



# RAT CREEK PRESS

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

PUBLISHED ON TREATY 6 TERRITORY

WWW.RATCREEK.ORG FEBRUARY 2019

## Convenience stores provide a safe place

Taking a moment to toast and remember the closed 7-Eleven



The recent closure of the 7-Eleven on 118 Avenue raises important questions. | Jennifer Stewart

### JENNIFER STEWART

My family has lived in Parkdale for five years and that's how the 7-Eleven at 90 Street and 118 Avenue became part of our lives: a quick run there for milk or eggs at night and for popsicles in the summer. Our kids celebrated National Free Slurpee day there once a year—a joyful moment!

Walking into the store, you would find a scene. People lined up at the front display case to order food, with others in the cash line buying huge Slurpees, lottery tickets, cigarettes, or bus passes. Usually there was an intense energy and sometimes an air of desperation: hungry people or folks lacking enough money to get a slice of pizza or even those with an immediate need for a washroom.

Most days, there would be people hanging out front and some-

one standing inside, just away from the door, looking out the window, resting.

It was not unusual to see a police car parked outside.

I was never there in the early morning hours, but I can imagine the possibilities under the bright fluorescent lights as the hours passed and most who ventured into the store were weary or cold or hurting.

The store staff were as friendly and professional as could be, given all the pressures: the unpredictable lineups at the cash registers, the high demand for Slurpees and the sometimes fickle machines, the edgy customers that they encountered and calmed as part of their work.

I just assumed the 7-Eleven would always be there on the Avenue. So when the store abruptly closed last September, I felt a sense of loss that took me by surprise.

That store was one of many I've

known in small towns and big cities. In Toronto and London, England, 7-Eleven stores were familiar landmarks that I would tuck away in my memory. I would go in if needed to buy gum, warm up, get my bearings, or be safe. I believed I could ask for help if I needed it at any time of the day or night.

A report from the National Association of Convenience Stores (NACS) supports this idea of convenience stores as safe places, noting that "longer hours of operation, public restrooms and ease of access puts convenience store employees in a unique position to help customers in need of a safe haven." The NACS advocates for employee training to assist customers escaping human trafficking and partners with a national non-profit to designate stores as safe places for youth under 21 to ask for help.

The store at 90 Street is now

boarded up and for sale. The closing of the store is important, not only from the business standpoint but also because it raises complex issues about inclusion and safety for everyone who owns a business, works, or lives in the Avenue neighbourhoods, and for those who don't have a place to call home and who might need help in the middle of the night.

Here's a conversation starter proposed by community writer, Carissa Halton: As a gathering place, how did the 7-Eleven meet the needs of many in our diverse community? And, on a hopeful note, what will rise in its place to fill those needs? What are your stories of the 7-Eleven? Comment online on [ratcreek.org](http://ratcreek.org).

*Jennifer is a writer living in Parkdale.*

## INSIDE

### REVIEW

Read about a Fred Rogers documentary >> P2



### ORGANIZATION

How to gain confidence with Toastmasters >> P4

### PROFILE

Learn about Patsy Thomas, a local treasure >> P5

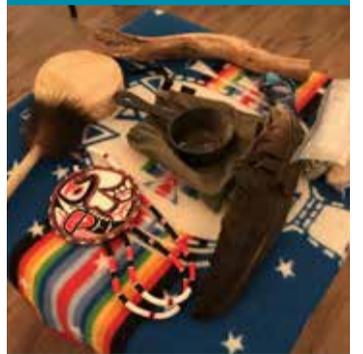
### OPINION

Why it's important to believe assault survivors >> P6



### PROGRAMMING

Participate in a sacred Indigenous tradition >> P11



### SHARE & COMMENT ON STORIES ONLINE

[WWW.RATCREEK.ORG](http://www.ratcreek.org)

FB.COM/RatCreekPress  
@RatCreekPress  
@RatCreekPress

SHOP.



DINE.



PLAY.



WORK.



[alberta-avenue.com](http://alberta-avenue.com)



ALBERTA AVENUE  
BUSINESS ASSOCIATION



# Documentary reminds us to be neighbourly

Fred Rogers lived his life with the same kindness he portrayed in his show

## STEPHEN STRAND

On Jan. 19, Alberta Avenue Community League held a movie night and potluck to screen *Won't You Be My Neighbor?*

The documentary focused on Fred Rogers, a supporter of acceptance and love, presenting his history and his beloved show, *Mister Rogers' Neighborhood*.

The purpose of the show was to connect with children, telling them that they are perfect and loved for who they are.

The show aired from 1968 to 2001, reaching children worldwide, teaching them about acceptance and explaining life's terrifying moments in a safe way. Rogers brought real-life scenarios into his show and asked the questions he knew

would be on a child's mind.

*Won't You Be My Neighbor?* showed that the kindness Rogers portrayed on his show was how he lived his life.

Out of all the characters on *Mister Rogers' Neighborhood*, Daniel Striped Tiger was the closest to the real-life Rogers. The puppet allowed him to express how he truly felt. It created a barrier that gave him the freedom to express anxieties he held as a child, and which resonated throughout his life.

The documentary brought moments of laughter, like the story of how a crew member stole Rogers' camera and took a photo of his buttocks for him to find. Rogers then turned the picture into a poster and gifted it to that crew member. The documentary also posed questions that make us think. It showed us what the world has

become, with footage of people boycotting Rogers' funeral. It put to bed false rumours, like his military career. Plus, it addressed issues the show brought up which still resonate today, like when the character King Friday the 13th wanted to put up a wall to keep his kingdom safe. Remind you of anyone?

This documentary demonstrates the power of acceptance. Hopefully it will reawaken the child within all of us and renew his message. This movie is a must-see.

After the showing, those in attendance agreed that the documentary was powerful.

"I thought it was very touching. I thought it was really well done. I thought it really showed what that man was like in a very touching way," says Margaret Larsen. "And all the lessons that

he wanted to get across. It just showed it so well."

Larsen continues: "His basic message is, treat your children with respect and love and listen to them. Beyond that, it should carry on in our lives as we become teenagers and as we become adults, to show that respect to other people."

Colyn O'Reilly stated that the movie was, "Awesome. Awesome. On all levels." She adds that there is a child in all of us. "That's how we develop. That's where we came from. It's our foundation. I think a lot of adults have forgotten how to play—how we learned respect through play."

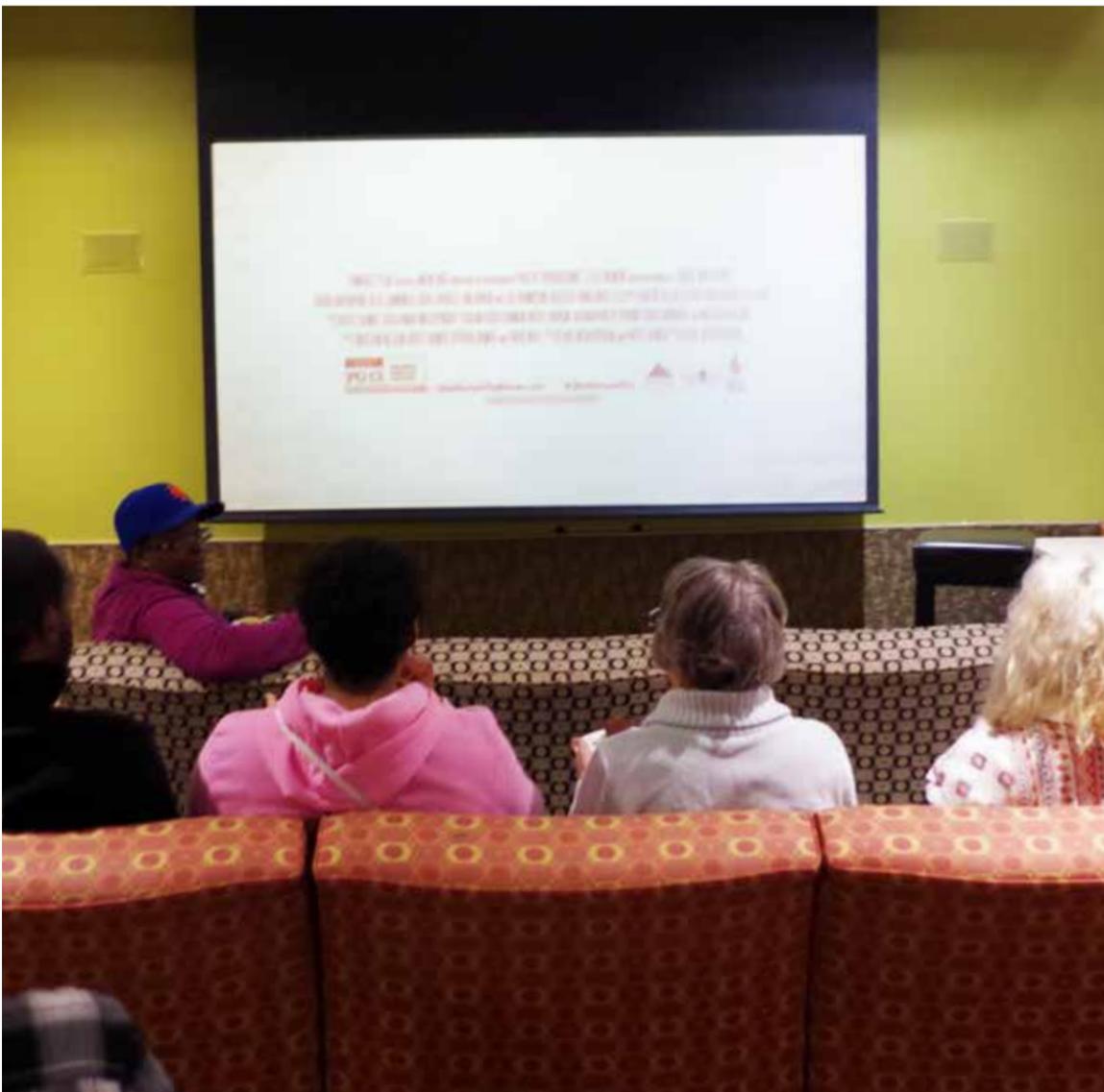
O'Reilly says the choice to see good in yourself will help you to see good in others "and treat each other how you want to be treated: with kindness, with respect."

The league screened this movie because it shows similarities to what they do with their block parties.

"Tearing down barriers between neighbours. The movie looks at barriers between cultural divides, skin colour, even gender identity. And we thought this movie could be a great example of how to neighbour well, especially around kids," explains Lenn Wheatley, Neighbourhood Connector. "We also thought it would be great to have a movie night."

Community league members may borrow the dvd. Contact the league at 780.477.2773 or email at [info@albertaave.org](mailto:info@albertaave.org).

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*



Alberta Avenue Community League screened *Won't You Be My Neighbor?* on Jan. 19. | Stephen Strand



Neighbours gathered to watch the documentary *Won't You Be My Neighbor?* | Stephen Strand

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. Published on Treaty 6 Territory. 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, Joe Wong, Patricia Dunnigan, Alita Rickards, Mariam Masud, Muriel Wright, Steven Townsend, Virginia Potkins and Sean MacQueen. The board may be contacted at [board@ratcreek.org](mailto:board@ratcreek.org).

### PRODUCTION STAFF

PUBLISHER Karen Mykietka [info@ratcreek.org](mailto:info@ratcreek.org)  
EDITOR Talea Medynski [editor@ratcreek.org](mailto:editor@ratcreek.org)  
DESIGNER Lorraine Shulba [design@ratcreek.org](mailto:design@ratcreek.org)  
ADVERTISING [ads@ratcreek.org](mailto: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.

### CIRCULATION

Serving 12,500 community members.

### 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



# Bottle Drive!

Lenn Wheatley, Talea Medynski, and Colyn O'Reilly help out at the January RCP bottle drive. | Virginia Potkins

About 20 people brought their bottles in for our bottle drive fundraiser, which raised \$326. Thank you all and to Virginia Potkins for organizing. | Virginia Potkins



**RAT CREEK PRESS  
SPRING BOTTLE DRIVE  
APRIL 16 // 4 PM - 8 PM**

ALBERTA AVENUE COMMUNITY LEAGUE  
9210 118 AVENUE

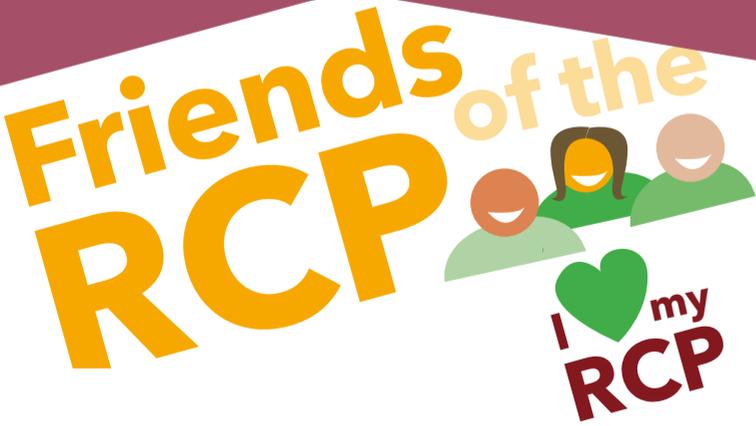


**2020**

**CALL FOR PHOTO SUBMISSIONS  
LOCAL CALENDAR  
FUNDRAISER FOR RCP**

RCP will design a 2020 calendar with a variety of local photos and event information. Submit your photos taken in the area for consideration.  
ratcreek.org





**JOIN US!**

SUPPORT YOUR LOCAL PAPER BY PURCHASING A \$10 MEMBERSHIP AT [TIMECOUNTS.ORG/RAT-CREEK-PRESS](http://TIMECOUNTS.ORG/RAT-CREEK-PRESS)

**PARTNERS**  
Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, & Westwood Community Leagues.

**SPONSORS**  
Alberta Avenue Business Association

**CHAMPION \$495**

**SUPPORTER \$195**  
Thane Chambers

**PATRON \$120**  
Wesley Andreas, Judy Allan, Janis Irwin, Bob Todrick.

# Local organization improves the community

Norwood Neighbourhood Association provides funding for a range of projects

## TALEA MEDYNSKI

Got an idea for a project but need some funding? Norwood Neighbourhood Association (NNA) may be able to help.

In fact, providing funding for projects of neighbourhood residents or organizations is one of the main purposes of the organization, particularly if those projects will benefit the community.

Gérard Forget, chair of NNA, says, “The objective is to preserve and improve Norwood as a low-density, family neighbourhood.”

Norwood Neighbourhood Association has been around since 1973 and has funded a wide range of projects such as Arts on the Ave festivals or activities, community gardens, community kitchen renovations, youth summer camps, and theatre projects.

Forget, adds, “In all, [it is] a project that benefits the community as a whole...some small, some bigger.”

Colyn O’Reilly, the acting secretary of NNA, explains further: “Funding is the very foundation of our association and exhibits the core values of its membership—‘to benefit the

community at large’. It says to help your fellow man, and we do.” She adds, “Total available money sets the limits to respond with a partial or full amount.”

O’Reilly said NNA is a small organization. Depending on what funding is available, NNA can provide some or all of the funding. “We are an association that provides funding to small groups who require monies for their projects within our community.”

The NNA is also welcoming new board members.

“We are an elected board of directors and members. We are always recruiting new members

who share the common goal of supporting our community,” says O’Reilly. “It’s not a huge commitment. Just to lighten the load. We’re looking for like-minded souls to reduce the effort.”

The association meets three to four times a year, or as needed to review applications.

“There are no deadlines as such [for applications],” says Forget. Interested individuals can simply download the application form from the website at [www.norwoodneighbourhoodassociation.ca](http://www.norwoodneighbourhoodassociation.ca), complete the application, and email it to [norwoodnna@gmail.com](mailto:norwoodnna@gmail.com). It

does take some time for board members to assess applications, so give it about three months before expecting to hear a response.

O’Reilly urges local residents and organizations to contact NNA about funding.

“Everyone can put in their application and we’ll see how we can be of assistance. Talk to us—you just never know.”

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



Norwood Neighbourhood Association has funded projects like Spark! Youth Camp. | Mat Simpson Photography

# Gain confidence through Toastmasters

Lose the fear of public speaking and learn new skills

## MARI SASANO

Most people at one time or another have felt anxiety or outright fear of public speaking.

Unfortunately, most people at one time or another must give a presentation, a speech, or a toast. And the best way to get over those jitters?

“Just by doing it a lot,” says Norma McLean, treasurer of the local Toastmasters club, Upward Bound, which meets Wednesdays at the Bethel Gospel Chapel. “You just have to do it, and the more you do it, you lose your fear.” Like many others, McLean joined a Toastmasters club as a place to practice.

Toastmasters International is a worldwide organization founded in the 1920s to teach public speaking and leadership skills. A typical Toastmasters meeting follows an agenda, beginning with introductions and then scheduled speakers, followed by an impromptu session called Table Talks. Members evaluate

each others’ performances with valuable feedback. The meetings are run efficiently by the Toastmaster (the emcee), and they’re timed to last around 90 minutes.

often required to make presentations while working as a public servant. His boss, who was a Toastmaster, suggested he join.

“I was a bit scared at first with

believes it would help pretty much anyone in their work and social life.

“Toastmasters isn’t life,” he laughs. “Nobody joins Toastmasters to become the best speaker in their club. It helps people, and we work with people [to] work toward their dreams and objectives in their own life. When someone joins, we sit down with them and ask them, ‘What are you trying to do?’ And then we look at how our program [can] help you achieve that.”

He remembers one member who said only 12 words at his first meeting. Five years later, he was the district director and has no trouble giving a rousing speech. Other members have gotten raises at work.

McLean agrees, and adds that the benefits extend outside of one’s job. “A lot of people join to improve themselves at work if they have to give presentations, but I joined because I like to listen to people. It’s a social thing for me. And there are different roles you can do, and you can learn how to organize,” she says, explaining that as the club treasurer, she has learned about managing money.

Toastmasters follows a program called Pathways that allows members to learn a series

of skills.

Courses can be completed on your schedule, but it’s best to attend meetings regularly. “We believe in learning by doing. We help people develop confidence in standing up in front of people. We also teach a variety of speaking skills and leadership skills, organization skills, listening skills, time management skills. Mentoring and coaching people.”

McCosh invites anyone interested to drop by to see if they like it before officially joining. He promises that speaking is not mandatory.

“Where else can you have a bunch of positive people who are interested in developing themselves? It’s like a family. There are a lot of people who are trying to get ahead in life and we can help them do that, and it’s not that expensive.”

Find out more at <https://upward.toastmastersclubs.org/>.

*Mari is a writer and civil servant.*



The local Toastmasters club, Upward Bound, meets Wednesdays at Bethel Gospel Chapel. | Supplied

Dan McCosh, president of the local club, has been a member of various clubs since 1994. Before he retired, he was

all these great speakers, but it’s very supportive. And I just kept going.” He says it’s one of the best decisions he’s made, and

## TOASTMASTERS

Wednesdays, 7 pm  
Bethel Gospel Chapel (use the back door)  
11461 95 St  
Memberships: \$12/month

# How one connection made a huge difference

Patsy Thomas' work in theatre wardrobe was an unexpected journey

**STEPHEN STRAND**

Patsy Thomas, an Alberta Avenue resident, works tirelessly as the head of wardrobe at the Citadel Theatre and at the Banff Centre for Arts and Creativity.

Edmonton-born Thomas is kind-hearted and hard working, so it's no surprise she's successful. But there was also some serendipity involved with a volunteer gig, along with the continued support of a friend.

"While I was waiting for my summer job to start after I graduated from high school, I was being a little lazy. My mum said, 'Get off the couch. They are looking for volunteers over at the college [in Red Deer] for their theatre program for sewers. Get over there.'"

She listened to her mum. The first day, she met Rhonda, who was attending Red Deer College and working in theatre. "She was the head of wardrobe. I did four hours and within that four hours, she was with me for about an hour. She showed me what a rendering was. She

told me a bit about how she was going to realize these renderings, the drawings, the designs for the show, and I thought, 'This is freaking awesome!'"

Then Rhonda gave Thomas some hemming to do. "She gave me like, 10 or 12 pairs of pants to hem, [and] I really hated hemming. She then went out shopping, or whatever she had to do, and I stayed and finished the pants. Turned off the light and then didn't show up again until the next summer," Thomas recalls with a laugh.

The following summer, the college needed someone for their Summer Stock program. "So, I phoned and they said, 'Bring stuff that you've sewn. Not your mother, but that you've sewn.'" She brought a couple of grad dresses she had made and a coat that she had tailored in high school. It was Rhonda, the woman from the summer before, who looked at the dresses and then hired her.

Thomas was hooked. "We had an amazing summer. We used to do all nighters. Crazy, crazy shows. We took our show

to the Fringe that year. I think that was 1985," she says with a tinge of nostalgia.

After that, she travelled to Europe. Rhonda was working at Red Deer College in 1986 when Thomas returned. Rhonda suggested she attend the Technical Theatre Production program. Not knowing what she wanted to do with her life, Thomas followed her advice.

"I applied. There were seven of us that first year. There were two of us the second year." During her second year, Thomas focused primarily on costumes. "And that's where it started."

After graduating, she moved to England for a year. She worked in bars, cleaned, and worked as a cornetto girl at a theatre. She stayed in touch with Rhonda, who asked her to come to her convocation from Dalhousie University. Rhonda suggested Thomas attend the Costume Cutting Construction program at Dalhousie, and she did.

The summer before Thomas started school at Dalhousie,

Rhonda was on her way to work at the Banff Centre for Arts and Creativity. She helped Thomas get a summer job in their wardrobe department. "1989 was my first summer in Banff. I was there for three months. It was amazing." She then attended Dalhousie University, but has returned to Banff every summer since then.

For several years, she freelanced in theatre, working for big name companies like Cirque du Soleil, the Charlottetown Festival, the National Theatre School, as well as a season at Sir Wilfred Grenfell College. She eventually returned to Red Deer College.

"Rhonda, again, comes up. She started a Costume Cutting Construction program at Red Deer. I did that for two or three years with her. And then the head of wardrobe retired from Banff and the head of wardrobe moved on from the Citadel. I happened to move into both of those positions in 1998."

That same year, she moved into the Alberta Avenue neighbourhood. "I was renting down

in Riverdale for my first year here. I really liked Riverdale. I knew I wanted to be close to downtown," Thomas says. She had been looking around in Riverdale for a home, but when she told her realtor what she wanted, he suggested a house in Alberta Avenue. It caught her eye. "I walked in and I was like, 'This is my home!' The house welcomed me." The house was close to everything that she enjoyed and had many connections to her childhood.

But there is more than just childhood connections that appeals to Thomas. "What is there not to like? I just love the sense of community. The lovely stores. You can go to Alberta Avenue and you can have anything from any place in the world that you want."

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*



Patsy Thomas, an Alberta Avenue resident, is head of wardrobe at the Citadel Theatre and the Banff Centre for Arts and Creativity. | Stephen Strand



**Dr. Gilbertson and Associates**  
*Your community eye care professionals!*

- Offering Complete Eye Exams & Treatment for Eye Disease
- Fashion Eyewear and Contact Lenses
- Children's Eye Exams and Eyewear
- Conveniently Located Near Kingway & Westmount
- Open Late Tuesdays
- Our doctors have over 30 years of combined experience!



Mira Health Centre  
106 - 11910A 111 Avenue, Edmonton  
780-451-9387  
www.edmontoneyecare.com

## OPINION

# Supporting victims of sexual assault

Why it's so important to listen to and believe survivors

ALITA RICKARDS

We must get better at supporting people who have survived sexual assault instead of enabling assailants.

This is us against them.

Not women against men, not survivors against assailants, but all people who are not rapists, against rapists.

Until the #metoo movement, disclosing sexual assault was taboo. A person could say at a dinner table that they were robbed, beaten, or that they had endured any kind of assault except sexual assault.

According to Statistics Canada, sexual assault is one of the most underreported crimes. Research from 2017 showed Canadians reported only five per cent of sexual assaults to the police.

Multiple researchers attributed this to “the shame, guilt and stigma of sexual victimization”, “the normalization of inappropriate or unwanted sexual behaviour”, and “the perception that sexual violence does not warrant reporting.”

The frequency with which survivors are doubted, questioned, or blamed are symptoms of rape culture.

The Sexual Assault Center of Edmonton (SACE) defines rape culture as: “A society or environment whose prevailing

social attitudes have the effect of normalizing or trivializing sexual assault and abuse.”

Normalizing assault (she was flirting with him so she was asking for it), or trivializing it (if she really didn't want to, she would have fought back) are forms of victim blaming.

If a woman is flirting or wants sex, it doesn't mean she wants to be raped, any more than a person who likes to play baseball is asking for it if someone beats them with a baseball bat.

Questions like: “What was she wearing?” or “Why was she there?” or “Was she drinking?” place blame on the survivor instead of the perpetrator.

When women see that the ex-frat president of Baylor University, Jacob Walter Anderson, got zero prison time after a grand jury indicted him on four counts of sexual assault, or that Brock Turner was caught in the act but served only three months, why would they report?

In fact, reporting often doesn't do any good. Prosecutor Hilary LaBorde said of the Baylor case: “It's my opinion that our jurors aren't ready to blame rapists and not victims when there isn't concrete proof of more than one victim.”

According to an investigation by the *Globe and Mail*, our Edmonton police discount

10 per cent of sexual assault reports as “unfounded”, while in Westlock it jumps to 29 per cent, and in Yellowknife the RCMP discount 36 per cent

of sexual assault complaints—which, remember, only five per cent of survivors are even reporting at all.

Police dismiss sexual assault cases as unfounded twice as often as they do cases of non-sexual assault. This is due to discrepancies in how police are reporting, not false

or malicious reports. According to research in the US, UK, and Australia, similar to other

types of assault, 90 to 98 per cent of the time people are reporting actual incidences, not making false reports.

If you believe “innocent until

because police often discount over a third of sexual assault reports, while convicted rapists get light sentences (if any!), what can be done?

Alberta's #IBelieveYou site and SACE share the same advice: Listen. Believe. Explore options.

Listen to survivors. Say that you believe them and that it is not their fault. Be patient, calm, and non-judgemental. Paraphrase to show you are listening and understanding.

The person has already had their control taken away; now they need support to regain control of how they will handle what has happened.

Ask, don't tell. Instead of giving advice, ask if they want to look at options like seeing a counsellor or calling a hotline, connecting with friends, seeking medical attention, reporting, or doing nothing. Respect that the decision is theirs.

Educate yourself by going to the SACE and #IBelieveYou websites.

And clearly choose and make known which side you are on: that of survivors, or that of rapists.

*Alita moonlights as a freelance writer focused on interesting people, music, arts, food, culture, sustainable lifestyles, and human rights. These same things attracted her to become a homeowner in vibrant, diverse, walkable Alberta Avenue.*



The best way to support someone is to believe them and be there for them. | Alita Rickards

proven guilty”, try believing that survivors are innocent of lying, like the research demonstrates is usually the case.

So, if survivors don't report because of the way they are treated by society, the justice system, and the police; because it takes five dozen women to bring down a Cosby, and men like Kavanaugh or Trump are in the highest positions of power; because former Alberta judges like Robin Camp ask women why they couldn't just keep their knees together; and

## Janis Irwin

Your choice in Edmonton-Highlands-Norwood



About  
**JANIS**

Fighting for  
families in  
Highlands-  
Norwood

Committed  
community  
builder and  
volunteer

Passionate  
teacher and  
public servant

Want to help Janis?

CONTACT [janis.irwin@albertandp.ca](mailto:janis.irwin@albertandp.ca)

Rachel  
**NOTLEY**

ElectJanisIrwin

JanisIrwin

Authorized by Alberta's NDP - 1-800-465-6587

ARE **YOU** LOOKING  
FOR AN **EXCELLENT**  
ELEMENTARY **SCHOOL?**

**SUCCESS**  
begins here



**Riverdale**  
SCHOOL

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave. NW, Edmonton, AB T5H 0B1  
[riverdale.epsb.ca](http://riverdale.epsb.ca) | [facebook.com/RiverdaleSchool](https://facebook.com/RiverdaleSchool)

**RIVERDALE SCHOOL** is a small school with big ideas. We offer outstanding K-6 academics enhanced with technology and the fine arts. Located in a safe, beautiful river valley community, 5 blocks from downtown. Perfect for commuting families. Accredited daycare. Excellent extra-curricular activities.

Call **780.425.7600** for more information or to arrange a tour.

**OPEN HOUSE**  
March 06, 2019  
6:00-8:00 pm

Check [Riverdale.epsb.ca](http://Riverdale.epsb.ca) for details on our kindergarten info-sessions.

# Truth and reconciliation belongs to all of us

## New policy holds promise for Aboriginal students

**TRISHA ESTABROOKS**

The meeting began as so many meetings often do in our city: with the reading of the Treaty 6 acknowledgement. I read it, taking care to pronounce Saulteaux correctly and pausing to feel the weight of the words: “We acknowledge all the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries.”

This was last spring, during the Edmonton Public School board policy committee’s first meeting with organizations to discuss changes to our Aboriginal education policy. Since then the policy committee, which I chair, has met with parents, students, and community members. We used suggestions from those meetings and feedback from an online survey

to create a new draft of the policy which you can read here: [bit.ly/2RRUL8r](http://bit.ly/2RRUL8r).

As the committee begins a second round of consultations on this policy, I find myself reflecting on the suggestions and sentiments shared by high school students last spring and during conversations we held in December with students from five Edmonton junior high schools. Their comments have inspired me and taught me how we can and must do better to support all students in understanding, celebrating, and respecting our collective history.

One Indigenous student asked, “Why are my people only one chapter?” Another girl who recently moved from the North asked for a space to “reconnect with her culture.”

We heard stories of feeling alone, of racism that left

wounds still difficult to talk about. We heard, above all else, a deep desire to be respected and understood.

As one student put it, “There is a difference between not knowing and not caring.”

We heard how valuable it is to spend time with an elder while at school, how being able to smudge on school property made all the difference in feeling welcome at school. We heard why having an Aboriginal liaison or, as one student called her, a kokum (Cree for grandmother) meant he wanted to attend school. We heard, in all of our meetings, that a greater awareness of First Nations, Métis, and Inuit culture is needed for everyone attending Edmonton Public Schools.

The policy is now called our First Nations, Métis, and Inuit Education Policy and is dra-

matically different from the previous policy written in 2007. It’s written in clear, positive language and establishes a vision for how the Edmonton Public School board will support reconciliation and strengthen the learning and academic achievements of Indigenous students. It outlines how respecting First Nations, Métis, and Inuit culture, language, and traditional practices contributes to inclusive and safe schools for everyone. And it does something that the previous policy did not: it holds the district accountable. If the new version of the policy passes, the superintendent of schools must provide an annual update to the board of trustees on progress made in support of reconciliation, student success, and achievement.

There’s a lot of potential with this policy. But we are not

done yet. We need your input. Whether you’re a parent, a student, a community member, or someone who cares about truth and reconciliation, we need to hear from you in this next round of consultations. Do it for the children in your life, the children you have yet to meet, and the children who so bravely shared their own stories with the policy committee.

A public meeting will be held on Feb. 5 from 6-8:30 pm at amiskwacyi Academy (101 Airport Road, near Kingsway and 119 St). Find the EPSB online survey at: [surveymonkey.com/r/HAA-BP\\_FNMI\\_Stakeholders2019](http://surveymonkey.com/r/HAA-BP_FNMI_Stakeholders2019).

*Trisha Estabrooks is a school board trustee with the Edmonton Public School board. She serves families in Ward D.*



Izaiah Swampy-Omeasoo, a student who participated in the board consultations last spring, with Trustee Trisha Estabrooks. | Edmonton Public Schools

## Rodéo Drive

by *brenda lee*



by appointment only

7 days a week

780.474.0413

[brendalee@rodeodrive](mailto:brendalee@rodeodrive)

Elegant lingerie

Little black dresses

Jeans & exquisite tops

Stylish wigs

Classy corsets

Handbags & jewelry

Men's lounge wear

Make-up instruction

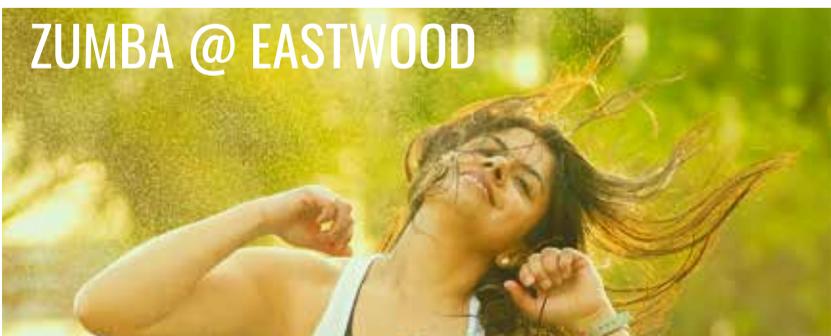
Makeovers

valentine's party

SAT FEB 9 • OPEN HOUSE 1-6 PM

FASHION SHOW 3 PM • 11528 89 ST

## ZUMBA @ EASTWOOD



TUESDAYS • 7 PM

6 CLASSES • \$25

MEMBERSHIP REQUIRED

#teamalbertaparty

## Tish Prouse

- Small Business Owner
- Masters Archeology
- Community League President

Alberta Party Candidate For

### Edmonton-Highlands-Norwood

Alberta Party



# Convenience trumps dining in restaurants

Third-party delivery services are changing the food industry

STEPHEN STRAND

Owning a restaurant is a finicky venture involving high risks, long hours, and no guaranteed profit. But in the past few years, the game has changed with third-party delivery services. SkipTheDishes, Uber Eats, and Foodora have opened up opportunities to increase sales and exposure of a restaurant, and many local restaurants have signed up.

Laura Truong, owner of T & D Vietnamese Noodle House, says that while they have a few more delivery orders than in-house sales, they still get plenty of customers eating in.

"I feel like we are still in the phase of building. Because of the location, I find not a lot of people know about us. Or it's hard to see, so they kinda miss it. Gradually, in the five years [since opening] I've noticed that take-out stuff has been getting busier. But I haven't really seen a decline in here, because we are still building."

T & D Noodle House started with Uber Eats, but added SkipTheDishes seven months ago and recently added Foodora. Truong noted increased business since using SkipTheDishes. "It could be

the demographics. It's just more convenient. I don't know if it has something to do with parking as well. It's just easier."

Like any business, busy times in restaurants fluctuate. Sometimes deliveries will bring more sales than dining in, especially when there are promotions. "I know with SkipTheDishes, if you order over 20 dollars, then the delivery fee is waived. Uber Eats, a while back at Christmas, did a buy one, get one free. They match the meal itself. That's something the companies do to generate more [business]," says Truong.

These delivery companies charge restaurants 25 per cent of the sales for each delivery, but Truong still encourages new restaurants to sign up.

"Honestly, I wish I went that way sooner. It's another stream. When you're paying and you're struggling, that's what you think of. If I'm not making sales in a day and I still have an overhead cost, I'm still in the negative today because I didn't make any sales. You're still paying. Something is still better than nothing."

But the ability to eat at a restaurant plays an important role in the community.

"You need that foot traffic as well. It brings the vibrancy to the neighbourhood," says Truong. "I like the whole aspect of people coming in and building that relationship with them. That's what builds a community."

Swagat India Bar and Bistro offers delivery themselves and also uses third-party delivery services. "We just started three-and-a-half months ago, so SkipTheDishes is the biggest supporter," says Manoz K.C., owner of Swagat. But they don't plan to use those services forever. "If you want a strong clientele service, if you want to make a good reputation as a restaurant, then many people should come eat here."

K.C. said when people dine in, they have the opportunity to have a few drinks, which brings more revenue to the restaurant.

Jasmine Belle Café, open for two years, has used delivery services for a year.

"Dining in is always better for us. There is a very high fee that [third-party delivery services] charge. It does take away from our profit," says Joanna Savoie, the owner. "When we have SkipTheDishes or Foodora, it kind of helps [during] slow times." Still, more people dine

in than out at Jasmine Belle Café.

"[Delivery] affects the community for sure, because it makes them blue. They are at home, everything is going to them instead of going out. It is better for us, better for you; when you get out, you can experience it."

Otto Food & Drink made the choice to not deliver. "Related to space, our kitchen is very small. Also, if we are really busy, for the kitchen to suddenly get 10 orders to go, I don't even know what would happen," says Ed Donszelmann, owner. "Enough restaurants are doing the delivery service, so there must be some money in it. For me, I'm not quite as interested in doing it, mainly because of what I am trying to do here at Otto. The whole idea behind Otto is to create a meeting place. A neighbourhood, a local meeting place." That said, people from all over Edmonton frequent the restaurant. "The whole idea is to come and visit with your friends or family that you've come to the restaurant with."

Joachim Holtz, executive director of Alberta Avenue Business Association (AABA) says, "Running a restaurant is

not easy. I spent 30-some years in the banking business and I financed a lot of hospitality businesses in my time. A lot of them were independent businesses. Lots of them are family owned. Running a restaurant is not an easy job. It can be very rewarding. But it takes the owners a lot of time, they work a lot of long hours."

For third-party delivery options, Holtz says, "Some of the restaurants are getting additional sales and they are not getting as many people into their restaurants. There are a whole bunch of factors that can determine why they are not getting people in the restaurant."

Since 2016, AABA has hosted Eats on 118 food tours, which encourages people to try local restaurants and return to them afterwards. The tours have been successful and will return as Eats On 118: Dine the Ave in June.

*Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.*



Laura Truong, owner of T & D Vietnamese Noodle House, with Judie Heang, an employee. Truong advises new restaurants to sign up for third-party delivery services. | Stephen Strand



Manoz K.C., owner of Swagat India Bar and Bistro, doesn't plan to use third-party delivery services forever. | Stephen Strand

## OPINION

# There's no such thing as free delivery

The environmental cost of online food delivery

MARK PARSONS

We've all done it. It's Friday night, you've had a long week, and you don't feel like cooking. You're not in the mood for pizza or Chinese food, so you open up the SkipTheDishes or Uber Eats app on your phone and start scrolling. You settle on your favourite pho place, select two food items and two drinks and hit send. You've ordered enough for free delivery, so you mull around your house waiting for your food to arrive, checking on your order status every few minutes.

When it finally arrives, the courier pulls the steaming bags from his thermal duffle bag and you shuffle them into the house. Success is yours as you

gorge yourself. If there are leftovers, you toss them in the fridge. Otherwise the greasy takeout containers, along with the drink cups and straws, are tossed in the garbage and never thought of again.

If you were asked to estimate the total environmental impact of the above story, do you think you could list everything? In his 2010 book *How Bad Are Bananas? The Carbon Footprint of Everything*, Mike Berners-Lee explains spending three minutes on your phone leaves a carbon footprint of about 170 g. Sounds small, but consider two things: how many times do you check on the status of your order and how many times do you order each year? If you order out once a week, that's almost 9 kg of carbon dioxide.

Now let's look at the delivery person driving a car that would not be en route to your favourite pho place (or your house) if you hadn't placed your order. Food delivery companies do not regulate the fuel efficiency of their vehicles, and there is a good chance it's not a Tesla or a Prius.

Then there is the packaging. Some restaurants are slowly switching to materials that are more easily recycled, but many are sticking to the age-old Styrofoam containers that take over 500 years to break down. Even the paper containers take energy to recycle, assuming they are cleaned to an acceptable standard. If they are too soiled, we throw them in the trash with the Styrofoam. And by now we all have heard about how bad

plastic straws are for the environment. Now take this total impact and multiply it by the millions of people around the world ordering their take-out meals every day.

So what do we do? Even making the choice to go out for dinner instead of ordering in will reduce your impact on the environment, assuming you go strawless for any beverages and don't take leftovers home. But ultimately, the best choice is to plan meals in advance and buy food at the grocery store. If you're feeling extra industrious, you can grow vegetables in your garden. You'll travel less, use less waste, and have a smaller carbon footprint. If you're not confident in meal planning or gardening, you're lucky enough to be living in one of the best

and friendliest communities in the city. I guarantee that if you ask a community member for help on getting started, someone will gladly join you. Or attend one of the monthly collective kitchens in Alberta Ave or Parkdale Cromdale, where you can make a few meals for yourself or your family.

In fact, I'll help. Email me at [maparsons4@gmail.com](mailto:maparsons4@gmail.com) and I would be happy to provide you with meal planning and grocery shopping tips. If you want gardening tips, I'll send your questions to one of my many neighbours who live off their gardens every year.

*Born and raised in Edmonton, Mark is a HR professional, writer, artist, and entrepreneur.*



Ordering food online has environmental consequences. | Pixabay

## Consumer trends are changing business

Online shopping is replacing brick and mortar stores

STEVEN TOWNSEND

Up until the end of December, I owned a small business on Whyte Avenue with Rob LeBlanc. The Briefing Room itself is not gone, but the brick and mortar aspect of it is. We are now 100 per cent online at [thebriefingroom.ca](http://thebriefingroom.ca). This was not an easy decision to make, but more and more we came to the realization that online shopping is where the trends are headed.

When Rob and I opened the doors to our store in 2012, we were the only store like it in Edmonton. The Briefing Room is a small boutique dedicated to men's clothing; specifically, men's underwear, socks, swimwear, shaving, and skincare products. We wanted to have a place that had unique products and brands from all over the world that you

might not find in Edmonton. We wanted customers to have the opportunity to see and touch the products before purchasing.

coverage from TV, radio, newspapers, and blogs. There was a lot of buzz, and we rode the wave right up until it started to crash on to the shore some-

before that), we saw a slow but steady increase in our online sales.

It had started to become less and less important to our customers to touch and see the products before purchasing them. The good part to this change was that many of those same customers still wanted to continue supporting our small local business, they just preferred to purchase our prod-

ucts online now. The trend towards online shopping will continue as people become accustomed to one-click shopping with same-day delivery provided by companies like Amazon. But these conveniences come at a cost. We will slowly start to lose more independent businesses, which are unable to compete with the big guys. We will become less connected to our communities because we will no longer need to venture out of our homes.

The trend towards online shopping was only one of the reasons that we decided to close our doors, but it was a big one. All I have to say is that if you really like a local business, go out and support them when you can. As Joni Mitchell would say, "You don't know what you got till it's gone."

Thank you to all the customers that supported us over the years.

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



The brick and mortar shop of The Briefing Room is now gone, but all products can still be found online. | Supplied

The store was a huge hit right off the bat. Seeing that we found a unique niche in Edmonton, the media was all over us with

time in 2017. At that point, we started seeing a drop in our sales at our Whyte Avenue location. Yet at the same time (and even

ucts online now. I think the trend towards online shopping will continue as people become accustomed



# Outdoor & Indoor

Check out what your league has to offer

[elmwoodparkcommunity.org](http://elmwoodparkcommunity.org) | 12505 75 St

[parkdalecromdale.org](http://parkdalecromdale.org) | 11335 85 St

[albertaave.org](http://albertaave.org) | 9210 118 Ave

[deltoncommunity.com](http://deltoncommunity.com) | 12325 88 St

[eastwoodcommunity.org](http://eastwoodcommunity.org) | 11803 86 St

[spruceavenuecommunity.com](http://spruceavenuecommunity.com)

10240 115 Ave

[westwoodcl.ca](http://westwoodcl.ca)

12139 105 St



## Speed Neighbouring

One On One. Two Minutes. Three Questions.

Wednesday, Feb. 13, 7 PM

Eastwood Community Centre

11803 86 Street

### WESTWOOD RESIDENTS

BE IN THE KNOW &

## WIN A TABLET

Sign up for the league's eNewsletter at [westwoodcl.ca](http://westwoodcl.ca) and you will be entered for the draw. Answer all the form questions and receive an extra entry.

draw deadline  
03. 08. 2019



**DON'T DELAY**

SIGN UP TODAY!

## COMMUNITY SWING & SKATE



### SATURDAYS

12 pm - 4 pm

Free skate rentals, live music, and dance lessons.  
Concession available. All ages.

**JANUARY 19**

Belmead Community Hall  
Dave Babcock and his Jump Orchestra

**FEBRUARY 2**

Spruce Avenue Community Hall  
Cosmopolitan Jazz Orchestra

**JANUARY 26**

Laurier Heights Community Hall  
Don Berner Big Band

**FEBRUARY 16**

Delton Community Hall  
Littlebirds Jazz Band

WINTER CARNIVAL!

FAMILY DAY CELEBRATION!



SATURDAY, FEB 23, 1-4 PM  
ELMWOOD PARK

## WINTER PARTY!

wagon rides • hot dog roast • family activities  
free league memberships



edmonton  
arts  
council

[edmontonarts.ca](http://edmontonarts.ca)

# Parkdale Cromdale offers talking circles

Experience a safe space to share thoughts with others

**TALEA MEDYNSKI**

A traditional Indigenous ceremony is now available at Parkdale Cromdale Community League. For the next six months, people can experience the benefits of a talking circle.

Ryan Hoard is facilitating the talking circles, the first of which took place on Jan. 21. He is a registered provisional psychologist and of Indigenous heritage.

Talking circles allow everyone the chance to talk while others listen. Everyone is considered equal.

“It’s a traditional way to communicate, solve conflict, share experience, grow as a family, or to heal,” says Hoard. “It’s considered a ceremony.” A talking circle is an open, safe place

to talk about anything while all other participants listen without judgement. It’s a great opportunity to learn about an important and sacred tradition. Parkdale Cromdale and surrounding areas also have an Indigenous population who may wish to attend and reconnect with their culture.

“It’s an opportunity for Indigenous people to re-learn [about talking circles] and an opportunity for others to learn,” he says. “It [also] falls in line with reconciliation.”

It’s a ceremony with some flexibility.

“People are invited in. Sometimes there’s a purpose and focus, sometimes not.”

Before the talking circle begins, Hoard will hold a smudging circle.

“It gives everyone an oppor-

tunity to cleanse themselves,” he explains. He’ll also discuss norms and introduce himself to everyone there.

During the talking circle, he will pass around the talking piece, which can be an eagle feather or a rock. “It’s something with a spiritual connection,” Hoard explains. The rock has a connection to the earth, while a feather symbolizes the creator.

The person who holds the talking piece speaks, while everyone else listens.

Hoard will facilitate three rounds of the circle. The first round is for participant introductions. The second is an opportunity for participants to share their thoughts. The third round may include one last chance for sharing.

“Some people have lots to

say,” says Hoard. “Talking circles are often used in Indigenous judicial resolutions, to resolve conflict, and to come up with resolutions.”

It’s also a tradition that many Indigenous people have become disconnected with in their culture. “Some of these practices were outlawed in the Indian Act.”

The Parkdale Cromdale Community League board had an opportunity to take part in one of Hoard’s talking circles.

Kevin Wong, league president, said, “I think the talking circle offers a great platform for sharing and building trust. It’s a powerful and sacred tool to create connections among strangers or neighbours. It also allows us to slow down and think, and learn the skill of mindful sharing.” He adds,

“Through the talking circle, we are hoping to get our community members to get to know each other, and know it’s OK to share. It’s a step toward building a more trusting community.”

Anyone can attend, although PCCL league memberships are encouraged. Should cost be a factor, memberships will be available for free.

Each talking circle will take about an hour, from 7-8 pm. The event is free to attend. Future talking circles: Feb. 18, March 18, April 15, May 27, and June 24. Visit [parkdalecromdale.org](http://parkdalecromdale.org) for more information.

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



Participants of the Jan. 21 talking circle. | Karen Mykietka

PARKDALE CROMDALE COMMUNITY LEAGUE

# FREE SNOW REMOVAL

SENIORS | RESIDENTS WITH MOBILITY ISSUES

PARKDALECROMDALE.ORG/PCCL-SNOW-REMOVAL-PROGRAM

NOMINATE  
T O D A Y

HOUSES IN NEED  
TO RECEIVE SERVICES

PARKDALE  
CROMDALE  
COMMUNITY LEAGUE

11335 85ST

# Preparing for this year's tax season

Ensure you have the proper documentation to prove your claims

**SHAREE ALUKO**

With tax season approaching, many of us are either excited about possibly getting a refund or worried about owing money.

To have all the necessary information you need, start preparing as early as possible. This means good recordkeeping throughout the year. If you are unprepared, you may miss out on a refund or owe taxes.

The deadline for filing taxes for individuals and most businesses (if the business fiscal year and calendar year are the same) is April 30. Self-employed individuals have until June 15, but interest on any tax due starts accumulating on April 30. Visit [www.cra.gc.ca](http://www.cra.gc.ca) for more information. There is a late filing penalty if you owe money to Canada Revenue Agency (CRA). Sometimes the penalty

can be waived with a reasonable and satisfactory explanation. Business owners also need to file payroll and GST returns prior to the deadline.

Knowing how to earn tax credits is important because it reduces the tax paid on taxable income. Non-refundable credits reduce the tax payable while refundable credits can be paid out as a refund. It's also useful to know about opportunities frequently overlooked.

If you own a registered business, you can claim several expenses associated with the daily operations of the business incurred to generate income. Home-based business owners often fail to claim all their expenses because they don't realize that their utilities, phone bill, property taxes, interest paid on a mortgage, fuel, office supplies, or meal expenses while meeting with clients can be fully or par-

tially written off. Self-employed individuals can also deduct premiums paid for medical or dental insurance plans.

Likewise, you can claim costs for relocating for a new job or to establish a business, such as transportation costs, temporary living expenses up to 15 days, or any other expenses associated with the move.

Paying legal fees to earn an income, such as drafting business contracts, filing tax returns, appealing or responding to a CRA decision, or satisfying tax reporting requirements are all tax deductible. Making a salary claim or retirement allowance can also be entered as an expense. However, the retirement claim must be successful for it to be an eligible tax deduction. It is also possible to claim fees paid to collect or increase support payments resulting from a divorce or separation.

Remember to request receipts for daycare fees, charitable donations, medical expenses, prescription drugs, dental visits, and renovations.

Students, of course, can claim tuition, books, and other educational expenses. It is also possible to claim tuition paid to approved international institutions. The list of approved schools is listed on the CRA website. While the T2202A (tuition and enrolment certificate for Canada) is being issued by Canadian schools, additional forms are used by international schools. These include the TL11A (for universities outside Canada), TL11C (for commuters to the United States), and TL11D (for educational institutions outside Canada for Canadian residents). You may need to follow up with the school's international office to get these forms. Students can transfer tuition amounts or carry

forward for future years. The transfer can be made to a parent, grandparent, or spouse, but the school must complete the transfer section. Include interest repayment made towards student loans (a non-refundable tax credit) because it can lower your tax bill.

If an online platform is your chosen option for filing taxes, keep all receipts for six years because CRA could request that documentation within that time frame. Since there are criminal convictions and fines for tax evasion or false reporting, you may want to consult a tax accountant or income tax professional when in doubt.

*Sharee has a Masters in Business Administration and is passionate about sharing information.*



Start preparing early for taxes and keep good records throughout the year. | Pixabay

THE LASH COACH . CA

1 1 7 3 9 8 8 S T

TAKE OUT: 780.479.8838

EAT IN: 9737 118 AVENUE

MENU: SWAGAT INDIA.CA

INDIAN BAR AND BISTRO

SUN - TUE: 11 AM - 11 PM

FRI - SAT: 11 AM - 1 AM

# Gain insight of different personalities

The Enneagram can help you improve relationships

**RUSTI LEHAY**

Mom, look at us now. But you can't. You died in 2005, leaving behind a fractured family who had avoided each other for 10 years. Ironically, your death brought us together four times in three months. We discovered we liked each other. Since then, my sister Virginia and I, estranged for 10 years, have now lived together or have been in close proximity for the last 13.

Our relationship is easier to maintain thanks to the Enneagram, personality profiles based on brain chemistry. The Enneagram has been around for over a thousand years and has been studied extensively at Stanford University for the last century. There are nine personalities and three triads: thinking triad (5/6/7); heart triad

(2/3/4); and instinctual triad (8/9/1).

What we did not know about our mother until later is how her personality type, the Romantic Individualist (4), is the only personality missing high brain chemistry. With medium norepinephrine, low dopamine and serotonin, individuals with this personality can think themselves into a funk, then create drama to raise their brain chemistry into a feel-good high, sinking others into an emotional mess. Our mother could charm others with great finesse, yet keep her daughters spinning away from each other, while favouring the son who was the same assertive jester type as our father, who would joke Mom out of her down moods.

My personality, known as the worrier or counterphobic (6/Loyal Skeptic), rebels against

authority and challenges fears. Growing up, the worrier was prominent, then was overthrown by the rebel in my 20s and 30s. With an overbearing mother, my personality lacked the nourishing push to trust my own voice and aims in life. In my 40s and 50s, I developed trust in my own inner authority.

We use the Enneagram with Virginia's grandchildren, Miss V, Miss M, and Miss A. Our knowledge of their personalities will help them become their best. When Miss V, the Assertive Challenger, tries to control everyone around her, we gently remind her, "Do you like it when people try to control you?" She needs to learn issues are not black and white, to allow others to have their say and their turn leading, to not control others, and to know it's okay to be vulnerable.

"No!"

"Well, I'm feeling controlled right now. May we try this interaction again?"

When her sister, Miss M, the 3/Performer/Achiever, is determined to win at all costs, she benefits from a gentle reminder on how to win graciously and encourage others to do their best. Now she shares, "Just imagine yourself winning!" Performer/Achievers rarely fail at achieving their goals. Their high dopamine gives them an assertiveness to achieve goals better than any other type. Miss M's biggest lesson will be to learn she is more than her achievements.

Then there is Miss A, the Adventurer/Epicure. She'll try anything once to see if she likes it, twice to make sure. Also assertive, this personality type's driving forces are excitement and novelty. She must learn

how to stick with the not-so-fun stuff before it ends up stealing big chunks of fun when she has to do the necessary and less fun things in life.

To determine your personality, borrow Enneagram books from the library or visit similar-minds.com where you'll find a free test.

Watch for possible future articles. If interested in a drop-in Enneagram discussion group, Rusti and her sister Virginia Lehay love talking Enneagram. Email [lit@ratcreek.org](mailto:lit@ratcreek.org) to express your interest.

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



Rusti Lehay (far right) went to Mercy Center Burlingame in California with her sister, Virginia, to learn about the Enneagram. | Supplied

PARKDALE CROMDALE COMMUNITY LEAGUE

## PUB NIGHT

\$4 Everything  
Friday Feb 15 7pm - Midnight  
11335 85 Street

1-4 pm on  
Feb 2, 10, 18, 23  
@Alberta Avenue

## WINTER GAMES

*Crokieurl, curling, ice golf, ice toss, ice slide  
Free hot chocolate & S'mores on the fire*

# The sublime tale of the nude painting

How a self-portrait reveals truth for those who see it

ADAM MILLIE

Throughout our relationship, my wife and I have exchanged gifts. They have been occasionally hilarious (a pink rabbit ear hat), sometimes dangerous (a flamethrower), but usually practical and well thought-out (a high-end Japanese rice maker). Just before Christmas, she truly outdid herself.

One of her greatest joys is going to drag shows with her best friend. The two of them have been doing this for years, and I'm happy to have a quiet night to myself when they do. She often comes home late from these events and I'm usually sleeping when she returns.

After a particularly raucous evening at a charity silent auction, my better half returned late, stumbled into the bed-

room, and announced "I got you a present" as she fell into bed, the room no doubt lightly spinning around her.

She had attended Fetch Please!!! A Drag Fundraiser for HIV Edmonton, organized by the fabulous and exceptionally well-dressed Ms. Gogo Fetch.

What my wife brought home is a challenging and controversial work of art.

It is acrylic on canvas, framed under glass. The painting is of a male nude, from below the belly button to above the knee. This self-portrait now hangs in my front room, opposite an Andy Warhol print of a banana.

My initial surprise to this painting has grown into a fondness for the work in its bravery and execution. It is not cut of the same cloth as other works of art in Edmonton, save perhaps the Talus Dome. Its pink,

purple, and cream tones blend well against the harder brushstrokes that form this somewhat hirsute and unaroused interpretation of the male form.

It is exceptionally divisive in its concept. Few subjects are potentially more offensive than male genitalia. Everyone who has seen this painting experiences strong emotion. The painting's stark, detached, and well-proportioned nakedness reveals more about the audience than it does about the artist. The painting evokes a strong, polarizing reaction in everyone that sees it, revealing fundamental truths about anyone in its presence. It is good art.

I reached out to the painter, Edmonton's Christopher Dahr, for his comments. He painted the canvas last January, and last fall Fetch convinced him to place it for auction.

"It was something that I had kind of made for myself, I suppose. I did want to put it out into the world, but I sort of always talked myself out of it. I think I was a bit worried about certain responses it could receive. Yet, I still loved seeing the reactions of the few people I would show it to."

He adds, "I also just find it strangely liberating in a sense. I've always had a lot of issues with the way I look and how certain body parts are, a normal thing most any human deals with, but for some reason when I've recreated myself through art, it sometimes helps me to feel better and to not take it all so serious."

As a result of the exposure received from the silent auction, Dahr has been commissioned to show more new work for The Vagabond Variety Show, and

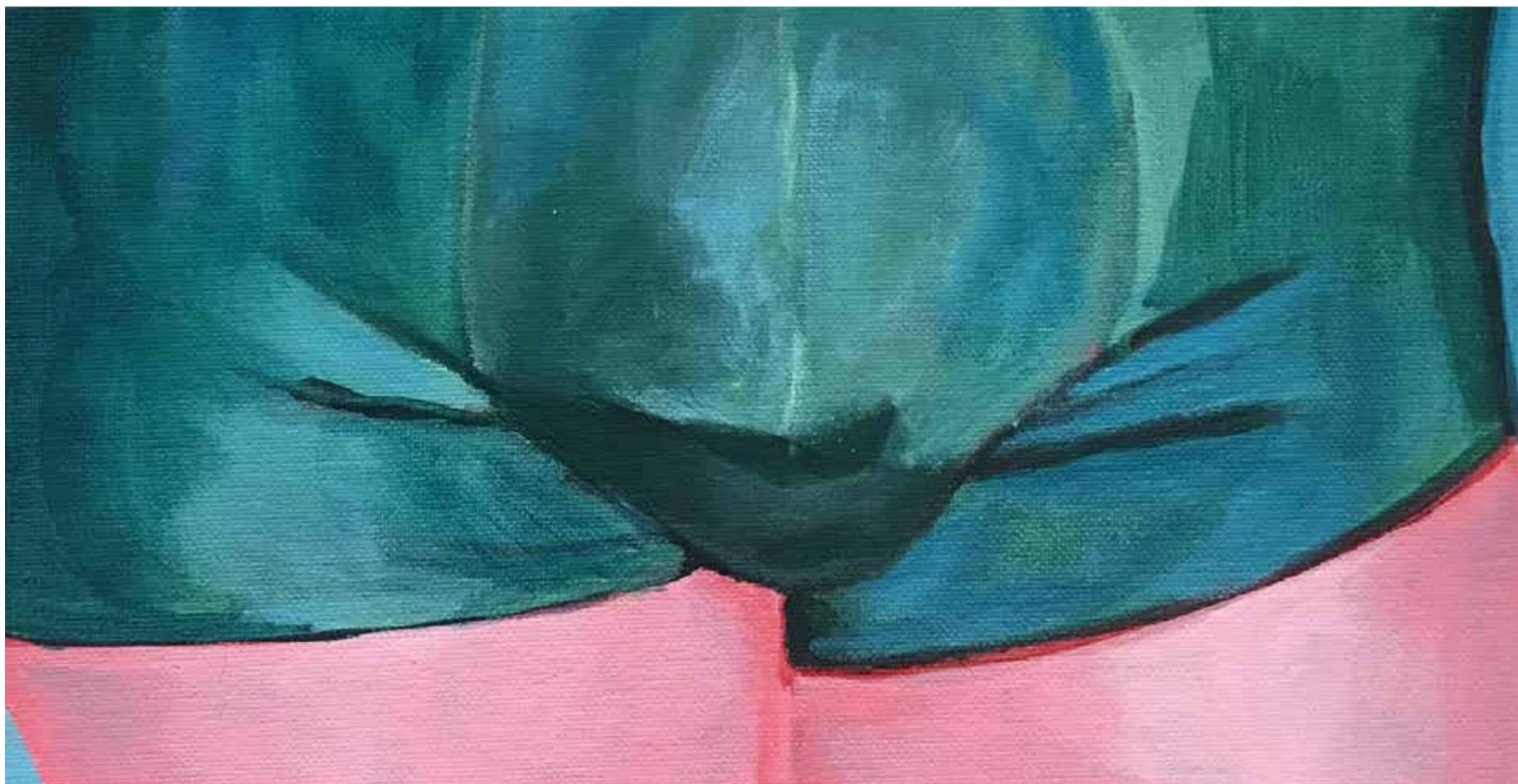
is a rising star in Edmonton's visual arts scene. More of his work, and indeed this very painting, can be viewed on Instagram @c\_dahr.

It should be noted that in addition to being a heavy duty mechanic and the toughest guy in the shop, this writer is a connoisseur of fine art who has dated both men and women.

What I love most about the painting is that it was a gift from my wife. It is a symbol of her love for me, and a demonstration that she loves me for who I am.

I am proud to hang this painting on my wall.

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



Artist Christopher Dahr created the painting that Millie's wife purchased. The painting pictured is another one he created called "Christopher's pouched frontal", Acrylic on canvas; 2018. | Christopher Dahr

## COMMUNITY RINKS



## LEARN TO SKATE

From Jan 11 to Feb 16

**DELTON** Fridays 4:30-7:30 pm  
**PARKDALE** Saturdays 2:30-5:30 pm

### DELTON

Mon-Fri 5:30 - 9 PM  
Sun 1-6 PM

### EASTWOOD

Wed, Thur, Fri 5:30-9pm  
Sat 3-9 pm  
Sun 3-8 pm

### PARKDALE

Tue, Thur, Fri 5-8 pm  
Sat & Sun 12-4 pm

### SPRUCE AVENUE

Mon 4-6 & 7-9 pm  
Tue, Wed, Thu 4-6 pm  
Fri 4-6 & 7-9 pm  
Sat 1-5 & 7-9 pm  
Sun 2-4 pm

**RINK PARTY & MINI ICE OLYMPICS WITH EPS**

Sat Feb 23 @ 1 pm  
Parkdale-Cromdale

SATURDAYS 5-7 PM  
ALBERTA AVENUE, EASTWOOD,  
WESTWOOD

SUNDAYS 1-3 PM  
ALBERTA AVENUE, PARKDALE-  
CROMDALE, SPRUCE AVENUE

*Splash Your Worries Away!*

FREE for league members at  
Commonwealth Rec Centre

GREAT VALUE FOR A SMALL LEAGUE  
MEMBERSHIP FEE.

# Past Delton league president honoured

Sign unveiled at the first annual shinny hockey tournament

**MIMI WILLIAMS**

Dozens of members and friends of Delton Community League attended the first annual Walter Gurba Memorial Shinny Hockey Tournament

on Jan. 19.

Gurba, who died last June, was one of the group of people who built Delton Community Hall over 40 years ago. He also served as the league's president for over 28 years.

Farid Foroud, Delton's cur-

rent league president, stood with Gurba's grandsons as a new sign (Walter Gurba Rink) was unveiled.

"Walter's contribution to our community is legendary," Foroud said, thanking several volunteers in attendance for

their efforts in keeping the rink open this season.

The sign will be hung at the north entrance to the rink and will serve as a permanent legacy to the work that Gurba did over the years.

*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.*



Gurba's family and the new sign. | Mimi Williams

## FREE COMMUNITY PROGRAMS

### ESL & LANGUAGE

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

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

**GLOBAL VOICES CHOIR**  
An informal way to practice English. Song books and light lunch provided. Thursdays, noon-1 pm at Mennonite Centre (no classes in August). More: Suzanne 780.423.9682.

**ENGLISH CONVERSATION CIRCLE**  
Fridays, 10:30-11:30 am 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 780.424.7709 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, noon-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

**BENT ARROW TRADITIONAL HEALING SOCIETY**  
Various programs and services, including a soup & bannock lunch once a month. 11648 85 Street. 780.481.3451. www.bentarrow.ca.

**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 3:30-7 pm. Sat: serving 8:30-9:30 am; open 8-10 am. More: 780.477.5931.

**COLLECTIVE KITCHENS**  
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen: 2nd Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444. Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400. Parkdale hall: Last Sunday of the month, 1-4 pm. Check parkdalecromdale.org for details. Alberta Avenue: Sunday, 1-4 pm. Check albertaave.org for details.

### PARENTS & PRE-SCHOOLERS

**PARENTS & TOTS PLAYGROUP**  
Tuesdays, 1:30-3:30 pm until March 26 at Parkdale Cromdale.

**BABES IN ARMS**  
A wonderful casual parent meetup. Fridays, 10 am-noon at The Carrot Coffeehouse.

**SING, SIGN, LAUGH & LEARN**  
Mondays and Tuesdays, 10:30-11:15 am at Sprucewood Library. Wednesdays and Thursdays, 10:30-11:15 am at Highlands Library. More: 780.496.7099.

**BABY LAPTIME**  
Stories, songs, books, rhymes, & finger play for babies 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.

**NORWOOD CHILD & FAMILY RESOURCE CENTRE**  
Parent & family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. www.norwoodcentre.com.

**PARENT LINK CENTRE**  
Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.

### CHILDREN

**DANCE CLASS**  
Fridays, 6-7 pm until March 8 at Parkdale Cromdale.

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

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

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

### YOUTH

**EVIL GENIUS CLUB**  
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library.

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

**GLOBAL GIRLS**  
Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre for ages 16-22. Drop-in. More: 780.423.9691.

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

**AIR CADET SQUADRON**  
Youth program for ages 12-18. Aviation, drill, deportment, music, marksmanship, survival, physical fitness. Thursdays, 6:30-9:15 pm Sept to June. www.570squadron.com.

### ADULTS

**COFFEE WITH COPS**  
Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 am at The Carrot Coffeehouse.

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

**AVENUE WORD ADVENTURING**  
Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm, The Carrot Coffeehouse. More: Rusti @ lit@ratcreek.org.

**SEATED MEDITATION**  
Restfulness for the body and mind. Led by Kate Wilson, 12 years exp of Zen-based meditation. Bring a cushion and mat or simply show up. Mondays, 6:30 pm, Eastwood hall. Membership required.

**YOGA CLASS**  
Focus on senses, breathing techniques, and postures that build strength & flexibility. First & third Thurs of the month, 7-8 pm until May 16 at Parkdale Cromdale hall.

**MEDITATION & SOUND BATH**  
Explore mental and physical exercises to relax and enjoy stillness more easily. First & third Thurs of the month, 8-9 pm until May 16 at Parkdale Cromdale hall.

**GUIDED MEDITATION SITS**  
Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.

**COFFEE FRIENDSHIP CLUB**  
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-2 pm at The Carrot Coffeehouse.

**COMMUNITY ART NIGHT**  
Free art workshop for adults. Tuesdays, 6:30-8:30 pm at the Nina. Register/info: 780.474.7611.

**WELLBRIETY SUPPORT GROUP**  
Mondays, 7-9 pm at Canadian Native Friendship Centre, upstairs room #200.

### SENIORS

**CENTRAL LIONS SENIORS ASSOCIATION**  
Programs, clubs, drop-in activities, fitness centre. 11113 113 St. 780.496.7369. www.centralions.org.

**NORWOOD LEGION SENIORS GROUP**  
Cribbage, Wednesdays at 1 pm at NorwoodLegion.ca.

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

### FAMILIES

**DENE DRUMMING**  
Wednesdays, 1-3 pm at Canadian Native Friendship Centre, upstairs room #200.

**TRADITIONAL ARTS & CRAFTS**  
For ages 12+. Wednesdays, 5-7 pm at Canadian Native Friendship Centre, upstairs room #200.

**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.

**HIP HOP SHOWCASE**  
Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. Third Wednesday of month, 7-9 pm at The Carrot Coffeehouse.

**TABLE TOP GAMES NIGHT**  
Choose from our selection of games or BYOG. Tables are free! Last Wednesday of the month, 4-9 pm at The Carrot Coffeehouse. Hosted by Tim of GOBFest.

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

**MUSIC LESSONS BY CREART**  
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: createdmonton@gmail.com or 587.336.5480.

**FREE COMMUNITY REC ACCESS**  
At Commonwealth Stadium on Saturdays from 5-7 pm: Alberta Ave, Eastwood, Westwood. Sundays 1-3 pm: Alberta Ave, Parkdale-Cromdale, Spruce Avenue

**OPEN MIC NIGHT**  
Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at The Carrot's uniquely warm and personal open mic night. Saturdays, 6-10 pm at The Carrot Coffeehouse.

### LOCATIONS

Bent Arrow  
11648 85 St  
Bethel Gospel  
11461 95 St  
Cnd Native Friendship  
11728 95 St  
Community Leagues - see page 12

Crystal Kids  
8715 118 Ave  
Highlands Library  
6710 118 Ave  
Mennonite Centre  
11713 82 St  
Norwood Family Centre  
9516 114 Ave  
Norwood Legion  
11150 82 St

Sprucewood Library  
11555 95 St  
St. Faith/St. Stephen Church  
11725 93 St  
St. Andrew's Church  
8715 118 Ave  
The Carrot Coffeehouse  
9351 118 Ave  
The Nina  
9225 118 Ave





**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 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)ave-nuevineyard.com  
 Sundays at 10:30 am

**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

**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

**NORWOOD WESLEYAN CHURCH**

Meeting needs with love and compassion  
 11306 91 St  
 10:00 am Sunday School  
 11:00 am Sunday 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**

**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.

**THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH**

A Place for Worship and Service  
 11661 95 Street  
 salvationarmy.ca/alberta

Sunday Worship - 3:00 p.m.  
 Call for other program information  
 780.474.4324

**Norwest INSURANCE AGENCIES LTD**

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

11734 95 St 780.477.9191  
 Serving this community since 1976

*"We'll Keep You Happy for Life"*



**FAMILY BUSINESS SINCE 1952**

FLEXSTEEL GALLERY · LA-Z-BOY · SIMMONS BEAUTYREST

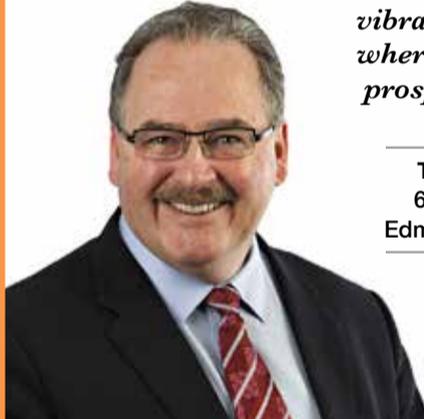
11349 - 95 street | 780.477.2213 | info@xlfurniture.com | xlfurniture.com  
 tues - sat: 10 am to 5:30 pm | Closed Sunday & Monday | Thursdays until 8 pm

## 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

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

edmonton.highlandsnorwood@assembly.ab.ca

**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**

Extra features & more **ON-LINE!**  
 Stories, pictures & more!

**ratcreek.org**



**Parkdale Cromdale Community League**



# RINK PARTY & MINI ICE OLYMPIC WITH EPS

**SATURDAY FEB 23 1PM**  
**11335 85 STREET**

**FOR MORE INFORMATION GO TO**  
**PARKDALECROMDALE.ORG**