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## Celebrate Black History Month

This February, contribute to an important conversation



Left to right: Ahmed Abdulkadir, Dr. Sandra Song, and David Burry are organizing the Black History Month Celebration and the Social Justice Forum. | Rebecca Lippiatt

### TALEA MEDYNSKI

On Feb. 10-12, Edmontonians have the opportunity to celebrate Black History Month and participate in important discussions regarding institutional racism.

Ogaden Somali Community of Alberta Residents (OSCAR) and Concordia University of Edmonton are organizing the Black History Month Celebration and the Social Justice Forum.

The partnership makes sense. Ahmed Abdulkadir, executive director of OSCAR, is a graduate of the university, a community advocate, and has forged many partnerships with other organizations to help change attitudes.

David Burry, manager of Concordia University's Centre for Innovation and Research, said the centre helps with research and initiatives like Black History Month. Dr. Sandra Song, Concordia's Director of Public Health Department, researches issues impacting vulner-

able populations.

"We're a good example of how community groups and academic institutions can work together," said Song. "As a university, it's important to be a conduit, to be a bridge."

Burry added, "This initiative with OSCAR is one of many we've discussed. We look at this as being very beneficial to both sides."

"This month, we can examine and take an issue and say we did achieve something," said Abdulkadir.

The Black History Month Celebration on Feb. 10 recognizes important contributions, with traditional dance performances and East African food. Song said black communities played a significant part in building Canada.

"In terms of movement, of groups, they helped shape the country," Song said, explaining it's important for Canadians to "acknowledge, recognize, and commemorate their contribution to Canada's social fabric."

Abdulkadir said African immigrants should learn about the history.

"It's important to appreciate the struggle of the African community that was here before us and teach our kids about it. We need to own that history and contribute," said Abdulkadir.

The Social Justice Forum on Feb. 11 and 12 focuses on conversations about institutional racism in environments such as jobs, school, or public transit. Abdulkadir explained the forum is a way to examine what communities know and discover what they need to do. "It's important for people to talk about issues and experiences, examine what's working and not working in our communities."

Government ministers, city council members, and numerous organizations will be attending and participating in the event. But the organizers said they want anyone who is interested in contributing to the conversation to attend.

"Be present and be open-minded," said Song.

"We want to get through this forum to look at action items, be able to move to solutions," said Burry.

Abdulkadir explained racism was a huge topic during last year's forum, which shaped the topic for this year. He said there is a troubling amount of racism happening in schools. A huge problem, he said, is the lack of cultural understanding. *continued on page 2*

### BLACK HISTORY MONTH CELEBRATION

Edmonton City Hall  
Feb. 10, beginning 11 a.m.

The 2nd Annual Social Justice Forum  
Concordia University of Edmonton (7128 Ada Blvd.)  
Feb. 11, 9:30 a.m.-5 p.m.  
Feb. 12, 9 a.m.-12 p.m.

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## Celebrate Black History Month and tackle issues cont.

“Somehow we in this society accept this status quo.” Abdulkadir added that the solution is changing attitudes through public policy.

“At the end of the conference, we hope to publish recommendations and solutions, which we will be sharing with policymakers, community leaders, and the general public,” Abdulkadir said. “By bringing together legislators, grassroots leaders, academics, and the general public at the same venue, we believe that as public attitude changes, it will lead to produce better legislations and policies that can help and improve the

day-to-day lives of all Canadians.”

Influencing policy would hopefully create faster change toward issues like institutional racism.

“Change usually happens from the top down,” said Abdulkadir. “This has to be a joint effort.”

Although publishing the paper is a huge part of the forum, the main point is to get people talking throughout the year and developing concrete solutions.

Song said, “We want to continue this dialogue and not have this as a one-off activity.”

Song said they also hope to launch workshops targeting segments of the population, like recent immigrants, youth, and seniors.

But the forum isn't only focused on issues concerning the black community. “It's open to all groups. It's important we create that space for all groups to be invited,” said Song.

RSVP to register a spot: [research.concordia.ab.ca/ciar-events/](http://research.concordia.ab.ca/ciar-events/)

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

# Introducing your Community Safety Liaison

New NET member is ready to help the community

**ERIN BRYSKA**

My name is Erin and I'm the new Community Safety Liaison with the Neighbourhood Empowerment Team (also known as NET) for the Northwest division. I wanted to take this opportunity to intro-

duce myself and explain my role.

NET is geographically based throughout Edmonton and works in partnership with the Edmonton Police Service (EPS) and with a youth liaison from The Family Centre. NET identifies recurring situations affecting the perceptions or realities

of a community's safety. We work collaboratively with the community to implement innovative strategies toward a resolution of the issue.

Feel free to connect with me at 780.499.8987 or [erin.bryska@edmonton.ca](mailto:erin.bryska@edmonton.ca). I look forward to talking with you.



Erin Bryska is the new NET Community Safety Liaison for the northwest division. | Supplied

# Timothie Hill Hair here to stay on the Ave

Hill plans to offer massage and spa services

**HAMDI ISSAWI**

Hair stylist Timothie Hill has returned to 118 Avenue, and this time with a spa. Hill operated a salon on 87 Street just off 115 Avenue in Parkdale for almost 10 years. During that time, he contributed hairstyle makeovers to the Rat Creek Press.

After spending a few years on the south coast of British Columbia, Hill returned to Edmonton in 2009 to spend time with family. In 2014, he set up shop on Jasper Avenue and 117 Street.

But in December, hoping find a more appealing and convenient location for clients, he relocated to 39 Street, in the heart of Beverly and across from the Drake Hotel.

“I always thought it was a cute area,” he said, pointing to the Christmas-lit trees lining

the street. “I'm trying to convince my friends to open businesses here.”

Open Tuesday through Saturday, Timothie Hill Hairdressing & Spa is currently accepting hair appointments. But with rooms to spare, Hill also plans to offer massage therapy and esthetic services.

“I'm going to rent my rooms to practitioners, so I need to find them. They need to find me. But once we find each other, then they'll become part of the experience for the clients.”

Once spa services are available, clients can expect to find updates on the salon's Facebook page, which Hill updates regularly.

At this new location, Hill said he hopes to create “a sweet, little neighbourhood spa where mom and dad can both come and get their services at the same time.”

He added, “I just want people

to forget about their day when they come here. Just relax and just enjoy a peaceful environment.”

By way of introduction, or reintroduction for the acquainted, Hill is hosting open houses on Sundays between 2 p.m. and 5 p.m. at Timothie Hill Hairdressing & Salon until the end of March.

This time, he said, he plans to stay for awhile.

“I'm just happy to be back. I'm happy to be here and I'm here to meet you.”

*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's also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*



Timothie Hill relocated his salon to Beverly, where he plans to add a spa. | Hamdi Issawi

## CORRECTION

The article “The transformation of Alberta Avenue” printed on page 6 of our January 2017 issue had the wrong email address for Minister Danielle Larivee. The correct email address should be: [Minister.MunicipalAffairs@gov.ab.ca](mailto:Minister.MunicipalAffairs@gov.ab.ca).

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### ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. 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.

### GOALS

Build Community, Encourage Communication, Increase Capacity.

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### 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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# French-Vietnamese eatery to open on the Ave

Jasmine Belle Cafe to offer bubble tea and more

**HAMD I ISSAWI**

Next month, the building that housed Natalia's Hair Salon will re-open as Jasmine Belle Cafe, a French-Vietnamese eatery and coffee shop.

Located on the northwest corner of 87 Street and Alberta Avenue, across from Handy Bakery, the cafe will serve breakfast and lunch with fare from both cultures, said owner and operator Joanna Nguyen-Savoie.

Inspired by her family's

French and Vietnamese roots, Nguyen-Savoie said she plans to offer everything from pho and French bread to Vietnamese drip coffee and macarons.

"Basically, we want to bring something beautiful and pretty into 118 Avenue," Nguyen-Savoie said. "It's going to be a mixture of goodness."

The cafe will also introduce the Avenue to bubble tea: a flavoured, iced tea made with milk and tapioca balls. The idea to add the specialty drink to the menu came to Nguyen-Savoie in the fall. Her month-long

tour of Asia included a stop in Taiwan, the home of bubble tea.

"I said, 'You know what? There's nothing like that on 118 Avenue. Why don't I just bring it for people here?'"

Drinks and desserts aside, Nguyen-Savoie said she wants neighbourhood residents to have another family-friendly destination in the area. With ample seating and plans for a patio, she hopes the community will see her store as more than just a shop.

"I feel like this area is missing

something where families, like children and parents, can go and sit down and have a good time playing games or a place to read a book," she said. "There's a lot of mixture of people and it's kind of a convenient location too—right in the middle of everything. So hopefully people will come here."

Parking is limited to City of Edmonton stalls, so visitors might be better off walking or cycling (weather permitting) since bike racks are available nearby.

The cafe is also looking for

staff to fill part-time positions. No experience is required, and applicants can submit their resumes in person, once the cafe is open, or by email to [joanna.nguyen@gmail.com](mailto:joanna.nguyen@gmail.com).

*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's also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*



Owner Joanna Nguyen-Savoie (pictured) said Jasmine Belle Cafe is scheduled to open in March for bubble tea, board games, breakfast, and lunch. | Hamdi Issawi



The cafe is currently under construction. | Hamdi Issawi

# City seeks input for future of river valley parks

Dawson Park and Kinnaird Ravine plan enters phase two

**HAMD I ISSAWI**

The city kicked off the second phase of the Dawson Park and Kinnaird Ravine Master Plan last month by asking citizens to share their vision for the future.

An open house held at Alex Taylor School on Jan. 17 invited residents to help craft a vision statement, vote on preferred features, and map out their ideal park to inform design concepts that will be presented in the next phase.

"In terms of vision, we're looking for people to tell us what they imagine for the park 25 years into the future," said Cheryl Clieff, a city parks planner.

The city conducted the last

comprehensive plan for the area in 1975. This previous plan envisioned the park as a rest area with basic amenities as well as hiking and cycling trails. Since then, the city's population has nearly doubled, placing greater demands on the park.

"At the last session, we asked people what they really liked about the park, and what kind of improvements they would like to see. Now, we're building on that to get a little bit more specific," Clieff added.

Using feedback collected from the first phase and the results of an environmental sensitivities analysis, the city identified a set of principles to guide plans for the five types of terrain that make up the park: the mobility corridor, river valley

slopes, plateau parks, river edge, and Kinnaird Ravine.

One of these principles considers trail enhancements to the main route in the ravine's single gravel path. But the steep slopes, dense vegetation, and high habitat potential also flag the zone as the most environmentally sensitive.

"It doesn't necessarily equate to 'less will be planned,'" Clieff said. "It means that if there is development that's going to happen there, that is a trade off from the environment, and we need to make that informed decision."

Michael Reyes, a Riverdale resident, expressed an interest in safety measures added to the ravine, such as lighting for more flexible use, but voiced concern

over the impact the infrastructure might have on the environment.

"Kinnaird is definitely very natural, so you don't want to be too invasive with that part," Reyes said.

Reyes is a Spruce Grove city planner, but he also uses the river valley as a dragonboat paddler. As such, he said he understands the conflict between desires to enhance and preserve the park from both sides of the equation.

"A lot of people want to keep the park the same, but yet improve it, so it's like, how far are you willing to go to get out of the status quo?" he added.

The final two phases, planned for the spring and summer, will propose design options for fur-

ther feedback before submitting the final plan to city council in the fall.

Reports on the outcome of the planning phases along with details on how to participate in the process are available at [edmonton.ca/dawsonparkmasterplan](http://edmonton.ca/dawsonparkmasterplan).

*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's also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*

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# Enjoy a special evening on the Ave

Carrot by Moonlight offers wine, chocolate, and cheese

## KATE WILSON

Would you like to sip wine, eat cheese, and have a chef on hand to teach you some finer aspects of chocolate cuisine? The Carrot has the answer.

On Feb. 11 during the Carrot by Moonlight event, organizers will transform the café into a little French bistro.

"We'll be pairing wine and beer with different cheeses, as well as enjoying charcuterie platters," said Karen McGale, arts administrator with Arts on the Ave. "We'll learn how to create a chocolate ganache ... and then we'll create delectable chocolate tuxedo strawberries."

Besides enjoying the food and wine, attendees will also be treated to the stirring vibrato of

Fernando Munoz, a singer and guitarist from South America.

The evening is under the direction of Red Seal chef Mary Ann Aquino. She graduated from NAIT's culinary arts program in 2011, and her Red Seal certification represents the Canadian standard of excellence for skilled trades. Aquino is also operations manager at The Carrot and has taken over the reins as the festival food coordinator for the Deep Freeze and Kaleido festivals.

Now in its fourth year, Carrot by Moonlight has offered participants chocolate truffles in the past. This year organizers are shifting gears and bringing in Samantha Wall, culinary arts instructor at NAIT and a wine aficionado.

Wall is well-versed in the

art of wine and spirits. She comes to Carrot by Moonlight with many years' experience at Canadian Pacific Hotels throughout Canada.

"Samantha will share her expertise in wines, and with helping chef Mary Ann, they'll pair wines with cheeses for the event," explained McGale.

And just because it's around Valentine's Day doesn't mean non-couples are excluded. It's not a couples-only event, stressed McGale.

"The reason it was created was to give our community members a spot to gather and feel loved with friends and family. We get a good mix of couples and friends—it's a great evening for socialization."

The Carrot, opened in 2007, has become a comfortable hub

for meeting and making friends, enjoying various art forms, and connecting people. Carrot by Moonlight is one of the more popular events. That popularity makes it important to get advance tickets.

"Last year we sold out and seating is limited. No tickets will be sold at the door," explained McGale. "It's first come, first served for the tickets."

People can be seated from groups of two up to eight. Tickets are \$50 per person, available only at The Carrot until Feb. 9.

"Or people can order tickets by phone. Just ask for Mary Ann," said McGale. "It's a great evening to socialize with old and new friends and dance to great live Latin music!"

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

## CARROT BY MOONLIGHT

The Carrot Community Arts Coffeehouse (9351 118 Ave)

Saturday, Feb. 11. Doors open at 6:30 p.m. Event begins at 7 p.m.

Tickets: \$50. Buy tickets at The Carrot until Feb. 9.



Participants will help create chocolate tuxedo strawberries. | Pixabay



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Family service with pageant and Holy Communion.  
11:00 p.m. at St. Stephen the Martyr.  
Choral mass.  
Dec. 25, 9:30 a.m. at St. Stephen the Martyr.  
Choral mass.  
11:00 a.m. at St. Faith's. Service of Holy Communion.

# Mesopotamian cuisine available off the Ave

Zar Zor Restaurant offers an authentic palate of flavours

**SIERRA BILTON**

Fresh from opening, Zar Zor Restaurant, located on 121 Avenue and 90 Street, offers flavours drawing from long-ago Mesopotamia.

Mesopotamia is the ancient name for the land that once encapsulated large chunks of modern-day Iraq, Syria, and Turkey as well as slices of Iran and Kuwait. Mesopotamia made up a significant portion of the “cradle of civilization,” known for its rich soils that fed the first cities of early civilization.

It is with this rich history in mind that my dinner companion and I set off to Zar Zor Restaurant, curious and eager for traditional Middle Eastern flavours. Not long after we settled in, our waitress fetched

on-the-house Iraqi bread to go with our appetizer of kubba halab (crispy rice dough croquettes stuffed with minced lamb, onions, and herbs) priced at \$9.95 and hummus at \$3.95.

One can always gauge the quality of a restaurant by the care put into its bread. The Iraqi bread here is flame broiled and has a satisfying chewiness, similar to Indian naan bread. The hummus, topped with olive oil, paprika, and an olive, was simple yet satisfying.

One of my favourite parts of going to a Middle Eastern restaurant is the universal enthusiasm to share culture and language through food. After mispronouncing kubba halab, our waitress graciously corrected us and explained the ingredients of the rice dough croquette, which certainly did not disappoint.

For dinner, I had the falafel,

which turned out to be more like an appetizer, with six mini falafels, sliced tomato, and a sour-sweet dip for \$13.95. The falafel had a crispy outside and tender centre.

Although I was slightly let down by the falafel size, luckily my companion’s order of shish taouk (tikka) chicken arrived as a huge plate of food at a reasonable \$15.95. The pile of rice nearly covered the entire platter with various sides resting along the edge. An onion salad with spices, a welcome dollop of hummus, and a sweet roasted half onion and tomato all sat beside the rice, which towered with two skewers of perfectly marinated and chargrilled chunks of chicken. We enjoyed the sides and juicy chicken with the Iraqi bread the most, while the plain rice was more an afterthought of our enjoyment.

Just when we were ready to pay the bill, our waitress insisted on bringing us two pieces of baklava and tea. The black tea had subtle hints of chai that paired well with the crispy and sweet baklava. When I asked about the tea, owner Mark Piccolo cryptically replied, “All I can tell you is it is special ordered from Vancouver—it is meant to bring you back!” Indeed, it will bring me back.

Zar Zor is unique in its widespread options of breakfast, lunch, and dinner as well as specials on Fridays and Saturdays. On Fridays, Zar Zor offers dolmas (vegetables stuffed with rice, minced meat and spices) and cream chop (battered and fried chicken or beef with spices). On Saturdays, adventurous eaters can try pacha (Iraqi sheep head stew) and simak masgouf (char-

broiled whole fish). Piccolo recommends their popular qouzi (roasted lamb shank), which I may try during my next visit.

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

**ZAR ZOR RESTAURANT**

12118 90 St  
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Closed Mondays



The artfully presented hummus was simple and satisfying. | Sierra Bilton



Chargrilled tikka chicken with sides bursts with authentic flavours. | Sierra Bilton



**VOLUNTEER WHERE THE HAPPY IS!**

Northlands Volunteers play an important part at many of the events our city loves, including K-Days, K-Days Parade, Canadian Derby, Canadian Finals Rodeo, Farmfair International and the upcoming K-Days Rodeo! To learn more about our volunteer program and how you can participate, join us on one of the dates below.

**Northlands Volunteer Recruitment Fairs:**

- February 23 – 2 to 7 p.m.
- February 24 – 10 a.m. to 4 p.m.
- February 25 – Noon to 4 p.m.

**Location:**

Northlands Park Racetrack & Casino  
7410 Borden Park Rd. NW



## EDITORIAL

# Rethinking supervised injection sites

Sites should have been linked to broader city plans

**CRIS BASUALDO**

In December, a coalition called Access to Medically Supervised Injection Services Edmonton (AMSISE) proposed four supervised injection sites.

Supervised injection may decrease transmission of communicable diseases and provide better outcomes for people who overdose. As drug addiction affects a wide swath of society, regardless of socioeconomic status and geographic boundaries, supervised injection sites within hospitals or larger community health centres throughout our city (and province) seem reasonable. After all, hospitals or health centres are busy public places with onsite security, treatment beds, social workers, and natural surveillance.

Elaine Hyshka, a public health researcher, is an advocate

for safe injection sites. Hyshka was quoted in an *Edmonton Journal* article as saying she “envisions a network of supervised injection services offered throughout organizations already working with homeless and disadvantaged people in Edmonton’s core.”

She also co-authored a study with AMSISE. AMSISE is a small coalition whose members are the who’s who of needle distribution to street drug users in McCauley and Central McDougall: HIV Edmonton, Boyle McCauley Health Centre, Boyle Street Community Services, and the George Spady Centre Society. The study was informed by interviews of users who access the services they provide and concludes that supervised injection should be provided in their own existing sites.

Was this study done for a predetermined result? Seemingly,

AMSISE’s plan is nothing more than egregious attempt to bandage the festering wound created by myopic thinking that time and again has resulted in decisions that fail to holistically address cumulative impacts.

Instead, any plan for supervised injection sites should have been linked with broader city plans to encourage development of non-market housing and associated services citywide as well as plans to prevent and end homelessness. Research should be based on sound methodologies and data, and a full impact analysis should be done before moving to the public consultation phase. It’s unfortunate that this seemingly has not been done.

Drug use is tied to trafficking, street disorder, and organized, petty and violent crime. Near existing needle distribution sites in McCauley and Central McDougall are the highest

crime rates in the city, where services for homeless and drug-addicted people from throughout the region are concentrated.

Yet these are also traditional residential neighbourhoods occupied by seniors, families, and individuals, neighbourhoods with adjacent small business districts. Our current service model compromises public safety, affecting everyone.

The argument that supervised injection sites will reduce the number of discarded needles on our streets is a non sequitur. Streetworks has no plans to discontinue distributing needles but may extend its service hours. It’s not likely to change the behaviour of people who carelessly discard needles. And according to the study, 25 per cent of interviewees wouldn’t even bother going to supervised injection sites if they were more than a kilometre away.

The Edmonton Police Service

(EPS) “seeks a balance between the needs of those with addictions to illegal drugs and the rights of the larger community to live in a safe and crime free environment. We have to be certain that the needs of drug users are symbiotic with the public safety of the entire community, especially the most vulnerable - children, mentally ill, and elderly.”

Yes, EPS, yes!

*Cris has lived in Alberta Ave for 27 years. She has been a passionate community advocate for more than 20 years, volunteering on multiple boards and committees of local organizations, resident-driven initiatives related to planning and development, crime and disorder, and family-friendly amenities so that residents and businesses can thrive in safe and healthy environments.*



A woman who lives near Boyle McCauley Health Centre, where Streetworks distributes injection supplies, often sees new & used syringes. This photo was taken a few meters from the needle disposal box. | Supplied

## Supervised injection sites could be a boon

This model could help drug users and communities

**ADAM MILLIE**

There is ongoing concern in our communities about injection drug use in public spaces and discarded needles found in parks, alleys, and schoolyards.

In response to this concern, an interdisciplinary team called Access to Medically Supervised Injection Services Edmonton (AMSISE) has addressed public health issues surrounding injection drug use in the inner city.

AMSISE presented its recommendation of a distributed model of medically supervised injection sites to city council on Dec. 5. The plan would locate these sites in existing locations where services are delivered to injection drug users. These

locations include the Royal Alexandra Hospital and three other places where services are already offered.

While many people have concerns about safe injection sites, the fact is they have many benefits.

Let’s begin with the location of the Royal Alexandra Hospital. It’s close to most of the parks and schools downtown, which will draw injection drug users away from schools and reduce the number of needles found in our community.

Also, fentanyl has changed the behaviours of injection drug users. Fear of overdose has brought drug use to public areas near health clinics. Moving this use indoors improves the health outcomes for patients

and shows neighbours their concerns about public drug use and discarded needles have been addressed. In addition, these sites would reduce the number of needles leaving the clinic and ensure trained professionals handle, use, and dispose of needles properly. Having these sites will establish accountability measures that are impossible under the present exchange model.

Surprisingly, a remarkably small number of injection drug users live in the downtown core. In 2014, the Edmonton Drug Use and Health Survey identified 324 people in the inner city who inject drugs in public spaces.

Yet, this small group creates huge health care costs.

Medically supervised injection services reduce these costs by preventing the spread of viruses and ensuring sanitary injection practices are used.

It is my hope that this is the beginning of a program which will prescribe medication to these vulnerable people. If drugs are prescribed, patients will not have to obtain money from illicit means to support their addictions, resulting in additional cost savings for police, courts, and corrections, along with reduced property crime.

Yes, there are valid concerns of spatial density of poverty and concentration of services. Data supports the geographic distribution of services and housing. Yet, this theory should be applied to big picture issues that

primarily deal with density of public housing. It should not be used to obstruct access to medical services.

Our exceptionally resilient community has the opportunity to show compassion and empathy to our most vulnerable neighbours. We cannot allow ourselves to devolve to a NIMBY-ism that ignores data, escalates costs, and does nothing to address the injection drug crisis in our community.

*Adam Millie lives in Alberta Avenue. He has lived experience of addictions and recovery. He wants to make the world a better place.*

# Seeking a safe place for supervised injections

Possible supervised injection site draws mixed feelings

**HAMDI ISSAWI**

In the third-floor office of the Hull Block, a red brick Edwardian building on the edge of Chinatown, Georgina Fiddler keeps a photo album most people would find unsettling.

The images capture scenes she sees during walks around the southwest corner of McCauley: discarded syringes, empty vials, and people curled up on the concrete.

"I would have called 911 on that one because he wasn't moving," she said, lingering on one. "A needle with blood in it, people sleeping—this is every single day, and these are only a few of the pictures I have."

Fiddler, 63, has worked at the Hull Block for 10 years, and has lived there the last six. Three years ago, she started posting a digital version of the album on Twitter, tagging neighbouring agencies in protest, like the Boyle McCauley Health Centre (BMHC), a clinic down the street hosting a needle exchange service for IV drug users.

"They don't even hide anymore," Fiddler said. "They just come out onto the steps and shoot their drugs. But if they put a safe injection site here in Chinatown, this will become East Hastings."

The infamous drag in Vancouver's Downtown Eastside is well known for drug

and criminal activity. But since 2003, East Hastings has drawn attention as the home of Insite, the first legal supervised injection facility in North America.

Under a federal exemption from the Controlled Drugs and Substances Act, Insite provides clean equipment, space, and medical supervision to help users who bring their own drugs avoid some of the deadly hazards they would otherwise face, such as infection, disease, and overdose.

Since opening, the facility has had nearly 3.5 million visits and 4,922 non-fatal overdose interventions.

Five years ago, a group of researchers and healthcare professionals formed a committee to gather support for similar services in Edmonton. In October, the provincial government announced a \$230,000 grant to the group, known as Access to Medically Supervised Injection Services Edmonton (AMSISE), for public consultation on plans to integrate safe injection services into a few, yet-to-be-named, inner-city agencies.

The goal of the service is harm reduction, said executive director of BMHC and AMSISE member Cecilia Blasetti. Harm reduction is an intervention strategy that tailors addiction treatment to a user's needs, starting with the damaging effects of drug abuse and minimizing them where

possible.

"So you don't alienate [users] by judging and asking the impossible," Blasetti explained, "you say, 'What change can you manage?' and then, 'What can we support you to do, for you to be safe?'"

Unlike traditional intervention, which prescribes abstinence as treatment, harm reduction manages addiction more like an illness, alongside the symptoms, and less like a moral failure.

"You may be preventing HIV, you may be preventing hepatitis C, you may be preventing overdose, all those sorts of things," Blasetti added. "It has a very big impact on cost to the healthcare system, but it also has a big impact in terms of the health of the person."

According to Alberta Health and Wellness, medical services for Albertans with hepatitis C between 2004 and 2009 cost \$22.5 million, or an average of \$3,500 per person, per year.

As a member of Streetworks, an interagency harm reduction network, the BMHC is one of several inner city sites exchanging needles and providing clean equipment to mitigate the risks of injecting on the street.

In April, Global News reported that from April 2015 to March 2016, Streetworks dispensed 1.75 million needles, a 22 per cent increase from the year before. Six months later, in

October, CBC News reported that 1.13 million more had been handed out since then.

Streetworks' voluntary exchange program leaves Fiddler unconvinced that harm reduction serves the long-term interests of users or her community.

"So you shoot up in there, but you're still coming out onto the street. The pushers are still there selling their drugs in my neighbourhood."

But infection and overdose aren't the only risks facing street users.

Leah, 47, who asked that her last name be withheld, used to inject on inner-city streets and remembers when clean equipment wasn't as accessible as it is now.

A survivor of childhood trauma and then a motorcycle accident in the early '90s, Leah gradually moved from prescription painkillers to a 12-year, on-and-off IV drug habit. Between 2000 and 2012, she shot morphine, dilaudid, and cocaine to numb the physical and emotional pain of her past while keeping pace with her climbing tolerance.

In December, she celebrated four years of sobriety. But the scars of her past are still visible on her hand, swollen and pink from using dull needles when new ones were hard to find.

"You couldn't even go to the pharmacy," she said. "They wouldn't give them to you,

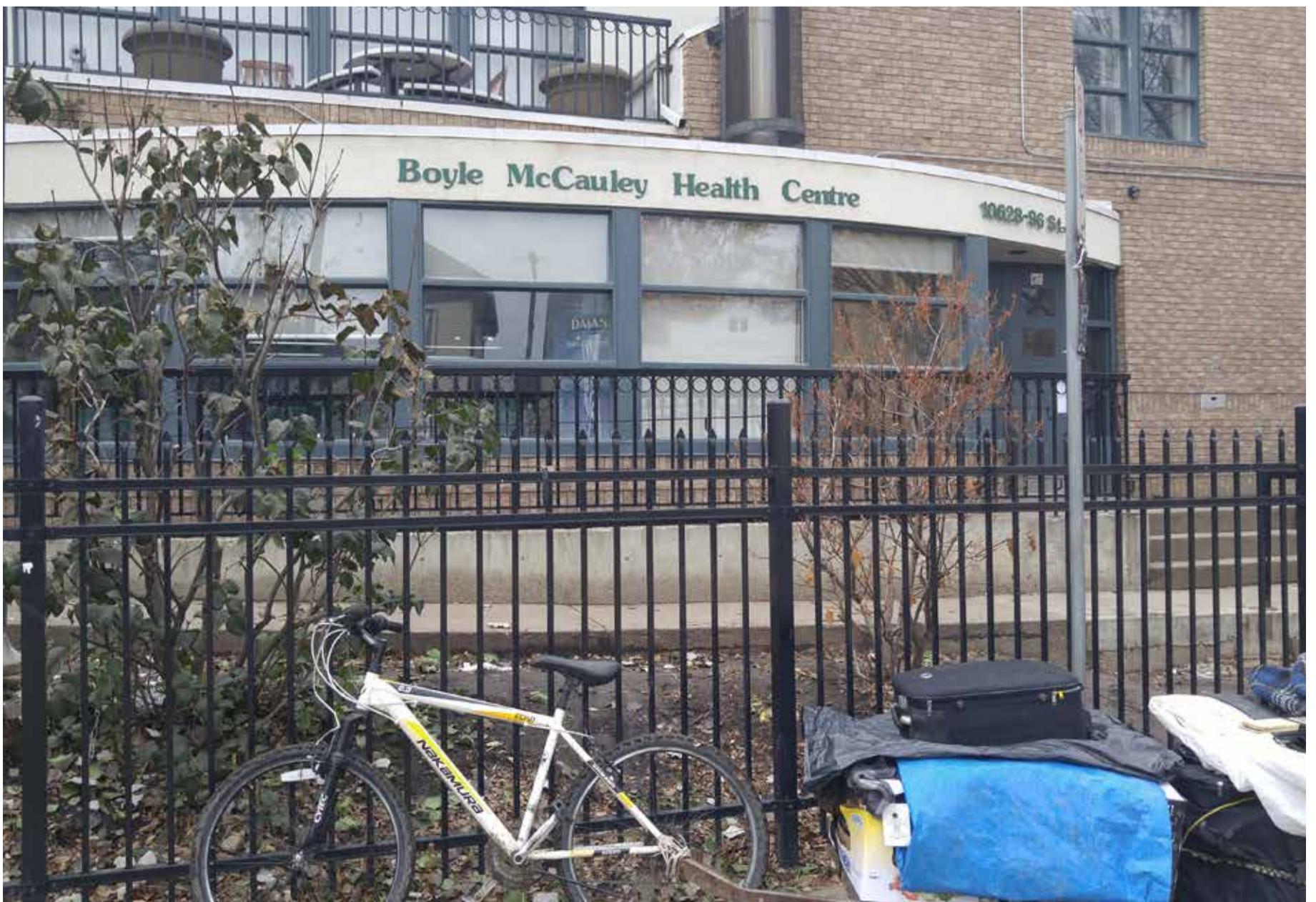
so you just reuse. And people would be filing them down." She continued, "It was still so hidden at that point in time. We were in back alleys, people were drawing water out of puddles, making cotton out of [cigarette filters]. Whatever you could get available."

Sometimes that meant sharing equipment. Other times it meant sharing space, like a shelter or a place to get high. Miraculously, Leah managed to avoid contracting HIV and hepatitis C, but she recalls one time when the need for space put her into a terribly compromising position.

"I was downtown in the inner city in Edmonton and I wanted to get high," she said. "And I had the drugs but I had no place to use. I didn't have the needles, so I went with a fellow and another girl to where they were staying—his house—and I was raped."

With access to a clean safe place to inject, she said, "I wouldn't have had to make that connection."

*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's also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*



As a member of Streetworks, The Boyle McCauley Health Centre hosts one of several needle exchange sites located in the inner city. | Hamdi Issawi

# Advice to keep your relationships alive

Ensuring your loved ones remain a priority

## RCP WRITER CONTRIBUTION

Lover, friendship, or family members: all of these connections take effort to maintain and blossom. Without attention, these important relationships will fall apart. This February, Rat Creek Press contributors took the time to share what they do to keep their relationships going.

## Romance

My significant other and I work completely different schedules, so we stay connected by sending texts of funny or cute pictures throughout the day. We'll also surprise each other every now and then with little things. He'll leave my favourite chocolates on my pillow for me to find when I get home. I'll send him a random postcard with different things that I love about him or for which I am proud of him written on the back. When we are home together, we make a point of spending quality time together. Sometimes this means a nice night out and other times it means we run errands together just to be close. We've been together for almost four years.

*Maegan Saunders*

Put skin in the game. We don't need science to tell us what is good for us, especially when it comes to relationships, but it is fun when it affirms what we have always known by adding a detail or two. Here it is: Science says touching is good for us, particularly skin to skin. (Who knew?)

Touching releases the feel-good chemicals in our brain—endorphins and dopamine—as well as oxytocin, the bonding chemical you can bet was flowing fast the first time we latched onto our mothers. This happiness cocktail helps us feel emotionally connected with the person we are spending skin time with. It even helps us better intuit their emotional states. Here is my remedy for a healthy long-term relationship (speaking from experience, not just a textbook): put more skin in the game. Touch often. Get rid of pyjamas and king-sized beds and spend more time snuggling skin to skin. There is no need for the romance to whither away; the older we get, the more we get of both time and skin.

*Aydan Dunnigan-Vickruck*

There's a chemistry about being in love that needs fuel to keep the sparks flying. For me, it includes being able to trust that we have each other's best interests at heart, knowing that these will keep shifting. To say 'ouch' when something hurts and to be allowed to make mistakes without the cost being too high keeps the bond honest and strong. Celebration, play, sharing dreams as well as chores, touching, laughing and counting our blessings all help.

*Patricia Dunnigan*

Our relationship is built on deep emotional intimacy. So, if I am feeling bored or unhappy or uncomfortable about ANYTHING in the relationship, I talk to my partner. I used to be scared to say anything as I didn't want to hurt his feelings or sound selfish, but he always takes the time to understand where I am coming from and talk things through with me. He is really caring and receptive to my concerns and needs and our conversations create a deeper intimacy and closer connection.

*Nicola Dakers*

This Valentine's Day will be the 20th I've spent with my wife (and 17 years of marriage this November). Aside from incredible grace, which is always undeserved, I can only pin this success on one clear choice. Nearly every week we've been together—and that's over a thousand weeks!—we've gone on a date. Sometimes out, sometimes at home, but almost without exception. Counting extended getaways, I'd guess we've spent more money on dating each other than on anything besides our home. The result? I don't just love my wife, I really like her, too.

*Dave Von Bieker*

## Friendship & Family

Relationships will survive and thrive when team spirit and action are developed and maintained. We all have distinct and unique qualities that make us who we are, and as individuals, we truly love our independence.

It is part of that individuality that relationships are sought after and formed. Deep down, we know we will not go as far by our ourselves as we will in a loving and caring relationship. A fulfilling relationship is filled with love, patience, understanding, and a team spirit where everyone works together to achieve more. Only as team players will any relationship weather the storms that life can bring.

*Rob Bernshaw*

The way we may have been brought up and life circumstances has some people not knowing what makes a healthy relationship. When we don't understand how healthy relationships work, we can fall into a pattern of having the same poor relationships. Understanding limited beliefs on how we lived our lives prior can have us exploring much about ourselves, especially if we have not been living authentically. Knowing ourselves brings us to attracting the same.

*Shirley Zago*

I live with my adult daughter, and while I wouldn't say we have specific techniques that allow two independent people to share a tiny apartment, we have a certain perspective and attitude that helps keep the relationship strong. A key is our willingness to listen. It's not always fun to hear how you've stepped over the line, but being able to attend and say, "okay, yeah, that's true" keeps things open. That's a more secure footing than feeling cornered or that you're unable to say what you're feeling. I must admit it's something I have to keep working on. We're both strong willed. We want to do things our way. So self-awareness and a willingness to honestly examine our habits is pretty important. At root, we want to keep our relationship intact—through all life's stages.

*Kate Wilson*

I call people from time to time to connect our relationship. Often my friends direct their energies elsewhere, so I call first. I keep deep relationships which ebb and flow and need little contact yet they flourish from the moment of our next meetup. I ask questions and endeavour to listen first. I share openly in turn and trust deeply.

*Tymofiy Haurysh*

# The history of a well-loved local home

The Grant house was home to a lawyer and his family

**CHANTAL FIGEAT**

In January 2002, Patricia Dunnigan bought a house rich in history and now lives in the 1914 house with her husband, Aydan Dunnigan-Vickruck.

Throughout the years, past owners have done a lot of work on the house.

“The interior was quite beautiful, someone had done a lot of renovation in 1995,” Dunnigan said. “I can sit anywhere in the house and I can see a different view, a different angle,” she continued.

As I walk through the house, I can see the care and effort put into renovations. The first floor has a creative artistic curved wall. It’s likely previous owners removed a double doorway to achieve this look. The brick wall between the kitchen and the living room has been exposed and partially removed, creating more light on the first

floor. A gas fireplace is now in the same wall. Previous owners also replaced part of the foundation and built a small extension at the back of the kitchen.

Patricia and Aydan have also completed some renovations.

“When I first bought the house, I hired a guy to fix up the exterior, it was really grim,” said Dunnigan. “He did the supports on the front balcony, it was really sagging,” she added. As for the interior, “we did very little to it until this year when the old stove in the kitchen broke...one thing led to another and we ended up renovating and getting a new kitchen,” Dunnigan said. Dunnigan-Vickruck hopes to rip out the carpeting in the main bedroom to expose the wooden floor and to refinish the original stairway banister and spindles.

The couple knew something about the history of the house, and I was able to add details

and check some dates.

The house is known as the Grant house because Alfred Grant, a lawyer, was the original owner. According to Henderson’s City Directories, in 1911 Grant was a law student rooming at the YMCA. Still living at the YMCA, Grant started a legal practice on Jasper Avenue in 1913. By 1914, Grant had bought the home on 94 Street (formerly Carey Street).

According to the 1915 and 1916 Henderson’s Directories, Alfred Grant continued his legal practice while taking on work as a contractor and a warehouseman while his wife May clerked for the Hudson’s Bay Company. But by 1919, the Grants had moved to an apartment and a provincial government clerk named Walter A. Murphy moved into the house. The difficult First World War economy forced many Norwood homeowners

to leave.

The house is designed in the American Foursquare Prairie Box style popular in streetcar suburbs during the mid-1890s to the late 1930s. The Grant house is quite typical for an American Foursquare. This boxy two-and-half story home has four rooms on both the main and second floors. The second floor hallway fans out to three bedrooms and a bathroom. The hallway includes original built-in closets. There’s also the typical wide front porch. It’s a simple and practical design which leaves a small footprint and “is easy to keep clean,” said Dunnigan.

The house also has balconies at the front and back, and the roof has a triangular extension leading to the top of the front balcony.

The couple are delighted with its character. Dunnigan-Vickruck pointed out the “coal chute at back” as we were

examining exposed boards in the basement. The floorboards contain many vintage square nails.

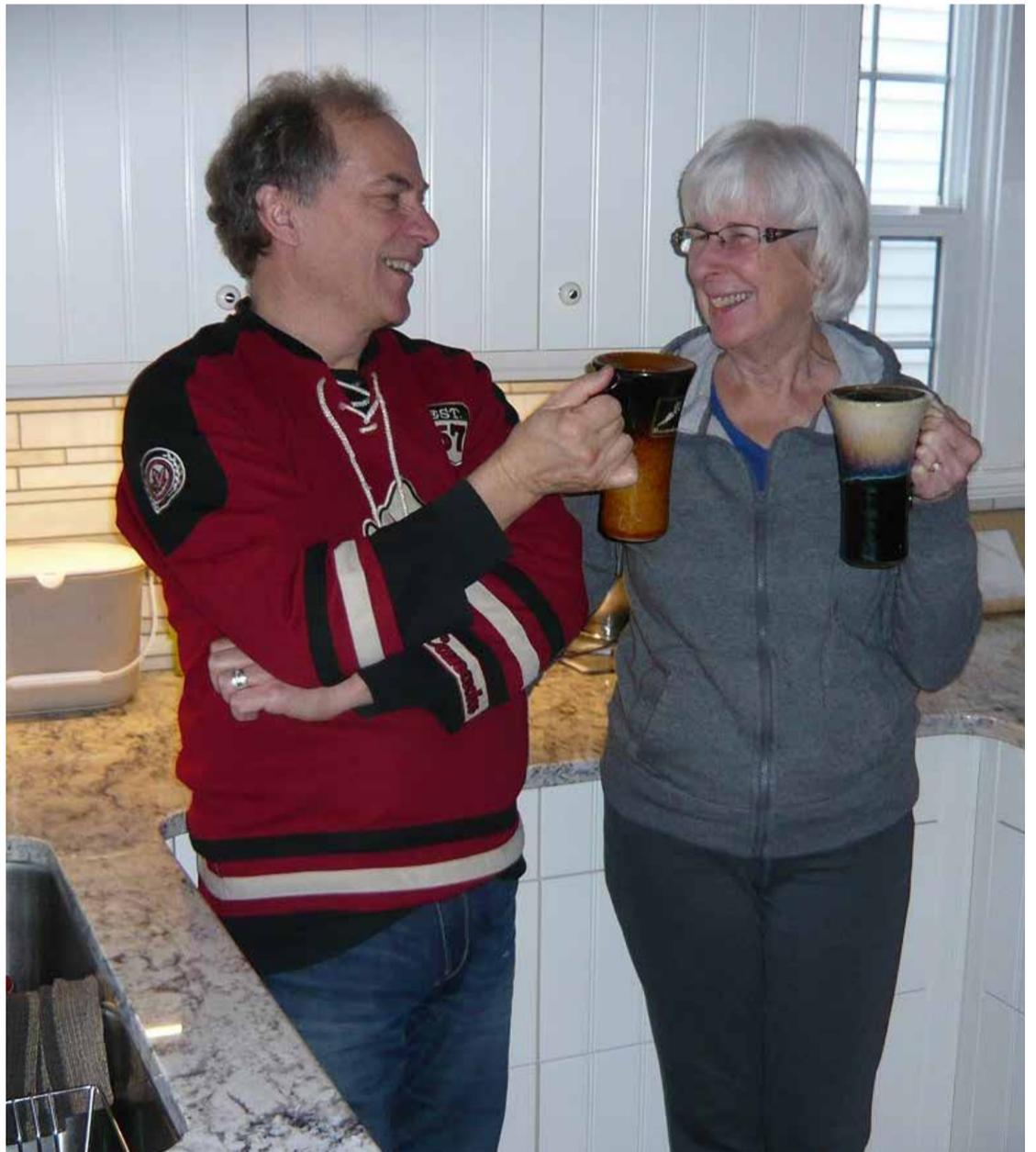
This house may have been a mail order kit home shipped by rail and assembled on site. It’s certainly the correct style and vintage. We looked for numbers on exposed boards to confirm this with no luck.

The Grant house is an example of the rising middle class prior to the First World War and a reaction to the ornate detail of the Victorian era. It deserves the care and appreciation it is getting.

*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.*



The home has balconies in the front and the back. | Aydan Dunnigan-Vickruck



Aydan and Patricia toast each other in their kitchen. | Chantal Figeat



Previous owners installed a gas fireplace. | Aydan Dunnigan-Vickruck

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**HOUSE FOR SALE BY OWNER**

Older two-storey, four bedroom house for sale in Alberta Avenue neighbourhood. Asking \$230,000.

Contact John at [jlarsen9@telus.net](mailto:jlarsen9@telus.net)

**Volunteer & Notices**

**COME HANG IN HAWRELAK PARK**

Volunteers needed for Silver Skate Festival, Feb. 10-20. See available shifts and sign up: [timecounts.org/silver-skate-festival](http://timecounts.org/silver-skate-festival). [volunteer@silverskatefestival.org](mailto:volunteer@silverskatefestival.org)

**DO YOU LOVE COFFEE? COMMUNITY? ARTS?**

Be part of a great team by volunteering as a barista at The Carrot! If you'd love to learn coffee art and the ins & outs of being a barista, or just want to get involved in the community, contact [volunteer@thecarrot.ca](mailto:volunteer@thecarrot.ca).

**HELP WITH BLOOMIN' GARDEN**

Every May, Alberta Avenue puts on a fantastic garden and art market. Do you have a little time to spare? Join the organizing committee: [bloomin@albertaave.org](mailto:bloomin@albertaave.org) or 780.477.2773.

**CASINO VOLUNTEERS NEEDED**

Help Norwood Neighbourhood Association on June 4 & 5. They fund many great local projects. [norwoodnna@gmail.com](mailto:norwoodnna@gmail.com)

**HAVE FUN & GAIN EXPERIENCE - VOLUNTEER WITH THE RAT CREEK PRESS**

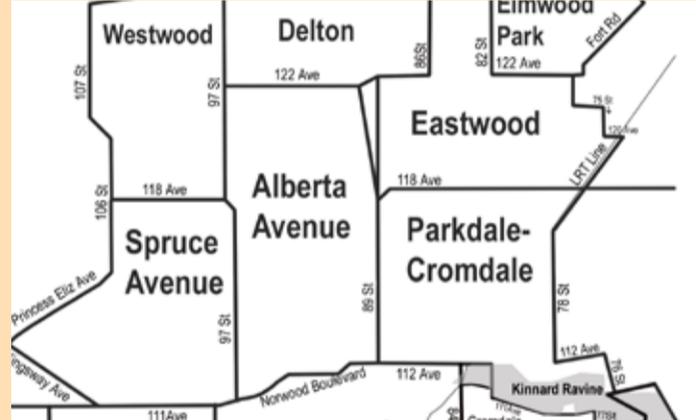
Many opportunities await! Love the RCP - tell others and earn a referral fee. Contribute story ideas, letters, articles, illustrations. Help populate our website. Get papers where they need to go. Take photos in your neighbourhood. Be the eyes, ears and voice of the RCP in the community. Sign up at [timecounts.org/rat-creek-press](http://timecounts.org/rat-creek-press) or call 780.479.6285 to join in the fun!

*Parkdale Cromdale Community League*

Join the movement: [pccl.info@gmail.com](mailto:pccl.info@gmail.com)

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**Interested in gardening?**

The Alberta Avenue Community Garden is taking applications for the 2017 season.

Apply online: <http://www.albertaave.org/community-garden.html> or call the office 780.477.2773.

Applications from outside the Alberta Avenue neighbourhood will be considered the first week of May.

**SPRUCE AVENUE COMMUNITY**

**FREE DROP-IN LEARN TO SKATE**

**Saturdays**

**Feb 4, 11, 18**

**2:30-5:30 pm**

All ages welcome.

Bring your own skates & helmets.

More: 780.479.8019

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10240 115 Avenue  
780.471.1932  
[spruceaveleague@shaw.ca](mailto:spruceaveleague@shaw.ca)  
[spruceavenuecommunity.com](http://spruceavenuecommunity.com)

**Beginner Hathaway Yoga**

Focus on breath, posture and meditation

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Tuesdays & Thursdays from 7-8 pm  
March 14 to June 1  
At Westwood CL (12139 105 St)

Cost: \$150 / person. Max 10 people  
Register: [info@westwoodcl.ca](mailto:info@westwoodcl.ca) or call 780.474.1979

**ELMWOOD PARK COMMUNITY LEAGUE**

12505 75 St | [epcl@shawbiz.ca](mailto:epcl@shawbiz.ca) | [elmwoodparkcommunity.org](http://elmwoodparkcommunity.org)

Visit our website to find more info about our ongoing initiatives, including **Abundant Community** and a **drop-in play program**.

League memberships are free. Contact us!

**We are hiring!** Apply for our Child and Youth Program Facilitator position

**OUTDOOR SOCCER REGISTRATION**

Registration Opens Jan 15th!

Please **pre-register online** at the [EMSANORTH.COM](http://EMSANORTH.COM)

**Attend a payment session** to complete registration: Feb 19th 11 am-2 pm; March 4th 11am-2pm; March 13th 6-8 pm; March 16th 6-8 pm

Delton Community League  
12325 85 Street 780.477.3326  
[www.deltoncommunity.com](http://www.deltoncommunity.com)



# WHAT'S ON IN FEBRUARY

Brought to you in partnership with [NorwoodNeighbourhoodAssociation.ca](http://NorwoodNeighbourhoodAssociation.ca)

## COFFEE WITH COPS

Feb. 7, 10-11:30 am | The Carrot (9351 118 Ave). Chat about neighbourhood concerns with Cst. Challenger.



## CARROT BY MOONLIGHT

Feb. 11, 7 pm. Doors open at 6:30 pm. Enjoy an evening of wine & beer pairings with international cheeses. Learn to make chocolate truffles. | The Carrot.

## SILVER SKATE FESTIVAL

Feb. 10-20. Loads of free family fun—art, culture and recreation—in Hawrelak Park. Huge fire sculpture burn and magical folk trail in the evening. [Silverskatefestival.org](http://Silverskatefestival.org)

## OUTDOOR RINKS

Delton, Eastwood, Parkdale & Spruce Avenue have rinks with boards. Snow bank rinks at Alberta Avenue and Sheriff Robertson Park. See page 10 for details or league contact info.

## LEARN TO SKATE

Free drop-in, 2:30-5:30 pm on Jan. 28, Feb. 4, Feb. 11 & Feb. 18. | Spruce Ave rink. All ages welcome. Learn basic skating skills through fun activities and games. Bring your own skates and helmets.



## FAMILY DAY

Feb. 20. Find details for city facilities and events at [edmonton.ca/familyday](http://edmonton.ca/familyday).

## ENTERTAINMENT

### PRO WRESTLING

First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: [monsterprowrestling.com](http://monsterprowrestling.com).

### 5 PIN BOWLING

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

### KARAOKE

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

### 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

### WINTER GREEN SHACK

Enjoy games, crafts, sports, outdoor cooking, and more! Free drop-in March 4-30. Tuesdays & Thursdays 3:30-6 pm and Saturdays 1-5 pm. Spruce Avenue (102 St & 115 Ave).

### SKIRTSAFIRE FESTIVAL

March 9-12. [Skirtsafire.com](http://Skirtsafire.com) Alberta Avenue

### SERCA FESTIVAL

May 16-19. [Sercafest.com](http://Sercafest.com) Alberta Avenue



# FREE COMMUNITY PROGRAMS

Go to [ratcreek.org](http://ratcreek.org) for more information

## ESL & LANGUAGE

**PRACTICE ENGLISH**  
Conversation circle, Mondays 7-8 pm at Sprucewood Library. Fridays, 10:30 am - noon at Highlands Library.

**CREE LANGUAGE**  
Conversation circle by Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

**ECALA ENGLISH**  
For community integration Mondays and Thursdays from 11:15 am to 1:15 pm at Parkdale-Cromdale. More: Sarah 780.887.6825 or [sarahdelano@hotmail.com](mailto:sarahdelano@hotmail.com).

**BOOK CLUB**  
For literacy learners, Fridays 10 am to noon at Parkdale-Cromdale.

**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.

**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](mailto:info@emcn.ab.ca)

## FOOD & SUPPORT

**PRAYERWORKS COMMON**  
Hot complimentary meals & warm friendship at St. Faith/St. Stephen. Thursday drop-in 10 am - 2 pm. 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 at 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.

## PARENTS & PRE-SCHOOLERS

**COW BUS**  
Edmonton Literacy Classroom on wheels every Friday from 8:30-10 am at Parkdale hall.

**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.

**MULTICULTURAL RHYMES THAT BIND**  
Pre-literacy program for families with babies & children pre-kinder age. Mondays 9:30-11:30 am at Parkdale-Cromdale. More: Sarah 780.887.6825.

**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. Wednesdays and Thursdays at 10:30 am at Highlands Library. 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](mailto: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 JR**  
Play video games, make a DIY project, or just hang out. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 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

**ADULT COLORING**  
Coloring and creativity. Books, felts and pencil crayons provided or bring your own. Second Wednesday of month, 7-8 pm at Highlands Library.

**AVENUE BOOK CLUB**  
Meets the last 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.

**NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)**  
Second Monday of the month 6:30-10 pm at The Carrot. RSVP: [Colleen\\_col\\_kside@hotmail.com](mailto: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](mailto:PCCL.info@gmail.com).

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

## FAMILIES

**BOARD GAMES NIGHT**  
Plenty of games to choose from or bring your own. Last Tuesday of the month 7 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.

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

**FREE REC CENTRE ACCESS**  
Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of Elmwood Park, Spruce Avenue & Westwood and on Sundays from 1-3 pm for members of Alberta Avenue, Delton, Parkdale/Cromdale. Eastwood does not participate.

## 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 11550 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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# TONY CATERINA

WARD 7 COUNCILLOR

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**Randy Boissonnault MP/Député - Edmonton Centre**



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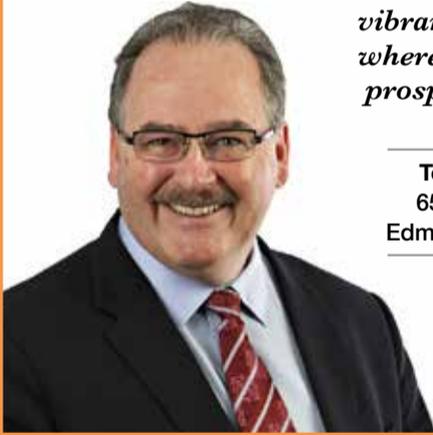
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