



RAT CREEK PRESS

ALBERTA AVENUE • DELTON • EASTWOOD • ELMWOOD PARK • PARKDALE-CROMDALE • SPRUCE AVENUE • WESTWOOD

SERVING 12,500 COMMUNITY MEMBERS

WWW.RATCREEK.ORG FEBRUARY 2018

The Aviary is officially open for business

Venue's opening is music to the owners' ears



Philip (left) and Mark (right) in the newly-renovated space at The Aviary. | Rebecca Lippiatt

TALEA MEDYNSKI

On Jan. 10, Philip and Mark Muz, owners of The Aviary, passed their liquor license inspection, the last hurdle the brothers needed to clear before officially opening.

"As soon as the AGLC inspector left, we locked the doors and screamed and hugged," said Mark.

It took them two years to open the venue due to delays with building and development permits, renovations, and inspections.

The biggest problem was changing the building use from what was a yoga studio into an all-ages, live music venue serving alcohol and food. The city doesn't have a licensing category fitting that description. The closest is a restaurant, so they had update the building to meet those codes.

"It was the only way to have minors. The Artery was an all-ages venue and we wanted to stay with that," said Philip, and added, "Being

the age we are, a lot of people we know have kids."

Their issues started with parking spaces. The city required them to have 27 spaces, but the brothers appealed for a variance for 16 spaces after Philip took stock of parking spaces on the street, side streets, and talked to neighbours.

They thought they were set, but the city rejected them. Frustrated, Philip tweeted about it and the media tracked them down. Although that got the city's attention, it still took them awhile to resolve the parking issues.

Renovation costs were also unexpected in getting the building up to code. They estimated renovations to be \$25,000-30,000, but it added up to a little over \$100,000.

Then there were plumbing, electrical, and gas inspections. The brothers were frank about their frustration with what they called "countless delays."

"[City inspectors would] book

an inspection and not show up," said Mark.

"The inspections were an absolute nightmare," Philip agreed. He talked about a blowup on Twitter over one of the delays. "I used the F-word and tagged Don Iveson."

Some of their customers didn't like the language and Philip apologized. But "every time we used the F-word, we got results," said Philip.

More hurdles tested their patience and endurance, like the minor confusion over the name on the food handling permit.

"I looked them [inspectors] in the eye and said, 'everyday counts,'" said Philip.

Happily, the last inspection passed without a hitch and The Aviary will now be open regularly four to five nights a week. Hours vary, but typically they'll open around 7 pm on weekdays and 8 pm on weekends.

"It's going to be an affordable and accessible space, open to every

genre. We're just a venue for everyone," said Philip.

And there will be music, lots of it. The Aviary is teaming up with Rylan Kafara from Boyle Street Community Services. For 16 weeks, 32 bands will perform and donor money will go toward the Boyle Street Recreation Program.

Expect art shows, too. Shows are already booked from May to July.

They'll sell food prepared in-house, with a varying menu, and serve vegetarian brunches from local caterers on Sundays starting the end of February. Prices will be in the \$12 range. Bar prices are also reasonable.

"We're really focusing on making this place affordable," said Philip.

Check their Facebook page at Aviary Norwood for more information.

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

INSIDE

COMBATIVE SPORTSBAN

Pro wrestling is now exempt under the ban. More details >> P2



THE ROMEO INITIATIVE

Learn the fascinating story behind the play >> P5

EDITORIALS

Read about childcare expenses and the importance of family >> P6-7



A HELPING HAND

Discover how one group of students helped Crystal Kids >> P8

VALENTINE'S DAY

Enjoy this unique story about the beloved holiday >> P10

MENTAL HEALTH

Learn how you can support someone struggling with mental health issues >> P14

SHARE & COMMENT ON STORIES ONLINE
RATCREEK.ORG

FB.COM/RatCreekPress
@RatCreekPress
@RatCreekPress

THE ROMEO INITIATIVE
BY TRINA DAVIES

MARCH 1-11, 2018

SKIRTS AFIRE FESTIVAL

Half romantic comedy, half spy thriller with a tantalizing twist...
Read all about it on page 5.

FEEL THE HEAT ON THE AVE 118

SKIRTSAFIRE.COM #YEGHERSTORY #FEELTHEHEAT

City council reviewing combative sports ban

Monster Pro Wrestling returning to Alberta Avenue Community League on Feb. 3

BREANN GURNEY

Good news for professional wrestlers and fans: city council has exempt professional wrestling from the combative sports ban and will review other combative sports on Feb. 21.

“City council heard what speakers had to say and voted unanimously [to lift the ban for pro wrestlers]—the council saw impact,” said Sean Dunster of Monster Pro Wrestling. “Such a relief, but also stress because now I have to organize a show in about a week.”

The city’s community and public services committee met on Jan. 17 to review the ban and proposed course of action. On Jan. 23, city council decided to exempt professional wrestling

since it’s considered entertainment and because the outcome is predetermined.

On Dec. 8, city council implemented a year-long ban on combative sports events following the death of Tim Hague, a Canadian heavyweight mixed martial artist who died from a brain injury last June following a boxing match.

Hague began to lose matches in his last years as a fighter and had three detrimental and unrecorded technical knockouts before his match with Adam Braidwood.

After Hague’s death, MNP, an external consulting agency hired by the city and the Edmonton Combative Sports Commission (ECSC), reviewed combative fighting policies.

Their report showed inadequate record keeping endangers fighters and suggested 18 recommendations to improve fighter safety, including qualifications of officials and matchmakers.

Sports affected by the ban are outlined in city bylaw 15594 and include any instance “where opponents strike each other with hands, feet, knees, elbows, or other part of the body and includes, but is not limited to, wrestling, full contact karate, kickboxing, martial arts, muay thai, or any combination of any of the above.”

Council heard statements from nearly 20 representatives of the combative fighting community, including champion boxer Jelena Mrdjenovich.

“I’m embarrassed to be an

Edmontonian for the first time in my life” said Mrdjenovich. The ban, if continued, would force her to forfeit her title.

“It is impossible to appeal the ban,” said ECSC chairman Steven Phipps.

Many of the fighters said the ban would force them to participate in unregulated matches to support themselves and their families. Consequences range from a fine of up to \$10,000 to a criminal conviction.

Various combative sports representatives said they are willing to cooperate with council to help improve regulations so they can get back on their feet and host events.

“This is my full-time job. If it [the ban] continues to be for a year, I’m going to have to shut

down,” said Melanie Lubovac, president of KO Boxing.

Council ended the meeting by agreeing to take a closer look at MNP’s recommendations and will reassess the current safety concerns in front of a full council in February.

“The moratorium could come off within a matter of weeks as long as city council is assured that some progress is being made on priority fighter safety recommendations,” said Mayor Don Iveson.

Council could lift the ban as soon as Feb. 28.

Breann is a journalism student and intern at Rat Creek Press. She focuses on political issues, multiculturalism, and human rights.



City council exempted professional wrestling from the combative sports ban on Jan. 23, 2018. | Rebecca Lippiatt

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.

GOALS

Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

Jessica MacQueen, John Dunn, Nicole Malenczak, Joe Wong, Sean MacQueen, Alita Rickards, 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.

COPYRIGHT

Copyright of articles, letters, photographs, and other online materials submitted and published by the Rat Creek Press in print or online remains with the author, but the Rat Creek Press may freely reproduce them in print, electronic and other forms.

DELIVERY

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

RATCREEK.ORG

I ♥ my RCP

Embracing the Sabrina Butterfly effect

Local designer opens new store in Montrose

TALEA MEDYNSKI

Sabrina O'Donnell, creator of Sabrina Butterfly Designs and a Parkdale-Cromdale resident, has been selling her clothing for 20 years. It's a favourite of Folk Fest attendees, Premier Rachel Notley, professionals, mothers, daughters, and anyone who favours comfortable yet classic clothing.

I met with O'Donnell at her new spacious store in the Montrose neighbourhood. Upon walking in, I spotted her creations, like the loose orange sweater that skimmed a mannequin's curves or the wide-legged trousers that are a staple of her line.

O'Donnell creates timeless, comfortable clothing using natural, quality materials with a stretchy blend. Her clothing features classic silhouettes, like a-line skirts, wrap tops, and simple yet tailored dresses.

Her career in design is no accident. She comes from a creative family and from a young age, she "created and crafted", often working alongside her grandmother, who affectionately called her Little Grandma.

"I learned to sew in Grade 7 home economics," O'Donnell said. "Every time we had a project, I pushed it farther."

Although her high school only offered basic sewing classes, O'Donnell's teacher recognized potential in a few of her students and helped nurture and develop their sewing and design skills.

"My teacher was awesome. We were able to create a whole class and got credit for it."

By Grade 12, she knew she wanted to pursue a career in fashion.

"A lot of design comes from finding the fabric first," she said, explaining she likes the feeling of fabric and

sewing. "I love texture, how fabrics change. I love when fabrics change form and shape. I love earthy tones and finding unique buttons."

She's inspired by fashion from the early 1900s to the 1950s.

"The sewing just comes to me really easily. It's like sculpting for the body."

O'Donnell completed a two-year fashion design course at the University of the Fraser Valley in British Columbia. After graduating, she cut clothing designs for her mentor Angela, who produced clothing for plus-sized women aged 40 to 70. Soon, Angela asked her to bring in her own collection.

"It gave me experience in making clothing for different shapes. It was good in having to tweak designs and keep things simple."

She worked for Angela for two years, then worked independently for a year as part of her collective before moving back to Edmonton.

"I wanted to recreate myself. I asked myself who I wanted to design for. I wanted to make clothes for people my age [then in her 20s] and in a regular range of sizes."

O'Donnell's clothing is for "the naturally comfortable woman." It's versatile and can be layered to wear throughout the year, with sizes ranging from XS (sizes 4-6) to XL (sizes 16-18).

"For the most part, my clothing sells itself. People know what they want to wear it for."

She built her business steadily, selling her clothing in SUB (University of Alberta), festivals, community halls, and church spaces.

"My business started through word of mouth. It was hard but good. Word of mouth can be the best thing."

Her husband Keith Walker, who has many for-

ward-thinking ideas, pushed her to start an email list and pursue larger craft shows, markets, and festivals. Eventually, she discovered local clothing stores and stores across Canada who were interested in showcasing a small collection of her line through consignment and wholesale.

In September 2007, she opened Sabrina Butterfly Designs in the Highlands neighbourhood. Ten years later, she moved to a new location because she wanted space for a workroom in the store to create her clothing. Walker set aside his art career and devoted a year to completing many of the renovations needed to transform the space. They opened the new location in September 2017.

"I just wanted everything under one roof," she said. O'Donnell had created the clothing at home prior to the move. "There wasn't anything available in Highlands."

Throughout all those changes, the quality of her clothing has remained the same. She laughed as she explained customers say the clothing simply doesn't wear out. While she'd like those customers to buy more of her clothing, it's obvious it's quality clothing.

"It's neat to hear that clients are still getting compliments over pieces they've owned for years."

Visit O'Donnell at her new store in Montrose.

SABRINA BUTTERFLY DESIGNS

6007 120 Ave
Tues-Sat, 10 am-5 pm



O'Donnell in her workroom with the industry cutter she uses on fabric. | Talea Medynski

LOVE YOUR community newspaper?
Don't keep this secret. Tell someone!



<p>size 5.625 x 2.25"</p> <p>\$95 colour \$75 B&W</p> <p>Image builder</p>	<p>size 5.625 x 7.5"</p> <p>\$325 colour \$250 B&W</p> <p>1/3 page tall</p>	<p>size 3.625 x 7.5"</p> <p>\$225 colour \$175 B&W</p> <p>1/5 page tall</p>	<p>size 1.75 x 2.25"</p> <p>\$40 colour \$30 B&W</p> <p>Thumbnail</p>	<p>size 9.5 x 2.25"</p> <p>\$250 colour</p> <p>Front PageBanner</p>
<p>size 9.5 x 7.5"</p> <p>\$500 colour \$400 B&W</p> <p>Half page ad</p>	<p>size 5.625 x 5"</p> <p>\$225 colour \$175 B&W</p> <p>1/5 page square</p>	<p>size 9.5 x 5"</p> <p>\$325 colour \$250 B&W</p> <p>1/3 page banner</p>	<p>size 3.65 x 2.25"</p> <p>\$65 colour \$50 B&W</p> <p>Business card</p>	<p>size 9.5 x 2.25"</p> <p>\$150 colour \$125 B&W</p> <p>Banner</p>
			<p>size 3.625 x 5"</p> <p>\$125 colour \$100 B&W</p> <p>Double business card</p>	

Refer new advertisers & earn 10% cash on the value of the initial ad sale!

RATCREEK.ORG

Ministry provides a welcoming open door

Staff foster a nurturing environment that promotes healing

CHANTAL FIGEAT

A unique ministry on the Ave is helping provide support to vulnerable Indigenous individuals with complex issues and who are experiencing particularly difficult situations.

The Edmonton Urban Native Ministry (EUNM) is a registered charity operating in the basement of St. Andrew's Presbyterian Church at 87 Street and 118 Avenue, separate from the ministry headed by Rev. Mark Chaing on the main floor.

Pastor Tim Choi quickly moves around the EUNM premises in an active and dedicated manner. He is the second pastor at the ministry.

"I came here in 2012, but it started in 2004," stated Choi.

Chaing said the EUNM

has been a good thing for the church.

"St. Andrew's feels very blessed to have Edmonton Urban Native Ministry working out of our building. Opening our space has helped to open our hearts," said Chaing.

The Presbyterian Church's role in the EUNM comes from the acknowledgment of their role in residential schools and the vulnerability of the Indigenous population to sexual exploitation, addiction, poverty, and homelessness. The Presbyterian Church also acknowledges the need for reconciliation.

The EUNM helps those affected by sexual exploitation, addiction, poverty, and homelessness.

Choi and his volunteers provide social, spiritual, and practical support in an inclusive setting. They also work

with other churches to offer a summer camp, a vacation bible school, and children's ministry programs.

"The Presbyterian Church of Canada decided to appoint eight ministries like this. This is one of those eight ministries," said Choi.

Choi is careful to acknowledge the contributions that both volunteers and patrons make. These contributions can range from taking orders at the kitchen counter to contributing to a discussion. An appreciation of what people do helps develop self-esteem and build healthy relationships. Choi agreed that there's a lot of satisfaction gained in serving a community, but added, "it's a lot of work".

Walk along Alberta Avenue and you'll frequently see people suffering from the complex and traumatic issues that EUNM

is addressing. Experiencing these issues is traumatic and can result in Post Traumatic Stress Disorder, anxiety, and relationship and self-esteem problems.

Choi and his volunteers work together to provide a non-judgemental, healing environment.

"It's been a valuable tool in my recovery for a healthy lifestyle," commented Ken Starr, a three-year patron.

Jennifer Harding, a volunteer, spoke about the importance of the EUNM. "I would say [participants] have a place to go, a place to be welcomed," she said.

Other services include a drop-in between 10:30 am and 3 pm on Tuesdays, Thursdays, and Fridays. They serve lunch between noon and 1:30 pm on Tuesdays and Fridays and provide a small food hamper every

second Thursday. In addition, the ministry provides a meal after the 4 pm Sunday service. They also provide computer access.

Donations are appreciated. Presently, "we require pre-washed clothing," said Choi.

Despite its focus on the Indigenous population and location, the EUNM opens its doors to all people from all denominations. You are welcome to drop in at St. Andrew's church and contact pastor Choi at 587.520.3950 or timcs1@hotmail.com.

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.



From left to right, Dehlia Steinhauer and Jennifer Harding with pastor Choi outside St. Andrew's Presbyterian Church. | Chantal Figeat

Visit ratcreek.org to read a collaboration from RCP contributors about Valentine's Day!

Norwest
INSURANCE
AGENCIES LTD

Auto * Home * Business * Life
RRSP * Travel Insurance
Real Estate

11734 95 St 780.477.9191
Serving this community
since 1976

Randy Boissonnault MP/Député - Edmonton Centre



Edmonton
10235 - 124 Street/rue
Suite/bureau: 103
Edmonton, AB T5N 1P9
Tel: 780-442-1888
Fax: 780-442-1891

Ottawa
House of Commons
Chambre Des Communes
Ottawa, ON K1A 0A6
Tel: 613-992-4524
Fax: 613-943-0044

Randy.Boissonnault@parl.gc.ca

History provided playwright with inspiration

The *Romeo Initiative* tells a tale of deceit and love

TALEA MEDYNSKI

A spy agency psychologically profiles a West German secretary and delivers her perfect man to embark on a romantic relationship with her in an effort to elicit confidential information.

Sounds fictional, right? But this actually happened during the Cold War and Trina Davies, a playwright who lived for years in Edmonton, found inspiration in history.

Davies was living in her Alberta Avenue home several years ago when she stumbled on the history that inspired *The Romeo Initiative*, which will be staged at SkirtsAfire from March 1-11.

"I was flipping through the channels on the TV—it was spy week on The History Channel," Davies said.

During the show, a distressed woman said she had been a West German secretary during the Cold War when a spy

agency targeted her and sent a man to seduce her and discover confidential information.

"She was crying and crying and didn't care about spies, but just wanted to know if he had loved her," Davies said.

The East German secret police had psychologists develop profiles of targeted women. Then, they'd find a "Romeo" who matched what that woman wanted and who could be coached.

"They'd create elaborate, accidental meetings. That spy would be groomed and have a plan. Sometimes they'd stay in the relationship for years before they asked for information."

Often the women didn't discover the truth until after the fall of the Berlin Wall, a crushing realization after a relationship that may have lasted decades.

The show got Davies thinking. "What is real love?" And espionage aside, "Do we really know who we're getting into a relationship with?"

The Romeo Initiative, based on that espionage program, is a spy thriller and romantic comedy.

"The play digs into the complexities of the idea of whether you can love someone and betray them at the same time," said Davies.

Nancy McAlear, the director, said, "It's like *The Bachelor* when [participants] are removed from their everyday existence. Do they really love each other when they get back to real life?"

Annette Loiseau, festival director, explained mainstage plays over the past three years have focused on mothers' stories. She wanted to do something different.

"*The Romeo Initiative* is a period piece that offers intrigue, suspense, history, romance, comedy, and heartbreak. It presents two strong women who are opposites in personality yet both fierce in their pursuits. It's a solid woman's story, but it also gives us a male character for the first time in our main-

stage productions; he is attractive, dashing, complicated, and layered.....like the play. *The Romeo Initiative* is bringing a whole new perspective to our audiences and I think they are going to LOVE this play."

Davies did a fair bit of research. There was no historical record for the methods used, so she dug into the biochemistry of love and how dopamine and serotonin come into play. She researched Helen Fisher's work.

"Helen Fisher took people who were in love or going through a breakup and put them through an MRI," Davies said, explaining how Fisher, an anthropologist, researcher, and author, analyzed participants' brain scans.

Davies also read about methods and strategies pickup artists use on women, threading it into the story. She wrote the play in 2008. In 2012, *The Romeo Initiative* was a finalist for the Governor General's Award for Drama.

But mostly it's a relatable play. "This play is for anyone who has ever been in love, and for anyone who has ever experienced heartbreak. It is for anyone who has wondered 'what happened?' Which, I expect, is a lot of us," said Davies.

McAlear added, "I hope [audiences] will get swept up in the romance of it but then they'll try to figure out what's happening."

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

THE ROMEO INITIATIVE

Playing at SkirtsAfire, March 1-11
 Alberta Avenue
 Community League (9210 118 Ave)
 Cabaret Theatre
 Visit skirtsafire.com for more information



Trina Davies, pictured, hopes to attend SkirtsAfire for the Edmonton premiere of the play. | Supplied

Nancy McAlear, pictured, will be directing the play during its run at SkirtsAfire. | Supplied

FREE cut with regular priced colour or 25% OFF cuts

New Clients Only

TIMOTHIE HILL
TH
 HAIRDRESSING & SPA

3910-118 Ave., Edmonton
 780-604-8838

f Like i

Brian Mason, MLA

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

f t

Follow me on Facebook & Twitter
 Search for: "Brian Mason Edmonton"

edmonton.highlandsnorwood@assembly.ab.ca

Province expanding child care program

Affordable child care boosts economy and fights poverty

MIMI WILLIAMS

Just before Christmas, the province announced that it was expanding the \$25/day child care program it launched last April.

An additional 78 early childhood centres will be added to the original 22, with 4,500 extra spaces to be created across Alberta, said the press release. This is great news for families, particularly those struggling with high child care fees, but it's a drop in the bucket relative to the need for affordable, quality child care spaces, particularly in Edmonton.

Of the 270 \$25/day spaces funded in Edmonton, only 123 are actually accepting children. It is unclear when the 71 spaces operated by the Bissell Centre will be available; they hope to make an announcement later this spring. Both ABC Head Start and the Oliver Centre continue to look for appropriate space to house the spaces for which they have been approved funding. Space is a problem far too common for non-profit organizations in our city and it's a problem that the City of Edmonton has been reluctant to address.

As of press time, applications for child care spaces were still being accepted on a first-come, first-served basis at the Africa Centre (which has a total of 40 spaces), while the 83 spaces at the Intercultural Child and Family Centre operating at the old McCauley School

was full and had a waiting list. Applications for the second stage of the program were being accepted to the end of January and the successful proponents will be announced early this spring.

Last year, EndPoverty Edmonton identified six "game

families who are struggling to care for their children. People with modest and middle incomes are having a hard time as well. A recent report from the Canadian Centre for Policy Alternatives looked at child care fees across the country. Edmonton landed in the

parent with one child earning less than \$42,120 is eligible, while a two parent family with one child must earn less than \$50,000 to qualify. For families with two children, these figures go up to \$44,000 and \$52,000 respectively. The maximum amount available for infants is

dized program, the work force participation of women aged 20 to 44 increased from 76 to 85 per cent, far exceeding increases seen in the rest of the country. And while Alberta still leads the country with respect to women's labour force participation, the numbers here are

going down, not up.

Governments know the lack of quality child care spaces has a negative impact on our economy, which is why we've seen the provincial and federal governments announcing significant boosts to funding. They know increasing the numbers of women participating not only help boosts our economy, but is also an important factor in addressing poverty.

In 2015, Canadian families with stay-at-home mothers made up 43 per cent of low-income households, compared to just 12 per cent of those with working mothers, according to the report.

It's time the City of Edmonton pay more than lip service to being child-friendly

and step up to the plate in helping child care providers find the space they need to operate, which will help families, too.

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.



Affordable, quality child care will help everyone in the long run. | Pixabay

changers" that would make a real difference in the lives of people Edmontonians living in our city. The fifth of these was the provision of affordable, quality child care. Also last year, the city launched its Child Friendly Edmonton Working Plan, which was long on platitudes but offered few specifics for families to access affordable, quality child care.

It's not just low-income

middle of the pack, with parents paying on average \$790/month for a space in a day home to \$990/month for space for an infant in a child care centre. According to the report, costs increased by 19 per cent in Edmonton between 2014 and 2016.

Subsidies are available on a sliding scale for low to middle income families through the provincial government. A single

\$628 and \$546 for preschoolers, with subsidies for school-aged children topped at \$310.

A Conference Board of Canada report released last October suggests that Canada is a laggard compared to the rest of the world when investing in early childhood education and will lead to long-term negative economic impacts. The report also showed that 20 years after Quebec implemented its subsi-

I want a pharmacist who takes my needs to heart.

We hear you.

Parminder Bhui, Pharmacist Owner
8111 - 118th Avenue, Edmonton
P: (780) 477-1192

Monday to Friday: 9:00 am - 6:00 pm
Weekends & Holidays: 10:00 am - 2:00 pm

Your health. Our priority.

The Medicine
Shoppe®
PHARMACY



Family forms the building blocks of our lives

How we are raised influences us as adults and parents

FRANKI HARROGATE

I'm sure most of you are familiar with proverbs or sayings like: It takes a village to raise a child, quality time, or spare the rod and spoil the child.

Everywhere we look as caregivers, we receive advice (usually conflicting) about how, exactly, we should connect with our children and raise them.

There's no denying that family matters. What we learn as children influences our attachment and parenting styles as adults. What we learn as children about our place in our families provides the building blocks for how we navigate and negotiate our way through society. Coping skills, resiliency, language acquisition, and problem solving are all initially learned through the lens of our family of origin.

Albert Bandura pioneered the idea of social learning theory, where children learn from their environments by observing

the behaviour of those around them. Essentially, children learn to behave as they see adults around them behaving. Those behaviours are usually carried into adolescence and adulthood unless there's a conscious effort to establish different practices.

Do a little experiment: how do you solve problems or deal with frustration? Write them down.

How did your parents solve problems or deal with frustration compared to you? Notice any similarities? Notice any areas where you deliberately do things differently?

If you chose to use different strategies, I bet it took some work to get them cemented as your go-to technique. This is because what we learn within our families stays with us: they are the foundation by which we learn to build our senses of self, of others, and our place in the world. Children raised in environments where questions were welcomed and learning from

mistakes was promoted tend to have higher resiliency than children raised in environments where mistakes were met with harsh critiques and/or shaming.

Family is also where we learn cooperation, essential to the success of our species. Interacting with our family of origin cements the idea of community. Research shows that infants and children who are denied attachment often have trouble identifying and managing their emotions, have poorer cognitive development, and can even develop anti-social behaviours as coping mechanisms.

So if someone has a family of origin where dysfunction and disordered attachment were the norm, are they doomed forever to maladaptive coping strategies? No. The urge to create and maintain family bonds is strong, and when families of origin are unable to meet our needs for emotional support and acceptance, research shows we turn to families of creation.

These families can result in bonds just as strong, if not stronger, than the bonds within families of origin. This search for connection is part of the reason that disadvantaged youths are so vulnerable to joining gangs or other groups, such as cults. But beneficial families of creation can often be protective factors, particularly with respect to LGBT2SQ+ (lesbian, gay, bisexual, trans, two-spirited, queer, and all other sexual/gender minorities) youth and adults.

As parents, what can we do to provide a quality family environment? The foundational part is attachment: how much time are you able to spend with your kids where you're all experiencing connection? I'm sure most parents are familiar with the response of "nothing" when they ask their offspring what happened during their day. One way to get around this is to ask questions like, "What was the

funniest thing that happened today? Who were you kind to today? Who did something kind for you? What was your favourite part of <insert class or subject of study>?"

Connection and strengthening family bonds is all about quality time. With little ones, any sort of side-by-side activity such as reading books, telling each other stories, and even just snuggling as you watch the snowfall, the sunset, or the sunrise is an important building block for connection.

Don't look for perfection; look for connection. We all have busy lives and responsibilities. Look at family time as a chance to model showing love as well as receiving it. Adults need to feel connected, too.

Franki is a graduate student in counselling psychology and an active volunteer. She's happily married to a talented acupuncturist, and mama to two fascinating miniature humans.



Finding time to connect with your family helps to strengthen family bonds. | Franki Harrogate



What we learn from our families as children influences us later as adults and parents. | Franki Harrogate

Students built a skyscraper of donated soup

Young heroes lend their peers a helping hand

REBECCA LIPPIATT

Students from an International Baccalaureate (IB) school went to an inner-city agency to help other kids, but received an education and made new friends in return.

The children from St. Boniface School are developing an ongoing relationship with Crystal Kids. Last year, the students built a mountain of donated macaroni. This year, they constructed a skyscraper with 377 cans of donated soup. Both were hands-on activities and making the pyramid of soup was a math lesson in design.

The students call themselves H.E.R.O.s: Helping Everyone Respect Others.

Tessa, a St. Boniface student, said of the motto, "it's important to know how to respect people." Tessa had never been to the inner city before, but said, "Crystal Kids is a fun place to hang out." She added, "These kids are awesome. So friendly and fun to hang out with."

Miri Peterson, executive director for Crystal Kids Youth Centre, explained the

centre feeds 60-65 kids a day. They serve two snacks and a meal after school and in the summer, they serve two meals and two snacks.

"The number one way out of poverty is education, but in poverty, it's hard to concentrate on your education when you are hungry," said Peterson.

[in any other situation] wanting to help other kids."

Joy M, another St. Boniface student, said, "We wanted to help other kids who don't have as much."

Last year, Kris Werzun, the IB learning coach at St. Boniface School in Riverbend, started a leadership club.

true leaders stayed.

"The IB program is all about children taking action in every aspect of their schooling: to choose, act, reflect," said Werzun. The children participating in the program were asked to be leaders and encouraged to explore what it means to be a leader.

but Werzun encouraged them to do more research around their purpose. One of the students, now in Grade 7, said she wanted their group to be about "kids helping kids." They dug a little deeper and asked themselves "what can we do?" They wanted to have a practical task.

Werzun was struck by their commitment to being hands-on in their donation. "That was impressive to me that they have that internal work ethic."

Nicole Radke, front-line worker for Crystal Kids said, "It's a really good experience to see these kids and it was nice they did the meal prep."

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. She's also a mother to two boys and stepmother to two girls.



James, who helped re-create the skyscraper of soup, called the donation "good." St. Boniface donated 377 cans of soup. | Rebecca Lippiatt

"These guys are like champions for us. Kids who would be peers

Students from Grades 3 to 6 came out in droves, and the

Students thought about donating to the Food Bank,



St. Boniface students give a hands-on donation by preparing food for Crystal Kids. | Rebecca Lippiatt

Came for the ice and stayed for the chainsaw

Veteran ice carvers coached participants during workshop

REBECCA LIPPIATT

On Jan. 20, four experienced ice carvers coached seven participants in a day-long ice carving workshop on the front patio of Alberta Avenue Community League.

The group worked collectively on a chair and individually on a series of smaller sculptures to show different aspects of the art.

“You learn so much watching other people do the sculpting,” said Maggie Field, a first-time ice carver.

Ice carving is often a participatory performance art form, said Ritchie Velthuis, a long

time member of the Sculptors’ Association of Alberta (SAA). Edmonton has about 10 committed ice carvers. It’s a physically challenging art form, and the SAA wants to encourage more young people to take up the art form.

One of the goals of the workshop was to train new ice carvers and Velthuis said the SAA has “a long history of professional mentorship.”

Velthuis worked alongside ice carvers Barb Marcinkoski (SAA snow and ice director), Eileen Heidler, and Randall Fraser.

Marcinkoski said, “Ritchie is a plethora of knowledge and a

great mentor.”

The workshop was a good opportunity for people to see if they enjoy carving or have an aptitude for it.

Field sculpted a question mark. “This was my first ice sculpture and I didn’t know if I could do it.” She added, “It’s basically getting out in the snow and playing all day.”

Melissa Wolfinger, a new SAA member, has been drawing as an artistic pursuit and this was her first time sculpting.

“It is a challenge taking something 2D and making it 3D. I had it all drawn out, and it looked beautiful,” Wolfinger

laughed, gesturing at her sculpture. Despite what she said was a challenging day, “I 100 per cent want to do this again.”

The SAA has a comprehensive tool library, which was useful to the workshop attendees.

Field said her goal “was to try a lot of tools.”

Jeremy McConville, who mostly sculpts snow but is learning ice carving, took the workshop to “see what tools I need to buy.” He used a hardened steel tool from Japan to shave the lines into the shell sculpture he created.

Wolfinger joked, “Everyone should try [ice carving] at least

once to use the chainsaw.”

Anyone is welcome to join the SAA. They hold monthly meetings with featured guest speakers and may hold another workshop in February or March. Find more information about the SAA and upcoming events by visiting sculptors-alberta.com/ice-snow.

Rebecca has been a full-time photographer for the last nine years and is a mother to two boys and stepmother to two girls.



Jeremy McConville worked on a shell sculpture during the workshop. | Rebecca Lippiatt



The entire group worked on the chair. | Rebecca Lippiatt

Sharing love & community on Valentine's Day

How a holiday became a beloved and treasured family tradition

TAMIE PERRYMENT

Tradition is important for our family and Valentine's Day is one of our favourite celebrations. It wasn't always that way, and it's taken work to get there.

Our Valentine's Day celebration started because I didn't feel like I got attention from my husband on that day. It seemed paradoxical to point out that I would appreciate some romantic love on Valentine's Day; I just thought it was a holiday he didn't want to celebrate. I actually think Valentine's Day became a nice family celebration because I was married to a gay man, although I didn't know it at the time.

So when my children were young, I re-focused my attention by making Valentine's cards and having a special breakfast with them. We would have heart-shaped pancakes, whipped cream, and strawberries. We made placemats, decorated them, and kept them every year, adding new stickers the following year.

Valentine's Day started out as a simple tradition of sharing my love with my children and in doing so, my ex-husband would participate. Romance was not the basis of my relationship with him and Valentine's Day was not

a day to celebrate between us. In retrospect, I thought celebrating with the children would take away the pressure of sharing (or not sharing) a romantic event with my ex-husband.

Since then, I have moved on. My ex-husband and I have been divorced for many years and I'm now in a long-term relationship. Due to my experience with the holiday, I didn't have any expectations when I started a new relationship, but I was pleasantly surprised. Every year on

put on the wall for all to enjoy. It has been an opportunity to reconnect, share our love, and enjoy a good meal. The meal has become more elaborate; we now include two small chocolate fountains, one at each end of a nicely decorated table. The table is filled with breakfast foods, fruit, and cheeses, all great for dipping in chocolate. I cannot believe how good sausage and bacon dipped in chocolate tastes!

I am lucky. I have family, grandchildren, and friends with whom to share this special day. For the past two years, I have made Valentine's cards for my grandsons. They now have their own placemats for the wall. I am still friends with my ex-husband, and traditions, family, and friends are important to me in building community.

Whether you have a romantic partner, children, family or friends, take the opportunity to wish them a happy Valentine's Day. It will make their day.

Tamie has been a Parkdale resident for 24 years, has advocated for social justice for over 30 years, and is a director for the Neighbourhood Development Committee (NDC) on the Parkdale Cromdale Community League (PCCL) Board. She lives with her partner Dean, her three dogs and cats, and numerous fish tanks.



Every year, writer Tamie Perryment and her family enjoy a Valentine's Day brunch. | Tamie Perryment

Valentine's Day, he has let me know I am special.

My adult children and I still celebrate Valentine's Day, sharing a brunch every year. It's become one of our favourite family traditions. We have invited other friends and couples to join us at times, particularly new families looking to develop a Valentine's tradition. If a new person joins us, they are invited to make a placemat. The placemats, both new and old, now get

your eastwood news



sponsored by

Eastwood Community League

11803 86 St 780.477.2354
ewcl@shaw.ca
eastwoodcommunity.org

Learn to Skate program

The Learn to Skate program continues until Feb. 20. Children ages 6-12 are encouraged to come out with their families to enjoy the ice and learn a new skill at Eastwood skating rink (11803 86 St) from 4-7 pm on Tuesdays. Participation is free by drop-in.

Community skating

The community ice rink is still open to the public. Hours are 5:30-9 pm from Wednesday to Friday; 3-9 pm on Saturday; and 3-8 pm on Sunday. Remember to bring helmets for the kids. All community league members from any league in the city are eligible for free access to the rink.

Basement renovations

We've recently renovated the stairs to our community hall and have begun plans to renovate our basement. Stay tuned to our Facebook page and website at eastwoodcommunity.org as progress continues and our renting capabilities expand.

Community garden

It's not too early to start thinking about gardening! We are opening private plots to our community garden for those interested in claiming a spot. We had a great showing last year, and if this catches your interest, please email us at ewcl@shaw.ca.



Volunteer & Notices

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

LEARN TO SKATE PROGRAM

Learn basic skating skills through fun games and activities. Free drop-in for ages 6-12 and their families. Saturdays 10-11 am, until Feb. 17 at Spruce Avenue rink (10240 115 Ave). Bring skates & helmets.

WINTER GREEN SHACK

Come enjoy winter games and fun. Mondays & Wednesdays, 3:30-6pm and Saturdays, 1-5 pm at Alberta Avenue in February.

SEEKING RINK HOSTS

Looking for people on Saturdays & Sundays from 1-4 pm to supervise and assist skaters, monitor a campfire, make hot chocolate, and serve snacks: Email info@albertaave.org.

REGISTER FOR OUTDOOR SOCCER

February is registration month for outdoor soccer! For dates, fees, and available funding: <http://emsanorth.com/>. Complete registration at Delton hall on Feb 24 (11am-2pm), March 5 (6-8 pm), March 6 (6-8 pm), March 11 (2-5 pm).

SUMMER JOBS & INTERNSHIPS

Alberta Avenue Community League will be hiring two summer students and 10 interns to work on our Abundant Community neighbour engagement team. More: info@albertaave.org.

BINGO VOLUNTEERS NEEDED

Help Eastwood Community League by working a bingo at Fort Road. Call 780.477.2354 or email ewcl@shaw.ca.

AFFORDABLE ACCESS TO HAND & POWER TOOLS

If you're a do-it-yourselfer, enjoy making things, or want to connect with a community of builders, check out the Edmonton Tool Library: edmontontoolibrary.ca.

GUIDED MEDITATION SITS

Perfect for beginners. Every Saturday, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 95 St & 106 Ave. 780.862.7392.

your community league!



OUTDOOR SOCCER REGISTRATION

Check for dates, fees, funding and **pre-register online** at EMSANORTH.COM

Attend a payment session to complete registration: Feb 24 from 11am - 2pm, March 5 & 6 from 6-8 pm, or March 11 from 2-5 pm.

Delton Community League
12325 88 Street 780.477.3326
www.deltoncommunity.com

BRIE GOUDA together

We will GET YOUR MEMBERSHIP TODAY @ PARKDALECROMDALE.ORG

HAPPY VALENTINE'S DAY

Small Community... **BIG IDEAS.**

Parkdale Cromdale Community League

ELMWOOD PARK

Board Meetings
2nd Thursday of the month at 7 pm.
All welcome!

PLAY TIME

March Green Shack
Tue/Thu 3:30-6 pm
Sat 1-5 pm

12505 75 St
780.479.1035
epcl@shawbiz.ca
elmwoodparkcommunity.org

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

MEMBERSHIP - \$15 individual or \$20 family gets you free access to Commonwealth Rec Centre Saturdays from 5-7 pm and hall rental discounts.

RENTALS - Sunday-Thursday half day rental only \$60. Go to westwoodcl.ca for pictures & more.

FREE DROP-IN LEARN TO SKATE PROGRAM

Saturdays
10 am – 1 pm
Jan 13 to Feb 17
Spruce Avenue (10240 115 Ave)

Interested in gardening?

The Alberta Avenue Community Garden is taking applications for the 2018 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.

Starting your garden on a shoestring budget

Growing your own food doesn't have to break the bank

KATE WILSON

February in Edmonton means short days and biting cold, yet now's the time to start growing seedlings for the upcoming garden season.

"Starting your own seedlings, it can certainly be a way to reduce cost," said Stephen Legaree, a biologist who launched an urban gardening website from his location in Fort Saskatchewan. His site promotes organic gardening in Alberta that is simple, sustainable, and affordable.

Being selective in the grocery aisle can be a good way to get high quality seeds.

"If you're looking at the organics section in your grocery store, buy now and save the seeds," said Legaree. He recommends organic produce. Non-organic produce is more likely to be hybrid and may not yield the same type of food that you got the seeds from.

Seed swaps are another low-cost seed source. At Edmonton's Seedy Sunday, gardeners, seed savers, and heirloom cultivar enthusiasts gather and participants can find information on a variety of topics, like seed varieties, earthworm raising, and mushroom kits.

"There are certainly a lot of

people who have booths and lots of experience and ideas on reducing costs," said Suzanne Cook, a Seedy Sunday volunteer. "But the heart of Seedy Sunday is the seed swap table."

Another way to cut costs is to make your own potting medium, but Legaree suggests

tion on homemade potting soil. A good soil should contain a physical support and nutrients. Sphagnum, peat, or coconut fibre are a stable carbon base.

"There's also vermiculite and perlite, which is baked volcanic rock that holds air and nutrients for the seedling's roots."

compost since it can also be too salty, but a no-cost alternative is leaf mould that has decayed for at least two seasons.

"Carbon grabs onto metals and salts ... making them unavailable to plant roots. There's lots in leaf mould and compost and in peat moss," said Stumpf-Allen.

Making your own seedling containers is another cost savings. While yogurt containers are a good depth, Legaree doesn't recommend egg containers, as they're too shallow and the soil can dry out.

Stumpf-Allen offers a few ideas. Staple the top of paper-wax milk containers and slice off a portion along its length. Or, tear one

sheet of the Rat Creek Press into four strips along its length, wrap each around a can or bottle, fold the bottom, and dampen with water. He said one issue of the RCP should make 16 pots.

"Rat Creek Press rolls into a stable pot that is durable enough to last six to eight weeks until transplant time. Larger format papers are not as straightforward," explained Stumpf-Allen.



Make a simple and effective seedling container. | Mark Stumpf-Allen

pasteurizing backyard compost.

"To kill pests and weed seeds, it needs to reach an internal temperature of 160° C," he said.

He prefers to buy his compost because packaged compost must adhere to regulations, including pasteurization.

Mark Stumpf-Allen, composting specialist with the City of Edmonton, said the Internet has plenty of informa-

tion. He suggests watering with "worm tea" (liquid concentrate from worm compost) or worm castings (worm manure), a better alternative than store bought fertilizer because only half the nutrients in chemical fertilizers are available to the plant, and salts from the fertilizer build up in the soil, making it detrimental to plant growth.

He stays away from backyard

Find other free materials online at sites such as trash-nothing.com, freecycle.org, or usededmonton.com.

And it's not too early to register for a plot in your community garden. At least four community gardens are in the Rat Creek Press area: Parkdale Cromdale, Eastwood, Elmwood Park, and Alberta Avenue community leagues.

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.

INFO & EVENTS

Seedy Sunday
March 18, 11 am–4 pm
Central Lions Seniors
Recreation Centre (11113
113 St)
edmontonseedysunday.org
City of Edmonton
composting info
edmonton.ca/compost
or email compost@edmonton.ca
Urban gardening in
Edmonton
www.albertaurbangarden.ca
ca

Small Sparks Fund!



Do you have a great idea to get to know your neighbours or bring beauty and vibrancy to your neighbourhood?

Block Parties, Art Projects, Collective Kitchen's, Dog Walking Group, Music Jams...are just a few ideas that could be covered by the Small Sparks Fund.

Small Sparks provides residents, businesses and organizations up to \$250 for projects that help promote safer, healthier and better neighbourhoods.

Getting to know your neighbours increases safety and our health and well-being.

It is available in the communities of: Alberta Avenue, Eastwood, Parkdale Cromdale, Spruce Avenue, Westwood, Delton and Elmwood Park.

For more information email judy.allan@edmonton.ca or visit edmonton.ca/neighbourhoodrevitalization.



Enforcement agencies focus on trivialities

Work on major issues for a better use of resources

ADAM MILLIE

De minimis non curat lex: The law does not concern itself with trifles.

This Latin expression has guided the proceedings of courts around the globe since antiquity. It means that the courts should not entertain trivial matters, and directs the court to allocate their resources to major matters of human consequence to maintain the public's confidence in the administration of justice.

In a number of instances in our community, Edmonton Police Service and the city's bylaw enforcement have issued tickets on small matters.

My spouse and I were pulled over on 97 Street for having an aftermarket red LED in our vehicle's back licence plate lamp. We were detained, documented, and issued a \$75 ticket.

I was mad about the ticket, but when I spoke with others in this community, learned I wasn't the only one who had received tickets for something trivial. These tickets included substantially greater breaches of common human dignity and even appeared to breach the letter and spirit of the Charter.

Magan Muhumed had just finished volunteering with youth

at OSCAR, a community centre on 111 Ave, and was crossing the street in the intersection of 111 Ave and 93 St. A police cruiser pulled up and officers detained him, demanding identification and issuing a ticket for

"They treated me in a way that I felt was improper and unprofessional, especially with all those F-words towards me," said Muhumed. "Considering the fact that I crossed the street in a legal way, I felt that I was

hibited. Crosswalks continue a line from the edge of the sidewalk across the street where pedestrians are allowed to cross and motorists must yield.

Without an offence, police have no legal grounds to stop someone, let alone issue a ticket. The issuing of the ticket calls into question Muhumed's equality rights as well as those of search, detention, and security of the person.

While the Crown withdrew the ticket, Muhumed intends to file a police act complaint with respect to this incident, and in due course the officers will explain their actions to the public.

Another example was when city bylaw enforcement issued a ticket to Cora and Bruce Shaw. Likely, scavengers had cut open their trash bags and scattered the contents down the alley. Cora and Bruce cleaned it up the next day, but nonetheless got both a warning and a ticket in the mail dated a day apart.

"This just happened to be the week where we had above normal temperatures, so people were rifling through the garbage,

not just ours, but everybody's. Unfortunately for us, we also had a flood in our basement and that's what this garbage was: the mouldy stuff that got pulled out of the basement because of the water that had escaped," said Cora.

Bruce added, "In addition to that garbage, Cora is a dialysis patient. Everyday we go through four or five large bags, two feet by one foot of fluid, and so after a week, that piles up to a lot of bags."

Cora has suggestions for use of city resources. "Let's deal with derelict buildings, let's deal with problem properties, let's deal with businesses that are sitting empty and looking more and more derelict as time goes on."

These tickets are an example of an enforcement culture run amok, pursuing trivialities that appear to violate the Charter, disregard human decency, and fail to accommodate legitimate medical concerns. It is squandering enforcement resources in a neighbourhood that desperately needs justice to be served in many unresolved incidents.

Adam lives in Alberta Avenue. He wants to make the world a better place.



Magan Muhumed (pictured) was issued a ticket for jaywalking. | Adam Millie

jaywalking.

"I impeded no traffic, I crossed the road in an intersection. It made me very disappointed with the police. I thought they could have used their time on some other thing," said Muhumed.

Muhumed said the city has many other crimes and incidents that need to be investigated and resolved (like homicides) rather than issuing tickets for something as minor as jaywalking.

detained in an illegal, unlawful way. I couldn't leave, I couldn't just walk away at that time; they insisted that I give them my personal information, they were insisting [I give] a driver's licence, an ID."

Jaywalking requires that a pedestrian be crossing or attempting to cross a street anywhere other than a crosswalk, which is located at every intersection unless specifically pro-

Delton has a NEW Daycare & Out of School Care!

Delton
Early Learning & OSC

NOW OPEN

Located at **12126 90 Street**
(across Delton Elementary School)

info@deltoncare.ca 780-752-2229 www.deltoncare.ca

Supporting someone with mental illness

Knowing how to support and when to suggest further help

TALEA MEDYNSKI

One in five Canadians suffer from a mental illness, so chances are you know someone who does. If you do, you can offer support in a number of ways.

"I recommend you do a lot of listening," said Donna Tchida, director of adult community services, addiction and mental health with Alberta Health Services. "Be there for that person when you can." Non-judgemental support is important, otherwise that individual may shut you out.

Try to understand that person's perspective or what changed. "Don't do too much digging," said Tchida. "Let them talk, express themselves. Share how you've gotten through certain situations. Sometimes that helps."

Franki Harrogate, a graduate student counselor and founder of Arlight Counselling Services, said many mental health conditions are isolating.

"Knowing that people have your back and are willing to help or at the very least are supportive of your healing journey can make a big difference," Harrogate added. Support can

vary from helping someone access mental health supports to being present when someone calls a support organization to helping practice coping strategies.

A family doctor can help direct patients to appropriate resources and the 211 helpline is also useful, as the operator can offer resources.

Use 211 "to assist someone in finding supports to avoid a crisis or if you are experiencing distress and may need more information/resources," said city staff within the citizen services, community inclusion and investment branch.

If someone is experiencing a mental health crisis, call a resource like the PACT team at 780.342.7777.

"PACT partners a police constable with a registered nurse, registered psychiatric nurse, or social worker. The team provides on-site assessments and intervention. This team approach is used to assess, manage, and decide the most appropriate action," said Harrogate.

Or, call the 24-Hour Distress Line at 780.482.4357.

Emma Potter, acting man-

ager of helplines for Canadian Mental Health Association, said operators can help de-escalate a crisis.

"We help people understand their crisis, what's triggered it, and how we can help. If we can't de-escalate the crisis, we connect them to emergency services."

Operators connect people to resources needed to address that crisis and ask people what resources they have. They can also guide callers to resources like affordable counselling or peer support programs (someone with lived experience of a mental health concern).

Suggest help is available if you notice something's out of the ordinary for that person.

"If someone is experiencing a psychotic break, is in crisis, is actively suicidal, or is simply beyond your skill level to assist, there is no shame in reaching out for more support," Harrogate added. The role of non-professionals isn't to provide counselling or therapy, but to provide support and help in accessing these services.

Harrogate said some people can appear to function, while others can't. "The more famil-

iar you are with someone, the likelier it is that you will notice if their behaviour drastically changes. If you're not sure but suspect that something is going on, check in with other friends or family members."

If someone is no longer able to cope, changes in behaviour may include crying, lack of focus or drive, insomnia, changes in hygiene, or withdrawal from normal connections.

"You might notice they're so anxious in public they can't go out," Tchida said. "The person is verbalizing different thoughts and feelings than previously and that aren't in keeping with what they're usually like," she explained. "They feel a lot of despair, don't want to interact with people, or there's an increase in drug or alcohol use."

Other signs include "constant panic attacks, chronic states of anxiety, not leaving the house, etc. Basically, any sort of ongoing state where the person in question is experiencing symptoms that severely limit their ability to care for themselves and perform necessary tasks is a sign that they are no longer able to work things

through on their own," said Harrogate.

If someone is at serious risk of harming themselves or others, call 911.

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

RESOURCES

211
911
Mental Health Help Line:
1.877.303.2642
PACT Team: 780.342.7777
24-Hour Distress Line:
780.482.4357
Sexual Assault Centre
of Edmonton's 24 hour
Support and Information:
780.423.4121
Informalberta.ca
edmonton.cmha.ca/211-
resource-lists/
edmonton.ca/counselling
Chelsea Butler, AHS
advocacy wayfinder
coordinator (helps
navigate system):
780.414.6300



You can offer support in a number of ways to someone struggling with mental health. | Pixabay

MENTAL HEALTH

You see someone who is experiencing a psychosis or mental health crisis.

780-342-7777
Community Urgent Services and Stabilization Team (24 hours)

1-877-303-2642
Mental Health Helpline (24 hours)

780-482-HELP (4357)
Distress line (24 hours)

Take action. Call 911 if you or someone else is in danger.

Catch the TRAIN and learn to FLY a PLANE

570 Air Cadet Squadron

Jefferson Armoury – NAIT LRT
11630 109 St.
Edmonton, AB T5G 2T8
(780) 973-4011 ext. 5286

Youth Program for ages 12-18

Aviation, Drill and Department, Music (pipes and drums),
Marksmanship, Survival, Physical Fitness,
Glider and Power Scholarships (learn to fly),
International Exchange

Thurs Evenings - 630-915pm
(September-June)

www.570squadron.com

NORTHGATE LIONS BINGO

Good Friday March 30, 2018

MARATHON BINGO

Pre-Sales
March 28-29 in the Lions Den
from 2:00pm to 8:00pm
or Call 780-496-4888

Doors Open 6:30 am

Tickets Available at the Door

Balls Available \$500 / \$1000

Concession Service is Available

First 100 Games 9 am - 4 pm
2 Earlybirds - 4 Bonanzas - 1 Odd Even
Free \$100 Cash Game

Second 100 Games 5 pm - Midnight
2 Earlybirds - 4 Bonanzas - 1 Odd Even
Free \$100 Cash Game
Lucky Lion Game

Northgate Lions Edmonton
Recreation Centre 7524 - 139 Ave



WHAT'S ON IN FEBRUARY

MONSTER PRO WRESTLING RETURNS!

Saturday, Feb 3, 7:30 pm at Alberta Ave. More: monsterprowrestling.com



COFFEE WITH COPS

Tuesday, Feb. 6, 10-11 am | The Carrot (9351 118 Ave). Join a roundtable conversation with EPS.

CARROT BY MOONLIGHT

Saturday, Feb. 24, 6:30 pm. | The Carrot (9351 118 Ave). \$50 + GST. Enjoy wine and cheese pairings and charcuterie platters, and create chocolate ganache-dipped strawberries. Live music by Fernando Munoz.

FRIDAY NIGHT LIVE

Fridays, 7:30-9 pm. Cover: \$5, 18 & under free. | The Carrot (9351 118 Ave).

OPEN MIC

Saturdays, 6-9 pm. | The Carrot (9351 118 Ave). All stages & ages. Acts must be PG /family friendly. Sign up upon arrival to guarantee a spot.

AT THE AVIARY

9314 111 Avenue
More on Facebook: Avairy Norwood

Feb 1 - Choir & Marching Band

Feb 2 - Wormwitch

Feb 3 - Jordan Norman & The Wisdom Teeth

Feb 9 & 10 - Mercy Funks Love Fest

Feb 16 - Sebelle

Feb 23 - Charlie Ewing

Feb 28 - Nanise poetry book release

March 1 - Lisa Jone art show



BLACK HISTORY MONTH @ THE CARROT

9351 118 Ave
More: thecarrot.ca/events

JAZZ JAMS

Feb. 1, 7-9:30 pm. | MacEwan students pay homage to the grandfathers of jazz. Free.

DANCE WORKSHOP

Feb. 4, 1-3 pm. | Witness the power and strength created through the unification of voice and drum with Sangea, an African performance group.

DRUM WORKSHOP

TBA. | Presented in partnership with one of Edmonton's premiere drumming groups.

CAPOEIRA WORKSHOP

TBA. Experience traditional martial arts of Brazil with Reni from the Capoeira Academy.

CONSTRUCTIVISM & COFFEE

Feb. 20, 6:30-8:30 pm. Join El Salvadorian Pedro in an engaging workshop on constructivism.

HIP HOP SHOWCASE

Feb. 21, 7 pm. Pay what you can. The roots of hip hop run deep on Alberta Avenue with hip hop duo Locution Revolution.

2018 FESTIVAL LINE UP

Deep Freeze, Jan 13-14

SkirtsAFire, March 8-11

Serca, March 16-18

GOBfest, April 13-15

Bloomin' Garden Show, May 12

Thousand Faces, May 25-27

Heart of the City, June 2 & 3

Pure Speculation, June 15 & 16

Rubber Boots & Bow Tie Garden Party, June 23

Muttstock, July 7

Mi Tierra Calle 87, July 13-15

Kaleido Family Arts, Sept 14-16

Tibetan Bazaar, Sept 21-22

Potters' Sale, Nov 17

Yule Ave, Dec 15

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.

ALL-AGES SPANISH LESSONS
Free Mondays 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. More: Suzanne 780.423.9682.

ENGLISH CONVERSATION CIRCLE
Fridays, 10:30-12 pm at Highlands Library. Part of Catholic Social Services LACE program. More: 780-424-3545.

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

FOOD & SUPPORT

EDMONTON URBAN NATIVE MINISTRY
Drop-in Tuesdays, Thursdays, and Fridays, 10:30 am and 3 pm for social, spiritual, and practical support including computer access. Lunch Tuesdays and Fridays, 12-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

PRAYERWORKS COMMUNITY
Hot meals & warm friendship at St. Faith's/ St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-6:30 pm. Sat: serving 8:30-9:30 am; open 8-10 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. Call ahead. Parkdale Hall: Last Sunday of the month. Check parkdalecromdale.org for details. Alberta Avenue: If interested email info@albertaave.org.

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.

PARENTING & LITERACY
English classes, free childcare, parent-child activities, parenting support. Tuesday and Thursday, 9:30 - 12 pm from Sept 19 to Dec 7 at Norwood Centre. Register 780.471.3737.

SING, SIGN, LAUGH & LEARN
Mondays and Tuesdays 10:30 am at Sprucewood Library. Wednesdays and Thursdays, 10:30 am at Highlands 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

FAMILY STORYTIME
Share stories, songs and games. Wednesdays, 10:30-11 am at Sprucewood 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 & printing are just the beginning for this club. Fridays, 4-5 pm Highlands Library.

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

GLOBAL GIRLS
Build new relationships, develop a sense of self-confidence and identify pathways to be able to achieve your goals. Every other Thursday, 3:15 - 5:30 pm at the Mennonite Centre. Register: 780.423.9691.

TEEN LOUNGE JR.
Play video games, make a DIY project, meet friends. Thursdays, 3:30-5 pm at Sprucewood Library, 3:30-4:30 pm at Highlands Library.

ADULTS

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

COFFEE FRIENDSHIP CLUB
Wednesdays, 1-2 pm. | The Carrot Coffeehouse (9351 118 Ave). Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in Delton, Eastwood, Parkdale-Cromdale, Westwood, Spruce Ave, and Ab Ave.

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

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, 3-D design and more. First Wednesday of the month from 6:30-7:30 pm at Highlands Library.

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.

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 COMMUNITY REC ACCESS
At Commonwealth Stadium on Saturdays from 5-7 pm and Sundays from 1-3 pm. Check with your league to see if they participate and on which day.

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



YOUR neighbourhood realtor



Selling homes since 1990!
ROXANNE LITWYN
 780-907-7589

ROXANNEHOMES.COM

Wanted! I have clients looking for 2 or 3 bedroom homes in the area, any size, any condition.

STERLING REAL ESTATE | 11155-65 Street Edmonton, AB T5W 4K2

CHURCH SERVICES

ANGELICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN

Two Traditions – One Faith.
11725 93 Street

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:
 9:00 am Friday Prayer

11:00 am Sunday Worship
 1st Sunday Common
 2nd Sunday Trad. Anglican
 3rd Sunday Aboriginal Form
 4th Sunday Trad. Anglican

AVENUE CHURCH

A community to belong in...a community to serve with.

11335 85 Street (Parkdale Hall)
 avenuechurch.ca

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

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

BETHEL GOSPEL CHAPEL

A Bible-based, multi-ethnic fellowship.

11461 95 Street
780.477.3341

Sunday Meetings:
 9:30 am - Lord's Supper
 11:00 am - Family Bible Hour

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

NORWOOD WESLEYAN CHURCH

Meeting needs with love and compassion

11306 91 St
 10:00 am Sunday School
 11:00 am Sunday Service

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
780-477-8677

Service Times:
 Sundays at 11 am
 A caring and loving church in your community where everyone is welcome.

"We'll Keep You Happy for Life"



FAMILY BUSINESS SINCE 1952

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com
 tues - sat: 10 am to 5:30 pm | mon - sun: closed | Thursdays until 8 pm

"Communities to be proud of!"

TONY CATERINA
 WARD 7 COUNCILLOR

780.496.8333
 tony.caterina@edmonton.ca
 www.edmonton.ca

Znd Floor City Hall, 1 Sir Winston Churchill Square, Edmonton, AB T5J 2R7



You're invited to the

Alberta Avenue Community Walk & Ideas Workshop

If you live or work in Alberta Avenue, represent a business or a not-for-profit organization in the neighbourhood or have a direct interest in this project then this day is for you!

In 2019, the Alberta Avenue neighbourhood will see the complete replacement of its aging roadway surfaces and sidewalks as part of the City of Edmonton's Neighbourhood Renewal program for mature neighbourhoods. Planning for this renewal has just begun.

Come share ideas and opportunities for the Alberta Avenue neighbourhood! Representatives from the City and consulting team will be on hand for two community walks and an interactive workshop that includes mapping and sketching exercises.

Saturday, February 10th, 2018

Alberta Avenue Community League Building
 9210 118th Ave NW, Edmonton

Walk A (North of 118th Ave)	9:30am – 11:30am
Walk B (South of 118th Ave)	9:30am – 11:30am
Lunch	11:30am – 1:00pm
Ideas Workshop	1:00pm – 4:00pm

In case of extreme cold, the morning walks will be cancelled. Attendance at both the walk and the workshop is preferred.

RSVP for this event by February 5th. For further information and register, please visit:
edmonton.ca/buildingalbertaavenue


