

RAT CREEK PRESS

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Taste the flavours of Deep Freeze Festival

Indulge in cultural foods and signature alcoholic drinks



Enter the tourtiere contest with your best tourtiere and recipe. | Epic Photography

TALEA MEDYNSKI

Every January, Deep Freeze Festival exposes people to French-Canadian, Ukrainian, and Indigenous cultures. But the festival isn't just a time of ice and snow sculptures or family-friendly activities. Organizers are also very deliberate about the choice of food and beverages. From Jan. 11 to 12, festivalgoers can indulge their taste buds.

Mary Ann Aquino, a red seal chef and the festival's food director, says, "Food closes the loop of the cultures. People always gather around food. Food is like the cherry on top. It feels like a party."

On Saturday, Ukrainian culture will be celebrated, and on Sunday, French-Canadian culture will be emphasized. Indigenous culture is highlighted throughout the festival.

Most of the food at the concessions is made in-house by Aquino and her crew of volunteers in the NAIT kitchen. There's a lot of food to make. "The stuff we can freeze we make the week before," says Aquino. "Others we make a few days before the festival."

Aquino's crew makes the tourtiere, and it's not just any recipe. Christy Morin, artistic director, says they got the recipe from a woman from Quebec who once worked for them. The recipe was her grandmother's.

While organizers make most of the food, they try to source the rest from local organizations. For example, Kuya Allan's roasts the pig, Widynowski's Sausage House provides the sausage, and Baba's Own Ukrainian Food makes the perogies.

As a bonus, concession prices are affordable, with the higher-priced item being a platter for two at 10 tickets (\$10).

There's also bannock at Pipon Village, cabane à sucre, and stew and a berry crumble at the round dance. The tourtiere contest on Jan. 12 is a great way to show off those cooking skills.

"Every year, we ask [people] from all walks of life to send their recipes and make a tourtiere," says Aquino.

A tourtiere is a French-Canadian meat pie. Says Aquino, "It's usually made out of beef and pork, thyme, and allspice. It's a working man's

meal but has a lot of flavour in it. It's very hearty."

Morin says Quebec has different styles of tourtiere depending on the region. "Some are made with moose. Different generations have different spins. It's that passing on of the recipe."

Contestants needn't be French-Canadian to participate. "Sometimes, they're not French-Canadian, but the recipe was passed on to them," says Aquino.

The submission deadline is Jan. 11, and contestants are limited to one entry each. The recipe and the tourtiere must be submitted. Local and celebrity judges will sample the tourtières and award first, second, and third place prizes. The prizes are yet to be determined. Visit deepfreeze.ca/tourtiere for more information and contest rules.

Festivalgoers will also have the chance to purchase a signature alcoholic drink. James Jarvis and his partner, Charlie Biddiscombe, will be running the bars at Deep Freeze Festival.

Jarvis is the drink creator and the festival's beverage director. "I'm still

working on it. There may be more than one." If there is more than one, there would be a hot drink and a cold drink.

He describes one he recently created: a bourbon maple hot chocolate, topped with baby marshmallows and drizzled with a bourbon chocolate ganache. This may be the chosen drink for Deep Freeze, but nothing is decided yet.

Although Jarvis has held this position at the festival for two or three years, he says, "I'm certainly not a professional bartender. I appreciate good spirits, good food. I like playing with different ingredients, whether it's solids or liquids."

Drinks cost around \$8. Some other options include liqueurs to add to hot chocolate, along with cider and mulled wine. The festival's three bars are located inside the league hall and on festival grounds inside the igloo and at the ice bar.

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

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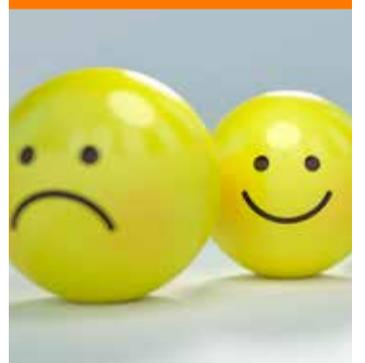
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Building resilience in children is important

Workshop helps parents and child care workers to teach children coping skills

TEKLA LUCHENSKI

On Nov. 30, the North Central Edmonton Early Years Coalition hosted a workshop called Building Resilience in Children: Giving Your Child Tools to Succeed. It featured Dr. Mike Boyers, developmental psychologist from the University of Calgary as keynote speaker, and Dr. Karin Linschoten, clinical director at the Edmonton Mennonite Centre for Newcomers.

Boyers' presentation set a base for building resilience in general, while Linschoten's expertise focused on the perspectives of refugee children.

Boyers uses a model elaborated by Alison Gopnik in her book, *The Gardener and the Carpenter: What the New Science of Child*

Development Tells Us About the Relationship Between Parents and Children. This model builds on the premise that parenting outcomes have become less predictable. So-called Gardening recognizes the strengths of a child and adapts to their needs. In contrast, the Carpenter approach assumes predictable outcomes. Boyers points out that children today are faced with uncertainty.

He says, "For children of the 1990s, 65 per cent of the jobs available after high school graduation didn't exist when they were in school."

Children raised since the 1990s are having a difficult time preparing for radical, rapid change. Depression and self-harm rates have skyrocketed among children and youth. Resilience is a critical tool.

Linschoten focused on refu-

gee experiences. She says, "It is important to keep in mind that there are so many strengths that are not visible on first look."

Refugees struggle with the impact of pre-migration experiences. They have suddenly, and often brutally, lost everything. Refugee camps develop their own culture of trauma and violence. Refugees adapt to struggle and recurrent loss. Scarcity creates a situation where personal safety is constantly breached.

Structure and routine in a refugee camp make people vulnerable to attack. When refugees come to Canada, where structure and routine are important, they fear routine.

In a Canadian context, adaptive refugee behaviour can be misinterpreted. Linschoten points out that refugees can be slow to trust. They seem

detached—even from their children—by Canadian standards.

Linschoten advises, "The things people bring have a reason. We need to bridge with understanding rather than judgment. It is important for refugees to have the support to navigate changes."

Linschoten's work merges well with Boyers' ideas. Resilience is an important skill to learn. As Boyers explains, this is not magic. It requires guidance and support.

The workshop took place shortly after the UCP government announced that the Early Childhood Development Coalitions will lose funding as of April 1, 2020. New legislation won't differentiate between kids 1-5 and kids older than that.

The City Centre Coalition serves the RCP readership.

Contact the coalition for information.

Tekla is a freelance writer loving life in the Parkdale neighbourhood since 2013.

MORE INFO

City Centre Coalition
Kathy Burgett, chair
780.910.3832
KathyB@norwoodcentre.com
earlychildhoodedm.ca/citycentre/

Honorable Rebecca Schulz (UCP)
Minister of Children's Services
780.644.5255



From left to right: Dr. Mike Boyers, Debi Pagee, Linda Mak, Christine Mennear, Tracy Patience, Cheryl Heiland-Chaulk, Deb Flewelling, Tenielle Bennett, Sophia Burak. | Tekla Luchenski



Dr. Karin Linschoten shed light on the often hidden resilience of refugee children | Tekla Luchenski

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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Joe Wong, Mariam Masud, Muriel Wright, Steven Townsend, Virginia Potkins, Sarah Dotimas, George Crawford and Sean MacQueen. The board may be contacted at board@ratcreek.org.

PRODUCTION STAFF

PUBLISHER Karen Mykietka info@ratcreek.org
EDITOR Talea Medynski editor@ratcreek.org
DESIGNER Lorraine Shulba design@ratcreek.org
ADVERTISING ads@ratcreek.org

CONTRIBUTORS

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

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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.

Workshop gave a snapshot of photography tips

Participants learned some great theory from photojournalist

RUSTI L LEHAY

On Dec. 7, participants gathered to learn more about photography in a workshop facilitated by Pieter de Vos, a photojournalist, and hosted by the *Rat Creek Press*.

Frustrated with the limits of casual photography, de Vos sought to drive social change by applying the power of story in his images.

de Vos says, "I've always seen a close link between photography and social action."

Photography became a means of honouring his commitment to carry a narrative forward for Donald, a South African resident of a squatter camp who wanted his story told. de Vos published a book called *Homelands* that tells Donald's story in pictures.

Closer to home, photography may be added to the art forms

that have played a huge part in revitalizing the communities the *Rat Creek Press* serves. Residents have seen many huge changes, often showcased both visually and textually in the paper, driving the insider knowledge of why residents choose to live here.

As the participants introduced themselves, the locals raved about a variety of joys and sense of pride inherent in their reasons for calling this area home. One woman from the west end said, "I'll have to spend more time here. There's nothing like this sense of community in my neighbourhood."

"Where else can you gain twice the community for half the price?" was only one of the quips de Vos made, eliciting a shared giggle by the 12 participants.

You can still visually share things you love about your com-

munity, even if technical talk of apertures, ISO, and shutter speeds befuddle you. Many practical tips were shared at the workshop that anyone can use. The best camera to own is the one you have right now. Use it to capture newsworthy images or memories meaningful to you. The publisher and editor are hoping more community residents will consider capturing moments on whatever camera they have and submitting those photos for possible publication.

Alita Rickards, a *Rat Creek Press* contributor said, "It was interesting to see each other's work, but I would have liked to learn more techniques. It did get me thinking about framing my photos with more intention."

One alternate way to compose a photo is to place your central subject in the left or right third of the frame.

"If you don't want to centre

your subject, the rule of thirds helps maintain balance," says de Vos.

For a series of photos, you might try finding a thread to weave the images together. For example, one participant shared some photos that all showed paths. de Vos showed some of his photos where each one deliberately featured bits of red, white, and blue.

Other techniques de Vos discussed included foundation and framing.

de Vos said, "Think of composition as the foundation of your image, and just like those of a building, foundations need to be strong."

One can also think inside a box for framing. "Framing draws attention to a particular part of your composition. It's especially handy if you're shooting a busy scene." Use the lines evident in the landscape or con-

nected to your subject to create a frame for the central symbol you are hoping to highlight. "Make the pieces work together to create a greater whole."

This photography workshop was the second workshop the *Rat Creek Press* organized.

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.

MORE INFO

Find out more about Pieter de Vos' book *Homelands* <https://stories.daylight.co/pieter-de-vos-homelands>



Pieter de Vos demonstrates one of the techniques photographers can use at the December workshop. | Rusti Lehay



The workshop drew people from local communities and beyond. | Rusti Lehay

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Sea creature lantern will light up the festival

Look out for a beautiful humpback whale lantern this Deep Freeze

TALEA MEDYNSKI

On Jan 11 and 12, be prepared to see a whale of a lantern hung above the Deep Freeze festival grounds.

Gabrielle deGouw is the artist creating this 22-foot long, 3-D whale lantern and explains more about her creation. She is experienced in making 3-D sculptures “that are hollow so that you can light them up.”

deGouw has made these types of lanterns with her work at the Quarters Arts Society. For the past four years, she has worked in their lantern parade.

Even so, this lantern is a little different than normal. “It’s so large I have to find a whole new way to do it.”

The humpback whale, which deGouw describes as “visually, the most appealing” has been on her mind for awhile. “I’ve never had the resources to do

it.”

This challenge started with her creating the design for the lantern.

“I started by making a miniature version and calculated how big it would be for 22-feet. I’m still trying to wrap my mind around a 3-D shape,” she explains. At the time of the interview in December, she says, “I just started to build it and I expect it to take to the last minute.”

When finished, the lantern will hang above the street at the intersection beside the Nina Haggerty Centre for the Arts.

And that’s not all there will be to the sculpture. She adds, “Hung around the whale is going to be small orange fish [like koi]. We’re going to have the public make them.”

The lantern and its surrounding fish will go well with the festival’s theme: under the frozen sea. Better yet, the hollow lan-

tern will be lit up and look especially magical at night.

“I’m hoping the lights will be bright enough to be seen during the day and bright during the night. After 5 o’clock will be the best time to look at it.”

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



Gabrielle deGouw and her pet magpie with the small model of the 3-D lantern she’s building for Deep Freeze. | Supplied

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A teacher's perspective on education cuts

Less resources for teachers could mean many challenges ahead

SHAREE ALUKO

Last month, the *Rat Creek Press* published an article about provincial education cuts and I interviewed Trisha Estabrooks, Edmonton Public Schools (EPS) board chairwoman. This month, I interviewed Nicola Dakers, who teaches youth with behavioural challenges.

She explains how the budget cuts will affect students with these complex needs.

"One of the major impacts to the cuts is that our extremely complex and diverse classrooms will get bigger. With inclusive education we have varied learning abilities, styles, behaviours, and disabilities in the classroom. We also have new immigrant and refugee students with little understanding of English. We have issues such as sensory, auditory, dyslexia, and several other needs while helping students to feel safe."

Dakers says many students in these classes come from traumatic backgrounds and have behavioural issues stemming from disorders.

"The cuts mean more of these students and therefore less time to truly meet the needs of the students. We are already expected to be experts in trauma, psychology, reading, writing, science, math, autism, and so on. Can you imagine trying to meet 20 plus or 30 plus individual students' very complex needs every day? While trying to assess daily, keep in constant communication with families, provide high quality lessons. It is going to become almost impossible."

Teachers are committed to do their best, but there are limits on how much they can do given the circumstances. Less funding will result in more students in a classroom per teacher. For students with complex needs, Dakers says relationship building and high-quality lessons will

be compromised.

It's important for teachers to conduct assessments to help students. An assessment is the ability to determine if there's something that makes it difficult for a student to learn, like ADHD or dyslexia.

"Assessment may no longer be based on observation and conversation; instead it may simply be on tests, quizzes, and assignments, which does not serve students who can say what they have learned but struggle with dyslexia and dyscalculia (a math learning disability). This will make teaching more complex and difficult than it already is." She adds, "The reduction in the number of student assessments needed for learning exceptions means that many students requiring modified ways to access the curriculum will not get assessed for those needs and therefore will not receive the targeted interventions they require to adequately

engage with the curriculum."

Dakers also says some teachers may leave, even though they love students and knowledge.

"Nobody wants to provide partial service. Teachers' costs will also increase to provide students with high-quality materials since most teachers spend at least a thousand a year [of their own money] on their classes."

Dakers says she thinks the government made these cuts now in order to undermine The Alberta Teachers' Association (ATA) and teachers, allowing them to cut teachers' pay and input in curriculum and policy immediately.

"If they waited, we would have had more time to discuss the topics and encourage parents, co-workers, and all Alberta citizens to write their MLAs and contact media about concerns with these cuts. Doing things this way, the government can move ahead swiftly without receiving much nega-

tive feedback. Also, undermining the ATA now means they don't have to deal with a powerful adversary for the next four years."

She adds that the cuts were the government's attempt at showing voters their commitment to immediate budget cuts.

"Of course, this really just leads to increased costs on individual citizens and in my field of work, on parents who are already stretched. Keep in mind this is not the Progressive Conservative government; instead this is a very different form of conservatism that has little to do with proper funding and more to do with individual capital."

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



Teachers with classes of students possessing complex needs will be deeply affected by education cuts. | Pixabay

Who wants to throw a

Winter Block Party?!

Email us @ info@ParkdaleCromdale.org
for more details

 A decorative banner for a "Winter Block Party". The background is dark purple with a repeating pattern of small, stylized houses in shades of brown and red. Two large, light blue snowflake icons are positioned on either side of the central text. The text is in a mix of white and gold fonts.

OPINION

Coping with Premier Jason Kenney's cuts

Where to go for support for those most affected by the budget

MARK PARSONS

It's only been seven months, but it's hard to keep track of all of the people negatively impacted by recent United Conservative Party decisions. With less money going to just about every department the provincial government is responsible for, Albertans need help.

As a quick disclaimer, I do not work for any of these organizations, nor am I (or the *Rat Creek Press*) receiving any monetary benefit from these recommendations.

Cuts to education affect parents as well as post-secondary students trying to pay their own way. The removal of cost caps to energy, insurance, tuition, as well as increased property taxes are a financial burden. That's added to the worries for those who have already been laid off or those worried about impending job loss from budget cuts and the continued reliance on a single resource. Folks on an even tighter budget, like AISH recipients, will find their dollars stretched much further.

Where to go for help ultimately depends on what you need. Obviously in the case of immediate emergency, call 911. Otherwise, there are lots of places to go for help, each with their own specific use. If you've lost your

job, ALIS (alis.alberta.ca) is a one stop shop for free resources for everything related to looking for work. You'll find resources for resume writing, job search,

licensed insolvency trustees such as Money Mentors can help look at your finances and make decisions that can help you avoid having to declare bank-

ruptcy. Transit and access to community recreation centres.

The ALIGN Association of Community Services (alignab.ca/family-resource) is another

their dollars stretch a little further. The association has curated a list of resources for parents and their kids. They range from art programs to technology resources to clothing. School supplies, food, and housing can all be found here, as well as access to dental, medical, and even pet care.

And maybe you're not financially affected by these changes, but you're also not feeling like your best self. Two fantastic resources are available to help you out here: Alberta Health Services (albertahealthservices.ca/amh/Page16759.aspx) and myhealth.alberta.ca. If you or someone you know is suffering from anxiety, grief, depression, or more, you can access many free resources at either of these sites or by calling 811.

While all of these resources can help you cope, they will not change the budget cuts or the policies put into place by the United Conservative Party. To fight for change, contact MLA Janis Irwin. Her constituency office can be reached at 780.414.0682 or Edmonton.HighlandsNorwood@assembly.ab.ca.

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



Resources are available for those most affected by this year's provincial budget cuts. | Pixabay

and education here.

If money is getting tight,

ruptcy. As well, there are low-income options for Edmonton

library of resources for those who may need help to make

Discussion about current realities within Edmonton Public Schools

January 30, 6:30–8pm
Highlands School (11509–62 Street)

Childcare provided, cookies made by Highlands students

Hosted by Board Chair and Ward D Trustee, **Trisha Estabrooks** and Ward B Trustee, **Michelle Draper**

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PAY WHAT YOU CAN BY DONATION

Handling the aftermath of Christmas

Take responsibility for your debt with these helpful tips

SHAREE ALUKO

Christmas is probably the most expensive time of the year, as it encourages a considerable amount of spending. The rituals of splurging on expensive gifts, buying household items, excessive partying, and drinking and feasting all come with a high price tag.

Adding to the problem is the Boxing Day sales when most people tend to go on a shopping spree for the most expensive appliances based on the notion they will save a couple hundred dollars. Unfortunately, people often use credit cards as a source of funding during this period.

So, now that Christmas and New Year's is gone and the debt is waiting to be repaid, the minimum payment on the next statement will be higher plus all the other usual bills to pay. How do you cope? What should you do?

If you are in a financial crunch, be proactive. Don't ever ignore or avoid your creditors, thinking that they will get tired and forget about the debt or write it off. That thinking will

only escalate the problem and lead to more drastic actions by creditors, much more quickly.

Be responsible and take the initiative to contact the creditor to talk about your debt and try to make an acceptable payment arrangement. Ask about hardship programs. Some financial institutions have this in place to help customers get over a bump and get back on track. Be honest and transparent about your finances. If they ask about your finances, it's because they are trying to assess your financial situation to see how best they can help.

Make realistic payment arrangements, rather than agreeing to pay an unfeasible amount. Agreeing to an amount you can't actually pay will lead to broken promises and you should strive to avoid that at all costs. It breaks the trust and it undermines your credibility. Too many broken promises and avoidance tactics will most likely lead to a lawsuit against you.

Consolidate debts to make one payment instead of making several payments to multiple creditors. This option will also help you to save on interest. Usually, the monthly payments on one credit facility will be less than the amount that you would pay toward many different credit cards or loans.

Some companies also offer a lower interest rate after a period of time, so seek out those opportunities. You can switch cards to lower interest cards. Also, ask for cards without annual fees. Consider whether or not you need to have several reward cards. These cards have a higher interest rate and high annual

fees. It may be better to have one card that gives travel benefits rather than having many different ones.

These simple adjustments can increase your cash flow.

It is not a good practice to have too much of your income going toward debt repayment because you can easily become bankrupt if your income is reduced or if you have no wages due to job loss. If you are in a position to propose a settlement, you could potentially save a lot by making that one lump sum payment to get rid of the debt.

Don't neglect your finances until it's too late. Take the initiative and try to find a solution that will work best for you.

GET HELP WITH DEBT
<https://moneymentors.ca/debt-help/>



It's easy to go into debt during the holidays. | Pixabay

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

IT'S TIME TO GIVE BACK.

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VOLUNTEER FOR OUR CASINO
 January 29 & 30
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SPRUCE AVENUE HIBERNATION CELEBRATION

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January 18, 2020 from 11:30 to 3:30.
Spruce Avenue Community Hall & Rink

We will have a horse and wagon ride around our area, highlighting our historic building and houses from 12 noon until 3. We will have free skating and skate rentals, snowshoes (sizes availability dependent on skaters and snowshoes) and outdoor snow fort building.

Warm up around our outdoor firepits and roast a hotdog, smores, bannock or campfire popcorn (available for free while supplies last). We will also be serving warm drinks to keep you mittens toasty warm. Indoors we will have children's imagination playground foam blocks for building, Jenga and connect-4 games as well as a mini carnival.

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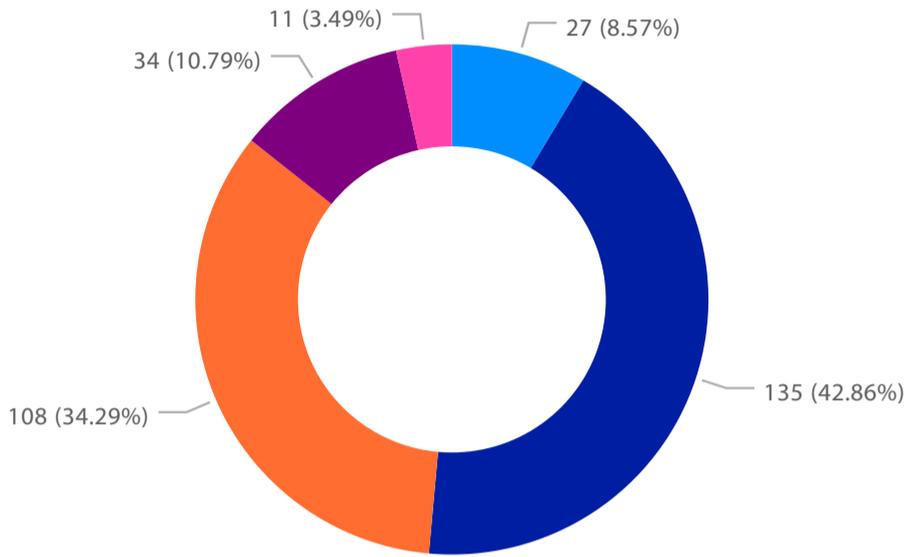
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Community perspectives on revitalization: Where we are today.

A district survey soliciting people's thoughts on six topics (safety, local economy, vibrancy, properties, leadership, and investment) was circulated in the November *RCP* and on social media and eNewsletters by the 10 organizations forming the Alberta Avenue District Council.

There were 315 responses, mostly from people living in the area. Responses came from all eight neighbourhoods, although about half the responses were from Alberta Avenue.



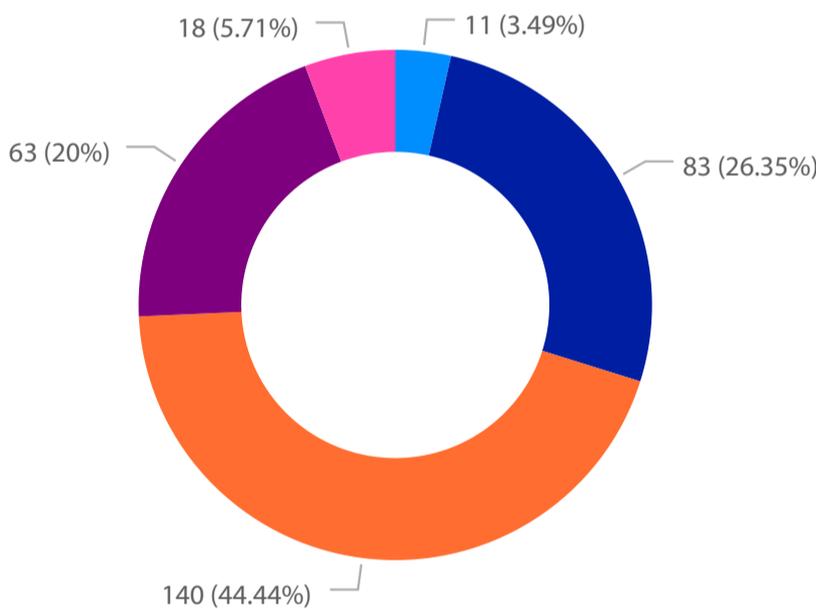
People are empowered to lead change.

- Leadership
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

LEADERSHIP

How to contribute and lead change? Many people volunteer already or would/should, but there are barriers for some. The area needs more leaders, neighbours connecting, investment, and diversity.

“A handful of people tend to take on leadership roles. It would be a benefit to the district if more people would come forward.”



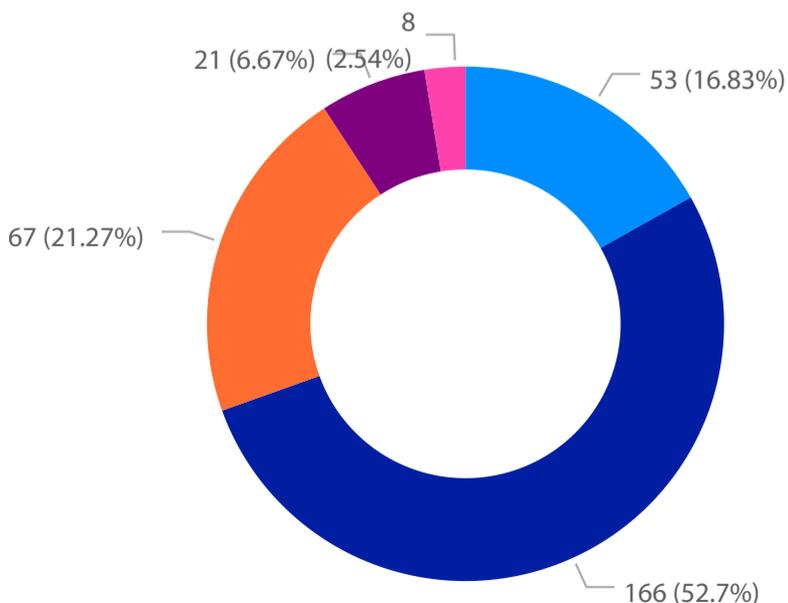
Investment in the community is strong.

- Investment
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

INVESTMENT

Where is it needed most? Invest in supports and services for vulnerable people, businesses, deal with problem properties/crime reduction, and beautification.

“We need greater social investment to lift people out of poverty, and we need greater public and private stakeholder investment to provide anchor attractions in this community, not just more housing. We need public spaces that will drive visitors from other parts of the city.”



The social fabric of the area is vibrant.

- Vibrancy
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

VIBRANCY

What makes the area vibrant and unique? The community events and activities, diversity, local businesses, and sense of community.

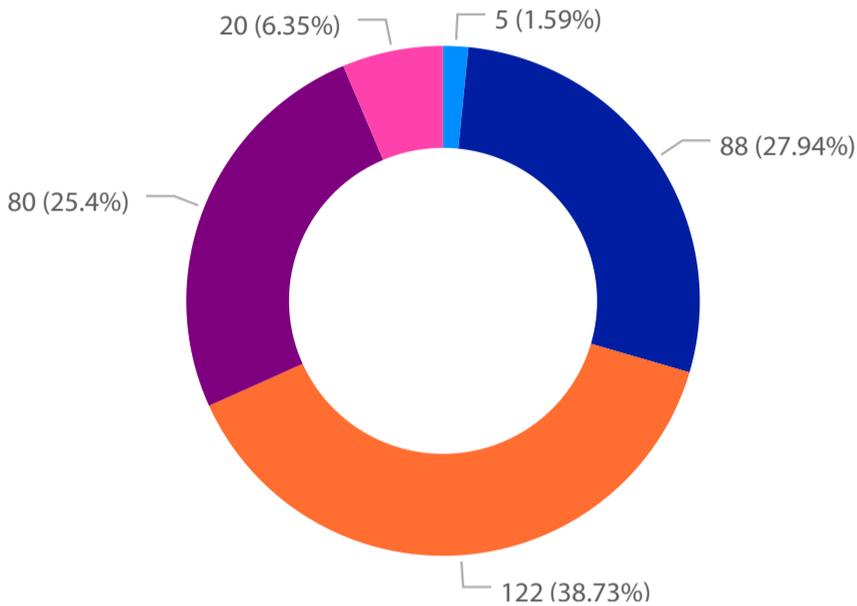
“There is a great diversity of people committed to social change and invested in this community. We love the arts approach and how neighbours support each other to build a healthy and vibrant community.”



Join in making our community a better place

SIGN UP: TIMECOUNTS.ORG/DISTRICT-COUNCIL

Everyone has something to contribute! Share your skills or learn new ones, lead an initiative, volunteer for a task or event, or join one of the leadership teams (safety, economy, vibrancy, leadership & sustainability).



Properties are attractive and well cared for.

- Property
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

PROPERTIES

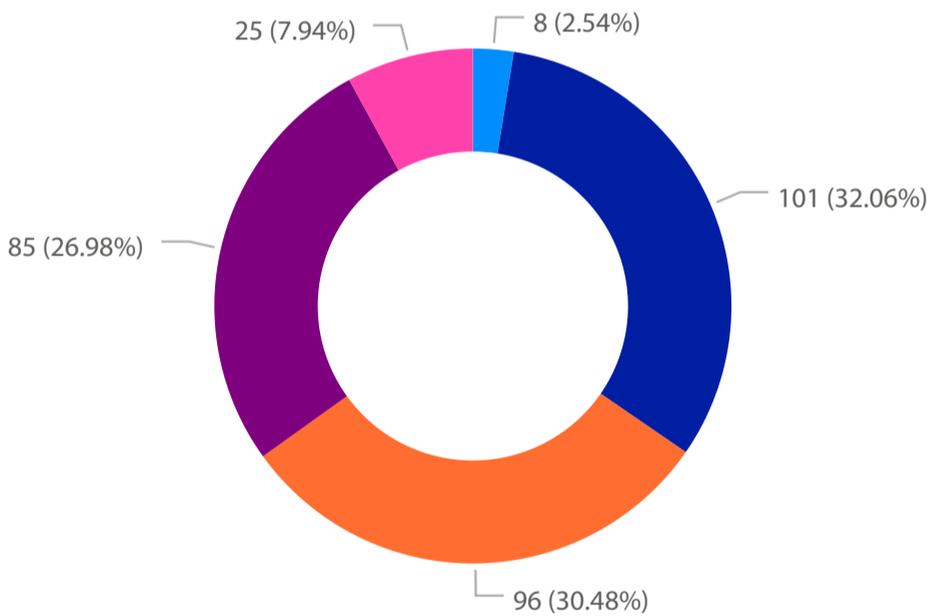
What support do you need? People need funding assistance and have numerous great ideas for community members to support each other.

HOW IMPORTANT IS IT THAT WE WORK ON THESE AREAS?

Average out of 5

Safety 4.44	Properties 4.26
Investment 4.04	Leadership 4.02
Vibrancy 3.96	

“Most people take care of their properties, but the city lets a few negligent land owners and slumlords destroy what everyone else works so hard to achieve.”



The community is safe.

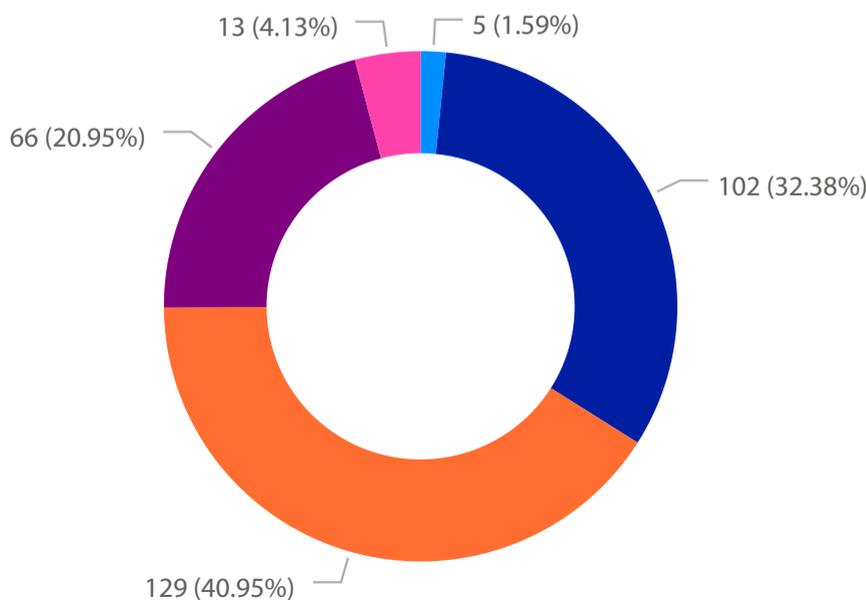
- Safety
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

SAFETY

What would make you feel safer? Most people said better lighting, followed by more police, then fewer problem properties and less crime.



“During the day, the Avenue is vibrant and full of life and culture; it’s great. But when it’s dark outside, it becomes a dangerous place with a not nice nightlife.”

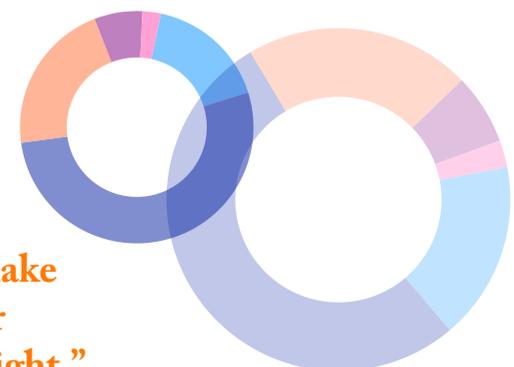


The local economy is thriving.

- Economy
- Strongly agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

LOCAL ECONOMY

What would help? Improve physical upkeep of properties, more business variety, fill vacant properties, improve safety, provide incentives for businesses.



“We have lots of amazing restaurants, but there isn’t much in the way of shops that make people want to come down to the Ave for an afternoon. We need a permanent anchor attraction to get people down here and something that brings activity to the Ave at night.”

Outdoor *and* Indoor

AlbertaAve.org

DeltonCommunity.com

EastwoodCommunity.org

ParkdaleCromdale.org

ElmwoodParkCommunity.org

WestwoodCL.ca

Spruce AvenueCommunity.com

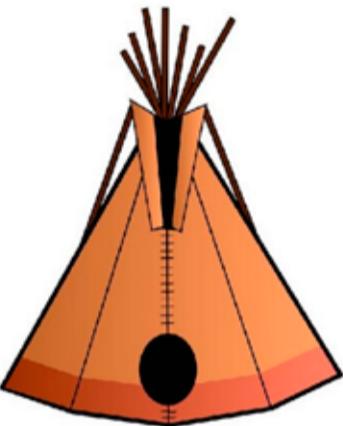
ElmwoodParkCommunity.org

Check out what your league has to offer

The Edmonton Federation of Community League and Parkdale Cromdale Community League are offering activities in the spirit of truth and reconciliation. Come learn from Elders, meet First nations people in your community, share food and alleviate barriers by learning how to support First Nations people and beat prejudice in your community!

Tipi Teachings

Save The Date



Presented by:




Located at
11335 85 Street NW

→ **January 12th 1:00 - 4:00 PM:** Learn teachings of the Medicine Wheel and make your own medicine wheel to take home

→ **January 19th 1:00 - 4:00 PM:** Come learn about the history and ongoing effects of Colonization at this interactive workshop

→ **January 26th 1:00 - 4:00 PM:** Learn the basics of the Cree language! We will go over months, seasons, and other terminology that helps construct worldview

With support and mentorship from:



*Some light snacks will be provided
*Not suitable for children under age 6

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Our newly renovated hall is perfect for holiday parties, birthdays and more, all with competitive rental rates! Call or email us to enquire about availability or to book a tour.

Phone: 780-477-2354
email: info@eastwoodhub.org

11803 86 Street
eastwoodcommunity.org

Happy New Year 2020

Come celebrate with Delton Community!

Tickets

- \$40 for Delton community members
- \$50 for non-members

5:30 cocktails
6:30 supper

Contact Annette at (780) 237-5781 for tickets!

Must be 18 or older
No refunds

12325 88 Street, Edmonton, AB



CASINO FUNDRAISER

January 29 & 30

CENTURY CASINO
13103 FORT RD
CONTACT:
KATE WILSON
Secretary@eastwoodhub.org

COME JOIN US! CHANGE HEALTH COMMUNITY PROGRAM

- Family Fun
- Community Connections
- Hands-on Activities
- Mental Well-being
- Meal Prep and Dinner
- Healthy Changes

JAN 8, 15, 22, 29
5:30PM TO 7:30PM

Be ready for the activity with comfortable clothing and indoor shoes.



Join Spruce Avenue's Hibernation Celebration

Plenty of fun activities are planned to enjoy the winter weather

ASHLEY AYUME

Winter can be a time for celebrations and community building, and Spruce Avenue Community League is determined that cold weather need not keep people away. On Jan. 18 from 11:30 am to 3:30 pm, the league is inviting people to celebrate winter with them.

Activities include a horse and wagon ride in the Spruce Avenue neighbourhood, highlighting the historic buildings and houses from noon until 3 pm. They will also have free skating and skate rentals, snowshoes (sizes availability dependent on skaters and snowshoers), and outdoor snow fort building.

Warm up around the out-

door firepits and roast hot-dogs, s'mores, bannock, or campfire popcorn (available for free while supplies last). Enjoy warm drinks and keep your mittens toasty warm. Indoors there will be a children's imagination playground with foam blocks for building, Jenga and Connect 4 games as well as a mini carnival.

Community league member-

ships and Spruce Avenue community signs will be available for purchase. Watch the league's Facebook page (facebook.com/SpruceAveCommLeague/) for weather updates. Organizers will reschedule if the temperature drops below -21.

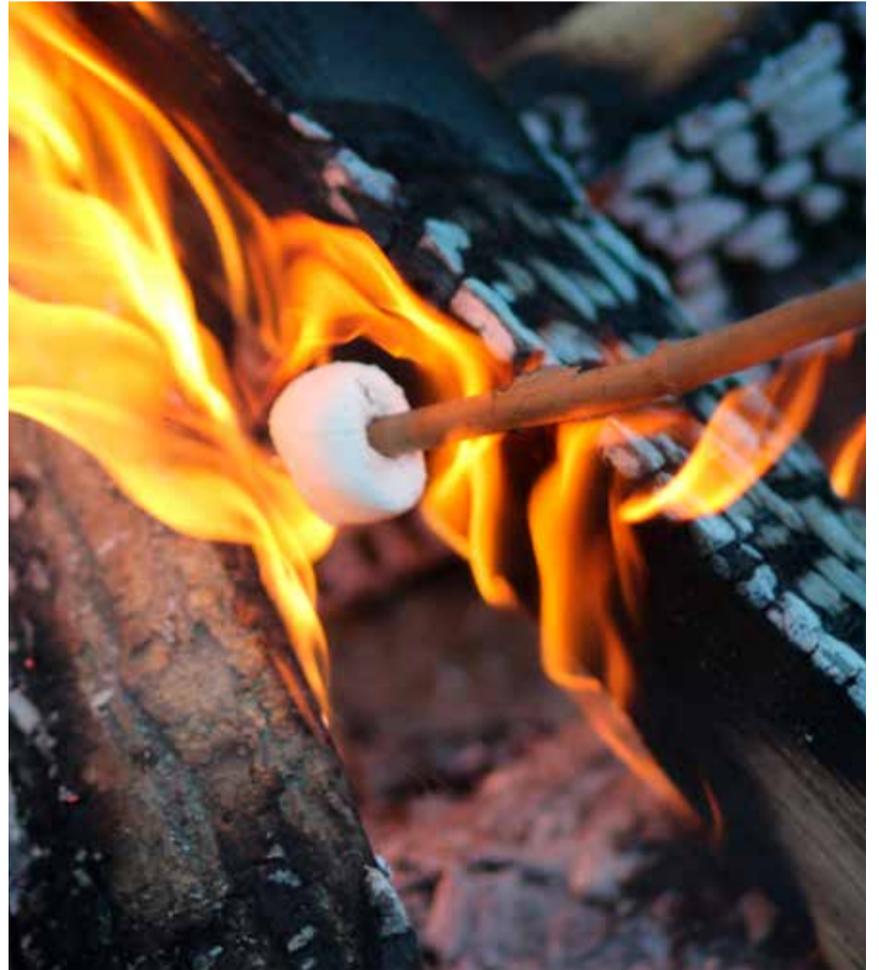
If you would like to volunteer or have an idea for a winter activity, contact volunteer@spruceavenuecommunity.com

or programdirector@spruceavenuecommunity.com.

Ashley is a resident of Spruce Ave with her husband Remo and their two children. She's the program director for Spruce Ave Community League, a farm girl at heart, and she's passionate about community connections, urban agriculture, and gardening.



Warm drinks will be available to keep people warm. | Pixabay



Make s'mores over a fire. | Pixabay

Winter can be a time to thrive and connect

Ideas abound to make the winter months merry and bright

GILLIAN KERR

Winter can be a difficult time for us. Often people overlook the effect that winter can have on our body and mind. The arrival of the cold, dark, snowy season doesn't mean we have to hibernate; in fact, we can thrive. This article was inspired by a Finnish friend and a number of neighbours who have great ideas for winter.

This summer, I completed the Portuguese route of the Camino de Santiago and met Finnish pilgrim Sophie. During our hours spent walking, we talked about our homes and about winter. Depending on where you are in Finland, winter can last for three to seven months and northern areas get mere hours of light a day. To handle winter, they adopt the Danish concept of *hygge* to create a pleasant, warm, and cozy environment to elevate the mood. This is done by getting together with friends, reading a good book, having a warm drink, listening to music, and using light therapy lamps to simulate sunlight.

Warm drinks—yum! Coffee

gets you moving on cold, dark winter mornings and a coffee date is an important social time to catch up with friends and colleagues. In our neighbourhood, we have some great options like

and on the City of Edmonton website. Our local libraries are open in the evenings and provide free Internet service, books, and videos to enjoy, along with specific events. Or do some

While I embrace *hygge*, we also have the great outdoors. The elusive sun is precious in winter and we know that sunlight is important for our health. There are many outdoor

only bad clothing." When it is cold, start with a comfortable under layer that draws perspiration away from the skin and follow this with a layer of fleece, cotton, or wool. Your outer layer should be windproof and waterproof, but breathable. Of course, pay attention to protecting the feet, hands, and head from the cold, as nothing will ruin an outing quite like being cold. Socks can be layered. The first layer should wick moisture away. A wool sock layer will keep in the warmth. Gloves should be roomy, with a warm lining, and headgear should protect your ears, maybe with a balaclava to protect the face. Winter clothing can be costly, so check out the second-hand stores in our neighbourhoods.

Note: the photographer for last month's photos of the nativity scene is Paula Kirman.

Gillian lives in Norwood and loves winter. She has lived here for 14 years and has no intention to move. If you have any sustainability ideas for an article, please email her at gilliankerr@fastmail.fm



Celebrate with a kitchen party, like this neighbourhood party. | Supplied

The Carrot Coffeehouse (9351 118 Ave). They are open from morning to night, five days a week, and provide a place to "meet, work, laugh, and create". There is live music on Friday evenings and an open-mic on Saturdays.

Speaking of warm and cozy indoor opportunities, we have many. You can find activities right here in the *Rat Creek Press*

local shopping with weekend pop-up markets (watch the *RCP* for these) and at the new Downtown Farmers Market (10305 97 St).

Another option is to do it yourself. What could be more inspiring than a good old kitchen party? An evening with music, food, laughter, and community building will make the winter bright.

opportunities to fit your interests, such as numerous local skating rinks, our Deep Freeze Festival, local sledding areas, cross-country skiing, hiking with the Edmonton Hikers Group, or walking in our fabulous river valley.

Regardless of what comes to mind, I would start with this Finnish saying: "There's no such thing as bad weather,

YEG Smoked Meats is now on the Ave

The new shop has a solid selection of meat for sale

STEPHEN STRAND

Operating a small business takes a leap of faith and commitment, which is why it is exciting to see a new smoked meat shop open along 118 Avenue.

Lindsay Gorda and Tilo Parabalos are partners of YEG Smoked Meats.

"I was a butcher for 10 or 12 years on 95 Street, 108 Avenue. I worked for the Italian butcher there." Lindsay explains he was looking for a place where the rent would be affordable. "Starting out, I was a little worried about taking on the challenge and paying big rent, and worried if I was going to make \$50 a day." The shop on 84 Street and 118 Avenue was available, so Lindsay and Parabalos snagged it, renovated it, and opened YEG Smoked Meats Ltd on Nov. 16.

"We are also from the north side, about 15 minutes North from here, so it is close to and from home," adds Nadine Gorda, Lindsay's wife. They already have customers from all around the city.

Though they are currently only open Friday nights and Saturdays during the day, they have a solid selection of smoked meats to offer. They make five different sausages (four of them are smoked, and one is a fresh Italian sausage), five different pepperonis, smoked side bacon, back bacon, old fashioned hot dogs, their own version of bologna, and a different style of jerky.

"Everybody makes just the sliced jerky, I make [what] they call the Caesar stick, intended for the Caesar drink as a stir stick. Use it as a snack," explains Lindsay. He promises more to come. "We are going to get the

special roasts, marinated steaks, and I'm going to try and do AAA prime steaks for the summertime. Have it all marinated, you just have to pick it up and take it to your barbecue."

In the meantime, they are open to special orders. "We are starting to get requests for Christmas orders. Christmas hams, Christmas turkeys, meat platters, gift baskets," explains Lindsay. The gift baskets contain any combination of packaged meats that they sell. "We are kind of leaving it up to the customer," explains Lindsay. Customers will have options to buy baskets for a variety of prices.

They get their meat delivered from a local distributor in the city and then it gets turned into the finished product. "I have to trim it, grind it, mix it, put it into casing if it's sausage or pepperoni. Then I smoke it. Then

we cool it and then we package it. So, it's quite a process to get it to the customer," explains Lindsay.

They started a smoked meat shop because meat processing has been a part of Lindsay's life since childhood. "I was in the restaurant business for my first career," Lindsay started to explain, but his wife interjected.

"No, start over," Nadine says, and explains that Lindsay grew up on a farm.

"We had our own butcher shop and smokehouse on the farm. That's where I dabbled when I was a teenager. It's always been my thing. Between the cooking and cutting meat, putting in your own spice blend into it. It's still a passion," explains Lindsay, and it shows.

Lindsay is still working a day job in the oil and gas industry, but hopes to retire early and commit to the smoked meat

shop fully. Until then, the shop will be open Fridays from 5 to 8 pm and Saturdays from 9 am to 5 pm.

To contact them about special orders, call or email them. Their website is currently under construction.

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

YEG SMOKED MEATS
8246 118 Ave
780.699.7653
sales@yegsmokedmeats.ca



Lindsay Gorda (left), with Nadine Gorda (right) at YEG Smoked Meat. | Stephen Strand



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Why this Generation Xer loves social media

Let's stop bashing change, and enjoy the ride a little

TEKLA LUCHENSKI

I understand the concerns about social media. I know that excessive screen time is bad for kids. We would all sleep better if we shut off our screens two hours before we go to bed. There are real dangers online, too.

Let's just tap the brakes for a moment, though. I want to explore some positive aspects of social media. It is, after all, just another change. It is here to stay. Okay, now buckle up.

Even though I'm a member of Generation X (squashed and mostly forgotten between the Boomers and the Millennials), I love social media. I've seen rapid change. The sky may have a hole in it, but it hasn't fallen yet.

I get frustrated with folks (often my fellow Gen Xers and older) who refuse to learn social media. Come on, give it a whirl! Vladimir Putin is NOT interested in stealing your identity. Spoiler alert: Online trolls have always had access to your privacy; it's just easier today for them to rip you off. Our social

life is fragile. That's the nature of the nation state.

I work online, both locally and internationally. I'm a writer. It's essential for my work. It's wonderful, and interesting. As an introvert, I love to work from my cozy basement office. IMHO (or "In My Humble

sonality and lifestyle as a single mom and proudly self-identified misfit.

I reconnect with people through social media. Some say Facebook friends are not real, but lots of people in our social network are not "real" connections. They're called acquaint-

okay to just reach out and like a comment. What's wrong with that?

People complain that others try to make their lives seem perfect on social media. That's about perception. If I post a selfie of me smiling on a beach, that's about me. If it upsets you,

humans adapt in so many ways. We are such fascinating critters.

I can't afford art lessons for my daughter, who loves to draw. A couple of years ago, she went online and taught herself. Kids are learning good things online, independently. She keeps learning, and is really good at art.

Another daughter made friends online during a tough time in her life. I spoke to a therapist, who told me the usual stuff about moderation and so on. She also invited me to consider: What kind of relationships were they developing? What role were these other kids playing in her life? With some monitoring and a lot of communication, I learned about these kids (yes, they were kids). They still help each other out, even as she has matured and gained more local friends.

True, kids need to socialize face to face. Remember letter writing? Raise your hand if you ever monopolized the phone for hours as a teenager. Human beings are driven to socialize. As a parent and slowing-down human, I find the changes scary. As a Gen Xer and cultural anthropologist, I find them exciting.



Reach out and connect with someone on social media. □Pixabay, Gerd Altmann

Opinion," for any non-social media types), I still manage to play well with others, um, most of the time.

I hate working in an office. Working online is my salvation. It is adaptive, and suits my per-

tances.

I don't have to talk to everyone every day. I am glad that I can wish people a happy birthday, or post my Christmas greetings. I have family in Ireland that I'm getting to know. It's

that's about you. Maybe you need to go to the beach. Be kind to yourself.

But what about the kids? I hear you cry.

Kids are suffering the negative effects of social media. But

Did I say, "Buckle up?" Yes. I would add, "Enjoy the ride."

Tekla is a freelance writer living in Parkdale, mostly in her basement.

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Finding the little pieces of joy in life

Seek moments and don't compare yourself to others

STEPHEN STRAND

When I was young, I thought that with age came the ability to dispel the incessant insecurities that plagued my childhood and the knowledge to be confident in my decisions. At the very least, enough confidence to not consistently second guess myself. But insecurity still haunts me. At night, I second guess every decision and scrutinize every comment that either I or someone else made while I lose sleep and stare at the ceiling.

Every day at work, I trace back through each step to try and remember if I locked the door, or turned off the stove, or fed the cats, or let the dogs back into the house, or turned off the coffee maker. I'm never

fully satisfied until I am home again and seeing it with my own eyes. All these thoughts, and many more, cycle through my mind while I am at work, nagging away, always overshadowing every other thought.

Back when I was young, happiness could not be found. No matter where I went or what I did, it seemed as though happiness was always just out of my grasp. People spouted overused inspirational quotes, telling me to not worry, be happy, but to those who have not battled with depression and anxiety, it is not that simple. Even now, happiness is still difficult to find and people don't seem to fully understand.

What doesn't help is seeing others around me appear to be happy. All over social media

there are posts of people living their best life. For the most part, I know that it is just a front. No one is happy all the time, but the pictures of smiling faces create an illusion that I am the only one who is unhappy. It also makes me wonder how people can afford to live the lives they are living. All people seem to do is treat themselves to new toys, vacations, clothing, and fancy meals, while posting selfies in front of the mirrors at the gym. Am I the only one who cannot afford to live so extravagantly? Or have time to exercise regularly? Or regularly eat healthy home-cooked meals?

Over the years though, I have learned how to curb the negative thoughts and fears. They are still there, but they are a bit quieter. Happiness still evades me, as

it did when I was young, but I have learned how to find little pieces of joy and try to live as contently as possible.

I have to focus on myself and not worry about what others have, unless it is to make sure they have enough. But to compare my life to those presented on social media is futile. I recently saw a photo on Instagram, of all places, that showed an apple with a bite out of it one side. On the other side of the apple was a mirror that reflected back what appeared to be a whole apple without any pieces missing.

I cling to the memory of this image as I scroll through social media and talk to people. We all present our best selves while hiding the piece that has been taken away from us.

For years I did this. I still do,

but not to the same extent. In 2016, I had reached an end point. I couldn't hide the loneliness and the pain and came far too close to ending my own life. No one knew how close I had come, not even my wife, until the day I broke down at work. After the initial embarrassment wore off, people opened up to me about their own struggles and fears and I knew that I wasn't alone.

I may never fully know what it is like to be happy, but I know that I have what it takes to keep going. And I know that I am not alone.

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



No one is happy all the time, and it's futile to compare yourself to the image people present on social media. | Pixabay



Happiness is not always easy to find. | Pixabay

SATURDAY 11 AM - 3 PM
WEDNESDAY 6 - 8 PM
7308 112 AVENUE

EDMONTON TOOL LIBRARY

Free access to hand, power, and garden tools for Alberta Avenue, Eastwood, Parkdale-Cromdale & Spruce Avenue league members.

CHURCH SERVICES

<p>ANGLICAN PARISHES ST. FAITH AND ST. STEPHEN Two Traditions – One Faith.</p> <p>11725 93 Street</p> <p>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</p> <p>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</p>	<p>AVENUE CHURCH A community to belong in... a community to serve with. 11335 85 Street (Parkdale Hall) avenuechurch.ca</p> <p>Sundays 9:30am coffee fellowship 10:00 am Service</p>	<p>NORWOOD WESLEYAN CHURCH Meeting needs with love and compassion 11306 91 St 10:00 am Sunday School 11:00 am Sunday Service ST. ANDREW'S PRESBYTERIAN</p> <p>A caring and loving church in your community where everyone is welcome. 8715 118 Avenue 780-477-8677 Sundays at 11 am</p>
<p>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</p>	<p>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</p>	<p>THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH A Place for Worship and Service 11661 95 Street salvationarmy.ca/alberta 780.474.4324 3:00 pm Sunday Worship</p>

CHURCH SERVICES
CHURCH SERVICES
CHURCH SERVICES

Sharing the joy of community and winter

The Winter Engagement Strategy's goal is to draw people outdoors

TALEA MEDYNSKI

Parkdale Cromdale Community League is embracing winter and encouraging others to do the same with its Winter Engagement Strategy.

Kevin Wong, league president, said the strategy started with a conversation.

"A very informal conversation became more solid," says Wong. "A group of us got together [volunteers and board members] and decided to do it."

Edmonton is a winter city for several months of the year, but there's no need to hibernate.

"We don't do enough stuff outside at a community level."

In January, people can look forward to a few different events.

Using the league rink, the group is planning on hosting a movie night where people can skate and watch a movie at the same time.

A winter block party is also in the works for January. Included

block party at night and the idea is to make paper bag lanterns. "We're hoping to line them up the block to give more flair."

A Valentine's Day disco skate is planned on the day of love, so be sure to stay tuned for that

people active in the winter."

Last year, the league held a number of *hygge* (pronounced hyoo guh) events. It was fairly informal and involved a walk in Kinnaird Ravine, followed by warm beverages, colouring,

term for a feeling of contentment or relaxation.

"We'll be holding *hygge* events on a monthly basis as well," says Wong. "It's very relaxing and doesn't require tons of commitment."



Parkdale Cromdale Community League will be organizing more hygge events this winter. | TALEA MEDYNSKI

will be a fire stove, snacks, drinks, and music. "If it's not too cold, street games," says Wong. He's hoping to hold the

event. Throughout the season, the ongoing barre and yoga classes will be continued "to keep

socialization, reading, or whatever else participants wished to do. For those unfamiliar with the concept, *hygge* is a Danish

Except for the Valentine's Day disco skate event, dates are not finalized. Most will likely be held Friday or Saturday nights, but keep an eye on the league's Facebook page (facebook.com/PCCLYEG/) and the website (parkdalecromdale.org/) for details.

Wong adds, "Anybody is welcome, but we do encourage people to get a membership."

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

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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

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

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 PrayerWorks Common in St. Faith's & St. Stephens Anglican Church, 11725 93 St. Thursday lunch: served 11 am - 1 pm with doors open 10 am - 1 pm. Friday dinner served 5 - 6 pm, with doors open 3:30 - 7 pm. Saturday breakfast served 8:30 - 9:30 am, with doors open 8 - 10 am. Meals will be in recess for Dec. 26-28 and April 9-11, 2020. More: 780.477.5931

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

PARENTS & PRE-SCHOOLERS

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

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

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, 3:30-4:30 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. Thursdays, 3:30-4:30 pm at Sprucewood 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, 3:30-4:30 pm at Highlands Library.

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

ADULTS

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

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

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

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

GUIDED MEDITATION SITS
Perfect for beginners. Saturdays, 5 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.297.7392.

COFFEE FRIENDSHIP CLUB
Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-4 pm at The Carrot Coffeehouse. This is a drop in club only, and if people cannot attend, then they do not meet any other time.

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

TOAST & JAM
Thursdays, 11 am - 1 pm, The Carrot Coffeehouse (9351 118 Ave). Local acoustic musicians bring their instruments & gather around a table for a "kitchen party" featuring whole grain toast & jam.

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 at 1 pm at NorwoodLegion.ca.

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

FAMILIES

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

TABLE TOP GAMES NIGHT
Choose from our selection of games or BYOG. Tables are free! Last Wednesday of the month, 6-11:30 pm at The Carrot Coffeehouse. Hosted by Tim of GOBfest.

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

MUSIC LESSONS BY CREART
Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: createdmorton@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 a uniquely warm and personal open mic night. Jan 4, 18, & 25, 6:30-10 pm at The Carrot Coffeehouse.

NOTICES

Deep Freeze: A Byzantine Winter Festival, Jan. 11 & 12, between 90 and 95 St on 118 Ave. Enjoy a diverse program of outdoor and indoor activities, entertainment, fine arts and crafts, music, dance, exhibits, and displays. This year, the festival will feature more street performances than ever before. Admission: pay what you can.

Call for Artists! The Carrot Coffeehouse loves to celebrate the diversity of Canada's cultural mosaic and will be honouring Black History Month this February. They are seeking visual artists, musicians, and spoken word/poets of African, Latin American, or Caribbean heritage. To apply, please email artsadmin@artsontheave.org and include a brief bio with a few samples of your work.

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
1725 93 St
St. Andrew's Church
8715 118 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina
9225 118 Ave





Eastwood Rink now open!!

Hours:
 Wednesday to Friday 4 to 9 pm
 Saturdays 11 am to 9 pm
 Sundays 11 am to 8 pm

86 St north of 118 Ave

SPRUCE AVENUE COMMUNITY RINK HOURS

Monday: 4 - 6 pm family skate & 7 - 9 pm family skate and kid's shinny hockey
Tuesday: 4 - 6 pm family skate & 7 - 9 pm shinny hockey*
 (*must be booked in advance by calling 780-499-2649)
Wednesday: 4 - 6 pm family skate
Thursday: 4 - 6 pm family skate & 7 - 9 pm shinny hockey*
 (*must be booked in advance by calling 780-499-2649)
Friday: 4 - 6 pm family skate & 7 - 9 pm family skate and kid's shinny hockey
Saturday: 1 - 5 pm family skate & 7 - 9 pm family skate and kid's shinny hockey
Sunday: 2 - 4 pm family skate

NOTE: CCA approved helmets must be worn by all skaters. **Skates and helmets are available at the rink for your use free of charge.**

If you can spare a couple of hours in the evening to supervise the family skate and kids shinny hockey we would love to hear from you. Please call Henry at 780-499-2649.

Rink will be closed with a wind chill factor of -25 and colder or at the discretion of the rink manager.

Cost: free family skating with a community league membership or \$2.



Regular Rink Hours:
 Monday through Friday, 5:30pm - 9:00pm.
 Available for private rentals on Saturdays - contact buildings@deltoncommunity.com for booking information.
 Rink will be closed when weather is -21 degrees or colder.

Christmas Operating Hours:
 December 24th: 5:30—9:00 PM
 December 25th: CLOSED
 December 26th: 3:00—7:00 PM
 December 31st: CLOSED
 January 1st: 3:00—7:00 PM




ICE RINK HOURS:

Weekdays: 4 pm - 9 pm
Weekends: 9 am - 9 pm

FREE SKATE RENTAL & SNACKS HOURS:
Weekends: 12 pm - 4 pm

Rink will be closed if temperature is **above 3** or **below -22** Celsius (including windchill)



 **Parkdale Cromdale Community League**