LOUNGE JR.</b>              Play video games, make a DIY project, meet friends. Thursdays, 3:30-4:30 pm at Highlands Library.</p> <p><b>YOUTH</b></p> <p><b>EVIL GENIUS CLUB</b>              Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design &amp; printing are just the beginning. Fridays, 4-5 pm at Highlands Library. Thursdays, 3:30-4:30 pm at Sprucewood Library</p> <p><b>TEEN LOUNGE</b>              Play video games, make a DIY project, or just hang out. Thursdays, 6:30-8:30 pm at Sprucewood Library.</p> <p><b>GLOBAL GIRLS</b>              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.</p>	<p><b>TEEN LOUNGE JR.</b>              Play video games, make a DIY project, meet friends. Thursdays, 3:30-4:30 pm at Highlands Library.</p> <p><b>AIR CADET SQUADRON</b>              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.</p> <p><b>ADULTS</b></p> <p><b>COFFEE WITH COPS</b>              Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 am at The Carrot Coffeehouse.</p> <p><b>AVENUE BOOK CLUB</b>              Meets the first Wednesday of each month at 7 pm at The Carrot Coffeehouse. More: Lorraine 780.934.3209.</p> <p><b>AVENUE WORD ADVENTURING</b>              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.</p> <p><b>SEATED MEDITATION</b>              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.</p> <p><b>GUIDED MEDITATION SITS</b>              Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.</p> <p><b>COFFEE FRIENDSHIP CLUB</b>              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.</p> <p><b>COMMUNITY ART NIGHT</b>              Free art workshop for adults. Tuesdays, 6:30-8:30 pm at the Nina. Register/info: 780.474.7611.</p> <p><b>WELLBRIETY SUPPORT GROUP</b>              Mondays, 7-9 pm at Canadian Native Friendship Centre, upstairs room #200.</p>	<p><b>SENIORS</b></p> <p><b>CENTRAL LIONS SENIORS ASSOCIATION</b>              Programs, clubs, drop-in activities, fitness centre. 11113 113 St. 780.496.7369. www.centrallions.org.</p> <p><b>NORWOOD LEGION SENIORS GROUP</b>              Cribbage, Wednesdays at 1 pm at NorwoodLegion.ca.</p> <p><b>SENIORS BREAKFAST &amp; SOCIAL (55+)</b>              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.</p> <p><b>FAMILIES</b></p> <p><b>HIP HOP SHOWCASE</b>              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.</p> <p><b>TABLE TOP GAMES NIGHT</b>              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.</p> <p><b>FAMILY ART NIGHT</b>              A variety of free art activities for school age children accompanied by adults. Thursdays, 6:30-8:30 pm.</p> <p><b>MUSIC LESSONS BY CREART</b>              Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: createdmonton@gmail.com or 587.336.5480.</p> <p><b>FREE COMMUNITY REC ACCESS</b>              At Commonwealth Stadium on Saturdays from 5-7 pm: Alberta Ave, Eastwood, Westwood. Sundays 1-3 pm: Alberta Ave, Parkdale-Cromdale, Spruce Avenue</p> <p><b>OPEN MIC NIGHT</b>              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.</p>
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**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 8715 118 Ave The Carrot Coffeehouse 9351 118 Ave The Nina 9225 118 Ave
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**NOTICES**

The Carrot Christmas Arts Bazaar, Nov. 16, 9 am - 5 pm, The Carrot Coffeehouse (9351 118 Ave). Buy enticing and original local art, crafts, jewelry, and giftware. Stop by for a coffee and find a special gift for yourself or a loved one.

**TOAST & JAM**  
 Thursdays, 11 am - 1 pm, The Carrot Coffeehouse (9351 118 Ave). Local acoustic musicians bring their instruments and gather around a table for a "kitchen party" featuring whole grain toast and jam.





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# CHURCH SERVICES

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11725 93 Street

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

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

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

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

11335 85 Street (Parkdale Hall)  
 avenuechurch.ca

Sundays  
 9:30am coffee fellowship  
 10:00 am Service

**BETHEL GOSPEL CHAPEL**  
 A Bible-based, multi-ethnic fellowship.  
 11461 95 Street  
 780.477.3341  
 Sunday Meetings:  
 9:30 am - Lord's Supper  
 11:00 am - Family Bible Hour

**NORWOOD WESLEYAN CHURCH**  
 Meeting needs with love and compassion  
 11306 91 St  
 10:00 am Sunday School  
 11:00 am Sunday Service  
**ST. ANDREW'S PRESBYTERIAN**

A caring and loving church in your community where everyone is welcome.  
 8715 118 Avenue  
 780-477-8677  
 Sundays at 11 am

**THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH**  
 A Place for Worship and Service  
 11661 95 Street  
 salvationarmy.ca/alberta  
 780.474-4324  
 3:00 pm Sunday Worship

CHURCH SERVICES  
 CHURCH SERVICES  
 CHURCH SERVICES



**INDIGENOUS ARTISTS MARKET COLLECTIVE**  
*proudly presents*  
**A VERY INDIGENOUS HOLIDAY MARKET 2019**

**EDMONTON'S BIGGEST ALL INDIGENOUS HOLIDAY MARKET EVENT**  
 NOV 30, 12 - 8 PM | DEC 1, 10-5 PM  
**ALBERTA AVENUE COMMUNITY CENTRE**  
**9210 118 AVENUE**

50+ Indigenous Artists, Creatives, & Entrepreneurs

Indigenous Fashion Show on Day 1

Hourly Door Prizes & Silent Auction

Live Performances & DJ on both Days

Open Jam on Day 2 1-4 PM Come share your gifts with the Community

SHARE SHOP SUPPORT

**Event or Vendor/Performer/Volunteer Inquiries**  
 Email: [i.a.m.collective2018@gmail.com](mailto:i.a.m.collective2018@gmail.com)  
 Call 780 906 3906



**GET YOUR WESTWOOD COMMUNITY LEAGUE MEMBERSHIP TODAY!**  
[WESTWOODCL.CA/MEMBERSHIPS](http://WESTWOODCL.CA/MEMBERSHIPS)

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 tues - sat: 10 am to 5:30 pm | Closed Sunday & Monday | Thursdays until 8 pm

## COMMUNITY LEAGUE WELLNESS PROGRAM

Present your community league card and receive  
 20% off annual or continuous monthly pass  
 15% off multi-admission passes



City of Edmonton  
**Recreation centres**