



RAT CREEK PRESS

ALBERTA AVENUE • DELTON • EASTWOOD • ELMWOOD PARK • PARKDALE-CROMDALE • SPRUCE AVENUE • WESTWOOD

PUBLISHED ON TREATY 6 TERRITORY

WWW.RATCREEK.ORG AUGUST 2020

Jockey dorms get new life as bridge housing

The new housing is expected to be open by October



Kevin Wong, civic director (left) and Steven Townsend, president of Parkdale Cromdale Community League (right) in front of the soon-to-be bridge housing. | Stephen Strand

INSIDE

HEALTH

Learn health strategies for the coming school year >> P2



ART

Discover how local artists have adjusted to the pandemic >> P3

FOOD

Forage for edible weeds in your yard >> P4

HEALTH

Read about ways to boost your immune system >> P5



COLUMN

Gillian Kerr shares sustainable choices everyone can make >> P7



SHARE & COMMENT ON STORIES ONLINE RATCREEK.ORG

FB.COM/RatCreekPress
@RatCreekPress
@RatCreekPress

STEPHEN STRAND

On the Northlands grounds the old jockey dorms have been sitting empty, but they will soon be used again. The City of Edmonton is converting the dorms into bridge housing. With roughly 2,000 Edmontonians experiencing homelessness and up to 500 people sleeping outside on any given night, there is a need for housing.

“Repurposing the dorm on Exhibition Lands will allow the City to provide bridge housing quickly and cost effectively,” says Nicole Thomas, City spokesperson.

Bridge housing is temporary housing that allows people to bridge the gap from homelessness to permanent housing. Residents will stay in the housing an average of 30-90 days while they secure permanent housing. It is not open for walk-in service or support, though.

“Residents will be referred through a process led by Homeward Trust that identifies and supports

people who are committed to finding housing. Once selected, residents will receive health, well-being, and housing support,” says Thomas.

Homeward Trust is the leaseholder of the dorms.

“We have looked at a number of different best practices and will lease the building from the City,” says Susan McGee, CEO of Homeward Trust. From there, they will contract an agency to provide on-site support. “That agency, really, is working in collaboration with other agencies in the community that are housing people.”

McGee adds: “It really is important to think about it in terms of the coordinated access program that the community in Edmonton, the sector works with.” The dorms will house roughly 30 people, so Homeward Trust will be working through outreach programs, such as the Bissell Centre and Boyle Street Community Services.

“We have about a dozen organizations that have housing first teams

and housing workers,” says McGee. These organizations refer individuals to stay at the housing facility while they are actively engaging with them. Once they are housed, the teams will work with the individual for up to a year to help them transition into permanent housing.

“The team on site is there to maintain an active focus on housing and provide the support to the agencies who will need to come in and make appointments with the individuals, take people to look at apartments, and to be that continuity and ensure that the environment maintained there is really focused on the housing effort,” says McGee.

The onsite team will help people staying at the dorms cross any barriers, such as getting identification, introducing them to landlords, and looking at apartments.

“We don’t just find a place and give somebody keys and hope they succeed. It’s a very involved process for the individual themselves. Ultimately, it’s them that has to do

some of the hardest work,” McGee explains.

Steven Townsend, president of Parkdale Cromdale Community League, says, “I want to see more stuff like this happening, especially in vacant buildings that the city already has. It’s easy to retrofit them, get them going.”

It will cost approximately \$600,000 to refurbish the old dorms, while building one would cost between \$2.4 million and \$5 million. They aim to be open by the beginning of October.

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

MORE INFO

edmonton.ca/homelessness

housing@edmonton.ca



Kaleido ON TOUR

JULY – SEPTEMBER 2020

Showcase: SEPTEMBER 11 – 13

ALBERTA AVENUE DISTRICT

NAIT - NORTHLANDS, 75 ST - 106 ST / 111 AVE - YELLOWHEAD



@KaleidoFestival

KaleidoFest.ca

Spontaneous Surprises all Summer!

Residents concerned about school year

Strategies for families to handle associated stress and anxiety

NAZREENA ANWAR-TRAVAS

The possibility of schools re-opening soon has triggered mixed reactions from families.

“The school has assured [me] there will be some form of social distancing,” says Jonathan Lang, a Norwood resident. “However, this could be challenging as not many rooms are big enough.”

Keny Francis, a businessman in Cromdale, is relieved. He has been working from home since the lockdown. “I can finally focus on work,” he grins. His twins have had enough of learning from home. “We will see our friends again,” they beam.

Isaac, a 10-year-old from Alberta Avenue, is not as enthusiastic. “I would rather continue to learn online from home.” His mother, Maggie Glasgow, is concerned there will be a rapid

rise in infections across locations, as many kids attend daycares and mingle with others. There’s also the possibility of a second wave of the pandemic.

“Whatever happens then?” Lang asks.

Nadine Riopel, a Spruce Avenue resident, says the school her son attends will have a concrete decision by August and prefers to wait until then to talk to her son.

“It is scary,” Glasgow agrees. “Isaac does not even want to talk about it.”

COVID-19 has changed the way people think and behave.

“Social media can be a blessing as well as a curse,” says Jon Jon Rivero, an occupational therapist at Qi Creative. “People should be analytical about what they hear or read and should address their concerns only with trusted sources.”

He suggests parents communicate with their children about school re-opening and recommends a three-step process. First, encourage children to express their feelings. Second, listen and empathize with their fears and emotions. Finally, collaborate as a family to help children learn what to do to self-regulate. Simple activities like stretching, walking, or cycling combined with deep mindful breathing can help in eliminating stress.

For Kim Wu, a resident of Chinese origin, the stress takes a different angle.

“Since the pandemic, Chinese have been subject to racist remarks. I don’t expect such things to happen at school. But what if they do?”

Lang feels fortunate to be able to drive his children to school. “But what about those using the school bus?”

Francis hopes schools enforce strict hygiene practices.

“Kids are kids. Some are too young to understand the gravity of the situation. Once they see their friends and start having fun, they may forget about keeping their distance. But if everyone follows precautionary measures and appropriate distancing, I am happy.”

Glasgow remains skeptical. “I prefer children study from home until a vaccine is found. These are abnormal times and we need to maintain the safety of the community as a whole.”

“Families must accept that school life in fall will be different,” says Rivero. “Children without familial support should talk to their school support and teachers.”

Rivero plans to create a video and post it on his website to address stress associated with the

upcoming school year. His message: “You are resilient. Fear is a normal response to what is going on. Use your inner resources effectively to handle challenges positively.”

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

RESOURCES

Qi Creative
qicreative.com
info@qicreative.com
Mynameistrauma.com



The school year is soon approaching. | Nazreena Anwar-Travas

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

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

Joe Wong, Mariam Masud, Muriel Wright, Steven Townsend, Virginia Potkins, Sarah Dotimas, George Crawford and Sean MacQueen. The board may be contacted at board@ratcreek.org.

PRODUCTION STAFF

PUBLISHER Karen Mykietka info@ratcreek.org
EDITOR Talea Medynski editor@ratcreek.org
DESIGNER Lorraine Shulba design@ratcreek.org
ADVERTISING ads@ratcreek.org

CONTRIBUTORS

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

COPYRIGHT

Copyright of articles, letters, photographs, and other online materials submitted and published by the Rat Creek Press in print or online remains with the author, but the Rat Creek Press may freely reproduce them in print, electronic and other forms.

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.

RATCREEK.ORG

I ❤️ my
RCP

This was the summer a DJ saved my life

Art is essential to our well-being during the hardship of a pandemic

ALITA RICKARDS

In mid-June, Singapore’s *The Sunday Times* listed artists as number one on a survey of ‘the top five non-essential jobs’.

Yet art has become a crucial comfort during the lockdown. Known for their creativity, our local artists have had to adapt.

“I had an idea to do a piece but I knew it was going to be a marathon, so I put it off for a year,” says Mark Elliot Muz, visual artist, musician, and co-owner of The Aviary. “Self-isolating was the perfect time—I was able to treat it like a full-time job. One day I spent 17 hours cutting paper.”

Near the beginning of the lockdown, my tenant John Armstrong, event producer,

agent, manager, publicist, and musician, approached me with the idea of having a porch concert with proper physical distancing.

Armstrong has now produced dozens of porch concerts, featuring musicians like Bill Bourne, Kevin Cook, Steven Johnson, Tom Roschkov, and Dana Wylie. He hopes to present a modified version of his Sasquatch Festival in late August or early September. “If you can’t tour and there can’t be touring artists coming through for big shows, there will likely be more demand for small shows by local artists. Adapt to that,” Armstrong says.

“Something that I realized very soon after everything shut down is that, as a performer

with young children, going out and playing has come to have a vital function in my life—as a sort of release valve,” says Wylie, a veteran folk singer.

She calls the pandemic “a much-needed wake-up call” bringing the “precariousness of being an artist into sharp relief, which has made me want to advocate more for those in our communities who are truly vulnerable.” A basic income guarantee is one such example.

“There’s a silver lining in COVID land, I think,” says Kristy Nanise, also known as The Flask-strapped Poet. “Online shows bring in more exposure because people are at home on their phones and computers most of the time and will tune in.”

The downside is the lack of a live audience. Near the end of June, North Country Fair and Starlite Room hosted a live broadcast mini festival. During her performances, Nanise normally feeds off a crowd’s energy, but social distancing and mask wearing made it difficult. “So I feel like I bombed a little, I got nervous and too inside my head.”

Catherine Owen, a local poet, agrees. “Engaging with an audience is a massively important part of being a poet to me. Poetry is an aural form and once you bring your book to listeners you have completed the circle.”

Lorraine Shulba, a local painter and illustrator, has been selling large prints of her work

to adorn backyards. “We have to make our own magic and adapt in life to survive.”

Recently, a small group of my friends did just that. We set up a tiki camp with an outdoor dance floor, and our friend DJ Diabolik spun tunes. As we danced and laughed under the stars, I felt like myself for the first time since March.

It was essential.

Alita moonlights as a freelance writer focused on interesting people, music, arts, food, culture, sustainable lifestyles, and human rights. These same things attracted her to become a homeowner in vibrant, diverse, walkable Alberta Avenue.



DJ Diabolik spins tunes for a small group of friends while camping at the site of cancelled summer festival Pembina River Nights. | Alita Rickards

Eat weeds instead of throwing them away

Urban foraging is a sustainable and accessible way to feed ourselves

VICTORIA STEVENS

Dandelions. Chickweed. Burdock. These plants, commonly referred to as weeds, are much maligned and almost always removed when spotted amongst carefully cultivated flowers, venerated vegetable gardens, and manicured lawns.

Digging a little deeper, these plants and many others are beneficial, not only to our gardens and yards, but also to our health and bank account.

Alita Rickards and her sister bought a house in the Alberta Avenue area a few years ago. Both the front and back yards had been neglected. Hard packed ground, lots of shade from trees, garbage everywhere. The only thing that seemed to grow were the weeds.

"My neighbour mentioned if I wanted anything to grow, I needed to let the weeds come up first," Rickards says. This sparked interest. Rickards began reading and

learning more about gardening and plants. She became specifically interested in the weeds that were beginning to grow, soon discovering that many of them were edible and were packed full of vital nutrients and vitamins.

A growing trend towards sustainable living and cultivating gardens has led to an

food.

For example, dandelions, burdock, chickweed, plantains, and purslane are considered weeds. Some are noxious, but all are fully or partially edible. Dandelions are fully edible. The plant is packed with potassium, vitamins A and C, iron, beta-carotene, and contains as much calcium as half a cup of milk.

substitute, and the unopened buds can be eaten raw or used in cooking. Purslane, also known as pigweed, is considered both a noxious weed and a super food. Purslane contains more omega-3 than any other leafy plant, and is packed full of essential vitamins and minerals.

The idea of wild eating isn't new. This practice has been in

food crops to fail and a depressed economy, people turned to what grew naturally around them. Even in dry, packed dirt, these free and accessible plants would grow and many families were able to supplement their meagre food supply. Now, with global warming and a pandemic threatening food security, being able to easily grow, find, and harvest nutrient dense food is essential.

Beyond plants like dandelions and purslane, Edmonton boasts over 35,000 edible fruit trees. These range from crab apples and chokecherries to pears and plums. All are accessible and available to the public. Edmonton Food Council has even produced a map of all the edible fruit trees in the city to make them easy to find and to help ensure less of the fruit goes to waste.

When thinking about plants and weeds, Rickards encourages everyone to do a little deeper thinking. "Ask yourself, who benefits from judging these plants as weeds?"

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



This salad consisted of mixed lettuce, wild mustard greens, dandelion, rainbow chard, radish, radish greens, green onion, chive, chive flower, chickweed, and lilacs. | Alita Rickards

increased interest in wild eating, as Rickards calls it. Wild eating uses what naturally and easily grows in the area as sources of

The leaves, although on the bitter side, are often used as a leafy green in salads. The root can be roasted to use as a coffee

use for a long time, most recently widely practiced in the 1930s during the Great Depression. With droughts causing many

RESOURCES

Edible Fruit Trees Map
<https://tinyurl.com/y6roba2w>
 northernbushcraft.com/
 salisburygreenhouse.com/eat-your-weeds

Join
the
RCP
board!

"We'll Keep You Happy for Life"

XL Furniture

FAMILY BUSINESS SINCE 1952

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com
 tues - sat: 10 am to 5:30 pm | mon - sun: closed | Thursdays until 8 pm

STERLING
REAL ESTATE

YOUR neighbourhood realtor



Selling homes since 1990!

ROXANNE LITWYN

780-907-7589

ROXANNEHOMES.COM

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

Janis Irwin, MLA
Edmonton-Highlands-Norwood

f JanisIrwin

780.414.0682
6519 112 Ave.

Edmonton.HighlandsNorwood@assembly.ab.ca



Norwest
INSURANCE
AGENCIES LTD

Auto * Home * Business * Life
RRSP * Travel Insurance
Real Estate

11734 95 St 780.477.9191

Serving this community
since 1976

Keeping ourselves healthy during COVID-19

Promising research into vitamins and other supplements

REBECCA LIPPIATT

By now, everyone knows the biggest things we can do to help prevent the spread of COVID-19 are washing our hands and wearing a mask when we are in public.

Because COVID-19 is a new disease, the science behind it is continually emerging. It might be frustrating to hear one day that you don't need a mask, but that the next day you do. This is not because the scientists or our public health officials were wrong yesterday; like all of us, they are learning as they go. All the information is new. It will take time for scientists to come to conclusions based on the evidence. In the meantime, follow public health suggestions, even if they change.

The virus infects people seemingly at random. About 20 per cent of people infected will be sick enough to be hospitalized, but even amongst those not hospitalized, stories are emerging of Post Covid Syndrome. This causes what looks like re-infections. One day a person feels well; the next, they spend

the entire day in bed with aches and pains.

We can take steps to protect ourselves from getting really sick with COVID-19. Healthy eating, getting a good sleep, and

against COVID-19, supplementation ensures good bone health and low levels are correlated with multiple sclerosis.

University of Lethbridge scientists have been studying how

fight inflammation). It helps make white blood cells, and is important in the formation of blood vessels and collagen. Researchers in China are investigating intravenous vitamin C

in countries where fermented products (sauerkraut, kimchi, yogurt, kefir etc.) are a regular part of people's diets. They found "for each gram per day increase in the average national consumption of fermented vegetables, the risk for COVID-19 mortality (at the country level) fell by 35.4%".

Be sure to research what dosage to take of any supplement. Overdosing on supplements can be dangerous. Talk with a pharmacist and/or doctor. If you are researching online, make sure your sources are reliable.

Rebecca has attended free concerts as a bouncer, juggled plates as a waitress, completed a degree in microbiology, laboured in the oilfield cleaning storage tanks and worked as an editor for the Government of Alberta. In her current incarnation, she has been a full-time photographer for the last 13 years and is a mother to two boys and stepmother to two girls.



There has been research into the benefits of vitamins and supplements and how they may help to fight COVID-19. | Rebecca Lippiatt

exercise should all go without saying. Supplements might also help.

One third of Canadians are vitamin D deficient. Vitamin D helps white blood cells do their job, and decreases inflammation. University of Alberta researcher, Dr. Aldo J. Montano-Loza, is waiting for funding to study vitamin D and COVID-19. Even if it turns out vitamin D is not protective

CBD oils from hemp plants interact with cells through which COVID-19 enters the body. The oils are known to act as anti-inflammatories and are not psychoactive. The scientists are studying how CBD extracts affect key proteins that allow the virus into cells. If successful, the scientists plan to create a mouthwash or gargle mixture.

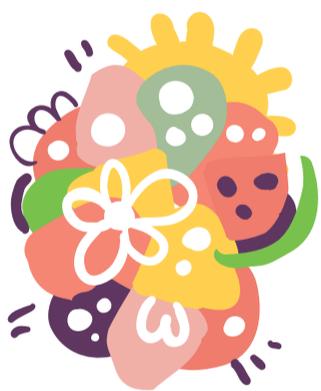
Another supplement is vitamin C, an antioxidant (helps

Researchers hope zinc will have the same effect on COVID-19. Zinc stops the cold virus from replicating itself and decreases cytokines, which is important since some patients die from what is called a cytokine storm, where the immune system gets hyper-active.

Probiotics also help keep your immune system healthy. Scientists in Berlin studied how the virus affected people

CBD Oils: <https://tinyurl.com/y8lyqld6>
 Vitamin D: <https://tinyurl.com/yxg4zosm>
 Vitamin C: <https://tinyurl.com/y3homq5f>
 Zinc: <https://tinyurl.com/vx7p3yr>

Arts on the Ave & Eastwood Community League present



OUTDOOR
RINK
 HAPPENINGS!

A Neighbourhood Backyard Experience

AUGUST WILL BE FILLED WITH
AMAZING & SAFE FUN
 FOR THE WHOLE FAMILY!

Watch our social media for the month of August for amazing arts and creativity happening in the rink at 119 Ave & 86 St

f t i @artsontheave

ALL ARE WELCOME!

Bring a lawn chair, sunscreen and your own snacks.

arts on the ave

Eastwood Community League

(780) 471-1580 | 9351 - 118 Ave | Edmonton, AB | artsontheave.org

**ALBERTA AVENUE.
 SHOP. DINE.
 PLAY. WORK.**

Jesus Gonzalez, Paraiso Tropical Latin Market



A
**MOSAIC
 OF
 CURIOSITY**

OPINION

Thinking of others during the pandemic

Newer generations are not accustomed to sacrificing freedoms

STEPHEN STRAND

When I was young, I loved listening to my grandfather talk. He was normally quiet and reserved, but if he felt comfortable, and usually after a beer or two, he would open up. Through these stories I learned of his youth in the Netherlands. Born in 1926, he lived through the Great Depression and the German occupation of the Netherlands (which involved thousands being starved, killed, or sent to concentration camps). He was drafted into the Dutch military after the war, and caught malaria in Indonesia. In the mid 1950s, he moved to Canada with my grandmother.

He would often speak of happy memories, but occasionally he would tell some of the sadder ones. During the occupation, he and his brother were walking when my grandfather realized he forgot his coat on a fence post. His brother started to go back to grab it for him when he stepped on a landmine, losing his leg. Though

his brother lived, the guilt my grandfather felt followed him throughout his life. I heard this story only once, and it was one of only three times I saw him cry.

My grandmother had similar stories, but she rarely told them. The few she did share were as heartbreaking as his. Her brother and father were sent by train to a concentration camp. Luckily, they escaped and eventually returned home. As a young woman, she was forced to be a housekeeper for a German family who treated her harshly.

Both of my grandparents, having been deprived of so much in their youth, tried to make sure no one around them was deprived of anything. They did not wish for anyone to go through what they experienced. They knew how precious life is. And they didn't let the little things bother them.

The stories were hard for them to tell and hard to hear, but there are also stories of people helping others for no apparent reason. These stories

seem so rare now, though, that they have their own segment on news channels.

People born around the time of my grandparents lived through similar (if not worse) times, while others did not survive. Many generations endured similar hardship until the last few generations—including mine.

For those born after 1950 in North America and parts of Europe, how does your life compare to your parents and grandparents? Did you live through the same terrors? Yes, we have all had troubles and terrors of our own, but to the same extent?

I was told as a child that I could be whatever I wanted to be when I grew up. So were many people my age. We lived through an age of being told to "look out for number one." This dream got warped into the hopes of doing so well that you can live in excess without consequence. We thought we could stand and say to the world, "I did this all by myself."

How many of us were told

to not let anyone stand in the way of what we want? To dream big? We are sold on the idea of freedom. Our parents and grandparents fought and died for our freedom, so we better not waste it. In a way, it's understandable why some people fight whenever it seems like we are being told what to do—like we are now.

When the pandemic began, health officials told us to wear a mask for the safety of others. Some people are not following this recommendation. Yet, other safety measures regularly restrict our freedoms. After all, we wear seatbelts and can be fined for not wearing one. It is generally accepted that the safety of wearing seatbelts outweighs the restrictions on our freedom. The same goes for not drinking and driving, wearing a helmet while riding a motorcycle, using crosswalks, or following traffic laws. And how long have stores said "no shirt, no shoes, no service?" Do people cry foul on our personal liberties over being fully clothed? So why are people crying foul over

being asked to wear a mask to prevent the spread of a disease?

Perhaps it's the first time many of us have been told to do something for others. At worst, wearing a mask is a minor inconvenience. Many of us have lived our whole lives knowing the benefits of wearing seatbelts. Will we look back at this time and scoff at our current stupidity? Hopefully.

For most of us, this is the first time we have had to think of ourselves as anything other than special. Death might not pass us by. Worse, we could unknowingly pass on a deadly virus.

Wearing a mask has been proven to help prevent the spread of COVID-19. Maybe it is time we approach it differently and ask people to wear a mask to save themselves. Maybe then people will take wearing a mask seriously.

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



GRAND OPENING
TWO BROWN DOGS
BISTRO & CATERING
 11812 - 86 street
NOON - 5PM
AUGUST 5TH

ENTERTAINMENT AT 2:30pm

\$5 COFFEE WITH PIE OR CAKE

Please join us!

THE CARROT'S COFFEE WITH COPS
OUTDOORS IN SPRUCE AVENUE

Join the Edmonton Police Service for
 an around-the-table conversation.

AUGUST 6TH AT 7:00 PM

SPRUCE AVENUE COMMUNITY SKATING RINK

We'll provide the coffee & tea, bring your own chair & snacks!

arts on the ave



9351 - 118 Ave | Edmonton, AB | www.thecarrot.ca f t i



What we can do to improve sustainability

Personal sustainability lessons from the pandemic experience

GILLIAN KERR

Sustainability is a widely used and broadly defined concept. We think of sustainability as assessing and maintaining equitable conditions across socioeconomic conditions, geographic circumstances, and generational timelines. We seek to find and demonstrate opportunities for society to prosper in balance with the planet. It is about embracing norms that benefit all, not just the few.

COVID-19 has starkly changed our norms. It's hard for anyone to say what the world will look like after COVID-19, but certainly there will be a number of new norms. Despite the upheaval, there are signs of strengthened connection, hope, and resilience. While so much of the news is disappointing, they contain lessons.

By staying home and isolating, by finding novel and local options, we have reduced energy consumption, greenhouse gas emission, and increased air quality... for now. When things return to normal—that will be the true test of our society.

We hear lots about what business, industry, and govern-

ment can do, but what about us? If new narratives and norms become a part of the conversation, we can hope the sustainability movement will continue forward and be more powerful than ever.

Here are some individual choices we can make to be sustainable and safe.

Work: Many people have been working from home. There are many reasons why working from home, even a day or two a week, may be beneficial to the employee, employer, and the environment. Talk to your work about future plans for remote work.

Cleaning: Vinegar can be used for cleaning. It is cheap, effective, and non-toxic. Here are some everyday household uses for vinegar, based on research:

- Household natural sanitizers like lemon juice and vinegar reduced the number of pathogens to undetectable levels.
 - Vinegar can inhibit growth of and kill some food-borne pathogenic bacteria. Plus, vinegar's ability to kill bacteria increased with heat! (Salt helped too.)
- "The combined use of vinegar and sodium chloride, with use of an appropriate treatment tem-

perature, was found to be markedly effective for the prevention of bacterial food poisoning."

• Household disinfectants like vinegar and baking soda used on their own were highly effective against potential bacterial pathogens, but less effective than commercial household disinfectants.

Please note that at present there is no scientific evidence or studies that show vinegar kills a virus like COVID-19.

Travel: Commuting, travelling, or driving halfway across the city for a coffee with friends are things many of us used to do. Now we are cycling and walking to get around more. This is good for our pocketbooks and the environment. Car repairs require mechanics and are often expensive; we can usually fix bikes ourselves. Over the past five years, the City of Edmonton has been installing more bike lanes and has a downloadable map of the bike lanes on edmonton.ca/cycling.

Shopping: We are better at planning our shopping now and buying key products in bulk. By stocking up, we can find new ways to make the most of what we have, waste less, and enjoy

life more. This can include reducing food waste by freezing or dehydrating food, composting, and moving toward zero-waste. Also, a free and environmentally-friendly way to refresh your wardrobe and make new friends is to host a clothing swap.

Investing in nature: Did you know you can help nesting birds and build butterflyways in our yards or within community spaces? (See tips).

- Help nesting birds by starting a collection of natural, biodegradable, pesticide-free nesting materials like dog fur, moss, twigs, and dried leaves. Please do not use human hair, yarn, string, dryer lint, or synthetic fibres. Put these materials in a reused bag, like a lemon bag. Tie it off, remove any loose strings, and hang it in your yard.

With some help from the David Suzuki Foundation (david Suzuki.org/what-you-can-do/plant-butterflyway-at-school/), you can plant a butterflyway at home or at your school. The many benefits include habitat for butterflies and local bees, education and community learning opportunities, connection with nature,

and a greener community. **Defend Alberta Parks:** The current government has decided to delist or close 167 Alberta provincial parks. At this time, when we know that access to nature is beneficial to mental and physical health and provides families and friends with safe outdoor opportunities, we need to keep our parks. There is a campaign called iusealbertaparks.org. Please take the time to log in. You can find the parks across Alberta, log your visit to the park, and adopt a park. There has been a groundswell of resistance to these parks' changes, so please join the organization.

Gillian has lived in Norwood since 2006 and loves the community. She worked for the Ministry of Environment for over a decade until she finished her PhD on environmental governance. She is currently researching, teaching, and consulting. She volunteers with a number of social society and environmental groups. If you have any comments or ideas for a future article, email gilliankerr@fastmail.fm.

WE ARE A FORCE FOR GOOD

TOGETHER

Let's work together. | Gillian Kerr

Butterflyway

- Choose a location in your yard, community garden or school.
- Mark, fence off or use a natural barrier to protect plants,
- Ensure you have a water source
- Like any garden, consider soil conditions and exposure (sun and shade).
- Butterflies also benefit from basking sites, mud puddles and overwintering habitat.
- Check for invasive species threats and challenges, and remove them before you start.

Follow these tips to make a butterflyway. | Gillian Kerr

arts on the ave

Families Helping Families

WE NEED 35 VOLUNTEER FAMILIES

Become a volunteer family and help a local Alberta Ave district family with their staple grocery items

Contact groceries@artsontheave.org or (780) 471-1580 for more information

HAVE YOU VISITED THE **Westwood Community Garden?**

HELP YOURSELF TO STRAWBERRIES, LETTUCE AND CHIVES.

WHEN THE OTHER PLANTS ARE READY FOR HARVEST WE WILL SHARE IN OUR NEWSLETTER!

Family Picnic in the Park!
 A SOCIALLY DISTANCED PICNIC LUNCH FOLLOWED BY A SCAVENGER HUNT & FAMILY YOGA



SATURDAY, AUGUST 29TH | NOON TO 2:00PM
PARKDALE CROMDALE COMMUNITY LEAGUE!

RSVP TO [SCHMELZ@UALBERTA.CA](mailto:schmelz@ualberta.ca) TO SIGN UP AND RECEIVE A FREE LUNCH PACKAGE FOR YOUR FAMILY!

This event is hosted by CHANGE Health community program (funded by Blue Cross)  **Parkdale Cromdale Community League**



ALBERTA AVENUE
COMMUNITY LEAGUE

NEIGHBOUR connect
exciting | engaging | evolving

Renew Your Membership!

Discover the great benefits of connecting with neighbours and sharing in community!

Sign-up at www.AlbertaAve.org

SPECIAL EVENTS BY GINA MILLER PRESENTS

THURSDAYS
4 P M - 8 P M

Alberta Avenue Public Market

ALBERTA AVENUE COMMUNITY LEAGUE
9210 - 118 AVENUE

CELEBRATING LOCAL MAKERS & CREATORS

Lightning-fast
TELUS PureFibre™
 is here.



Experience the #1 internet technology for speed and reliability.*

Visit telus.com/PureFibreEdmonton to order services.



*Traditional copper wire or copper wire hybrid networks are subject to capacity constraints and environmental stresses that do not affect TELUS fibre optic technology, which is based on light signals. Not available in all areas. © 2020 TELUS. 20-0939