

Rat Creek Press

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BY THE COMMUNITY - FOR THE COMMUNITY

APRIL 2023

Community building through music

Music can have a positive impact on mental health



From left to right: Maya, Aliza, and Jananie. | Wonago Media

RUSTI L LEHAY

Rachael John-West, performance name Aliza, intimately knows the magic of music. Aliza is a local artist, songwriter, and social worker, and for the past four years, “I’ve worked one-on-one with the youth going through mental health [issues], addictions, or needing [legal] ID.” Work provided her with a small music studio where Aliza shared her love of creating music and helped youth produce music and write their songs. She has built her own studio at home, where she works with youth and bands.

“Music is valuable in relationship work. You give somebody paper and a pen and tell them to write something.” She then asks the youth a few questions and lets them fall into their passion. The most exciting thing for Aliza is, “I hear what’s [in] their heart

and that they didn’t even know they could express themselves that way.” While these youth couldn’t find their worth in other areas, music provides a powerful outlet.

Aliza is learning the recording process properly and seeing how the music world comes together. She’s also witnessing how music helps young people who struggle in school. “Some 17-year-olds need pictures to identify what to order in a restaurant. Yet, if you give them a microphone, they rap about complexities deep in their heart.” Aliza repeatedly witnesses the power of tapping into and validating their inner genius that shifts something so that they can then attend a class, able to learn.

Like the instrument side, “Kids can play the guitar amazingly without knowing what a C chord is—they just listen and start playing. So much

talent.” Aliza calls her work community building through music. Struggling to build her confidence in performing, Aliza says, “My journey was more about mental health than a musical journey. I started having self-confidence in myself when the music connected me with person after person.” She now sings with two other young women known as Jananie and Maya. “We support each other with harmony and guitar.”

Aliza says, “We each write from a place of unpacking concepts important to our mental health.” United by that common thread, “Music helps us to be genuine in a slightly different way, yet common in how we write.” Aliza discovered Jananie (also a social worker) by following her on social media and inviting her to hang out, where Jananie was the first to hear Aliza’s particularly vulnerable piece. “She validated me in a crazy way, and that was the first time I met her.” One of Jananie’s songs also helped a couple grieve the loss of their son.

“My journey was more about mental health than a musical journey. I started having self-confidence in myself when the music connected me with person after person.”

Ever since then, they knew they would perform together. After two collaborations between the two women, Aliza then discovered and followed Maya and sent her tickets to their next show. Maya attended and absolutely loved it. The trio’s shared love progressed naturally into performing together. Maya is a social media influencer striving to create more uplifting music with new messages that promote positivity, healing, and validation.

There was no formal decision to form a group. “We just landed together. Now that we’re doing more stuff, we’re having that conversation.”

Learn more about the open house launch of Aliza’s Secret Garden Studio on April 15 from 1 to 4 pm by contacting Aliza on Facebook ([facebook.com/alizajdubs](https://www.facebook.com/alizajdubs)), on Instagram (@alizajdubs), or through her website, www.alizaempire.com. Watch for a May performance date TBA.

Rusti has been writing professionally since 1999. Her favourite word activities are coaching writers and offering online writing stay-treats.

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Explore Edmonton pushes ahead

Destination development group is in the mix of Exhibition Lands' future

CONSTANCE BRISSENDEN

Behind the scenes, Explore Edmonton Corporation, the organization that manages the EXPO Centre on behalf of the City of Edmonton, continues to collaborate with stakeholders on site improvements. As Edmonton's destination management and marketing organization, Explore Edmonton is planning and implementing improvements to the Expo Centre site.

Approximately 40 local residents and neighbouring community league leaders attended an update at the EXPO Centre on March 1. EXPO Centre venue staff highlighted progress in their respective areas of expertise.

Arlindo Gomes, Explore Edmonton's vice president of business development and venue management, shared several key projects in and around the EXPO Centre site. One such project is the planned rehabilitation and improvements to Klondike Park, which starts in May. A \$2-million grant is earmarked for phase 1.

"First, we'll see selective demolition of structures that are past the end of their useful lives," said Gomes. "The goal is that Klondike Park will eventually be open on a regular basis for the community, and [with] a variety of event activities." Gomes, who attended elementary school in the Alberta Avenue area, knows the neighbourhood well.

Jessie Radies, Explore Edmonton's director of strategic programs and initiatives, reported on K-Days, Farmfair International, the Edmonton Urban Farm, and the new Edmonton Pro Rodeo.

"We have created a 10-year work plan called Re-Imagine with regard to K-Days," said Radies. Some of the new or expanded programming for K-Days includes live theatre, francophone and Indigenous activities, and a Maker Faire. She added that more than 100,000 free tickets are distributed to children and youth in the

up to 300 gardeners involved. Edmonton Urban Farm is involved with many events and groups over the year. Last summer, for example, Alberta Avenue seniors were given a walking tour.

EXPO Centre, under general manager Olaf Miede's direction, also partners with many community organiza-

during the weekly downtime between exhibitions and events.

In April 2021, \$90-million worth of upgrades to the EXPO Centre got started. Upgrades will continue until December 2025, reported Tyson Jeffery, EXPO Centre director, facility operations.

"Part of the focus of the EXPO Centre rehabilitation is making the building more energy efficient," said Jeffery. Repairs to roofing and cladding, installation of Canada's largest solar array, and a complete electrical system upgrade, is in progress. Other improvements include new seating in Hall D where the Edmonton Stingers play (Flair Airlines Hangar), and a new look for the main entrance.

As an anchor for employment, Gomes added that Explore Edmonton now has an employee-led equity, diversity and inclusion (EDI) council relating to how people from different backgrounds (particularly those from visible minorities and marginalized groups) experience their workplace and how this affects their working and daily lives. The group is committed to embracing and celebrating the differences and unique perspectives of all employees.

Ward Métis Coun. Ashley Salvador spoke briefly, confirming that Coliseum demolition is planned for 2025. "I wish it was sooner," she added. For now, the area is on "the path of smaller steps so we can have big ones after 2025." She said that a small parcel of land on the south end of the site will be put up for sale at some point this year.

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



The Edmonton Urban Farm opens during the May long weekend and is involved with many events and groups. | Supplied

community to attend K-Days.

The Edmonton Urban Farm celebrates its tenth anniversary this year. The community garden, run by Explore Edmonton's Patty Milligan, opens during the May long weekend and continues into October. It will be open to visitors every Saturday from 10 am to 4 pm. Twenty-two community groups are partners, with

tions, including Arts on the Ave, Nina Haggerty Centre for the Arts, Edmonton Heritage Festival, Kiwanis International, Edmonton Public Library, and Special Olympics Edmonton. "We share our chattels and assets with local groups where possible," said Miede. Special Olympics athletes, for example, use space at EXPO Centre from Monday to Wednesday,

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ABOUT US

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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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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.

Youth Rise available locally

Drop-in sessions for youth are now available in Alberta Avenue and Westwood



Youth gather together at Youth Rise's southside location. | Supplied

MYA COLWELL

At the beginning of March, Youth Rise expanded their programming into Alberta Avenue and Westwood.

"It's exciting; it's new territory for us," says Mark Klassen, the north Edmonton area manager of Youth Rise. "We've always talked about expansion as an organization, and we are actively looking at continuing to expand into other areas of our city and even other cities eventually—that would be our big dream."

The three-year-old organization works to empower and support youth by providing them with a safe space and community.

"We just felt like there are areas in our city that are under serviced and where there aren't as many resources for youth, [especially youth] who are from communities that are more vulnerable and prone to high-risk factors," Klassen says. "We exist to remove as many barriers as we can for youth to see them rise and become... full-fledged, healthy humans and citizens."

Youth Rise's headquarters is located in Millwoods, where the organization has a youth centre with a gym, a café, and a studio space. Youth can participate in activities like video games and ping pong.

The organization offers a variety of programs, including drop-in sessions where youth between the ages of 12 and 18 can stop by, play some games, play some sports, eat a free meal, and get to know the Youth Rise community.

Additional programs include job prep for high school students, a tutoring and homework help program, a junior leadership program, informal mentorship programs, and sports teams. This spring, Youth Rise is coaching U13 and U15 boys' basketball teams and a U15 girls' basketball team.

In Alberta Avenue, Hub Nights at the community league opened the conversation about finding more ways to support youth, and Youth Rise stepped in to fill that void. "[Alberta Avenue] is somewhere we'd like to be and do

everything we can to see youth succeed," says Klassen.

Currently, Youth Rise offers drop-in sessions on Thursdays from 4 to 6 pm at Alberta Avenue Community League. Youth can access most of the facility, including the gym, lounge area, and hall, and they can play sports, video games, and eat a free, hot meal.

Youth Rise is also hosting weekly Wednesday drop-in sessions from 4 to 6 pm at Vanguard College in Westwood. The focus is primarily on sports.

"The big part, especially with our drop-ins... is that we want them to be a safe space," says Klassen. "There's a lot of different circumstances that everyone comes from, and oftentimes you have no idea what kind of home life [youth] have or what school is like for them."

"So what we seek to be is a safe space where they know that they're going to have caring adults that love them, that are intentional in getting to know them, and that... they're going to get food in their bellies."

So far, about five to 10 kids have attended the drop-in sessions, and Klassen is confident more people will continue to come. "Every week, there's one or two new kids and they bring a friend," he says. "It just snowballs like that. So, it's been exactly on par for what we expect. It's not busting at the seams right now, but slowly [and] steadily, it will continue to grow."

Klassen says he hopes that youth leave the programs knowing that they are loved, cared for, and valued. But most of all, he hopes that they get the chance to have fun and connect with others.

"Just come and be a kid, shoot a basketball around, throw a dodgeball, play video games," says Klassen. "You're not being judged. There's other kids here. You get to just play and be free."

Mya is a student working toward a career in journalism and communications. Writing is one of her passions, besides baking and playing trombone.

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Waste collection changes coming

Rollouts to City program will expand to include apartments and condos

ANDRES CALDERON

More Edmontonians can expect to see changes to the way their waste is collected over the next four years.

Starting this fall, the City of Edmonton will extend the Cart Rollout program, which has already had occupants of single-unit homes sort their waste into separate groups for garbage, food scraps, and recycling.

“Now that residents who receive curbside collection have adapted to sorting their food scraps and recycling, the next step is to expand the program to residents who live in apartments and condos,” writes Vahid Rashidi, program director, communal waste transformation. “When food scraps and recycling are collected separately, they can be processed into compost and new products and reduce greenhouse gas emissions at landfills.”

Part of the Waste Strategy approved by Edmonton city council in 2019,

the program will provide each apartment or condo unit a pail for food scraps, which can be emptied out into a corresponding cart or bin. A recently approved city bylaw, adds Rashidi, will “help facilitate this change. It requires that disposal locations (chutes, bins, or carts) for each type of waste must be close to one another and equally accessible to residents. The City will work with individual properties to ensure these requirements can be met.”

“I love the idea in theory. [...] I go to other neighbourhoods and have noticed that people can leave their bins out. We can't.”

Maggie Glasgow, local resident

Beginning in 2021, the City provided 250,000 single-unit homes with separate carts for garbage and food scraps and asked residents to sort their waste using new guidelines. According to a council report released in February of 2022, the City has adjusted waste collection services in part by considering resident feedback.

Though Rashidi states that “[the] feedback from the curbside residents is generally positive or neutral,” some



City of Edmonton's 25-year Waste Strategy:

edmonton.ca/programs_services/garbage_waste/future-of-waste

Council Report, Edmonton Cart Rollout Update:

pub-edmonton.escribemeetings.com/filestream.ashx?DocumentId=126828

Starting this fall, people living in condos or apartments will have access to the City's bin program. | Karen Mykietka

Many residents have seen bins knocked over and the contents scattered. | Karen Mykietka



local residents would offer a different opinion.

“I love the idea in theory,” says Maggie Glasgow “...but being so close to 111 [Avenue] and 95 [Street], so many neighbours have had their bins stolen. So many people, including us, have had our bins knocked over and garbage scattered, just to scatter it... I go to other neighbourhoods (Highlands, or around the university) and have noticed that people can leave their bins out. We can't.”

“We like it. We've been able to stay within our quota. [...] It's really forced us to be incredibly conscious about what could go in the recycling.”

Rachael Robertson, local resident

Another local resident, Melanie Greenfield, adds, “I do wish there was a way to just pay for an extra bag of garbage...instead of having to hold on to the extra for two weeks if you have a party or a basement flood or something. I get the impression that a lot of people are throwing more non-recyclables in the recycling bags to save space in the garbage bin, which kind of defeats the purpose.”

Other residents would seem to align

with the council report, which states that the program helps residents reduce waste by introducing volume limits and extended times in between collection.

“We like it. We've been able to stay within our quota,” says Rachael Robertson. “I think because we have eight people in our house and garbage is only every two weeks, it's really forced us to be incredibly conscious about what could go in the recycling. We've used Waste Wise a ton [in] finding out what things can be recycled [that] we normally

wouldn't have.”

Extensions to the program that will include residents in apartments and condos will roll out in phases between fall of this year and 2027. More details will be available in the coming months.

Andres is slowly studying nursing while working full time. He spends most of his free time either reading or going to used book stores. He has a collection of over 1,200 books.

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Norwood Legion is open for visitors

The Legion is a great place to socialize while honouring our veterans

DEREK QUITTENTON

You walk by it, drive by it, but have you ever darkened the doorway? I'm talking about the Norwood Legion on the corner of 112 Avenue and 82 Street. That was me: always walking by, but never going in until last year. I walked in, asked for a tour, and bought a \$55 one-year membership. This works out to about 15 cents a day.

Last fall, a new banner appeared above the entrance to the Norwood Legion. It announces: Everyone Welcome, All the Time. The legion is open to all who

pool, and chatted with others. It was a pleasant experience, and it stuck with me.

Behind the unimposing facade, the legion offers a drop-in neighbourhood lounge, dance floor, and gathering place. Once you are buzzed in, you find a clean, safe, and interesting place to meet and mingle, with flat-screen televisions for sports fans and free Wi-Fi for all. A comfortable outdoor space is handy for the smokers in the crowd.

The Norwood Legion does have a military history, but these days it's more than its history. It's home to a bridge club, a poker group, and pool tables.

Toastmasters members meet every

space for 200 people, no problem," says executive member Bill Huziek. "When would you like us to set up the tables and chairs?"

A well-managed kitchen produces quality meals for both casual diners and banquet-goers. Norwood's new chef, Oleh Derkatch, recently arrived from Ukraine with his young family.

Like many legions today, Norwood must run a tight financial ship. COVID-19 had a negative effect, but the legion is working its way back to better financial health, says Huziek.

One advantage is the 144-space parking lot open during events such as

a tasty burger for my efforts. Volunteers are needed and welcomed.

I also learned to remove my hat in the Canteen to show respect for soldiers who made the ultimate sacrifice for our freedoms. They gave their lives, and I can honour that.

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



Greg Laskey (left) and Bill Huziek in the Canteen at Norwood Legion. | Constance Brissenden

want to join or simply attend its many events. Free membership is offered to serving members of the Canadian Armed Forces, RCMP, and retired members of the military, RCMP, and their families.

Greg Laskey, legion president, smiles when he says, "We really don't want to be a best-kept secret. Norwood wants to be a community hub."

When I walked into the Norwood Legion and asked for a tour, I recalled my dad taking me to a legion on Vancouver Island. We drank beer, played a game of

Thursday night. Alberta wrestlers have a monthly tournament. Fiddler's Roost presents a live band on a regular basis. Craft and farmers markets, pancake breakfasts, and the famous meat draws on Fridays and Saturdays are all offered here. The main floor hosts banquets, celebrations of life, weddings, graduations, and company training sessions. Upstairs, there is a spacious dance floor and a comfortable lounge.

Board meetings, weddings, and family gatherings all find a place. "If you want

Edmonton Elks games. This summer, Heritage Days moves to Borden Park, potentially bringing in more much-needed parking revenue. There is a donation of \$30 for event parking. Legion volunteers collect the parking fees.

Norwood Legion recognizes its military connections by providing a military service officer to any veteran needing assistance with the maze of paperwork required by Veterans Affairs Canada. Among others, veterans and peacekeepers avail themselves of the service as needed.

As I discovered, Norwood Legion is a vibrant part of our neighbourhood. I'm glad I joined, and not just for the social opportunities. I volunteer to set up tables for events. I get a good workout as well as

NORWOOD LEGION

Norwood Legion Branch 178 was established Feb. 23, 1946, and is located at 11150 82 St.

For info on pancake breakfasts, meat draws, music nights, and more:

www.norwoodlegion.ca;
rclnorwood@shaw.ca;
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Greg Laskey, legion president, smiles when he says, "We really don't want to be a best-kept secret. Norwood wants to be a community hub."

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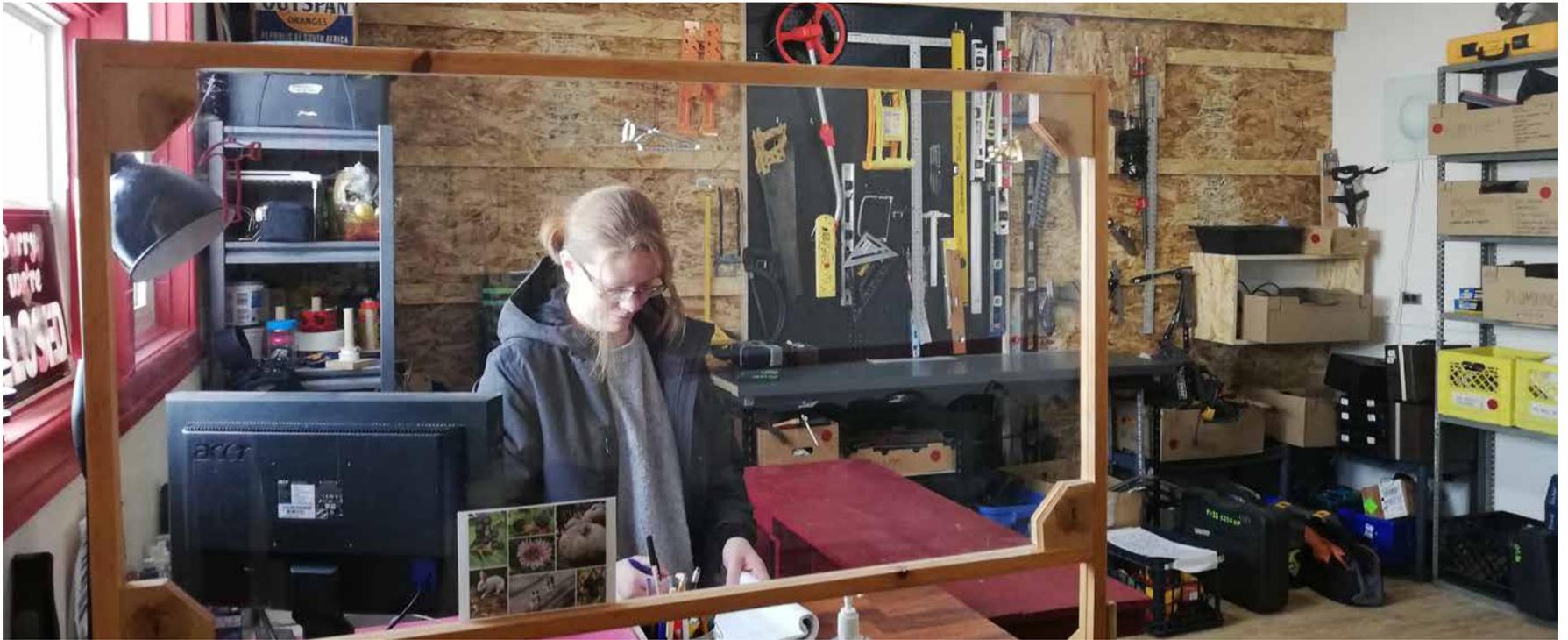
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No volunteer role too small

Organizations offer range of interesting volunteer opportunities



Amber McGeachy is a tool librarian with the Edmonton Tool Library. | Andres Calderon

ANDRES CALDERON

For many organizations, volunteers are a big part of its operations. Since National Volunteer Week is from April 16 to 22, two local organizations remind us there are plenty of choices available should you choose to join the millions nationwide who volunteer.

"It's not all hard work; we do have fun as well," says Kate Hamilton, board member with the Edmonton Tool Library. "But the more hands that we have on board, the lighter the load for everybody else."

Offering a selection of hand and power tools available to members to borrow for up to a week, the Edmonton Tool Library is "entirely volunteer run. [We] have a board of directors that are all volunteers and then we also have volunteer tool librarians and volunteer tool doctors."

The organization is currently recruiting board members, including a board chair/co-chair and a board secretary. Hamilton says that not all available positions require a considerable time commitment. "It depends on the role they're taking on. For a volunteer tool librarian, it's actually

a very small amount of commitment... our shifts are either two or four hours [and the] minimum commitment is one shift per month."

Echoing the need for volunteers, Morgan Wolf, Elmwood Park Community League's president, notes that any time commitment is welcome.

"I was thinking about it today. I had to run down to the league and put up some letters on our [sign]," says Wolf. She explains that this is a task a volunteer could do. "You can get involved, but if you only want to do a little bit, that would just be so helpful towards the greater picture."

Current league volunteer projects include the community garden, an Easter egg hunt, block parties, kids' crafts, Muttstock (a dog-focused festival), paint nights, art classes, and an annual Christmas event.

Wolf notes that another budding project is the possibility of a greenhouse. "If we could get that off the ground, that would be fantastic," she adds. "[We are] throwing out some things and seeing what sticks."

Volunteering as a community league board member has added benefits, asserts

Wolf, as these members can be a first point of contact with the City of Edmonton.

Wolf says that league board members have contact with the City through its Neighbourhood Resource Coordinator (NRC). The NRC's communicate with the league and provide league feedback and information requests to the City. "A lot of people don't think that, they just think a community league is someone who puts on bonfires every now and then and has a skating rink."

If the act of becoming a volunteer seems daunting, Wolf ends with an encouraging statement that suggests the act may be more innate than we are prone to believe. "It's the same reason why when you're out shoveling and you see your neighbours aren't done, you go and do it," she says. "It's being there for your community. What harm does it do, what does it cost you to take that one extra step?"

Andres is slowly studying nursing while working full time. He spends most of his free time either reading or going to used book stores. He has a collection of over 1,200 books.

VOLUNTEER OPPORTUNITIES

Edmonton Tool Library
7308 112 Ave
Wednesdays 6 - 8 pm,
Saturdays 11 am - 1 pm
edmontontoolibrary.ca

Elmwood Park Community League
12505 75 St
780.479.1035
Elmwoodparkcommunity.org

Alberta Avenue Casino
June 20 & 21
780.477.2773
Albertaave.org

Arts for social transformation
Createdmonton.com

Festivals & coffeehouse
Artsonthave.org



Parkdale Cromdale Community League

Continuing Programs:

Creart music: Sat. 10am-1pm <https://www.createdmonton.com>

Homework Club: Wed. 4 15-5 30pm

Yoga with Jesse: All levels. Tues 6-7pm

Capoeira Martial Arts: Adult and kids classes Mon/Wed/Fri
<https://capoeiraacademy.ca>

Garden Club: Register for a spot on our website

Collective Kitchen and Adult Art Classes: Currently full

Programming comment, question, idea? Contact
programs@parkdalecromdale.org

Upcoming Events:

Neighbourhood "Clean Up Your Act" Pub Night
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Neighbourhood cleanup times TBA

Join Our Team!

We are currently looking to hire a hall custodian. Contact
president@parkdalecromdale.org for more information.

Look for details/updates
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My love affair with my home

This house gave me and my children a safe place to land

REBECCA LIPPIATT

Growing up, I moved from one country to another and then from one town to another. One summer after arriving in Canada, we lived in a great boat of a car. There was enough room for me and my life-sized panda bear teddy in the back seat, along with all our worldly possessions. That was the summer I fell in love with the Alberta skies, which was all I could see as they rolled past the windows.

Despite my early nomadic existence, my father always stressed the importance of owning a piece of land. One reason we didn't stay in England is because the land goes to the oldest son. I rejected any sense of permanency in my youth, and moved nearly every year until I was 30.

At 35, I had my first child. I thought I was settled, but then my world cracked open and suddenly I needed to find a home. With my heart broken and my eyes full of tears, I called out to the universe. I asked for two storeys (why I love a staircase when I bear two scars on my forehead when I flew too fast down the stairs, I don't know) and a backyard. I asked for this home to be in Norwood (I wanted my children to attend that beautiful brick school), and to include a second suite for income. I asked for this home to be clean and ready enough so that I could birth my second child in two months.

I met my house on the first day of house hunting. In a market when houses were selling with no conditions within three days, she had been empty for over a month. When I think of it now, it's so clear my prayer was answered and she was waiting for me. Two storeys. A backyard.



The author in front of her Norwood home with her two children. | Lana Whiskeyjack

In Norwood. A second suite. Clean and ready to live in.

Two months later, my son was born to the sound of thunder in a bright blue blow-up pool in the living room. My neighbour, bless her dear heart, stayed up until 1:40 am, knowing he and I were safe when he christened the house with his cries.

My relationship with that house feels unreasonable—who has a love affair with a house? But she has provided me and my children with safety and security. My eldest child asked me recently, “Were we poor when I was young?” I laughed, because by hard work and miracles, I had managed to keep our poverty from my children. They felt rich, secure, and loved by me and our house.

I had what I would call a vision or dream once. I am in the upstairs bedroom of my house—the room where the light filters yellow and green through the elm trees into the two big windows, and high enough you can see the blue of the Alberta sky over the crowns of the elms. In my vision, I am an old woman, and I am dying. I am surrounded by people I do not recognize. They are all young, but I know they belong to me. I am loved by them, and I am held by my house.

Rebecca has attended free concerts as bouncer, juggled plates as a waitress, completed a degree in microbiology, laboured in the oil-field cleaning storage tanks, and worked as an editor for the Government of Alberta. In her current incarnation, she has been a full-time photographer for the last 15 years, is exploring writing, and co-parents four nearly-grown children.

JOIN US FOR A NIGHT OF PAINT & WINE!

All ladies are welcome to attend!
Come share in some snacks,
sips and drips!!!
Learn how to do a
Floral Wreath Painting

Please bring Membership Cards or
sign up for one on the day of!

May 18, 2023
6:30 pm- 9:00 pm

Elmwood Park Community
League

12505 75 st

Free
Entry

RSVP to epcl.info@shaw.ca or
780-479-1035



JOIN US

This spring, the Problem Property Initiative (PPI) will host a series of free events in north central Edmonton to increase awareness of the PPI's long term strategy to address problem properties. You do not need to live or work in the neighbourhood to attend.

Saturday, April 29, 2023

2-4 p.m.
Eastwood | Eastwood Community League Hall
11803 86 Street

Thursday, May 18, 2023

6:30-8:30 p.m.
Alberta Avenue | Alberta Avenue Community League Hall
9210 118 Avenue

Wednesday, June 14, 2023

6:30-8:30 p.m.
McCauley | Edmonton Intercultural Centre
9538 107 Avenue

To help us plan, please scan QR code to RSVP
(registration is not a requirement to attend).



To learn more about the Problem
Property Initiative, visit [edmonton.ca/
ProblemProperties](http://edmonton.ca/ProblemProperties)





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10608 124 Street NW, Edmonton
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www.nestinwellness.com

Eastwood Community League is hiring!

We're looking for summer students to work with our Facility Manager

Please direct inquiries to:
info@eastwoodhub.org

Spruce Avenue Community Garden



Join us for the 2023 growing season! There are raised and in-ground beds as well as a wheelchair friendly option available for rental. Enjoy your own garden plot while meeting neighbours, beautifying your community, taking educational workshops and helping grow this community space.

Reserve your plot today! Email: garden@spruceavenuecommunity.com

A better future.

Janis Irwin

Edmonton – Highlands – Norwood




We're focused on the things that matter to you:

- ✓ Standing up for public healthcare and an end to the chaos in hospitals
- ✓ Attracting investment to create more good-paying jobs
- ✓ Fighting for real action to make life more affordable
- ✓ Properly funding public education and lowering costs for students and families

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