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Creating a village in our communities

A strong social network makes a difference in living a long, happy life



Community residents visit during the annual Rubber Boots & Bow Tie Garden Party. Social hub spaces are important for creating community connections which enhance an individual's health and well-being. | Karen Mykietka

TALEA MEDYNSKI

It's no secret our society has moved away from face-to-face contact. With the arrival of social media platforms like Facebook and Twitter, we've become accustomed to interacting with people digitally rather than in person.

I'm no different. I work from home and often keep in touch with people through Facebook, texting, and emailing. For the most part, I'm okay with my alone time. But I crave in-person contact and feel more satisfied when I actually see my friends and family.

According to Susan Pinker, author of *The Village Effect*, there's a huge difference in seeing people face-to-face and interacting with them online. Pinker led the third installment of the "Hello, how are you?" speaker series at Stanley Milner Public Library.

"We know a sense of isolation in the city is far from unique," said Coun. Scott McKeen, who introduced Pinker. McKeen created the series to begin talking about social isolation. He explained creating better social networks improves mental health.

"Our relationships have an impact on our brain," said Pinker. According to surveys, 30 per cent of people feel isolated. And while in-person contact increases trust, pleasure, and the number of people we can lean on during tough times, digital contact lowers that number.

Having a social network means more than staving off loneliness or finding someone to trust; it can mean living a happy, long life.

Pinker described an isolated mountain village she visited in Sardinia, Italy, which had a high number of centenarians (people over the age of 100).

The main reason for longevity was the strong social network and social integration. "Those factors hugely impact how long you live." Pinker defined a social network as "real people that you really see, day to day." This includes neighbours, friends, and family.

Having a social network is important, regardless of whether you are extroverted, introverted, cheerful or grumpy. Pinker described one centenarian who was grouchy, but still had people around him.

"It's not one personality type that lends itself to a long life," said Pinker.

In the village, Pinker said she always saw a crowd of people. "The elders are never left alone."

The village's design also helped because of the village square, an area where people see each other and interact daily. Pinker called those areas "third spaces": social hubs unrelated to

home or work.

Our cities are no longer designed with a village square, but we can create third spaces ourselves. Creating a social place can be as simple as placing chairs and tables somewhere so people can interact.

"Most third spaces are commercial (like coffee shops). It's important for third spaces to be free."

While our communities have many wonderful places to meet friends and family, a third space would be a way to continue creating connections. Yes, we have parks and libraries, but this could be a unique opportunity to create a place to meet, talk, and make new friends. This could be the chance to create a village in our communities.

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

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Know what to do with door-to-door sales

Stay smart and informed when a salesperson comes knocking

NICOLE MALENCZAK

I have had several unsolicited visits at my house from door-to-door salespeople. You probably have, too.

I have seen salespeople offering energy contracts, newspapers, alarm systems, and even furnaces. While being interrupted during dinner may be annoying, contracts can have lasting implications.

Some people find it intrusive to have salespeople come to their homes. Others feel being forced to make a decision immediately is intimidating, confusing and overwhelming. Door-to-door sales can present unique challenges when assessing the legitimacy of a business's operations or product quality.

It's useful to know some of Alberta's consumer protection legislation, tips to prevent you from entering into a regrettable contract, and best practices for dealing with unsolicited visits to your home.

According to the Government of Alberta's pamphlet "Dealing with Door-to-Door Sales", the *Fair Trading Act* and the *Direct Selling Business Licensing*

Regulation provide measures to protect consumers. The pamphlet also includes a checklist to help you decide whether making a purchase is in your interest.

Below is an overview of the information:

Licensing

Some companies selling door-to-door are required to have a licence and salespeople must carry identification with the business licence number. While licensing isn't required for every company, ask the salesperson to show a business licence and contact Service Alberta to confirm the business is licensed.

Contracts

If you decide to make a purchase, always request a signed contract. The contract must include a statement of your cancellation rights, description of the goods and services, dates by which the goods or services must be delivered, and the name of the salesperson.

Cooling-off period

According to *Fair Trading Act*, you can cancel a contract if the purchase was

over \$25, if the purchase was made in person, away from the seller's place of business, and if the product is for personal, family, or household use.

If the salesperson didn't have the licence, or the contract didn't contain the required information, you may have up to a year to cancel the contract.

Cancellation

You can cancel a contract several ways, but you must prove the cancellation date. Keep copies and records of how and when you cancelled the contract in case there is a dispute.

Edmonton Police Service's webpage "When a Stranger Comes Knocking" includes these tips:

You do not have to open the door to anyone. Ask for identification before opening the door. A wide angle door viewer allows you to see people without opening your door.

Address the person to let them know someone is home. Otherwise, they could see it as an opportunity to break into an empty house. If possible, speak to them through the door. Ask what they want. If they need help, you can place a call

without letting them into your home.

Report suspicious visits by calling 780.423.4567 or #377 from a cell phone in the Edmonton area. Record or remember as many details as possible.

Remember, if it is too good to be true, it probably is. You never have to give your personal information to someone at your door. You never have to let a salesperson into your home and can insist they leave. If you are interested in what is being sold, ask for details and offer to contact them after you have done research. Do not feel pressured to make a decision.

Nicole lives in Alberta Ave with her husband, dog and chinchilla. She is a former board member of Edmonton Youth Justice Committee Society.

LEARN MORE

edmontonpolice.ca
search "stranger knocking"

servicealberta.ca
search "door to door"



It's important to know your rights before signing a contract. | Pixabay



Tour & Taste Alberta Avenue!

READ ON FOR MORE INFORMATION OR VISIT ALBERTA-AVENUE.COM





RAT CREEK PRESS ASSOCIATION 9210 118 AVENUE, EDMONTON, AB T5G 0N2 | T: 780.479.6285

ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

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Our writers vary from trained journalists to community residents with varying backgrounds. We strive to be a place where individuals can learn new skills and acquire experience—whether in writing, editing, photography, or illustration. We welcome letters, unsolicited submissions, and story ideas.

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DELIVERY

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

Alberta Avenue welcomes new grocery store

Mama's Bodega Fresh Food Market offers Filipino foods

STEVEN TOWNSEND

As a hub of numerous stores and cultural diversity, 118 Avenue has quickly become a destination for ethnic foods in Edmonton. Now people will have even more to choose from with the addition of Mama's Bodega Fresh Food Market.

I stopped in to meet owner Charity Durowaa and check out what the store has to offer.

As a small business owner

myself, I am always curious to find out what drives someone to go out on a limb and open their own business. Just as I suspected, Durowaa saw a need and wanted to fill it.

"I thought that there is no Filipino shops around the neighbourhood and if I open one, it would work out well," said Durowaa.

Mama's Bodega Fresh Food Market offers a great selection of Filipino foods and has plans to expand into Latino foods as

well.

I asked Durowaa what she thought was the tastiest thing in her store. She did not hesitate to tell me that the Filipino treat halo halo is one of the most delicious frozen desserts out there. I have tried it in the past and have to agree with her. Halo halo is traditionally served in a dish with layers of different flavors of shaved ice, ice cream, evaporated milk and toppings. Mama's Bodega makes it easy by selling halo halo in one pack-

age for you to enjoy.

While I was there, I did some shopping and picked up a couple packages of cookies. Let me tell you, they were great. So if you are looking for the ingredients of your next Filipino dish or just want to try something new, check out Mama's Bodega Fresh Food Market.

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

MAMA'S BODEGA FRESH FOOD MARKET

Mama's Bodega Fresh Food Market
9340 118 Avenue
PH: 780.328.1751
HOURS:
Mon-Sat, 10 am - 8 pm
Sun, 11 am - 6 pm



Owner Charity Durowaa suggests trying halo halo, a tasty frozen Filipino dessert. | Steven Townsend

LETTER

Creeping bellflower spotted everywhere

This pretty purple flower is actually a noxious weed

This pretty purple flower is actually a noxious weed

On many walks through my neighbourhood (Alberta Avenue), I see an abundance of the creeping bellflower plant, either in clumps in back alleys, or displayed with pride in people's front yard gardens.

The City of Edmonton has designated this plant as a noxious weed.

In my own yard, I pull it out whenever I see it, but its growth patterns are such that, without using a toxic herbicide,

it is almost impossible to get rid of. The roots grow deep and wide, so that just pulling the flower or the leaves doesn't eliminate the plant. The foliage presents as ground cover and can quickly choke out other plants that we have chosen to plant. Letting the plant flower and seed ensures it will continue to propagate.

I don't think anyone has any malicious intent, but they do need to be educated if we are going to continue to have residents who make an effort

to have beautiful gardens and yards for the enjoyment of all.

This plant is a noxious weed, and the sooner we all become vigilant about pulling it out of our gardens, the better for us all.

Thanks so much,
Kieran Leblanc

Editorial Note:
Use the Alberta Weed Spotter app to identify and report noxious weeds or go to edmonton.ca/weeds. The city will remove

weeds from public property. On private property, it's the owner's responsibility.

Tips from abinvasives.ca fact-sheet:

Pull, cut, or bag flower spikes before blooming to prevent seeds from producing.

Pull out the plant every 7 to 10 days to weaken the root system.

Dig out the root system.

Do not mow; the roots will grow thicker and lower.

No selective herbicides are registered to use on creeping bellflower.



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Improve your barbecuing skills this summer

Fire up the grill and try these delicious suggestions

STEPHEN STRAND

One of the best things about summer is firing up the barbecue and eating outdoors.

Bryan Goulet, executive chef at Creative Quality Catering & Bistro, and Sierra Bilton, Rat Creek Press writer, offered some tips and favourite recipes for this barbecuing season.

Goulet said he uses nothing but the finest products. "I use what is called Sterling Silver [premium beef], and it's the top eight per cent. The marbling in it is unbelievable," he said. "I cut my own meat. I take off the sides—that's all the tough parts." Sterling Silver beef is exclusive to Sobeys, where the

butchers will help you get the cut you want.

Marinades are also important. Goulet states, "A lot of people just use Kraft BBQ Sauce. That is crap. You don't really taste the meat."

When Goulet was 15 years old and working at Ernie's Steak Pit in Bonnie Doon Shopping Centre, he created a compound butter, which is a "mixture of fat, butter, and seasonings." He bastes his meat with it instead of barbecue sauce. Goulet's compound has the appearance and texture of peanut butter. He sells it for \$7 per eight ounce container. For seasoning meat, he suggests using whatever spices you prefer.

Goulet said using indirect

heat is the most important part of barbecuing. Set the two sides of the barbecue at two different temperatures because too high of heat will burn the sauce. At first, sear the meat and "when you begin to baste the meat, move it over to the lower heat." Using indirect heat to finish cooking the meat will prevent the sauce from burning.

Rat Creek Press writer Sierra Bilton suggests using citrus (such as orange, lemon, or pineapple juice) in your marinade, and letting meat soak in the marinade overnight. Citrus acts as a meat tenderizer and adds a great flavour. To add a smoky flavour, Bilton suggests "throwing some wood chips into the barbecue (cedar is my favour-

rite)."

Bilton also suggests cooking fish on a pre-soaked cedar plank. Adding beer, wine, cider, and herbs to the water while soaking the plank adds additional flavours. Once the plank is soaked, dry it, coat it with cooking oil and add any seasonings you prefer.

To keep chicken moist, Bilton suggests brining chicken in a mixture of salt, sugar, soy sauce, and olive oil in water overnight in the refrigerator.

Complement the main course by barbecuing vegetables. If you have a garden or know someone who gardens, grilled garden-fresh vegetables are delicious. Peppers, onions, mushrooms, butter, and some soy

sauce wrapped in tin foil and cooked over the barbecue is a great addition to any main dish.

As a side, my wife makes a tomato, cucumber, feta cheese, and balsamic vinegar salad that is devoured in less time than it takes to make.

For dessert, grill fruit like pineapple, peaches, and nectarines and serve, as Bilton suggests, "with ricotta, honey, hazelnuts and mint...heavenly."

Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood with a bag covered in pins and filled with books and notepads.



Bryan Goulet shows the beef he prefers for barbecuing. | Stephen Strand



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Shop Alberta Ave for barbecue supplies

Local shops offer plenty of options this grilling season

ALOUISE DITTRICK

There is nothing quite like enjoying a good barbecue while the weather is beautiful. Luckily, there is still some time to fire up that grill and plenty of local shops offer everything you need for supplies.

Many people love barbecued meat, and Easyford Meats is the perfect place to buy whatever cuts you prefer. They offer several barbecue packs, which have a variety of steaks, ribs, pork chops, smokies, and sausages. Contact Easyford Meats to order these packs directly.

Want to barbecue fish? Y & T Frozen Seafood sells fish and seafood. Located at 93 Street and 118 Avenue, the entrance to this small wholesale seafood market is in the back alley. Inside you'll find a variety of seafood like shrimp, sole, black cod steaks, as well as a variety of Asian curries, sauces, and spices. New seafood is brought in every week. If you want to order something specific, contact the store in advance.

Hot dogs and hamburgers are popular foods to grill, and Calico Baking Company makes homemade organic hot

dog buns, hamburger buns and pretzel buns. Currently, the bakery sells at several markets around Edmonton, including Callingwood Market where they offer discounts on surplus and day-old products. Owner Laurel Ferster says that custom orders for small or large groups are available by contacting the bakery directly.

Debating on when to use a marinade, rub, sauce or glaze? Much depends on what is being barbecued. Fish won't hold up to a heavy sauce, but does well with a light glaze or being marinated for no more than 30 minutes. Spice rubs and sauces go great with chicken, pork, and red meat like beef. While you can buy pre-made spice rubs, it is always fun to make your own. Paraiso Tropical Latin Food Market at 93 Street and 118 Avenue sells a variety of spices and dried chillies. These are perfect for people who want to make a custom spice rub or barbecue sauce.

Barbecuing vegetables and even fruit is a delicious accompaniment to your meal. Paraiso Tropical Latin Food Market has a small selection of produce like tomatoes, potatoes, toma-

tillos, onions, carrots, bell peppers, jalapenos, and limes. The produce usually comes in fresh on Wednesdays or Thursdays. For a larger selection of fruits and vegetables, head a few blocks south of Alberta Avenue to the Italian Centre Shop in McCauley (108 Avenue and 95 Street), where there is a variety of fresh produce delivered every Monday.

No matter what you prefer to barbecue, there is no shortage of local stores and vendors to help with supplies, so take advantage of the good weather before summer ends.

Alouise is a professional writer and graduate of MacEwan University. She writes about travel and the performing arts at takemetotheworld.com.



Buy spices at Paraiso Tropical Latin Food Market. | Alouise Dittrick

LOCAL SHOPS & VENDORS

Easyford Meats
12165 Fort Road
780.479.1714

Y & T Frozen Seafood
9315 118 Avenue
780.477.3888
Entrance in back

Calico Baking Company
9501 111 Avenue
For custom orders
587.520.0028
Orders@calicobaking.com

Paraiso Tropical Latin Food Market
9136 118 Ave
780.479.6000

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EDITORIAL

Infill growing pains

Increasing density in mature neighbourhoods

KAREN MYKIETKA

Growing pains. Children have them. Families too. And so does our city. According to the city census, Edmonton's population grew by 7.4 per cent between 2012 and 2014. More people means more housing is needed. By 2018, city council wants 25 per cent of new housing to be infill in mature neighbourhoods.

Infill is less expensive as infrastructure and services are already in place. It reduces commutes, saving on transportation infrastructure and pollution. It also saves farmland from being eaten up.

City council continues to make bylaw changes to spur development and increase density in mature neighbourhoods. The goal is attractive, liveable, and compact communities. Many Edmontonians have been resisting and often fighting city council's infill push, especially when it comes to lot splitting.

The fact is that infill can create long-term problems in mature neighbourhoods.

CHARACTER

Although the city's policy documents imply otherwise, there doesn't seem to be any way to control or direct development.

There is nothing to stop every house on a block from being torn down and replaced with duplexes. This happened to a number of streets in Eastwood during the 1970s and 1980s. In the last few years, four duplexes have been built on the 92 Street and 116 Avenue block. This changes the landscape of mature neighbourhoods and often not for the better.

Our neighbourhoods have a wonderful diversity of houses with a variety of finishes and colours. But we seem to be at risk of losing many of our historic houses and turning into another vinyl village of beige and grey. My neighbour moved here because of the mature trees. Infill often means razing all the trees on a property because it's easier to plop a standard design down than do a custom design to incorporate existing trees.

PARKING

One purpose of increasing housing and population density in mature neighbourhoods is to decrease commutes and increase the number of people using transit. Even if you take transit or bike to work, you most likely still own a vehicle (or two) that need to be parked somewhere.

In mature neighbourhoods, many garages are not suitable for parking or people use them for storage, so many people park on the street. Our streets are narrow, often with parking only on one side. Most schools have inadequate parking and many are now used for other purposes, flooding nearby streets with staff and client vehicles.

Now add new triplexes, duplexes and secondary suites to the block and you have even more parking pressures. A neighbour a block over has complained numerous times about a duplex with illegal basement suites that at times has a dozen or more vehicles taking up most of the street parking.

In June, city council asked administration to draft bylaw amendments to reduce parking requirements from two spaces to one space per dwelling. Meanwhile, parking requirements for some commercial areas and zoning uses may also be reduced and parking variances are already frequently granted. Foresee any problems?

AFFORDABILITY

Every family needs housing they can afford. One of the oft-touted benefits of infill housing is affordability.

The small houses in our neighbourhoods, fixer-upper or renovated, are affordable to many. But developers buy up our small houses, demolish them and build larger houses or duplexes. The new property is often \$75,000 to \$125,000 more expensive. It also inflates property taxes, which can push lower income or fixed income families into crisis.

To make matters worse, most people looking for an affordable home cannot compete with developers when it comes to purchasing properties. Developers often have the inside track and can offer cash

deals with no conditions.

Income from a secondary suite can cover half to three quarters of your mortgage payment. This is what allows many buyers to enter the housing market for the first time and can end up costing less than renting.

Unfortunately, infill seems to be making developers and investors richer instead of providing affordable home ownership.

REVITALIZATION

I know first hand, both as a resident and community leader, how an influx of new homeowners moving into a neighbourhood, fixing up houses, enrolling their kids in local schools, shopping, and getting involved in the community spurs revitalization.

Matthew Kaprowy, president of Accent Infills, states in a Metro News article that the infill market is a strong and reliable investment even in an economic downturn. That's the problem! Investors are buying and renting out more and more infill houses, especially those with two units. Council is also considering allowing secondary suites in skinny homes and duplexes, which will push the number of units per lot to four. An investor's dream!

More rentals and absentee landlords hinder neighbourhood revitalization and some landlords will use the new bylaws to create higher density problem properties.

IN THE END

This isn't to say that we should stop infill in mature neighbourhoods, but the consequences of these changes need to be well-thought out, residents' concerns need to be considered, and the city must do what it can to mitigate the issues in each of these areas.

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



It's important to consider long-term consequences to infill. | Supplied

HISTORY



Norwood Foundry in 1947 at 91 St (southside)
| Supplied by The Ave We Had



Humen Jewellers at 92 St (northside)
| Supplied by The Ave We Had



Norwood Cycle and Orange Hall at 94 St (northside)
| Supplied by The Ave We Had

LETTER

More local history

I read with great interest the article about Norwood Foundry and Norwood Shoe Repair. My father, the late Arthur Grams, was a moulder at Norwood Foundry until his retirement. At some point Norwood Foundry changed hands to the Buker family. There is still a listing in the Yellow Pages for Norwood Foundry in Nisku. I do not know if any of the Buker family are still owners.

My father may also have helped at Norwood Shoe Repair as he repaired shoes in Bruderheim before moving to Edmonton. I have a bill of sale for the house my parents bought in 1945 but am not sure if they lived somewhere else in Edmonton prior to that. My father passed away in 1991 at age 90.

Thank you for a very interesting community newspaper.
Grace (Grams) Morrison,
Parkdale resident

NORWOOD FOUNDRY

In 1922, Squire Hearn and colleagues, from the recently closed Western Foundry, established Norwood Foundry. Five years later, Hearn sold the foundry to Ernest Buker, who went on to run Norwood Foundry for 50 years. The foundry initially produced mostly agricultural products such as cast iron cookers to prepare pig feed. A new plant was built in Nisku in 1978.

The company has expanded its line of products since then, including municipal construction castings and custom castings in other industries such as oil and gas, tool manufacturing, electrical, industrial, ornamental, and furniture.

Taken from: norwoodfoundry.com

HAPPY COMMUNITIES

Reap the benefits of green communities

Embracing the healing and restorative power of nature

AYDAN DUNNIGAN-VICKRUCK

The West Nile virus worries me. Not because of the one in a million chance I might get infected, but because we don't need another excuse to demonize the outdoors.

Ours is the first society that spends the majority of its time indoors. According to studies, the average North American spends less than two hours per day outside. Compared to our climate-controlled, sealed and sanitized homes, we have developed the attitude that nature is uncomfortable, disorderly, unsanitized and potentially dangerous. Possibly true.

But the most peculiar attitude we have developed toward nature is that it is boring! We have grown so acclimated to a two-dimensional virtual reality that we find it more entertaining to sit in front of a television

or iPad than to take a walk, breathe in the fresh air, smell the flowers, or listen to the magpies scrap in the back alley.

This is not good. Sure, our couch might be comfortable and secure, but we do need a little adventure and exercise. It is little wonder that obesity, diabetes and depression are fast becoming our most prevalent medical concerns.

I love the prescription for mental health by Anne Frank, who knew something about the value of freedom and spending time outside: "The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature."

The Japanese have a word for the relaxing and restorative

qualities of a walk in the woods: *shinrin-yoku*. It means "nature bathing" or "forest medicine". They have guided meditations through the woods to teach people how to access the healing and rejuvenating powers of nature. Being outside boosts the immune system, reduces blood pressure, reduces stress, improves mood, increases ability to focus (even in children with ADHD), increases energy, improves sleep quality, and promotes a sense of well-being. Simple strategies like having trees outside office windows or school entrances enhances concentration and performance. Having plants in and around hospitals increases recovery time.

Community health is another casualty of our indoor society. Social scientists tell us what we know instinctively: getting outdoors is the healthiest way to make contact with

our neighbours. Walking lushly treed paths or streets, working community gardens, playing in green spaces like parks or playgrounds are a natural venue for contacting neighbours on the best of terms. Do you ever wonder why, when you bump into someone out walking, there is generally a cheery greeting and a smile? No one blames the government for the bugs, weather or potholes on the path. Nature brings out the best in people. It soothes, calms and de-stresses us.

Community gardening is a relatively simple, adaptable concept with the same effect of brightening up neighbours and neighbourhoods. There are many wonderful examples: Norwood School yard, McCauley Community Garden, Alberta Avenue Community Garden and more, all of which demonstrate a healthy and active community

that is growing with the fruit and veggies. If you are interested in getting more active in greening our communities, the city is sponsoring a Roots for Trees summer program: edmonton.ca/city_government/initiatives_innovation/root-for-trees.aspx.

Some events are still upcoming, including Food Forest on August 13, which includes planting native, food-producing trees and shrubs. For more information, check it out.

Otherwise, put on your walking shoes or rubber boots, pick up a trowel and follow your neighbour to the nearest growing opportunity.

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



Patricia Dunnigan and Carol MacLeod visit at Alberta Avenue Community Garden. | Aydan Dunnigan-Vickruck

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Making a difference to at-risk youth

Two men bring different methods when working with youth

PATRICIA DUNNIGAN

Meet Sean Dunster and Sebastian Barrera.

Both help at-risk youth. Dunster's approach is through wrestling and motivational presentations, Barrera's through community development and public art.

Dunster's path into wrestling took many twists and turns. "I was always a misfit because of my size, so I called my pro wrestling character Massive Damage." He trained for football, then bodybuilding, until a pro wrestler recognized that Dunster's frame and athleticism was perfect for the ring.

"As a child, an adult who should have been my protector bullied me. This taught me to get tough, to fight back. I became super defensive and turned into a bully myself."

His story and struggle with addictions form the core of the Fight for Life empowerment program he brings to teens at schools throughout Canada.

It's a tale of success and heartbreak, of finding his path as a pro wrestler, being coached by WWE star Leo Burke, starting his career and then losing 18 friends to steroids, prescription drugs, alcohol and hard drugs. He's a survivor with a big heart.

"When I give a presentation, I tell the kids that the tattoos that cover my body are in memory of my lost friends." His life was saved when a friend and mentor encouraged him to go for treatment and sober up. "I knew that I too would die if I didn't change."

Dunster has wrestled for 22 years and celebrates seven years of sobriety this month. "I've had some white knuckle times. I wouldn't have persevered without support."

He trains young wrestlers, all of whom he encourages to stay drug free, for Monster Pro Wrestling at Gold's Gym in Westmount Centre. "My best moments were when three of them were invited to try out with the WWE."

Barrera is the founder of CreArt, a community-based organization.

"I came to Canada from Chile, on a tourist visa," he explained. "My girlfriend was Canadian and we married while on holiday in Spain. I had to wait for two years before I could apply for paid work. While playing my guitar in my backyard in Parkdale, neighbours began to ask me if I would give lessons."

CreArt was born, with free guitar lessons offered weekly at Parkdale-Cromdale Community League. He's also a high-risk youth worker for Boyle Street Community Services.

"The greatest risk for youth," he explained, "is being marginalized within a society. Those

who come to the drop-in centre are primarily indigenous and have experienced the after effects of colonization, the loss of culture, intergenerational impact of residential schools, trauma and homelessness."

He starts by helping youth learn their history so they can become critical thinkers. For example, one day he took the group to the Grandin LRT station to study the mural of Bishop Vital Grandin and a nun holding an indigenous child.

"What do you see?" I asked them. "They were puzzled, but I kept silent. They were bored and I repeated the question. They got restless and still I persisted." Finally, one boy asked, "How come the children aren't with their mothers and fathers?" A discussion about residential schools followed.

Next, he provides materials for creating art (music, drama, or painting) about the discovery. Barrera said he believes art is a tool for social transformation.

The results of his initiatives are visible throughout the city. The first was an installation of 62 murals along a retaining wall in Kinnaird Ravine. Another is the art at the Little Italy Community Garden on 95 Street and 105 Avenue.

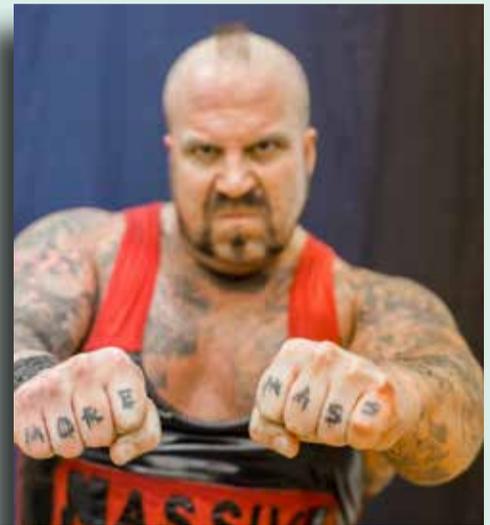
"Public art should be more than art for public consumption, it should be art created by the community." He envisions music,

spoken word, film, and multimedia. A film, written and acted by members of his drop-in group, is about to be released.

Youth are being well-served by Barrera and Dunster.

Patricia Dunnigan lives in Alberta Avenue with her husband Aydan. She is writing a book of short stories. She is a member of the Saint City Writers and has works published in two anthologies.

Sean Dunster works with youth through wrestling and motivational presentations. | Rebecca Lippiatt



Sebastian Barrera uses art and community development when working with youth, such as the Kinnaird Ravine mural project. | Supplied



After two weeks of day camp, youth perform an original production. | Mat Simpson



The day camp gives students an opportunity to explore theatre and gain confidence. | Mat Simpson

Supporting inner-city youth for 23 years

Crystal Kids has results with mentoring and harm reduction

KATE WILSON

A basketball game is starting in the Crystal Kids Youth Centre's gym and a staff member is designating positions with six boys.

The focused and friendly energy highlights a core premise of Crystal Kids: to provide positive mentoring and individual engagement with youth. The centre's approach is flexible within a programmed structure.

"There's a purpose with every interaction the staff have with the child," explained Bryan LeFleche, president of the centre's board of directors.

Focusing on relationships and capacity building works. "The first thing we see is the rate of kids graduating high school, and the number of kids with part-time jobs," said LeFleche.

Crystal Kids was founded 23 years ago to support at-risk and vulnerable inner-city children and youth. In 1999, the property at 87 Street and 118 Avenue became available and the building, which daily accommodates up to 60 youth aged 6 to 17, followed.

Youth may visit briefly to stabilize a situation, or for a specific program. Others go a few days a week. For some, Crystal Kids is a vital focal point.

"They're here from open to close. Some kids grew up here," said LeFleche.

Audrey Luchianov, centre supervisor, explained programming is designed for the long-term goal in helping youth become their best selves.

"We don't ask a child to meet the criteria of a program, we change the program to meet the needs of the child. We accomplish this by knowing all of our youth as individuals," she said, noting it's common for newcomers to withhold their real name at first.

"My general response is, 'I'll call you whatever you want as long as it's not derogatory'. And I will call them anything, from Superman to Your Majesty, if that's what empowers them to feel safe and comfortable."

Crystal Kids is open daily on a drop-in basis. The kitchen feeds between 40 to 60 youth daily, providing lunch, an afternoon snack, and supper. Crystal Kids is a client of Edmonton Food Bank, but they buy extras like milk and meat. There is also private and government funding, fundraising, and sponsorship.

Summer activities include trips to parks or bike rides, along with events like lemonade fundraising. The two programming pillars—intentional mentoring and harm reduction—mean children are in a safe, supervised environment from which staff can help build positive life choices. The child to staff ratio is eight to one.

"It's common for us to work with youth on self-improvement goals over a number of months and even years," said Luchianov.

When learning food handling and cooking, youth build a trusting relationship with an adult mentor. Literacy is another program, and time is set aside after supper to read.

"Academic success is very important here. Literacy, in my opinion, is the most important program here," said LeFleche.

Kristina is a Grade 12 student who first attended in Grade 2 and is working in the kitchen for the summer.

"It's always been a home for me," she said. "I would come here to hang with the staff. Having people here is important."

She said Grade 8 was difficult, and forging friendships at the centre was invaluable.

"Lots of school kids came here. It's a great

place to make friends."

Kaleaha, a Grade 8 student, learned about Crystal Kids from her cousins. She agrees friendships are a big reason for staying.

"I don't live near here, but when I come to see my grandmother, I always drop in," she said.

Miri Peterson, executive director, discusses the culture.

"We describe the connection as organic but that's because it is truly hard to describe. Children intuitively know this is their safe place and they are given permission to truly be children."

LeFleche finds Crystal Kids gratifying despite challenges.

"When you see a youth come back and talk about how he graduated from carpentry at NAIT, it's very gratifying. I've definitely seen results on an individual basis."

Visit crystalkids.org for information.

Kate took up the reporter's pad and pen while living in northern Alberta. The writing bug stuck, and she was a journalist for the next 20 years. She lives in Alberta Ave with her daughter.



From left to right: Kristina, Miri Peterson, Kathelene, Shjihoh, and James. | Rebecca Lippiatt

Camp organizers seek a spark of funding

Local theatre camp unsure of what the future holds

SIERRA BILTON

A theatre camp dedicated to providing affordable and accessible arts education to youth is uncertain of the future. Spark! ran the first two weeks of July with students ranging from ages 7-14.

Unable to secure grant funding, organizers were forced to rely on donations and charge a fee for each student. This meant the camp is difficult to justify for students coming from low-income families. Chris dela Cruz, founder of Spark!, explained, "These kids are not normally afforded opportunities to be exposed to performance art as it can be an expensive activity."

Spark! offers financial aid scholarships to students whose families are unable to afford it. Fundraising efforts for this year were able to offset some of the operating costs, but not all.

"Initially we were only going to take on five spots for financial aid this year, but there ended up being more of a demand," dela Cruz said. "About a third of our kids are under financial aid this year."

However, the camp ends up being offered at a cost to the instructors. "Really, this money now comes from a lack of paying ourselves to do the camp. It's a sacrifice to allow these kids that have serious interest to learn," he said.

Students create an original theatre production, including script, set, and costumes. At the end of the camp, they perform for family, friends and community members. Students take classes in the mornings and workshops in the afternoons. Areas of focus include music, musical theatre, puppet making and fight choreography.

The camp gives youth an opportunity to explore theatre and boosts their self-esteem.

Paris Ragbir, an 11-year-old technical theatre and design student, is grateful for the camp. "Before Spark! I taught myself how to do some design, but I didn't have any experience before camp. I definitely want to keep going each year to learn more, it's the best

camp I've ever been to!"

Carter Onychuk, 13, also a design student, was interested in costume and set design when he enrolled and now feels confident to pursue his interests further.

The camp also teaches co-operative learning and empowerment.

"Spark! can help quell any future doubts about themselves later in their life if they think, 'I can't make this or talk in front of those people or make new friends'. They then have this experience where they made tons of new friends and were pushed out of their comfort zone. If they ever have doubts, they can think back to this creation they made with a group of their peers and be proud," said dela Cruz.

Sierra is a communications student specializing in journalism at MacEwan University. She has a love of the art and culture found nestled in Edmonton's Alberta Avenue communities and beyond.

your eastwood news

This page sponsored by Eastwood Community League



Connect with Eastwood!

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We Need YOU!

The league is off in a new direction, integrating its society status with a more focused approach to community needs. But we need help from all of you. There are vacancies on the board for official positions, but more importantly, we need the input of our fellow residents. Contact the board if you are interested in becoming a block coordinator, are interested in one of our upcoming activities, or would like to start your own social group using our society's status for support. Follow league events and news on Facebook and Twitter, and contact us through email for a quick response.

COMMUNITY EVENTS

FRONT YARDS IN BLOOM

What a wonderful year for yards! Through the constant threat of thunderstorms, many people in Eastwood pursue their love of gardening and beautifying their little place in our community. The Front Yards in Bloom program, part of the city's beautification and greening initiatives, is the annual opportunity to thank people for their contributions to improving the look of our neighbourhood.

Eastwood is participating in this program after a long hiatus. Nominations have taken place, both by private individuals and our local mail carriers, for yards that go beyond basic maintenance and enhance the community's appearance. There are 24 nominated yards in our neighbourhood, though there are many more that haven't been nominated but are beautiful nonetheless.

Do congratulate your neighbours for their yards, and if you think there is a yard that has been missed, contact Pam Echeverria with the city at 780.405.7106 to submit a nomination, or to vote for your favourite yard.

GREEN SHACK

Eastwood has a Green Shack, an activity container hosted by the city's Parks and Recreation for all ages every weekday this summer, the whole day through, at Eastwood Park. All children are invited for daily games, activities, and supervised fun. What a great opportunity to meet other children in the neighbourhood and encourage an active lifestyle. The games are free, and bathrooms are available for use throughout the day. Take advantage of this free resource, and be sure to tell your neighbours.



UPCOMING EASTWOOD EVENTS

Dogfest (September)

Ciderfest (September)

Fondue Night (October)

AGM (November)

Check Facebook regularly for updates.



This September, Eastwood Community League will be hosting Ciderfest. | Anne Dirkse www.annedirkse.com



Eastwood Community League has a number of exciting upcoming events. | Chantal Figeat

There is no golden rule for creativity

Shima Aisha Robinson talks about art and poetry

RUSTI L LEHAY

The best poets throw out the rule book and speak plainly to you with electric words they pull from their veins of consciousness and then pour like lightning into the reader's bones. Shima Aisha Robinson's electric first book of poetry, *Horn*, will soon be available in a second printing.

Few acts are more courageous and electric than truth. Autobiographical poetry, as Robinson defines her work, is thought and truth aloud on the page. "My book is about personal experience, friends and family, all the major themes, love and pain and [it also] explores politics. I tried to choose the most potent poems that communicated the issues."

Robinson said she believes poetry "is a very effective tool for communication. I strive to put clear ideas into simple words that resonate. My main goal is to continue sharing, building, teaching

people all the ways we create are okay. There is no golden rule in how to communicate your stories, feelings, art. It is all valid."

She began writing poetry in junior and senior high school. "At university, I found poetry impersonal and difficult. I quit because I wanted to pursue a spoken word career." Spoken word is meant to be performed for an audience, while published poetry is intended for a reader.

Making connections and friends at art shows and spoken word events, Robinson submersed herself into Edmonton pop arts, countercultures, and subcultures. "This helped me become more aware of my own politics, my aesthetic, and learn how to put my thought processes on paper, a revelation for me. I figured the best way to share it, short of being an amazing performer—not there yet—is by putting it in a book. People can digest the metaphors and other poetic aspects at their leisure."

Influenced by her artist mother, Robinson notes, "Now that she is a full-time artist, she is a lot happier. Aside from being an awesome mom, as an artist to the core, she supportively suggests ways to improve, points out obstacles hampering my process, offering a critical eye, ear and voice in my life."

The 118 Avenue arts community also showed an interest in Robinson. "I feel welcomed. People appreciate my presence and artwork. I have more intentions for future involvement in the Avenue than I have history."

The festivals offered something Robinson now wants to return.

"People appreciated me for being there, for sharing, being vulnerable and showing my work," said Robinson. She explained some people are limited and not offered many chances to use their voices. "Poetry is a great way to share feelings, appreciation and conflict in ways that are eloquent, accessible and appreciable."

Robinson offers workshops through Alberta Health Services, a Boyle Street Co-op youth group, and other agencies and initiatives.

After burning out from all the events, shows, and from beginning her own poetry reading series, poetry also became "my way to dig myself out of burnout. I started to deal with the complexities of health care for people who are marginalized. That has been a major breakthrough for me. I found myself as a person. Poetry is one of the ways in which I exist fully."

Buy a copy of *Horn* here: <https://www.indiegogo.com/projects/horn/#/backers>.

A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.



Robinson started writing poetry in junior and senior high school. | Rusti L. Leahy

Bellows

To spend an unbearably hot day
 a heat in sleep,
 tracing
 cool toes slender feet
 over knees shins and soles
 Staring open eyes in the back of my neck
 and to hell with heavy whispering
 of little minstrels
 from just another cold extremity
 their tired songs tumble sick
 from brass gilded instruments
 would rather hear tell the best stories felt
 remote possible fragments of immortal
 illogic
 vivid real to reach
 eagerly forward
 for fingertips touching warriors'
 rock faces
 bellowing reliefs
 and stifling treacherous depressions
 in these strange lands I've missed
 curled
 up against
 un-parted lips

Brian Mason, MLA

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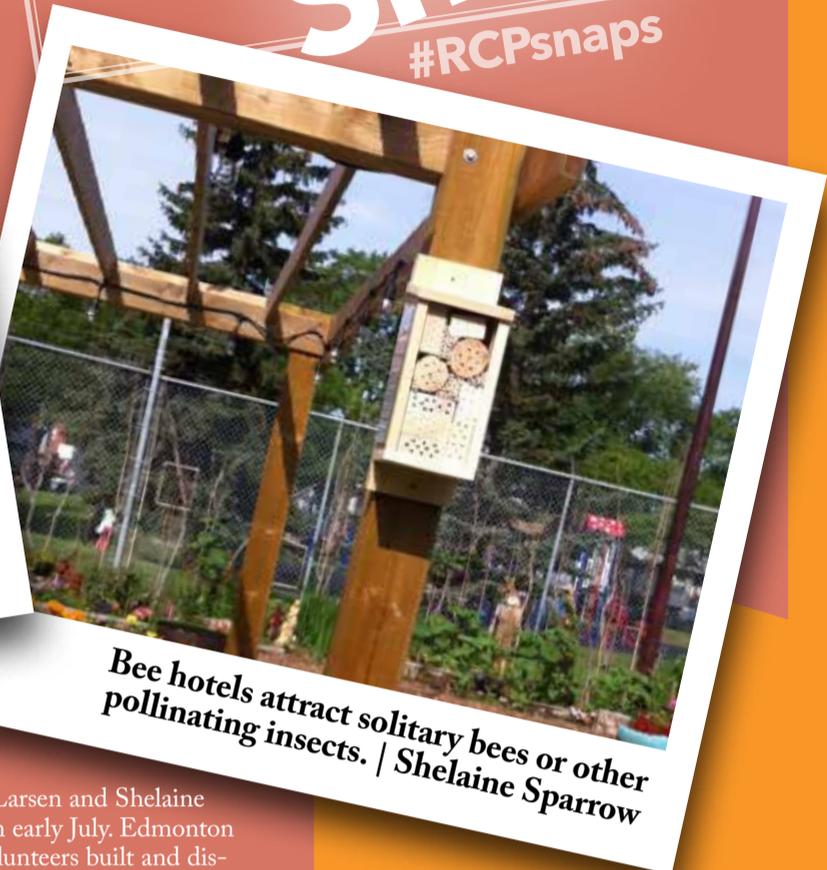
RAT CREEK PRESS

Snips n' Snaps

#RCPsnaps



Mount bee hotels off the ground, face them east or southeast, and shelter them from wind or rain. | Shelaine Sparrow



Bee hotels attract solitary bees or other pollinating insects. | Shelaine Sparrow

Home sweet home

SHELAINE SPARROW

Alberta Avenue Community Garden now has a bee hotel, which attracts bees and other pollinating insects. This addition will help pollinate the gardens, which includes 12 new garden plots and two new pollinator gardens.

Community members John Larsen and Shelaine Sparrow installed the hotel in early July. Edmonton Area Land Trust (EALT) volunteers built and distributed the hotels as a stewardship project for protecting pollinators like bees. However, the hotels are simple to build and make a kid-friendly project. See instructions here: ealt.ca/news-blog/build-bee-hotel. To learn more about the community garden, visit the community league website at www.albertaave.org.

Send us your photos of people, places, and things in the neighbourhood. Email info@ratcreek.org, post on our Facebook page, or tag @RatCreekPress on Instagram. #RCPsnaps

your neighbourhood... your community league!

Westwood

12139 105 St
westwoodcommunity2@gmail.com
Greenshack in the park
2:30-6 pm Mon-Fri

Delton

12325 88 St
admin@deltoncommunity.com
Register for indoor soccer now! More info:
deltoncommunity.com

Elmwood Park

12505 75 St
epcl@shawbiz.ca
Greenshack 10 am - 1:30 pm
Mon to Fri; spray park
9 am - 9 pm daily

Eastwood

11803 86 St
ewcl@shaw.ca
Greenshack 10 am - 6 pm
Mon to Fri; spray park
9 am - 9 pm daily

Spruce Avenue

10240 115 Ave
spruceaveleague@shaw.ca
Greenshack 10 am - 6 pm
Mon to Fri; spray park
9 am - 9 pm daily

Parkdale-Cromdale

11335 85 St
pccl.info@gmail.com
Greenshack @ Parkdale 10 am - 6 pm Mon-Fri;
Pop up Play @ Sheriff Robertson Park
Tue & Thu 10 am - 1:30 pm

Alberta Avenue

9210 - 118 Ave
info@albertaave.org
Greenshack in the park 2:30-6 pm Mon-Fri

Connect with your league on their Facebook page



Tales of a wartime photo: what happened here

Men walk down Alberta Avenue supporting of the war effort

CHANTAL FIGEAT

This 1942 photo of army recruits walking down 118 Avenue is a good representation of popular culture in Edmonton during the Second World War.

The Pearl Harbor attack had occurred on Dec. 7, 1941. Lesser known is the heavy loss of Canadian troops during the Japanese invasion of Hong Kong beginning Dec. 8, 1941. The brief but disastrous Dieppe raid on Aug. 19, 1942, was devastating. Of the 4,963 Canadians who left England for the operation, only 2,210 returned, with several wounded.

Canada had been at war since Sept. 10, 1939, and the words “don’t you know there’s a war on?” were frequently heard.

“The NRMA men, or ‘zombies’ as they were popularly known, were despised in English Canada. They did not do active army service with the enemy.”

Canadians were subjected to strong recruitment propaganda. These men are making an open display of patriotism, and were likely going to the Prince of Wales Armoury southwest of 118 Avenue. Gasoline and rubber were rationed, as Germany and Japan occupied key trade routes in the Middle East and the Pacific. Cars and streetcars were available, but people walked to support the war effort.

The men in this photo had likely volunteered for overseas service. Introduced in mid-1940, the National Resources Mobilization Act (NRMA) required national registration of eligible men and authorized conscription for home defence but not overseas action. From April 1941, NRMA men were required to serve the rest of the war on home defence duties.

The NRMA men, or “zombies” as they were popularly known, were despised in English Canada. They did not do active army service with the enemy. At times subjected to beatings, it’s unlikely these men would have made a strong public display of their military status.

Behind these men to the right is the Avenue Theatre, which was enjoying a period of popularity. During the Depression, people often listened to radio or played cards for entertainment. Prosperity arising from the Second World War allowed people to go to movies and eat outside the home. Despite rationing, the war effort provided well-paid employment in war plants, shipbuilding, and aircraft production. Many women worked in non-traditional occupations

to fill the labour shortage created by recruitment.

The building to the left is the Smith Bakery, opened in 1938 by Francis Smith. The baker initially occupied the whole building, but when Canada went to war in 1939, Smith began renting the upper floor to a succession of single men.

People came to Edmonton in droves, both for work and army service. In *Six War Years 1939-45*, author Barry Broadfoot quotes one of his interview subjects as saying “You tried every way you could to get a place to live,” referring to Edmonton at the time.

While searching through military records, I uncovered the story of Ernest Hilker, who lived on the upper floor of Smith Bakery when this photo was taken. Hilker was a farmer’s son from Red Willow, Alberta.

Fresh out of high school, he volunteered for overseas service in the Royal Canadian Air Force in late May 1941. Hilker told the recruiter he liked boxing, baseball, and photography. He became a flight sergeant in the 408 bomber squadron, which ran bombing raids over Germany. Hilker’s aircraft was lost on Jan. 3, 1943, and his grave is unknown.

If you can identify anyone in this photo, contact Alberta Avenue Community League at 780.477.2773.

Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.



Army recruits display their patriotism in 1942. | Edmonton Archives

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Visit northlands.com/alberta-open-farm-days to see the full list of tours, workshops, and activities (including the Northlands Prairie to Plate Dinner) you can register for and take part in on August 21.



Local resident's garden is a labour of love

Andrea Ruelling grows food and brings neighbours together

TALEA MEDYNSKI

Every spring, Andrea Ruelling reads *Animal, Vegetable, Miracle: A Year of Food Life* for inspiration.

Her garden is inspirational as well. The front yard is divided into raised beds, two of which are self-watering. Peas and squash plants climb lattices, ripe strawberries tempt passersby, lettuce and carrots flourish. That's but a sampling of the front yard, never mind a backyard full of potatoes, dill, tomatoes, sunflowers, raspberries, rhubarb and more.

Ruelling is an Alberta Avenue resident and a speech-language pathologist. Although she grew up with parents who gardened, it wasn't until 2009 that she became interested in growing food.

"I'm an environmentalist and I started to think of how much food is shipped and what's done to it," she explained. "I support farmers markets and buy organic food, but I thought I could grow food myself."

In 2009, Ruelling attended the Bloomin' Garden Show's talks on rain recycling and organic gardening. That year, she started gardening. Ruelling and her husband Brent planted a dwarf apple tree and two Nanking cherry trees in the front yard and expanded a perennial garden to include tomato plants.

"That was the same year that we pulled up the patio that was in our backyard and built a deck. We used all the patio stone we had pulled up and framed out some veggie gardens in the back, and got them ready for the next season."

She's expanded her gardens every year and suggests doing so in stages. "If you bite off more than you can chew, you resent it when it should be an enjoyable pastime."

In 2011, she began gardening in the front yard because it got most of the sunlight.

A year later, she photo-journaled the gardening season to stay motivated because she gets tired by August with harvesting and canning. Seeing the photos made her fall in love with garden-

ing. She expanded the front yard garden by creating a 'lasagna' garden (repeated layers of newspaper, leaves, compost, and manure) there as well.

Last year, Brent built two self-watering raised beds after Ruelling was inspired by a friend's self-watering strawberry pot and researched how to build a system. The 18" beds are layered with vapour barrier, six inches of gravel, and perforated PVC pipe that runs along the gravel and then rises to the top of the box using an elbow joint. On top of the gravel is a weed barrier and then 12" of a soil/compost mix. Water is pumped into the gravel, creating a reservoir from which the soil draws moisture. The self-watering system works well, and she hasn't had to fill the reservoir much due to the rain.

"You can get all the supplies from Home Depot."

She also composts, collects rainwater, and doesn't use pesticides or fertilizer. Ruelling said she continues learning about gardening through books and workshops.

As for harvesting, what food that isn't eaten, frozen, or stored (like potatoes) is turned into jams, jellies, applesauce, chutneys, salsa or pickles. "The most work is the canning. It's usually in August and it's hot out, but it's so worth it."

Yet her gardening is more than simply growing food; she's met a lot of neighbours by having a garden in the front yard.

"I've even had people stop and help (if they saw I needed a hand) and ask for a tour, which I have happily obliged."

When asked if she plans to expand more, Ruelling laughs.

"Every year, I say to Brent, 'that's it!', but every year, I find a way to make it bigger."

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



Ruelling's front yard garden has slowly grown over the years. | Karen Mykietka



Ruelling in her front yard garden, which she started after discovering it got the most sun. | Talea Medynski



WHAT'S ON IN AUGUST

COFFEE WITH COPS
 Tuesday, Aug 3 from 10-11:30 am | The Carrot.
 Chat about neighbourhood concerns with Cst. Challenger.

KALEIDO SUMMER BBQ
 Tuesday, Aug 9 at 6:30 pm | Alberta Avenue. RSVP: kaleidovolunteers@gmail.com. Apply online kaleidofest.ca or call 780.471.1580.



COFFEE WITH COPS

NNA AGM
 Tuesday, Aug 16 at 7 pm | The Carrot. Join Norwood Neighbourhood Association for a beverage and learn about projects we supported and exciting new projects on the horizon. RSVP: gerard.forgette@gmail.com

BIG BIN EVENT
 Saturday & Sunday, Aug 27 & 28 from 9 am-5 pm | Claireview Rec Centre (3804 139 Ave). More: edmonton.ca/waste



BIG BIN EVENT

ENTERTAINMENT

5 PIN BOWLING
 Everyday 10 am-10 pm | Plaza Bowl

KARAOKE
 Wednesday to Saturday 9 pm-2 am | Mona Lisa's Pub

POETRY NIGHT
 Last Thursday of month 7:30-9 pm | The Carrot

LIVE MUSIC
 Fridays 7:30-9:30 pm. Cover: \$5, children free | The Carrot

OPEN MIC
 Saturdays 6:30 pm | The Carrot



SAVE THE DATE

SAVE THE DATE
 Kaleido Family Arts Festival Sept 9-11 | kaleidofest.ca
 League Day Sept 17 | efcl.org

Big Bin
 Sept 17-18 | Stadium

Tibetan Bazaar
 Sept 24-25 | Alberta Ave
 The First 5 Play & Learn Sept 25 | Parkdale School



TIBETAN BAZAAR

LEND A HAND

Learn coffee art and the ins & outs of being a barista. carrotassist@gmail.com

Going for a walk? Would you consider dropping off Kaleido posters or flyers en route? kaleidovolunteers@gmail.com

We are looking for energetic neighbours that would be part of a new interactive art community project. kaleidoassist@gmail.com or call 780.471.1580

Have you ever imagined seeing a fiddle, guitar and musicians on your front porch? Be part of the new Kaleido Front Porch series. kaleidoassist@gmail.com or call 780.471.1580

NOTICE

CALL TO ARTISTS
 Showcase and sell your work at a community event on Aug 13. First come, first serve basis. No cost for the artists. Set up your own table for the duration of the event. More: ashley_ann12@live.ca



CALL TO ARTISTS

FREE COMMUNITY PROGRAMS

Go to ratcreek.org for more information

ESL

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

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

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

PRE-SCHOOLERS

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

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

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

SPRUCEWOOD LIBRARY
 Sing, Sign, Laugh & Learn, Tuesdays 10:30 am. Baby Laptime, Mondays 10:30 am. More: 780.496.7099.

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

CHILDREN

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

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

SPRUCEWOOD LIBRARY
 Wild about animals, Aug 3. Shakespeare Theatre, Aug 4. Jedi training, Aug 11. Paper circuits & digital cards, Aug 11. Monster Factory, Aug 13. Dance party, Aug 16. Scribble me This, Aug 17. Hullabaloo, Aug 18. Scavenger Hunt, Aug 19. Xbox dance party, Aug 25. That's a wrap, Aug 27. More at epl.ca.

GREENSHACK PLAYGROUND PROGRAM
 Drop-in playground program for ages 6-12. Mon-Fri until Aug 25.
 Norwood: 10 am-1:30 pm
 Alberta Avenue: 2:30-6 pm
 Delton: 10 am-1:30 pm
 Eastwood: 10 am-6 pm

Spruce Avenue: 10 am-6 pm
 Westwood: 2:30-6 pm
 Parkdale: 10 am-6 pm
 Cromdale: Tue & Thu 10 am-1:30 pm
 Note: full day programs have a break from 1:30-2:30 pm.

YEG YOUTH
 For 13-17 yrs @Highlands Jr High
 Mon 3-8 pm; Tue-Fri 12:30-8 pm

ADULTS

COLLECTIVE KITCHEN
 Third Wednesday of every month at St. Faith's. \$3 per meal serving. Space for 6-8 people. More: Amanda 587.930.8238.

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

SENIORS

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

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

SENIORS BREAKFAST & SOCIAL (55+)
 Join us for breakfast, visit, play cards, or

billiards. Wednesdays 10:30-11:45 am in August at Crystal Kids.

FAMILIES

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

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

LOCATIONS

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

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Author/artist
Alison Clarke
Monthly writing
workshops series

September-
December
Lotus Art Gallery
info/register
587.409.8150
support@
handicraftshop.ca



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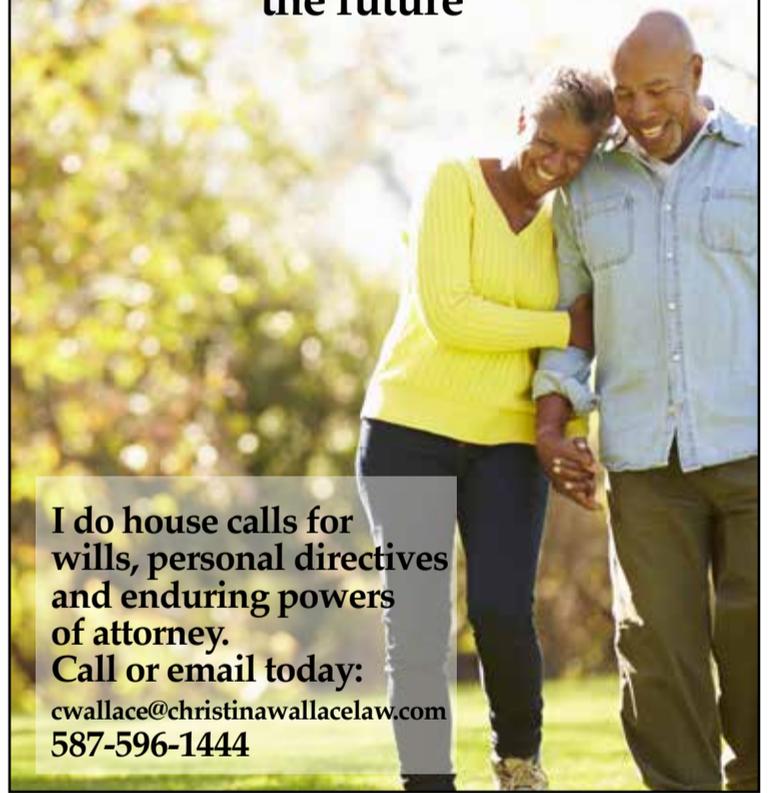
12943 - 97 Street NW Edmonton, Alberta
www.drderekfika.com



Police play games with families at Avefest on July 1. | Supplied

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LOOKING FOR AN INTERCULTURAL DAYCARE?



The Intercultural Child and Family Centre at McCauley School (9538-107ave)
has child care spaces for children from 12 months to 12 years and is open
from 6am to 530pm. ICFC is a non-profit, accredited centre providing a
culturally enriched play and learning environment. Two healthy snacks
and lunch are provided. Subsidy is available.

FOR INFORMATION OR TO APPLY
CALL 780.441.1443