

RAT CREEK PRESS

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AUGUST 2015

NEWS » CLEAN UP

No truck? You're in luck

Large Item Pick Up helps residents get rid of old household possessions



Bring your large household items, like mattresses and furniture, to a Big Bin event. » SUPPLIED

CONSTANCE BRISSENDEN

My offender is a bulky sofa bought second-hand five years ago. The springs died last year. The sofa needs to be removed and receive a decent burial. I don't have a truck, so I figured I'd have to pay a moving company a hefty fee to haul my sagging sofa off to oblivion.

I was delighted to learn that volunteers will pick up my sofa and drop it off at the city's Big Bin event on Aug. 15.

Residents in communities covered by the Rat Creek Press are eligible; the area encompasses NAIT to Northlands and from 111 Avenue to the Yellowhead. Our community is the only one to offer a pick-up service called Large item Pickup for big items and utilise the big bins to dispose of them.

"We piggyback off the city's Big Bin event to pick up

large items in rented trucks," said event organizer Dawn Freeman. "The city has set up an area for our items so that we don't have to wait in a long lineup."

Community volunteers will pick up your materials and drop them off. Approved materials include large household furniture like couches or mattresses. Large household appliances and electronics are also accepted. The fee is \$5 for one item or five items for \$20, with a maximum of 10 items. Payment is by cash only.

Because volunteers do not enter properties, leave items in a back alley the previous night or before 8 am on Aug. 15.

Volunteers at Commonwealth Stadium unload the trucks to speed up the drop off and enable them to keep moving. "We also clean up areas where stuff has been

dumped, like behind businesses and empty lots," added Freeman.

Karen Mykietka, who has worked with Freeman on this event over the years, said, "We've had this event for a long time. It's good to remind residents about it. We're proud of our communities and the efforts made to clean them up and keep them that way."

The City of Edmonton has taken notice. "The community pick up is a great initiative to reduce the number of items left in back alleys," said Laura Henderson, social marketing coordinator for the city's Waste Management Services. "It's an amazing program to dispose of material that might otherwise end up in the river valley, parks, and neighbourhoods."

Booking is accepted until Aug. 5 at the Alberta Avenue Community League or the

Carrot Community Arts Coffeehouse. See details on times below.

BIG BIN EVENT

Commonwealth Stadium
(112 Ave & 90 St)
Aug 15-16, 9 am to 5 pm.
Drop off is free.

PICK UP SERVICE

Aug. 15
\$5 for one item or five items
for \$20, with a maximum of 10
items. Payment is by cash only.

Register in person at:
Alberta Ave (9210 118 Ave)
July 29 and Aug. 5, 5-7 pm

The Carrot (9351 118 Ave)
July 28 and Aug. 4,
10am-noon

VOLUNTEERS NEEDED

Are you physically fit and
able to lift large items? The
community pick up on Aug.
15 needs you! Email judy.
allan@edmonton.ca or call
780.496.1913.

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NEWS » COMMUNITY

Get ready for the Alberta Ave Block Party

Last year's 7-11 Party in the Parking Lot moves to the street

MARI SASANO

When Melissa Cayford moved into the Alberta Avenue neighbourhood a year and a half ago, she was mostly looking for a cheap and convenient place for her and her husband. But she soon became captivated by the area's character.

"It's close to everything. It's very multicultural. I grew up in Montreal and that's very multicultural and I missed that."

Little did she know she would soon be contributing to the area's vibrancy as the event coordinator for the 7-11 party in the convenience store parking lot last summer.

That event was a casual get-together produced by Diversity Magazine with music, performances and workshops allowing attendees to try art and writing. This year, they are collaborating with Arts on the Ave and the multicultural arts group Ankur.

"The idea behind it is there are crime hot spots on 118th Ave and this is a way to have people take ownership of the Avenue," said Cayford. "It was amazing last year. We sent out

invitations and didn't know who was going to come out and so we were like okay, we're gonna just anticipate and be hopeful about how it will turn out."

Cayford said at one point, there were 200 people in the 7-11 parking lot. Attendees were diverse and included residents of the Nova apartment building and people passing by.

This year, it's moved out of the parking lot and right onto 90 Street and 118 Avenue, with another day of workshops at the Nina Haggerty Centre.

The July 31 workshops will include stilt-walking, writing, and poetry. "Featured people for the workshop include Alison Prsa for drawing, Lisa Jones for stilt walking and Dahlia Ross for poetry. We will be having a dance workshop as well as a lino cut workshop!" said Cayford.

Aug. 15 will be a performance night with music, dance, and spoken word on the street.

Performers include Paul Woida, a winner of the Hot 107 music contest, hip hop artist King Deng, Light of the Sun multicultural dance group,

and Sangea, drumming and dance group. There will also be poetry by Dalia Ross, who will be leading the poetry workshop. Cayford is currently waiting for more confirmations, which will be revealed on the event's Facebook page. Both nights will feature free food.

"I think it's to celebrate and to bring something positive without making it about reducing crime," said Cayford.

For more information, check out the Alberta Ave Block Party Facebook page at:

<https://www.facebook.com/parkingparty>

WORKSHOPS

July 31
7-9 pm
Nina Haggerty Centre
(9225 118 Ave)

Block Party

Aug 15
7-10 pm
90 Street and 118 Avenue



Last year's party included a diversity of attendees and activities.

>> FRANKLINE AGBOR

BIG BIN EVENT

VOLUNTEERS NEEDED

Are you physically fit and able to lift large items? The community pick up on Aug. 15 needs you! Email judy.allan@edmonton.ca or call 780.496.1913.

Commonwealth Stadium (11000 Stadium Road)
Aug 15-16, 9 am to 5 pm. Drop off is free.

ACCEPTED MATERIALS

Couches, chairs, mattresses, and other household furniture items too large for curbside.
Fridges, freezers, washers, dryers and other large household appliances (will be recycled).
Computers, televisions and other household

electronics (will be recycled). These can also be taken to an Eco Station.

UNACCEPTABLE MATERIALS

Commercial waste.
Household hazardous waste: take to an Eco Station, where they will be accepted at no cost.
Reusable items
Collected at Commonwealth Stadium by Goodwill Industries of Alberta.
For more information on Big Bin events, call 311 or go online at edmonton.ca/bigbinevents



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9:00 am - Morning Prayer
9:30 am - High Mass
7:00 pm - Evensong

St. Faith: 780.477.5931
Sunday Worship:
Morning Prayer Fridays at 9:00 a.m.
11:00 am - Sunday Worship
1st Sunday - Worship in the Common
2nd Sunday - Traditional Anglican
3rd Sunday - Aboriginal Form
4th Sunday - Traditional Anglican

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10:30 am Service

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11:00 am - Family Bible Hour
Saturdays - Free English Conversation Café for immigrants

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11:00 am - Mass, Sunday Main Celebration
4:00 pm - Mass, Sunday, Eritrean Catholic Community

English Classes and Collective Kitchen (Seasonal - call for more info.)
St. Vincent de Paul Food Help Hotline: **780.471.5577**

Church spirit belief

faith

Church spirit belief

faith

NEWS » FESTIVAL

Transformation of a festival

Avenue Goes to the Dogs has evolved into MuttStock

TALEA MEDYNSKI

In April, there was doubt that Avenue Goes to the Dogs, the dog-related festival in Eastwood, would be able to continue.

When it was made clear the festival was in jeopardy, the community banded together. Cheryl Atkins is an organizer of MuttStock. She explained that Judy Allan, the Avenue Initiative Coordinator, approached Eastwood Community League.

"We agreed to do what we could and began to determine how much interest remained in the event. I learned that there

were neighbours who were keen to have the event continued and that there were animal rescues interested in participating," explained Atkins, who is new to Edmonton and to Eastwood.

The festival continues, but with some differences. Now called MuttStock, it has developed more of a family focus.

Lyndsay Burnett, another organizer, explains what attendees can expect. "We'll have face painting, family friendly bands, jugglers, hoola hoopers, barbecue and so much more family fun on site," said Burnett. "Yes, this is about the pupsters, but it's also about

their families and the families in the Eastwood community!"

Attendees can expect a farmers market with vendors both dog related and non-dog related, food, demonstrations, a dog water park, treats, and a photo booth. Local bands like The Dryland Band, The Range Road Ramblers and Lutra Lutra will provide entertainment.

Like previous years, there will be plenty of activities for dogs.

"Animal rescue groups will be involved again and once again we'll have agility demonstrations. We're working to unite neighbours with dogs and provide

a fun event for families," said Atkins.

Greater Edmonton Animal Rescue Society (GEARS) is a co-sponsor of the event, which is how Burnett got involved. Burnett is also a live music promoter.

"I love doggies and volunteered to help with GEARS doing fundraiser events. It's also in the works for me to adopt one of their lovely little fellows. When the opportunity came up to be involved in this, I was so excited. Music and mutts, what more could I want?" said Burnett.

Atkins said she's always vol-

unteered in her community, no matter where she's lived.

"I love the diversity and down-to-earthiness of Eastwood and surrounding neighbourhoods. My motive in becoming involved in the community league was to meet people and I've discovered that there are many wonderful people here," said Atkins.

MUTTSTOCK

Aug. 16, noon-8 pm
Eastwood Community
Centre and dog park
11803 86 St

NEWS » FESTIVAL

Celebrating Eastwood

Eastwoodfest brings neighbours together

DAVE VON BIEKER

On Aug. 8, Eastwood will be buzzing with music, family fun and happiness during Eastwoodfest.

You may be drawn in by laughter at Eastwood Community League Park. You might investigate and find kids attempting a stilt walk, collapsing onto the grass in giggles, faces freshly painted. Some of those kids might be well into their 30s. Or 50s. Or 70s. Look around and you'll find bouncy castles. A giant game of Snakes and Ladders. Face painting. Horse and wagon rides—even donkey rides! This is all in addition to the Eastwood playground itself, complete with a splash pad to cool off. And then there's the performance stage.

At 10 am, Trista Davis from Above Average Yoga will lead a yoga class in Eastwood Park. Bring a towel or mat to participate, but you won't need any experience.

Later on, don't be surprised if your newly stretched legs dance to one of the many performers, like the Celtic and bluegrass sounds of Jay Kuchinsky and Garry O'Brien. Or Alfie and Byron from Myhre's Music. Or reggae from Mitch Haney. Or the retro-future-folk of Sylvia Bagge.

All of this packed between 10 am and 5 pm. All of this is free!

If you do have some cash, you'll find food trucks and vendors on site, too.

It takes a lot of effort to bring a festival to life. I asked Andrea Walker, part of the Eastwoodfest team, why it's all worth it.

"I have learned so much by being a part of this festival. My neighbours, local businesses, everyone in the Eastwood neighbourhood seems to be as excited as I am to connect and be part of a community."

But why Eastwood? Walker's Eastwood story is similar to my own in Parkdale. It started with

affordability in a central location with character. But it became so much more.

"I saw an opportunity for growth in the Eastwood community," said Walker, "and decided I wanted to contribute to making Eastwood a safe, family friendly, creative neighbourhood."

Bringing neighbours together to laugh, play, dance and attempt yoga sounds like a good start to me.

Eastwood is a small neighbourhood with a lot to offer. In one short stroll, you can sample African cuisine, French macaroons, Portuguese custard tarts, Latin American pupusas, Vietnamese pho and the best calzones in town at Battista's. You'll find the best acoustic music shop in Edmonton at Myhre's (just ask past visitors like Lyle Lovett). You'll also find an off-leash dog park right in Eastwood.

Eastwood boasts a rich history, which will be on display at the festival thanks to the City of

Edmonton Archives.

It's no wonder people like Walker want to bring individuals together to watch the sparks fly.

If Eastwood also gets you excited, the Eastwoodfest team is looking for volunteers. Email Walker at andreamariwalker@gmail.com for details.

EASTWOODFEST

11803 86 St
Aug. 8 from 10 am to 5 pm
Free admission



Bouncy castles and cars were at 2012's Eastwoodfest. » REBECCA LIPPIATT

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WHAT'S ON » ART

Adding beauty below your feet

Chalk up the Ave will bring art to community sidewalks

TALEA MEDYNSKI

On Aug. 22, get ready to claim a square of sidewalk outside of the Carrot Coffeehouse and use it as your canvas.

Chalk up the Ave is set to take place all the way down 94 Street on both sides. It's a family-focused event, but everyone is welcome.

Christy Morin, the executive director of Arts on the Ave, thought of sidewalk chalk art as a way to bring the community together.

"I had seen sidewalk chalk art in Seattle in the past," said Morin, explaining what inspired her to bring it to the Ave. Besides drawing, participants can also write poetry or words that mean something to them.

An instructor and assistant will be present to give people ideas or pose questions. The Carrot will supply the chalk.

Morin said part of the appeal of chalk art is that it's temporary and it gives people an opportunity to experiment with a different art form. "You take something as menial as a sidewalk and turn it into something beautiful."

Besides giving people a chance to work with chalk, the day is also an opportunity to hang out with friends and family.

"You're creating memories, taking time together. It gives people time just to play," said Morin. "Art helps the city

and community express itself."

John Bass, the Carrot's volunteer and events coordinator, agrees. "I think [Chalk up the Ave] gets people to be expressive. It gives them joy, it gets them out in the community expressing themselves."

Morin suggests bringing knee pads, gardening gloves, and hats. "We are asking children to be accompanied by a parent or guardian," she added.

Weather will play a part in the event. If it rains, Chalk up the Ave will be rescheduled to another day. Watch the Carrot's website or Facebook page for news.

Bass said he hopes the event is a bonding experience for community members, and that they will "share what unites them here, what brings them here, and why they call this place home."



Chalk up the Ave is a great opportunity to learn a new art form. >> PIXABAY

“Morin said part of the appeal of chalk art is that it’s temporary and it gives people an opportunity to experiment with a different art form. ‘You take something as menial as a sidewalk and turn it into something beautiful.’”

CHALK UP THE AVE
Aug. 22, 11 am to 3 pm

Free admission
Outside of the Carrot Community Arts
Coffeehouse
9351 118 Ave

artsontheave.org/thecarrot/
[facebook.com/TheCarrotCoffeehouse](https://www.facebook.com/TheCarrotCoffeehouse)

WHAT'S ON » ANIMAL CARE

Feed, walk, play

What it means to foster a dog

MARI SASANO

Brett McGuire's childhood dog was a dog of the 1970s: allowed to wander around the neighbourhood to fend for himself. As an adult, McGuire was devoted to his cats.

"I only had cats," he said. "I always thought dogs were too needy, too neurotic."

Everything changed in 2010 when he met Dewey, a beagle-cross his sister was fostering.

"I went over to visit and apparently he was a handful—she had to tie him around her waist because she couldn't leave him alone at all. I was looking at him and she said, 'They said he needs to be put down because he's untrainable.' And I said, 'I'll take that dog!'"

It was love at first sight. Their friendship developed and so did his involvement in dog rescue. He adopted Dewey from a group called Beagle Paws, and soon he was welcoming foster dogs into his home.

"I'm sort of the in-between guy. Maybe he's getting adopted but they can't take him right away, so I'll take care of him for two or three weeks."

He's had around 15 dogs so far, and both he and Dewey love having a four-legged houseguest.

"Feed, walk, play. Make sure they don't get away—that's happened to me a couple times!"

Fostering is just one way of helping a

rescue dog, said McGuire, and it's not for everyone.

"A lot of people think they might like it and they try it and they say, 'No, I can't. Come get the dog.' You have to have the right personality. Just [be] relaxed and you have to know that the dog doesn't come knowing rules, so if it does something wrong, you can't get mad at it. It's just patience."

Jo-Ann Siebert volunteers for a few groups, and after around 20 foster dogs, she is now involved in rescue in other ways.

"I mostly do dog walking and exposing the dogs to different experiences. I'm pretty much maxed out at my place! Sometimes I go to adoption events and help with the fundraisers. There's so many things you can do."

Both Siebert and McGuire are aware of the risk of being a "foster failure"—getting attached to a foster dog and not being able to let it go. But fostering doesn't mean you'll end up with a house full of dogs; it's a matter of attitude.

"You realize you can't keep them all," said Siebert. "The whole point is for somebody else to fall in love with them. It's sad to see them go but exciting to see them happy to go to new homes. Years later, they still remember you."

Siebert said she likes seeing the way to dogs change. "It's just really amazing how much they change and grow and how happy they are. I enjoy working with them."



Brett McGuire plays with Dewey, his adopted dog. >> MARI SASANO

McGuire recommends setting boundaries before accepting a foster dog and focusing on the goals of rescue. "I get the satisfaction of helping a dog that needs help. They're abandoned or surrendered or show up at the pound with nowhere to go. Come stay with me, I have no problems with that," he said. "They've all been different, but they've all been wonderful."

“The whole point is for somebody else to fall in love with them. It’s sad to see them go but exciting to see them happy to go to new homes. Years later, they still remember you.”

Elmwood Park Community League
12505 75 St / epcl@shawbiz.ca / 780-479-1035

**Green Shack Monday to Friday from 2:30 - 6 pm,
rain or shine! Spray park 9 am - 9 pm daily**

WHAT'S ON » FESTIVAL

Enjoying the fruits of labour

Spruce Avenue Harvest Fest will now include cider making

TALEA MEDYNSKI

Since Nadine Riopel moved to the Spruce Avenue neighbourhood a year and a half ago, she's noticed a few things about the area.

"Last year, my baby was still in a stroller and I would walk around the neighbourhood hoping he would nap. I would roam the alleys and take note of all the backyard apples, then go to the supermarket and see imported Washington apples on special."

She also noticed that many people in the neighbourhood didn't really know each other.

"I go to meetings at the community league and there's a lot of people complaining about things like crime. Well, there's a lot we can do about that, includ-

ing knowing our neighbours."

With that in mind, she approached the Spruce Avenue Community League and pitched the idea of including an apple harvest as part of the Sept. 19 Harvest Fest. Riopel laughs when she says there wasn't any actual harvesting at the annual event; until now.

Harvest Fest takes place every year on the third weekend of September at the Spruce Avenue Community League and typically includes activities like a chili supper and horse-drawn hayrides. This time, cider will also be made from the apples picked from neighbourhood trees. Some of the cider will be canned for the community league's use throughout the year.

Riopel will need help to pick all those apples. She and her

team will be organizing apple picks in the Spruce Avenue neighbourhood throughout the week leading up to the Sept. 19 cider-making day.

"People can get involved by picking apples, helping at the event, signing up their trees, or bringing their apples to the hall," said Riopel. She added that she might also organize apple picks with some Spruce Avenue schools.

"The canning process will probably take the longest," said Riopel. Although only some of the cider will be canned, Spruce Avenue residents can bring their own containers and take some cider home to can on their own.

Riopel said she chose apples because there's so much to rescue. One apple tree can produce an average of 75 pounds

of fruit. She explained there are several varieties of apples growing around Spruce Avenue. "We can also take crab apples. It gives the cider a beautiful tang," said Riopel. "There is a lot of fruit out there. There's such a bounty. I don't think that we appreciate it."

There are other Edmonton fruit rescue groups, like OFRE (Operation Fruit Rescue Edmonton) and Fruits of Sherbrooke. Riopel said those groups are doing a great job, but there's still a lot of fruit to rescue.

Riopel is getting help in the form of equipment and volunteers with expertise from OFRE, including a bicycle-powered apple crusher. At the event, volunteers will crush and press the apples into cider, and can some

of it.

"The crushing equipment takes apples and grinds them into pulp," Riopel explained. "The pulp goes into the press, you crank down the weight, and cider comes through the bottom."

She's planning to have a lemonade-stand type sale for the fresh cider. People can also take home apples to eat. Both volunteers and tree owners will take home some of the fresh cider in their own containers.

In addition to being the organizer of the apple harvest, Riopel is an author, organizer, and speaker at her business, The Savvy Do Gooder.

"I'm interested in finding interesting and sustainable ways for us all to be forces for good."

She added that she hopes the apple harvest will bring neighbours closer together and create a more resilient community.



This year, some of Spruce Avenue's apples will be made into delicious cider. >> PIXABAY

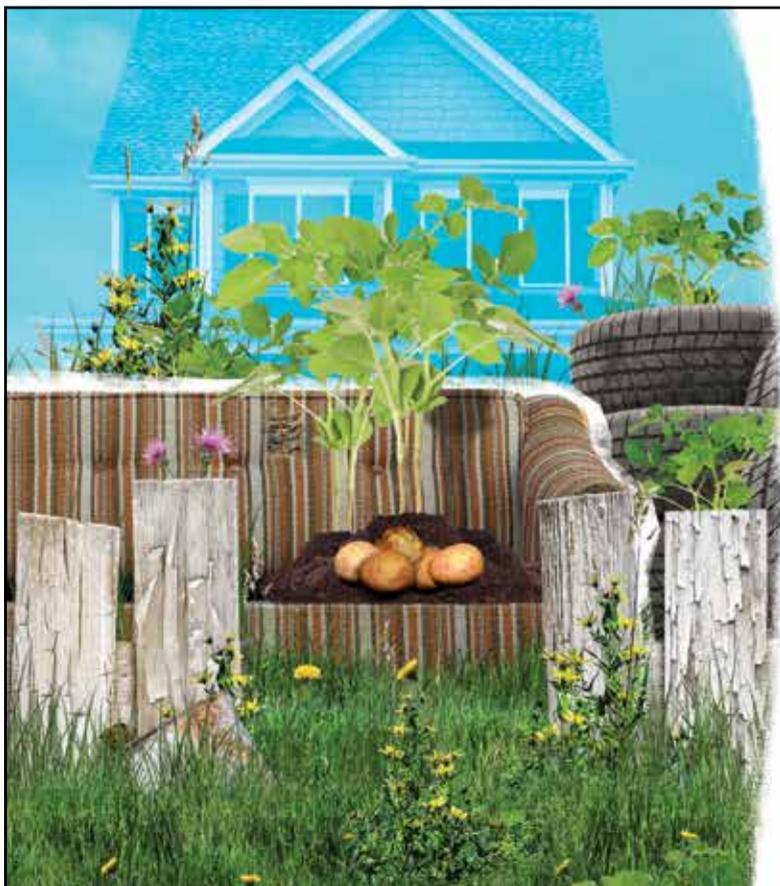
HARVEST FEST
Sept. 19

Spruce Avenue
Community League
10240 115 Ave

Want to volunteer?
Apple picking will
take place Sept. 13-19.

Have apple trees or
want to volunteer at
the event?

Email Nadine Riopel
at nriopel2@gmail.com
or call her at
780.716.8603.



COUCH POTATO?

Be a Responsible Neighbour. Clean it up. Fix it up.

Being a responsible neighbour means maintaining your property, whether you own or rent. It's also the law. City bylaw officers will be out this season making our community better by enforcing the bylaw.

edmonton.ca/nuisanceproperties
Call 311 to report a nuisance property.



Spruce Avenue Community
10240 - 115 Avenue

Green Shack Monday to Friday from 10 am to 1:30 pm
and spray park 9 am to 9 pm daily

EDITORIAL

It's time to peel away the bubble wrap

Have we become a helicopter parent and bubble-wrapped society?

ROB BERNSHAW

In our society, rules are the order of the day and not the exception. Rules in and of themselves are good for society to function effectively and avoid chaos, but sometimes the inclination towards safety goes overboard. Consider the way we can be overprotective of children.

Think back to when you were a kid. At one time, we had playgrounds made using a tree in the backyard or schoolyard. One would loop ropes through a homemade wooden seat and the ropes would be secured to a solid tree branch in order to swing back and forth. Perhaps

there was a wooden seesaw, or any other number of playground equipment you grew up with.

Let's compare how you played to the way children play today, where rules can be taken to extremes. This swing and seesaw of a bygone era have been replaced with modern marvels of design, all designed to be safe.

While the new playgrounds are indeed safer, society has gone from having little protection and safety to the opposite side, where we now have too much safety and protection and not enough adventure and exploration. Has it come to the

point where one cannot sneeze without the antiseptic wipes being produced almost instantaneously?

Heaven forbid that anyone get a sliver in our modern bubble-wrapped society. Helicopter parents seem to be the norm and not the exception. It is natural that parents do not want their children placed in harm's way, but the danger is that helicopter parents are so overprotective and hovering that they are stifling their children.

Isn't it time to evolve to a more balanced society where the bubble wrap is removed and discarded before our children's exploratory and inquisitive

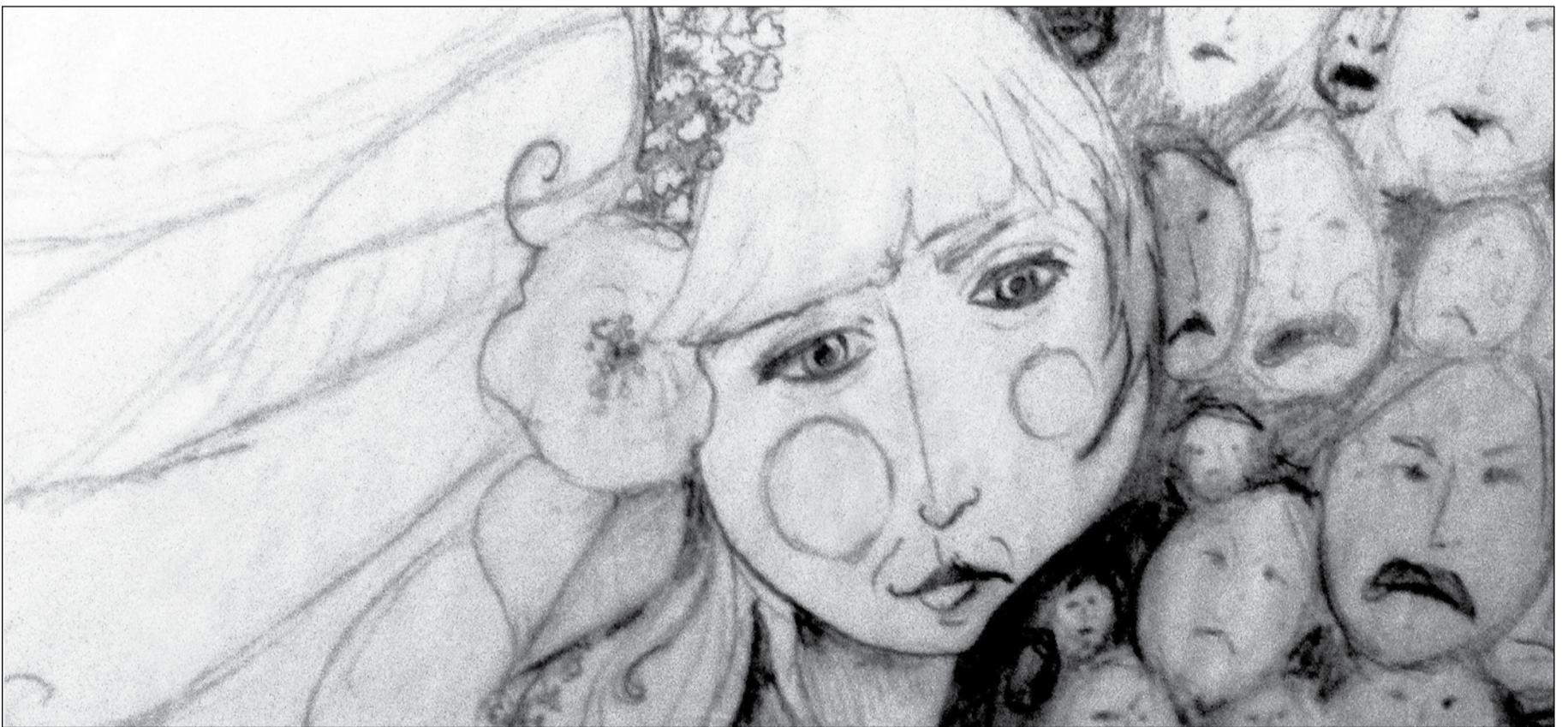
natures are suffocated and stifled beyond repair? The overprotective attitude prevents children from learning from mistakes and becoming resilient. There is much to be learned from falling and making mistakes. Children become better people, not for having fallen, but for having picked themselves up and learning from the experience. They become innovators and solution seekers and can then make our communities better in the process.

Indeed, not one invention was developed without mistakes or setbacks. Failure is an experience allowing people to reassess a situation and see a better

way. Sometimes one has to fall outside the box and develop a bump or bruise along the way in order to build the character and stamina to continue.

Would we have fire or the wheel today if the people of the Stone Age decided to hide in their caves under a rock, afraid of their own shadow? Why are we stifling growth with all the hovering and bubble wrapping?

It's time for more of a balance, where children are guided and not overprotected, where our society understands the importance of being aware and not being afraid to make mistakes along the way.



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ABOUT US

The *Rat Creek Press* is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

COMMUNITY, COMMUNICATION, CAPACITY

The *Rat Creek Press* goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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The *Rat Creek Press* is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the *Rat Creek Press*. Send submissions to the *Rat Creek Press* Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.



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VOLUME 17, ISSUE 8 >> AUGUST 2015

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GREEN INITIATIVE » FOOD

Keeping it within the community

Shopping locally for a better lifestyle

PAULINE ISMAEL

Being more environmentally aware does not always mean you have to take the activist route by climbing a smokestack to make a statement. By making simple changes to choices made, like what you eat, could make a positive impact on the environment, the community, and yourself. This shift in choices is often called "localizing," where you ground your consumption choices to the local community. Though it may appear like a daunting task to question every food's source by interrogating shopkeepers through good cop, bad cop methods, there are alternative ways to begin localizing your consumer habits to promote a healthier and more environmentally friendly you.

When you move away from shopping at large food chains and begin shopping at smaller local businesses, you create an opportunity to build direct connections with those handling your food source. Community building is central to localizing your consumption. You are giving

yourself a better sense of control over the food consumed and you know where your money is going. From personal experience, the significance in supporting small businesses and relationships built between them and the community influences the choices of small businesses to use local suppliers.

As a baker, my father stressed the importance of using local farm fresh eggs because customers held the expectation for quality products. With small businesses, you have the opportunity to communicate expectations for a commitment to use local suppliers, like community-supported farms in the Edmonton area, holding businesses accountable and helping your community to localize. In Edmonton, there are a few farmers markets and grocery stores, like Wild Earth Foods and Earth's General Store. These places can help you experience locally-produced foods without the need to travel far. You could even get fresh organic fruits and vegetables delivered to you by local suppliers like The Organic Box.

Expanding on your knowledge by understanding how and where your food is coming from is important, but learning about alternatives in localization is beneficial too. Sustainable Food Edmonton is a great source for furthering your knowledge on the benefits of an equitable and ecologically healthy food system. Highlights of food initiatives around Edmonton allow you to find ways to help contribute to the promotion of a local healthy food system.

The site also provides resources on community gardens. If you are feeling the need to be more hands-on with growing your own food and building a closer connection to your community, some of the community gardens include: Alberta Avenue Community Garden, Boyle Street Community Garden, and McCauley Community Garden. If you live in an apartment, you could also try balcony gardening and grow tomatoes, herbs, green beans, and other vegetables and fruits that grow well in containers.

Through localizing your consumption, you are creating a positive impact

on the environment. By travelling the shorter distance to get your food, you are lessening the emissions of fossil fuel. By shopping locally, you are creating an opportunity to forgo using a vehicle and walking a few extra blocks instead, becoming healthier and more environmentally friendly. Becoming aware of how much you consume is also important so that you don't waste more than you need, reducing your ecological footprint. Localization also promotes the ethical treatment of animals and discourages the use of pesticides.

Like any community, relationships become cyclical. By deciding to shop locally, you are helping local businesses to continue to thrive and enrich the community. Strengthening local businesses could help encourage them to utilize more local producers, enriching the quality of your foods and your life. It all begins with changing what will go on to your plate. The simple choice to change your consumption has the potential to produce positive impacts on you and your environment.

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|--|--|--|---|--|
| <p>PLACES TO SHOP LOCALLY</p> <p>Earth's General Store 10150 104 St www.egs.ca/</p> <p>Wild Earth Foods 8910 99 St www.wildearthfoods.ca/</p> | <p>The Organic Box (delivers) www.theorganicbox.ca/</p> <p>City Market Downtown - farmers market Saturdays 9 am-3 pm Spring to fall, located on 104 St and north of Jasper Ave Winter, located in City Hall www.city-market.ca/wp/</p> | <p>LOCALIZATION RESOURCES</p> <p>Sustainable Food Edmonton www.sustainablefoodedmonton.org/</p> <p>Alberta Avenue Community Garden www.albertaave.org/community-garden.html</p> | <p>Boyle Street Community Garden sustainablefoodedmonton.org/boyle-street-community-garden/</p> <p>McCauley Community Garden sustainablefoodedmonton.org/mccauley-community-garden/</p> | <p>PLANNING A BALCONY GARDEN</p> <p>www.canadiangardening.com/gardens/container-gardening/planning-a-balcony-garden/a/22233</p> |
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Do you love to read novels?

I invite you to join in as I would love to start a book club.

I am looking for community participants/members to meet once a month. First meeting will be held on Thursday, August 27 at 7 pm at the Alberta Avenue Community Hall to discuss a book to read for a September meet up. Please call me if interested - Lorraine 780.934.3209.

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BUSINESS » SHOP LOCAL

Eat your microgreens

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REBECCA LIPPIATT

Craig Stretch is an Alberta Avenue resident and an entrepreneur at heart. His first job was working on a chicken farm in his home community of Rocky Mountain House when he was 10 years old. His second job was riding his bicycle to neighbours' houses, selling chocolates. Once he graduated from high school, he attended NAIT and earned his diploma as a landscape architect technologist. Many people working as landscapers use the winter months to do snow removal, but Stretch's combined passions of gardening, growing, and sales led him to develop Hibco Greens.

Hibco Greens sells microgreens. Similar to sprouts, but with the roots cut (resulting in fewer food safety issues), microgreens are loaded with a hefty nutrient base. The company's offerings include rainbow swiss chard, beets, red radish, corn and various herbs. Red radish is a good accompaniment to meat, and the corn microgreens are used in

dishes from lobster truffle oil pizza to chocolate cake with raspberry sauce.

Stretch also works with local restaurant chefs to grow something special for their menus. Using his knowledge of flavours, and with a great deal of research, he offers custom growing. The chef at the Westin Edmonton was importing crab apple greens from California, and Stretch was able to work with the chef to use red sorrel, a similar tasting green. One time a chef ordered a potentially poisonous microgreen. Using careful research, Stretch was able to grow and supply a safe alternative. The eleven restaurants he supplies include the Melting Pot and Rosso Pizzeria, as well as local caterers.

Stretch developed an innovative growing approach and he buys his seeds as locally as he can. Mumm's Sprouting Seeds in Saskatchewan supplies him with certified organic seeds, and he sources his growing mixture from Stony Plain (a soil-less mix that includes peat moss and perlite). Using specially designed and coloured LED lights, he grows the plants in trays. It takes eight days to three weeks to harvest. Some of the plant trays need a paper towel base, and Stretch has sourced bleach-free paper towels (Costco brand, and Cascade). Once the plants are grown, the compost goes to Vesta Gardens, a local CSA (Community Supported Agriculture).

The plants are watered everyday, and inspected by Stretch and his staff and are triple washed before being cut and packaged for market or the restaurants.

Stretch is hoping to expand his business to Fresh Fit Foods, a local meal delivery service and Glow Juicery. Surplus produce left over from farmers' markets is given to the Hope Mission.



Craig Stretch holds basil and garlic chive microgreens. >> REBECCA LIPPIATT

BUSINESS » THE LEMONADE STAND

The right kind of promotion

Beer-drinking pigs and a \$100 hotdog

HENRI YAUCK

Gordon Ramsay feeds beer to pigs on his show. He claims the beer gives the pork a special flavor in his unique cuisine.

Dougie Luv, owner of Dougie Dog Diner truck, took Ramsay's cue and infused his foot-long bratwurst dogs with \$3,000 cognac. He sold the bratwurst for \$100 each at the Calgary Stampede.

The idea in both cases is to grab attention and engage the audience. Did it work? Well, Luv prepared supplies for 100 dogs and as the story goes, he sold out in the first five days despite the price, not to mention his venue was one of the busiest at the Stampede.

On the other hand, there's

Dan Boria, the guy that went aloft on a lawn chair using helium-filled balloons, wanting to fly over the Stampede and gain attention for his cleaning business. The \$10,000 or more he spent to pull this off got him lots of exposure in media and social media. Will this help his sales? Doubtful. I don't even know the name of his business, but he will qualify for a few good stiff fines.

Promoting your product or business is more than just gaining free publicity. It's about grabbing the right kind of attention, and engaging with an audience of potential customers.

Both Ramsay and Luv captured attention and raised the question: "I wonder what that

would taste like?"

In short, there was a connection with Ramsay's and Luv's target audiences, first emotionally, then physically. The connection in both cases was tied to the product. With the high-flying balloonist, there was no connection, much like the ads with people falling into a pool or being hit with a cream pie. It might get a momentary laugh, but it just leaves the advertiser looking doubly foolish. Foolish first because it is stupid, and then because it doesn't make any sales or generate confidence in the product or service. It's just a stupid 30 second stunt.

On the other hand, consider Ramsay's beer-fed pigs. Does it make a difference in the quality of the pork? Is there anyone out

there that has beer-fed pork for sale? Let me know. I'm equally curious about the \$100 cognac-infused hotdog.

Have any of you tried one?

In a certain way, we have all been wired to believe if it costs a lot, it has to be better. And more often than not, this proves to be true. It can be the tipping point for making a decision to

shop at a certain place or not. I know this from first-hand experience. Some time ago, I bought a package of three dress shirts at a very special price in a men's store that had many things on sale. And the prices in general seemed lower than their competitors.

Brian Mason, MLA

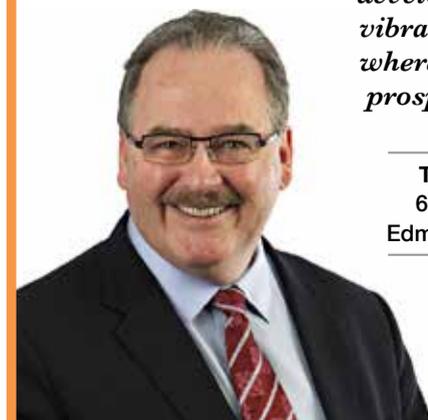
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SUMMER » ROMANCE

RCP collaboration - *Date nights*

It's summer, and with all the festivals and the beautiful weather, it's not always necessary to spend a lot of money on a date. Rat Creek Press contributors share their favourite ideas of a cheap date night.

Dadeo's on Whyte Ave has great deals on Sunday nights. We head there for wings and a chili lager, then take a stroll down the trolley tracks and along the river valley edge to the Laurence Decore Lookout. Always a beautiful evening! - *Dave Von Bieker*

A walk to Zocalo is always romantic. You can sit inside their atrium and feel like you're in Muttart Conservatory, without the admission cost. A cappuccino comes with a free little chocolate that makes the perfect treat. - *Dave Von Bieker*

A walk to The Dog for homemade potato chips and dill pickle dip, paired with \$4 milkshakes. How can you beat that on a summer night? - *Dave Von Bieker*

My husband and I enjoy a Booster Juice smoothie on a warm summer evening and then a stroll in the river valley. - *Linda Wilkinson*

My boyfriend and I like to bike to Remedy Cafe on 124 Street. This way we can take in the summer weather and then enjoy the patio and some of their amazing food. - *Talea Medynski*

The Devonian Garden has date nights on Thursday evenings until the end of August. Each date night is different, and couples can expect to be treated to music, arts, games, or other programming for the price of admission to the garden (\$13.50 for adults, \$9.75 for seniors, and \$7 for students). - *Talea Medynski*

I'm planning a trip to the Reynolds-Alberta Museum with my partner who loves classic cars. The museum is about a 45 minute drive away in Wetaskiwin and is focused on transportation, aviation, agriculture and industry. Admission is \$10/adult. Bring a picnic lunch to enjoy outside on the beautiful grounds or enjoy a bite in the Cruisers Cafe. Every Thursday in August is movie night. The cafe is open from 5-7 pm for supper and movies start at 7 pm. - *Karen Mykietka*

I like walks and discovering new trails and hiking. Something that keeps us both moving and we can reward ourselves afterward with a glass of wine. - *Frank Zotter*

SUMMER » COMMUNITY

The warm glow of nostalgia

Drive-in on the Ave brings movies to the neighbourhood

TALEA MEDYNSKI

Think a drive-in movie experience is anchored in the past? Fans will be happy to embrace the nostalgia on Aug. 28 in the parking lot of Alberta Avenue Community League. Frank Zotter, organizer of Drive-in on the Ave, will be starting the popular movie *Frozen* between 8:00-8:30 pm.

"Every time I finish a drive-in, I shout a few movie suggestions [heard] over the radio and people vote by honking. *Frozen* got the most votes," said Zotter.

In May, Zotter played *Toy Story 3*. Other movies have included *Back to the Future*, *Princess Bride*, and *American Graffiti*.

The Alberta Avenue Initiative funds the drive-ins held in May and August of every year. Zotter started organizing the drive-ins three years ago.

"I was inspired at an Alberta Avenue revitalization shindig where everyone was suggesting ways to improve and enhance

the hood. I was hosting it, so I had the advantage of bouncing the idea off the crowd and they loved it!" said Zotter.

Zotter suggests arriving half an hour before the show starts. At the beginning of every drive-in, Zotter plays retro cartoons like *Bugs Bunny* before the movie starts. There is also a concession stand with licorice, popcorn, pop, lemonade, and chocolate bars. Although most people arrive in a vehicle, chairs are also provided for people to sit in the front and watch.

He explained there are drive-in regulars and that the free event draws in a wide range of people, including families.

"It feels like the prime family feeling is at the drive-ins," said Zotter.

It's also a great idea for a date night. A drive-in makes the idea of watching a movie a bit more romantic, and with the only cost being a few treats from the concession, it's also affordable.

"It's cliché to go to a movie theatre. It's cool to go to a

drive-in," said Zotter.

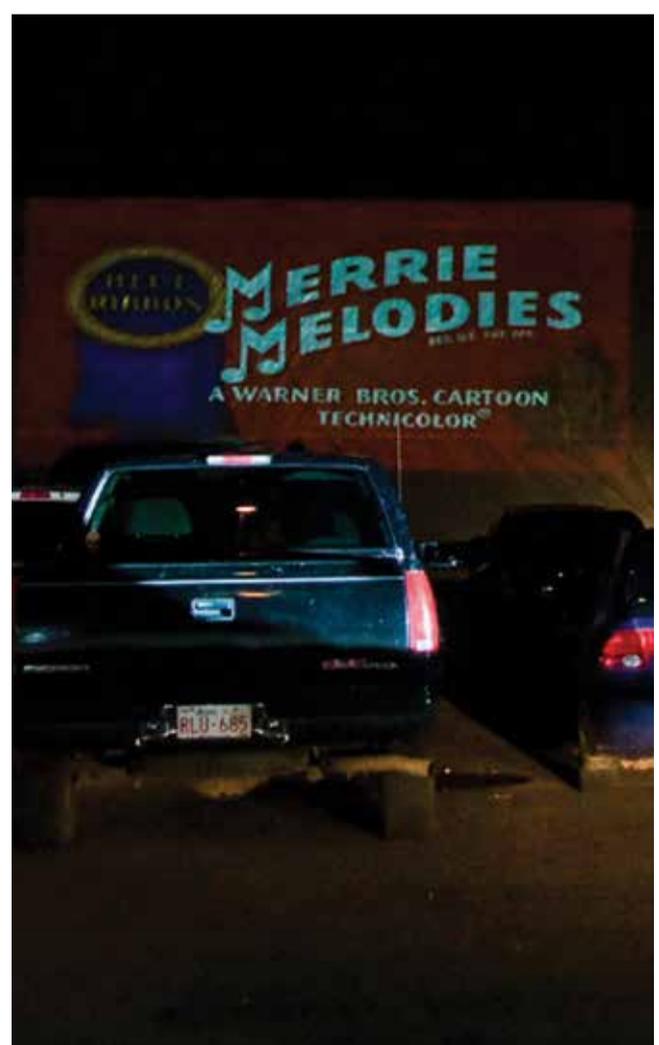
He said that when he first organized the drive-ins with assistants Karen Herzog and Howard Kowalchuk, they were too busy making sure everything went smoothly to take in the movie. But now, Zotter said, "we have a blast. Now we can relax enough to watch the movie."

But Zotter said the work involved in organizing the event is worth it. "Truly, it's fun and stays fun. It's one of the most rewarding events I can do. The joy it can bring is palpable."

DRIVE-IN ON THE AVE

Frozen
Aug. 28

Starting 8:00 or 8:30 pm
Alberta Avenue
Community League
parking lot
9210 118 Ave



Retro cartoons are shown before the movie begins. >> REBECCA LIPPIATT

EDITORIAL » LITERARY

Bringing history to life

Local author Laini Giles tells beguiling story in *The Forgotten Flapper*

RUSTIL LEHAY

Pull up a chair, steep your favourite tea or pour a glass of wine and lose yourself in *The Forgotten Flapper*, a novel by local author Laini Giles. One moment Olive (Ollie) Duffy is dancing as fast as she can to escape lecherous hands of older men in a New York department store basement, the next she has won the most beautiful girl in New York contest. This paves her way into the modeling world where an artist refers

her to Florenz Ziegfeld, a musical comedy producer.

Ollie beguiles you with the life of a Ziegfeld Follies dancer and then sets her sights on becoming a film star. She goes on to make waves with directors when women were never seen or allowed behind the camera. Who can dislike an indomitable character? It might be safe to say everyone longs to have the bravery and sheer stubbornness to achieve every goal that Ollie demonstrates.

Giles offers a five page bib-

liography for the reader to do their own research on this historical film star and explains she uses six fictional characters to add to the story only as necessary. Olive Duffy was a real woman who came from the dregs of Pittsburgh. Giles imagining her secrets and the untold behind-the-scenes history gives the reader so much more.

It may be a mystery Giles leaves to the reader to solve how Ollie never becomes pregnant. Giles shows great skill in writing about the sexual side with

innuendoes, clear language and yet never touches on birth control. Discover for yourself the tumultuous relationship Ollie has with Jack Pickford.

In between the moments of reading when real life demands your attention (like feeding toddlers), Ollie stays alive and kicking in your mind. The best kind of characters stay with you, refuse to leave and become topics of conversation. Ollie is such a heroine.

Well done, Giles. Pick up your copy at Audreys and Pages

or Owl's Nest in Calgary. You may also order hard copies and e-books on Amazon for \$15.99. Giles is available to speak at book clubs and has thoughtfully added book club questions in her book. Contact Giles at lainigiles@yahoo.com or visit her website, www.lainigiles.com to find out more on her series of forgotten actresses. Giles will have a reading/signing at Audreys Books on Sept. 20 at 2:00 pm.

EXCERPTS FROM *THE FORGOTTEN FLAPPER*

LAINI GILES

EXCERPT 1

My heart did a little foxtrot as he guided me toward the exit. On a bench outside Nat's, we removed our shoes, then took a wooden stairway that stretched from the pier down to the water. I held my skirts bunched at my waist. The laughing of the seagulls and the breaking of the waves provided romantic background music for our walk, and the sand was warm and giving beneath our feet. We could see a few lights in the distance from

Los Angeles. From time to time, we skirted the dregs of the tide as it tickled the shore. Feeling playful, I kicked up tiny splashes at him.

Grabbing me in a sudden embrace, Jack planted a kiss on me as we stood with the foam nipping at our toes. I opened my mouth to receive him and felt my body responding right there.

"Do you have any idea how beautiful you are?" he muttered in my ear, his caress moving farther and farther forward along my middle until it reached the curve of a breast. I threw my head back, letting him kiss his way down my neck, my skin

feeling singed wherever his lips had touched.

"Take me home," I whispered.

We stared at each other, our mutual intentions understood.

"I'd like to see you stop me."

EXCERPT 2

"Be careful, Ollie. Word on the street has it you and Jack are an item. He's a good friend of mine—you know that. But you need to be aware. Those women dote on Baby Brother, and they won't give him up without a fight. Lottie's the only one who's not half bad, but she's a two-fisted drinker just like me. Do watch yourself. I'd

hate to see you sucked into that web of craziness that calls itself a family. Ignoring them would be like ignoring a bunch of rattlesnakes."

EXCERPT 3

What would I do without Myron? He was not only my lover but my banker, my mentor, and my friend. I sent off a quick wire to him to let him know that things upstate were going all right. But the past few weeks, I'd been having second thoughts about the affair. My correspondence with him had been less often, and what I sent was less wordy. Jack and I had dealt with so

many obstacles tossed in our way by the studios: his mother, his sister, the American government, or the Kaiser. He had his faults—huge ones—but he loved me and I loved him, even if it had been halfhearted the last few months. Fanny's advice hung in the back of my mind like an old dress I'd consigned to the rear of the closet. I knew it was there, but I wasn't sure about wearing it again.

You will need to read this book to discover for yourself Fanny's advice that may be better than "every woman needs to have one little black dress."



PETER GOLDRING
Member of Parliament
Edmonton East



THE SENATE IS NECESSARY

The Senate is one of Canada's most constitutionally thought-out institutions. Its members were not intended to represent Canadians based on political affiliation, but based on region. The appointment, termination, and replacement of Senators is clearly spelled-out in the BNA Act as being the duty of the Governor General. However, by unwritten convention, these are now based on Prime Ministerial recommendation to the Governor General, making the conduct of Senators more partisan. The Upper House of 'Sober

Second Thought' must be retained. It is intended to act as a check to the partisan House of Commons. Calls for the Senate to be abolished, due largely to expense mismanagement, are an exaggerated and over-the-top response to a problem of 'administration' not a problem of 'structure'.

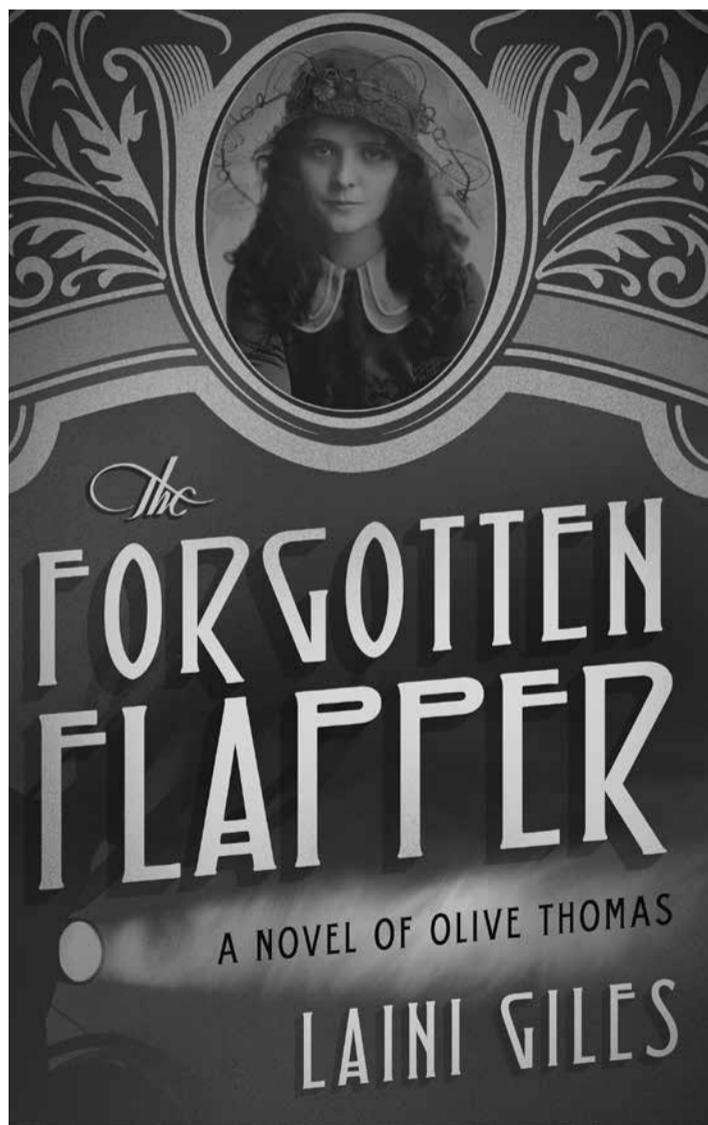
I am sure that the Leader of the Government in the Senate, Claude Carignon, as well as Senators Don Plett, Mike Duffy, and others, would all agree that the Senate's accounting rules must become better defined. Doing so would normalize expense issues and help prevent embarrassment for the institution that is a very necessary counter balance to the power of the partisan House of Commons. Normalizing and monitoring expenses should be conducted responsibly, efficiently, and internally.

Abolition of the Senate is not the answer. Should the Senate be abolished, Ontario, with 1/3 of all representation in the House of Commons, might run Canada and the equal, apolitical, and regional representation that the Senate should provide will be gone. What is needed, over time, is reorganization and a revamping of Senator accountability guidelines and rules provided to Senators. Senators should be selected by the Governor General, as our Constitution presently describes, based possibly additionally on the recommendation of the provincial Lieutenant Governors such that the partisan aspect that is at the heart of the current scandal will greatly diminish.

What do you think?

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COMMUNITY CALENDAR

The community calendar lists FREE events, programs and volunteer opportunities for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood. Email your listing to info@ratcreek.org.

EVENTS

EDMONTON LATIN FESTIVAL

The Edmonton Latin Festival returns Aug. 15-16 to Churchill Square and promises to bring back more Latin flavor. This free, all-ages event has something for everyone with live music, dance showcases, vendors, food, and a kids area. Come fill your senses with the sights, sounds, and tastes of the amazing Central and South American cultures. Interested in performing or volunteering? Contact Daiana Moy Sanchez at 780.993.9799 or info@edmontonlatinfestival.com.

COFFEE WITH COPS

Join Cst. Thomsen to chat about neighbourhood concerns. Aug. 11 and Aug. 25 from 10-11:30 am at the Carrot (9351 118 Ave).

CHALK UP THE AVENUE

Come out to the Carrot (9351 118 Ave) on Aug. 22 from 9 am-3 pm to create chalk art on the sidewalk. We will have pails of chalk out for kids and adults to come and chalk up our entire walk. Not sure how to do chalk art? Don't worry, there will be expert chalk artists on site to show you how it's done!

ART & MUSIC

PIANO ON THE CORNER

The piano on the Carrot corner is back! Stop by any time this summer and play your favourite tune on the piano on the corner of 94 St and 118 Ave. Everyone welcome!

THE CARROT'S POETRY NIGHT

On Aug. 27 from 7:30-9pm, Dhalia Ross and Megan Dart will host poetry night. A wonderful time to share your work and enjoy a night out with an encouraging crowd.

JOIN EMCN's GLOBAL SINGERS

Eat a delicious lunch, learn new songs and meet new people. Thursdays from 12-1 pm. Room 2-4, Mennonite Centre (11713 82 St).

NASHVILLE SONGWRITERS GROUP

Aug. 10 from 6:30-10 pm at the Carrot (9351 118 Ave). Subject to change. Confirm your attendance by emailing Colleen at col_kside@hotmail.com

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all-age workshops every Tuesday from 6:30-8 pm at Parkdale (11335 85 St).

COMMUNITY ART NIGHT

Free workshop for adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave).

FAMILY ART NIGHT

A variety of free art activities for school age children accompanied by adults. Wednesdays from 6:30-8 pm at The Nina (9225 118 Ave).

SPIRIT ART

Explore your spirit through art. First and third Wednesday of the month from 10 am – 12 pm at St. Faith/St. Stephen (11725 93 St).

MUSIC LESSONS BY CREAT

Free group music lessons every Saturday from 9 am – 12 pm and violin lessons from 12-1 pm at Parkdale (11335 85 St). Sebastian 780.878.8265.

THE CARROT STAGE

9351 118 Ave, 780.471.1580, thecarrot.ca
The Carrot explodes Saturdays for open mic from 7-9:30pm. Share original music, poetry or comedy. Free admission for all ages.

PROGRAMS

ELECTRIC FUN

Explore electricity and have a shockingly good time with our Makey Makey, Aurdino or Little Bits Kits. Aug. 6, 3:30-4:30 pm at Sprucewood Library (11555 95 St). For ages 9-12.

KAYBRIDGE PUPPET SHOW

Kaybridge Puppets is back with a new fun adventure: 'Gracie and Ray Save the Day!' Gracie and Ray discover a wild and wonderful world as they escape into a book! But can they save the day as tales get all twisted up? Aug. 6, 11 am to noon at Sprucewood Library (11555 95 St). For pre-schoolers to children 12 years old.

THE SHOW MUST GO ON

How can you perform with no stage and no script? With improv of course! Play fun acting games and learn some theatre basics. Aug. 7, 4-5 pm at Highlands Library (6516 118 Ave). For ages 9-12.

DYNAMITE DINOSAURS!

Dinosaurs live on at the library! Come and enjoy our prehistoric activities and have dino-sized fun! Aug. 4, 2:30-3:30 pm at Highlands Library (6516 118 Ave) and Aug. 8, 11 am to noon at Sprucewood Library (11555 95 St). For pre-schoolers.

TINY TECH WITH DISCOVERE!

Dive into the exciting world of computer programming and learn the basics of coding! Binary code, logic, and parts of a computer will be learned through a variety of games and challenges. For children ages 6 to 9. Aug. 10, 2-3 pm at Highlands Library (6516 118 Ave).

MAKE SOME NOISE!

Who says libraries have to be quiet? Create your own musical instrument and learn some fun action songs! Aug. 11, 2:30-3:30 pm at Highlands Library (6516 118 Ave).

I SPY!

Using our collection of objects create your own I Spy scene and challenge your friends to find all of the hidden items. Aug. 11, 2-3 pm at Sprucewood Library (11555 95 St). For ages 6-8.

BRAIN SCRAMBLE

Think you've got what it takes to answer a librarian's toughest questions? Drop by for the ultimate challenge as you answer your way through brain scrambling questions in an epic scavenger hunt. Aug. 13, 3:30-4:30 pm at Sprucewood Library (11555 95 St). For ages 9-12 years.

IT'S A ZOO IN HERE!

Come and visit with some animals from the Valley Zoo! You will get a chance to meet, touch, learn about, and get closer with three different animals. A Valley Zoo interpreter will be on hand to share animal artifacts and interesting facts about the animals. 30 children maximum. Aug.13, 2-3 pm at Highlands Library (6516 118 Ave). For ages 6-12.

PLAY DEAD

The zombie apocalypse is upon us, do you have what it takes to survive? Bunker down at the library for spooky tales, activities and more. Aug. 14, 4-5 pm at Highlands Library (6516 118 Ave). For ages 9-12.

TO THE RESCUE!

Enjoy stories and crafts about dashing heroes and evil villains! Aug. 17, 2-3 pm at Sprucewood Library (11555 95 St). For ages 6-8.

BUGGY OVER BUGS!

Explore the world of creepy crawlies at the library! Learn all about bugs through fun books and activities. Aug. 18, 2:30-3:30 pm.

PLAY YOUR CARDS RIGHT

Play your favourite card and board games and learn some new ones! Aug. 20, 3:30-4:30 pm at Sprucewood Library (11555 95 St). For ages 9-12.

M IS FOR MAGIC!

Join Clown Cartel magician Spronken J. Plockett as he casts a spell at the library! Aug. 20, 11 am to noon at Sprucewood Library (11555 95 St). For pre-schoolers to 12 years old.

SCHOOLYARD GAMES

1, 2, 3, are you it? Join us to play games and laugh! No school required. Aug. 21, 4-5 pm at Highlands Library (6516 118 Ave). For ages 9-12.

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, art and 3-D design. Thursdays from 7-8 pm at Highlands Library (6516 118 Ave). All ages.

PRAYERWORKS COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith/St. Stephen Anglican Church (11725-93 St). Cost: 4 one serving meals \$3. Trish 780.464.5444.

ADULT READING & WRITING

A new program using mainly Aboriginal materials. Thursdays, 9:30 am to 12 pm at St. Faith/St. Stephen (11725 93 St).

SPORTS & REC

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Use any of the amenities at the rec centre on Saturdays from 5-7 pm with your community league membership.

FREE SPORTS EQUIPMENT

All kinds of sports equipment for kids in need. sportscentral.org. or 780.477.1166.

SOCIAL

FATHER CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Aug. 12, 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737.

NFB FILM CLUB

Animated and documentary film from the National Film Board of Canada. Aug. 29, 1:30-3:30 pm at Highlands Library (6516 118 Ave).

BOARD GAMES NIGHT

Games provided or bring your own games. Aug. 25, 7-9 pm at the Carrot (9351 118 Ave). Sponsored by NNA.

PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Community meals will resume in the fall.

TEEN GAMING

Come to the library to play some great games! Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St).

PRE-SCHOOLERS

GIVE YOUR CHILD A HEAD START

Free preschool program for ages 3 ½ - 5 runs four half days a week at Norwood Child and Family Resource Centre (9516 114 Ave). Free busing, nutritious snack, health and dental services, and a high quality child-focused program. Taking registrations for fall 2015: 780.471.3737.

NORWOOD CENTRE COME AND PLAY

Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am – 12 pm (9516 114 Ave).

BABES IN ARMS

A wonderful casual parent group every Friday morning from 10 am-12 pm at the Carrot (9351 118 Ave). Join us with your little carrot!

PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime, Sundays 2:30 pm.
Baby Laptime (up to 12 months), Mondays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Tuesdays, 10:30 am and Wednesdays, 6:30 pm.

PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780.496.1806
Family Storytime, Mondays at 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Wednesdays and Thursdays 10:30 am.

SENIORS

NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. Socialize over coffee and desserts. Tuesdays at 10:30 am. Cribbage, Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

PARKDALE-CROMDALE SENIORS SOCIAL

Seniors bingo, coffee and snack. Mondays from 10:30 am - 1 pm at Parkdale (11335 85 St).

SENIORS BREAKFAST & SOCIAL (55+)

Join us for breakfast, visit, play cards or billiards or watch a movie! Wednesdays from 11:30 am - 12:45 pm at Crystal Kids (8715 118 Ave).

VOLUNTEER

12 FOOT 12 INSTALLATION CHALLENGE

It's Kaleido's 10th anniversary and this year's fun theme is "HOOPLA!" Kaleido is excited to present the 4th annual 12 FOOT 12 Installation Challenge. Create an innovative structure that fits within a 12x12x12 foot space down 118 Ave on the festival site from Sept. 11-12. For more info or to register, go to www.kaleidofest.ca or email kaleido.installation@gmail.com

CALLING CREATIVE ART & DESIGN TEAMS FOR UNDER THE SEA

Test your IMAGINATION and street art installation skills for a chance to win the grand prize at Kaleido's 24 Hour Deck-Out A Lamppost Contest! Goal of this theme is to create engaging, whimsical and vibrant imaginary world of Under the Sea along 118 Ave to delight festival visitors. For more info or to register for this contest, go to www.kaleidofest.ca or email kaleido.installation@gmail.com

SAND SCULPTURE HELPERS NEEDED AT KALEIDO

Do you like building sand sculptures at the beach, or just want to be part of the magic of sand sculpting? Kaleido is looking for sand sculpture helpers from Sept.1-10 to help our professional sand sculptors before the festival. Interested? Contact Brendan at kaleidovolunteer@gmail.com

KALEIDO FAMILY ARTS FESTIVAL VOLUNTEER DINNER

Aug. 18 from 6-8 pm. Come enjoy a nice BBQ picnic at the grassy space located on 92 St and 118 Ave and bring your friends! Please RSVP to Kat at kaleidofestevents@gmail.com. Our volunteer orientation dinner is on Sept. 8 from 6-8 pm at the Alberta Ave Community League (9210 118 Ave). Meet your team leads, learn more about your volunteer duties, and get info on the exciting new acts performing this year! Questions about volunteering? Email Brendan at kaleidovolunteers@gmail.com

KALEIDO NEEDS YOU!

Do you want to help with Kaleido but can't make festival weekend? Here's your chance to still get involved! Kaleido is looking for volunteers to help stuff envelopes and organize volunteer packages from Sept. 7-11. Contact Brendan at kaleidovolunteers@gmail.com.

GET TOGETHER WITH OTHER DOG LOVERS

Help organize some dog related events. judy.allan@edmonton.ca or 780.496.1913.

SHARE YOUR INPUT AND SKILLS

The new Eastwood Community League board is still seeking a secretary and board members at large. Help shape the future of your neighbourhood. ewcl@shaw.ca

SHARE YOUR ARTISTIC TALENTS

Join CreArt Edmonton—a social movement of free art spaces and education. Sebastian 780.878.8265.

VOLUNTEER AT THE CARROT

Be part of a great team by volunteering as a barista at the Carrot! Contact John at carrotassist@gmail.com. Volunteers can enjoy get-togethers throughout the year, as well as incentives & gifts

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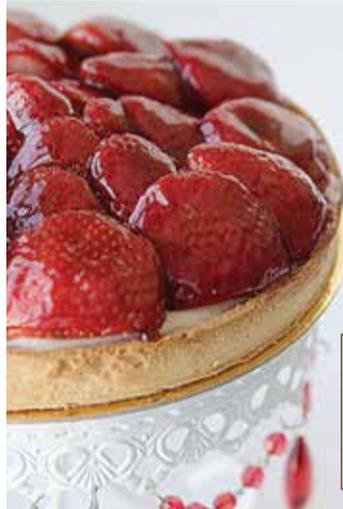
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