



RAT CREEK PRESS

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Be in the know on urban bee workshops

Alberta Avenue Community League will have a beehive this summer



Amelia Altmiks (pictured) will be sharing her knowledge of beekeeping through workshops. | Supplied

MARI SASANO

Amelia Altmiks grew up in Edmonton, but the time she spent at her grandparents' farm affected her deeply.

"I loved being able to go out and do things on the farm and spend that time with nature. It felt like a huge disconnect not being able to do those things in the city," she says. Back in Edmonton, she and her mother sometimes struggled to make ends meet and couldn't always access fresh food. That contrast sparked an interest in food systems and food security.

"So for me, the question of good, whole food, and knowing systems of nature and how those were intertwined was something I've been thinking about for a long time, and I feel that it's important for people in the city to be reminded of those food systems. It makes us cherish the

food we have a lot more."

Three years ago, she took a step to bring the farm to the city by completing an urban beekeeping certification through the City of Edmonton. She volunteered with MacEwan University's beekeeping site and networked with fellow beekeepers, gaining experience before setting up her own hive with a neighbour.

"I feel like it's pretty intertwined with my love of food, and being able to share that with people, and to build community around food. It is the number one way we bring people together."

Now, with the help of a MacEwan grant, Altmiks will be sharing her knowledge and bringing people together with Alberta Avenue community members through a series of workshops leading up to this summer's installation of a beehive at the hall.

The first workshop (Bees 101) has already occurred, but three more are upcoming.

On Feb. 6, get a free overview with Becoming a Beekeeper. It is a way for people who are interested in beekeeping to understand what is involved in beekeeping and setting up a hive.

Food Medicine (Feb. 29) examines how to plant a garden that will attract pollinators from spring to fall, and ways you can use what your garden produces. Participants will also take home a jar of honey. The fee for this session is \$5.

The last session on March 7 is the Family Bees Workshop, presented in partnership with the Edmonton and Area Land Trust. For \$10, families can make bee hotels and learn to connect the information learned at the workshop to the real world. "It's a way to be involved, so you don't need to have a whole bee

box. You can help the solitary bees that are native to North America."

Altmiks also connects urban agriculture skills to climate change resilience. Rural farms are already affected. Floods, drought, and fire are becoming more common, and sooner or later the way we produce food will have to change.

"It's sometimes overwhelming thinking about climate change, and it can be so sad and disheartening. But having those bits of knowledge and knowing that you're helping, doing that part of it—those ripples make big changes eventually."

You can find more information on the Urban Bees Workshop events on Facebook at facebook.com/events/614345942698930/ or email thehiveuca@gmail.com to register.

Mari is a writer and civil servant.

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The evolution of Shiloh Baptist Church

The church is a crucial part of Alberta's Black history

ANMARIE BAILEY

In the early 1900s, a group of Black Americans who came to Alberta in search of a better life established a "coloured" Baptist church that is known today as Shiloh Baptist Church. For these Christians who worshipped in the Edmonton church, Shiloh was born out of necessity as they were not welcomed to worship in other churches.

Deborah Dobbins, a third-generation Canadian with roots in Wildwood, Alberta's first black settlement, explains the significance Western Canada's oldest Black church held for those early congregants.

"Shiloh was not just a church. It was a community hall, a social place, and a spiritual place. The early settlers faced discrimination and marginalization, so Shiloh was a place of importance to them."

Over the years, Shiloh Baptist

has been solidified in local Black history and has been instrumental in the community in many areas. While it was established by Black settlers, like everything else, Shiloh has and is evolving.

Dobbins put the evolution into context, "Shiloh is changing as we speak; it is becoming more mainstream, but the roots are still there."

In a quest to meet needs as they emerge, the Shiloh Centre for Multicultural Roots (SCMR), a not-for-profit society, was founded in 2010. Just as the initial Shiloh Baptist Church was a place of community for its early members, SCMR is now a place of community grounded in a mosaic of rich, inclusive African American Canadian heritage.

One of its goals is preserving and sharing cultural/historical legacies, achievements, and celebrations of this unique group of people. Shiloh Centre for Multicultural Roots is a positive

sampling of the prairie's ethno and multi-generational diversity, unified for purposes of blending all genres of fine arts in order to celebrate elders while educating youth to honour, respect, and develop a strong sense of pride in their historical roots. SCMR's events and community projects strive to promote an increase in intercultural understanding while endeavouring to foster the need for full respect and equity for all Canadians.

A current project involves working with ASPEN Foundation for Labour Education to produce a learning module about Alberta's Black history and social justice (2019-2021).

In 2016-2018, an award-winning documentary *We Are The Roots* recounted past/present discrimination/marginalization experiences of those pioneers.

The organization also provided no-cost sport clinics for disadvantaged/marginalized

children and youth and healthy fitness/conversation sessions for isolated seniors (2017-2018); hosted multi-cleanup drives of Mary Burlie Park (2016, 2017) (late inner City of Edmonton Black activist); managed a multi-year project inner-city marginalized persons choir with weekly practices and city-wide performances that pertained to homeless/abused/forgotten citizens (2015-2017); coordinated Black History Month events (2015-present) such as jazz café, gospel concerts, and intercultural interactive open house co-hosted with Indigenous and Black cultures showcasing similarities in traditions and culture; and organised anti-racism forums and discussions.

From 2014 -2018, it hosted the annual Motown and More music celebration, an intercultural sharing of soul music, and is currently engaged in collaborative events with other organizations such as REACH, Coalition

for Creating Equity (CCE) local and provincial, John Humphrey Centre for Peace, and Action for Healthy Communities.

A major accomplishment was working with Alberta Museum's staff for a Black settlers exhibition (2016-present). This involved archiving African American Albertan memorabilia, family historical written accounts, photos, and other items to create a research hub for our youth and other interested persons.

Shiloh Centre for Multicultural Roots continues the rich tradition started in 1910.

This article was originally published in Diversity Magazine. A big thank you to them for allowing RCP to reprint the article in honour of Black History Month.



Shiloh Baptist Church is central to Black history in Alberta. | Talea Medynski

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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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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.

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

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The Alberta Avenue District Council and City of Edmonton invite all community members, businesses, organizations, churches and other stakeholders in our community to:



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Alberta Avenue Community Centre
9210 118 Ave
Refreshments, chili, & bannock.

Hear our plans for 2020. | Share your thoughts. | Learn how you can get involved. | Find out about funding opportunities.

- Alberta Avenue District Council
- Alberta Avenue Business Association
- Arts on the Ave
- Rat Creek Press
- Alberta Avenue Community League
- Delton Community League
- Eastwood Community League
- Elmwood Park Community League
- Parkdale-Cromdale Community League
- Spruce Avenue Community League
- Westwood Community League

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Tipi Teachings bridges gaps in community

Cultural programming educates and provides understanding

STEPHEN STRAND

On Jan. 12, the Edmonton Federation of Community Leagues (EFCL) and Bent Arrow Traditional Healing Society hosted Tipi Teachings at Parkdale Cromdale Community League with the goal of bridging gaps in the community.

The day began with a smudging ceremony (for spiritual cleansing and purification) to help everyone start the day positively. From there, participants learned about the medicine wheel and how it represents the four directions and the four seasons in nature and in life.

“I have been doing this with different community leagues around Edmonton since October,” says Rayna Gopaul, EFCL’s Indigenous project officer. “We do different types of activities and, essen-

tially, the goal is to bridge gaps in the community and share Indigenous knowledge, reconnect Indigenous community members to their culture, and provide an understanding for non-Indigenous community members to see the value of the culture and celebrate it.”

Gopaul has been on a journey for several years, which led her to these teachings. “It’s just a great joy of mine and passion of mine to share my knowledge with other people, because I know how pivotal and transformative it was for me to learn my own knowledge, my own teachings,” explains Gopaul.

She discovered settings like community leagues are a great opportunity to share that knowledge. “It might mean something to them today, might mean something to them tomorrow, even in a month from now. Essentially, the information that I am sharing could

potentially be very life changing and impactful and help people in a very positive way.”

EFCL came up with this idea when they recognized a need for this kind of programming at community leagues. They partnered with Bent Arrow to create Tipi Teachings using a grant from Canadian Heritage. EFCL looked to Bent Arrow for advice and mentorship and hired Gopaul because of her experience and background in Indigenous studies.

“Through these educational opportunities, people will go home, create new dialogue and discussions, and share that information with others. And then in a broader sense, we are kind of going to be able to alleviate racism because we are going to create an understanding. Whereas we find a lot of racism is rooted in a lack of understanding,” Gopaul says. They will also provide access to

cultural programming so people can understand the importance of it in the community and how it contributes to community building.

Tipi Teachings are free to attend and family-oriented. Through them, people learn of the importance of the tipi and the medicine wheel, ceremonial practices, and talking sticks. They also learn about the protocols around talking circles, working with elders, building relationships, and bridging gaps between Indigenous and non-Indigenous people in the community by creating a safe space for everyone.

Parkdale Cromdale Community League hosted Tipi Teachings throughout January.

“We were really interested in running the program from our community league because we are hoping to raise awareness about Indigenous culture in our

community. We have a really large Indigenous population because we are here on Treaty 6 land, and because Bent Arrow is located in our community as well,” explains Sarah De Lano, the league’s event organizer.

“I think just being in community with people, and especially in a space where there is a focus on [cultural] teachings and positivity and all this wealth of knowledge that Indigenous people in our communities can share with us is a key step to understanding and moving forward.”

Visit: parkdalecromdale.org/ and efcl.org/events--projects/indigenous-project/ for more information.

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



Rayna Gopaul says these educational opportunities will help people develop a better understanding of Indigenous culture. | Stephen Strand

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Parkdale Cromdale Community League

Escape cabin fever with league programming

Alberta Avenue Community League offers indoor and outdoor activities

TALEA MEDYNSKI

February may have us frozen in the midst of winter, but Alberta Avenue is alive with indoor and outdoor programming.

The league will be hosting winter games every Saturday from noon to 4 pm at Alberta Avenue Community League. Community league members can play crokicurl (a combination of curling and crokinole) along with curling in the community garden space behind the league. As well, the ice slide from Deep Freeze is available until it melts.

Virginia Potkins, the program director, says league members can simply show up and participate.

There will be hot chocolate and snacks. Most Saturdays there will be a fire and people will have an opportunity to roast hot dogs and marshmallows. The snacks are free but donations are welcome.

Those who would rather stay indoors can participate in *hygge*

“cozy” activities in the league lounge.

“It’ll be a nice, comforting space,” says Potkins. “There will be blankets, a fireplace, games. Just like a community hub.” Coffee and snacks will be available. League members can drop in and visit or play games.

On Feb. 29, league members can enjoy a closing day brunch at the league from 10 am to noon. Pay by donation and enjoy chicken and waffles, ham, bacon, and perhaps pastries.

Every Sunday ongoing, community members are invited to join organizers Potkins and Maggie Glasgow on a 45-minute neighbourhood walk.

“We’ll walk around the neighbourhood, split into groups—just so there’s a presence,” explains Potkins. The walk starts at 6 pm with everyone meeting first in the league lounge.

Some programs that started last year will continue to be offered, such as card nights on the first Friday of every month. “We’re going to switch up

games,” says Potkins.

Paint nights, taught by Josee Francis, are also continuing a few Thursdays a month. This event is popular, so check the league’s Facebook page for updates at facebook.com/AlbertaAvenue/ and sign up to participate for \$15 plus a tip for the instructor.

Other events include a free résumé writing class on Feb. 15 from 10 am to noon and a \$20 Excel course on Feb. 5 or 19, and possibly a cross-country skiing group. Email julie@albertaave.org for more information about the courses.

Other programs are currently in the works.

A casual knitting circle started at the end of January with some ladies offering help and instruction. Drop by on Sundays from 1-3 pm. “Everybody can bring their own little projects or maybe they can show people how to get over roadblocks.”

Potkins says the programming is beneficial. “It gets people out, you kind of get a little cabin fever. Let’s face it,

we have winter eight months of the year—make the most of it.”

Kids also have some great options to play outside with the City’s Winter Green Shack program. The free program is offered at eight different locations each month in the city’s Northeast, Northwest, Southeast, and Southwest quadrants. Kids can drop in when they want to participate.

Isla Tanaka, the City’s Wintercity planner, says, “Every effort is made to spread the program evenly across the city. The shacks rotate around the leagues, staying in one location for about a month.”

What activities the kids do depend on their interests.

Says Tanaka, “Common winter activities include games, crafts, sports, outdoor cooking (more than just s’mores), kicksledding, and snowshoeing. Participants can often be found building snow sculptures, and decorating them with snow paints (coloured water). A few locations often take part in the Front Yards in Bloom:

Winterscapes contest, too, and the kids come up with some really creative snow creatures. Basically, kids are encouraged to be outside and have plain old fun in the snow!”

Kids should dress for the weather.

“Programming is still offered on snowy days, but may be cancelled during severe weather,” says Tanaka.

The Winter Green Shack program is available for children aged 6-12. “Children under 6 are welcome to attend as long as they are accompanied by an adult,” says Tanaka.

In February, kids can attend the program in the park by Alberta Avenue Community League at 9210 118 Ave. Program hours are Mondays and Wednesdays from 3:30 to 6 pm and Saturdays from 1 to 5 pm.

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



Participants can take part in a few different outdoor sports during Winter Green Shack. | Supplied

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OPINION

Why I live where the air hurts my face

Edmonton has many bonuses as a winter city

MARK PARSONS

It's been below -30 for three days now as I write this. Every time it gets cold in Edmonton, there is a picture that gets circulated amongst my friends. It's a cartoon drawing of a person bundled up in winter clothing, proclaiming that the air hurts their face, and questioning why they live somewhere where the air hurts their face. Every year, we chuckle and hit 'like' and move on.

But, why do we live here? Temperatures below -30 happen every year. I grew up wearing Halloween costumes over my snowsuits and walking through four feet of snow to get to school. Winters are cold and long here. We get two months of summer, assuming we don't get 54 days of rain like we did in 2019, with the river freezing as early as October and not thawing until April or May. The rest is a purgatory of weather too cold for shorts and too warm for sweaters. So again, why do we live here?

We're not called the Festival City for nothing. Edmonton hosts more than 50 internationally acclaimed festivals every year. In fact, our very own Alberta Avenue just hosted the 13th annual Deep Freeze Festival, often billed as the first festival of the year. There are festivals for everyone—from music and theatre to thrill rides and cats. The festivals are heavily featured in

our brief summer, but some like Ice on Whyte and Flying Canoë Volant could only happen in our cold winter.

Did I mention food? In addition to the multitude of festivals with amazing food, and festivals that feature only food, Edmonton is home to world class restaurants and culinary

OTTO, Bündok, RGE RD, and Pip leading the way. And don't forget to visit the Green Onion Cake Man, the definitive Edmonton dish, on your way down 118 Ave.

Our city also features a little slice of heaven known as the river valley. As the largest urban park in Canada with more than

year long, both along the river and right on the water. How many cities in Canada offer the option of getting married on a fully functional riverboat?

All fun aside, if you need health care or have kids in school, you are in fantastic hands here. The University of Alberta is a top five Canadian

life saver that leads the country in health care services for children. And leaning on the world-class research within the U of A, Edmonton leads the way in medical innovation, with the "Edmonton Protocol" for treating a stubborn strand of diabetes being pioneered here, as well as the world's only Gamma Knife for treating brain tumors housed right here in our city.

No article talking about what makes Edmonton worth the weather Mother Nature throws at us is complete without talking about the amazing people who live here. Yes, you—reading this article right now—are surrounded by kind and giving people who would just as easily shovel your sidewalk as invite you to Folk Fest. Want someone to share a poutine with while watching Canada Day fireworks? They are there. Need a car boost in the parking lot? No need to go look for help; someone is already on their way.

If you're sitting there thinking that you don't know anyone like that, meet your neighbours. The fastest way to meet people who care is to volunteer and make friends with fellow volunteers. Sure, there are a few weirdos out there, but we're all a little odd after a few days of -40.

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



Festivals like Deep Freeze help make our winter city fun to live in. | Epic Photography

experiences. As recent as this past summer, Edmonton has been featured in regional and international columns praising our culinary explosion in recent years, with restaurants such as

160 kilometres of paths and 20 parks, the City of Edmonton bills the river valley as "A natural wonder for all Edmontonians to be proud of." It offers a plethora of free outdoor programming all

university, and students from elementary to high schools rank in the top 10 in the world in reading, math, and science. In addition, the Stollery Children's Hospital is a literal

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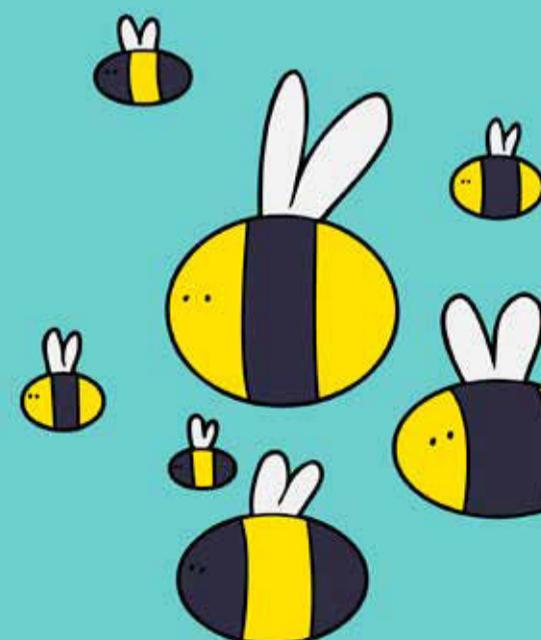
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Together we can all be a force for good

Understanding and thinking globally at the local and worldwide scale

GILLIAN KERR

Welcome to 2020, a new decade of global connectivity, instant news, and access to virtually any information you want. We have entered this decade with significant ecological and societal issues that have local and global consequences. Half a world away in Australia, the beginning of their fire/summer season has already seen the worst fires on record. Meanwhile, here at home we are dealing with a polar vortex that has its own significant risks. It has left me thinking about climate change, loss, and resilience.

I was thinking about the old saying, “Think global, act local” over Christmas. This mindset urges people to consider the health of the entire planet and to take action in their own communities and cities, which is the focus of my articles. In this age of instant information, perhaps the saying should be modified to ensure we educate ourselves to understand and think about global issues, which informs both our local actions and also what we can contribute globally.

I was going to include images of fires in Australia and the cold conditions here at home, but the more I thought about it, the less I wanted to do that. We are as connected through media and social media as we

want to be. We have all seen images of devastation. I didn’t think we needed more. The changing climate is impacting people physically, spiritually, and mentally. Ecological grief is being studied around the world as an emerging health issue. It is something I feel deeply, and I seek out ways of managing this grief—grief that I distinctly associate with human-induced climate change.

The decade of 2010 was the hottest recorded decade, the 1990s were the second hottest and so forth. In Australia, 2019 was the driest overall, resulting in droughts that affected crops and livestock, rivers and broader ecosystems, and that made the trees and forest food to fuel hundreds of fires. More than 10 million hectares of land has burned so far. This is comparable to the total area of South Korea or Portugal, and 1.3 times the size of Scotland. People have died, over 2,000 homes have burned, and an estimated one billion animals have perished. In a recent *New York Times* article, Paul Krugman explained, “It’s not really possible to say whether global warming ‘caused’ a given extreme weather event, since weather can have several causes. But the influence of climate change on extreme weather in general, from fires to floods, is clear, and increasingly so.”

That’s Australia and here we have a freezing polar vortex. I only recall hearing the term over the past decade and was interested in what it is and if we will see more of these. In an article by Dr. Jennifer Francis, senior scientist at Woods Hole Research Center, I learned there are two polar vortices stacked on top of one another. A vortex is a mass of whirling air. The lower one is the permanent jet stream responsible for our weather: blue skies, storms, and cold spells. The polar vortex is 30 miles above the earth, forms only in winter, and circles the North Pole. While the earth has warmed about 1 degree Celsius over 50 years, the Arctic has warmed more than twice as much, decreasing the north/south temperature differences. This has weakened the jet stream and disrupted the polar vortex, allowing smaller “daughter” vortices to come farther south with very cold air. While we get this cold, the opposite effect happens in the Arctic with warmer-than-normal temperatures.

Some social media posts in Edmonton called global warming a hoax because of this cold weather. I was heartened by

the closing paragraph in Dr. Francis’s article where she says, “Undoubtedly this new polar vortex attack will unleash fresh claims that global warming is a hoax. But this ridiculous notion can be quickly dispelled with a look at predicted temperature departures around the globe.... The lobe of cold air over North America is far outweighed by areas elsewhere in the United States and worldwide that are warmer than normal.”

One of the ideas for dealing with ecological (or climate) grief is to find some meaningful actions. So what can we do here to use our understanding, information, and thoughts to act locally and globally?

I have included a postcard of actions we can each take about climate change broadly, and actions for the Australian fires and the vulnerable here that

struggle during our winters. I recognize there are so many other issues in other regions, but this is a start!

And now for something lighter and local about love. Hallmark provides many ideas for how to celebrate this day, but here I have collected green ideas for friends and neighbours on how you can celebrate, posted online at ratcreek.org.

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.



By working together, we can all benefit our world. | Gillian Kerr

ACTION:

What can we do about the fires in Australia?

- **Donate:** Link to over 20 donation options: <https://cnet.co/2Tus6a9>
- Be aware of **ecological grief** and support yourself, friends & family.

What can we do here to support our city’s vulnerable?

- **Call 311** for a person or animal in distress. On Feb. 2, 311 hours go from 24/ day to 7am to 7pm.
- The City also has a “**Winter Emergency Response Guide 2019-20**” which you can google or find here <http://bit.ly/2TxHuCt>.

What about sustainability and climate change (CC)?

- **Educate yourselves** - Be sure what you are reading is credible. Go with science based groups like NASA and the International Panel on Climate Change.
- **Activism** - Groups like Extinction Rebellion hold local action events.
- **Advocate** - Let your city councillors, provincial MLAs/ Minister of Environment and Parks and MPs know you want CC Action.
- Incorporate sustainable **practices like a greener Valentine’s day** 😊

These actions are what everyone can take regarding climate change. | Gillian Kerr

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



The beauty of community rinks at night

Photos of two rinks illuminates well-used and loved facilities

Sunday evening at Eastwood. | Victoria Stevens

VICTORIA STEVENS

In December, *Rat Creek Press* contributors attended a free photography workshop. Participants learned some tips on taking photographs and were challenged to create a photo essay.

This photo essay focuses on community rinks near Eastwood and Delton. The photos were deliberately taken at night to keep the photos cohesive.

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



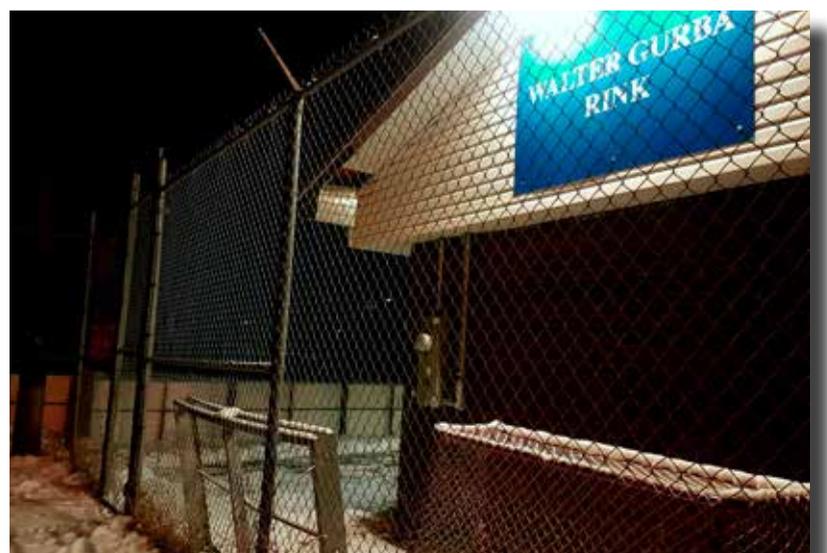
Seen through the fence, a skater enjoys the rink at Eastwood Community League. | Victoria Stevens



Eastwood's ice is carved up by skate blades. In the background, you can see a skater on the rink. | Victoria Stevens



A lonely net sits waiting to be used at Eastwood. | Victoria Stevens



This is Walter Gurba rink, named for Delton's long-time league president, volunteer, and rink maintenance man. | Victoria Stevens

Local newspaper club to share school news

Norwood School's Grade 5 students are learning about journalism

NORWOOD NEWSPAPER CLUB

This month, we kick off a new monthly feature as the *Rat Creek Press* and Norwood Elementary School partner up to showcase student work and share some of their experiences with the community. Ms. Alita Rickards'

Grade 5 class, the Flying High Fives, have formed a newspaper club and will be taking photos of student work and writing captions each month.

In January, Norwood Elementary students from Ms. Rickards' Grade 5 class created interactive displays for

their Regions of Canada Fair. Six regions were showcased: the cordillera region, interior plains, Canadian Shield, Great Lakes, Atlantic region, and the Arctic. MLA for Norwood-Highlands, Janis Irwin, attended the event and shared a laugh with students as they

used charts, visuals, slideshows, puppets, and animal hides to bring their region to life. Other classes in the school attended the fair, held in Norwood Elementary's Learning Commons, making it a school-wide educational opportunity. *Norwood Newspaper Club* was

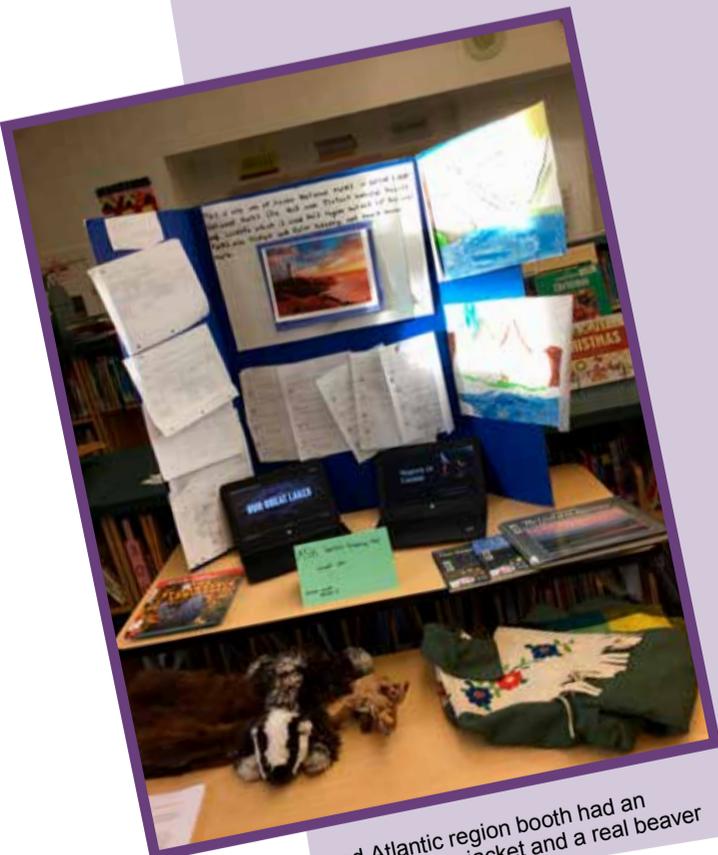
formed by Ms. Rickards as a way to have members of her Grade 5 class at Norwood Elementary School learn about being journalists.



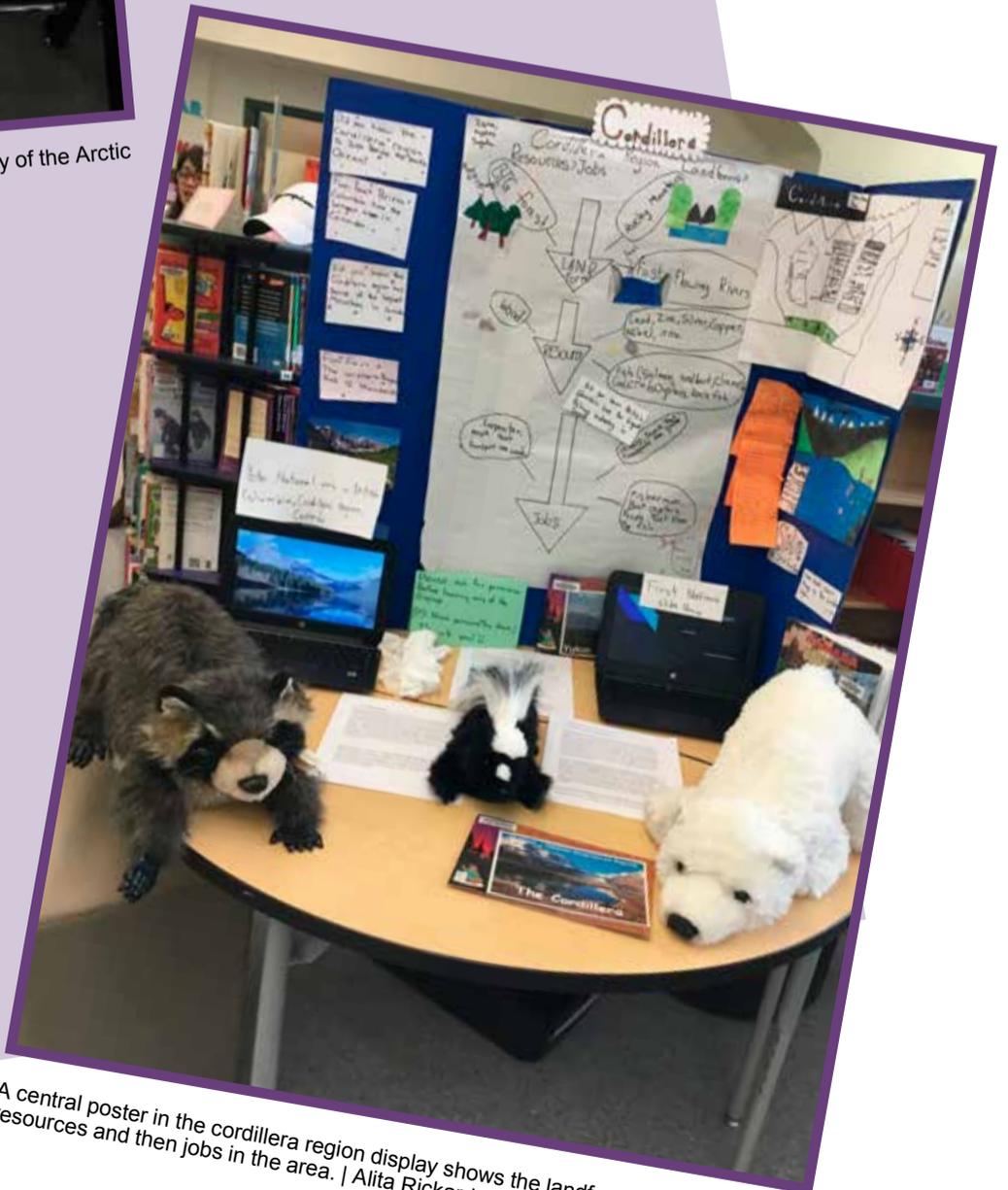
Artwork showing the aurora borealis or northern lights bring the display of the Arctic region to life. | Alita Rickards



MLA Janis Irwin laughs with a student as she attends the first Norwood Grade 5 Regions of Canada Fair. | Alita Rickards



The Great Lakes and Atlantic region booth had an authentic beaded First Nations jacket and a real beaver pelt on display. | Alita Rickards



A central poster in the cordillera region display shows the landforms that lead to resources and then jobs in the area. | Alita Rickards

Outdoor *and* Indoor

AlbertaAve.org ParkdaleCromdale.org Spruce AvenueCommunity.com
 DeltonCommunity.com ElmwoodParkCommunity.org
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TIME TO REGISTER

DELTON & AREA COMMUNITY SOCCER

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 FEB 22 - 11 AM - 2 PM
 FEB 27 - 8 PM - 8 PM
 MAR 2 - 8 PM - 8 PM

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Eastwood Rink

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HOURS:
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 Wed, Thurs, Fri: 4 - 9 PM
 Saturday: 11 AM - 9 PM
 Sunday: 11 AM - 8 PM

Rink closed at -23C

Free skate and helmet rentals available.

PARKDALE CROMDALE
COMMUNITY LEAGUE

BARRE NIGHT

Feb 5, 12, 19, 26

WEDNESDAY
8:30PM - 9:30PM

BRING YOUR OWN MAT!

If you need your snow cleared & are a senior citizen or have low mobility, Eastwood Community League may be able to help you through our Snow Angel program 780 477 2354

Snow Help!

For Alberta Avenue residents in need.

Find out more: info@albertaave.org or 780.477.2773.

St. Faith's Church is an important resource

Arthur Dyck helps connect the church and the community

AYDAN DUNNIGAN-VICKRUCK

I manage to sequester Arthur Dyck away from assisting with the lunch program, run every Thursday in the annex of St. Faith's Anglican Church. The free community meals (also Friday supper and Saturday breakfast) are just one of a dozen or so outreach programs at the church, located at 11725 93 St.

Whatever and whenever the program, he's in the mix. Even tucked away in his office for this interview, we are continually visited (Dyck would never call it an interruption) by parishioners who just seem to want to soak up his gentle, welcoming manner. "I am the vocational deacon for this parish," Dyck explains. "In addition to being the assistant to the priest, I am involved in most everything

that bridges the church and community."

St. Faith's is well known in the hood through sharing its space for the festivals that frequent the Ave. It is also home for Bleeding Heart Art Space, a community for expression of faith and spirit through the arts. But its ministry goes far beyond. For example, Rev. Venerable Travis Enright, the presiding priest, is also Canon for Aboriginal Ministry of the Anglican Diocese of Edmonton and district. Locally, St. Faith's incorporates Indigenous spiritual themes in the third Sunday service of the month, which includes smudging and prayer in the four directions.

But when it comes to action on the street, "Arthur is your man," says Enright. Dyck's focus goes to the broader needs of the parish.

"The parish includes all the

people that we serve from this congregation," Dyck explains. "The meals, for example, are shared with over 300 people on any given weekend. Everyone who joins in is part of the parish." The meal program is so robust that it has drawn support from eight other congregations, as far afield as south edmonton to west edmonton.

Dyck also leads services at care homes, is a visitation chaplain, and addresses spiritual, social and other needs of the parish. The latter responsibility includes helping with identifying and accessing health and residential resources to those on the fringe. "We assist people to find the necessary support on the journey to becoming whole," Dyck says. "This is not easy in these days of increasing need and diminishing resources. There has been a dramatic increase this past year of people

who have accessed meals, signs of difficult times."

Another ministry which Dyck holds close to his heart is the support group provided to sexual offenders reintegrating into the community. Dyck and the other mentors focus on providing a safe space where men can work through their issues and avoid reoffending.

"Many people have not had a good role model for parenting or being a man. That is our role in this ministry: to offer a model for another way of being male that does not include violence or aggression."

There has been some push-back from the neighbourhood against the far-reaching social network that St. Faith's draws in.

Dyck expresses his conviction: "Everyone needs the help of others at some point in their life. This is the place where

those needs can be met. They may include burial of a child, holding hands through palliative care, finding a decent place to live that is not full of cockroaches. Or celebrating a birthday and other blessings and joys." Dyck breaks into his characteristic smile.

It strikes me that as one who has stopped by for coffee on numerous occasions, I qualify as a parishioner as well. When hard times come my way, I will have a place to come. That puts a smile on my face.

Aydan is a social worker, blogger, tango dancer, outdoor enthusiast and co-parent with Patricia to eight children and 18 grandchildren and one great grandchild. He's also a resident of the 'hood and loving it.



St. Faith's Anglican Church provides free community meals. Arthur Dyck, the church's vocational deacon, is pictured assisting with the soup. | Aydan Dunnigan-Vickruck

Arthur Dyck (middle), with happy and fed parishioners. | Aydan Dunnigan-Vickruck



COME JOIN US!
CHANGE HEALTH COMMUNITY PROGRAM

Connecting you with family, community, health provider resources, and activities. Dinner will be prepared each night, so be sure to **register!**

Feb 5, 12, 19, 26
5:30pm to 7:30pm
11335 85 ST
Parkdale Cromdale Community League

For more Information please contact by email chcp@ualberta.ca or info@parkdalecromdale.org or by phone **780-492-4488**



ALBERTA AVENUE WINTER SHACK

This winter season we are having a winter shack program for kids at the Alberta Avenue park
(park located at 9210 118 Ave)

Feb 1 to 26
Saturdays 1 - 5 PM
Mondays & Wednesdays 3:30 - 6 PM

For all ages of children

Program run by City of Edmonton staff




Bringing an old apartment building to life

Vincenzo Carnovale is restoring a building and connecting with community

KILEY FITHEN

Vincenzo Carnovale has spent the last year investing his money, time, and labour into the vibrancy of Norwood and Alberta Avenue. Inspired by the neighbourhood's increasing number of cultural events and arts initiatives, Carnovale took on the risk of purchasing and renovating a once troubled apartment building in the Norwood area. His building on 94 Street and 114 Avenue was a hot spot for drug dealing, violence, and other unsavory activity.

Unlike so many corporate developers who move in and demolish older structures, Carnovale saw value in restoring the building and connecting with community members, businesses, and organizations.

"This area has a great history—being Italian—it's always been a vibrant part of our heritage and I jumped at the chance of being part of it. I kept a focus on the positives: Arts on the Ave, festivals, OTTO restaurant, young families, proximity to downtown, and so many university and college campuses."

Carnovale says renovating and restoring the building is a gradual and hands-on process. The building was built in 1915, and Carnovale is working to keep any original aspects, particularly the steam radiators, cabinets, and railings that give the place a heritage feel while replacing things like windows and casing to ensure the building is energy efficient. Bicycle

lockers and other amenities that encourage sustainability are also future parts of the project.

Sacrificing time with his young family (his wife, three boys, and a dog) as well as his business, Carnovale has spent every bit of his energy making his vision come to life. Through this venture, he forged an understanding and relationship with every tenant and is often at the building working on the structure and resolving problems.

"You know, there are certainly long-term community members here that have been great tenants and really feel like part of the community, and other tenants have had issues that require more support, so they don't tend to stay that long."

As the new owner, he is restoring and renovating suites as they come up and screening tenants thoroughly, acknowledging that part of the problem the community and building has faced in the past is landlords who were only interested in collecting the rent. He says taking on the building has been a crash course in social work, community policing, and area networking.

"I have really learned that so many people have been dropped into what is perceived to be slum housing because agencies or social services just don't know what to do with

people occupying suites paid for by social services or agencies. "Maybe the intended tenant had a mental health or addictions issue and was somehow encouraged to let others stay

There is a potential for a communal artists studio, having a rotation of artists work throughout the building, and organized events. The open space on the top floor of the building could be used as a shared studio. Carnovale says he thinks artists in the building could collaborate to develop a collective model in sharing space and building community.

The building is in continual transition, but he encourages anyone who may be interested in a suite to contact him and help create a great community. "I really believe in the vision the business initiatives and arts community have invested in here and I believe engaging with people here and connecting with neighbours and local businesses is what will make all



Vincenzo Carnovale is renovating and restoring a 1915 apartment building in Norwood. | Kiley Fithen

their complicated mental health or addictions issues, and that has a huge impact on the area. If someone has a severe mental health issue, they need access to be in a place with the proper resources."

Carnovale also noted that hands-off landlords allow for abuse of welfare and other social services. He has found random

there in exchange for drugs or other street deals. Once you see this stuff and get involved it's really shocking."

Having made progress in improving the building's safety and restoration, he plans to attract local artists, students, and people who want to live and work close to Alberta Ave or downtown.

the difference."

Contact Carnovale at 780.667.8880 or email him at vince@goldsealsafety.com for more information.

Kiley, a Parkdale resident who shares a passion for building community, is a business owner and a Registered Canadian Immigration Consultant.



Source: Canva Stock Art

Spruce Avenue Community Garden Group is interested in developing a community garden in their neighbourhood. The Groups' Vision is to grow Spruce Avenue in community spirit, organic produce and education.

Please take our survey which can be found on our Facebook page.
www.facebook.com/SpruceAveCommLeague/.

The purpose of the survey is for residents of Spruce Avenue to determine the interest, viability and sustainability for a community garden.

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Yoga
Series

A friendly divorce can actually be done

The end of a marriage doesn't need to be the end of a friendship

BETTY SMITH

Divorce. Wikipedia describes divorce as “a dissolution of marriage, the process of terminating a marital union.” But does that mean you need to terminate the friendship?

Divorce is never a word that one wants to say or hear when in a committed marriage. Whether you are on the receiving end or you're the one saying it, it is never a good feeling. I was the person who said the word to my husband of 10 years. I played a

million scenarios in my head of how things would play out once I uttered that one hurtful word: divorce. I never wanted to be that person who hurt my spouse so deeply. I still loved him greatly. I respected him more than I ever respected anyone and I certainly didn't want our friendship to end.

The love I had for my husband changed over the years as I grew and learned about myself. This included what my needs were, where I wanted to be in my life, and the things that were important to me. These differ-

ences and what I wanted didn't align with what was important to him and what he wanted for his life.

So now what? One can choose to be angry, remain hurt, and be spiteful—no one likes to feel rejected or tossed away. Or one can choose compassion, to really listen to your partner, and to navigate and create a positive outcome from your broken relationship. We chose compassion and understanding. Friendly divorce can be a choice. It's not an easy choice to be sure, but it can be accomplished.

We have divided all our assets in what we decided was a fair way. Each of us is coming out with a logical division of assets and liabilities. We had two sets of furniture, so we each kept a set. He makes more money than I do, so he remained in our home. I realistically could not afford or even qualify on my own to keep our home, so that choice made sense. I left with no debt. We have two pets, and we have decided to “co-parent” our fur babies. It's a logical division that made sense to us and was fair to both of us.

Today, we celebrate important dates like birthdays, holidays, accomplishments, or a silly thing one of our fur babies did. And when I got a totally amazing job opportunity, he was the first person I wanted to tell. We still support one another, help each other out, and remain close friends. My love changed for him, but it was never lost. I cannot imagine it any other way.

Love is an important lesson we all must learn

The heart can endure painful experiences and make room for joyful ones

NICOLA DAKERS

Happy Valentine's Day! Or not, depending on how you feel about it. Love is certainly not a given for everyone at all times. It would be glib to consider love to be a joyous and wondrous thing that fills people with joy and lifelong contentment. It is actually more than just a thing, or a feeling, or a desire even. For me, it has been above all else a lesson.

On my first day back on campus this January, one of my young classmates was telling me about how the person she was seeing in the fall suddenly stopped contacting her in the middle of December—a behaviour called ghosting. She made excuses for this; it was exam season, people were trying to work extra Christmas shifts, the holidays are a busy time. These were all excuses I have made before. Eventually, the young man texted her saying, “I am not looking for a girlfriend right now, sorry to waste your time.”

It is a story familiar to many people: a relationship seemingly going well and suddenly the other person changes their mind. And often this story does not have an apology connected to it.

Painful and heart-breaking though they may be, these experiences teach us important lessons such as how to see the signs of someone who is not interested in us and not to waste our time on people who don't see our value.

Love is not an easy lesson. When I was young, I thought it was the easiest thing in the world to love someone, but what I did

not know was that love has a lot to do with reciprocity, not just feeling. Many times I gave too much of myself in relationships, allowing myself to be mistreated, disrespected, and neglected.

or energy to give that much to someone without them giving equally in return.

These were not easy lessons. They were painful, embarrassing, and exhausting. There were times when I thought I was truly unlovable and unworthy. But I dug deep and remembered that I am my own most valuable asset, and I was able to learn from these experiences and believe in what I truly deserved.

I am now with a partner for the past seven years and he is someone who is a true partner in every word. Sometimes messy, sometimes boring, sometimes annoying, but always trustworthy and

always willing to do the work when I am unhappy. I want to say something cliché like you need to learn to love yourself first before you can have a good relationship, which is partially true, but attachment theory (the dynamics between short-term and long-term relationships) has found that actually allowing someone stable to truly love us allows us to heal and become a stronger person. OK, so maybe you need a bit of both—to love yourself and let another good person love you. Perhaps. Either way, the confusion, the grief, and the outright pain of love are all things I wish to never go through again, but I am glad for what they have taught me.

Nicola has lived in the Alberta Avenue community for over 10 years. She likes writing, reading, history, painting, gardening, animals, getting lost in the woods, and the awesome people in her community.



Author Nicola Daker with partner Mark Parsons, who she has been together with for seven years. | Supplied

It was an important lesson that taught me I deserve to have my needs met and that it is never worth the loss in self-esteem

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Grief is all worth the love of a dog

A tribute to a loyal and loving canine companion

VICTORIA STEVENS

Twelve years ago, I met my best friend and the love of my life at a home in Sherwood Park. He jumped on me, spun in a circle, and sat down, his dark brown eyes staring up at me in anticipation. His tail wagged so hard that his whole body wagged with it. It was love at first sight. He came home with me that night and we spent nearly every day for the next 12 years together.

We did everything together. We took a road trip to Quebec City, had light saber fights, naps in the park, and cuddles on the couch. We took long walks through the river valley. He loved everyone we met and they, in turn, loved him.

He was there with me when I left my fiancé of six-and-a-half years. He comforted me as I worked to rebuild my shattered life. He ensured I got out of bed every day when my depression took hold and sat by my side when I wanted to end my life. His infectious energy and joy for life kept me moving forward. He protected me from the outside world and the inside world.

His appetite was voracious. Food of nearly any kind was fair game to him. Thirty peanut butter cookies? No problem. He could eat them all. A large tray of brownies? Absolutely on the menu, despite the fact that chocolate could kill him. A dozen croissants in a bag on top of the fridge? No sweat. For someone just over a foot tall, his reach was extraordinary.

As he aged, he began to slow. He took long naps in sunbeams and spent summer afternoons on the deck. Evenings were spent on the front porch, watching the world go by. Our walks

became shorter and our cuddling became longer. He made sure to take the time to smell the roses (and trees and bushes) every time we went out. It took him a few attempts to jump onto the bed at night. His love of life and his excitement to meet others never waned.

His body gave out on him one evening. I came home from a long day of work, having left

him at home with my partner. He slowly made his way to greet me. He wagged his tail, slowly, and looked up at me. He knew. We rushed him to the emergency vet clinic where the veterinarian told us we had to make a choice: treatments and surgeries that had a small chance of giving him quality of life or saying goodbye. I held him and told him how good of a friend

he had been, how happy he had made my life. I thanked him for keeping me alive all these years and being the one consistent and constant thing in my world. He fell asleep for the last time in my arms, his head resting in the crook of my elbow.

A dog's life is short, far shorter than seems fair. The love they give in that short time is irreplaceable and unforgettable.

The pain when they leave us is like no other, but for those of us who experience this love, the pain is worth enduring to have had that love in our lives.

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



Victoria and her beloved dog, R'lyeh. | Victoria Stevens

CROCHET CIRCLE

FEBRUARY 7, 14, 21, 28

6:00PM - 9:00PM

11335 85 ST

PARKDALE CROMDALE
COMMUNITY LEAGUE

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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

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Sundays at 10:30 am

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a community to serve with.
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(Parkdale Hall)
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10:00 am Service

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11:00 am - Family Bible Hour

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Meeting needs with love and
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11306 91 St
10:00 am Sunday School
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A caring and loving church
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CHURCH
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salvationarmy.ca/alberta
780.474.4324
3:00 pm Sunday Worship

CHURCH SERVICES
CHURCH SERVICES
CHURCH SERVICES

Share some music with accordion jam session

Musicians of all skill levels can have fun playing this instrument

TALEA MEDYNSKI

Alyssa Becker-Burns' love affair with accordions began a decade ago, and she plans to share her passion with accordion jam sessions at Alberta Avenue Community League.

"It's for people who are curious and enthusiastic about accordions," says Becker-Burns.

The Alberta Avenue resident says that 10 years ago, a good friend of hers was taking lessons to learn to play the accordion. The instrument intrigued Becker-Burns, and she had also been listening to a radio station that played a fair bit of accordion music. She called the station and discovered where she might

buy a second-hand accordion. Finding a teacher was another matter, so she started to teach herself how to play. Throughout the years, she did end up learning from teachers and played the

Becker-Burns' fledgling group, which started on Jan. 15, will bring people of all skill levels together.

"The main idea is to have fun and share enthusiasm for

at 7:30 pm at Alberta Avenue Community League. The club is free to join; people can RSVP by emailing Becker-Burns, or simply show up.

Group members will need

sessions.

Participants can expect to sit in a circle and share what drew them to the accordion, and then everyone will play some music together. Becker-Burns, who will provide the music, says group members will be encouraged to share any tips or tricks they've learned along the way.

Right now, the group is so new that she doesn't yet have a particular vision for it.

"We'll see what arises," she says. "Maybe we'll have some public performances together."

The point is simply to have fun.

"As much fun as it is to play on your own, it's even more fun to play together."

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



Alyssa Becker-Burns (pictured) has been playing the accordion for 10 years. | Supplied

instrument with friends as well. Now, she'd like to find others to play this unusual instrument with her.

this amazing instrument," she explains.

The group will meet every third Wednesday of the month

to bring their own instrument, although Becker-Burns does have one extra accordion she can lend to someone during the

ACCORDION JAMS
Every third Wednesday of the month
7:30 pm at Alberta Ave Community League (9210 118 Ave)
Info: accordionavenuejam@gmail.com

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

PRACTICE ENGLISH
Conversation circle, Mondays, 7-8 pm at Sprucewood Library.

GLOBAL VOICES CHOIR
An informal way to practice English. Song books and light lunch provided. Thursdays, noon-1 pm at Mennonite Centre (no classes in August). More: Suzanne 780.423.9682.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
More: Edmonton Mennonite Centre 780.424.7709 or info@emcn.ab.ca.

FOOD & SUPPORT

EDMONTON URBAN NATIVE MINISTRY
Drop-in Tuesdays, Thursdays, and Fridays, 10:30 am and 3 pm for social, spiritual, and practical support, including computer access. Lunch Tuesdays and Fridays, noon-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

BENT ARROW TRADITIONAL HEALING SOCIETY
Various programs and services, including a soup & bannock lunch once a month. 11648 85 Street. 780.481.3451. www.bentarrow.ca.

PRAYERWORKS COMMUNITY
Hot meals & warm friendship at PrayerWorks Common in St. Faith's & St. Stephens Anglican Church, 11725 93 St. Thursday lunch: served 11 am - 1 pm with doors open 10 am - 1 pm. Friday dinner served 5 - 6 pm, with doors open 3:30 - 7 pm. Saturday breakfast served 8:30 - 9:30 am, with doors open 8 - 10 am. Meals will be in recess April 9-11, 2020. More: 780.477.5931

COLLECTIVE KITCHENS
Cook with friends, try new recipes, help your food budget.
St. Faith/St. Stephen: 2nd Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444.
Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400
Parkdale hall: Last Sunday of the month, 1-4 pm. Check parkdalecromdale.org for details.
Alberta Avenue: Last Sunday of month. 1-4 pm.

PARENTS & PRE-SCHOOLERS

BABES IN ARMS
A wonderful casual parent meetup. Fridays, 10 am-noon at The Carrot Coffeehouse.

SING, SIGN, LAUGH & LEARN
Saturdays & Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.

NORWOOD CHILD & FAMILY RESOURCE CENTRE
Parent & family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. www.norwoodcentre.com.

PARENT LINK CENTRE
Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Saturdays, 3-4 pm at Highlands Library.

GIRL GUIDES
Meetings on Mondays from September to June at St. Andrew's. More: 39thedmontonguiding@gmail.com or 1.800.565.8111 (answered locally).

TEEN LOUNGE JR.
Play video games, make a DIY project, meet friends. Thursdays, 3:30-4:30 pm at Highlands Library.

YOUTH

EVIL GENIUS CLUB
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library. Thursdays, 3:30-4:30 pm at Sprucewood Library

TEEN LOUNGE
Play video games, make a DIY project, or just hang out. Thursdays, 6:30-8:30 pm at Sprucewood Library.

GLOBAL GIRLS
Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre for ages 16-22. Drop-in. More: 780.423.9691.

TEEN LOUNGE JR.
Play video games, make a DIY project, meet friends. Thursdays, 3:30-4:30 pm at Highlands Library.

AIR CADET SQUADRON
Youth program for ages 12-18. Aviation, drill, department, music, marksmanship, survival, physical fitness. Thursdays, 6:30-9:15 pm Sept to June. www.570squadron.com.

ADULTS

COFFEE WITH COPS
Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 am at The Carrot Coffeehouse.

AVENUE BOOK CLUB
Meets the first Wednesday of each month at 7 pm at The Carrot Coffeehouse. More: Lorraine 780.934.3209.

AVENUE WORD ADVENTURING
Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm, The Carrot Coffeehouse. More: Rusti@lit@ratcreek.org.

SEATED MEDITATION
Restfulness for the body and mind. Led by Kate Wilson, 12 years exp of Zen-based meditation. Bring a cushion and mat or simply show up. Mondays, 6:30 pm, Eastwood hall. Membership required.

GUIDED MEDITATION SITS
Perfect for beginners. Saturdays, 5 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.297.7392.

COFFEE FRIENDSHIP CLUB
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-4 pm at The Carrot Coffeehouse. This is a drop in club only, and if people cannot attend, then they do not meet any other time.

COMMUNITY ART NIGHT
Free art workshop for adults. Tuesdays, 6:30-8:30 pm at the Nina. Register/info: 780.474.7611.

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.

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

SENIORS

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

NORWOOD LEGION SENIORS GROUP
Cribbage, Wednesdays at 1 pm at NorwoodLegion.ca.

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, or play cards or billiards. Wednesdays, 11:30 am-12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

FAMILIES

HIP HOP SHOWCASE
Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. Third Wednesday of month, 7-9 pm at The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
Choose from our selection of games or BYOG. Tables are free! Last Wednesday of the month, 6-11:30 pm at The Carrot Coffeehouse. Hosted by Tim of GOBfest.

FAMILY ART NIGHT
A variety of free art activities for school age children accompanied by adults. Thursdays, 6:30-8:30 pm.

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

FREE COMMUNITY REC ACCESS
At Commonwealth Stadium on Saturdays from 5-7 pm: Alberta Ave, Eastwood, Westwood. Sundays 1-3 pm: Alberta Ave, Parkdale-Cromdale, Spruce Avenue

OPEN MIC NIGHT
Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at a uniquely warm and personal open mic night. Jan 4, 18, & 25, 6:30-10 pm at The Carrot Coffeehouse.

LOCATIONS

Bent Arrow
11648 85 St
Bethel Gospel
11461 95 St
Cnd Native Friendship
11728 95 St
Community Leagues - see page 12

Crystal Kids
8715 118 Ave
Highlands Library
6710 118 Ave
Mennonite Centre
11713 82 St
Norwood Family Centre
9516 114 Ave
Norwood Legion
11150 82 St

Sprucewood Library
11555 95 St
St. Faith/St. Stephen Church
1725 93 St
St. Andrew's Church
8715 118 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina
9225 118 Ave

NOTICES

Coding Wisdom: Black History Month. Stop by The Carrot Coffeehouse and other venues to see our Carrot gallery exhibition, participate in free workshops led by local creatives, and listen to live music every Friday night—all centered around celebrating Black History Month. Visit thecarrot.ca/events for more info.



NEIGHBOURHOOD BEAUTIFICATION
CONNECTING WITH NEIGHBOURS
IN EASTWOOD

What's your idea?

WE CAN HELP YOU MAKE IT HAPPEN!

780.477.2354



Come join your
Eastwood Family
SKATING
BOARD GAMES
HOT CHOCOLATE

Family Day
February 17
2 PM - 5 PM
Eastwood Hall
11803 86 St



Join your neighbours for a
WINTER BRUNCH

Saturday February 22
10 am - 12 pm
Alberta Avenue Lutz Room
9210 118 Ave

PAY WHAT YOU CAN BY DONATION

A FAMILY FRIENDLY
VALENTINE'S DISCO SKATE

I love you so

SNACKS | MOCKTAIL
MUSIC | SKATE
FEB 14 | DOORS OPEN AT 7PM

PRIZES FOR THE BEST
COSTUME & DISCO ROUTINE

FOR MORE INFORMATION, VISIT PARKDALECROMDALE.ORG



BLACK HISTORY MONTH Coding Wisdom:
Black History Month on Alberta Ave

> Gallery Exhibition <
> Workshops: Writing, Dancing, Painting, Poetry <
> Live music Friday nights <

all centered around celebrating Black History Month!

Culture is coded wisdom... wisdom that has been accumulated for thousands of years and generations. Some of that wisdom is coded in our ceremonies, it is coded in our values, it is coded in our songs, in our dances, in our plays.

- Wangari Maathai

arts on the ave | nina | eastwood | Alberta Foundation for the Arts | edmonton arts council

the CARROT COMMUNITY ARTS COFFEE HOUSE

For more information:
thecarrot.ca/events • (780) 471-1580
9351 - 118 Avenue • Edmonton, AB

Eastwood/Elmwood Park Neighbourhood Renewal
Pre-construction event

Be informed. Drop by the final Eastwood/Elmwood Park Neighbourhood Renewal Event.

FEB 04 2020

Eastwood/Elmwood Park Pre-Construction Event
Tuesday, 5:30 to 8:00 p.m. (drop-in)
St. Gerard Catholic School
12415 85 Street NW, Edmonton
Light refreshments, and children's activities will be provided.

Eastwood/Elmwood Park residents and property owners are invited to join the project team at the Eastwood/Elmwood Park Pre-Construction Event to:

- + View the final designs for your neighbourhood
- + Learn what to expect during the planned three-year construction, spring 2020 - fall 2022
- + Decide about participation in the Local Improvement for Eastwood/Elmwood Park

To learn more, visit:
edmonton.ca/BuildingEastwoodElmwoodPark
or call 311

SHARE YOUR VOICE
SHAPE OUR CITY

Edmonton

