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When a tree fell, everybody heard it

Community warmth shines on a dark and stormy night



Alita Rickards poses by the trunk of the tree that fell into her yard from two houses away. | Supplied by Alita Rickards

HAMDİ ISSAWI

Sensing a storm brewing, Alita Rickards stood at the front door of her Alberta Avenue home on June 26 to call her cat, Sally, in for the night. Fierce winds whipped down the street, and the feline fled into the house for safety.

After living in Taiwan as a teacher and entertainment writer for about 15 years, Rickards moved back to Edmonton four years ago and bought the house (divided into apartments) with her sister, Cherie, in May.

"I shut the door, walked across the apartment, which is very tiny, got in bed, and heard a crashing sound. And then the lights went out."

It was about 11 pm when a powerful gust brought down a towering tree two houses down, snapping the trunk and dumping the crown

in front of Rickards' house on 94 Street and 117 Avenue.

"I came out with my flashlight on my phone, and all you could see were trees right up to my door. The gate was covered," Rickards recalled. "(The tree) was as high as the house on its side, and it extended all the way from pushing on the gate of my house to covering my sister's car parked on the road. It was huge. I was frightened."

The tree missed the 103-year-old house and left the gate and car unscathed. But Rickards' neighbour, John Masciuch, wasn't so lucky.

After receiving a weather alert on his mobile phone that night, he stood at his front door, between Rickards' house and the tree, looking outside for signs of the storm.

"I didn't hear any wind, so I came to the door and all of a sudden a big loud wind started up and blew this thing over," Masciuch said,

pointing to the stump.

He had watched as the tree fell against a neighbouring Manitoba maple, clipping a branch. A fallen branch from the maple tree then smashed into the windshield of his vehicle, also parked on the street.

"It was rotten in the centre, so the tree twisted and that's how it splintered," he said. "I thought the branches were going to come down on my house."

But other than a warped fence and a shade garden that now gets too much sun, the tree left Masciuch's home intact.

Moments after the fall, Rickards heard several neighbours, some of whom she hadn't met yet, calling out from the chaos in the street, asking if she and her sister were OK.

"It had just happened, and it was probably still pretty dangerous to be outside," she said, eyes welling up. "That is one of the most heart-

warming things—to not be afraid. Someone is here to help me get out if I get stuck. It blew my mind. I thought, I'm so glad I moved back to Canada."

More than that, she's happy to have bought a home in Alberta Avenue.

"I have a theory that this neighbourhood attracts a certain kind of person," Rickards added. "It reminds me of the people I met travelling—the kind of person that wants that sense of community and isn't afraid of something a little bit different."

Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He has also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.

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BUSINESS BRIEFS

Jovani Variety Store sells selection of goods

Running and improving a store is rewarding and challenging

REBECCA LIPPIATT

“It’s becoming the best place in Edmonton,” said Mustaf Nuur, owner of Jovani Variety Store on 118 Avenue and 93 Street. Sitting on chairs placed outside his shop, he visits with friends and customers while watching life unfold on the Avenue. Nuur has owned Jovani Variety Store for three years. “The neighbourhood is good,” he said.

Originally from Somalia, Nuur lived in South Africa for 13 years and operated a grocery store.

“This is what I know,” Nuur said. “This is my job.”

Nuur explained running a variety store is not always easy. Occasionally he takes driving jobs up north to make sure the bills are paid. Nuur compares owning the store to raising a child from a baby to a teenager. “We’re trying to grow it up.”

The store is welcoming and clean, well stocked with drinks for a hot day and chocolate bars for a treat. Shelves contain nuts, honey, spices, and dates and a few staples like grains and beans. Cigarettes are discreetly located behind the counter and hookah pipes are on display. Cell phone paraphernalia

such as cases, chargers, Bluetooth, and headphones are easy to see on the walls and under glass counters. Nuur also unlocks new cell phones and sells HudHud calling cards.

Hanging on the walls are hockey jerseys alongside khamis—the Somali name for the long shirt worn by men. He laughed and explained he doesn’t normally stock clothing, but is selling them for a friend.

Jovani Variety Store is open 11 am-9 pm Monday through Saturday and noon-7 pm on Sundays, with slightly shorter hours in the winter.

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

JOVANI VARIETY STORE

OWNER: MUSTAF NUUR

9347 118 AVENUE

780.705.1214

HOURS: MON-SAT 11 AM-9 PM (11 AM-8 PM IN WINTER)

SUN NOON-7 PM



Mustaf Nuur operated a grocery store in South Africa for 13 years. | Rebecca Lippiatt

Soil remediation in league parking lot

Past service station contamination led to soil removal

TALEA MEDYNSKI

If you’ve been curious about the pit in the Alberta Avenue Community League parking lot, the mystery is solved. Due to contamination from a former service station, the city hired Whissell Contracting to remove the soil. Shannon Brennan, a community recreation coordinator with the city, answered questions about the project.

Tell me about the remediation project.

The City of Edmonton has contracted Whissell Contracting under the direction of Nichols Environmental Consultants to conduct remediation at 9210 118 Avenue. The construction area will extend from the western boundary of the parking lot to the west side of the central meridian (just past the north access), and from the southern boundary of the parking lot to the northern boundary. To ensure the safety of local residents, construction will take place inside the fence and flagging personnel will be onsite during any trucking activities. Construction is from Monday to Saturday, 7 am - 7 pm.

Why is the soil remediation necessary?

An environment site assessment confirmed hydrocarbon concentrations in the soil and groundwater exceed the Alberta Environment Guidelines. This contamination was caused by a former service station that operated on the site from 1932-1967.

When did the city decide to do the remediation?

Several tests have been conducted from 2009 to 2015 to identify the levels and boundaries of contamination. In 2015, the recommended course of action was to remediate the site to eliminate any concerns going forward. In September 2016, plans for the work were postponed until spring 2017.

How does the remediation work?

The process involves excavation, removal and offsite disposal of the contaminated soil by truck. Clean soil will be imported by truck and used to re-fill the area. When the remediation is complete, the site will be returned to a parking lot.

Why are contractors putting rubber lining in before filling up the pit again?

There is some residual hydrocarbon concentrations on the walls of the excavation. The lining is in place to prevent the residual hydrocarbons migrating into the excavated area.

Why did they have to dig down seven metres?

That was the depth of the impacted soil.

When will it be finished?

The completion date is August 31 (weather dependent).

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



The soil remediation project is expected to finish by Aug. 31. | Steven Michos

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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Jessica MacQueen, John Dunn, Nicole Malenczak, Joe Wong, Rob Bernshaw, Aydan Vickruck-Dunnigan, Patricia Dunnigan. The board may be contacted at board@ratcreek.org.

PRODUCTION STAFF

PUBLISHER Karen Mykietka info@ratcreek.org
EDITOR Talea Medynski editor@ratcreek.org
DESIGNER Lorraine Shulba design@ratcreek.org
ADVERTISING ads@ratcreek.org

CONTRIBUTORS

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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I ❤️ my
RCP

Pilot program helps newcomer young women

Global Girls provides a safe space for participants

TALEA MEDYNSKI

Sherivan Ali, 18, has lived in Canada for over a year. She was 11 when the Syrian war started, and Ali and her family fled to Turkey.

“We were safe in Turkey, so I was grateful, but I wasn’t able to go to school (due to money), and missed my friends and family. I wanted to learn more and feel happy for my future,” she said.

For three and a half years, Ali and her siblings worked in a clothing factory for 12 hours a day, six days a week. By the time she arrived in Canada, she had missed four years of school.

“I can complete my Grade 12 and graduate from high school. It was just a dream in the past, but now I’m making my dream come true,” she said.

Ali attends Global Girls, a pilot program helping newcomer young women between the ages of 16 and 22 become empowered and overcome obstacles. Edmonton Mennonite Centre for Newcomers (EMCN) started the program in March.

Mischa Taylor, co-facilitator of Global Girls, said, “That transition time from high school to post-secondary is very important for anyone.” She said participants “have a foot in two different cultures, which can create different expectations.”

Global Girls helps participants develop relationships, self-confidence, resilience, and goals. Activities include discussion groups, team building, problem solving, or listening to guest speakers.

The program is for young

women “[because] girls face some different expectations and challenges generally, regardless of cultural backgrounds. We believe girls need a safe space with their own gender because

Deborah Adesegun, a University of Alberta Pandas rugby player, moved from Nigeria to the United States when she was eight years old. When Adesegun was in univer-

By her third year on the team, Adesegun was a sophomore flanker, helping her team win many games. She also won the Canada West Rugby Student-Athlete Community Service

from everyone around me. I was Muslim, I was Palestinian, I was Canadian, I was everything everyone else wasn’t. But throughout that journey, I stood up for my values, I stood up for what I believed in, and everyone on campus knew that’s who I was. By the time I graduated, that was celebrated more than rejected.”

Medgine Mathurin, public health advocate and spoken word artist, comes from Haiti.

“I remember going to school in an all-girls school, uniforms of course, and having to dodge a lot of riots,” said Mathurin.

When her family moved to Canada, she spoke very little English. Mathurin and her twin sister forced themselves to think in English, which helped. She started writing in high school to express herself and now performs locally and nationally.

“Believe in your own worth and don’t compare yourself or your journey to anybody else’s. Because yours is yours alone and not only that, but it carries a unique power that no one else has,” said Mathurin.

Global Girls resumes in September.



Sherivan Ali (left) and Mariam Taqtaq (right) attend the Women in Leadership Symposium at the Nina Haggerty Centre for the Arts on June 29. | TALEA MEDYNSKI

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

they’re more likely to share.”

Taylor explained the program is participant-driven and organizers don’t impart values, morals, or opinions, but provide a safe space to share honestly.

On June 29, Global Girls held a Women in Leadership Symposium at the Nina Haggerty Centre for the Arts. Some participants shared their experiences and successful women who were once newcomers discussed how they overcame challenges.

sity, she wanted to play rugby.

“The nos were finances. Rugby is a very pay-to-play kind of sport. Finances were hard. I had to fundraise and ask for help to get sponsorship,” she said. “The first year I didn’t even try out, I was so scared.”

She drew inspiration from her mother.

“I remembered those lessons that my mom taught me, where she refused to take no for an answer. And she looked at those obstacles, acknowledged them, but then fought through them.”

Award.

Lena Awwad, a Harvard University graduate and a refugee support manager at Islamic Family and Social Services Association (IFSSA), was born and raised in Palestine. The Palestinian uprising started when she was in Grade 3, and it sometimes took her two to three hours to get to school. This determination has been a constant in her life.

When Awwad went to Harvard, “I wasn’t accepted for who I was. I was very different

GLOBAL GIRLS

Free, drop-in program for newcomer young women. Every two weeks from Sept to June, 3:15-5:30 pm EMCN main office (1713 82 St)

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Possibilities & visions for Norwood Boulevard

Residents and business owners share hopes and dreams

SUSAN ALLEBONE

Many locals have dreams to transform Norwood Boulevard into a vibrant area, such as Norwood resident Eric Grant and The Aviary owners Mark and Philip Muz.

“The release of the study proposals and recommendations are a good start. It’s welcome progress and I’m happy to see this,” said Grant.

The Muz brothers stated that adequate street lighting could improve safety. A few bright spots on 111 Avenue from 90 to 93 Street help, such as in front of The Comic Shop, Budapest Delicatessen, and Frank Lee’s Muay Thai Kickboxing and MMA. Mark said Frank Lee’s studio provides much-needed street lighting at dusk or at night.

Grant and the Muz’s went on to say a vibrant and welcoming streetscape is also important, including well-designed mixed-use developments. On the ground level could be smaller lease spaces for four to five business start-ups rather than one large business. On the top floors could be housing, including three-bedroom suites for families.

The current streetscape of Norwood Boulevard is largely abysmal, so it’s important to improve the area’s appearance. The Aviary is renovating their building and the Norwood Fire Station No. 5 at 90 Street is also unique. These examples reflect character and individuality, using attractive, interesting, and innovative designs and finishes.

Mark would prefer development reflect more of the area’s best history, giving the look of

an old town main street rather than our largely brutalist dilapidation.

Complementing land use and building development, the streetscape needs wider sidewalks, more trees, benches, planters, bus shelters, bike stands, lighting, and frequent and well-marked crosswalks.

“Well-curated art and streetscape decorations for interest and beautification should be included. However, that does not include anything remotely similar to the 118 Avenue and 97 Street public art of a giant baseball bat and/or metal sport figure cut-outs. It should either relate directly to the history of the area or be complementary to the builds of the boulevard,” said the Muz brothers.

Grant said walkability is crucial, such as keeping lanes behind developments while

reducing driveways cutting across sidewalks into the boulevard. Grant prefers the bike lane to be on 114 Avenue so that bikes, motorized traffic, and fire truck traffic are separate and safer for everyone.

“Fire hall trucks will define the scope of transportation needs along the corridor, and will have some effect on shaping the street and streetscape,” said Grant.

Area businesses may thrive more if there were changes to moratoriums and development.

“[I’m] not a fan of moratoriums on some types of businesses, as gentrification will look after undesirable businesses,” said Grant.

The Muz brothers said there should “be a cap on how long a space can be empty for use and/or redevelopment.”

And the city could be a little

more helpful to new businesses owners, the brothers said. “Streamline the planning approval process to be small business/start-up friendly, as it is currently too unwieldy, especially for someone new to business.”

“The intent of revitalization is to create a vibrant boulevard, and this cannot be accomplished by cheaping out and/or cheating. Norwood Boulevard, as any other area of the city, deserves equal consideration, planning, and support,” the brothers said.

Susan lives, creates, socializes, shops and volunteers in the “United Nations” of Edmonton—Alberta Avenue. “We believe in 118” is not just a slogan for her, it’s a way of life.



Philip Muz (left) and Mark Elliot Muz (right) are passionate and invested in Norwood Boulevard. | Rebecca Lippiatt

Balance needed for Norwood Boulevard

Open house identified suggestions and needs

SUSAN ALLEBONE

The open house for the Norwood Boulevard Corridor Study on June 28 brought together 55-60 people at the Ital Canadian Seniors Association.

There is much to consider and balance, as Norwood Boulevard does not operate in isolation from other projects, such as the Stadium Station Transit Oriented Development Project.

Consultant Site Economics and sub-consultant Stantec identified a lack “of an appealing streetscape and a sense of place with pedestrian traffic and social interaction.”

Creating a pedestrian, bike, and public transit-friendly area is essential, while still recognizing the need for 111 Avenue to remain a traffic corridor. Next, layer commercial and housing developments with an inviting streetscape, and Norwood Boulevard can be a vibrant destination.

Meeting participants had suggestions, such as increasing

safety at Norwood Boulevard and 95 Street by creating a more pedestrian-friendly intersection. Other suggestions included parklets (mini parks using street spaces) and cycle corrals.

But needed is a coherent vision for the future, starting with where we are now and

transportation, and identifying their key challenges and opportunities allows development of a unified vision. It’s important to strive for balance between the needs of our community, commuters, businesses, and visitors.

Support exists for mixed-use buildings not exceeding 10 sto-

including those with mobility issues.

The mix of zoning on the north and south ends of the boulevard creates challenges for envisioned changes. Amending the zoning to commercial office zone (CO) would permit the four-six storey mixed develop-

92 streets.

This fall will see further technical evaluation. By winter 2018, the report and recommendations will be presented to city council’s urban planning committee, with the possibility of a public hearing by spring.

Looking ahead to 2018 are changes to zoning bylaw, construction, and capital projections. This is not an overnight process, but may mean possible short-term improvements, once tested and evaluated for feasibility.

Further details on the study can be seen at edmonton.ca/norwoodboulevard.

Susan lives, creates, socializes, shops and volunteers in the “United Nations” of Edmonton—Alberta Avenue. “We believe in 118” is not just a slogan for her, it’s a way of life.



Shannon Brennan, Jane Molstad, Eila Ollinheimo, and Ron Raynor. | Susan Allebone

identifying elements impeding 111 Avenue as a vibrant community and destination. Understanding present land use, buildings, design, and

reys (a rare exception), as well as including wider sidewalks, more trees, and frequent and better-designed crosswalks. These changes should be for everyone,

ment, except RF3 (small-scale infill development zone) properties to RF6 (medium density multiple family zone) south of 112 Avenue between 94 and

The stories of our neighbourhood champions

Local project showcases journeys of business owners

TALEA MEDYNSKI

Everyone has a story. Lan Lim, creator of Lan's Asian Grill, stitched coffin interiors when she first arrived in Edmonton. Her husband, Sunny, fled violence in Cambodia. Popular Bakery owners Maria and Olympio Soares moved from Portugal to Africa before settling in Edmonton.

Those are snippets of Champions of Alberta Ave, a project featuring the journeys of immigrant business owners on 118 Avenue. The project includes a short film, written profiles, and photos.

Jonathan "Jon Jon" Rivero, chief executive officer and founder of Qi Creative and president of Arts on the Ave (AOTA), said the idea was sparked when he and his wife Paula discussed the way local

businesses work together to help one another and community members. They're rooted in the area, committed to the community, and are more than just businesses; they're also humanitarians and citizens.

"Paula said, there's a lot of amazing citizens. Isn't this amazing how this is the Avenue of Champions, but there's a different kind of champion. It's not just sports," Rivero said.

Rivero approached Christy Morin, AOTA's executive director, about these individuals who "overcome insurmountable obstacles and challenges."

Business owners understand the struggle, said Morin. They also give back to the community. Last June, Morin and Rivero were at an AABA board meeting and discussed Spruce Avenue School's food needs during summer break. Because some students are victims of trauma,

they're not always at home.

"Within a few minutes, [the businesses] raised \$8,000 for food security," Morin said.

AOTA created a partnership with Alberta Avenue Business Association (AABA) for the project.

"The project isn't featuring artists, but is using arts to feature businesses," said Morin. "Champions of Alberta Ave is a shifting of how we think of champions and why we do what we do."

Organizers chose nine businesses based on their country of origin and interviewed the original owners to gain an understanding of the journey involved.

"Each story was so unique. I think we're compelled as humans to hear the struggle and see them get through it. [The businesses] are huge risk takers," said Morin.

The eight to 10 minute film will be subtitled and feature owners in their place of business. Justin Brunelle, a local director, shot the film in May. Edmonton Shutterbugs, a photography group, took pictures, while Shirley Serviss, a freelance writer and editor, wrote the stories.

"I found them tremendously inspiring that they were often fleeing violent situations in home countries, often with very little, knowing few people, and made a successful business," Serviss said. "These are champions—people who've made a home for themselves."

She explained while all the stories were compelling, "the thing that struck me was the closeness of the families."

Dora Arevalo from El Rancho Spanish Restaurant started the business with her mom, Alba. At Popular Bakery, the sons run

the business with their parents Maria and Olympio Soares. At Lan's Asian Grill, the children convinced Lan to start the restaurant, but now run the restaurant in different capacities.

Paraiso Tropical, Kasoa Tropical Food Market, Lan's Asian Grill, El Rancho Spanish Restaurant, T&D Noodle House, Popular Bakery, Passion de France, Downtown Auto Edmonton, and Optimum Auto Service are featured in the project.

Champions of Alberta Ave will be released in October or November.

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



Dora Arevalo (left) started El Rancho Spanish Restaurant with her mother, Alba (right). | Kaye Ly

Jamming with the cool cats at The Carrot

Play with a group of experienced jazz musicians

MARI SASANO

Last year, Gus Butcher and a few other local musicians were chatting with Arts on the Ave's Christy Morin, and an idea was hatched: Why not create a night where musicians can get together and play?

Like any good improviser, Butcher and his friends ran with the idea. In June, they put together the first Jazz Jams night at The Carrot Coffeehouse. It's a concert and jam for musicians who are looking for a group of experienced players to jam with.

August's Jazz Jam takes place on Aug. 1 at The Carrot Coffeehouse, and Butcher hopes people come, whether as a musician or an audience member. As the event grows, he said he hopes enough players will develop a habit to move to a biweekly or weekly jam.

"Each night, we'll have a house band of local jazz musicians. They'll play a 45 or 50 minute set to give people a taste of their music," said Butcher. The house band plays at 7 pm, while the jam starts an hour later.

Butcher, who has been playing guitar since he was in Grade 4, caught the bug from his high school band teacher. Now in his fourth year in MacEwan University's music program and active in Edmonton's jazz scene, he has a deep pool of talent to draw from.

"The last time it was Fred Mack Quartet. He's an up-

and-coming saxophone player, and he's played at Jazz Fest and around the city. There'll be a different band every month," he said. But in spite of the pros on stage, he encourages musicians of all skill levels to bring their instruments and try it out.

"People can come put their name, instrument and skill level—amateur, professional, semi-pro. The house band sorts the bands out so people won't feel intimidated," said Butcher.

The jams will lean towards standards, and newcomers who don't have a huge repertoire are free to bring in books or sheet music for guidance.

"At a lot of jams, people sometimes get 'vibed out' or nervous. My first time, I was so scared, but I didn't get hurt. But you'll never experience the fun of it and be able to connect with other musicians until you try. Honestly, the best thing a musician can do is to jam and hear others play and interact with them."

Mari is a writer and civil servant.

JAZZ JAMS

First Tuesday of every month 7-9:30 pm
The Carrot Coffeehouse (9351 118 Ave)



Musicians of any skill level can jam with an experienced house band. | Supplied

EDITORIAL

The question of political correctness

Why political correctness isn't about free speech

MIMI WILLIAMS

Has political correctness gone too far? Have we become a society so concerned about offending various minorities that we are impeding the free speech of individuals? Isn't the real problem that people are too easily offended by words used by others? Shouldn't those people just learn how to shrug it off? Apparently, most Canadians think so. I'm going to have to respectfully disagree with them.

According to a 2016 Angus Reid poll of Canadians, 76 per cent of respondents think political correctness has gone too far. While this sentiment was expressed more by older Canadians, it was shared by a majority of people across

all age groups: 82 per cent of Canadians over 55 years old; 78 per cent between 35-54; and 67 per cent from 18-34 years old.

For those curious, politically correct means avoiding language or actions potentially insulting to marginalized groups. The term was introduced to mainstream use in the 1990s by American conservatives. Then, as now, it is usually used in a negative way—as a pejorative.

People complain that political correctness impedes on their right to free speech. Some go so far as to say that political correctness prevents honest discussions about multiculturalism or sexual and gender diversity. They say they are being censored, denied a voice. Whenever someone says this to me, I always ask, "What is

it that you want to say that you feel you cannot say?" Nine times out of 10, I am met with silence.

For the purposes of any discussion about this topic, I think it's important we distinguish between free speech, which is a guaranteed right under the Charter of Rights and Freedoms and hate speech, which is against the law as set out in the Criminal Code of Canada. It is not against the law for you to use the N-word to describe people with dark skin or the F-word as a homophobic slur or the R-word to describe someone with developmental disabilities. It is against the law for you to incite hatred or violence against people based on their race, sexual orientation, or physical ability.

For most of us, the issue of whether political correctness has gone too far will never be tested as a human rights case or a criminal matter. We all just want to live our lives in peace with as few restrictions as possible, right? You can call it political correctness or censorship but it's really just being a kind and decent human being.

I have a very close friend who, when I first met him, always tacked "girl" on the end of a sentence when he was talking to me. It never occurred to him that calling me "girl" might be a problem for me. It is. When I hear it, I think of slavery and I think of how my ancestors were treated and it feels like a punch in the gut. I told my friend that and he brushed it off a few times despite my insistence

he stop. I finally put it to him thus, "It is your right to call me 'girl' but if your need to call me 'girl' is so important to you that you cannot stop doing it, then I'm going to choose not to be around you because it's important to me that I not hear it." He stopped doing it.

At the end of the day, saying something you know is hurtful to someone else for no good reason is indefensible, whether it's against the law or not.

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



Politically correct means avoiding language or actions potentially insulting to marginalized groups. | Pixabay

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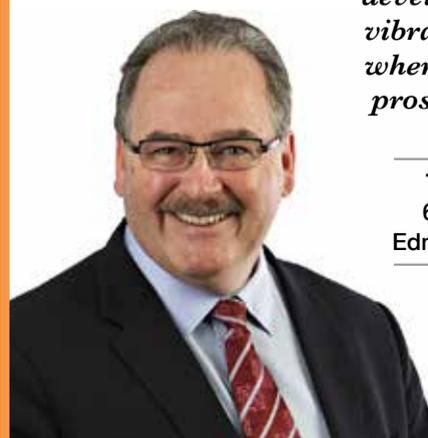
EDMONTON-HIGHLANDS-NORWOOD

As your representative in the Alberta Legislature, I continue to work hard for you and your family:

~ *strengthen key services, like health care & education*

~ *promote a government that is fair and responsible to all of its citizens*

~ *develop strong and vibrant communities where everyone can prosper*



Tel. 780-414-0682
6519 - 112 Avenue
Edmonton, AB T5W 0P1



Follow me on
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Search for:
"Brian Mason Edmonton"

edmonton.highlandsnorwood@assembly.ab.ca

Successfully weathering a major disaster

Be self sufficient, informed, and use common sense

NADINE RIOPEL

“In a major emergency, people assume that fire, police, and ambulance responders will show up and take care of things. They will come as soon as they can, but that might not be right away. So people need to be prepared to fend for themselves for a while.”

So said Paul Riopel, founder of Emergency Response Management Consulting and a 30-year veteran of the emergency preparedness field.

In emergencies, the most accurate and current information is available from radio stations or the Alberta Emergency Alert system, accessible as a downloadable mobile app and online.

Following official instructions is one of the best things to do in a disaster situation. Beyond that, everyone should make it a priority to protect their own safety.

“Stay away from downed power lines, use your common sense,” said Riopel.

Every household should assemble an emergency kit containing enough non-perishable food and water to last for up to three days, a basic first aid kit, and either crank-operated flashlights and a radio, or battery-operated ones and extra batteries. The Alberta Emergency Management Agency (AEMA) offers detailed instructions on creating a kit on their website.

In the Rat Creek area, we face the possibility of manmade and natural disasters.

The proximity of the Yellowhead highway and CN’s Walker rail yards to the north represent one type of risk: “Dangerous goods are transported along those routes on a regular basis,” Riopel said.

We are also at risk for tornadoes, damaging winds, overland flooding, and ice storms, among other hazards.

“The chances of a tornado

in Alberta is very high—we get tornadoes every year. However, the chances of one hitting any particular spot in Alberta are very, very low,” said Riopel.

If a tornado does hit, Environment Canada recommends people “go indoors to a room on the lowest floor, away from outside walls and windows, such as a basement, bathroom, stairwell, or interior closet. Leave mobile homes, vehicles, tents, trailers and other temporary or free-standing shelters, and move to a strong building if you can. As a last resort, lie in a low spot and protect your head from flying debris.”

Damaging winds are of concern because we have many mature trees and overhead powerlines. Our area is most prone to overland flooding resulting from drainage systems being overwhelmed by rainfall and backing up.

In winter, ice storms could cause our area to lose power.

Riopel explained most gas furnaces need electricity for the blower motors to function, so they won’t work in a power outage. In addition to storing extra blankets and warm clothes in your emergency kit, Public Safety Canada said, “Install a non-electric standby stove or heater. Choose heating units that are not dependent on an electric motor, electric fan, or some other electric device to function. Adequately vent the stove or heater with the type of chimney flue specified for it. Never connect two heating units to the same chimney flue at the same time.”

Surprisingly, people are asked not to call 911 during a major emergency. Riopel said in most major emergency situations, so many people call in that it crashes the phone system. It’s important that the lines remain open for exceptional individual emergency calls, such as if someone had a heart attack during an ice storm.

The City of Edmonton provides a wealth of practical information on emergency preparedness on their website.

Riopel, when asked what he feels people don’t know about emergency preparedness, said:

“There’s a philosophy of personal preparedness, in addition to the practical steps. People need to be ready to fend for themselves to at least some degree in a major emergency.”

Nadine is a professional facilitator and connector. She is also an enthusiastic member of the Spruce Avenue community, where she lives with her husband and young son.

EMERGENCY WEBSITES

edmonton.ca/emergencymanagement
emergencyalert.alberta.ca
aema.alberta.ca
getprepared.gc.ca

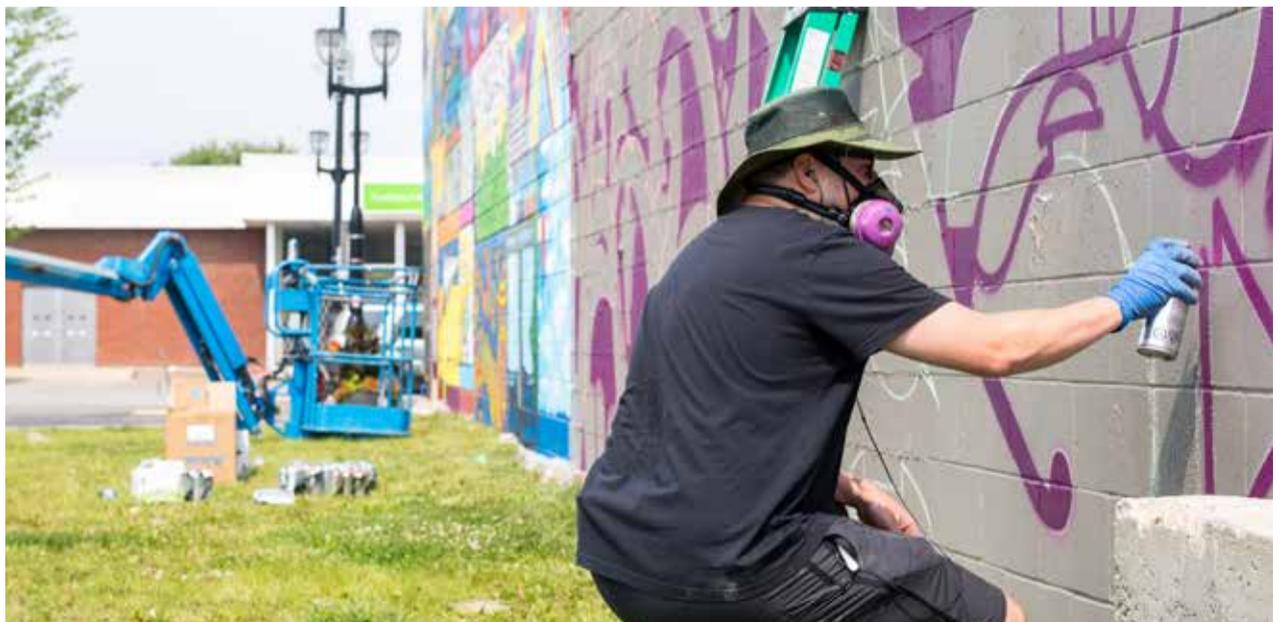


In a major emergency, responders have a long list of priorities. It can take three days for them to get to an individual home. | City of Edmonton

New murals courtesy of Rust Magic International Street Mural Festival



Local artists Jade Jordan (left) and Justin Moose’s (right) mural looks like an old ghost sign, painted during the Rust Magic Mural Festival in July. | Rebecca Lippiatt



Relfy, an artist from Victoria, painted the building overlooking the green space on 118 Avenue and 91 Street. | Rebecca Lippiatt

Connecting with city services using an app

Download the free 311 app to report issues

MARI SASANO

You're walking down the street and you see something that needs fixing, like a pothole or a fallen tree branch from a storm. Normally, you would call the city at 311 to let them know, then hope they'll send someone to deal with it.

There's an easier way to do this. Since 2014, the City of Edmonton has offered a free 311 app for your smartphone. It lets you report issues to the city faster, more accurately, and on the go.

Maria Schrijvers, the city's

director of 311, said the rationale for developing the app was to support the Open City initiative that would help citizens connect to city services more easily. It has been a success.

"Since the launch, there have been over 36,000 requests, and it's being used by the public to engage with the city to submit service requests," Schrijvers said. "It's all about convenience. You can call, email, or use the app. People who are on the go, members of the community are our eyes and ears."

People use the app to report many different problems, but it's usually used for road main-

tenance, parking enforcement, abandoned vehicles, illegally parked cars, or graffiti and vandalism.

Stanley Marcinkowski lives in our area and uses the app regularly, and he prefers it to other means of reporting.

"The forms are really good. They take all the information in the app, and it allows you to track the request, and you can see other people's requests and whether future work is planned. It's a way of letting the city know there's an issue and see how long it takes to get around to it."

There are currently 31 differ-

ent services to choose from. In the app, you select the service, upload a photo, provide details about the situation, and your contact information. The app either uses your smartphone's GPS to establish location, or you can manually provide an address. Hit submit, then it's forwarded to the appropriate department for action.

Marcinkowski finds it much more convenient than calling because certain information is submitted automatically and requests don't get duplicated.

"You can see things being taken care of, same as calling it in, but you don't have to

answer questions and know the address. It's a lot quicker, and it's automatically done for you. You send a picture so you don't have to describe it."

Schrijvers hopes that more people will use it, and is happy to see more people become involved in civic improvement.

"We believed it will result in a greater engagement of the community, and it has opened up channels. It's about maintaining a great city."

Find more information about the app and how to use it at edmonton.ca/311.

Mari is a writer and civil servant.



Use 311 for reporting things like downed, large branches from storms. | Talea Medynski

Realities of living near a problem property

Bonding with neighbours and confronting issues helps

PATRICIA DUNNIGAN

The house is vacant, a different scene from recently when six police cars and two fire rescue trucks lined the street while a man, possibly high, stood on the peak of the roof taunting and hurling abuse to onlookers below.

Welcome to a problem house in Alberta Avenue. Yvonne tells me what it's been like living next door for the past 20 years.

"The house has had three different owners since I moved here," she said. Allegedly, the house was rife with activities such as drugs, prostitution, and the comings and goings of transient people.

She continues, "I'm chronically stressed and have become hyper-vigilant. I sleep poorly." She said there's ongoing theft from her property. "I feel conflicted, hoping for the best each

time new tenants move in but expecting the worst."

Each time one group moves out, cosmetic renovations take place, usually late at night or in the early hours of the morning.

Cyclists pick up and deliver parcels after dark, women come and go in taxis, playing loud music and being disruptive. At times the sounds of fighting and yelling spill outside.

When I ask how she deals with it she pauses, "The experience has changed me. I've become jaded and have lost my sense of optimism," she said. "My strategy now is to speak to new tenants and tell them our expectations for living in a family-friendly area. I have helped organize block parties, and urged other families to come out of their houses and confront the crisis when it happens."

She said she continues to live here because of the sense

of community in the area. The challenges give people a common bond, a rallying point, and open up conversations.

Yvonne has organized block meetings at various crisis points, called the police, the Child at Risk Response Team, the SCAN unit, bylaw enforcement, and building compliance. Over 100 calls have been made regarding bylaw complaints and the house has been condemned twice but the landlord was only given a warning and time to do repairs. She's frustrated with the lack of teeth and follow-up from the City.

Her advice to others is to confront the problem, take ownership. Police attitudes have to change. "Once when I called the police and complained that no action had been taken, I was told, 'what do you expect, living in Alberta Avenue?' That attitude is wrong. We pay taxes too."

Mark, who lives across the street, agrees there are ongoing problems at the house, but he only sees them from a distance.

"For me the most infuriating thing is people parading around all night, yelling and screaming. The house downgrades the whole neighbourhood. The exterior is often ramshacked and messy and filled with vehemence and hate."

The worst is when the problems spill across the street. "My yard is my sacred and private space and I don't like it being violated. People come through the gate, take and leave things without respect for our personal property. At times we are surrounded by violent and abusive energy."

As a social worker, Mark doesn't reject people because of different lifestyles, but he does expect respect. He explained he continues to live here because he doesn't believe in running

away from problems unless they become intolerable. "I like our neighbours and our economic and cultural diversity. As a social worker, I understand some of the complications that lead people to slip through the cracks."

That said, he suggests people do research before buying here.

"Drive around, especially at night, to see what's going on. Meet some of the neighbours if possible." He also recommends keeping an open mind. "Don't reject people because of their lifestyles."

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.

Keeping our city vandalism-free together

Collaboration and education reduces graffiti on the Ave

CITY OF EDMONTON

Thanks to the hard work of several Alberta Avenue stakeholders, graffiti vandalism has seen a reduction from 22 new tags a week to just four.

“Every Monday, I would drive to work and just dread all the new graffiti,” said Joachim Holtz, executive director of Alberta Avenue Business

Association (AABA). “Since I contacted Capital City Clean Up to work together on a solution, I’m not noticing as many tags.”

Over the last several years, AABA has been a strong supporter of Capital City Clean Up. “It is exciting to see the dramatic transformations that happen in a community in such a short time when we all work

together,” said Karey Steil, graffiti program manager of Capital City Clean Up.

The steep drop in tags is the result of diligent reporting to 311, public education, and City of Edmonton municipal enforcement officer Colin Stewart talking to property owners about the importance of removing graffiti quickly. Arts on the Ave, AABA, and Capital

City Clean Up are also working with Rust Magic Street Mural Festival to get two great murals in the community.

Graffiti vandalism is the most visible and prominent crime in a neighbourhood and can make communities appear unsafe and unwelcoming. As soon as graffiti appears in an area, taggers are marking their territory and will expand that territory quickly.

Removing graffiti right away is the best way to prevent it from recurring and spreading. If you have graffiti on your property, Capital City Clean Up offers a Professional Graffiti Cleaning Program. Property owners qualify for \$750 of free graffiti cleaning each year.

For more information, please call 311 or visit edmonton.ca/graffiti.



Graffiti can make a neighbourhood look unsafe and unwelcoming. | Pixabay

Alberta Avenue gets more feet on the beat

Look for officers patrolling by bike and by foot

HAMDIISSAWI

Edmonton Police Service (EPS) doubled its presence around 118 Avenue with the addition of six constables and a second sergeant to the beat in June.

Led by Sgt. Ashley Hayward, the extra officers will provide greater day and night coverage to Alberta Avenue and parts of Westwood, Spruce Avenue, Parkdale, Eastwood, and Elmwood Park.

“Our overall productivity as a beats unit has more than doubled by including double the amount of beats members,” Hayward said. “Generally, we’ve got four to five [members] out there everyday. They will be the guys that you see riding up and down with mountain bikes, and

in the alleys walking around.”

After managing a patrol response team for 18 months, Hayward was drawn to the beats unit for its unique combination of proactive, high-visibility policing, and reactive investigative work.

“As a patrol officer you don’t get to engage with the public in general. You’re responding to people in times of crisis, when stress is high—when tempers are high.” He explained that on a beat, “You can walk down the avenue and just pass the time of day with people. It’s nothing complicated—just traditional policing, being out here on the street.”

The expansion of the beats unit is a welcome addition to the community, said Gérard Forget, chair of Alberta Avenue

district council.

“We were low in policing on 118 Ave to begin with. I think any addition is good,” Forget said. “The presence is more important than anything else. When you have nobody around, where do you think the crime goes? When the cat’s away, the mice play.”

The extra constables also means more officers are available to respond to inquiries from community members.

Earlier this year, EPS launched an email address to allow residents, stakeholders, and businesses in the area to contact the beat team directly.

Since then, a number of local apartment building managers have used the point of contact to grant police agent status on their properties. The agent

status program allows EPS members to ban and charge trespassers from participating buildings on behalf of property owners.

Despite this progress, Hayward sees room for improvement, hearing calls from the community to deal with other problems, including graffiti, prostitution, and traffic violations.

“We can put 30 members out there, and there would be work for 30 people,” Hayward said. “Everybody will come up with a different opinion on what’s important to them right now. It’s a question of trying to manage what we statistically think is most important, and how we can best serve the community where we are in terms of the resources we have.”

Email the Alberta Avenue beats team at nwbeats@edmontonpolice.ca.

EPS members are also available for questions and comments on the first Tuesday of every month from 10:30 a.m. to noon at The Carrot Coffeehouse on 118 Ave. and 94 St.

Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He has also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.



From left, Constables Daniel Behiels, Owen Staudinger, Chris LeBlanc, and Mike Kelly join Sgt. Ashley Hayward (centre) as the latest addition to Alberta Avenue’s beat team. | Hamdi Issawi

Learn about herbal plants with new programming

Community herbalist is connecting people and plants

DIONNE JENNINGS

Some herbalists grow herbs, some see clients, and some teach. I connect plants and people. More and more, urbanites want to learn about the plants around them and connect with them for food and wellness.

I have worked with plants and flowers for over 20 years. I began studying herbal medicine in 1999 with an herbalist in Victoria, BC. This year, I started the Edmonton Herb Club to get more involved in my community, provide education, programming, and facilitate events.

I also wanted to work with community gardens, expanding the idea of gardens to community resources for medicinal herbs. I pitched the idea to Sustainable Food Edmonton and they agreed to partner on a pilot project called the Community Herbal Medicine Making Series.

This pilot project is a series of three workshops centering around six plants and their growth each year, combining learning about growing, harvesting, drying and storage techniques, along with preparing recipes and herbal remedies. Participants receive an herb plant so they can follow along with the experiential learning at home.

The gardens selected are Alberta Avenue Community Garden and Richfield Community Garden in Mill Woods. We chose gardens in the north and south sides of Edmonton for accessibility and for a wider range of participants. Thanks to sponsorship and bursaries from Sustainable Food Edmonton, we are able to keep cost from being a barrier.

The four perennials are sage,

thyme, lemon balm and mint, and the two annuals are calendula and German chamomile. These plants are low maintenance, they overwinter here, and they have many different medicinal uses. For example, sage supports oral health, helps the body utilize and metabolize fats, improves memory and cognition, and balances cholesterol levels.

So far we've had a great response to the pilot project. Most participants are already gardeners, with some more interested in learning about herbs and herbal remedies. If there is still space, interested people can sign up for a single workshop.

If the program moves forward in 2018, we will install another six plants and offer programming centred around using and preparing them, so the content is always fresh, with something new to learn with each series.

Learning about herbs and simple ways of preparing them for personal use can be empowering. This is not to say that herbs will replace visits with the doctor; instead, you can learn tools to support digestion, calm frazzled nerves, and more in a practical and complementary way.

For those that get bitten by the herb bug, the four part Kitchen Herbalist Apprenticeship series held in spring and fall dives deeper into the foundation of understanding herbal medicine making, focusing on when, how and why we prepare plants in certain ways. Each workshop is dedicated to a different medium and how they interact with plants. The courses are hands-on and everyone takes home preparations.

Participants prepare elixirs,

medicinal teas, tinctures, pain liniments, skin-healing salves, and more. They also prepare kid-approved concoctions like syrups and oxymels (honey and vinegar herbal syrup) and learned more creative and advanced methods for various herbal preparations.

For registration info on the pilot project and the fall Kitchen Herbalist Apprenticeship series, visit www.yegherbalist.ca.

Dionne works as a community herbalist by providing education about herbs via plant walks and plant medicine workshops. She began studying herbal medicine 19 years ago on Vancouver Island and continues to study and share her interest in traditional medicinal and cultural uses of plants.



The four part Kitchen Herbalist Apprenticeship series gives participants a deeper understanding of herbal medicine. | Dionne Jennings

your eastwood news



sponsored by

Eastwood
Community
League

11803 86 St 780.477.2354
ewcl@shaw.ca

New website!

Eastwood Community League now has its own website where you can learn more about our board, find hall rental information, and keep up-to-date with other happenings in the community and the city.

Check us out at www.eastwoodcommunity.org!

Bingo fundraiser

On August 30, we'll be holding our monthly fundraiser to help support the ongoing growth of our community hall and events. We are looking for volunteers that are available and ready to help at Fort Road Bingo. The work is easy and we guarantee a free meal as well for your effort. Furthermore,

we are offering a free four hour rental of our hall for all participating volunteers. If you're looking for some volunteer fun and want to support the community, call us or email us at ewcl@shaw.ca. We'd love to have you!

Eastwood Harvest Fest

The Eastwood Harvest Fest has been moved to October 1 to better accommodate the season and our schedules. While still a bit down the line in time, mark your calendars for this day of dance and cheer. More information will be available on our Facebook page and new website as things come together.

Volunteer & Notices

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

SWIM FREE AT OUTDOOR POOLS

Anyone can buy an Alberta Avenue league membership and access this program. Various free swim times daily at the four outdoor pools. More: albertaave.org

BINGO VOLUNTEERS NEEDED

Help out Eastwood Community by working a bingo at Fort Road. Next bingo is Aug 30. Call 780-477-2354 or email ewcl@shaw.ca.

1 PORCH + 2 MUSICIANS = NEIGHBOURHOOD MUSIC

Offer your veranda, porch, or front lawn for Kaleido musicians, two blocks north and south between 90-95 St, Sept. 15-17 | Contact Katt: program@kaleidofest.ca or 780.471.1580.

KALEIDO FUNDRAISING CREW & SAFETY CREW

Love people and the arts? Be part of our fundraising crew on festival grounds. Or, help ensure the safety of festival grounds. Patrol roadblocks and help secure the stages and beer gardens. Sept. 15-17. <http://www.kaleidofest.ca/volunteer/>

CASINO VOLUNTEERS NEEDED

Rat Creek Press, Sept 10 & 11. Sign up: timecounts.org/rat-creek-press/events/947

LAMPOST & INSTALLATION CHALLENGE

Make your artistic mark on 118 Ave during Kaleido! Create a 3D lamppost installation or create a structure to fit within a 12x12x12' space. Visit www.kaleidofest.ca/lamppost/ or <http://www.kaleidofest.ca/12foot12/> for more details. Deadline Aug 15.

SELL YOUR WARES!

Seeking artisans and prepared food vendors to participate in Kaleido Festival. Sell your wares to more than 60,000 festival goers! Visit www.kaleidofest.ca/artisans/. Deadline Aug 15.

KALEIDO TRADES CREW & SITE CREW

Kaleido needs practical people on our trades crew! Help set up plumbing, carpentry, and electrician support for onsite needs. Or, help prepare the festival grounds by setting up tents, benches, and other festival pieces. <http://www.kaleidofest.ca/volunteer/>

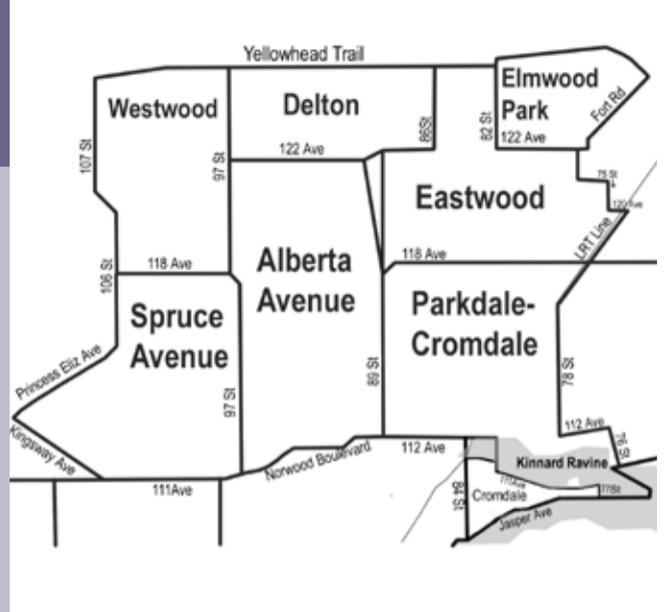
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www.deltoncommunity.com



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ESL FAMILY MEETUP
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FRIDAYS MORNINGS 8:30 OR 10:00
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TANGO CLASSES
PCCL HALL 11335 85 ST
SUNDAYS 6PM - 8PM

COMMUNITY SWIM
EASTGLER POOL: 11410 68 ST
SUNDAY 2PM - 4:15 PM

ART PROGRAM
PCCL HALL 11335 85 ST
RESUMING IN SEPTEMBER

BALLROOM DANCE LESSONS
PCCL HALL 11335 85 ST
WEDNESDAYS 6:45PM - 7:45PM

SHIELA B. PARK 11335 85 ST
MON-FRI 10AM - 6PM

GREEN SHACK
PCCL HALL 11335 85 ST
RESUMING IN SEPTEMBER

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Elmwood Park COMMUNITY

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Fri Aug 25, 6-8 pm
12505 75 Street

Hot dogs, fire, and snack provided. Bring your own roast stick. Stay for some family-friendly entertainment.

Sept 16 -Chili cook-off & corn bust

WESTWOOD COMMUNITY LEAGUE
12139 105 ST
admin@westwoodcl.ca
780.474.1979

CONSTRUCTION - The ornamental pond next to the hall is being removed and replaced with a fountain and spray deck.

NO GREENSHACK in Westwood this summer. Find alternative sites: Edmonton.ca/playgrounds

SPRUCE AVENUE COMMUNITY

NOTICE
The Commonwealth Pool will be closed July-September.
Check out an outdoor pool!
Edmonton.ca/OutdoorPools

Recreation centres
FREE OUTDOOR POOLS ALL SEASON LONG!
A part of Edmonton's Canada 150 celebrations

alberta avenue COMMUNITY LEAGUE

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Refreshments * Games * Facility Tours
Free burgers for members

Learn about our programs & party kits
Sign up to help or participate in drop-in sports
Tell us what you would like to see happen in our newly renovated kitchen.

Try Zumba, PiYo, Pole Walking
Learn more: AlbertaAve.org

Processing triumph and trauma through art

Artist Marcie Rohr draws inspiration from the Avenue

AYDAN DUNNIGAN-VICKRUCK

Art, and by extension artists, help build community. That was the insight that inspired the Arts on the Ave initiative over 10 years ago and that continues to bring energy to the transformation of our community.

It was the arts focus—as well as the reasonable real estate values—that drew painter Marcie Rohr and her husband to Alberta Avenue three years ago.

“It [also] takes a community to make art. The painting itself is only the beginning. The other and equally important part is that what I have painted becomes a bridge for connection and communication. The painter and viewer, co-creating. The painting completed in a dialogue about what the painting means to each. Community happens around this dialogue.

It is very satisfying for me, the artist.”

Rohr’s paintings are filled with character representations abstract enough to encourage dialogue. She takes the time to explain her process.

“I paint from the inside out. Phase one of every painting reflects something of childhood: the confusion, disorientation, tentative attempts at living, successes and failures, trauma, bumps and bruises. These are the foundation of our life. These are the base for life’s canvas. This is the foundation for the rest of the painting. This is where all the colour comes from. I layer the canvas with colours that reflect my feelings, memories, childhood horrors and delights,” Rohr said.

Next, she adds lines, definition, structure, and boundaries. Rohr explains this step “reflects my attempt to make sense of childhood. I create separation,

contrast. I add no new colours, I just bring some colours to the fore and move others to the background. I let the personalities play together, learn to get along.”

Rohr added, “The goal of life and the work of the artist is to make sense of the madness, trauma, pain, all these experiences that define reality. Painting and creating is what brings me in tune with the energetic current within, my inner voice, feelings, and provides a format to deal with whatever surfaces.”

Next, she adds white paint over most of background. Rohr explained white is important to her because it represents wisdom, truth, and peace.

“White is the connecting medium, the expression of resolution. If all my childhood issues were resolved and all of life’s questions answered, the whole canvas would be white. When

I am finished, the background sometimes looks like a mosaic, sometimes with apparent figures like a petroglyph,” she said.

The fact that she lives on the Avenue impacts her art.

“Living in the hood is very true to life. Every painting tells a story and story is everything. I live in story and it is often the tragic and dramatic that feeds into this. I welcome these events as my muse. On the Ave you are never far removed from pain, happiness, confusion, despair, opportunity. Everything’s all right here, in your face. There are so many layers of experience. Sometimes it seems like there is a blanket of sorrow laid over the neighbourhood.”

Rohr said this sorrow is visible by seeing homeless people, prostitutes, johns, chop shops or by hearing domestic arguments.

Soon Rohr will be creating art with a new city and neighbourhood to inspire her. This

summer, Rohr is moving to Vancouver to study at the Emily Carr University of Art + Design.

“I am expecting that to be a challenge as I have been my own teacher for 14 years and I don’t take direction very well,” she smiled.

She doesn’t know yet if she’s returning to Edmonton.

“That’s too far in the future. But for the time being at least, we are renting our house so that we can keep our options open. Life on the Ave definitely has its appeal.”

For more information about Marcie Rohr’s work, check out <https://www.saatchiart.com/marcierohr>

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.



Marcie Rohr said the goal of the artist is to make sense of life’s experiences. | Aydan Dunnigan-Vickruck

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Local historical home gets a facelift

Achieving historical designation is giving the house new life

CHANTAL FIGEAT

Knocking on the front door of the house 11425 95A St was tricky. The porch was being renovated, resulting in piles of broken concrete and earth. A deep pit was in front of the door. It would have taken the legs of an athlete to vault over the pit and knock. Walking to the back entrance gave me an opportunity to take in the historic exterior and find co-owner Sara Melli.

Melli explained Harmon Barto first owned this large American Foursquare Prairie Box home in 1913.

“He was a building contractor ... I think he built it and lived in it for a short time,” said Melli.

From the mid 1890s to the late 1930s, the American

Foursquare architectural style was popular amongst homeowners. It’s a simple and efficient design, often including charming craftsman carpentry. Here in Norwood, we are lucky to have several examples. In 1913, Norwood was a growing streetcar suburb.

“The farthest north part of the city was right here,” said Melli.

Sarah and Salar Melli bought the house in February 2016 and worked with City of Edmonton staff to get their new home historically designated.

“The exterior of the house is historically designated, the interior isn’t,” said Melli.

The house was gutted before the couple bought the house. Luckily, sections of the exterior are largely intact. I was pleased to see wooden clapboard siding. I also noted decorative rectan-

gular dentil moulding running below the roof.

“We’re going to paint it a darker colour so it will stand out,” said Melli.

Getting historical designation took some legwork.

“This house wasn’t on the [Inventory and Register of Historic Resources], so when we bought it, we didn’t know if we would actually be able to designate it,” stated Melli.

The couple had to present the house to a historical board. Melli added that “Everybody on the board loved it, and agreed unanimously that it be added to the Inventory.” Once the house was on the Inventory, “it was just a matter of going through the process with the city committees and getting it officially rubberstamped.”

Going through the historical designation process was worth

it. The city provided half the funding for renovating the two designated walls, on the condition that the couple is sympathetic to historical character. Historical designation also provides DC-1 zoning, giving owners direct control over their property. Melli told me they were “able to get rezoned to put in the food business on the main floor.”

“The southwest and north wall are designated as historic, so we’re fixing the porch, we completely dismantled it ... the contractors are going to be using as much of the original material as they can,” Melli said.

Along with stabilizing the front porch and making it more attractive, the couple also plan to replace existing modern windows with windows containing small panes and repair clap-

board siding.

Melli plans on planting a community garden at the front and side of the house. “It’s just something that I decided to do for our community,” she said. Working with Norwood Child & Family Resource Centre, neighbourhood children will learn gardening and develop social skills in the process.

If you own a building which may be eligible for historical designation, contact David Johnston, the city’s principal heritage planner at 780.496.5281.

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.



Salar and Sarah Melli stands near the entrance to her heritage home in Norwood. | Chantal Figeat



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Embracing the peaceful dog days of summer

Getting outdoors and enjoying all that life has to offer

ROB BERNSHAW

I love the dog days of summer, those hot sultry days typically from mid-July to the middle or end of August.

During those precious summer days, I canoe and kayak the North Saskatchewan River, making my own history along with the explorers that traveled that same river before me. The river seems to meander along with cool summer breezes wafting along with me as I leisurely paddle along the scenic river

banks to an unknown future. The seasons glide before my eyes into a memory of calm and pleasant experiences to recall at some future place and time.

Riding my mountain bike along the extensive paths of the river valley is another way I explore that helps the dog days of summer be as enjoyable as possible. The peaceful atmosphere experienced on the water and along the shores of our mighty river that meanders through the hustle and bustle of a city in constant flux helps ground me and clear my mind

for a better view of life.

I fully believe the explorers that came before us chose well in locating Edmonton along the river banks, as they had a foresight that is a blessing for all of us today. It's a place where we can go to get back in touch with nature and enjoy a peaceful and relaxing time amidst what may be a hectic schedule we all seem to have.

Maybe you've done this too: find a grassy knoll somewhere and lie down in the cool embracing grass, then gaze up at the fluffy white clouds float-

ing lazily in the otherwise azure sky, imagining what kind of shapes they may represent. As the time passes and I become more relaxed, my eyes slowly close.

Later, as the sun is setting in a blaze of colour in the west, I awake to the ending of a perfect day. Refreshed and invigorated, I'm ready and eager for another day of exploration and fulfillment along my path to a brighter, better future, enjoying life along the rich banks of our very own river valley.

Whatever you may find to

do to enjoy the fantastic dog days of summer, whether you explore in or along the river or at the lake, or attend the many festivals Edmonton offers, such as the Servus Heritage Festival at Hawrelak Park (Aug. 5-7), get out and enjoy life above the grass, as it passes by all of us only once.

Rob is a community organizer and activist, writer for the Rat Creek Press, and passionate advocate to make Alberta bully-free.



Writer Rob Bernshaw canoeing on the North Saskatchewan River. | Sean Gavin



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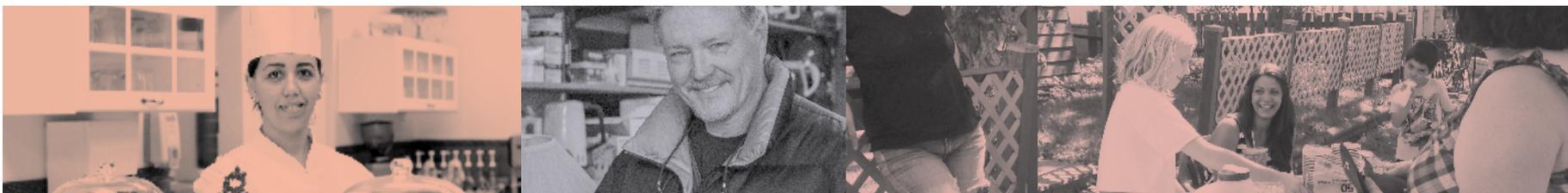
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Fax: 780-442-1891

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Ottawa, ON K1A 0A6
Tel: 613-992-4524
Fax: 613-943-0044

Randy.Boissonnault@parl.gc.ca





WHAT'S ON IN AUGUST

COFFEE WITH COPS

Aug 1, 10-11 am | Carrot Coffeehouse (9351 118 Ave). Join a roundtable conversation with EPS.



JAZZ JAMS

Aug 1, 7-9:30 pm | The Carrot Coffeehouse. (9351 118 Ave.) Begin with a 45 min set from the Joel Jeschke Trio!, followed by an inclusive jam session. \$5 cover.

THE CARROT GALLERY OPENING: ILLUMINATE

Aug 2, 7-9 pm | The Carrot Coffeehouse (9351 118 Ave). Monica Prescott's brightly colored abstracts spark an experience of light in the human heart.

OUR THIRD KALEIDO VOLUNTEER DINNER!

Aug 15, 6 pm | Parkdale-Cromdale Community League. Taco 'bout a Kaleido party! Bring fellow volunteers to our third fiesta and say olé! to community. RSVP: kaleidofest.ca/volunteer/

YEG HIP HOP SHOWCASE AT THE CARROT

Aug 23, 7:30 pm | The Carrot Coffeehouse. Locution Revolution's Khi and Don host the night. Bring your best rap to drop on stage. Pay what you can, with 100% going to the artists.



COFFEE FRIENDSHIP CLUB

Aug 23, 11 am. | The Carrot Coffeehouse. Have a cup of coffee with 55+ individuals who are single, divorced, or widowed and looking to meet new people in Delton, Eastwood, Parkdale - Cromdale, Westwood, Spruce Ave, and Alberta Ave.

HOT DOG ROAST

Aug 25 from 6-8 pm at Elmwood Park (12505 75 St). We provide the hot dogs, fire and snacks. Bring your own roasting stick. Stay for family-friendly entertainment.

ENTERTAINMENT

5 PIN BOWLING

Every day, 10 am-10 pm. | Plaza Bowl.



CARROT POETS SOCIETY

Last Wed of the month, 7:30 pm. Pay-what-you-can. | Carrot Coffeehouse.

KARAOKE

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

LIVE MUSIC

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

OPEN MIC

Saturdays, 6:30 pm. Sign upon arrival to guarantee a spot. | Carrot Coffeehouse.

PRO WRESTLING

First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: monsterprowrestling.com.

SAVE THE DATE

KALEIDO FAMILY ARTS FESTIVAL

Sept 15-17 | 90-94 St, along 118 Ave.



FREE COMMUNITY PROGRAMS

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

ESL & LANGUAGE

PRACTICE ENGLISH
Conversation circle, Mondays 7-8 pm at Sprucewood Library.

ESL ENGLISH LESSONS
Thursdays from 11:30 am to 1:30 pm at Parkdale-Cromdale. Returning in September.

ALL-AGES SPANISH LESSONS
Free every Monday from 6-7:30 pm at Parkdale hall.

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Light lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. No program in August. More: Suzanne 780.423.9682.

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

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

FOOD & SUPPORT

COFFEE WITH COPS
First Tuesday of each month from 10-11 am at The Carrot.

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

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen: Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238. Call ahead. Parkdale Hall: Last Sunday of the month. Check parkdalecromdale.org for details.

PARENTS & PRE-SCHOOLERS

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

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

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

SING, SIGN, LAUGH & LEARN
Mondays and Tuesdays 10:30 am at Sprucewood Library. More: 780.496.7099.

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

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Saturdays 3-4 pm at Highlands Library.

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

YOUTH

EVIL GENIUS CLUB
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. Fridays, 4-5 pm at Highlands Library.

TEEN LOUNGE

Play video games, make a DIY project, or just hang out. Thursdays, 6:00-8:30 pm. at Sprucewood Library.

ADULTS

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

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

SENIORS

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

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, play cards, or billiards. Wednesdays 11:30 am - 12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

FAMILIES

POP-UP MAKERSPACE
Makey Makey hack, DIY music, Art, and 3-D design and much more. First Wednesday of the month starting August 2 from 6:30-7:30 pm.

BOARD GAMES NIGHT
Plenty of games to choose from or bring your own. Last Tuesday of the month 6:30 pm at The Carrot.

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

MUSIC LESSONS BY CREART
Free group music lessons Saturdays at Parkdale-Cromdale from 10 am to 12 pm. More: creartedmonton@gmail.com or 587.336.5480.

FREE REC CENTRE ACCESS
Commonwealth Pool is closed July & August. Watch for community access to return in October. Check with your league for details.

FREE ADMISSION TO OUTDOOR POOLS
The City of Edmonton has made admission to all outdoor pools free for the summer. Happy Canada 150! edmonton.ca/OutdoorPools



LOCATIONS

Community Leagues - see page 12
St. Faith/St. Stephen Church 11725 93 St
Highlands Library 6710 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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St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

St. Faith: 780.477.5931
Sunday Worship:
 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

AVENUE VINEYARD CHURCH

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.

8718 118 Avenue
 (Crystal Kids Building)
 avenuevineyard.com
 Sundays at 10:30 am

AVENUE CHURCH

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11335 85 Street
 (Parkdale Hall)
 avenuechurch.ca

Sundays coffee fellowship - 9:30am
10:00 am Service

BETHEL GOSPEL CHAPEL

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 11461 95 Street
 780.477.3341

Sunday Meetings:
 9:30 am - Lord's Supper
 11:00 am - Family Bible Hour
 Saturdays - Free English Conversation Café for immigrants

EVANGELICAL BAPTIST CHURCH

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up' Eph. 4:32, 1 Th. 5:11a
 12317-82 St.
 780.474.4830

Sunday School 10:00 am
Sunday Worship 11:00 am
Wed. Study/Prayer 6:30 pm

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
 780-477-8677

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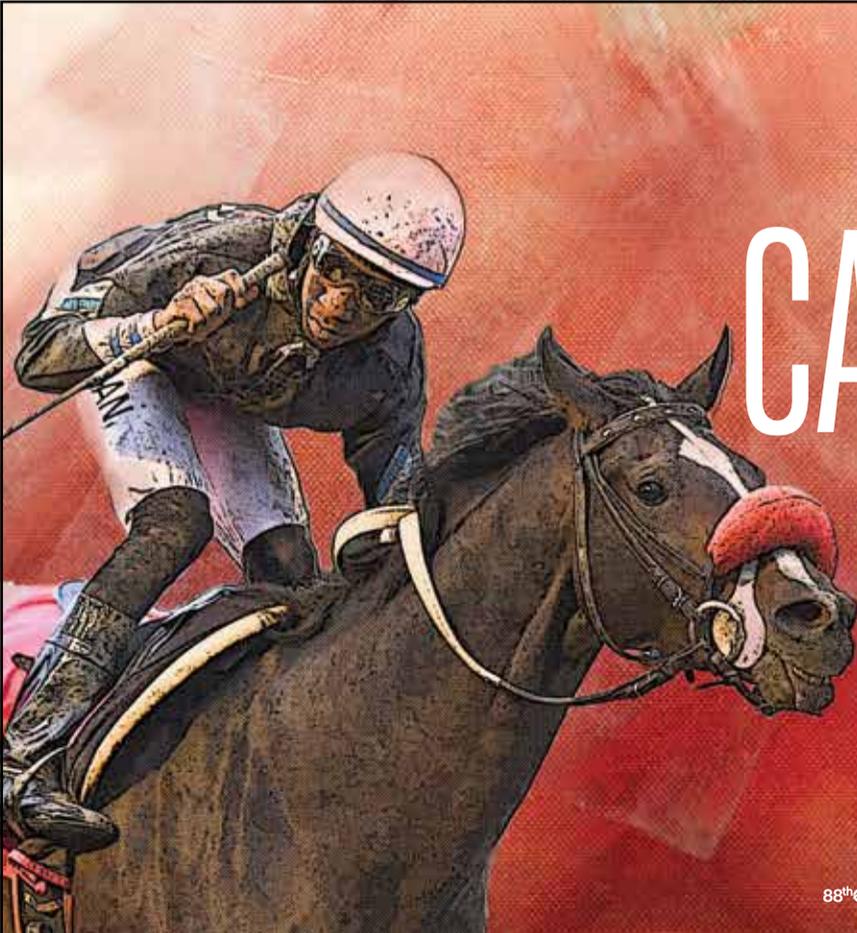
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