

RAT CREEK PRESS

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Solar power lights up Eastwood home

Government of Alberta offers a solar energy rebate



Technicians Greg Cariou (far left), a technician, and Jourdan Chalifoux take a break from installing rooftop solar racking to chat with homeowners Arinna Grittani, Giles Collings, and their daughter Aurelia. | Kate Wilson

KATE WILSON

Eastwood homeowners Arinna Grittani and Giles Collings finally had the opportunity to switch to solar energy.

“Our other house didn’t have the right aspect,” recalled Grittani, who with her husband hired Great Canadian Solar to install 18 solar modules on their 2,000-square-foot home.

“Before now, we weren’t able to afford it, but with this incentive from the government, they’ve made it accessible now.”

The Alberta government’s solar energy rebate gives homeowners up to \$10,000 for installing solar photovoltaic systems. The program, offered by Energy Efficiency Alberta, started in April 2017.

The couple’s system will produce about 6,000-kilowatt hours in a year, explained Andrew Lundell of Great Canadian Solar.

“There are 18 solar modules rated at 300-watts each . . . and nine microinverters, one for every two

solar modules installed,” he continued.

While the rebate is only for systems hooked into the provincial grid, it’s based on net metering. With some efficiencies and adjustments to household chores, they can expect to get all their electrical needs met outside the provincial supply.

“The system almost covers most of our uses, and with some further efficiency measures, we can come to complete coverage of our electrical use,” said Grittani.

So, if they generate 100-kilowatts of electricity and use it right away, the provincial power supply is not involved. But if they don’t use that power, it goes back into the provincial grid with added transmission costs.

“Then, when I do need those 100, I can use them. But I don’t save on transmission costs,” explained Grittani.

To get the best value, they will use high-efficiency appliances for things like baking on a sunny day when the solar panels are at their

optimum.

On top of the rebate, which saved them about \$5,000, they had electrical work done, upgraded their windows, installed a high-efficiency furnace, and replaced their light bulbs. Next they plan to replace older appliances.

The family lives in the house and rents out three bedrooms, which were added to their 1950s-era home in the 1970s.

“We make sure tenants and guests are aware of things like turning lights off. We don’t use hair dryers, no air conditioning,” said Grittani. “Part of our efficiency measures is sharing our home. We’re into densification.”

According to Lundell, solar systems are at 80 per cent efficiency after 25 years in Edmonton’s colder climate. The expected lifetime of modules range anywhere from 40 to 100 years, he said, but since it’s an emerging technology, those numbers will become more accurate over time.

As for Grittani and Collings,

they’re thrilled to turn to the sun for their energy needs.

“We care about the environment. It’s close to our heart,” said Collings. “Anything we can do within the parameters of the city, we’ll try to do.”

Grittani agreed, saying, “We’ve been pretty sustainable over the decades, so solar power is the next big thing. We can stop using coal for power . . . and relying on fossil fuels.”

To get the rebate, applicants must use a solar installation company. Go to solaralberta.ca/directory for eligible companies. For more information, visit efficiencyalberta.ca/solar or email solar@efficiencyalberta.ca.

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

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Alberta Avenue to host unique new game

Community members have the chance to play crokicurl this winter

TALEA MEDYNSKI

Alberta Ave Community League is hanging up its collective skates and creating a crokicurl rink instead. Crokicurl, a game Winnipeg architects created in 2017, is a combination of crokinole and curling.

Crokinole is a Canadian game created in the 1860s. According to the Landezine International Landscape Award website, players “flick wooden discs across an octagonal wooden board, with the aim of having the most discs in the highest scoring circles at the end of the match.”

Crokicurl uses crokinole’s octagonal board shape and scoring rules, but players throw the jugs or curling rocks like they would in a curling game.

Lyall Pedersen, a volunteer who is helping make the rink, said the league decided to make a crokicurl rink and a curling rink after looking at dwindling numbers of public skaters.

“We spent a lot of volunteer hours building something that had very little use,” he said.

Karen Mykietka, the league’s facility and pro-

gram manager, added, “The area already has a number of great outdoor skating rinks: Delton, Eastwood, Parkdale-Cromdale, Spruce Avenue. Crokicurl and curling don’t require the public to have special equipment, so it will be accessible to more people. We also have the hockey net out if people want to do hockey shooter practice (not on ice).”

But making the rink depends a lot on the weather. It can’t be too warm or too cold.

“Ice can be kind of finicky,” explained Pedersen. The crokicurl rink requires quite a few layers of ice, and then the lines must be painted on, and the rink flooded again. He’s hoping to have the rink open by early January.

“We hope to have regular weekend afternoon hours as well as special winter fun events,” said Mykietka.

Details will be posted on albertaave.org and the league’s Facebook page.

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



Lyall Pedersen is helping make the crokicurl rink at Alberta Ave Community League. | Talea Medynski

Spruce Avenue to hold Swing ‘n Skate

Fun event to be held at four community leagues this winter

MARI SASANO

On Feb. 2, Spruce Avenue Community League is hosting a unique, free event: Swing ‘n Skate, a winter activity that brings together swing dance and ice skating.

City Hall normally holds this event on winter weekends at its outdoor rink, while a live big band provides music for a swing dance party indoors.

But renovations have taken the ice rink out of commission this winter. City Hall will still host the dance portion on Sundays, but the question was: where will the skating go? Bob Rasko, Churchill Square programmer for the City, explained they needed outdoor rinks and decided to approach community leagues.

Spruce Avenue was one of four leagues that applied. Verna Stainthorp, president of Spruce Ave Community League, said, “I signed up and was very surprised and pleased to hear from Bob.”

She explained the league didn’t have its usual Harvest Fest, and Family Day events at the league haven’t been popular.

“We were always competing with

other events,” she said. “We have great ice and we’ve got to put that Zamboni to work.”

Outside will be hot chocolate, warm fires, and skates for those who don’t have their own. Inside will be a live big band for the swing dance crowd and dance instructors from Sugar Swing.

Rasko encourages everyone to try both. “That’s the nice thing. If you’re an absolute beginner and you’re freaked out, [at] the first set just listen to the music, and after that Sugar Swing will come out and do the first workshop. They’ll teach you the beginning steps, so by the second set, away you go.”

The City may continue this program next year. “The concepts have been developed and we’re trying to figure out how to bring more arts and cultures into the community,” said Rasko, referring to the Edmonton Arts Council’s new 10-year plan, which has a focus on community engagement in areas that aren’t considered arts hubs.

Mari is a writer and civil servant.



SWING ‘N SKATE
Feb. 2, noon-4 pm Spruce Ave Hall
10240 115 Ave

This winter, Swing ‘n Skate will be held at four community leagues. | Edmonton Arts Council

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.

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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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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

Deep Freeze Festival brings culture and wonder

Enjoy traditions, art, and storytelling during the heart of winter

CONSTANCE BRISSENDEN

“The elves are busy,” said Christy Morin, artistic director of Deep Freeze: A Byzantine Winter Festival. She is oh, so right. There are scores of volunteers for the Jan. 12-13 extravaganza. With more than 50,000 people expected to attend, volunteer training plays a major role in preparations. Excitement for the 12th year of the festival is particularly high. Volunteer John Lang recalls the rains and winds that sabotaged Kaleido Festival last September. “Deep Freeze this year will make up for it,” said Lang. “It’s going to be more fun than ever.”

Winter Tales is this year’s Deep Freeze theme.

Allison Argy-Burgess, festival producer, said, “Winter is a time of storytelling for many cultures, with folk tales,

myths, and legends. Our focus is on Russian, Ukrainian, Francophone, and Indigenous cultures. All relate beautifully to winter and storytelling.”

Saturday is Ukrainian Cultural Day, featuring Shumka and Cheremosh dancers.

After the fireworks on Saturday evening, festival stages will host world music performances until 10 pm. The expanded hours allow for more music at The Carrot Coffeehouse, Big Bear Yurt at Pipon (Indigenous) Village, and the Igloo and Hearth stages at Alberta Avenue Community League Hall. A mix of Cuban, Irish, Indigenous, Romani, and Middle Eastern flavoured music will be featured.

Francophone Cultural Day is on Sunday, with log sawing and log lifting competitions. Jason Kodie, a well-known Francophone singer and regu-

lar contributor to CBC’s Radio Active, plays the Igloo stage on Sunday. At the Hearth stage, Cristian de la Luna, a Colombian by birth with strong ties to Quebec, will perform evocative songs in French from his new album.

Indigenous culture and events are ongoing both days in the expansive Pipon Village. Bannock, a popular Indigenous staple food, is always a favorite. On both days, Métis actor and playwright Josh Languedoc will perform his one-man play *Rocko and Nakota*, the moving story of a young man who reconnects with his grandfather and learns valuable lessons about their culture.

Additionally, the prairie homestead area will reveal a fascinating peek into pioneer life. The area includes blacksmithing, fruit canning and preserving, spinning, and wood carv-

ing. An old-time craft fair will also be open.

This year, ice is bigger than ever. Festival goers can take in brightly-lit ice sculptures and ice slides and play crokicurl, a new game that’s a mix of crokinole and curling.

Of course, there’s plenty of snow at the festival. Joshua Laczko is the man behind copious heaps of snow. A former NAIT business management student, Laczko first volunteered with Deep Freeze in 2012. Today, as owner of Rebel Heart, a trucking and hauling business, Laczko still volunteers his time and equipment to benefit the festival.

“I don’t get paid, but I do it to support the community. Deep Freeze is free, and it’s growing. It’s generally just a good idea for a community to be involved in a positive neighbourhood event like this.” In

2009, when Joshua attended NAIT, he lived in the Alberta Avenue area. Now he owns a house here.

Morin is thrilled with this year’s Deep Freeze plans. “Interest is high and we keep growing. Performers are returning and new ones are on board. The festival brings people together. I love to see the smiling faces and rosy cheeks of the children. It’s magical and wonderful.”

Constance’s writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

DEEP FREEZE FESTIVAL
All events family-oriented. Donations appreciated.
118 Ave, from 90th to 95th St
Jan. 12: Noon to 10 pm
Jan. 13: Noon to 6 pm
For a complete schedule: deepfreeze.ca



Be sure to check out the Ukrainian Shumka Dancers during Deep Freeze Festival. | Epic Photography



Pipon Village will feature Indigenous culture and events. | Epic Photography

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Indigenous Men's Shed now on Alberta Ave

Providing a space for younger and older men to connect

RUSTI L LEHAY

A movement called Men's Sheds is now making its home at Alberta Avenue Community League. This particular one is for Indigenous men.

Men's Sheds started in Australia and soon caught on in Canada, with Doug Mackie and David Friesen forming the first Canadian version in Winnipeg in January 2011.

Sophie Laboucan, senior program facilitator at Bent Arrow Traditional Healing Society, attended the Edmonton Senior Coordinating Council Seniors & Belonging Forum in November 2017 with her supervisor. It's there that they heard about Men's Sheds. They connected with the speakers and examined whether the program was a fit for their male seniors.

"The men's circles we had here were not very successful and attendance was low.

We learned that men share their feelings differently," said Laboucan.

The philosophy is to create a space for younger and older (especially retired) men to connect with other men and share knowledge. Men in general, and specifically "Aboriginal men definitely open up and connect in different ways. Women just let their feelings out. With men, they engage in conversation over doing things together, sharing knowledge, talking about their day." Laboucan and her supervisor agreed it was a good fit for the Bent Arrow's Pehonan Men's Elder/Senior Program.

This is the first Indigenous seniors Men's Shed in Canada.

Laboucan said, "We didn't change the philosophy, though we Indigenous the program. We like to incorporate our teachings and our knowledge, our arts and traditional work." The group will benefit both

older and younger generations by building and restoring bridges between them. "In our culture, it's the grandparents who were the ones to teach the younger ones right through to adolescence. Other than the early years, it was the grandparents who would pass on the knowledge to the youth."

"When we started, we had about 10 participants," said Laboucan. She brought in existing participants to meet and talk about Men's Shed, giving other men an idea about how it would fit in their lives. If it was a fit, men would know they had a place to connect with other men.

The free program includes a light dinner and a bus ticket home. "We try to remove barriers. Not all seniors have bus tickets." All supplies needed by the men will be made available for free.

In the new year, Bent Arrow will be moving their Men's

Shed to Alberta Avenue because the space they were using for the meetings wasn't ideal.

"The space we were providing was a small upper-floor room." Stairs presented a barrier to those with mobility issues.

"They [Alberta Ave] provided a free space. It will be great to collaborate with Alberta Ave. Any man can join. No man is turned away," said Laboucan.

Before each meeting, Laboucan steps in for about 20 minutes, hands the participants their supplies, and leaves the dinner. Sometimes she kick-starts the conversation. Then, "I let them know I will be stepping out and wait to give bus tickets to anyone who needs them."

The attendees learn that it is their program, they decide what they want to do, from bringing in speakers, to holding workshops, to trying new skills (e.g. woodwork, carving). It is the participants who bring the group to its potential. Laboucan

says, "My job is peripheral support and the occasional push. Other than that, I'm out of their space."

Find the agenda on the Bent Arrow Facebook page, or drop by the Bent Arrow Parent Link Centre at 11666 95 St for information and program materials.

Bent Arrow is holding Men's Shed at Alberta Avenue Community Hall on Jan. 21 at 4:30 pm. Meetings are every second Monday of the month.

To register and find out more, contact Sophie Laboucan: 587.341.4794 or sophie.laboucan@bentarrow.ca.

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.



Sophie Laboucan, senior program facilitator at Bent Arrow, helped start a Men's Shed for Aboriginal men. | Rusti Leahay

HAPPY
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Saturday Art Classes at the Rat Creek Studio

To register email
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Bike Edmonton completes renovations

Cyclists can look forward to working in a bright new space

STEPHEN STRAND

Cyclists can now benefit from long-awaited renovations at Bike Edmonton's North Community Workshop. Formerly known as Edmonton Bicycle Commuters Society (EBC) and BikeWorks North, the organization completed renovations at the beginning of November and reopened on Nov. 14 to host a weekly program called The Spoke.

"We've completely changed the layout in here, we've basically flipped it," explained Coreen Shewfelt, manager of Bike Edmonton's two community bike shops. "Probably one of the biggest changes is the bike cage, the bike hanger. This allows us to store a lot more bikes on the premises." The bike cage has 113 hooks on sliding metal tracts that hang bikes

from their back wheel, freeing up floor space and allowing them to accept more bikes. This will give customers more options to choose from.

"We pay rent in this shop by selling bikes. So, having more selection of bikes will help with the sustainability of the shop," Shewfelt added. "We really wanted to stay in the neighbourhood, because there is a real dearth of services as far as bike repair and getting bikes in the neighbourhood. And there are a lot of people who use bikes as their primary form of transportation." This was a huge reason why they decided to refresh the shop and stay in the area.

"We wanted to make the space work better for us, to get more out of the space. And ever since we had renovated our south shop, we had some new ideas there. Like the bike

hanger and how to be more efficient with the space," said Shewfelt. "It's been an ongoing learning process." The space was also getting run down and they needed to clean out some clutter.

The bike cage is now where the workspace used to be, and the workspace is where the bikes used to be stored. This switch has allowed them to have more workstations and the ability to store more bikes. The team also moved where they store their parts, which improved the flow of the workstations.

The lighting is better, too, making for better lit workstations. Other ways the organization decided to brighten up the shop was by adding more sheets of corrugated metal in the bike hanger and by painting the interior walls and the floor.

Volunteers Alex Hindle and Andy Caine made a large

wooden desk for the entranceway. Behind the desk are display hooks fastened to the outside of the bike cage from which volunteers hang new and used items for sale, such as bike tires, inner tubes, handlebars, brake pads, tools, and other necessities. Behind the hooks is a wooden shelf displaying tubs filled with even more items for sale.

"A lot of the materials we used for the renovations were donated as well. There is actually quite a bit of stuff in here that we got from Mountain Equipment Co-op (MEC) last year when they moved," Shewfelt explained. The bike hanger, the work benches, and the bench at the entrance all came from MEC. Volunteers did most of the work.

They changed their name to help differentiate from other organizations. "There's a lot of

other places called BikeWorks that [don't offer] the same services as us," Shewfelt said. But, Bike Edmonton still offers the same services as before, just in a more efficiently laid out shop.

Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood with a bag covered in pins and filled with books and notepads.

Bike Edmonton's North Community Workshop

edmontonbikes.ca

9305 111 Ave
780.433.2453

Hours:
Tuesday & Thursday, 6-9 pm
Saturday & Sunday, 1-5 pm



Volunteers built a desk for the entryway. | Stephen Strand



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 Sat 3-9 pm
 Sun 3-8 pm

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

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 Sat 1-5 & 7-9 pm
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Saturdays
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Jan 12 - Feb 16

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 Apr 15, May 27, Jun 24

Parkdale Cromdale
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Lucien Facciotti is becoming well known for his candy mission since his story appeared in the RCP October 2018 edition. Now, more people recognize and greet him on the street. Some gift him with Werther's Original candies for his happiness mission. Werther's Original Canada read the story and sent Facciotti a generous supply of their product—his chosen candy for spreading love in the community, one piece of candy at a time. You can find Facciotti walking on 111 Ave between Kingsway and 95 St, wearing his iconic Mad Hatter hat and a long black trench coat. | Tekla Luchenski

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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
 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.

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 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

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

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.

MEDITATION INTRO CLASS
 Explore mental and physical exercises in order to relax and enjoy stillness more easily. Thursdays, 7-7:50 pm at Parkdale-Cromdale hall.

YOGA CLASS
 Focus on senses, breathing techniques, and postures that build strength and flexibility. Thursdays, 8-9 pm 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, 1-1:30 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.centrallions.org.

NORWOOD LEGION SENIORS GROUP
 Cribbage, Wednesdays, 5-7 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. Jan. 23, 7-9 pm. 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.

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: creartedmonton@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
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CHURCH SERVICES

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 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

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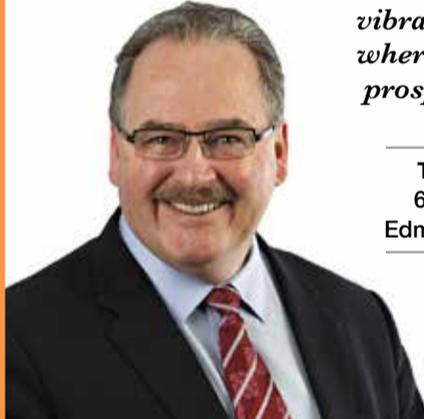
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 tues - sat: 10 am to 5:30 pm | mon - sun: closed | Thursdays until 8 pm

Brian Mason, MLA

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- ~ 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



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Randy Boissonnault MP/Député - Edmonton Centre



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