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Borden Park is now open for visitors

Local residents voice concerns in Bellevue Community League meeting



Borden Park has become a popular place for events. | Photos provided courtesy of the City of Edmonton

CONSTANCE BRISSENDEN

Borden Park's upgrades are complete.

Improvements to the 20-hectare park include a pavilion with washrooms and vending machines, improved trails, and a band shell.

A new pool is slated for 2017. "We've moved into the design stage. The project is going ahead," said Nicole Poirier, director of the city's civic events and partnerships. The pool is the first in Canada to be chemical-free and use biological filtration.

"Borden Park is a peaceful oasis in the heart of the city," said a neighbour at the Bellevue Community League meeting. "We want to keep it as a place for everyone to enjoy the beauty of nature."

But according to Charlene Roche, the city's festival and events liaison, more than 17 special events have requested licenses this year.

Neighbours say that car shows, weddings, and even an international yoga event are acceptable. But one event brings more action than neighbours want. Sonic Boom, a music festival, is heading into its second year in Borden Park. On the September long weekend, indie rock and pop music will blast from noon until 11 p.m.

One 65-year resident noted, "I live one block south of where Sonic Boom was held. For three days, it was like someone was in my backyard thumping. Boom, boom, boom!"

Parking and parking restrictions during big events are ongoing issues. Although neighbours can request free parking to use Borden Park at these times, many say its parking lot should not be used as paid parking.

The city is listening, said Julie Stormer, supervisor of the city's civic events. "We're looking at technology to help solve problems such as park-

ing and parking restrictions. To mitigate the Sonic Boom sound issue, we'll suggest turning the sound down and moving the stage for the two-day event."

Stormer explained that festivals want green space, not asphalt. Green space also lowers the possibility of violence.

Last year's Sonic Boom added \$18,000 to Borden Park's revenues from ticket sales, in addition to its budget from City Hall. The money is earmarked for the new pool.

Dan Kliparchuk moved to the area recently. "It's a vital and energetic place to live. I chose to move here because I like the activities, such as the concerts. There's always something happening or something to look forward to."

Graydon McCrea, an area resident for over 35 years, isn't convinced. "I have concerns about the number of events and venues that these neighbourhoods can accommodate," he said. "Commonwealth Stadium

at 56,000 seats is the largest in Canada. Borden Park hosts crowd-generating events like Sonic Boom. Northlands has proposed a 140,000-person outdoor music venue adjacent to the park."

McCrea expressed his concerns in March in an open letter to City Hall.

As he sees it, "Perhaps our communities have done enough. These events already generate noise and parking problems for the neighbourhood. I would appreciate if the City of Edmonton would conduct an independent assessment of residents' opinions of these proposals. Everyone needs to speak up about the issues."

Call 311 to voice your opinion or call Charlene Roche at 780.496.4903 for comments about Borden Park events.

Constance's writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

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Sharpening your job-hunting skills

Accessing and using resources and support when looking for work

JESSICA MACQUEEN

Been job hunting for awhile, with no luck? The truth is, there are a lot of people looking for work in this city.

According to Statistics Canada, as of January 2016 Edmonton is facing a 6.2 per cent unemployment rate, up from 4.4 per cent a year ago. This means the number of unemployed Edmontonians has risen from roughly 34,000 to 51,000. While these statistics may paint a grim picture of Edmonton's employment landscape, there are resources available to support you in your search.

Adult education specialist Julie McCrea is offering two-hour workshops in April and May at the Alberta Avenue Community League. Her first workshop teaches people how to create a professional resume and cover letter. Introductory computer skill workshops for Excel, PowerPoint, and Word will follow, as well as short resume review sessions.

McCrea said she recognizes that in today's lagging economy "there's a lot more competition for jobs," so it's important to "catch the attention of employers." She said she's hoping that these workshops will help local job seekers "make themselves a priority" and craft applications that get noticed.

The Government of Alberta is another great place to look because they offer a number of online resources. For instance, the Alberta Learning Information Services (ALIS) website (alis.alberta.ca) can connect you with over 200 job banks, information on career and job fairs, company and industry research to help focus your job search, and information on financing your education.

Through ALIS you can also access Alberta Work Search Online to learn how to use the Internet to search for jobs; E-Resume Review Service to make sure your resume is working for you; and the Career

Information Hotline to talk to a career advisor.

Another helpful website is OCCinfo (occinfo.alis.alberta.ca). This website allows you to research different jobs and find details about the duties, working conditions, educational requirements, employment outlook, and salary ranges for careers that interest you.

When you're ready to start planning your career path, head to CAREERinsite (careerinsite.alberta.ca) to create a personal career plan by completing self-assessment quizzes and exercises to learn more about your skills, abilities, and suitable jobs.

The Government of Alberta also puts out publications covering topics like: *What you Need to Know to Get and Keep a Job*, *Work Search Basics*, and *A Guide for Midlife Career Moves*. You can also find targeted resources for Aboriginal, immigrant, disabled, low literacy, and student and youth audiences online.

Drop by your local Alberta Works Centre to access employment services and career resources (there's one in Northgate Centre), or go to your nearest Edmonton Public Library branch.

A number of employment centres are located downtown, including the MCG Employment Centre, Bredin Employment Centre, and BGS Assessment Centre. These places can guide you through the process of finding a job. Plus, BGS Career and Corporate Development offers free career development workshops, including a three-day career planning workshop, and single day resume, interview, and work search workshops.

Jessica is chair of the Rat Creek Press board, and does outreach and marketing for Alberta Advanced Education.



Job-seekers have plenty of resources to access. | Supplied

JOB & CAREER RESOURCES

Local workshops by Julie McCrea albertaave.org

Immigrant emcn.ab.ca/services/career-employment-services/

Government programs.alberta.ca/living
alis.alberta.ca
occinfo.alis.alberta.ca
careerinsite.alberta.ca

Disability decsaedmonton.wordpress.com
osp.ab.ca
employabilities.ab.ca

Aboriginal bentarrow.ca/programs-and-services/journey-to-success/
oteenow.com

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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. 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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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.

Improving safety in school zones

Successful pilot helped to create important upgrades to school zones

NICOLA DAKERS

Child safety is crucial, which is why city council reintroduced school zones in 2014 with reduced speed limits. With many near misses, complaints to EPS, bylaw, and the Office of Traffic Safety (OTS), as well as some child pedestrian collisions, it was clear more needed to be done.

Gerry Shimko, director of OTS, commissioned a pilot study using a new video analytics tool created by Dr. Tarek Sayed from the University of British Columbia on one of Edmonton's high risk school zones: Dr. Donald Massey School. The pilot was a success. After collecting the video

data in both fall and winter in the school zone, the data was assessed by Sayed and Shewkar Ibrahim, a road safety engineer. The assessment highlighted many areas for improvement and safety counter measures were installed.

Upgrades included flashing crosswalk beacons, zebra line markings, pavement markings, driver speed display signs, reflective tape stop sign and crosswalk poles. Yield signs were also upgraded to stop signs along with continued enforcement. According to Ibrahim, "We have received positive feedback from the principal, from students, and from parents." The Office of Traffic Safety hasn't received any complaints regarding this school zone since

upgrades.

Traditional assessments use incomplete or unreliable collision data, along with site visits that provide a glimpse of problems in the area. According to Ibrahim, the video analytics tool was successful because multiple factors can be assessed at once by reviewing conflicts.

A conflict is when there is a near miss in traffic that could lead to a collision. Conflicts occur more often than collisions. They can provide more information about what is happening at that location, such as confusing signage or road geometry, U-turns, double parking and jaywalking. As Ibrahim puts it, conflicts provide "insight into why road users are behaving the way they

do." The tool identifies how close these near misses are to collisions and what can be done to prevent further conflicts.

Given the pilot's success, city council expanded this project to include multiple schools as part of the Vision 2020 Road Safety Strategy. The plan will allow OTS to assess 13 school zones this year and 24 school zones for each of the next four years. A total of 109 schools will be assessed and upgraded.

Delton Elementary School is identified as a priority school for assessment. Although no date has been set, Delton is on the list and will be completed before 2017.

Once the Delton school zone upgrades are complete, drivers will have better indicators

regarding crosswalks, the speed they are travelling and where to stop safely. Pedestrians, particularly students, will have better visibility and protections when crossing the street. Given the recent child struck in the crosswalk by this school, these upgrades may have helped in preventing this collision.

Any questions relating to this project can be directed to the OTS via email: saferoads@edmonton.ca

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

Connecting local art to the community

Nina Haggerty's beautiful installation has a home at Alberta Ave Community League

REBECCA LIPPIATT

Artists from the Nina Haggerty Centre for the Arts gifted Alberta Avenue Community League with a colourful multimedia art installation representing the community.

Created by six painters and 12 clay artists who work at the Nina, the installation depicts unique houses in the Alberta Avenue neighbourhood.

Paul Freeman, artistic director of the Nina Haggerty, said "the aim of the centre has always been to broadcast work in the public space and an opportunity for other people to see what the artists at the Nina can do." He explained the artists "want to make a concrete contribution to the local reality," and that "good art connects your experience to my experience."

Margaret Larsen, community league board member, introduced the mural on March 9 to an enthusiastic response. "[This art] represents the community of Alberta Avenue with so much imagination and love." She thanked the artists, stating "You are part of the commu-

nity and we are proud to hang your beautiful artwork in our building."

The installation is a welcome addition to the community league.

"Everyone who comes into the office comments on the mural and how perfectly it complements the space," said Karen Mykietka, facility manager.

Val Parr, a local resident, calls the art "a gift to the community."

To create the piece, Nina artists toured the community, taking photos of the area's distinctive houses. They then took the photos back to the Nina and worked on creating paintings based on the photos. The photos were shared with clay artists, who completed a panorama of houses to place in front of the collective of paintings. The paintings were framed, creating a window-like effect of the streetscape.

This year-long project was produced by Jill Thomson, whose work with the Nina shows the impact of established artists working alongside the centre artists. Thomson says of the Nina, "there is nothing like

it anywhere else in Canada—artists who work in a collective who have the opportunity to exhibit their work." The artists she worked with "have a huge work ethic," she added.

The art being within walking distance to the Nina has the additional value of being easily accessible to the artists themselves.

A professional photographer for the past 9 years, Rebecca is actively involved in her community, participating in arts festivals and as the photo editor for the Rat Creek Press.



This mural was created by painters and clay artists. | Rebecca Lippiatt



Kenny Hayward, Lisa Robinson, Jill Thomson, and Scott Berry are four artists involved in creating the installation. | Rebecca Lippiatt

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<p>size 9.5 x 7.5" \$500 colour \$400 B&W Half page ad</p>	<p>size 5.625 x 5" \$225 colour \$175 B&W 1/5 page square</p>	<p>size 9.5 x 5" \$325 colour \$250 B&W 1/3 page banner</p>	<p>size 3.65 x 2.25" \$65 colour \$50 B&W Business card</p>	<p>size 9.5 x 2.25" \$150 colour \$125 B&W Banner</p>
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Delicious and fresh from the oven

Calico Baking Company offers locally-sourced baked goods

KEVIN WONG

“We are all about stuff that’s just so good to eat, so good for you,” said Laurel Ferster, co-owner of The Calico Baking Company based in McCauley. Together with co-owner Zinovia Hardy, the partners believe their connection to the land makes their baked goods part of a bigger cycle.

They’ve had their share of challenges, like when the delivery driver dropped their oven off the back of the truck in 2014, significantly delaying when they opened their business, and putting extra financial pressure on them.

“Even though there’ve been some real struggles, I love it,” said Hardy. Calico Baking Company baked their first batch of bread in January 2015. Using only locally sourced grains, flour and ingredients, Hardy and Ferster strive to produce the highest quality baked goods.

“I want to be offering something that’s good, it’s good for the people, good for the environment, good for the community, good for the farmers and good for Alberta,” said Ferster. Coming from families of settlers, both women have a per-

sonal connection to farming in Alberta. Being locally sustainable is one of the bakery’s core values.

Calico offers freshly baked artisan bread, croissants and scones. “Primarily, our focuses are bread,” said Ferster. However, they are open to suggestions. “We just wanna be making good products,” said Hardy.

Their baked goods can be found in different farmers markets throughout the city. They also provide catering for tea parties, office breakfasts or lunches and offer delivery service through phone order.

“It’s a whole part of the bigger cycle,” Ferster said. They believe that their baked goods represent products of the nutrients from the fields, efforts from the farmers and millers, and artistry and dedication from themselves. The quality depends on every part of this bigger cycle. Calico is determined to develop a culture of environmental awareness and social sustainability one baked good at a time.

Kevin is a self-proclaimed foodie with a very punny sense of humor, who will possibly be your next best friend. Twitter handle @keviowrongyeg.



Irish Soda Bread is one of the baked goods that Calico Baking Company offers. | Kevin Wong

CALICO BAKING COMPANY

9501 111 Ave 587.520.0028

thebakers@calicobaking.com

Find them at farmers markets:
French Quarter Grand Market – Sundays, 11 a.m. to 3 p.m.
8627 Rue Marie-Ann Gaboury

Strathcona Farmers Market – weekends, 8 a.m. to 3p.m.
10310 83 Avenue

University Farmers Market – Thursdays, 10 a.m. to 2 p.m.
Student Union Building (SUB) 8900 114 Street

IRISH SODA BREAD

Ingredients

1 C (340 g) organic unbleached wheat flour
½ C (160 g) organic stoneground whole wheat flour
¼ C (21 g) milk powder
1 tsp organic cane sugar

1 ½ tsp salt
3 tsp baking soda
1 tsp baking powder
1 ¾ C (454 g) buttermilk
1 C (170 g) dried fruit (raisins)

Instructions

Mix dry ingredients. Add buttermilk and

mix gently until dough almost comes together. Add in dried fruit. Shape the dough into a ball using ample table flour to prevent sticking. Sprinkle liberally with flour and place on baking sheet lined with parchment.

Divide the round into four quarters using a dough scraper. Bake at 475 F for 15 minutes. Reduce oven to 450 F and bake for 15 minutes more.

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Board games experiencing a resurgence

Playing board games has become a popular way to socialize with friends

TALEA MEDYNSKI

The time of board games is here. No longer forgotten and gathering dust on a shelf, board games have become a popular way for people to socialize.

At the Carrot Community Art Coffeehouse, the last Tuesday of every month is Board Games Night. According to Mary Ann Aquino, the Carrot's operations manager, there's always a good turnout.

"A lot of the same people come. They wait until that day to come to the Carrot."

Avenue Church started Board Games Night last year. It's open to everyone and people can either use the Carrot's board

games or bring their own games.

Aquino said she thinks board games have surged in popularity because we live in such a digital world. She added, "It's fun, it's interactive, and it's the best way to network. You get to know people better that way."

It's also becoming more inclusive. When Catrin Berghoff started seriously playing board games several years ago, she said it was a "mostly very white, very male hobby."

Berghoff is one of the organizers of GOBFest, a convention of games for gamers. Now in its fourth year, GOBFest has been drawing more people every year at the April 9-10 event.

"The focus is on getting

people in a room together and just playing games," said Berghoff. She explained that playing board games is a great way to socialize. "You don't have to talk all the time. It's a really relaxing, low-stress way to spend time with each other."

At GOBFest, people can play a determined number of rounds in tournaments or play as many games as they wish in hosted games. If people want to play casually, open gaming is available with 500 games from which to choose. Volunteers are on hand to help where needed.

Besides the games, a flea market will be set up for people buying and selling used games and a game design workshop will feature an Edmonton-based

game designer.

Participants can also enjoy life-sized gaming with Dutch Blitz, a Mennonite game played with three feet by three feet cardboard cards. The game will be played in the gym and "is a little less sit on your butt for two hours."

Berghoff stressed the importance of GOBFest being a welcoming environment. "We're very aware of building an inclusive environment for everyone, regardless of gender or age."

Last year, children as young as 10 years old attended. According to the GOBFest website, "We can't give you an exact suitable age range for attending GOBFest because every kid is different and we

have a variety of complexity levels in our offerings, but 12 is almost definitely old enough and under 8 is almost definitely too young to have a good time." Berghoff added, "it depends on the child. Bring your child if they can play the game without much help. You won't be able to help them in a tournament."

Attend GOBFest for either the entire weekend or just one of the days. Register online at gobfest.ca or pay with cash at the door.

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



BOARD GAMES NIGHT

The Carrot Community Arts Coffeehouse
9351 118 Ave
Last Tuesday of every month, from 7-9 p.m.

Board Game Night
Highlands Library
(6710 118 Avenue)
April 13, May 11, and June 15 at 6:30 p.m.

GOBFest
April 9-10
Alberta Avenue Hall
9210 118 Ave
Register at gobfest.ca or pay cash at door
\$25 for Saturday;
\$20 for Sunday;
\$40 for weekend

Mary Ann Aquino displays the Carrot's collection of board games | Talea Medynski

A new springtime event on the Ave

Alberta Avenue welcomes Mythos, A Springtime Fair

AYDAN DUNNIGAN-VICKRUCK

"If you can dream it, it is possible."

This is the vibe that I pick up from speaking with Keia Dreger, director and creator of Mythos, A Springtime Fair, which will be held April 21 at Alberta Avenue Community Centre.

Dreger created the festival out of a need for artists and artisans to "have an opportunity to learn, express, showcase themselves, network, create conscious community, gain exposure." Dreger is also an artist. She works in

a variety of mediums and has designed some dividers, which will be for sale at the fair.

Mythos is a bit of an eclectic fair. As Dreger explained, the event is a "real grab-bag of events and programs."

Events and programs include laughter yoga, ecstatic dance, partner massage, tarot and I Ching readings, permaculture, gardening, henna art, and tai chi. Vendors will be available with market crafts like hand-made chocolates, essential oils, and jewelry. Afterwards, there will be a dance lasting until around 2 a.m.

At least a few of the work-

shops she mentions intrigue me, although dancing until the wee hours on a weeknight is a bit of a stretch at my age.

Dreger said that the fair is open to anyone who wishes to attend. "Mostly young people attend, but it is certainly family friendly. A lot of parents bring their kids along. Really it is for anyone who wants to learn something, experience something new, have a good time without booze or drugs."

Last year, Dreger held the fair at a different venue in Edmonton's south side. She had a good turnout. This year's change in venue was due to a

number of factors.

"I live in the area. It's great seeing what is happening with the arts community here. I thought the fair could draw from the local artistic talent and interests," Dreger explained.

Sounds like a good bet to me.

For more about the festival, check out the Facebook event Mythos: A Springtime Fair II.

Aydan is a social worker, blogger, tango dancer, outdoor enthusiast and co-parent with Patricia to 8 children and 16 grandchildren. He's also a resident of the 'hood and loving it.

MYTHOS, A SPRINGTIME FAIR

Thursday, April 21
3 p.m. until about 2 a.m.
Alberta Avenue Hall
9210 118 Avenue
Free admission



A variety of workshops will be offered at Mythos, A Springtime Fair. | Keia Dreger



Last year's festival had a large turnout. | Keia Dreger

EDITORIAL

Asking for public dollars

Shareholders profit while Albertans foot the bill

MIMI WILLIAMS

The only thing climbing higher than Alberta's unemployment rate is the audacity of the corporations responsible for the layoffs.

A group of those corporations gathered last month and commanded a full mainstream media news cycle, demanding that Premier Rachel Notley shift course and adopt the failed policies of the previous Progressive Conservative (PC) government. It is true that 80,000 Albertans have lost work since the New Democratic Party (NDP) was elected last May. However, the party has nothing to do with the inability or refusal of the oil industry or the previous PC provincial government to prepare for the inevitable downturn in oil prices.

The 15-member coalition, which included the anti-union Merit Contractors Association, appeared to have been spearheaded by the Alberta Enterprise Group, an organization created from the ashes of Mark Norris's unsuccessful campaign to lead the PCs in 2006. His platform included a vow that Alberta should separate if a future federal government brought in a carbon tax. These people should be ignored, not encouraged.

To be clear, jobs matter and when companies face hardship, people suffer. But let's not forget that these are the companies which, when oil is \$100 a barrel, lure workers here from across Canada and around the globe, putting a strain on housing and causing inflation for everyone, whether or not we reaped the benefits of the boom. These companies ride the wave of high oil prices and when oil prices fall, dump workers while protecting their shareholders'

dividends.

This is why the list of corporations extends beyond the signatories to that ridiculous letter.

Take Suncor, for example. Shortly before CEO Steve Williams met with Prime Minister Justin Trudeau, Premier Rachel Notley and other industry executives to ask for help in February, Williams told industry analysts his company had "significantly over-achieved and took over 1,900 people out" last year while still protecting its dividend to shareholders. Considering Williams claimed, when launching his hostile takeover bid for Canadian Oil Sands last fall, to be sitting on cash and credit of approximately \$12 billion and a "fortress balance sheet,"

"These companies ride the wave of high oil prices and when oil prices fall, dump workers while protecting their shareholders' dividends."

his request for public dollars puts him and Canada's biggest oil producers on the list of the audacious. They have access to a significant amount of money while continuing to pay shareholders' dividends. Meanwhile, the workers they've laid off deplete their savings and their employment insurance benefits, with many forced onto social assistance. This makes calls for the government to slash services in order to balance its budget

ludicrous.

And let's acknowledge the Petroleum Services Association of Canada, which went to the federal government last month to ask for up to \$500 million to clean up decommissioned oil wells. The association said taxpayers should be on the hook to clean up this mess because economic circumstances and increased costs due to increased regulations have caused this work to be delayed or postponed.

No explanation was offered as to what delayed the work when companies were reaping profits. Nor did any reporter ask these industry representatives what happened to the \$30 million Stephen Harper's Conservative government handed to industry to clear the backlog of orphaned wells during 2009's economic downturn.

What is clear is that we're going to be on the hook to clean it up.

Last April, before the provincial and federal elections, the CBC reported that 540 wells had been abandoned in the last year, bringing the total of orphan wells to 702, quadruple of the previous year. The most recent figure, released by the Orphan Well Association in February, is 693. The provincial government has expressed hesitance to use public money to clean up the mess, but it seems inevitable.

Nobody knows when this downturn will end, but one thing is certain: the people who didn't share the profits in good times are not going to be sharing the pain now. Premier Rachel Notley would be best to ignore their calls to go back to the PC way of governing. To do so and hope for a different outcome is, as Einstein told us, the definition of insanity.



RCP HISTORY

Why is this newspaper called "Rat Creek Press"?
Several local organizations began a newsletter in May of 1999. They decided to run historical stories on the front page, and in keeping with this, the founders chose a historical name—Rat Creek—for the newsletter. In 2004, the newsletter was recreated as a community newspaper. Rat Creek Press Association was incorporated as a non-profit in September of 2005.

Rat Creek was once part of a larger water system in this area and was fed by sloughs and wetlands upland and ran downstream into the North Saskatchewan

River. The creek ran where Norwood Boulevard runs today through the Kinnaird Ravine to the river. Local trappers called it Rat Creek for the muskrat living along its reaches.

When Norwood School was built in 1909, some students had to cross the creek to get to the school. As the city developed, parts of the ravine and creek were used as a dump. The creek was filled in by land developers McDougall & Secord in an attempt to modernize the area. The Kinnaird Bridge on 82 Street between 111 and 112 Avenues spans what remains of Rat Creek.

LETTER TO THE EDITOR

No diversity in women's article

I love reading the Rat Creek Press. In general, I find the paper to be inclusive and community-minded.

I want to bring to your attention an omission in the March 2016 edition. The article "Celebrating Women" includes a timeline on women's right to vote. I was dismayed to see that this timeline does not inform readers that Aboriginal women did not have the right to vote until 1960.

I also noticed that the overwhelming majority of the trailblazers are white women.

I was disappointed by the racial bias in this piece. International Women's Day is for all women and this article did not communicate that.

Kimberly Mccall

LETTERS TO THE EDITOR

The Rat Creek Press is a forum for all residents. We welcome your letters. Letters should be 250 words or less and must include your name, neighbourhood, and phone number. Email editor@ratcreek.org or mail/drop to 9210 118 Avenue, Edmonton AB T5G 0N2. We reserve the right to edit, condense, or reject letters or submissions.

100In1Day
Edmonton · 2016

Turn an empty space into an inviting place.

Join hundreds of Edmontonians in taking small steps to make our neighborhoods more inviting on June 4.

It can be as simple as:

- doing sidewalk chalk art
- playing outdoor games like soccer or basketball
- putting out lawn chairs and visiting with passersby
- planting a community garden
- having a community BBQ
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The importance of keeping your culture

Local drum and dance troupe talk about their experience and vision

AYDAN DUNNIGAN-VICKRUCK

If you have spent any time at Alberta Avenue festivals, you have probably been mesmerized by Sangea, a high energy, colourful, and talented African drum and dance troupe.

I bumped into them at the Carrot during Black History Month. Their commitment to their craft, vision and values triggered my interest in culturally diverse communities. I jumped at the opportunity to interview founders Reckie Llyod and Erini Perez Amezcua about immigration, music, and artist lifestyle.

Lloyd explained that the troupe name was inspired by Sangay, a common name given to Liberian girls meaning "female leader".

"We like this name because we believe an African proverb that says 'You educate a man, you educate one person, but if you educate a woman, you educate a village,'" said Lloyd.

Lloyd emigrated from Liberia via Ghana 10 years ago. Lloyd and his family moved to Edmonton after living a year in Ontario.

"Fortunately I knew English when I arrived, so I could continue with my high school education. I then attended Grant MacEwan to pursue music."

Amezcua and her family come from Mexico.

"My mother and sister and I moved from Acapulco about nine years ago when the drug cartels moved in. I had to begin working immediately and found a job in construction. It was hard work and very cold. I knew very little English, so had to re-do high school."

Working full time at Sangea has its ups and downs. "Our families encouraged us to get regular jobs. We have all come from difficult backgrounds and

to get a stable income and lifestyle was considered the priority. But we have a vision of something of broader significance that influences our community, city and country."

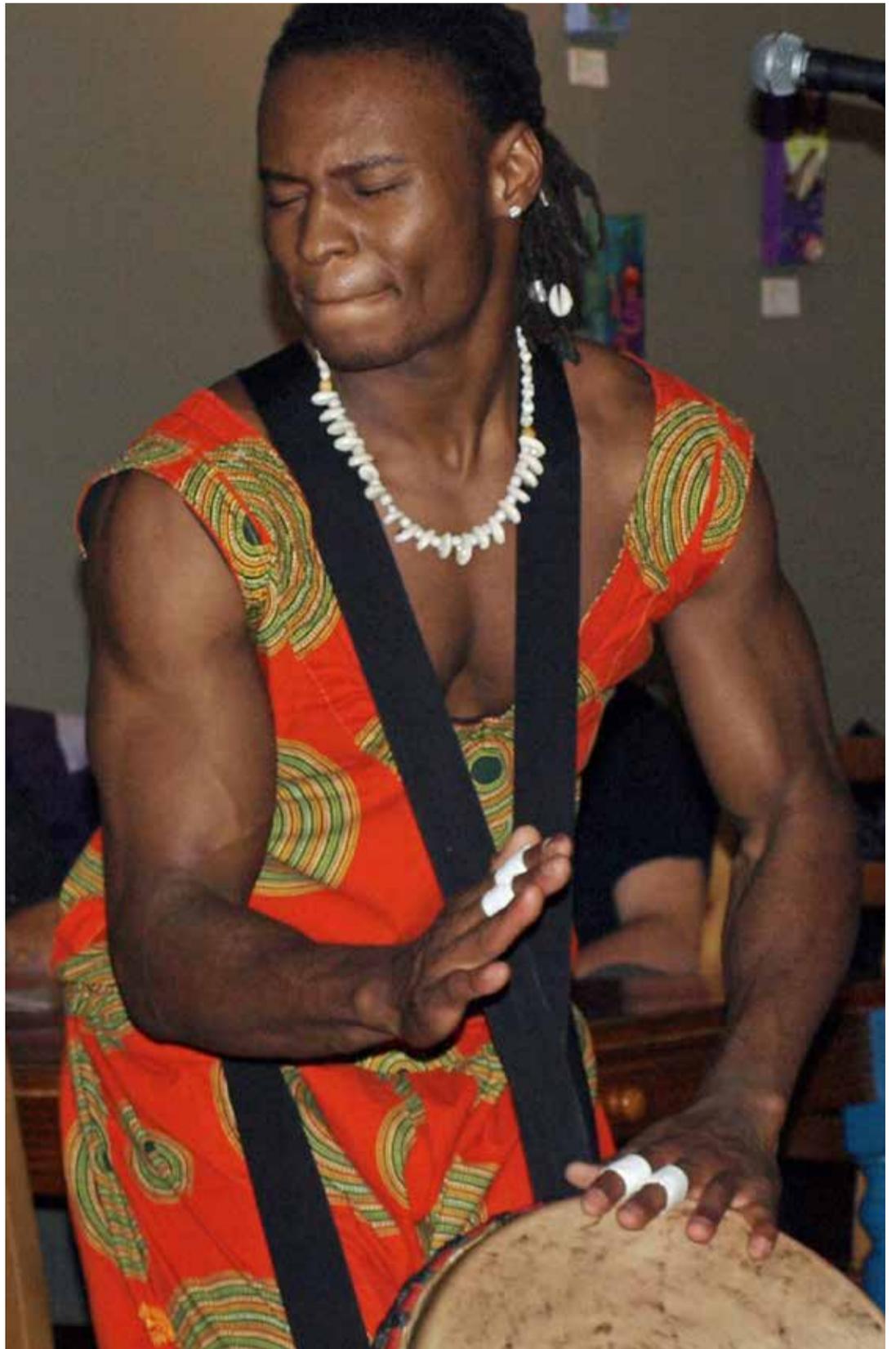
Their vision is to make a difference and to stay true to their culture, which is part of a person's identity.

"We are aware of how easy it is to lose one's culture when you arrive here. And without one's culture, one also loses one's way in life and one's soul. When we first started our music, we were working with youth who were lost, getting into trouble, had no community. We were trying to pull them back into their community before they made bad choices."

Music, dance, and even the instruments they use are significant. The drum they play is called djembe and means "bringing people together in peace."

"We believe we are working for peace. Culture is the core for peace. Music and drumming in particular brings people together. That is why drumming is done in a circle. And we also include poetry in performances as a means of informing what is going on in other parts of the world. Drumming, dance, and music provide a platform for educating and sharing how they feel about war and fighting."

Lloyd explained that Canada offers great opportunities for newcomers as well plenty to do. He said there is some prejudice, but prejudice also existed at home in Africa. He added, "but if one is strong in your own culture, then you should see other cultures as a complement rather than a threat. That is one of the things that I admire about Canada. There is actually an opportunity to practice one's own traditions without being excluded from regular Canadian society."



Sangea performs at the Carrot during Black History Month. | Aydan Dunnigan-Vickruck



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SEXUAL EXPLOITATION WEEK OF AWARENESS APRIL 18-22

Youth are vulnerable to sexual exploitation

Prevention and intervention are key in stopping a life in the sex trade

KAREN MYKIETKA

The teenage years are difficult for both parents and teens. Teens are searching for a self-identity and more independence. Discovering who you are and what you like requires exploration. Conflict often occurs. Adolescence is also a vulnerable and risky time because a teenager's brain isn't fully developed.

In a healthy family, parents provide guidance and boundaries through this volatile period. Unfortunately, many families are dysfunctional. Sometimes parents are simply unaware of the issues and emotions their teens are facing. Or worse, teens may have already been subjected to abuse, addiction, trauma, and poverty.

All youth are at risk for sexual exploitation. This risk is higher for vulnerable or marginalized teens, especially when their situation is compounded by family conflict and poverty. Although it can happen to boys, the target for sexual exploitation is primarily girls. The average age girls are first exploited is 13 or 14.

Exploiters (aka pimps, recruiters) tell girls what they want to hear. Often an older man becomes her "boyfriend" and gives her the love and attention she is seeking along with gifts. The girl is lured away from family, friends, and home. If a girl is already on the streets, she is given safety, protection, housing, or drugs.

Soon the relationship turns to coercion and threats. The girl now owes her "boyfriend" and is forced to pay him back through stripping, pornography, or prostitution. The exploiter gains control through isolation, humiliation, and fear.

Sometimes a teen girl will "chose" to start doing sexual favours in return for drugs, gifts, or money.

A local source shared a conversation she had with a junior high aged girl in our community about her prostitution activities. She asked the girl if she was afraid when she climbed into the car with a strange man. Her reply was, "No, my friend was with me. We only do what we want to do." Sex trade veterans say they like to hold on to the perception that they have boundaries, but they have little control over what happens when they meet with a john.

It's few if any people who willingly choose to work in the sex trade over other viable options. They are doing what they need to survive and may also be feeding an addiction. In most cases, their thinking about themselves, relationships, and sex is distorted.

The source said she doesn't know how else

to help this girl, who spent time in a safe house but returned to prostitution. A girl who doesn't care about herself, who has a drug habit, who is seduced by how quickly you can make money on the street.

This haunting quote is from a video included as part of *The Globe and Mail* article "The Trafficked: How sex trafficking works in Canada."

"Nobody ever stopped to say, 'Little girl, why aren't you at home in bed?' Nobody ever stopped to say 'Are you OK?'" said Bridget Perrier, survivor of prostitution from age 12 to 22.

Staff Sgt. Dale Johnson of the Edmonton police vice unit says, "All adults involved in a child's life have a role to play in identifying at-risk children and ensuring they receive help prior to that child falling further 'into the life'. Alberta has unique legislation (Protection of Sexually Exploited Children Act) that puts the onus on adults to report suspected incidents."

If you suspect someone is being exploited, please do something.

onlineEXTRA Q&A with Staff Sgt Dale Johnson from EPS's vice unit.



Teens, especially at-risk girls, are vulnerable to sexual exploitation. We all need to be aware of the signs and care enough to do something. | Pixabay

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Child Abuse Hotline -
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the denial in society and
the monumental shift of
consciousness required to
create equality and respect
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Tuesday, April 12, 7:00-9:00pm

9210 - 118 Avenue

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Time: 9am - Noon. Race starts at 10am

Where: Concordia University College

Information and Registration:
www.rwr4trafficsafety.com

Race proceeds go to the Memorial and Traffic Safety Fund which supports community traffic safety initiatives.

VISION ZERO: zero traffic fatalities and major injuries



NATIONAL VOLUNTEER WEEK APRIL 10-16

The realities of being a volunteer co-ordinator

Reflecting on the joys and challenges of working with volunteers

BRENDAN VAN ALSTINE

Shortly after returning to school to study communications, I found myself co-ordinating volunteers for Arts on the Ave (AOTA), which runs Kaleido and Deep Freeze Festivals as well as the Carrot Community Arts Coffeehouse.

Volunteers are seriously the best, and some of the most generous people I've ever worked with. However, working with people who donate their time presents some unique challenges; recruitment, training and retention are ongoing challenges for many organizations.

For a lot of groups, the biggest challenge to working with volunteers, and often the first one they encounter, is how to even find volunteers. Luckily

for us in Edmonton, there's a pretty decent range of websites and organizations to help connect would-be volunteers with the organizations that need them, such as GoVolunteer.ca and the Edmonton Chamber of Voluntary Organizations (ECVO). A quick Google search will yield dozens of other websites. We're also pretty blessed in our neighbourhood to have some great collaboration between organizations that are willing to help each other out.

Of course, recruitment is just the first step. The far more challenging part was making sure volunteers were placed in a suitable role where they felt happy and satisfied in the work they were doing. As a volunteer co-ordinator, you want people to feel invested and empowered

and be part of the team. At the same time, when you're not paying someone, a certain level of patience and understanding is required. Setting clear expectations right from the start helps. It's important to really get to know your volunteers and why they want or like to volunteer. Volunteers should be in a role where they enjoy themselves, but they should also understand their role and responsibilities and how they're contributing to the organization's success.

With large events like annual festivals, you only see many of your volunteers once a year. Because of the sheer breadth of tasks required in putting together and running a successful festival, it can take a few tries before you figure out the best fit for everyone. Believe it or not, after a couple of years, even the

momentous task of knowing, scheduling, training and (most importantly) appreciating several hundred volunteers becomes less daunting.

If I could offer only one piece of advice in working with volunteers, it would be this: some volunteers are truly stars. They will surprise you with their generosity and willingness to make time to help with almost anything and everything, but be careful not to over-work your star volunteers. It's easy to get into the habit of always calling on these people when the pressure's on because someone cancels at the last minute or when you otherwise desperately need help. But I can't stress the importance of not calling on the same people too much. Even the best volunteers can burn out when they start to

feel over-worked and under-appreciated.

I really enjoyed my time working with volunteers, but after a few years I finished school, found a job in communications and had to leave behind my many wonderful volunteers. However, I still often find myself drawing upon the varied skills I acquired as a volunteer co-ordinator. Would I do it again? Probably. For now though, I'm content to once again be able to volunteer myself.

Brendan is the former volunteer co-ordinating for Arts on the Ave. He has a background in social work and communications, and he has worked for a wide variety of volunteer-dependent organizations.

Volunteering as an important part of life

Meaningful volunteering starts with finding organizations that click with you

PAULINE ISMAEL

When I first began volunteering, I was just beginning grade 12 and looking for ways to gain new experiences outside of what high school could offer. I found my first long-term volunteer experience with Catholic Social Services as a Homework Club tutor. I stayed with them for over a year.

The program was a drop-in academic help session for immigrant youth held every Saturday. It was an interesting experience because while my best subjects were Spanish and English, I began to lose my confidence in tutoring these subjects every time a question came

up that I could not answer. I began to wonder about limitations in my own offered abilities and I started seeking different opportunities. Not every volunteer opportunity works out.

With the various volunteering I did in the following years, I began to ask myself some questions: "Am I really helping the people I want to help? Is it meaningful? And, meaningful to who?"

Over the years, I found myself floating between various non-profit organizations looking for a place I could click with. I have set up conferences and events, helped with youth programs that didn't progress beyond the planning stage, mentored recent immigrants who then

left Canada due to homesickness, and helped different political parties. Not many people can say they have volunteered with the Conservative, Liberal and New Democrat parties all within one year, which I did last year.

Non-profit organizations rely heavily on volunteers for many of the amazing programs they offer, but they also face a high turnover of volunteers because people get busy with life or don't click with the organization and move on. I've discovered people may need to try many different volunteer experiences before finding one that works.

When you connect with an organization, volunteering

becomes more meaningful. That said, I loved every volunteer experience because I met so many different people, learned more about my own community, and forged lasting relationships. When I began volunteering, I had the intention of helping people, but over time I began to see that volunteering helps me understand my own life better.

Today I volunteer with the Language Instruction for Newcomers to Canada (LINC) program as a classroom volunteer, very similar to my first volunteer experience, but with an older demographic. I help people improve their English. I have been with the program for over a year. The program

clicked for me because I had a connection before coming to the school. The school was where my father, a refugee from Cambodia, took his first English as a Second Language classes.

It feels as though my volunteering has taken me full circle to a place that has a connection to my family. Now I am happily making connections with those who are in a similar place to where my father was over 30 years ago. I've found a place that clicks.

Pauline has lived the area for almost 20 years and is currently finishing a degree in secondary education.



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Telling the tale of the city's collective story

Edmonton Heritage Council initiative helps Edmontonians find hope and belonging

STEVEN TOWNSEND

On March 15, a diverse group of community members gathered in a sharing circle to tell their story of how they came to Edmonton.

Organized by the Edmonton Heritage Council (EHC), Weaving City Narratives was held at Ben Calf Robe - St. Clare School. The event was created to help people to find a sense of hope and belonging in Edmonton.

Before the conversation began, a gift of tobacco was given to the host, elder Betty Letendre, member of the Council of Elders with Edmonton Catholic Schools. Letendre opened the circle with a prayer and a stone referred to as "grandfather" was passed around.

The grandfather stone represented all of the ancestors and their stories carried with you. When everyone received the grandfather stone, it was their turn to share a story about how they came to be in Edmonton. Many people had come to Edmonton through birth or had migrated to the city from outlying communities. Other people came to Edmonton on their own like Kevin Wong, who migrated from Macau. Even though Wong came alone, he still brought with him the stories of his ancestors.

"Remembering where I came from gives me the courage to explore where I am about to go," said Wong.

Because participants shared stories about their journey here with each other, they were able to better understand and appreciate each person's story and

how it has helped to shape the collective story of the city.

David Ridley, the executive director of EHC said, "We are a city with lots of new people, lots of people that have been here for generations." Ridley continued, "This is kind of the meshing, the mesh work, of how to bring those stories together, not because there is going to be one big story but [because there will be] a better appreciation of how these things fit together."

Edmonton is a very diverse city with an ever-expanding list of cultures, religions and ethnic origins, though sometimes we get stuck in our own bubble.

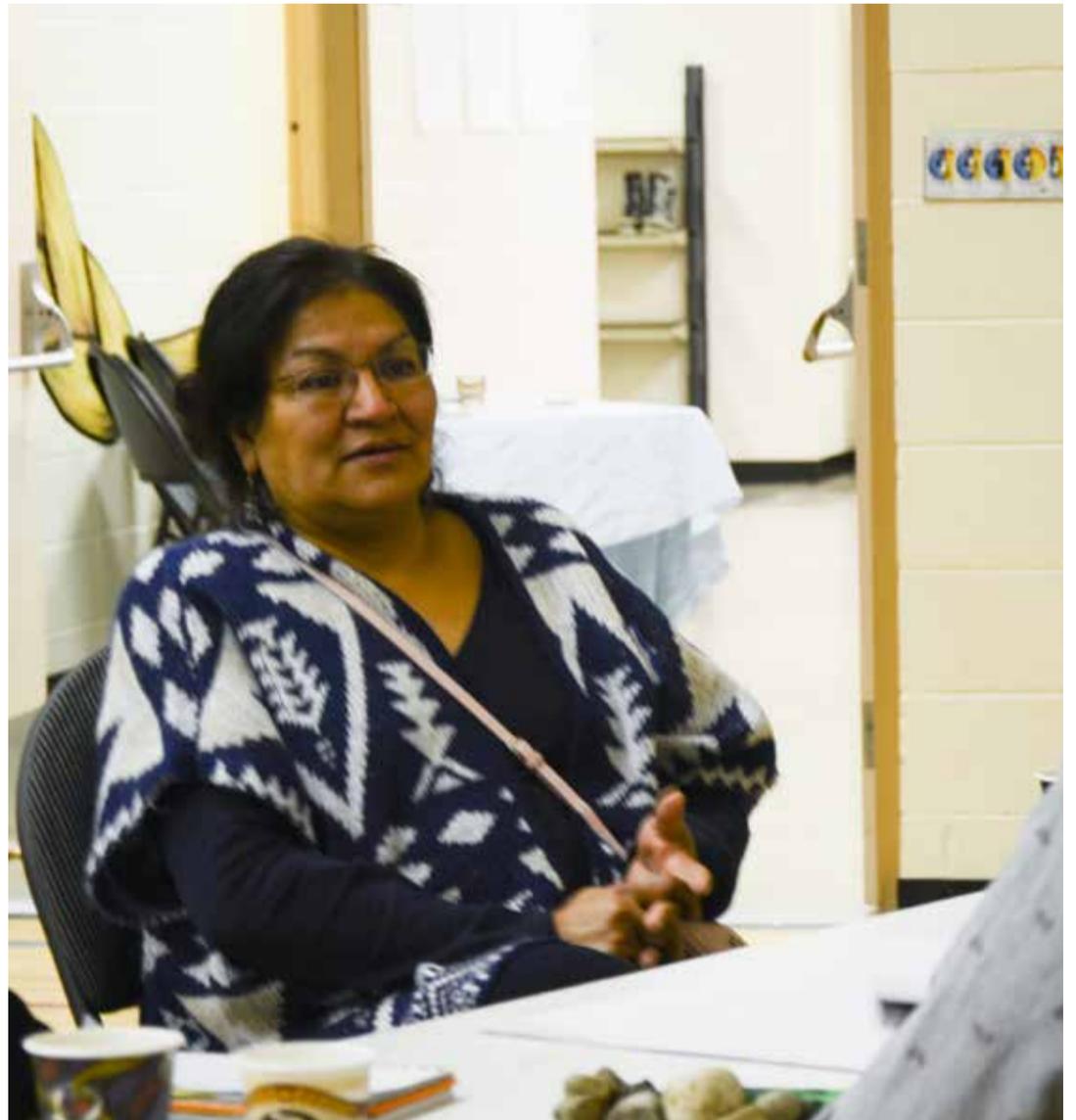
"In our own communities sometimes, when we don't know where people come from, we become afraid. This [event] has opened up a whole new conversation about who we are," said Letendre.

The turnout was smaller than expected, and it may lead to some changes in the format of future conversations.

"We will go back to the office and ask what did we get out of that? We expected this to be larger; maybe a large format isn't workable. Could we do this more nimbly in smaller ways but still get the same kind of connection with people to talk about the kinds of questions we talked about tonight?" said Ridley.

If you are interested in participating in future Weaving City Narratives conversations, get in touch with EHC through their website: edmontonheritage.ca

Steven is an Edmonton native, community organizer and small business owner. His twitter handle is @grimacetu.



Participants share how they came to Edmonton. | Kei Cheung



March's Weaving City Narratives is the first event in a series. | Kei Cheung

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Preparing and planting a spring garden

Great tips for getting the most out of your garden this year

NIKKI-KARYSSA SCOTT

With spring starting to peek through the winter cold, it will soon be time to plant a spring garden. Before sowing those tiny seeds, tackle a few garden chores to ensure your garden gets off on the right foot and grows the best plants possible.

If your garden has raised beds, now is the time to check for any damage. The soggy soil from rain and snow can strain wooden frames. Repairing bowed or split wood now will save you time and keep plants contained all summer.

It's time to turn your compost pile and check for any that may be ready to use. Adding compost is a great way to improve soil naturally, and can be used everywhere in your yard or containers. Simply turn or rake it into the top inch of your soil before planting.

Spring is a great time to clean up any fall material that was missed or covered by snow. Any perennials that were not cut back can be done now and added to your compost bin to get it started.

Next, weed and mulch. Eradicate those pesky early weeds before they get too comfortable in your garden. Remove any young weeds first and then add a good layer of new soil or compost. Apply mulches at a depth of three to four inches to discourage any new weeds.

Now we are ready to plant spring vegetables. Once the soil is workable, meaning there are no longer any ice crystals in

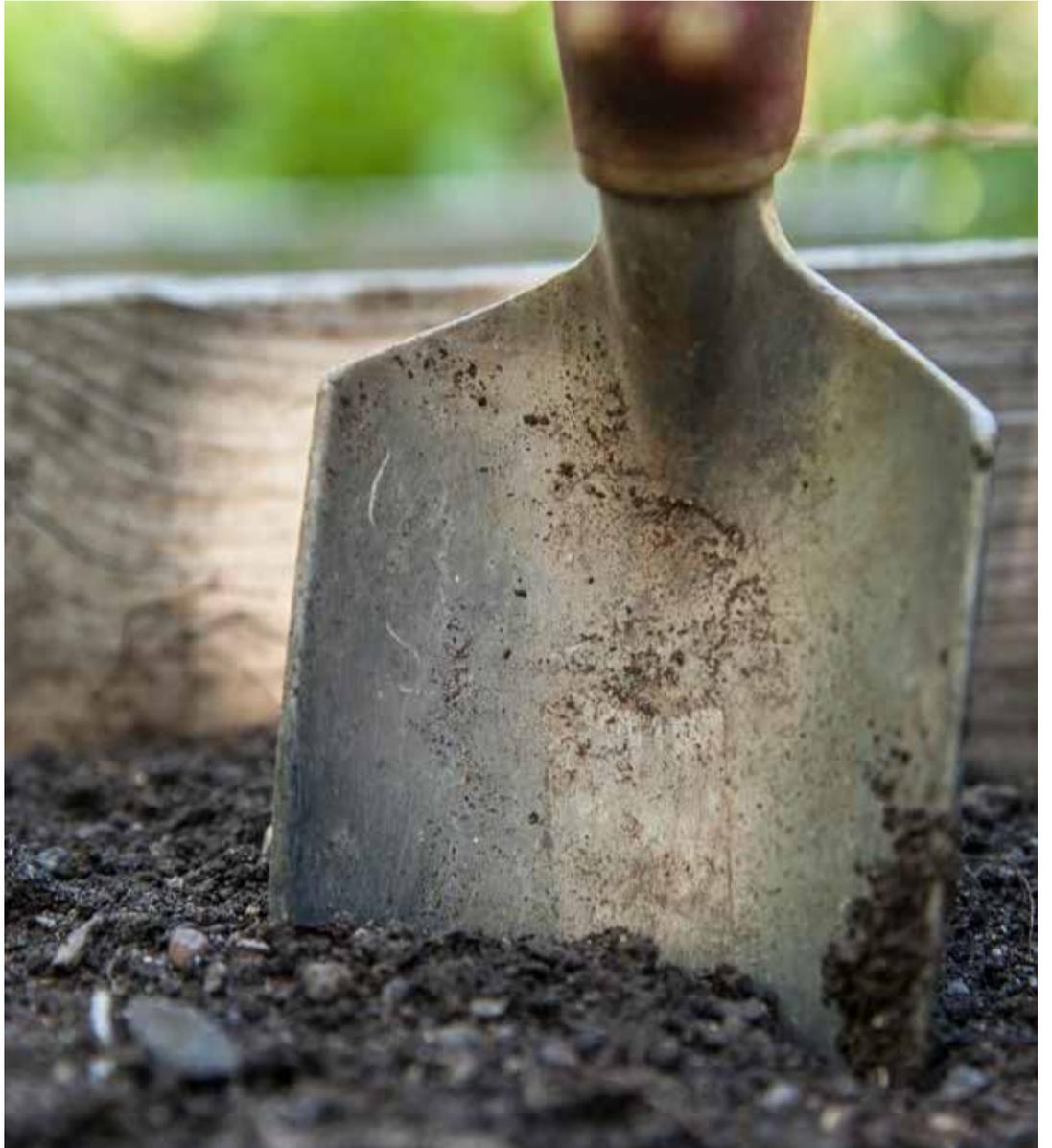
the soil and it easily crumbles by hand, you can start seeding spring crops. Cool weather vegetables that can be seeded now include: arugula, beets, broccoli, cabbage, carrots, kale, leeks, lettuce, peas, radishes, swiss chard and spinach.

Seed leafy greens such as arugula and spinach every couple of weeks to make sure you have a consecutive harvest. In the summer heat, these vegetables will bolt or go to seed quickly and can be bitter tasting. However, they can be seeded again in the early fall when temperatures start to cool down.

If you do start a spring garden, be sure to have a plan to protect seedlings. A late season frost or freeze can happen anytime in the spring here, so having enough cloth to protect tender plants is essential.

As the days grow longer and the sun shines warmer, planning an edible garden can be a rewarding way to spend time outdoors. So whether you have half an acre or just a small square foot garden, take advantage of a spring garden and enjoy fresh vegetables.

Nikki-Karyssa grew up in the Okanagan Valley working in orchards and vineyards before moving to Edmonton in 2007. She received her BSc in Production Horticulture in 2012. She lives in Alberta Avenue and is the plant growth manager at the University of Alberta's research greenhouse.



Preparing your garden will save you time in the long run. | Pixabay

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A neat figure sculpture made from wire in front of a new two storey house on 91 Street & 115 Avenue.
| Karen Mykietka



Nathan, Stephanie, Anya, and Nina
| Susan Johnstone

THE KOWALSKI FAMILY

Westwood residents of 10 years

Stephanie: "There are a lot of different dynamics in this neighbourhood. Being in a neighbourhood like this [means] the kids see downtown life. I think it's good exposure for them,

rather than being out where there isn't as much diversity. It's good for us, too. The kids do really well with the iced tea stands on the corner. I had to get used to letting them go —at first they were out front, then they moved down to the corner where they make a lot more money."

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Alberta Avenue

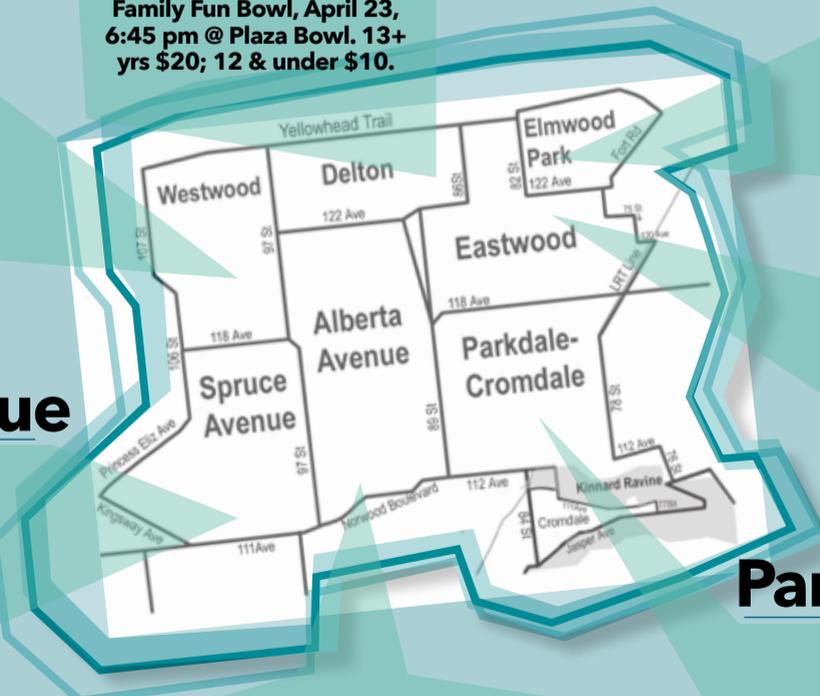
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AGM April 12, 7 pm.

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Next meeting Thursday,
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EFCL

Musicians, rejoice! Making music in the hall

Jam sessions strike a chord with community musicians and music lovers

LORRAINE BERGSTROM

Last fall, my friend Gerard Forget and I attended a Leaders in the Community meeting hosted by the Avenue Initiative Revitalization. The purpose was for people to share ideas and brainstorm implementation of new projects that would benefit the community.

Gerard and I saw this as a great opportunity to share our idea of organizing jam sessions for community musicians and performers who were looking for a place to play together in an informal environment.

We began to market the idea and compile a list of musicians and performers that we knew, and the list grew quickly. We discussed logistics and decided to try to secure space at Alberta Avenue Community Hall. We were fortunate enough to be able to book several dates. We felt that Sundays from 3:00 to 8:00 p.m. would be best suited with a jam every two or three weeks.

February 28, the first session, was a huge success with 25 people attending. To kick it off, I provided the food and beverages for the first jam session. All future jams will likely be potluck, pizza nights, or barbecues. Our second date was March 13 and it also was a big success.

Jam sessions provide a venue for like-minded people of all

skill levels who enjoy sharing music. Every kind of music is welcome. This is a great opportunity for all who attend to collaborate and coordinate with other musicians on the fly.

The character of any jam session is determined by who shows up. Some people prefer to do instrumentals while others perform a cappella songs, or anything in between. It is a great way to meet fellow musicians, get more stage experience, learn how to play different music or songs, and have fun!

In the spring, we plan on moving to the community garden behind the hall. There will be opportunities to play in the community, such as block parties, or music jams in the park. It just takes a bit of inspiration and imagination, and I'm sure we could create opportunities for musicians to play for larger public audiences. We plan on setting up a musical variety show by next winter.

Everyone is welcome to join! Please bring your own instruments, song books or song binders. We had planned for these jam sessions to be acoustic, but many musicians have brought amps and microphones.

Lorraine, a Parkdale resident for almost 11 years, is facilitating jam sessions for community musicians and performers.



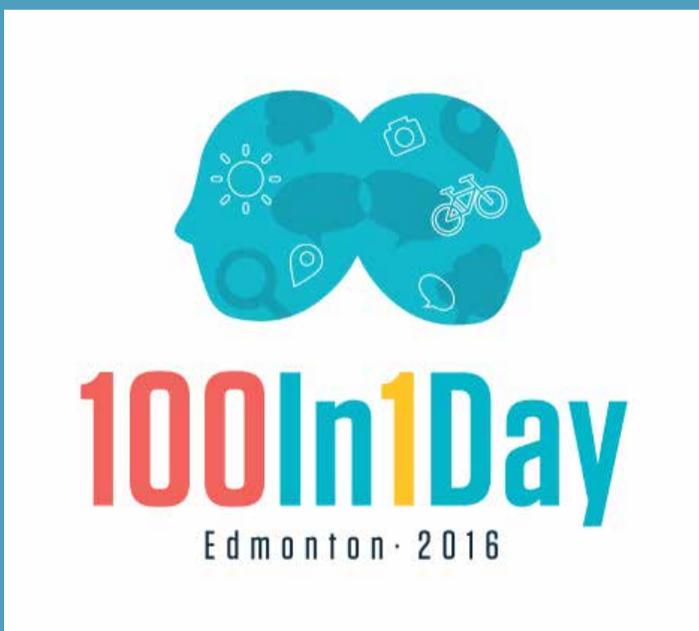
Community musicians enjoy a jam session in Alberta Avenue Community League. | Lorraine Bergstrom

OPEN JAM SESSION

Sundays, April 3, 17, May 1, 15, 29
3-8 pm at Alberta Avenue

All musicians and performers welcome.
Call to register: 780.934.3209

Animate The Avenue Alleys



avenueinitiative.ca

Interested in back alley murals, poetry, colourful painting of fences, gates & garages? Animate the Alley is coming to the seven Ave communities leading up to the citywide 100in1Day on June 4.

Information session April 4 from 6-8 pm at The Carrot or email Animate.The.Alley@gmail.com for more info.

Project details at: <https://www.makesomethingedmonton.com/AnimateTheAlleys/>

The Carrot's Got Class(es)
Get crafty & creative with us!

Weaving Your Stories
April 20 & 27, 2016
Take home a mixed media work of art created by you!

Tabula Rasa Painting Party

May 1, 2016
Create a beautiful painting and enjoy tasty treats!

Foodie Herb Garden
May 4 & 11, 2016
Paint a window planter and plant an herb garden!

Space is limited.

More info: thecarrot.ca or carrotassist@gmail.com.



EYES On The Street



REPORT

Tackling crime is a team effort

Empowering residents to take an active role in crime prevention

The City of Edmonton and Edmonton Police Service hosted a “Connecting Community for Safety” event at Alberta Avenue in March. This event helped connect residents as well as encourage and empower them to take an active role in crime prevention.

Residents had an opportunity to share their stories, thoughts and ideas around crime and safety in small groups. Afterwards, Community Liaison Constable Jeff Thomsen and Community Safety Liaison Gurjeet Sangha encouraged a four-pronged approach to crime prevention: empower, connect, prevent, report.

Thomsen wants residents to know that they are essential in fighting crime. What residents do (or don't do) makes a huge difference. The most effective strategy in preventing crime is what police call “target hardening”.

The majority of crimes are crimes of opportunity. Criminals are looking for an easy target. The most effective crime prevention is still the simplest and least expensive. Lock your vehicles, remove all valuables, put on a steering wheel lock. Upgrade locks on houses, garage doors, and windows. Install security lights.

“If you do this, the criminals will move on to the next house. If all your neighbours do these things too, then they will move on to the next block. If your whole neighbourhood does this, then criminals will quickly learn to go somewhere else,” says Thomsen.



ACTION

Put up a lawn sign

Why? To show criminals that this block and neighbourhood is connected, is watching, and will report suspicious activity and crime. If you would like a lawn sign, contact Sangha at 780.499.8987 or gurjeet.sangha@edmonton.ca.

Report crime

Clip the phone numbers on this page and put them near your phone. A “Reporting Problems in Your Community” postcard is also available at Alberta Avenue or from Gurjeet.

Check out Neighbourhood Watch

Go to enwatch.ca for information and resources on crime prevention. Register for the Walk your Block program. Check if your league has a Neighbourhood Watch community representative. If not, think about becoming one.

Meet neighbours

Local neighbourhood events and even larger community events are great places to bump into other residents and make connections. Enjoy music around the campfire with neighbours at Phoenix Night on April 2 from 7-11 p.m. at Parkdale hall. Check out the Alberta Avenue Annual General Meeting on April 12 for a preview of their neighbour engagement resources. Network with home-based businesses in Eastwood on April 21 at 5 p.m. Deltonites go bowling on April 23. Find treasures and friends at Spruce Avenue's Garage Sale on April 29. Enjoy a spring barbecue and safety fair in Elmwood Park on May 7.

Visit with Jeff & Gurjeet

Tuesday, April 5, 10 a.m. at The Carrot.



RESOURCE

Friends for health and happiness

KAREN MYKIETKA

Many years ago, I had the pleasure of hanging out with a group of teen moms for two years while doing research for my Master's thesis. It was a time of just being and talking with them to understand their world. I did not maintain a “professional distance” with the girls; we became friends. We socialized together, I babysat for them, I had them over to my house, I attended their births and baby showers.

What I learned is that like everyone else, what these girls needed most in their lives were friends. They needed people in their lives they could talk to, depend on and have fun with. I was by no means their best friend, but I was someone in their circle of friends they could reach out to.

A 75 year Harvard study found that a lack of close friendships is hazardous to your health and detrimental to your happiness. We are social creatures and need interaction with others. It's about quality of relationships, not just having lots of Facebook friends. We need at least one person in our life we can share with on a deeper level.

Friendships in adulthood are harder to maintain. Once we're out of school and into the world of work, marriage, and kids, it can be hard to stay connected so friendships dwindle. Consistency is the key, so schedule regular friend time. Making new friends in adulthood can be challenging and takes time and effort.

Remember it's important to get beyond the small talk to stuff that matters. Kids should be taught not to interrupt friend time unless it's an emergency. This teaches them that friendships matter and how to be a good friend. Discuss deeper things like: What's one thing your parents taught you that you want to pass on to your children? As well as practical questions: How do you disconnect from your cell phone on weekends?

The best resource you can have is a friend so nurture your friendships.

REPORTING PROBLEMS IN YOUR COMMUNITY

9-1-1

Emergencies and crimes in progress. Immediate response from fire, ambulance or police required.

Edmonton Police Non-Emergency

780.423.4567 or #377 from mobile edmontonpolice.ca or use EPS App

Community Liaison Constable

jeff.thomsen@edmontonpolice.ca

Voicemail:

780.391.4551

Community-related questions and concerns.

Report a John

780.421.2656 with licence plate and details. Or visit HowdoI...at.edmontonpolice.ca

Crime Stoppers

1.800.222.8477

tipsubmit.com/webtipsstart.aspx

Report crime, suspicious activity or tips.

All reports anonymous.

SCAN

1.886.960.7226

Report properties used for ongoing illegal activities.

City of Edmonton

311 or use 311 app Visit Edmonton.ca/311

Report bylaw issues or concerns on roads, sidewalks, traffic signs, litter, graffiti, parks, trees and more.

RESOURCE

Getting Help



Community and social services information and referral

CALL 211 or visit ab.211.ca

Critical nearby resources linkyeg.ca

City of Edmonton Info on programs and services

CALL 311 or visit Edmonton.ca/311.

Health Link Alberta 24-7 health advice and information CALL 811 or visit MyHealth.Alberta.ca

Library outreach social workers

Are you struggling with homelessness, lack of income, or just need some help? Connect with a social worker:

Highlands Mondays 1-5pm
Abbottsfeld Tuesdays 10am-6pm
Sprucewood Thursdays 10am-6pm
Stanley A Milner Daily





WHAT'S ON IN APRIL

EVENTS

MONSTER PRO WRESTLING
Saturday, April 2. Doors open at 6:30, show at 7 pm. Tickets \$20. monsterprowrestling.com

GOBFEST
Edmonton's Board Game Convention. Saturday & Sunday, April 9 & 10 at Alberta Avenue. More: gobfest.ca

PENNY CARNIVAL
Good old fashioned games and fun. Saturday, April 16 from 1:30-4 pm at Alberta Avenue.

DELTON FAMILY FUN BOWL
Saturday, April 23, 6:45 pm sharp at Plaza Bowl. 13 & up: \$20. 12 & under: \$10. Includes 2 games & a bingo bowl followed by lunch and fun bingo at the hall.

SPRUCE AVENUE GARAGE SALE
Friday, April 29 from 9 am -

7 pm and Saturday, April 30 from 9 am - 4 pm at 10240 115 Avenue.

ART SHOWS

BLEEDING HEART
Sweet Jesus by Borys Tarasenko. Step inside a life-sized colouring book from March 19 to April 30. Open: Thursdays, 6-8 pm and Saturdays 11 am to 3 pm at 9132 118 Ave.

THE CARROT
Showcasing the art of Ann Pugh Jones and Roland Ferron. Open: Tuesday-Thursdays 9 am - 4 pm and 6-9 pm. Fridays & Saturdays 9 am - 10 pm at 9351 118 Avenue.

STOLLERY GALLERY
The Centre for Autism, April 4-14. Alison Prsa & The Nina Collective: Collages, April 15-21. L'Arche Art Therapy, April 22-23. City Centre Education

Program Annual Show and Sale, April 25-30. Open: Monday-Friday 10 am - 2 pm. Thursday 4:30-8 pm. Saturday 1-3 pm at The Nina, 9225 118 Avenue.

ENTERTAINMENT

BOWLING
Retro 5 pin bowling everyday 10 am - 10 pm at Plaza Bowl (10418 118 Avenue).

POETRY NIGHT
Thursday, April 28, 7:30-9 pm at The Carrot.

KARAOKE

Wednesday to Saturday from 9 pm to 2 am at Mona Lisa's Pub (9606 118 Ave).

LIVE MUSIC
Fridays, 7:30 pm at The Carrot. Cover: \$5.

OPEN MIC
Original music, poetry, comedy and more. Saturdays, 6:30 pm at The Carrot.

SAVE THE DATE

BLOOMIN GARDEN SHOW & ART SALE

Saturday, May 7 from 10 am to 4 pm at Alberta Avenue. More: albertaave.org

SUDAN DAY
Saturday, May 28



FREE COMMUNITY PROGRAMS

Go to ratcreek.org for more information

ESL & LANGUAGE

CREE CONVERSATION CIRCLE
Free drop-in program by the Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

PRACTICE ENGLISH
Conversations about many different topics using library materials. Mondays 7 pm at Sprucewood Library.

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. More: Digna 780.424.7709.

ESL PROGRAM
Including free parent & tot classes. Wednesdays & Fridays 9:15-11:15 am at Parkdale-Cromdale. More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

ENGLISH CONVERSATION CIRCLE
Drop in and practice your English (LACE program). Fridays 10:30 am at Highlands Library. More: 780.424.3545.

CONVERSATION CAFE
Practice speaking English and learn about Western Canadian culture. Childcare provided. Saturdays 10-11:30 am from mid-September to end of May at Bethel Gospel.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
More: Edmonton Mennonite Centre 780.423.9522 or info@emcn.ab.ca

FOOD & SUPPORT

PRAYERWORKS COMMON
Hot complimentary meals & warm friendship at St. Faith/St. Stephen. Thursday drop-in 10 am - 2 pm. Friday community supper, 5 pm. Saturday breakfasts 8:30-9:30 am. More: 780.477.5931.

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith/St.

Stephen. Cost: 4 one serving meals \$3. More: Trish 780.464.5444.

PARENTS & PRE-SCHOOLERS GROWING TOGETHER

A free drop-in group for pregnant women and women with babies up to 3 months of age. Free resources including milk coupons and prenatal vitamins. Tuesdays 1:30-3 pm at Norwood Centre. More: 780.471.3737.

STAY AND PLAY
Free indoor play space and unstructured group for parents and children. Snack included. Mondays 10 am - noon at Norwood Centre.

RHYMES THAT BIND
Rhymes, finger play, songs and simple movement games. Wednesdays 6:30-8:30 pm at Parkdale-Cromdale. More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

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

SPRUCEWOOD LIBRARY
Sing, Sign, Laugh & Learn, Sundays 2:30 pm and Tuesdays 10:30 am. Baby Laptime, Mondays 10:30 am. Family Storytime Wednesdays 6:30 pm. More: 780.496.7099.

HIGHLANDS LIBRARY
Family Storytime, Mondays 10:30 am. Sing, Sign, Laugh & Learn, Wednesdays & Thursdays 10:30 am. More: 780.496.1806.

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Second Saturday of the month 2-3 pm at Highlands Library.

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

YOUTH SMART SPACE

Do homework, work on projects, or learn

about tech gadgets and other online tools. Ages 13-18. Thursdays 4-5 pm at Highlands Library.

TWEEN LOUNGE
Play video games, make a DIY project, or just hang out. Thursdays 3:30-5 pm at Sprucewood Library and Fridays 4-5 pm at Highlands Library.

TEEN GAMING
Hone your skills by playing some of the best games out there! Thursdays 6:30-8:30 pm at Sprucewood Library.

ADULTS

SITTING MEDITATION
A period of mindfulness meditation in the Buddhist tradition and a short reading and group discussion. Tuesdays 7-8:30 pm at Parkdale-Cromdale. More: charlesmarrow@yahoo.ca.

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

COMMUNITY ART NIGHT
Free art workshop for adults. Tuesdays 6:30-8:30 pm at The Nina.

NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)
Second Monday of the month 6:30-10 pm at The Carrot. RSVP: Colleen_col_kside@hotmail.com

SENIORS

NORWOOD LEGION SENIORS GROUP
Darts and pool, Tuesdays at 10 am; Cribbage, Wednesdays at 1 pm at Norwood Legion.

PARKDALE SENIORS SOCIAL
Bingo, snacks and conversation. Mondays 10:30 am - 1 pm at Parkdale. More: PCCL.info@gmail.com.

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

FAMILIES

POP-UP MAKERSPACE
Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design. Try things and make fun stuff. Saturdays, April 23 & May 21 from 2-3 pm at Highlands Library. All ages.

BOARD GAMES NIGHT
Plenty of games to choose from or bring your own. Last Tuesday of the month 7 pm at The Carrot.

FAMILY ART WORKSHOPS
Dive into the wonderful world of art with FREE all-age workshops Tuesdays 6:30-8 pm at Parkdale-Cromdale.

FAMILY ART NIGHT
A variety of free art activities for school age children accompanied by adults. Wednesdays 6:30-8 pm at The Nina.

MUSIC LESSONS BY CREART
Free group music lessons Saturdays at Parkdale-Cromdale. Voice 10-11 am, guitar 11 am-2 pm, and violin from 12-1 pm. More: Mackensie@cheftthemusical@gmail.com.

FREE REC CENTRE ACCESS
Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of participating leagues. Eastwood does not participate.

LOCATIONS

Community Leagues - see page 12
St. Faith/St. Stephen Church
11725 93 St
Highlands Library 6516 118 Ave
Sprucewood Library 11555 95 St
Norwood Child & Family Centre
9516 114 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina 9225 118 Ave
Norwood Legion 11150 82 St
Crystal Kids Youth Centre
8715 118 Ave
St. Andrew's Church 8715 118 Ave
Bethel Gospel 11461 95 St
Mennonite Centre 11713 82 St

PENNY CARNIVAL

April 16 1:30pm - 4:00pm
 alberta avenue hall | 9210 118 ave

Join us to play games for all ages & abilities. Old fashioned amusement at an old-fashioned price. Prizes & food too! Admission is 50¢ AND you can play all the games you want!

sponsored by AVENUE VINEYARD COMMUNITY CHURCH
www.avenuevineyard.com



Elmwood Park Community League

Spring BBQ & Safety Fair

Saturday May 7th,

1-4PM

Elmwood Park

Community League

12505 75 St

FREE food and fun with activities and games for the kids.

Some of the participating vendors & organizations include; SPCA, Highlands Library, Edmonton Police Service, Kids Sports and ATCO Gas. Contact us to get involved!

Email epcl@shawbiz.ca or follow us on facebook for more details.
www.facebook.com/Elmwood-Park-Community-League-318523451671891/?fref=nf

Grand Opening!

12421 - 97 st.

Time to spring clean!

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Two locations:
 12421-97 st. 780-757-3432
 6607-99 st. 780-433-3700

MAKE TAX TIME PAY

Free tax services for people with low income. Tuesdays in April from 10 am to 2 pm at Highlands Library.

Tuesdays in April from 1-5 pm and Saturday, April 2, 16, 23 from 11am - 4 pm at Sprucewood Library.

More info & appointments call 2-1-1.

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