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Evoking our area's history and heritage

Deep Freeze delves into richness of homesteading past



Take in the many sights and activities at Deep Freeze: A Byzantine Winter Festival. | Marc J Chalifoux Photography



Look forward to activities celebrating Indigenous cultures as well as fur-trapping demonstrations. | Marc J Chalifoux Photography

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Community vibrancy & involvement
An active, connected community, along with its growing size, is changing perceptions, and has many leaders and volunteers that share this and others to put on fantastic festivals, host parties, build community gardens, create beautiful parks, and more. We're looking for good neighbours, and get involved. For more information, contact: julie.allan@edmonton.ca or 780.496.1913.
Judy Allan
Revitalization Coordinator

Animate the Alleys nominated for an Urban Design Award
Animate the Avenue Alleys—last year's Urban Design Award project—was nominated for an Urban Design Award. The City of Edmonton and the Royal Architectural Institute of Canada co-hosted the Edmonton Urban Design Awards in November to recognize individuals, organizations, firms, and projects that have contributed to urban design and quality of life in Edmonton. Congratulations to Wally Andrew, to his team, and to the artists whose work brightens our community.

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TALEA MEDYNSKI

History and heritage provided organizers with inspiration for this year's Deep Freeze Festival on Jan. 13-14.

Christy Morin, artistic director, has roots in Eastwood and nearby communities. In 1949, her grandfather opened a store on 97 Street and 107 Avenue for two years. He travelled to local businesses, like the Italian Bakery, for supplies. Morin's father lived in a house just two blocks from her present home when he was in Grade 2.

"I love the family heritage in our neighbourhood," said Morin. "We want to go back to the roots of the community. There's a lot of deep memories and happy memories. We want to bring back these happy pieces of the community and be able to plunge more into heritage and history."

So this year, some activities will focus on homesteading.

Tim Moreland will lend his skills

to the festival as a historic blacksmith.

"Most of the stuff I make ranges from around the fur trade," Moreland said. During Deep Freeze, he will use a coal forge and hold demonstrations. "They're going to see us taking raw steel and making it into usable implements."

Edmonton has its own history with blacksmithing. In the Highlands and Beverly areas, blacksmithing was common.

"Blacksmithing is a dying trade," Moreland added. "A lot of the older people find the sights, smells, and sounds of hammering bring back memories."

Naomi Pahl, a local upcycle artist, will be outdoors making grape jelly and pickled carrots and providing samples of jam and pickles.

"I've been privileged to do a lot of homesteading practice," said Pahl. She cans and preserves at home using her own produce. "It's a way to provide for my family that's eco-

friendly and inexpensive. I'm really excited to show people it's a possibility."

Festivalgoers can also learn about fur trading and trapping with Robert Grande Jambe Jr., a fur trapper from Fort Chipewyan.

Deep Freeze continues to honour Ukrainian and French Canadian cultures. Jan. 13 will focus on French Canadian culture, while Jan. 14 will focus on Ukrainian culture. Indigenous cultures will be featured throughout the festival.

New this year for French Canadian activities is a Hercules hoist, where people lift logs of various weights using a pulley system.

As for Ukrainian activities, Morin said, "The programming is the best yet." Arts on the Ave is forging a partnership with St. John's Institute, an organization focusing on promoting Ukrainian art and culture. During the weekend, take in Ukrainian dancing, music, art, and food.

arts on the ave presents

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Volunteer coordinator elected to RCP board

Alita Rickards brings plenty of ideas to the position

TALEA MEDYNSKI

The Rat Creek Press' newest volunteer coordinator has a fascinating history.

Alita Rickards travelled extensively for 15 years throughout Taiwan, India, and the Czech Republic and lived for 10 years in Taiwan. She was a journalist for the *Taipei Times*, a voice recorder for the *International Community Radio Taipei*, a teacher, and a performer in a cabaret troupe.

But after many years abroad, she decided it was time to come home.

"I had a radical shift about four years ago," said Rickards. "My parents were getting older and I wanted more permanency than an expat life could afford."

In 2013 she moved back to Canada and this past May, Rickards and her sister bought a house in Alberta Avenue.

"I wanted to be part of a community. In Taiwan, I would make a lifelong friend and then [that person] would move away. I wanted to go home and be around my family. I live with my sister," Rickards said, explaining the house is divided into separate quarters.

Rickards said she's becoming happily entrenched in the community. Last month, she saw the notice for RCP's Annual General Meeting and call for board members. Soon after, a chance conversation convinced her to run.

"I met a lady and was telling her about my house. She ended up having a relative close by. I told her about the board post and was telling her about how more women need to be on boards," Rickards explained. "She

was like 'what about you? Aren't you a woman?'"

Rickards decided to apply for a board position and was successful in getting the volunteer coordinator position. She's looking forward to the challenge of how to reward volunteers.

"Volunteers are essential to a thriving festival or organization. They really provide the meat on the bones."

While she is still learning about the position, she has ideas on how to show RCP volunteers appreciation, like buying a Groupon, or organizing a barbecue or block party.

"I really hope to engage local businesses in showing support for volunteers. And maybe there's a way we can reward those businesses so it's a mutual benefit for everyone," Rickards said. "The biggest reward is to include the volunteers in fun things."

Rickards said inclusion is important. "We're all in this together and we support one another."

There are many volunteer opportunities with the Rat Creek Press. We welcome writers, photographers, illustrators, researchers, website/social media assistants, delivery help, advertising help, neighbourhood ambassadors, and special project leaders.

VOLUNTEER WITH THE RCP
timecounts.org/rat-creek-press

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780.479.6285

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

Message from the board chair

JESSICA MACQUEEN

This past year was productive for the board. We saw the addition of a few new faces to the team, and it's been great to have capable folks at the governance table.

We spent a weekend undergoing formal board training, which helped us to identify opportunities for improving our policies, procedures, and governance structure, and we've spent the past few months realizing these improvements.

This year's improvements to our governance include developments of:

- Contracts for the board's three independent contractors.
- A robust policy manual.
- An orientation manual for new board members.
- Dedicated committees to work on specific projects or initiatives.

While governance is currently our primary focus, this isn't the only area where we are making strides. We have also formed a committee on community engagement, which will work to strengthen our relationships with the communities we serve.

Looking ahead, I'm keen to continue making progress on tackling governance tasks identified through our board training. We're also hoping to establish an efficient onboarding process, more clearly defined roles, opportunities for skill building, and a sound succession plan for board volunteers.

We still have the Fundraising Coordinator board position open. If you'd like to support RCP by organizing our biennial casino and seeking new opportunities for revenue through advertising or other means, drop us a line at board@ratcreek.org.

From the publisher's desk

KAREN MYKIETKA

As always, the Rat Creek Press continues to be chock-full of stories about local events, people, places, and businesses. We share opinions on local issues and cover the news around development, policing, revitalization, and more.

Every time we get our contributors together, we have a fabulous time learning more about each other and discussing possible topics. We never have any difficulty finding enough content to fill our 16 pages.

Right now, we are exploring how we as a newspaper and as an organization can respond to the action calls from the Truth and Reconciliation Commission, so you'll be seeing more Aboriginal-related content. We are also planning a number of articles on the challenges faced by our local schools. In the spring, we hope to share Northlands' evolution and transition.

Publishing a non-profit community newspaper is interesting but also has its challenges. The budget is limited, so a lot depends on volunteers. All the staff are part-time contractors who work

other jobs. When things go sideways like when our website was hacked, it can take time to get things back up. We would love to do more investigative pieces, projects, and outreach but our resources are limited. If you have time to share, we would love to have you help out.

It's important that we hear from our readers. You help us stay connected to our seven neighbourhoods. We need your thoughts on local issues. We need to know what kinds of stories you like to read in your local community paper. It's nice for our contributors to get feedback and know the story they wrote was read and appreciated.

If you are on Facebook, please like our page. We share additional relevant information on our page as well as call for input on various topics. If you take interesting pictures in our neighbourhoods, share them with us on Facebook or Instagram with the hashtag #RCPsnaps or email us. Read individual articles at ratcreek.org and comment on them as well as share them online. Also feel free to email your thoughts, ideas, and pictures to info@ratcreek.org anytime. We love to hear from you!



Alita Rickards is looking forward to showing volunteers appreciation. | Alita Rickards

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ABOUT US

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

GOALS

Build Community, Encourage Communication, Increase Capacity.

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

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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.

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More programming for Alberta Avenue

The league's activities focus on building abundant community

BREANN GURNEY

Cabin fever can be a distant memory for Alberta Avenue league members with plenty of opportunities to participate in local programming this year. The league is expanding its programming with math tutoring, a collective kitchen, drop-in sports, and outdoor skating.

Lenn Wheatley, neighbourhood connector for Alberta Ave, began assessing community interest toward various activities and programs while having conversations with residents this summer.

The increase in programming evolved as community members came forward and expressed interest in participating in or leading activities.

"We make a point of chatting with as many people as we can," said Karen Mykietka, program manager for Alberta Ave. "We have been hosting neighbour connect events and specifically ask people about their activities, interests, skills, and abilities."

Greg McNulty and Terrance Prusak run math tutoring in the league lounge every Thursday from 7:30-9 pm. McNulty believes in equity and providing help in "neighbourhoods in our city where kids need help but their parents can't necessarily afford it."

McNulty approached the league as a volunteer in late September and has a weekly turnout of roughly half a dozen children between grades 1 through 11, with the younger children engaging in math games.

"[We] just give a different perspective than their teacher," said Prusak. Both men said they believe the children who visit them each week are "just as capable as any other human of [succeeding in math]."

For those who want to break a sweat, the league offers drop-in basketball to members every other Thursday between 6-8 pm. Stephen and Markus Lingasen supervise the event.

"[Basketball is] primarily for youth to interact and develop skills including sportsmanship, comradery, exercise, and a healthy mind and body," said Stephen.

Youth and adults of all ages are welcome to participate. Children 10 and under must be accompanied by someone 15 years or older.

The program is still new and aims to attract more youth using a community-based approach. The focus is to "be able to share what you have with others," said Stephen.

On alternate Thursdays, Jeff Potkins hosts drop-in badminton.

An outdoor skating rink located behind the community hall as well as access to a warming area and bathrooms will also be open on Thursdays from 5-8 pm. When organizers find a volunteer rink host, additional hours will be available during the weekend. Mature teens and adults can sign up for shifts on the league website.

If you like to cook, volunteer Virginia Potkins leads a monthly collective kitchen in the newly renovated commercial kitchen. Potkins began the registered event on Nov. 19 to help connect the community.

"Community building is something that we are missing in our communities and the disconnect is creating a lot of lonely people," said Potkins.

Participants can expect to help prepare and cook four different meals each month: a soup, a chicken dish, a beef or pork dish, and a vegetarian dish. The collective

kitchen is inclusive to all dietary choices.

"Getting children in the community involved in learning a new skill, and involved in the community, is so important," said Potkins. Children can attend if they cook with their parents.

Don't miss the new year's skating celebration for all ages on Dec. 31 between 6 pm-1 am on the outdoor rink, featuring a fire pit, hot chocolate, and music.

League memberships are available for \$10 for a single person and \$20 for a family from the Sept. 1-Aug. 31 year. Most programming is free, however a league membership (from any league) is required.

Wheatley welcomes Alberta Avenue residents to stop by the office on Thursdays between 5-8 pm. Or, contact him at engage@albertaave.org or at 780.477.2773.

Find out more about league programs and events at albertaave.org.

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

PROGRAMS AT ALBERTA AVENUE

- Zumba: Mondays, 8 pm
- Yoga: Tuesdays, 7 pm
- Taekwondo: Wednesdays (registration + fee required)
- Drop-in sports: Thursdays, 5-8 pm
- Math tutoring: Thursdays, 7:30-9 pm
- Collective kitchen: check albertaave.org for dates (registration + fee required)



Parents and children work together at the collective kitchen to prepare meals for their family. The program does not provide any childcare. Children are only allowed if they participate with a parent. | Karen Mykietka

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Indigenous program empowers and educates

I Am A Kind Man focuses on violence against women

PATRICIA DUNNIGAN

A unique pilot project aims to educate and empower Indigenous men to recognize and speak out about violence against women.

I Am A Kind Man (Néya Napew Na Muton in Cree) is held at the Canadian Native Friendship Centre (CNFC) and originated at the Aboriginal Men's Violence Program in Thunder Bay, Ontario. Del Anderson, the facilitator, speaks with enthusiasm about the program.

"Look at this," Anderson said, handing me his phone. He's pulled up a leadnow.ca Facebook post from Dec. 6, the Day of Remembrance of Violence Against Women.

The post includes grim statistics. For example, 50 per cent of women have at least one experience of physical or sexual vio-

lence. Disturbingly, Indigenous women are much more likely to be killed than non-Indigenous women—six times more likely. And if you want to run the numbers, Canadians spend \$7.4 billion annually covering the cost of this violence.

"The roots of the violence are found in the fear and shame-based teachings from the Christian beliefs imposed on children in residential schools. They were taught that they were evil pagans and punished for speaking their language or following their ceremonies," said Anderson.

He continued, "The older generations who were raised in those schools brought the violence back to their families. They were never taught to love, so they didn't know how to show feelings of affection and tenderness after that. Then came the Sixties Scoop where children were again removed

from their families and raised outside of their culture."

Anderson said violence against women wasn't part of Indigenous communities before colonization.

"Anthropologists called Indigenous people in the Americas masters at raising their children. The key factor was that communities followed the Creator's will and taught their children to love themselves," said Anderson.

The pilot began in October and is expected to run anywhere from eight to 12 weeks. The Alberta Native Friendship Centre Association asked CNFC to run the pilot. Other reserves and educational institutions may also offer the program in the future.

Participants were referred, but once the pilot is finished, men can apply to attend the free program. The program isn't just for Indigenous men, either; it's

geared towards men of all ages.

During the program, Anderson establishes a safe and confidential learning circle with a maximum of 20 participants, some who attend willingly and some who are mandated as conditions of their parole.

The curriculum focuses on what is called the Seven Grandfather Teachings. These include: wisdom (understanding the forms of violence); love (healthy relationships); respect (understanding boundaries); bravery (positive role modeling); honesty (power and control); humility (equality); and truth (promoting change).

Anderson's philosophy is to offer information rather than forcing it on participants. Listening is as important as teaching, so reflection and sharing is always a part of the group process. Topics for the program will be selected according to the needs of the participants and

their personal experiences.

"Trauma is likely to resurface for some when working through these painful issues. The group will follow protocol to engage an elder for support, guidance, and advocacy and to invoke the Creator and ancestors through ceremony. Access to mental health professionals is also recommended and provided."

For more information, visit www.cnfc.ca or phone 780.761.1900.

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

I AM A KIND MAN

cnfc.ca
780.761.1900



Del Anderson (pictured) is the facilitator of the pilot program. | Aydan Dunnigan-Vickruck

Happy New
Year from the
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www.revreader.blogspot.ca



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A place for those with Parkinson's disease

The Buchanan Centre offers supports throughout Alberta

AYDAN DUNNIGAN-VICKRUCK

Every time I drove by the Buchanan Centre, I was intrigued as to how they support people with Parkinson's disease.

My interest was recently piqued when I made a friend on the dance floor, Ron Ebbers, who was learning tango to counteract the disease's progression. According to research studies, the music, movement, and shared support from your dance partner helps counteract Parkinson's conditions of loss of balance and orientation.

Ebbers agreed to discuss his experience with Parkinson's disease with me while we were at the Buchanan Centre. He was diagnosed 11 years ago when he was 55 years old.

"Fortunately, it has not yet changed my lifestyle. The progression has been slow. My voice has softened. The meds reduce the shaking and elevate

my dopamine levels. I still drive and mostly do what I want to do, although my outdoor, high-risk activities have gone by the wayside."

Ebbers has participated in most of the programs at the Buchanan Centre.

"They are excellent. I still get the quarterly newsletter. What I am finding most helpful these days is the support group sponsored by the Parkinson Association of Alberta. I used to attend one here at the Centre, but now I go to the one in Fort Saskatchewan which is closer to my home in Gibbons."

Ebbers gives me a quick tour of the Buchanan Centre, which is spacious and well equipped. The facility has a gym, meeting rooms, office space, a library and lounge, and a kitchen. It also has a 1,500-square-foot meeting room with a video screen, sound system, and mirrored wall, all helpful for movement programming.

Brandi La Bonte, operations manager of the Buchanan Centre, joins the conversation.

"I am very passionate about the work. One of the biggest rewards I get is someone saying, 'You made me feel special.' People so often self-identify with their illness. We strive to encourage everyone to appreciate that life is bigger than a physical limitation or condition. No one is allowed to apologize for their disability."

La Bonte explained the Buchanan Family Foundation owns the Buchanan Centre and opened it in 2015. The Centre functions as a central hub for the Parkinson Association of Alberta's activities.

"Its addition has made a huge difference in providing supports throughout the province. Alberta in fact has become the envy of the world with its coordinated services for Parkinson's disease," said La Bonte.

La Bonte said besides medica-

tion, exercise is a crucial treatment.

"If the body is inactive, a resistance to movement builds up. In a sense, the body fights against you. It takes a lot to get the body rebooted. People with Parkinson's have to work harder, act bigger, speak louder just to maintain normal functioning and presentation in public."

With this in mind, the facility offers classes like circuit training, yoga, tai chi, and dance. They have massage therapists and Alexander Technique therapists. In addition, they run other programs, such as boxing, through partner facilities.

"In addition, we coordinate numerous provincial programs throughout the province from this Centre, such as the 43 support groups and on-site, in-home, or phone counselling services. A speaker series is regularly hosted in our main program room, which is [recorded] and posted on YouTube for the

public to access. No money is made from the programming and registration costs are strictly cost recovery."

The Buchanan Centre provides a great service to people with Parkinson's disease.

Ebber added: "If I had to get an illness at this stage of life, I am glad it was Parkinson's, because of the exceptional support that is available through the Association and the Buchanan Centre."

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

THE BUCHANAN CENTRE

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Rob Ebbers sits in the Buchanan Centre's library. | Aydan Dunnigan-Vickruck

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Coliseum redevelopment comes at pivotal time

The decision will have a huge impact on surrounding areas

MIMI WILLIAMS

When talks about building a new arena downtown got serious a decade or so ago, my first thought was, “What about the Coliseum?” A lot of memories were made in that building, but when Mayor Don Iveson pushed to demolish it last month, it wasn’t nostalgia I was feeling; it was frustration.

It’s a cruel piece of irony that at the same time the city got around to investing money in the revitalization of Alberta Avenue, our then-mayor was already cooking up a plan that would see the Coliseum, the symbolic eastern boundary of the district, rendered obsolete. And now, as that financial support is about to end (before any of the promised streetscape improvements from 78 Street to Wayne Gretzky Drive have been delivered), the mayor tried to have the Coliseum demolished.

It’s true a shuttered arena at the end of the Avenue Initiative project will do nothing towards continued revitalization, which is still very much a work in progress. Yet, neither will a fenced-off vacant lot.

For years, concerns expressed about the future of the building were dismissed. Council not only agreed to finance a new downtown arena, they also essentially handed Daryl Katz a veto over what could be done with the old one. But just because Katz will not allow anything sports- or entertain-

ment-related to go in the old barn, moving to demolish it before alternate uses were truly explored was hasty and short-sighted.

Northlands has agreed to operate K-Days and Farm Fair for five more years, so we’ve got breathing room to look at the entire site. The Expo Centre is

time, had not yet done so.

Following the decision to close the Coliseum, there were no opportunities for community members to be consulted about what might come next and no invitation for the business or community development sectors to bring forward ideas.

The neighbourhoods around the Coliseum lie in a food desert. Is hiving off a portion of the Coliseum for a large grocery store a viable option? Perhaps approaching the university to discuss working with Northlands and the city to develop an agriculture-focused innovation hub would

Community Development Corporation focuses on land development and neighbourhood improvement. Perhaps it can play a role in development that will result in continued improvements along 118 Avenue.

According to a 2016 Nichols Applied Management study, there would be little impact to the businesses in the vicinity of the site if no redevelopment were to occur, but there could be substantial negative impacts to the value of nearby residences “which may serve to create or exacerbate existing socio-economic challenges for residents.”

Citizens who live and work around Alberta Avenue know full well what those continued challenges are and that gains made to date are tenuous. With the Avenue Initiative winding down, we need a comprehensive strategic plan to deal with the numerous problem properties and vacant lots that plague our neighbourhoods and main street, not the creation of a massive new one.

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.



What ends up being decided for the Coliseum will have a huge impact on the surrounding neighbourhoods. | Rebecca Lippiatt

only eight years old and the city now owns the \$47 million debt that Northlands carried on the building, so it’s not going anywhere soon. What can be done to support it? Boutique hotels? Retail and restaurants?

This past summer, the Coliseum Station Area Redevelopment Plan (ARP) community stakeholder committee was appointed, presumably to answer these questions. They were set to start meeting in September 2017 but, at press

With all the talk about improved citizen and community engagement, one really needs to wonder just what the heck is going on here. Fortunately, council resisted the mayor’s efforts and the building was given a reprieve. Administration will report back with options in March.

The fact is, we have many options that might work. Toronto’s Maple Leaf Gardens has seen its lower floors occupied by a massive Loblaw’s

be another idea. Non-profit community organizations are always looking for affordable space; could part of the building be used for a community services hub?

The future of the Coliseum needs to be assessed as part of the Coliseum Station ARP, including plans for repurposing the Northlands site south of 118 Avenue. Demolishing the building should not be the first step in that process.

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avenue initiative revitalization YEAR END REVIEW 2017



Another year of community vibrancy & involvement

In 2005, hundreds of residents from Alberta Avenue and surrounding communities, from NAIT to Northlands, came together to set a new direction for change and revitalization of the area. So much has changed since then. New streetscaping, eye-catching store front façades, and increased lighting have uplifted the look of the Avenue. In 2017, individuals and organizations accessed over \$140,000 in funding to bring life to the area. Twenty-two projects brought neighbours together while creating beauty and vibrancy for residents, businesses, and

visitors. An active connected community, along with a vibrant growing arts scene, is changing perceptions. This area has many leaders and volunteers that share their gifts and talents to put on fantastic festivals, host block parties, build community gardens, create beautiful murals, and invite neighbours to community gatherings. It is truly the people who live and work in this community that make the Alberta Avenue neighbourhood a gem within Edmonton. The Alberta Avenue revitalization is not finished. A

strong group of committed residents continue to volunteer and advocate for change to keep their communities safe and vibrant places to live and work. Everyone has a role to play in revitalizing a community. Shop local, be a good neighbour, and get involved. For more information, contact: judy.allan@edmonton.ca or 780.496.1913.

Judy Allan
Revitalization Coordinator



Animate the Alleys nominated for an Urban Design Award

Animate the Avenue Alleys—last year’s 100in1Day project—was nominated for an Urban Design Award. The City of Edmonton and the Royal Architectural Institute of Canada co-hosted the Edmonton Urban Design Awards in November to recognize individuals, organizations, firms, and projects that have contributed to urban design and quality of life in Edmonton. Congratulations to Wesley Andreas, to his team, and to the artists whose work brightens our community.



Participants of the Animate the Avenue Alleys project came up with an endless variety of ways to beautify their alleys. | Supplied

Revitalization rolling forward

Maturity of the Avenue and surrounding neighbourhoods gives it an appeal that is becoming increasingly desirable to homeowners and businesses. Its close proximity to downtown, the affordability and diversity of the housing stock, and even the mature tree canopy are bringing a younger and more diverse demographic to the area. Plus, a sense of community has helped drive revitalization.

The Avenue Initiative Revitalization has also brought some elevated status in terms of public investment, which has catalyzed private investment, drawing new residents to these communities, and further driving revitalization.

Northlands is no longer involved with the Coliseum and Expo Centre; the City of Edmonton is positioned to take over both sites and will make a request for proposals for Coliseum options, demolition included. However, the city’s agreement with Oilers Entertainment Group will limit the possibilities on what can be

done with the facility. In the city’s interim plan, events like Cirque du Soleil are being considered to help animate the site and offset operational costs.

Meanwhile, exciting plans are underway. The Coliseum Station and Stadium Station Area Redevelopment Plans will establish the long-term vision of how these important areas will develop over time. The Norwood Boulevard Corridor Study is also underway, with the intent of transforming the stretch between 82 and 109 Streets. The Neighbourhood Renewal program—in tandem with the Alley Renewal Pilot program beginning in 2019—will continue to tackle issues with our aging infrastructure and is projected to continue to 2022.

For more information, visit www.edmonton.ca.

Tony Caterina
Councillor Ward 7





Neighbourhood Matching Fund

From \$100 for Small Spark grants to \$20,000 for large festivals and projects, the Avenue Initiative Neighbourhood Matching Fund supports creating vibrant and connected

communities. Each grant is matched with either volunteer hours, in kind donations, or cash. The funded projects have a greater impact than just the event or product. In

the process, individuals work together, forge friendships, and develop leadership skills resulting in a strong, connected, and capable community.

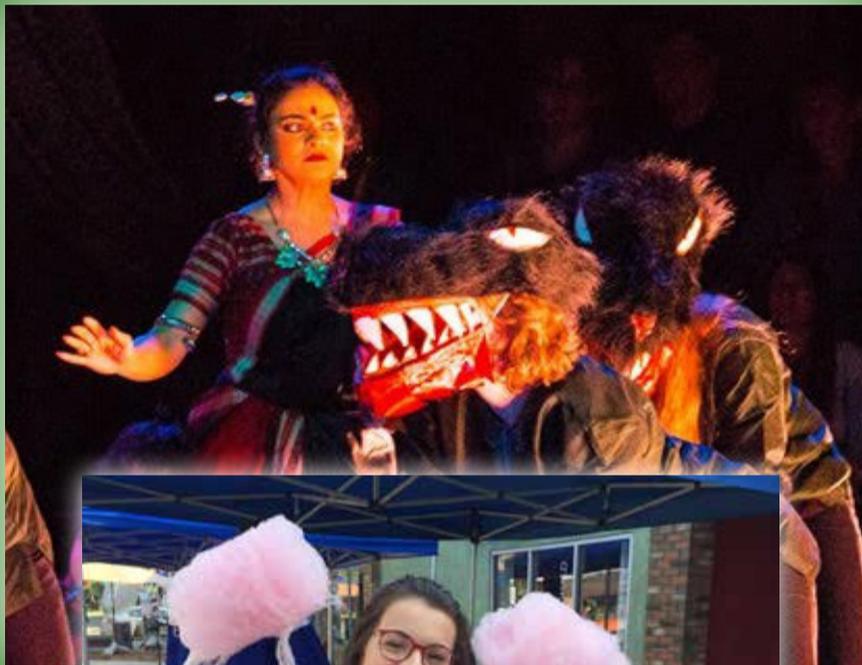
Projects funded in 2017

Bloomin' Garden Show & Art Sale
Carrot Birthday Bash
Chalk It Up
Deep Freeze Festival
Delton Intercultural Family Nights

Drive In On The Ave
Family Outdoor Movie
Flowers On The Ave
Great Pumpkin Event
Headless Carrot Halloween Bash

Ice Carving Workshop
Kaleido Family Arts Festival
Mi Tierra Calle 87 Latin Festival
Muttstock
Rust Magic Murals

Serca Festival of Irish Theatre
SkirtsAfire HerArts Festival
Thousand Faces Festival
YEG Family Connect
Yule Ave A Merry Christmas





Red Chair Ave on 100in1Day

Do you remember seeing the colourfully-painted alley murals pop up around Ave neighbourhoods in 2016? Well, Wesley Andreas organized that event and in 2017, he once again ensured our communities were a part of 100in1Day. What if hundreds of people each took one small action to improve their city, all on the same day? 100in1Day is a one-day festival of small scale, temporary placemaking, and community building.

This year, Andreas launched Red Chair Ave (#RedChairAve) creating gathering places throughout the communities along 118 Avenue. Dozens of bright red muskoka chairs were placed in green spaces and even on retail patios. The idea was for people to gather and get to know their neighbours. A volunteer hosted each Red Chair gathering place and participants could take part in games and activities as well as a postcard conversation starter.

Some underappreciated gathering spaces (like pocket parks and traffic islands) were highlighted to encourage and inspire people to think about how they could use these neighbourhood assets more often. You can still see many of the chairs because they landed on people's front porches and patios afterwards to inspire conversations between neighbours throughout the summer.



Neighbours participated in Red Chair Ave. The event, part of 100in1Day, encouraged people to gather in underutilized places and get to know other area residents. | Judy Allan

Second beat team doubles police presence on the Ave

The addition of six constables and a second sergeant to the 118 Ave beat team in June doubled police presence for the Ave. Since then, the second beat team has attended meetings and fortified relationships with the community, executed 750 outstanding warrants, responded to 280 calls for service, and made over 120 arrests. The workload for officers in the division became sufficient to create a second team, said Cheryl Sheppard, spokesperson with Edmonton Police Service. "While beat members are still responsible for responding

to calls, they now have more time to engage with the community," said Sheppard. Sgt. Andrew Weaver and Sgt. Ashley Hayward are the beat team leaders. They and their teams continue to become acquainted with faces in the neighbourhood and solidify relationships, which allows them to become familiar with problems in the area, said Sheppard. Officers can then work closely with residents and the business community to create short and long-term solutions to combat crime together. "Relationships built through community policing

are invaluable," stated Sheppard. "We can collectively achieve the goal of making Alberta Avenue, and Edmonton, a safer place for everyone." Email the Alberta Avenue beat team at nwbeats@edmontonpolice.ca, or talk with EPS members the first Tuesday of every month, 10 am to 11 am at The Carrot Coffeehouse. However, Sheppard stressed the crime reporting lines remain the first call for citizens: 911 for emergencies and 780.423.4567 for non-emergencies.



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



Business Association Moving Ahead!

The last year was busy for the association with the return of a culinary tour, store front beautification, and more, resulting in many standout accomplishments in 2017. Our board of directors approved a new three year strategic plan, with a focus on: marketing and promotion, business attraction and retention, organizational effectiveness, and local market expansion.

The Avenue saw the return of Eats on 118th for the second year running. It was a grand success, offering participants six sold out individual tours in April, June, and August.

A new communications initiative was launched with the hiring of Bottom Line Productions. This Alberta-based communications firm will provide strategic social media and website management to strengthen the association's connection to its business members and the public.

In concert with the City of Edmonton, we engaged in a Business Improvement Area (BIA) economic indicators project, with the goal of developing and measuring economic indicators for each of the city's 13 BIAs. The

intent is to help the city and BIAs understand their local economies and how they change over time. This in turn will help guide the city's ongoing interaction with each BIA.

The association has been a leader in the city's façade improvement initiative since its inception in 2005. Over the past 12 years, 29 façades have been completed on 118 Avenue thanks to the City of Edmonton's Façade Improvement grants. Commercial property owners have been reimbursed with \$1.2 million under the program, the most recent being the Eastwood Medical Clinic. A new façade is planned for Y & T Frozen Seafood in 2018.

In June, Alberta Avenue business owners mingled with fellow proprietors at their annual business mixer, and with local police officers at the first Meet and Greet EPS Beats in the fall.

Beautification and cleanliness continued as a priority, with 40 sidewalk flower planters installed on 118 Avenue and litter removed under the Business

Supporting Community program, in concert with Capital City Clean Up.

A commercial problem properties committee was established with the responsibility to monitor ongoing concerns relating to problem properties and keep both the BIA's board and residents informed.

For more information, visit www.alberta-avenue.com.

Joachim Holtz
Executive Director



ALBERTA AVENUE
BUSINESS ASSOCIATION



Samir Bleibel, owner of Donair Express, said an increased police presence has made the area safer. | Kate Wilson



Wanda Horinek-Bradbury, owner of Polar Bear Health and Water, said the business community benefits from more cultural and artistic diversity. | Kate Wilson

Business owners on the Ave contemplate changes

When Optimum Auto Service opened 15 years ago on the corner of 118 Avenue and 85 Street, limited street lighting and sidewalks in bad condition didn't exactly attract people to the area.

"There were no trees, no flowers. You didn't see a lot of families," recalled Basit Alqubaisi, owner.

Since 2005, with \$35 million poured into renewed streetscaping, improved green spaces and façade grants, the physical appearance of the Ave has taken a U-turn.

"After the revitalization, it made a huge difference," said Alqubaisi.

Wanda Horinek-Bradbury, owner of Polar Bear Health and Water, agreed. She said there's more variety in the business community, with cultural diversity and more arts offerings in places such as The Carrot.

When she was growing up in the area, playing in the park and spending time at her father's shop, which he built on 118 Avenue and 93 Street in 1947, the neighbourhood was a self-contained community.

"I knew the Avenue when we had bakeries and grocers, when there were a lot of Chinese restaurants," recalled Horinek-Bradbury. "We'd go to the park and the

wading pool, then go to a movie."

After those early days, 118 Avenue fell on hard times. "A lot of buildings were boarded up in the late 1980s," she recalled.

While business owners still hear of some leftover stigma associated with the Ave, that too is changing.

Having more police has made a big difference, said Samir Bleibel, owner of Donair Express at 8523 118 Ave.

"Besides improvements like lighting and store fronts, there are more police assigned to the area, more patrols, and the beats team is more involved," he said. "It's made the area safer."

Bleibel bought his business in 1989. At that time, the Ave "looked like a neglected part of the city," with old infrastructure and buildings. Revitalization has provided the momentum for better things to come.

"When we started, the area was looking old and dull. Now there are more families, more professionals," said Bleibel. "It's a different clientele."

Business and property values have improved. He said there's a different type of community now.

"People invest a little more in their properties. It motivates middle class to come and buy houses, which are still affordable. It has brought a different kind of people to the area."

That affordability is what brought Alfie Myhre to the Avenue to open House of Banjo in 1977, now called Myhre's Music and run by his youngest son.

Myhre said the Ave was more light industrial at that time, including a Honda car dealership nearby and more auto mechanics.

"The thing I notice the most now is the amount of people walking, the traffic on the sidewalks," said Myhre.

He was among the first businesses to take advantage of the city's façade improvement grant in 2009, but not before Optimum Auto Service, which put up awning just before the façade program started.

Although business owners feel there's still room for improvement, there's a breath of fresh air to the Ave. "Since the streetscaping, the area seems like a weight has been taken off," said Horinek-Bradbury. "It's more open, a nicer place to be."



Basit Alqubaisi, owner of Optimum Auto Service, said there were fewer families in the area 15 years ago. | Kate Wilson



Alfie Myhre, founder of Myhre's Music, said many more people are out walking the sidewalks now. | Kate Wilson

Taking care of yourself while you're young

Health plays a large part in your continued well-being

KAREN MYKIETKA

I'm 45 years old and after being right-handed all my life, I think I'm going to start training myself to be left-handed. After a long session of computer work last night, I can't even squeeze the shampoo bottle. So I've added hand and wrist tendonitis to my elbow and shoulder tendonitis on my right side. Lovely.

A couple weeks ago, I got my daughter out to the Alberta Avenue badminton drop-in. It only took a few swings to realize I was going to pay for it if I played. So I played badminton left handed instead. I wasn't quite as good as I am right handed, but I wasn't too bad, either. I don't know if that speaks to my poor sporting skills or my good ambidextrous skills.

I have been going to physiotherapy. My doctor recommended it after I spent an hour with him listing all my hurts from head to toe. Most of the hurts have been ongoing for years. I just don't go to the doctor very often. Now it seems like every part of my body is hurting and falling apart. I told my doctor if I hurt this much

now and everything I do seems to create a new injury, then I really don't want to live another 45 years.

I know I'm not the only one with a failing middle-aged body. Almost everyone I talk to has their own litany of aches and

My goal this summer was to put me first. Take care of myself, exercise, lose weight. It didn't really happen. Work still overtook my life. I did take a new class: PiYo. Amazingly, it didn't aggravate my back condition for which I see the chiropractor

enjoy being active and strong. My crazy irregular schedule works against having a regular exercise program and when I do manage to fit it in, it often just results in pain, injury, and hopeless frustration.

Time isn't the only barrier

qualifies me for some additional benefits.

All those health services are quite helpful, but in the end it does mostly come down to me watching my posture, working as ergonomically as possible, and doing the exercises various health care providers have given me.

When you experience pain or health issues, you quickly realize that nothing is as important as your health. Without your physical and mental health, life is miserable. So I plug along. I now budget to spend money on taking care of myself. I no longer overdo the volunteer commitments. But when it comes to work, it's hard to cut back when you need money to live and take care of yourself.

Balance. Priorities. Time management. Self-care. I'm still working on it.



Writer Karen Mykietka is doing what she can now to take care of herself. | Rebecca Lippiatt

pains. A lot of it is just aging, but how well we age is largely impacted by how well we have taken care of our bodies. I worry my children will have neck and hand (thumb) issues early in their life with their obsessive phone usage. But most people don't take things seriously until there is a painful issue.

regularly. However, it worsened my ankle, hip, shoulder, and elbow pain. There seems to be no winning.

My vision was to start lifting weights regularly in the fall to be strong and in shape. Unlike many of my friends who I hear bemoan every minute of exercise, I actually love doing it. I

to taking care of oneself; so is money. I have no health benefits. We have free medical care in Canada, but preventive and proactive care is not free. I had a filling and my teeth cleaned three years ago. That was almost \$800. Each chiropractor visit costs \$60. Massage is \$100 for a session. At least my low income

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

BIG NEWS!

There's a new Daycare & Out of School Care in Delton.

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Local cyclists hit bike paths this winter

Year-round commuters find lanes essential during winter

ROB BERNSHAW

For some cyclists, winter is simply another season on the road.

With Edmonton's network of bike routes, shared use/multi-use pathways, and separated bike lanes, cycling is picking up, especially with the opening of the downtown bike grid this past June.

According to the city website, the new downtown bike network "offers over 7.8 km of protected bike lanes, shared roadways, and paths."

In the communities covered by the Rat Creek Press, there are no segregated bike lanes, but bike routes do connect with the bike grid through the shared use path that follows

the LRT line to downtown and Clareview. One access point is at 119 Avenue.

Alita Rickards, a local cyclist, commutes year round and shares her experience.

"With the bike lanes this year, they are mostly ploughed but there can be some mushy oatmeal snow piled along the edges, so you really have to stay in the centre. It takes it down to one lane, but that's what the cars go through too so it's understandable," Rickards said.

Mark Henderson, artistic director of Theatre Prospero and an avid cyclist, agrees bike lanes are generally good in the winter.

"In a big snow you can lose where they are, just like with anything painted onto the road," he said. "They are really

good at keeping the ones that are totally removed from the roads clear, like the one by the LRT and the ones in the river valley."

Rickards said snow and ice can make cycling challenging.

"The worst is that drivers are focused on their own rough conditions and seem to become less aware of cyclists, and if someone cuts you off you also have a harder time braking. I just wish everyone would slow down, and maybe that the bike lanes had extra lighting."

Henderson said winter cycling is a skill that improves with experience. He used to fall two or three times per winter, but it wasn't until he used a road bike with no knobby tires that he learned not to fall and that it's about slope and bumps.

"If I rode so I was never traversing a mild ice slope, I would not slip. Ruts? Ride in the bottom of them. A mild slope to the left? Don't go straight, go left lightly. Ride up the fall line of it. Arc up it gently."

Both Rickards and Henderson have used the bike grid.

Rickards explained the bike grid makes it much safer for her and has drastically decreased the street harassment she gets from pedestrians and drivers. "You're not wanted on the sidewalks and you're in danger and can be a nuisance on the roads if you're as slow as me, so bike lanes are really essential in this winter city."

Henderson has also used the bike grid.

"It's fabulous. I used to be a hardcore bike commuter who

never drove, who was against bike lanes, because they were prone to accidents from right-turning cars, and because drivers and cyclists did not understand how they worked with the rules of the road. With these, it's clear. Don't jump the curb. Cars wait for their green lights, bikes for theirs."

A map with the bike routes, shared use paths, and the downtown bike grid is available from BikeWorks North and the City of Edmonton: edmontonbikes.ca and edmonton.ca/cycling.

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



Designated bike lanes are part of the city's bike grid. | Rob Bernshaw



Mark Henderson is an avid cyclist who cycles throughout the year. | Rob Bernshaw

Help Edmonton's homeless

Available resources for those who are without shelter

BREANN GURNEY

Not everyone is fortunate enough to have a home. According to a citywide survey by Homeward Trust in 2016, 1,752 people experience homelessness in Edmonton.

Luckily, people in this situation have access to resources, starting with the City of Edmonton and the 24/7 Crisis Diversion Team.

"[We focus] on strategies to eliminate homelessness with housing and support, rather than just managing the problem with short-term solutions," said Adrienne Hill, communications advisor for the city.

The city works closely with the housing sector and community partners to develop public education tools that provide the public and businesses with information on who to call should they see someone in distress. However, a basic rule of thumb is to call 211 if you see someone who is poorly dressed for the weather, shivering, or appears to be suffering from mental health issues or intoxication.

The City of Edmonton Services (311) and the Crisis Diversion Team operate city-wide for assistance regarding homelessness.

REACH Edmonton Council for Safe Communities heads the 24/7 Crisis Diversion Team. The team works with Edmonton Police Service, REACH Edmonton, Hope Mission, Boyle Street Community Services, 211, Edmonton Police Service (EPS), and Alberta Health Services Emergency Medical Services (EMS) to provide crisis intervention services.

The team responds to over 1,000 calls monthly from citizens all over Edmonton via 211, EPS, and EMS, among others.

"Homeless persons make up 72 per cent of the Crisis Diversion Team's clients," said Marilyn Gray, public information officer for REACH Edmonton. Team members assess the situation of the person in crisis and connect them to the supports needed.

Alternate outreach services are available through organizations such as Boyle Street Community Services, Edmonton Public Library, and Crossroads Outreach team.

"Most of the folks transported are intoxicated, without shelter, and extremely grateful for the ride," said Jared Tkachuk, outreach services manager at Boyle Street Community Services.

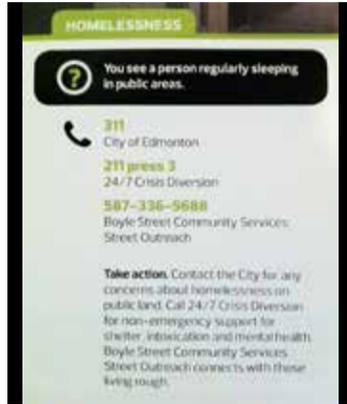
"Boyle Street on its own has programs related to housing, harm reduction, Indigenous cultural support, physical health, mental health, adult/family/youth services, crisis response, employment, financial support and banking services, ID, recreation, and in addition operates a drop-in with meal service," said Tkachuk.

Resources available in the Alberta Avenue area include St. Faith's and St. Stephen's Anglican Church, Crystal Kids, Bent Arrow, and Edmonton Public Library (Sprucewood branch). These organizations provide everything from community meals to access to housing to social support.

For residents, the city has developed a Winter Emergency Response (WER) Strategic Planning Committee to help organize winter services. Every year, the city issues a Winter Emergency Response Guide outlining these services.

In the meantime, it's critical individuals are provided the care and supports they need to enhance their dignity, safety, health, and well-being.

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



RESOURCES

St. Faith's and St. Stephen's Anglican Church (11725 93 St, parish hall)

Community meals offered Thursday-Saturday.

Crystal Kids (8718 118 Ave) Mentoring, arts & culture programming, educational support, recreational programming, & nutrition.

Bent Arrow (11666 95 St) Access to food, finances, & housing.

Edmonton Public Library - Sprucewood branch (11555 95 St) Social support.

Call 911 for someone who is in serious distress or in an emergency.

Winter Emergency Response Guide & other resources: edmonton.ca/homelessness.

your eastwood news



sponsored by

Eastwood Community League

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

CASINO CASINO CASINO

Our Eastwood annual casino is coming up, and we need 40 volunteers! Casino funds contribute roughly 50 per cent to our community league budget. Funds go towards renovations, programs, paying for a future facility manager, and hosting festivals and events. The casino fundraiser is Monday, Feb. 12 to Tuesday, Feb. 13. We provide a great team of casino advisors, awesome food, refreshments, and transportation. Find information on positions, event details, and how you can help on our Facebook and our website: www.eastwoodcommunity.org.

Volunteers receive a four hour discount on their next hall rental! If you, your

family, or friends can help, contact us at 780.477.2354 or ewcl@shaw.ca.

Community skating

Our community ice rink is open! Hours are Wednesday, Thursday, and Friday: 5:30-9 pm, Saturday: 3-9 pm, and Sunday: 3-8 pm. Bring helmets for any children. Community league members may use the rink for free.

Learn to Skate program

Our Learn to Skate program begins Tuesday, Jan. 16 and encourages children ages 6-12 to come out with their families to enjoy the ice. Classes are every Tuesday until Feb 20. Participation is free by drop-in.

Volunteer & Notices

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

VOLUNTEER FOR DEEP FREEZE

Jan. 8-16. Volunteer for one of the coolest winter celebrations. Feed the community, build our yurt, or meet and greet artists—the choice is yours! deepfreezefest.ca/volunteer or call 780.471.1580.

CASINO VOLUNTEERS NEEDED

Alberta Avenue C.L. for Feb 2 & 3 at the Grand Villa Casino downtown. Sign up: albertaave.org or 780.477.2773. Eastwood C.L. Feb 12 & 13. Sign up: eastwoodcommunity.org.

COMMUNITY KITCHEN

Interested in collective kitchens, cooking workshops, community dinners or other kitchen programming? Let us know! info@albertaave.org or 780.477.2773.

DEEP FREEZER RACES & STREET HOCKEY

Seeking teams of 5 for Deep Freezer race. Apply by Jan. 8. deepfreezefest.ca/deepfreezer-races/. Seeking teams of 4-7 players for street hockey. Players must be 18+ and sign a waiver. Apply by Jan. 10. deepfreezefest.ca/street-hockey/.

SEEKING RINK HOSTS

Looking for people on Saturday & Sunday afternoons to supervise and assist skaters, monitor a campfire, make hot chocolate, and serve snacks. info@albertaave.org

LEARN TO SKATE PROGRAM

Learn basic skating skills through fun games and activities. Free, drop-in for ages 6-12 and their families. Saturdays from 10-11 am, Jan. 13 to Feb. 17 at Spruce Avenue rink (10240 115 Ave). Bring skates & helmets.

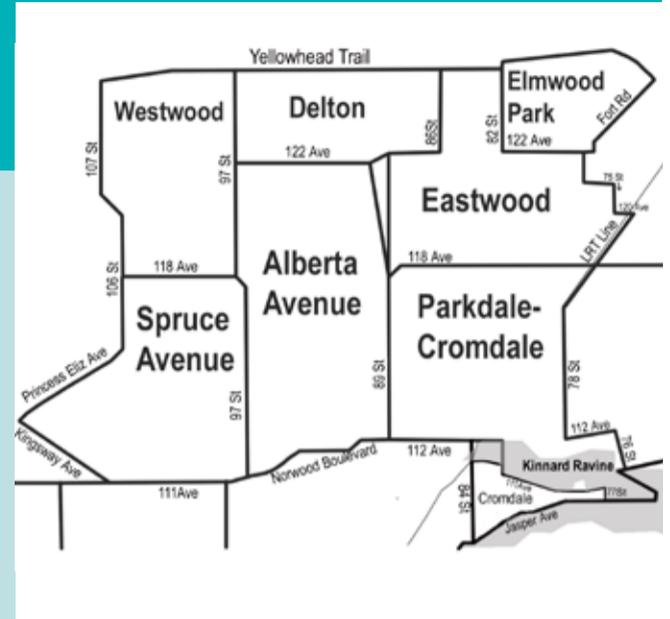
TOURTIÈRE BAKING CONTEST

We are on the look-out for the best tourtière! Prizes awarded for the top three tourtière. Apply online before Jan. 11: deepfreezefest.ca/tourtiere/.

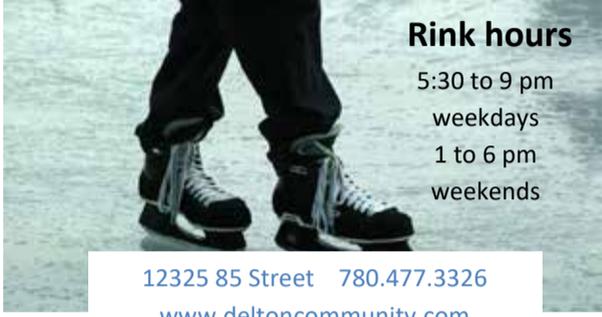
EARN SOME EXTRA CASH IN WESTWOOD

The league is looking for a Westwood resident with a flexible schedule to assist with rentals at the hall. Email rental@westwoodcl.ca

your community league!



DELTON COMMUNITY LEAGUE



Rink hours
 5:30 to 9 pm weekdays
 1 to 6 pm weekends

12325 85 Street 780.477.3326
www.deltoncommunity.com

2018

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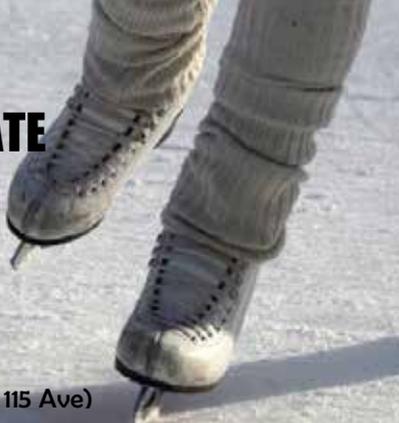
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Beginner Hathaway Yoga
 Focus on breath, posture and meditation

Beginner/Intermediate Tue & Thu from 7-8 pm January 16 – May 15 30 classes for \$225	Beginner Sampler Wed 7-8 pm January 17 – April 25 15 classes for \$115
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At Westwood CL (12139 105 St)
 Register: info@westwoodcl.ca or call 780.474.1979



FREE DROP-IN LEARN TO SKATE PROGRAM

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



It's time to skate!

Alberta Avenue snowbank rink
 (93 St & 118 Ave)
 Thursdays 5 pm to 8 pm
 Sundays 1 pm to 4 pm

Looking for rink hosts. Sign up at albertaave.org.

Rink & fire pit available for private bookings.



WHAT'S ON IN JANUARY

NEW YEAR'S EVE PARTY
 Sunday, Dec. 31, 6 pm - 1 am. | Alberta Avenue rink. Skating, music, fire, hot chocolate, refreshments & more! Check Fb.com/ AlbertaAvenue or AlbertaAve.org for details.

A SEASON OF TRADITIONS
 On display and for sale at The Carrot from Dec. 5, 2017-Feb. 3, 2018. | This exhibition brings together work by local Francophone, Indigenous, Metis, and Ukrainian artists, and explores how cultural traditions and winter can unify people.

JAZZ JAMS: BRETT HANSEN TRIO
 Thursday, Jan. 4, 7-9:30 pm. | The Carrot Coffeehouse (9351 118 Ave). Brett Hansen is a local guitarist and composer whose music blends elements of modern and traditional jazz as well as folk, rock, and free influences. Performance followed by jam session. \$5 cover.

COFFEE WITH COPS
 Tuesday, Jan. 9, 10-11 am | The Carrot Coffeehouse (9351 118 Ave). Join a roundtable conversation with EPS.

DEEP FREEZE: A BYZANTINE WINTER FESTIVAL
 Jan. 13-14. | 118 Avenue, between 90-95 St. Deep Freeze Festival is a free family event bringing together Ukrainian, Franco-Albertan, Franco-African, Indigenous, and Acadian/ East Coast communities to revel in the magic and beauty of winter. Embrace our cold northern climate by melding artistic panache with authentic cultural and heritage winter games! www.deepfreeze.org



HIP HOP SHOWCASE
 Wednesday, Jan. 31. 7 pm | The Carrot Coffeehouse (9351 118 Ave). Pay what you can. Hip hop duo Locution Revolution hosts the night! Listen to sick beats and perform on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG.

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

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

NOTICE: MONSTER PRO WRESTLING CANCELLED
 Until further notice, there will be no pro wrestling due to the city's moratorium on combative sports. Check monsterprowrestling.com and follow them on Facebook for further announcements and possible shows at venues outside Edmonton.

SAVE THE DATE

- 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
 - 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 every Monday from 6-7:30 pm at Parkdale hall.
- GLOBAL VOICES CHOIR**
 An informal way to practice English. No experience with singing or English is required. Light lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. 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

- 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. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238. 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 6:00 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



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St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

St. Faith: 780.477.5931
Sunday Worship:
 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

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue 780-477-8677

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 Sundays at 11 am
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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

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

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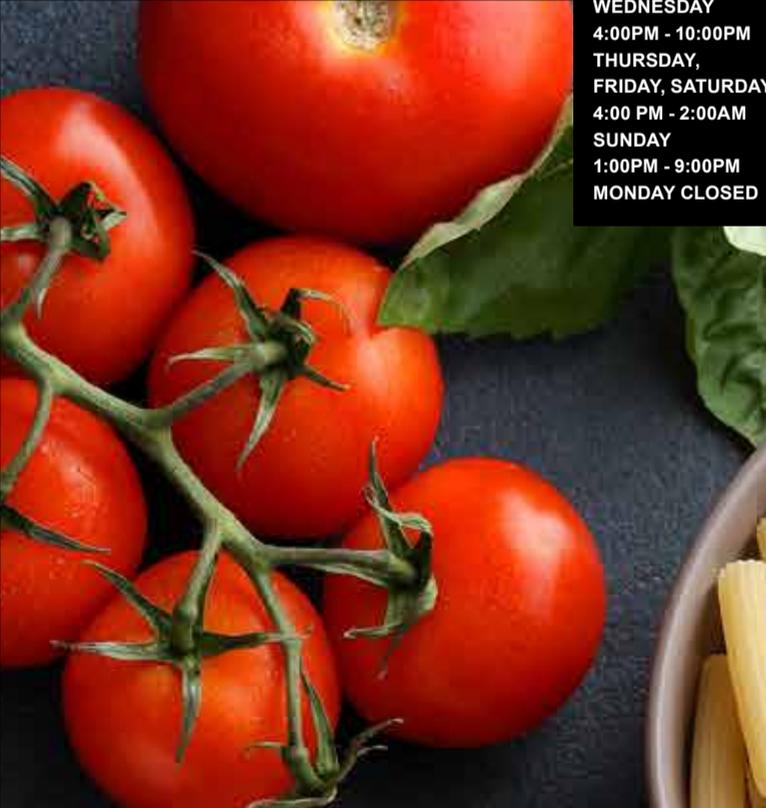
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SUNDAY 1:00PM - 9:00PM
MONDAY CLOSED

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