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Unique election forum brought issues to light

Represent Forum was an opportunity for candidates and participants



Forum participants gather to hear candidates speak and voice their own concerns and issues. | Mimi Williams

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MIMI WILLIAMS

On March 7, a forum designed to help women make decisions about the provincial election was held at Commonwealth Stadium, attracting women (and a few men) who wanted to hear from candidates hoping to represent Edmonton Highlands-Norwood.

The Represent Forum: Women's Edition, was attended by Janis Irwin, the nominated candidate for the NDP, and the Alberta Party candidate, Tish Prouse. On March 7, the United Conservative Party hadn't yet nominated a candidate for the constituency. Forum organizers extended several invitations for them to send a spokesperson, but they chose not to.

Organizer Nadine Riopel was inspired to organize the event to "try and lift up voices that are under-represented in politics."

She was also motivated by what she sees as the divisive nature of political discourse.

"I really don't like the black/white, angry, screaming, you're with us or you're against us kind of thing," she said. "I'm hoping that through having these types of conversations, we might be able to bridge that divide a little bit and understand each other a little bit better."

Irwin discussed women's participation in politics and how important it is that women see themselves in their elected representatives, noting that Premier Rachel Notley formed the country's first gender-balanced cabinet.

"I've lived in this area for nine years and I've never been represented by a woman; I certainly haven't been represented by someone from the LGBTQ community," Irwin said. "I say that because representation matters. It really does."

She outlined achievements reached by the NDP government in its first term, highlighting increased minimum wage and the child benefit as two key initiatives directly

helping women and children.

Next was Tish Prouse, a former president of Eastwood Community League.

"In our day and age, it is incredibly condescending to have a man stand up and talk at a women's conference," he said, explaining that women still face many challenges and that he thinks the best thing that men can do is "shut up and listen to what they have to say."

With that, he introduced Katherine O'Neill, former president of the Progressive Conservative Party who ran for the PCs in 2015, and is now running in Edmonton-Riverview for the Alberta Party.

O'Neill said the Alberta Party seeks to bring people together from all walks of life and across Alberta, noting that eight per cent of the party's nominated candidates are Indigenous.

"It's not just about having more women at the table, but having people who have never been at the table to make these big political

decisions," she said.

Domestic violence, child poverty, and affordable housing were popular topics. Participants raised these issues through "world café" styled conversations where participants had two conversations with different people by changing tables.

"I was surprised at the number and diversity of policy topics that were raised by the participants," Riopel said. "It was good for people to have the space to talk about things other than the pipeline, or those other issues that tend to dominate public discourse."

Alberta's provincial election will be held on April 16.

Mimi is a writer who has participated in revitalization initiatives. She continues to promote the Ave as one of the best areas to live, work, and play in Edmonton.

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The truth about life for low-income earners

Resilience and strength bolster strained resources

TEKLA LUCHENSKI

Low-income earners are a diverse group in our community. Their struggle is profound. They are also resourceful, hard-working, and resilient.

Mary Smith (pseudonym) is a single mother receiving AISH, Canada Child Benefit (CCB), and court-ordered support. After rent, her AISH deposit is \$185. Smith works under the table and uses food banks. Bent Arrow provides some meals. She says, “I often go nights without food so the kids can [eat], because they come first.”

Smith has a certificate in childcare from MacEwan University and plans to study for more certification. Under constant stress, she takes Bent Arrow’s anger management classes. “Truthfully, it sucks living on [low-income].” But she sees a better future: “I could see myself getting out of this. It’s not going to happen overnight. It takes time.”

Joanne Wood is a retired security guard who receives AISH. In 2009, she moved from the reserve to Edmonton to help raise her new grandson. At the time, her son was working and her daughter-in-law was at university. Ten years later, Wood is “still here.” She says, “I don’t regret a thing. I enjoy being a full-time kookum [Cree for grandmother]. I’m teaching my grandchildren. When kookum steps in, it’s traditional parenting.”

Wood contributes to household expenses. Rarely, she uses the food bank. She uses free childcare at Bent Arrow and at The Candora Society, where she took a financial literacy program. “That was how I learned to budget and be on top of things.”

Wood shares cultural knowledge with impressive zeal. She says, “I grew up in a log house. I got my teaching in a log house. We had everything we needed. Both grandparents were medicine pickers. I’m fol-

lowing my tradition.” She sews and beads—everything from earrings to pow wow regalia. At Concordia University and at Abbotsfield library, Smith teaches beading and ribbon shirt and skirt making. An honorarium keeps her within AISH guidelines.

“I have a system in regards to budgeting, grocery shopping, and meal planning. I am very content with what I do.” She concludes, “My grandchildren are a blessing to me. They keep me young. I’m thankful. I pray to the Creator everyday in regards to everything that’s provided.”

Victoria Harrington smirks and rolls her eyes about receiving the 2019 Lois Hole Learner Award. With her bone-dry wit, she says, “I still haven’t figured out who nominated me, so I haven’t been able to tell them off. It’s for being the greatest grandma in Edmonton, I guess. [But] I’m not the only grandma fighting to take care of a special-needs grandchild

on low income. Thanks for the piece of glass.”

Harrington’s humility, couched in sarcasm, speaks to the tremendous difficulties she faces. She is single, with full guardianship and parental rights over her 15 month-old special needs grandchild, Raevyn, who needs full-time care (and steals hearts wherever she goes). She receives \$1,200 per month from social services. Her rent and utilities cost \$925. Her CCB is \$500. She uses Bissell Centre and Bent Arrow resources, including an anger management course and meals. “So that’s four meals covered in the week.” Other days, she may go without eating. “I try not to go to the food bank. My adoptive brother came and filled my cupboards. That’s for Raevyn.”

For childcare, “The staff at the Bissell Centre bend over backwards to make sure Raevyn has a spot. She’s being well taken care of.” Harrington neglects her self-care. She has health issues and is visibly tired.

She endures. “I’m doing OK with what I’ve got. I went from homeless to having a home.”

Low-income life is tough, especially for those who have no support, either financially or socially. Earners show great endurance and resourcefulness in the face of complicated obstacles. The best scenarios have support through organizations and strong social networks.

Tekla has lived in the Parkdale neighbourhood since 2013.

RESOURCES

Bent Arrow Traditional Healing Society/Parent Link Centre

www.bentarrow.ca/programs

The Candora Society
www.candora.ca

Bissell Centre
www.bissellcentre.org



Victoria Harrington takes care of her special-needs grandchild while on a low income. | Rebecca Lippiatt

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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.

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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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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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Available resources for low-income earners

Make ends meet a little easier with financial and food resources

NAZREENA ANWAR-TRAVAS

Those living on a limited budget and struggling have options. Depending on the need, numerous non-profit organizations can help put food on the table or make life a little easier financially.

Edmonton's Food Bank provides support to many families and individuals faced with food insecurity. Besides food, which is the focus of Edmonton's Food Bank, items such as toiletries, feminine hygiene products, diapers, and household essentials such as washing liquids can be included in a food hamper if requested. These requests are fulfilled based on need and the availability of these products. A person in need of food support is encouraged to speak to a client services worker to access a food hamper. Client services will schedule a food hamper

pick up at the food depot that is most convenient for the client. Identification for all members of the household must be provided at the assigned pickup location.

Samantha Potkins, special events & communications coordinator at Edmonton's Food Bank, recommends reaching out to the Beyond Food program.

"It's definitely worth a person's time. Beyond Food provides drop-in services Monday to Friday from 9 am to 4 pm covering a variety of needs, including employment preparation and safety tickets, money coaching, as well as English, math, and computer help. Our support and resource workers can help a person navigate through the system to access services ranging from housing subsidies to free recreation passes to settlement services."

Another option is WECAN

Food Basket Society, an organization that buys food in bulk and sells it for an affordable price. For an annual membership fee of \$5, members can purchase a basket of produce (\$10), meat (\$15), or both (\$25) on a monthly basis. Anyone can become a member.

With tax season coming up, a resource called Make Tax Time Pay may be useful for those on a low income. The program is available through e4c, a charitable organization. According to their website, "Failure to complete an annual income tax return results in loss of access to essential government programs for people who would otherwise qualify."

During the tax season, people living within a certain income range can get their tax returns done for free.

Kourch Chan, e4c's chief strategy officer, says, "Filing a tax return is important; it opens

doors to not only tax refunds but also to benefits and subsidies that can help individuals and families increase their income and assets."

Not only that, e4c also has resources for those threatened with homelessness apart from education and skill development services.

For general financial advice, Money Mentors offers free services directed at budgeting, savings, debt management, and financial literacy. Through their OPD (Orderly Payment of Debts) program, clients facing bankruptcy can combine their debts into one monthly payment at a guaranteed interest rate. There are no start-up fees. Appointments can be made either over the telephone, in person, or via Skype.

So, if you are feeling less fortunate, don't hesitate! Pick up the phone and access some resources.

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

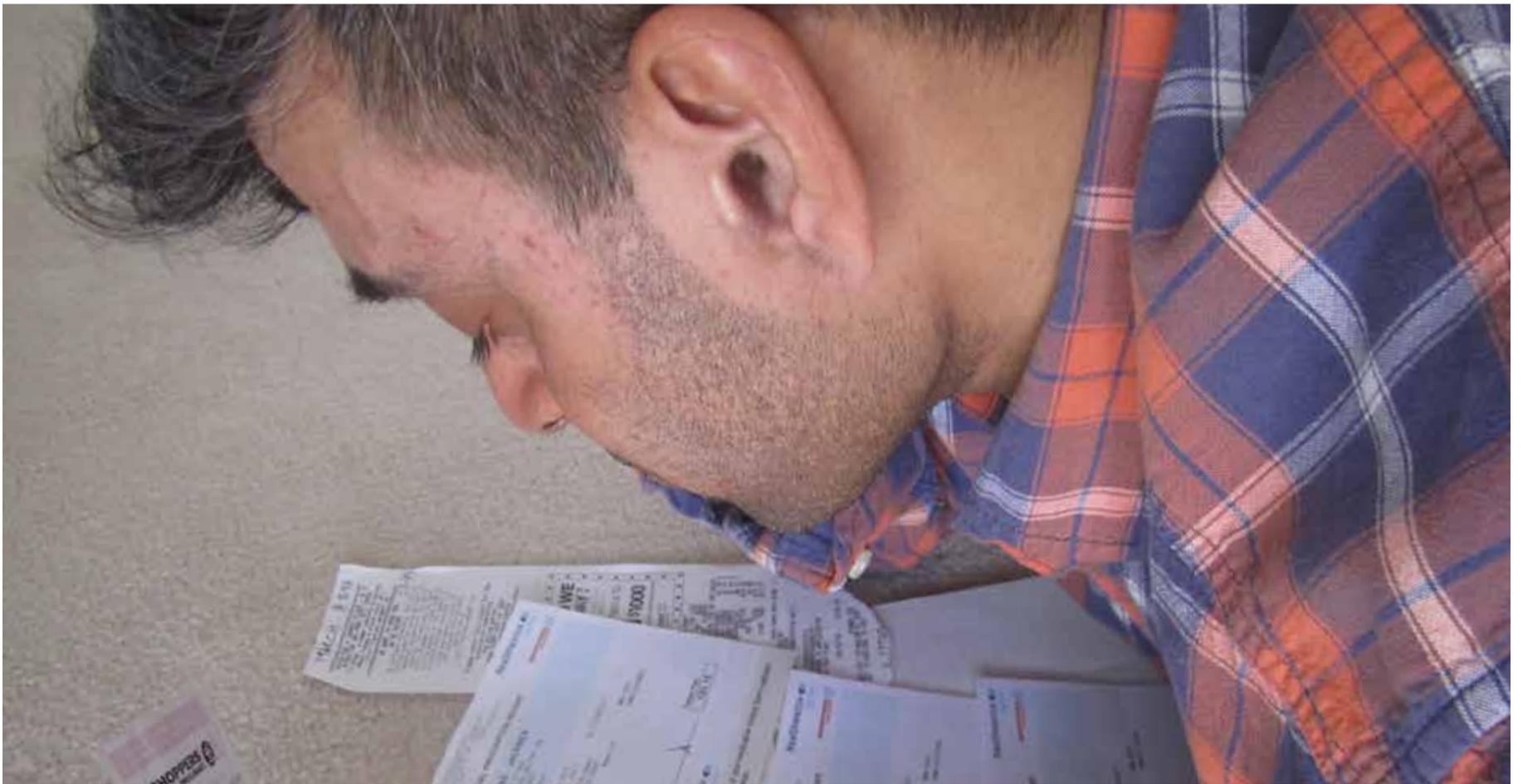
RESOURCES

e4calberta.org
780.424.7543

moneymentors.ca
1.888.294.0076

wecanfood.com
780.413.4525

edmontonsfoodbank.com
780.425.4190



Living on a low income is hard, so take advantage of available resources. | Nazreena Anwar-Travas



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It takes a village to raise a community

Local volunteers share reasons behind giving their time

ALITA RICKARDS

The paper you are reading has a legion of volunteers, and it is volunteer work that makes our amazing community festivals possible.

National Volunteer Week runs from April 7-13, with a theme that suits our area: The Volunteer Factor—Lifting Communities.

Why do so many people work for free? I volunteer on the Rat Creek Press board as the volunteer coordinator and on the fundraising committee with editor Talea Medynski because we love this little paper and want to help it stay afloat, but also because we get to work with other amazing people. This paper contributes to the vibrancy and connectedness of our communities.

We also run the 118 Ladies Night Work Out together because we wanted to create a free space for women to exercise in our community league. I've volunteered as a form of activism and to increase social justice, at orphanages and refugee camps overseas, and at the Sexual Assault Centre here.

Other volunteers shared their reasons for giving their time.

Julie McCrea has volunteered since her late teens at the student help centre at the University of Saskatchewan,

Habitat for Humanity, as well as for other events and causes.

"I was instilled with the idea that you should make an effort to contribute to the community

Society and CaliCan Rescue. "Things improve for everyone when people take time to give back in whatever way they can. It is also a great way to meet

worked with Youth Justice. She also volunteers in her children's and grandchildren's schools, and at Kaleido, Deep Freeze, and Folk Fest.

It gives her pleasure to serve others, and because "the people who volunteer are generally fun, dedicated, caring people who create communities that I have always been happy to be a part of," Fehr said. "It makes me a more diverse person, with a greater understanding of others. I am more because I volunteer."

Valda Roberts took the volunteer management program at MacEwan University in the late 80s. "I come from a fairly small town and was raised to be of service in my community," she said.

Roberts volunteered for the

Edmonton Folk Music Festival and for North Country Fair for over 20 years, and has also volunteered at local festivals. "I am sure I get as much out of volunteering as I give in," she said. "I have had the privilege of meeting a wealth of amazing people from all walks of life and cultures I have seen and experienced great art and music and felt much joy from my volunteering experiences."

She also started a service choir that will sing to bring comfort to those who are dying.

"Giving to my community just seems like a natural thing to do," said Roberts.

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



Animal lover Julie McCrea makes sure those who can't speak for themselves get help. | Supplied by Julie McCrea

and found early on that it was a tremendously fulfilling feeling when I did," she said. McCrea is on the Alberta Ave Community League board, and fosters dogs for the Barrhead Animal Rescue

amazing people!"

Deborah Fehr started volunteering at 13 in a nursing home, continuing in Girl Guides and Scouts Canada for many years. For the past decades, she's

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- is a business and property owner in Highland-Norwood and is dedicated to its economic growth and well-being.
- is an effective community advocate. As past president of his community league, he helped it from folding and brought new businesses to the area.
- believes in the importance of community spirit and promotes local arts as a musician and patron.

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Local business wants to help fix leaky roofs

Rivercity Roof Rescue is offering free or discounted services

MORGAN TAYLOR

If it's between buying groceries or fixing a leaky roof, an Alberta Avenue roofer wants to help.

Chris Workun understands the struggle and is offering free or discounted services to those who really need it. Workun, who owns Rivercity Roofing, started Rivercity Roof Rescue as a way to give back to the community.

"Anyone that needs a new roof, repairs, or anything to do with the roof, that can't afford it," said Workun. "We'll fix it, hopefully for free or with very little cost to the homeowner." He says the program is funded through proceeds of his paying jobs.

"To fund it, we're taking \$2

a bundle installed at no cost to the customers that comes straight out of profits, and 10 per cent of repairs goes in for materials," said Workun. Paying clients can feel good that their money not only gets them a new roof, but also helps people in need.

Workun's clients are in more than capable hands. He's been roofing for 14 years, and three years ago he started Rivercity Roofing. He wanted there to be a charitable part of that company, but making monetary donations didn't seem quite right. So, his wife suggested: do roofs.

"I want to use our skills and talents," said Workun. "I'd like to directly impact people with what we do." So 2019 is the inaugural year of Rivercity Roof Rescue.

Everyone accessing the free or discounted service will remain anonymous. Workun says he understands financial stress and really wants to help people. He vows to treat everyone with the same respect and attention as his paying clients. If you think you might need some help, just ask.

"I know it's hard to bring up, but you'll have to initiate that conversation. People can also nominate a family or a friend." He continued, "If it's between making a mortgage payment, buying groceries, or fixing a leaking roof, I will do everything I can to help out."

Repairs will be done in order of how urgent they are. Some may require a quick patch job to hold off until an overhaul can be worked into the schedule. Workun says he will do his very

best to help everyone who needs it, and is looking forward to getting started: "As soon as the snow lets up, I can get back to work. I have already done a few repairs."

Workun moonlights as a musician. He plays the drums for the Screaming Targets, an Edmonton-based indie punk band. Workun saves money during roofing season to tour with the band in the winter.

If people want to help the cause, the best way to do it is to hire Rivercity Roofing for all of your repair needs. He is also set up to take donations. Workun says experienced roofers are welcome to volunteer their time on charitable projects. If your roof needs rescuing, you can call, text, or email.

Morgan has worked in Edmonton's news industry for the better part of a decade. You might see her out and about with her family and their dog in their Alberta Ave neighbourhood.

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Chris Workun of Rivercity Roof Rescue wants to help those struggling financially who need a new roof or repairs. | Morgan Taylor

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OPINION

Finding ways to have a productive discussion

The upcoming provincial election is an opportunity to practice debating

TALEA MEDYNSKI

It's not surprising that politics can leave people at odds with one another. After all, political views can span huge differences in ideology and values. It is easy to see how people can fight or even end relationships when viewpoints are so different.

With Alberta's provincial election coming on April 16, political topics are bound to crop up around the dinner table or over the Internet. Spend some time on social media and you'll notice heated or outright hostile conversations. The general advice is to never bring up politics or religion, but it's possible to have a productive discussion.

Here's the thing: you don't have to agree with someone in order to have a productive discussion. You don't have to win. In fact, a good discussion

requires some give and take from either side and a genuine effort to understand someone else's perspective.

Start with listening to what the other person is saying. It sounds obvious, but have you ever been in a discussion with someone and thought, "You're not hearing me or even acknowledging my point"? It's quite possible that person isn't completely taking in what you're saying, and it's not necessarily because they're doing it deliberately. Edgar Dale, an American educator, discovered people remember only 25 to 50 per cent of what they hear.

It helps to practice active listening. According to the MindTools website, active listening is "where you make a conscious effort to hear not only the words that another person is saying but, more importantly, the complete message being communicated."

So, when in a discussion, do your best to fully pay attention, paraphrase what they're saying, ask questions, avoid interrupting before they're finished, and be respectful. Chances are that you'll absorb way more of what they're saying. As a bonus, actively listening to someone will make them more inclined to listen to you.

Additionally, acknowledging someone's point does not lessen your part of the discussion. In fact, it's actually a strategy of rhetoric, the art of persuasion and argument that harkens way back to ancient Greece. It's called concession and rebuttal. Before giving your side of the argument, you acknowledge the other person's viewpoint. This demonstrates empathy and shows the other person that you know there's another side to the issue. After that, the rebuttal is where you present your opinion and is your

opportunity to point out flaws in their argument.

Think of a good discussion as a debate. If you participated in any debate class or team in school, you'll remember that each team took one side of an issue and presented convincing, relevant facts. In that vein, it's worth mentioning to make sure you have your facts straight. This is important because there is so much misinformation out there, especially on the Internet, that it can be difficult to separate fact from fiction. Often posts float around on social media about a highly charged topic and people will re-post it and believe the content without question. It's easy to do that, especially if it's something you feel passionately about. Find out the facts from reputable sources. Dig a little deeper. Maybe that post is completely accurate and you now have more information at your fin-

gertips, and maybe it's not and you learned something new.

While it may seem impossible to have discussions about polarizing topics with others, remember that we're all people. Despite differences in upbringing, religion, countries, cultures, or politics, we all have the same basic needs. Underneath all the differences will be some sort of common ground we can share. Although we may have vastly different political beliefs, we probably want similar things from our government.

So instead of dreading these coming weeks of political campaigning because of mudslinging, think of it as an opportunity to learn more about important issues and participate in healthy debates.

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



A good discussion involves an effort to understand the other person. | Pixabay

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Engaging in a discussion over politics doesn't have to end in an argument. | Pixabay

Local resident organized political forum

Nadine Riopel wanted to help others understand issues and candidates

MARI SASANO

Billing itself as “An election forum for the rest of us,” the Represent Forum: Women’s Edition brought together 50 women on March 7 to discuss issues and ask questions to help them make decisions about the upcoming provincial election.

The forum was hosted by Eastwood Community League and organized by Nadine Riopel, a resident of Spruce Avenue.

“I’m a facilitator interested in developing social capacity, which means helping people meet other people and creating communities,” she says. Riopel wanted to apply her skills to help the community,

and decided to help women like herself understand the issues and candidates for the upcoming Alberta election.

“I’m not into politics. It’s a new venue for me. It’s funny because people were asking me, ‘Who’s backing you? Which party?’ But it’s nonpartisan. I don’t have any party backing me.”

She started organizing the forum in September, gathering stakeholders, researching provincial politics, and performing informational interviews.

“As a voter, I would like to be informed, but most of the information comes from the campaigns so it comes down to whose spin I like better. Unless you’re a political nerd, it’s hard to find more substantive infor-

mation, especially for women.”

She focused on women specifically because she saw the need. Women are not represented equally in politics, and she was concerned about the increasingly divisive nature of political discourse. The forum followed a “world cafe” format: NDP candidate Janis Irwin and Tish Prouse from the Alberta Party made short statements, followed by a panel discussion. However, the main focus was on identifying and learning about issues that matter most to the participants with the help of experienced facilitators.

“I thought I would bring together regular people and we could have a conversation that would help them get to vote and understand the different

perspectives,” says Riopel.

Through discussions in small groups, they discovered that these concerns covered so much more than the media’s oversimplified emphasis on pipelines.

“They wanted to know, if you cut spending, how do you maintain social services, but if we don’t cut, how do we make it sustainable?”

Overall, Riopel says she believes it was a useful conversation and is considering organizing a similar forum for the federal election in the fall.

“I hope it’ll make a difference. People said they heard points of view they hadn’t considered before and it broadened their perspective.”

By and large, the conversation was productive and civil,

mainly because of the format of the event and the intention. “We weren’t there to convince others, but to find understanding for ourselves,” says Riopel. It is her hope that through making these meaningful connections, people will stay engaged with politics and not leave it to the mudslingers.

She adds, “At the end of the day, we are better together. The goal is to talk, and we should talk between people, not just unidirectionally. And there should be no gathering without connections. Making connections with people who live near us is important.”

Mari is a writer and civil servant.



Nadine Riopel (left), with speakers at the Represent Forum on March 7. | Kristin Raworth

Nadine Riopel, a facilitator, is considering organizing another forum for the federal election. | Rosanna Wegner

CORRECTION

In the March issue on page 1, Jennifer Saker’s name was mistakenly Jessica Saker in the photo captions of this article.





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Resource people in

Revitalization coordinator available to help

Community leaders hope funding continues

KATE WILSON

Whether you're a business looking for ways to promote safer streets or you're a resident wanting to start a seniors group, there are City staff dedicated to your community to help you. These resource people are professionals in policing, social services, and economic development.

And Ian Robertson, the new revitalization coordinator for the Avenue Initiative, has a voice with all of them.

"I have one foot in the City offices and the other foot in the community," he says.

Robertson's mandate is to lend support to the various initiatives that have sprung from Alberta Avenue's revitalization, and to the people who are still bringing them to life.

"The revitalization coordinator plays an integral role, liaising with a variety of objectives and programs in the revitalization zone," explains Robertson.

City council launched the Avenue Initiative in 2005, and since then City resources have augmented policing, streetscape and infrastructure, storefront beautification, and a host of grassroots community events, to name just a few enhancements.

Last year, the eight neighbourhoods in the Avenue revitalization zone learned the allotted time frame for revitalization was coming to an end, along with the dollars that came with it. Community leaders called for the city to keep funds flowing. The concern was that progress already made toward meaningful and sustainable social gains was at risk of falling away without continued resources and dollars.

Meanwhile, Robertson has stepped in to fill the position left vacant when Judy Allan, the Avenue Initiative coordinator for several years, retired last summer. He started his new role in January 2019.

Robertson works directly with community leaders via the Alberta Avenue District Council, which includes the seven community leagues in the Avenue revitalization zone, the Alberta Avenue Business Association, Arts on the Ave, and the Rat Creek Press.

He also works with the other resource people, including Neighbourhood Resource Coordinators, the Community Development

Social Worker, Abundant Community staff, and others. He makes sure the City hears the community's voice.

"Requests that come from the community, I link them with the services of the City," explains Robertson.

Robertson comes to his new position with a strong background in administration and recreation. He has worked for the City for 12 years in a number of roles, but his passion is building relationships in the community.

"I love to work with people, it's why I sought out this role," he says. "It is such a rewarding opportunity because I get to work with people for tangible results."

For this next phase of revitalization, known as Revitalization 2.0, he would like to see better ways to quantify the outcomes of revitalization. A sense-of-community index is just one example.

"This can be measured," says Robertson. "How the neighbourhoods at ground level are feeling about what they see and how they understand the results."

These measurements demonstrate how the Avenue Initiative is making strides in supporting the City's principle of connectedness, he explains.

A decision by city council on continued support for Avenue revitalization is happening April 16. Council will be considering two components: funding and hiring a resource person to coordinate the next phase of revitalization. The funding formula translates to about \$200,000 over the next four years.

Community members with questions about the Avenue revitalization program and funding supports can connect with Ian Robertson or Karen Mykietka, Alberta Avenue District Council Chair, or your community league (Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale/Cromdale, Spruce Avenue, or Westwood).

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

Community Development building connections and capacity so people can work together on common issues and opportunities.

Abundant Community Edmonton (ACE) through neighbourhood engagement and community organizing, this initiative provides tools for neighbours to get to know one another. Learn more in the May issue or visit edmonton.ca/abundantcommunity.

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Source: City of Edmonton website

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the neighbourhood

Engagement & support for community development

Access this great community resource

KAREN MYKIETKA

Neighbourhood Resource Coordinators

engage people and build social cohesion by strengthening community connections through recreation, which can help reduce isolation and create healthier, more vibrant communities. Learn more in the May issue.

“Basically, I help out in the areas of community development.” That’s how Community Development Social Worker (CDSW), Lise Robinson, summarizes her job.

The CDSW is a City of Edmonton position that works with residents, schools, not-for-profit organizations, faith groups, and businesses on community development initiatives.

Robinson has been working in the RCP neighbourhoods as well as Queen Mary Park, Central McDougall, McCauley, Boyle Street, and Prince Rupert since 2016.

That’s a lot of ground to cover. “I did a lot of door knocking and meetings when I first came to this area,” says Robinson. She still has to alternate and juggle to make it to all of the community meetings and events.

Just recently, she helped McCauley with their Spring Fiesta and worked with organizations on a YEG Family Connect event. She helps organize a monthly intercultural family night, various dialogues, cooking programs, and garden-related activities like Seeds of Hope with Syrian refugees. Robinson also chairs the North Central Interagency Network.

When asked what excites her most about her work, Robinson replies, “It’s really the relationships I build with all the various communities. I love diversity. I’m learning so much about all

the different cultures out there. And working on projects from concept to fruition.”

She adds, “One of my proudest moments was working with youth on the Global Fusion Celebration. Helping them to empower themselves to become leaders in community and to execute such a big ordeal. The team was amazing, and we had 500 youth and community come out.”

For those who wish to contribute to their community, Robinson has some advice. “Have an open mind. Be available to volunteer. To listen. To create the community of your dreams.” She adds, “Just like one type of flower doesn’t make a very interesting flower garden, it takes many voices to create a beautiful community.”

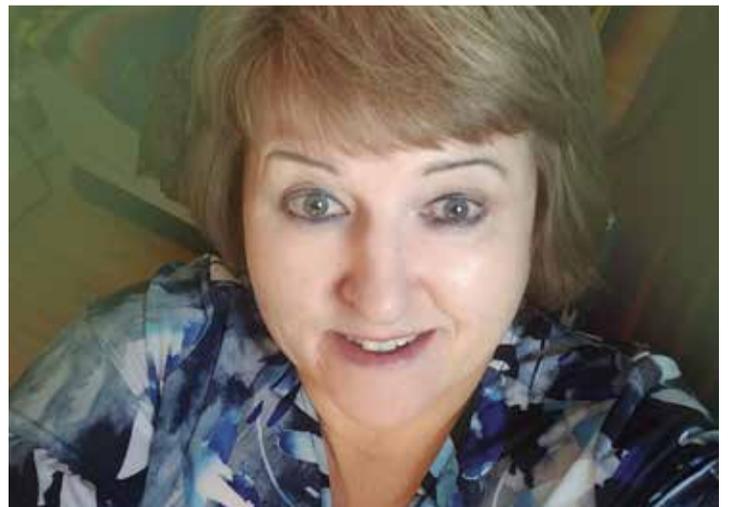
After 30 years as a social worker and 17 years with the City, Robinson is both knowledgeable and well-connected.

“Please let me know if there is anything I can assist with.”

A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.



Contact Karen Mykietka (left), chair of Alberta Avenue District Council, or Ian Robertson (right), the revitalization coordinator. | Kate Wilson



Lise Robinson is the Community Development Social Worker and is ready to help. | Lise Robinson

LEARN MORE

edmonton.ca/NeighbourhoodRevitalization

ian.robertson@edmonton.ca 780.496.6887
karenjm2012@gmail.com 780.278.4812

CONTACT LISE

780.944.5570

lise.robinson@edmonton.ca

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elmwoodparkcommunity.org

parkdalecromdale.org

spruceavenuecommunity.com

westwoodcl.ca



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WestwoodCL.ca



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Westwood Mingle is a start to progress

Upcoming neighbourhood events could help improve community involvement

CONSTANCE BRISSENDEN

Westwood residents hope that the recently received City of Edmonton revitalization grant will push the refresh button on their community league. Many of the more than 40 attendees met for the first time at a mingle that was part social event and part idea workshop in March.

A second social event is now planned for April 27 at Westwood Community League Hall.

“The area has seen big changes over the years,” says Kim Ellis, league president. A recent infrastructure grant funded a new roof for the league hall. But the biggest change will come

through community involvement.

Residents agree. Damien and Margaret Hawkswell have lived in the area for over 50 years, most recently in Westwood.

“We walk a lot and feel safe here,” Damien says.

He stands before large sheets of paper taped to the wall. They are criss-crossed with suggestions for the future of Westwood. Damien appreciates that neighbourhood sidewalks, curbs, and roads were recently renewed. Now he’d like residents to go one step further. “I’d like them to take a good look at their yards and back alleys and clean them up.”

Donna Goulard, a social worker, and husband Pablo

Hernandez, an oil field worker, moved to the area last October from northern Alberta. They like the tree-lined streets and proximity to public transit. “Something told me that it would be a good neighbourhood,” Goulard recalls.

Since then, the couple hasn’t met many neighbours. They learned about the community league from a postcard inviting residents to sign up for the eNewsletter, then were invited to the event.

“Coming here and connecting helps break the isolation. It can be lonely to be new in the city,” Goulard observes. Learning about the community kitchens in the area was a plus.

“I’d like to see if a group of us could approach a supermarket

to buy healthy food in bulk.”

Carmen Pinto and her young daughter moved to Westwood five years ago. Nearby daycare attracted her initially. This was her first community event. “We can learn from each other,” she says with a warm smile.

Carol McLeod and John Lang are Westwood residents and avid Alberta Avenue community gardeners. Lang, an area resident for over eight years, would like it if Westwood had a community garden.

McLeod has lived in Westwood for 21 years. For safety reasons, she would like local businesses to trim bushes and overhanging tree branches where people can hide.

Not all issues are easily solved. Like some local residents, Alexis

Harrogate doesn’t email or text, finding it difficult to learn about community events as a result. The sign board outside the hall is broken and would cost thousands to fix. Infrastructure grants are heavy on paperwork, and take over a year to work through the City system.

Still, Ellis hopes for a positive snowball effect with the second mingle on April 27.

Even her daughter, teenager Lily, has caught the neighbourhood spirit. “A lot of my friends live around here. We meet up and hang out, ride our bikes and skateboard, and go to the parks. It’s a lot of fun,” she says.

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



Donna Goulard and husband Pablo Hernandez moved to Westwood last October. Meeting other local residents helps to lighten feelings of isolation. | Constance Brissenden

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Parkdale Cromdale Community League

The psychology of holding on and letting go

Bringing order to the chaos of our home and lives

FRANKI HARROGATE

Periodically, Western society experiences a renaissance of desire for organization. From decluttering to minimalism, we love to learn about new ways to bring order to our (perceived or real) chaos. Home seems to be the most popular space to declutter, likely because it is where all of our roles converge: person, employee or entrepreneur, parent, friend, partner, roommate, and so on. It makes sense that our residences would be a place where everything comes home to roost.

Let's look at the stories we tell ourselves about our amount or kind of possessions, and where we learned those stories. How did or do your caregivers or parents organize their spaces? How often—or not—did they get rid of things they no longer needed? Whether we follow in their footsteps or do the opposite, the environments we grew up in strongly influence the environ-

ments we create for ourselves.

Psychological research has demonstrated that people find it harder to work or relax in spaces that they perceive to be cluttered or disorganized. However, organization looks different for everyone and while some may panic at overflowing towers of books, others find it comforting.

Marie Kondo's compassionate approach is particularly appealing: her acknowledgement that organizing can be an emotional experience is quite powerful. It can be difficult for some people to let go of items with sentimental value, especially if they were given by someone who is no longer around. However, if an item interferes with the use of your space or your ability to organize, it's likely time to ask yourself what purpose it is serving for you and if it's really necessary. While organizers on television manage to declutter and organize in handy time-lapse footage (and don't have to keep everything organized as regular life continues), the rest

of us are stuck with the dirt, sweat, and tears of the process.

One option for letting go is to take a picture of the treasured item, then—per the KonMari Method—thank it for being of use to you and put it in the donation pile. If the thought of letting go is too distressing, there is no obligation to do so. Much of the panic and fear people feel with regard to decluttering or organizing seems to stem from a feeling of being forced to part with treasured items before they are ready to do so.

Some struggle to let anything go (even if it's of no use or broken). Such hanging on crosses the line from dysfunction to disorder, and is commonly referred to as hoarding. Hoarding can contribute to increased likelihood of accidents and injuries, as well as pests if food is left out.

As Marie Kondo herself says, "If it sparks joy, keep it." The idea of organization is to provide a comfortable space where you feel at home. Helpful sug-

gestions only go so far: you are the one who has to live in your space, so ideally, it must work best for you and your needs. Are you OK with clutter, but your partner isn't? That requires healthy, open communication in order to achieve a middle ground. Again, looking at the stories that we grew up with and the stories we tell ourselves about our possessions and their meaning is a necessary first step. Once we know the why of our environment, it becomes easier to think about making changes.

Whether you choose to let go or hang on, the important thing is to have a space that works for you. You can follow Marie Kondo's series on Netflix and gain inspiration for your spaces by watching her sort the closets of others. I myself found that after using her method of folding clothes, I had so much more space that I reorganized my closet without having to get rid of a thing!

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

HOARDING RESOURCES

Canadian Mental Health Association
780.414.6300
edmonton.cmha.ca/programs-services/hoarding-support

The Edmonton Hoarding Coalition
780.482.6561
gefcommunityconnections.com/the-edmonton-hoarding-coalition

This Full House
587.773.1764
mysage.ca/help/this-full-house



Letting go of things can be a stressful process. | Pixabay



Organization is different for everyone. | Pixabay

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‘Tis the season for cleaning and decluttering

Get rid of unwanted items by donating or holding garage sales

SHAREE ALUKO

It is officially spring, and excitement is in the air. The thought of shedding heavy winter coats and boots brings everyone sheer happiness. Spring is also the time to get our spring-cleaning mojo on, and everyone has a different method.

Leslie Wiens, a Westwood resident, says, “I start my cleaning by emptying the living room, and as I put things back I declutter, and I repeat the same process in every room.”

Nadine Riopel, who resides in Spruce Avenue, is taking a strategic approach. She explained she tried to deep clean her entire house in a week while her son was at camp. It was too much. “This year, I’m going to try a method a friend of mine uses where you tackle

just one room every weekend until the whole house is done. That seems much more manageable, but we’ll see!”

She adds, “I prefer to avoid the need to purge by being very minimal about what comes into my house. However, I do try to go through all my clothes twice a year, once in the fall and once in the spring, to get a sense of what I have and what still works for me before going out and buying anything else. That often involves getting rid of some old things.”

Amanda Nielsen, co-owner of Norwood Dental Centre, was inspired by watching *Tidying Up with Marie Kondo* on Netflix.

“*Tidying Up* recommends you begin a wardrobe purge by putting all your clothes in a pile, and then sort it item by item. With each item, you

are to ask yourself, ‘Does this item bring me joy?’ If it doesn’t bring joy, it’s time to let it go,” says Nielsen. “Decluttering was exhausting for me because it took me over a decade to get to it. I recommend decluttering as an annual process.”

Donating is a good way to declutter.

Riopel says she donates most of her old goods to Value Village, and she also shops there.

Nielsen is donating her clothing to a clothing swap. “We are hosting a Women of 118th Clothing Swap on April 4 [at Alberta Ave Community League], and that’s where all of my old clothes will be going. There will be some fabulous finds in my clothing donation. I hope to see many women from the Rat Creek district at the swap so we can all declutter

and live simpler lives together!”

Some businesses get in the spirit of spring cleaning. If you have new or gently used building materials or household goods, Habitat for Humanity ReStore Spring Cleaning donation drive is from March 1 to April 30. Donate items at any of their Edmonton locations or request pick up service by calling 780.477.4057.

From March 6 to April 20, Value Village is holding a 40 Bags in 40 Days decluttering challenge. The concept is to declutter one area of your home a day for 40 days, then donate those items for a fundraiser. Contact your local Value Village for more information.

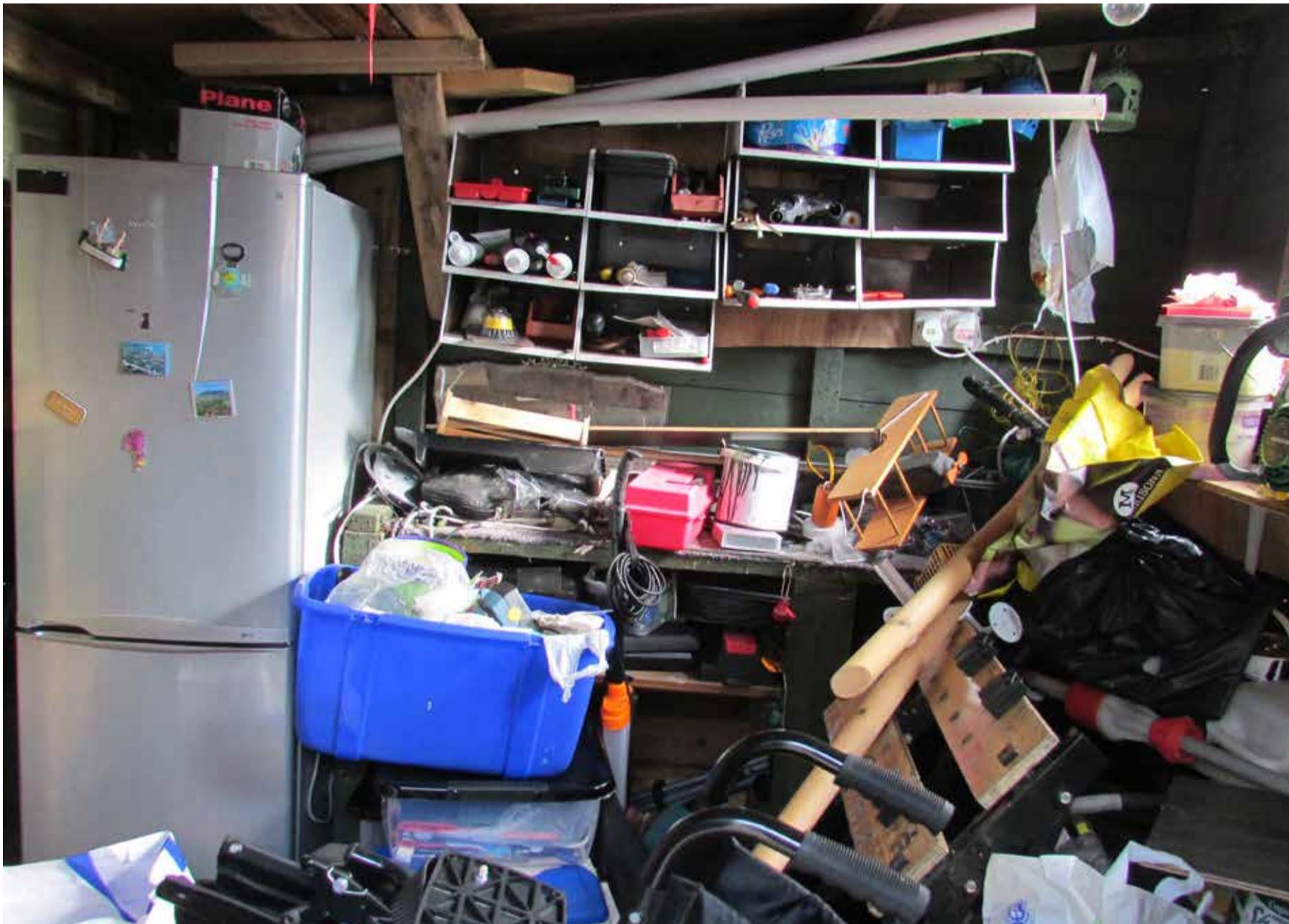
If you want to make some money while freeing up space, a garage sale may be a win-win situation. According to the City of Edmonton website, there is

no official start date for garage sales and no requirement to get a licence. However, you are limited to three sales per calendar year in one location and for no more than three days at a time. Any longer than that, and you do have to get a business license. Check edmonton.ca and search “garage sales” or call 311 for more details.

Some local leagues are also holding sales. Spruce Avenue’s garage sale is May 3 and 4; Parkdale is having one on June 1 and Alberta Avenue on June 15.

Meanwhile, take some extra time to spring clean and enjoy the weather while doing it.

Sharee has a masters in business administration and is passionate about sharing information.



There are many ways to approach spring cleaning. | Pixabay

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SAVE the DATE COMMUNITY GARAGE SALES

SPRUCE AVENUE MAY 3-4	PARKDALE JUNE 1
WESTWOOD MAY 26	ALBERTA AVENUE JUNE 15

New owners to helm Jasmine Belle Café

Menu now offers food from South and Central America

MIMI WILLIAMS

In addition to the new faces behind the counter at Jasmine Belle Café these days, you will also find a bit of Colombia has inserted itself into the little café on the northwest corner of 87 Street and 118 Avenue.

New owners Maria and Osvaldo Corsi took over the space in January and re-opened the doors in the middle of February. Although they won't change the signage, they'd like to call it Sabor a Colombia Jasmine Café. While the décor has changed little, diners will find the menu is now offering more fare from South and

Central America, while continuing to offer old standards from all over the map.

Although the restaurant doesn't open until 11:45 am each day, the new owners have a few breakfast items available, including arepa de huevo, Colombia's contribution to the breakfast sandwich (with two eggs and bacon and includes coffee or hot chocolate for \$9.95).

A wide variety of appetizers and light meals are suitable for a quick lunch. From empanadas de carne (\$3.95 each) to poutine (\$7.99) to wor wonton soup (\$13), there is a good variety to choose from for a number of price points.

Those with larger appetites or who are venturing out for dinner might opt for the sopa de mariscos, a hearty seafood soup containing shrimp, clams, mussels, crab, squid, and fish (served with bread or tortillas, \$19.95) or the pan-roasted salmon steak (with rice and salad, \$18).

While the menu leans heavily towards seafood, you'll also find spaghetti and meatballs (\$14.95) and large, fresh salads suitable for a meal (mixed or caesar \$8; add chicken for \$4).

Whether you stop in for a full meal or just a snack or a coffee, you'll find good food at reasonable prices. The friendly hospitality of Osvaldo, who works the counter and serves tables, and of

Maria, who works in the kitchen but is happy to say, "hello," is a delightful (and delicious!) addition to the Avenue.

Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work, and play in Edmonton.

SABOR A COLOMBIA JASMINE CAFÉ

8702 118 Ave

Hours

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Sat 11:45 am - 11 pm

Sun 11 am - 6 pm

Closed Mondays



Osvaldo and Maria Corsi are the new owners of Sabor a Colombia Jasmine Café. | Mimi Williams

Dervish Cafe cooks up tasty Somali fare

Reasonable prices and delicious food equals a hit

STEPHEN STRAND

Just off 118 Avenue and tucked behind Wee Book Inn is an unassuming café with white and grey interior walls serving Somali and Canadian dishes. Dervish Cafe is easy to overlook, but like we are told as children: don't judge a book by its cover.

When my dinner partner and I walked into Dervish Cafe, the television displaying their menu was down, so a staff member began to tell us what they had. Before long, another customer chimed in with her preferences from the menu, which is always helpful when trying someplace new.

For drinks we ordered a Somali coffee (\$1.25) and a Somali tea (\$1.25). The tea had cinnamon, cardamom, ginger, and milk and tasted similar to a sweetened masala chai. The coffee contained the same spices and also had sugar, which made it a bit sweet but still appealing. It had a full flavour that seemed to coat the mouth and leave a pleasant aftertaste. Both the tea and the coffee make for a great after dinner treat.

We tried two beef sambusas (Somali samosas) (\$1.49) as appetizers. They were small triangular pastry pockets stuffed with beef, onion, and spices, fried until golden and crispy on the outside. Yet, the inner portion of the pastry was fluffy and

moist. The beef was flavourfully seasoned without being overwhelming and drawing attention away from either the pastry or the green hot sauce served on the side.

Alongside the sambusas, we shared an order of fries (\$3.25). They were exactly what you would expect from fries, nice and crispy.

The fruit bowl (\$2.99) on the menu grabbed my companion's attention. It consisted of strawberries, mangoes, oranges, and apples covered in a mango puree the colour of an egg yolk. The menu listed more of a variety of fruit than we received, but it was definitely not disappointing. The amount of fruit alone in the bowl was worth

close to the amount they were charging, let alone the labour of cutting up the fruit. The mango puree was sweet and blended beautifully with each piece of fruit, adding to the flavour of each type of fruit without taking anything away.

Finally, we shared a chicken wrap (\$7.99) filled with lettuce, cucumbers, onions, banana peppers, chicken, mayo, and Dervish sauce. The texture of the wrap reminded me of a thin green onion cake. Like the sambusa, the wrap was perfectly crisp on the outside and soft and moist on the inside. The filling was refreshing and tasty. After the first bite, I wished that I had not agreed to share.

I would go again, especially after hearing about the lamb dishes available on Fridays, Saturdays, and Sundays.

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

DERVISH CAFE

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587.921.5613

Hours:

Mon-Fri: 11 am - 11 pm

Sat-Sun: 1 pm - 11 pm



The chicken wrap had a delicious filling and the wrap itself was similar to an onion cake texture. | Stephen Strand



The fruit bowl had a variety of fruit and was topped with a mango sauce. | Stephen Strand



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Local resident shared her joy of tacos

Taco pop-up at The Aviary met with rave reviews

STEPHEN STRAND

On March 6, The Aviary hosted a taco pop-up with local resident Nadine McAleese as the chef. As guests arrived, they were greeted by a boy acting as an informal doorman. It set the tone of a family-friendly night of delicious food, laughter, and socializing.

McAleese cooked two types of vegan tacos and a rice and bean bowl. Both got rave reviews from the patrons and attracted people from all over the city.

The attention shows tremendous support from the community to McAleese, who had

never worked a day in the food service industry.

She discovered the pop-up nights through Facebook and decided she wanted to do one with tacos. She sent Phil Muz, owner of The Aviary, a message about her idea. "He was like, 'Yeah! Let's do it! Do you want this date or this date?' I didn't realize it would be that quick and easy," McAleese explains with a chuckle.

McAleese learned to cook through trial and error. "I love to cook. I lived in Mexico for a few years and I really loved to eat the food that my aunt cooked. I never learned [to cook] when I was there, but once I came home, I was always

trying to recreate the flavours," she explains. "It feels like people respond to it because it's a little bit different than most of the tacos that you would get here."

The secret is freshness. "Simple ingredients. That's my thing. Everything has to be fresh and made from scratch." She even made the tortillas from scratch. "We figured I made about 250 that day."

Patrons Tamara Fleming and Richa Singh both enjoyed the food. "Spectacular! The smell alone is amazing! Delicious," exclaims Fleming.

"This is my second [food event] and I look forward to more," says Singh.

"I think that when you come,

it's more than the food. It's the people, the environment, and supporting each other. It's motivating to come and participate," says Fleming. "You're supporting people and your community at the same time. We don't do enough of that."

Muz explains how the pop-up nights started. "They are tons of fun, they're different, and bring in people from the community. It's just something a little different than what we normally do. There is so much music here, like six, seven nights a week of music. It's really nice to have a night solely based on different kinds of food."

The Aviary will continue

to host pop-ups about once a month and those interested in doing one should contact Muz by email at philip@the-aviary.net. "I know a couple of really, really awesome chefs, and I have reached out to them. I've thrown it out on social media one time if anyone wants to do a food pop-up. That's how Nadine found me." And the requirements? "As long as you are a good cook and can serve food expeditiously."

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



Philip Muz, The Aviary owner, takes an order during the pop-up night. | Stephen Strand



Tia Concha's tacos dorados (rolled tacos) and Mexican independence tacos (tacos at bottom of photo) | Stephen Strand

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

NEHIYAWE: CREE LANGUAGE LEARNING
Conversation circle by Canadian Native Friendship Centre. Mondays, 6-8 pm at Highlands Library.

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.

ENGLISH CONVERSATION CIRCLE
Fridays, 10:30-11:30 am at Highlands Library. Part of Catholic Social Services LACE program. More: 780-424-3545.

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

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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 St. Faith's/St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-7 pm. Sat: serving 8:30-9:30 am; open 8-10 am. 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: Sunday, 1-4 pm. Check albertaave.org for details.

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

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

BABY LAPTIME
Stories, songs, books, rhymes, & finger play for babies up to 12 months. Tuesdays, 10:15-10:45 am at Highlands Library.

FAMILY STORYTIME
Share stories, songs, and games. Wednesdays, 10:30-11 am at Sprucewood Library.

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

DANCE CLASS
Fridays, 6-7 pm until March 8 at Parkdale Cromdale.

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, 3:30-5 pm at Sprucewood Library and 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.

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, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

AIR CADET SQUADRON
Youth program for ages 12-18. Aviation, drill, deportment, 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.

YOGA CLASS
Focus on senses, breathing techniques, and postures that build strength & flexibility. First & third Thurs of the month, 7-8 pm until May 16 at Parkdale Cromdale hall.

MEDITATION & SOUND BATH
Explore mental and physical exercises to relax and enjoy stillness more easily. First & third Thurs of the month, 8-9 pm until May 16 at Parkdale Cromdale hall.

GUIDED MEDITATION SITS
Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.

COFFEE FRIENDSHIP CLUB
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-2 pm at The Carrot Coffeehouse.

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

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

SENIORS

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

NORWOOD LEGION SENIORS GROUP
Cribbage, Wednesdays at 1 pm at Norwood Legion.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

DENE DRUMMING
Wednesdays, 1-3 pm at Canadian Native Friendship Centre, upstairs room #200.

TRADITIONAL ARTS & CRAFTS
For ages 12+. Wednesdays, 5-7 pm at Canadian Native Friendship Centre, upstairs room #200.

POP-UP MAKERSPACE
Makey Makey hack, DIY music, art, 3-D design, and more. First Wednesday of the month from 6:30-7:30 pm at Highlands Library.

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, 4-9 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 at The Nina.

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 The Carrot's uniquely warm and personal open mic night. Saturdays, 6-10 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
11725 93 St
St. Andrew's Church
8715 118 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina
9225 118 Ave





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CHURCH SERVICES

ANGELICAN PARISHES
ST. FAITH AND ST. STEPHEN
Two Traditions – One Faith.
 11725 93 Street
St. Stephen | 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

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

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

AVENUE CHURCH
A community to belong in... a community to serve with.
 11335 85 Street (Parkdale Hall)
 avenuechurch.ca
Sundays
 9:30am coffee fellowship
 10:00 am Service

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

NORWOOD WESLEYAN CHURCH
Meeting needs with love and compassion
 11306 91 St
 10:00 am Sunday School
 11:00 am Sunday Service

EVANGELICAL BAPTIST CHURCH
'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up' Eph. 4:32, 1 Th. 5:11a
 12317-82 St.
 780.474.4830
 10:00 am Sunday School
 11:00 am Sunday Worship
 6:30 pm Wed. Study/Prayer

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

THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH
A Place for Worship and Service
 11661 95 Street
 salvationarmy.ca/alberta
 780.474.4324
 3:00 pm Sunday Worship



COMMUNITY GARDEN SIGN UP

eastwoodcommunity.org/garden
albertaave.org/community-garden

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

Randy Boissonnault MP/Député - Edmonton Centre



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 10235 - 124 Street/rue
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 Edmonton, AB T5N 1P9
 Tel: 780-442-1888
 Fax: 780-442-1891

Ottawa
 House of Commons
 Chambre Des Communes
 Ottawa, ON K1A 0A6
 Tel: 613-992-4524
 Fax: 613-943-0044

Randy.Boissonnault@parl.gc.ca

NORTHGATE LIONS BINGO 

Good Friday
April 19, 2019

Pre Sales
 April 17 & 18 in the Lions Den
 from 2:00pm to 8:00pm
 or Call 780-496-4888

MARATHON BINGO

First 100 Games 9 am - 4 pm
 2 Earlybirds - 4 Bonanzas - 1 Odd Even
 Free \$100 Cash Game

Second 100 Games 5 pm - Midnight
 2 Earlybirds - 4 Bonanzas - 1 Odd Even
 Free \$100 Cash Game
Lucky Lion Game

Doors Open 6:30 am

Tickets Available at the Door

Balls Available \$500 / \$1000

Concession Service is Available

Northgate Lions Edmonton Recreation Centre 7524 - 139 Ave