

RAT CREEK PRESS

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JULY 2015

NEWS » RECREATION

The wonders of Kinnaird Ravine

Lose yourself in wilderness at the heart of the city



Kevin Cantelon started Friends of the Kinnaird Ravine, an informal group of people who enjoy the ravine. » REBECCA LIPPIATT

MARI SASANO

Kevin Cantelon grew up in Aspen Gardens where he and other neighbourhood kids had the run of Whitemud Ravine. Those childhood experiences had a lasting impact. His first house was in Mill Creek, near the ravine. Eleven years ago, he and his growing family moved to a house across the street from Sheriff Robertson Park, right at the beginning of Kinnaird Ravine.

“That’s when I noticed a pattern. It’s part of my heritage,” he said.

The ravine, named for George Johnstone Kinnaird, Edmonton’s clerk and city auditor at the turn of the 20th century, runs from the Stadium LRT station to the North Saskatchewan River, about a 20 minute walk east around 74 Street. The Rat Creek runs at

the bottom of the ravine.

In 2009, Cantelon’s interest in nature led him to the City of Edmonton’s Master Naturalist program, an intensive course that teaches students about the ecology of our city’s natural areas. Part of the course is volunteer service, and Cantelon decided he would spend his hours showing people, especially new Canadians, the wonders of Kinnaird. He and another ravine enthusiast started Friends of the Kinnaird Ravine, an informal group of people who get together to enjoy the area.

“We’ve organized weed pulls, Project Red Leaf to plant trees. It gets people connected,” he said. “There are about 80 people on the Facebook page where we share ideas like art on the retaining wall, clean ups—around 25 came out to the last one—pictures, histori-

cal maps.”

It has always been a useful spot.

“There was lots of industry, coal, Northlands, a manure dump for horses. People were always coming and going. You can still see the signs of industry, mounds of dirt, and a slag pile of bentonite from the coal mines. It’s survived a lot.”

This little patch of wilderness is useful for us now because it’s so accessible. Meetup groups like Fit and Over 50, photography groups, cyclists, bird watchers and even a few people who scan the ravine with metal detectors use the ravine for their activities. What makes it unique is that it’s relatively untouched, said Cantelon.

“It’s old growth forest, a unique ecosystem. It’s boreal forest, and it goes up to more arid parkland. There are trees in the ravine that don’t exist on

the edge of the river.”

There is a surprising amount of wildlife: birds, coyotes, porcupines, beavers—and more.

“About six or seven years ago, I heard my daughter yell, “There’s a horse!” and it was a cow moose. It went right on 81 Street and it went down the sidewalk to Jasper Ave.”

How does a narrow strip of land, right in the middle of the city, hide a moose? That’s the intriguing thing about Kinnaird Ravine: it takes you away from everything.

“It feels very remote very quickly. After around three minutes of walking, it just goes quiet. The trees get bigger and primordial. It feels like you’re going back in time. And it’s right downtown”, said Cantelon. “I like the wildness, the mystery of it. It’s different from everything else around it.”

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AVEFEST 2015

A Festival for the Community July 1-2, 12pm - 3 pm

92nd Street & 118 Ave

www.avefest.com

NEWS » SUMMER ACTIVITIES

Summer fun for community kids

Neighbourhood activities vary depending on income and interest

TALEA MEDYNSKI

There's plenty to do this summer.

Kicking off July is AveFest, which runs from July 1-2. AveFest encourages community engagement.

"You won't have people watching unless they really want to. We're moving people from a place of isolation to a place of relationships," said Arthur Dyck, festival organizer.

Some activities include a beading table, balloon sculptures, bubble blowing, and a wood construction table.

Bring your appetites, too. Free hot dogs, drinks, watermelon, and popcorn will be available.

Dyck is already planning events for the winter as well as another AveFest next year.

"This isn't a one-off. Building community is a process," said Dyck.

There are many ongoing summer activities for youth. Many are free, like city-run Green Shacks or Youth Hubs.

Green Shacks are the small green buildings in playgrounds from July 2 to Aug. 25. It's

a free drop-in program with activities like games and arts and crafts for children ages 6-12. Children younger than six can attend, although parents or guardians must be present to supervise.

While there is staff leading the activities and general supervision in the park, kids are free to come and go. If parents want more formalized supervision, registered programs are better. Kids are required to sign in and can't leave until they sign out.

Dee Dee Carr, the supervisor of community recreation programs, said programming is kept flexible to meet the needs of participants.

This summer, 20 sites have extended hours for lower-income areas. Some sites include Abbottsfield, Eastwood, Boyle Street, McCauley, Parkdale, and Alberta Avenue. Hours are usually from 10 am to 1:30 pm or 2:30 pm to 6 pm, but extended hours in affected sites are from 10 am to 6 pm. Alberta Avenue children participating in Green Shack all day will be at Norwood Square in the morning and Alberta Avenue Park in the afternoon and evening.

Youth Hub is like a Green Shack for youth ages 13-17 and involves activities geared toward teens. Spruce Avenue has a Youth Hub on Tuesdays and Fridays from 12:30-8 pm, and there are youth events (sports or arts activities) on Thursdays. Register for events as individuals or as a team.

Half-day or full day day-camps run from June 29 to Aug. 21. Camps run for a week at a time, often at community leagues. There are many varieties of camps from which to choose. Depending on the camp, early drop off and late pick up may be available.

While daycamps aren't free, the Leisure Access Program is available for new immigrants and for families on government programs or those with limited income. There is a wait period for processing. The program gives qualified applicants 75 per cent off recreation programs and memberships to leisure centres.

"There's an application process. If you're approved, you're on the program," said Carr.

Register for daycamps online or by calling 311 using a credit

card. Pay using cash, money order, debit, cheque or credit card if paying in person.

Registration has been open since April 28 and some early camps may be full.

"Register as quickly as possible to avoid disappointment," said Carr.

Edmonton Public Library also offers activities. Summer Reading Club starts on June 27. Participants who read more than six hours can register for a prize of \$600 of Lego.

"It's up to [kids] what they want to read," said Christine Mennear, youth services librarian. Reading together as a family or using an audio book also counts.

Library programs are tailored for different age groups, from preschoolers to teens and there are several programs during the summer.

One program, Play Dead, is on July 2 and focuses on a zombie apocalypse, incorporating stories and activities. Lights! Camera! Action! is on July 9. Participants write and film their own short movie on library iPads.

All programs are drop-in and

free, but arrive early in case there are limited spaces. All program details are on epl.ca. Calendars and program guides are also available at library branches.

Summer fun around the neighbourhood

AveFest
Free admission
July 1-2, Noon-3 pm
Alberta Cycle grassy space
92 Street and 118 Avenue

Green Shack and Daycamps
www.edmonton.ca
Search "drop-in community programs" for Green Shacks or "community daycamps" for camps. Or call 311.
Youth Hub
edmonton.ca/youth

Leisure Access Program
www.edmonton.ca
Search "leisure access program"

EPL programs
Summer Reading Club
http://www.epl.ca/src
EPL Programs and Events
http://www.epl.ca/programs-and-events

Local Spray Parks

Green Shacks

Pop Up Location

Alberta Avenue
(spray pole)
9210 118 Ave
June 27-Sept 7
Weekdays: 2:30-6 pm

Eastwood
119 Ave 85 St
9 am-9 pm

Elmwood Park
12505 75 St
9 am-9 pm

Spruce Avenue
10240 115 Ave
9 am-9 pm

Runs from July 2 to August 25, Mon-Fri
Extended hours for:
Abbottsfield, Eastwood,
Boyle Street, McCauley,
Parkdale, and Alberta
Avenue.

Abbottsfield
(Abbott Park)
12000 Abbottsfield Road
10 am-1:30 pm
2-6 pm

Alberta Avenue
(Norwood Square and
Alberta Ave Park)

Norwood Square
9516 114 Ave
10 am-1:30 pm

Alberta Avenue Park
9210 118 Ave NW
2:30-6 pm

Boyle Street
(Mother Theresa
School Park)
9008 105A Ave
10 am-1:30 pm
2-6 pm

Delton
(Delton Park)
12325 88 St NW
10 am-1:30 pm

Eastwood
(Eastwood Park)
11803 86 St NW
10 am-1:30 pm
2-6 pm

Elmwood Park
12505 75 St
2:30-6 pm

McCauley
(Giovanni Caboto Park)
9403 109A Ave
10 am-1:30 pm
2-6 pm

Parkdale
(Sheila Bowker
Park) 11335 85 St
10 am-1:30 pm
2-6 pm

Spruce Avenue
(Spruce Avenue Park)
10240 115 Ave NW
10 am-1:30 pm

Westwood
(Westwood Park)
12139 105 St NW
2:30-6 pm

Sheriff Robertson Park
(Cromdale)
111 Ave 82 St NW
10-1:30 pm, Mon
and Wed

For additional Green
Shack Playground and
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[www.edmonton.ca/
playgrounds](http://www.edmonton.ca/playgrounds)



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Church spirit belief

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9:00 am - Morning Prayer
9:30 am - High Mass
7:00 pm - Evensong
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Sunday Worship:
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11:00 am - Sunday Worship
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2nd Sunday - Traditional Anglican
3rd Sunday - Aboriginal Form
4th Sunday - Traditional Anglican

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www.avenuechurch.ca
Sundays 10:00 am Coffee Fellowship
10:30 am Service

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11461 95 Street 780.477.3341
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11:00 am - Family Bible Hour
Saturdays - Free English Conversation Café for immigrants

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11828 85th Street 780.474.5434
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4:00 pm - Mass, Saturday Vigil of Sunday
11:00 am - Mass, Sunday Main Celebration
4:00 pm - Mass, Sunday, Eritrean Catholic Community
English Classes and Collective Kitchen (Seasonal - call for more info.)
St. Vincent de Paul Food Help Hotline: 780.471.5577

Church spirit belief faith

NEWS » FESTIVAL

Cultural connections

Pupusa Festival volunteer helps bring Salvadoran culture to Edmonton

ALOUISE DITTRICK

July 25 will be the fifteenth year Alberta Avenue celebrates the pupusa.

For those unfamiliar with this famous Salvadoran dish, a pupusa consists of a thick corn tortilla with cheese, meat, or beans (or a combination of these fillings).

The Canadian Salvadoran Community of Edmonton Society, which organizes the festival, is a local non-profit organization formed in 1988.

Gladis Rodas is one of about 50 members and is the current secretary. She has been active with the El Salvadoran community in Edmonton since coming to Canada 32 years ago.

Rodas tells me, "Since we [first] arrived [in Edmonton], we have been involved in a lot of different organizations. We were doing a lot of awareness about the civil war in El Salvador."

After the civil war ended, focus for the Salvadoran community in Edmonton changed to help with community building in El Salvador. Today the society helps connect the culture and traditions of El Salvador with its community here in Edmonton. The Pupusa Festival is the society's biggest annual event.

The friendly-family festival helps teach children within the Salvadoran community about their culture. Rodas says pupusas in El Salvador are as common as burgers are here. It wasn't until moving to Canada that Rodas realized she should learn how to make pupusas to preserve the Salvadoran culture in Edmonton.

"Not everyone is skilled at making pupusas. They have to be [made] right. We have a lot of Salvadoran people who come [to buy the pupusas] and they judge us."

All the food items, including



Gladis Rodas makes pupusa fillings for the Pupusa Festival. >> ALOUISE DITTRICK

the pupusas, are homemade. While the festival is free to attend, the food is sold at cost to cover the expense of making the food. There are several different dishes at the festival, but pupusas are the most popular. Rodas estimates they sold a thousand at last year's festival and fully expects a lineup for the food again this year.

Aside from food, there will be games, music, and other activities and entertainment. On a more practical note, there will also be a mobile El Salvadoran consulate to provide services for the community.

The festival is there to show-

case Salvadoran culture to Alberta Avenue and Edmonton as a whole. While the Salvadoran community in Edmonton is small, Rodas tells me that access to Salvadoran food and culture has become more accessible since she first moved to Edmonton.

Rodas said they would eventually like to expand the festival, but the main goal is to help younger generations connect with their Salvadoran roots. With the time and care that Rodas and other volunteers take to put on this festival, it's a great event for anyone in the community to check out.

“Not everyone is skilled at making pupusas. They have to be [made] right. We have a lot of Salvadoran people who come [to buy the pupusas] and they judge us.”

Pupusa Festival	Noon to 8 pm
Free admission into festival	Alberta Ave Community
Pupusas are \$3 each	League
July 25	9210 118 Ave

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WHAT'S ON » FESTIVAL

C'mon and listen to music this July

Third year of C'mon Festival also features spoken word performances

MARI SASANO

Professional classical musicians work hard on a full-time basis—for about 40 weeks out of the year. The rest of the time, they have to hustle for gigs until the season starts again. Edmonton Symphony trombonist and artistic festival director Kathryn Macintosh saw an opportunity in this downtime and started a festival for one of her passions: chamber music.

“Chamber music is on a smaller scale than an orchestra; we don't need a conductor to be a traffic cop. It's a more intimate form,” she said. It's meant as entertainment in a living room for friends. “Before Netflix, people were looking for something to do to pass an evening.”

This is now the third year of C'mon Festival, a series of chamber music concerts in the McCauley neighbourhood from July 17 to 19. But this is not a fancy-pants concert with complicated etiquette. Performances are meant to be casual, and a host will guide the audience through the evening so no one is left feeling lost.

“As classical musicians, in this city we play for a small percentage of people. More people would enjoy it if it were less elitist. I want to see more people comfortable about checking it out.”

Macintosh has rounded up a number of talented local and guest musicians for the ensemble: Virginie Gagné on violin, bassist Janice Quinn, Erin Fung on clarinet, bassoonist Matthew Howatt, Brian Sand on trumpet and percussionist/timpanist Timothy Borton.

The ensemble will showcase their ability in a wide range of styles. There are traditional pieces, but also modern and pop music and works composed especially for the festival. To accompany them, they are inviting a number of guest artists.

“One of the things we've done to help get people in the door was to collaborate with other art forms. The first year it was theatre, last year visual art. This year it's



The C'mon ensemble plays at Studio 96 in May at a benefit for a community meal program. >> SUPPLIED

spoken word and poetry. [Edmonton Poet Laureate] Mary Pinkoski wrote a poem for us and picked some poems to match the music.”

Singer-songwriter Andrea House and guitarist Chris Smith will also be featured performers. As in previous years, audiences can expect some surprises.

This year, the festival will take place at Studio 96, a new venue in a renovated church on 96 Street.

“We did a concert there in May and the acoustics are beautiful. That's an important aspect of classical music because it's not amplified and we depend on that.”

C'mon Festival
July 17-19

Tickets are \$15 for July 17-18 performances. Tickets are available from Tix on the Square. Free performance for 3 pm show on July 19. Donations gratefully accepted.

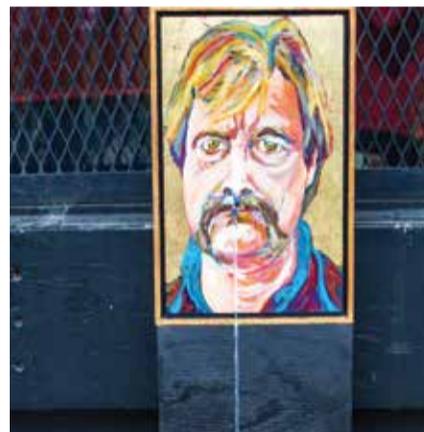
Studio 96
10909 96 St
cmonfestival.ca



Creative Gardening Second Place - Baby Carriage by Barb Prochaska >> REBECCA LIPPIATT



Creative Gardening First Place - Tower of Flowers by John & Margaret Larsen >> REBECCA LIPPIATT



Garden Decor First Place - Water feature by Stuart Ballah >> REBECCA LIPPIATT

Eastwoodfest

Saturday August 8, 2015
Eastwood Community League Park
11803 - 86 St.

10:00 - 5:00 pm
Free Event!

Eastwood Community Hall

Yoga for Beginners 10 am to 11 am
Live Music 11 am to 4:30 pm
Food, Family Games & Activities!

WHAT'S ON » PETS

Walking the walk, on leash and off

Helping our dogs mind their manners this summer

DAVE VON BIEKER

During spring's teasing thaws, Carl weaves around a field. Carl, our six month old puppy. Carl, bounding for joy in perfect dog-show form, having never seen so much grass.

We watch Carl run, tense. Not sure he is ready for the freedom of the off-leash dog park. At first, Carl bolts towards freedom. Then he notices the tree line and slows to investigate a sensory smorgasbord. He soon realizes I'm not following him.

Carl wants to be followed. He loves his people. On morning walks he looks up and smiles, his tongue dripping from his

mouth. Carl runs around in circles. But he does not run away.

For this test we've chosen a little off-leash park nestled between Kinnaird Ravine and a back alley. It is empty.

How will Carl fare in a dog-packed park? Will distractions pull him away? Will he behave? And what sort of behaviour should we expect?

I write this as a novice dog owner. I need to be trained.

The city provides great information on dog behaviour expectations and bylaws. There's a whole brochure on Edmonton's 40 off-leash dog parks, complete with an adorable photo of a dog scooping up his own poop. I'm

doubtful Carl will get there, but I do learn from this little brochure.

Dogs six months or older need to be licensed with the city. Spaying or neutering gets you a licence discount, and is recommended.

When Carl is off of my property, he generally needs to be on a leash no longer than two metres.

Carl needs to stay at least 10 meters from playgrounds and picnic sites.

Carl should not attack other dogs (and as I would remind one particular owner I encountered in the river valley, other dogs should go easy on Carl,

too).

When Carl poops on public property, it is my responsibility to pick it up. It is not street art. This is why my wife and I both found plastic bags in our coat pockets while on a date last week.

When my dog pees on public property, it's my responsibility to soak it up with a towel. No, not really. I just made that up.

A lot of these good behaviour rules read like common sense. Before sharing him with the world, I should know my dog enough to trust his behaviour. I should recognize bad behaviour triggers and learn what motivates obedience.

Dog manners come from proper training. Dogs aren't born with perfect manners. Training can reach us how to stop our pets from yanking the leash, jumping on new friends or barking at anything that moves. And training can be found right in our neighbourhood.

According to their website, Dogspaw provides "manners refined" drop-in classes like "Come When Called" and "Company's Coming and Doorbell Chaos." All of us with puppies are nodding our heads right now. Yes. I need that class.

In the meantime, get to know your dog. Build a relationship of trust and positive reinforcement that will carry over into the public spaces we will all enjoy this summer.

I'm sure Carl will tire of running in circles before long. When it comes time for your dog to meet him, I'm hoping he'll be a real gentleman.



Dog owners should be familiar with their dog's behaviour and know the city's bylaws. >> UNSPLASH

Pet bylaws
edmonton.ca/pets

Off-leash areas
City of Edmonton publishes a Parks for Paws brochure. edmonton.ca (search for "off leash")

Parks for Paws coordinator:
780.496.1475

Training
Dogspaw
12215 William Short Road
780.471.2275
dogspaw.ca

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JULY 17-26

Spruce Avenue Community
10240 - 115 Avenue

**Green Shack Monday to Friday from 10 am to 1:30 pm
and spray park 9 am to 9 pm daily**

EDITORIAL

The debate behind a higher minimum wage

Alberta's rising minimum wage has triggered a variety of responses

MIMI WILLIAMS

It seems to have surprised many people that Rachel Notley is keeping her promise to raise Alberta's minimum wage to \$15 by 2018. After consulting with various stakeholders last month, the government will soon announce the first increase, set to take effect in October. Based on the premier's past comments, minimum wage will likely increase to \$12 this year, along with a move to eliminate the differential paid to liquor servers whose current minimum wage is \$1 less than everyone else's.

This news triggered a variety of responses from business groups and right-wing think-tanks as well as from workers' advocates and labour organizations. Critics suggest a drastic increase to minimum wage will trigger job loss because employ-

ers are already struggling to make ends meet due to a downturn in the economy. Advocates point to numerous academic studies showing such fears are overblown and low-waged workers with higher incomes will spend those dollars locally, triggering economic growth.

Putting ideology aside, they could both be right. There isn't one single definitive economic study showing significant job losses because of a dramatic increase to minimum wage. Similarly, there's no empirical evidence that there won't.

Economics is not an exact science and neither people nor the market is rational. Many people are saying very loudly that by raising the minimum wage, the government is interfering in the economy and this will have negative effects. Those people need to be reminded that if we adhered to strict rules of supply

and demand and government kept their nose out of things, we would not have a Temporary Foreign Workers Program and McDonald's in Fort McMurray would be paying its cashiers \$500 an hour.

To complicate matters further, the debate has given rise to calls for a third option: no minimum wage at all. This argument suggests a universal guaranteed income with wages determined by free market principles of supply and demand replace a minimum wage.

If society has an obligation to ensure that the most vulnerable among us have their basic needs met, increasing the minimum wage is a small step for a small group of people toward that ideal. But an increase on its own, without addressing critical needs such as affordable housing and adequate child care, will leave low-waged workers in the

same, dire situation they find themselves now.

Remember not all low-wage earners are teenagers living at home with their parents. Many workers over 55 fall into the group. Those seniors aren't working those jobs for fun and aren't living in their parents' basements. As baby boomers retire, many are finding their pensions inadequate and are taking jobs theoretically intended for young workers just entering the labour market. A looming pension crisis will significantly affect seniors taking on low-waged jobs just to survive.

Will increasing minimum wage solve all of the issues surrounding poverty? No. Will it solve the growing issue of income inequality between the richest among us and the poorest? No. A minimum wage increase will afford some people a slight degree of increased eco-

nomics stability without placing any substantial burden on the provincial treasury.

However, if combating the ill effects of poverty is the true goal of a minimum wage policy, what is needed is a multi-pronged approach involving social programs, affordable housing and fair taxation levels.

Hopefully, this debate forces us to do some collective and individual soul-searching about our priorities. We can ask ourselves if it's really important for us to fight for the right to get a \$5 hamburger 24/7. Or we can frame the debate in terms of finding a way to ensure everyone has access to adequate shelter and the basic necessities of life. Looking at things in that way might lead us away from the concept of any minimum wage at all.

DOCUMENTARY

Examining the widening income gap

Inequality for All

JESSICA MACQUEEN

Inequality for All (2013) is a documentary following the diminutive and delightfully funny Robert Reich—political economist, best-selling author, UC Berkeley professor of public policy, and Clinton's former secretary of labor—as he examines the troubling issue of widening income inequality in the United States.

The global financial crisis of 2007-08 and the subsequent rise of the Occupy movement

launched this issue into public discourse. In this film, Reich deftly navigates the complexities of economic theory to illuminate the now-familiar story of how the rich are getting richer, and the poor poorer.

The film sidesteps partisan politics and high level economist jargon in favor of telling an accessible, human story about the struggles of the lower and middle classes to make ends meet.

Although the film addresses American income disparity, it

holds relevance for Canadians also, as Canada's income inequality is among the fastest-growing in the developed world. Since 2008, Canada's top-paid CEOs have seen their pay increase at double the rate of the average Canadian worker.

In light of the mounting gap between North America's wealthy elite and the rest of us, *Inequality for All* delivers a powerful message about the impact of income inequality on the economy, the political landscape, and democracy.

Reich shines as a passionate, critical voice speaking up for the little guy and calling attention to the injustices wrought by an economic system that fails a significant portion of the population as well as economic policies enabling income inequality to grow unchecked.

A committed educator, he has spent his career helping people understand the economic challenges of our time. This film continues his life's work by delivering a compelling lesson in economics that sheds light

on the economic policies at the root of today's working class struggle.

References:

http://www.huffingtonpost.ca/2014/04/30/income-gap-canada-inequality_n_5240662.html

http://www.huffingtonpost.ca/2015/01/01/canada-ceo-pay_n_6404918.html

RAT CREEK PRESS ASSOCIATION 9210 118 AVENUE, EDMONTON, AB T5G 0N2 | T: 780.479.6285

ABOUT US

The *Rat Creek Press* is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

COMMUNITY, COMMUNICATION, CAPACITY

The *Rat Creek Press* goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

PUBLISHER

Karen Mykietka

info@ratcreek.org

EDITOR

Talea Medynski

editor@ratcreek.org

LITERARY EDITOR

Rusti L. Leahy

lit@ratcreek.org

PHOTO EDITOR

Rebecca Lippiatt

photo@ratcreek.org

DESIGNER

Lorraine Shulba

design@ratcreek.org

ADVERTISING

ads@ratcreek.org

PROOFREADING

Cath Jackel

CONTRIBUTORS

Mari Sasano, Talea Medynski, Alouise Dittrick, Dave Von Bieker, Mimi Williams, Jessica MacQueen, Kate Lemke, Linda Wilkinson, Chantal Figeat, Rusti Leahy, Henri Yauck.

DISTRIBUTION

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EDITORIAL POLICY

The *Rat Creek Press* is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the *Rat Creek Press*. Send submissions to the *Rat Creek Press* Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.

RAT CREEK PRESS

invites you to a

DOCUMENTARY & DISCUSSION NIGHT

Watch "Inequality for all", a documentary that tells the human story of income inequality by following former U.S. Labor Secretary Robert Reich as he looks to raise awareness of the country's widening economic gap.

Thursday, July 23

Doors open 6:30 pm
Screening starts 7 pm

Discussion follows at 8:30 pm
Free popcorn and beverages

Alberta Avenue Community League 9210 118 Ave

View the trailer at: inequalityforall.com

BOOK REVIEW

A review of Screwballs

Exposing the truth and the people behind stereotypes

KATE LEMKE

“As a baseball fan, I know that it is the only sport where you can fail 70% of the time and still be an all-star.”

After years of caring for the homeless, disabled and marginalized, Catherine Mardon began to notice her mental and physical health was dwindling. It was time for her to focus on self-renewal. Just this past year, she released *Screwballs*, her autobiographic novel.

Mardon tells the stories of individuals who have suffered from PTSD, gender-related disorders, schizophrenia, and postpartum depression to name a few. These stories are memorable, exposing the truth behind life with mental illness.

At the beginning of the book, Mardon introduces the term *screwball*, and the meaning behind it: “It’s usually used to describe people who don’t act normally. Oddballs, weirdoes...” These terms are often assigned to those considered outsiders. People set boundaries between normal and abnormal, as if one is right and one is wrong. These expectations only lead to stigma and negative stereotyping.

The word screwballs signify the stereotypes that label the mentally ill. Having married a man with schizophrenia and through experiences with countless clients, Mardon has witnessed the reality of false stereotypes. She says, “The stereotype is that schizophrenics are dangerous. The truth is that they are by far more likely to be the victim of the crimes than the perpetrator.” This stereotype is part of the reason why the mentally ill do not receive the care or support they need.

What’s unique about Mardon’s story is she chose to pursue the outcasts. Few lead a life associated with outsiders, people who don’t seem to fit in or the abnormal, but to Mardon, these are the very people who need attention. *Screwballs* exposes a whole new point of view, one that resists stigma against the mentally ill. Instead of avoiding the marginalized, we should accept them for who they are: equals.

BUSINESS » THE LEMONADE STAND

Was it really change?

Or was it the result of watering the soup?

HENRI YAUCK

As the popular saying goes, the only things certain in life are birth, death and change.

In many aspects of life and business, sudden and often momentous change occurs. This appears to be the case in politics as well. Alberta just went from blue to orange, a change leading players didn’t anticipate. Yet, all the signs were there.

Business offers the best metaphor as to what, why, and how it happened.

Who put the water in the soup?

A number of years ago, there was a well-known restaurant with the most delicious soups you could find anywhere.

One day the owner was advised by his accountant shareholder, “we need to increase our profits; after all, we really don’t want to work for peanuts, do we? Why don’t you add five per cent more water to your recipes? No one will notice. Cutting costs a little just makes good business sense.”

The accountant was right. The owner added water to the soup and no one noticed.

A few months passed. They gleefully added another 5 per cent more water and still no one noticed. Later, more water was added, and then a little more. They now had proven to themselves that customers could not detect when 5 per cent more water was added.

The landslide effect

The pair congratulated themselves. Cost cutting this way wasn’t even noticed and was sending their profits upwards. This was pure genius.

But customers did notice. They were making comments such as, “That’s strange, the soup here is just not as good as it used to be.”

But the owners were too occupied with what appeared to be their obvious genius to notice what was being said. Like snow in the mountains, pressure builds up a little at a time, and eventually the weight of the snow pushes everything down in one sudden downward sweep, crushing

everything in its path.

So it was with our restaurateur and shareholder. The customers all stopped coming suddenly and went elsewhere. The landslide effect swept away his entire business, leaving him and his partner buried under a pile of debt.

Customers, like mistreated spouses and even friends, can leave all at once.

The real reality

Whether someone is adding water to the soup or in some other way cheating their customer, patient, client, or supporter, sooner or later the little deceptions will add up to a mountain of deception that comes down in a landslide, sweeping the offenders and their cohorts away.

Yet, those perpetrating the deceptions usually don’t realize that they are not the only ones who know what is going on.

Your customer, patient, client, supporter or public know more about what you are doing than you may realize. When you treat others as if they are fools, you very soon prove you are the biggest fool of all.

Any change to the consistency and flavour of integrity stands out like adding water to the soup.

Both stories are true, and sad to say, I witnessed them both. The water in the soup and the watering down of integrity and respect for others. One buried a business operator and cohort. In this past election, Alberta’s once blue landscape was buried under a landslide of orange.

Could that mean a sunset? Or is it a sunrise?

KINDNESS MATTERS

Life-saving kindness

Community officer’s actions may have saved a life

LINDA WILKINSON

Have you ever noticed that kindness is contagious? That’s what researchers from New York University concluded when they recorded brain activity after participants had observed acts of kindness. Researchers discovered increased activity to both the sympathetic nervous system (the “fight or flight” system) and to the parasympathetic nervous system (the system promoting rest). In other words, when participants saw others suffering they were stressed, but that stress was replaced with happiness when they witnessed someone helping to alleviate the suffering.

This research explains what we already intuitively know to be true: when we see an act of kindness, it motivates us to pass it on. It seems to me that’s what happened in the Alberta Avenue area. As a result of the actions of caring businesses and individuals, the community has transformed. It’s clear that the “we believe in 118” attitude has had a long-lasting effect on the community.

Janet Lapensee can attest to that. She was the recipient of an act of kindness that probably saved her life. It happened last summer when she was a few blocks from home. The oxygen tank she is required to carry ran out of oxygen, and she could not make it home. That’s when a police officer came to her aid by helping her home and bringing her more oxygen.

It’s a kindness that Lapensee has not forgotten. And it’s stories like hers that lead others to pay it forward.

How about you? Have you witnessed an act of kindness in your community that caused you to pay it forward? I would love to hear about it. Please send your stories (and pictures if possible) to linda@lindajwilkinson.com.

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www.cmonfestival.ca

COMMUNITY LEAGUES » EASTWOOD

Eastwood League rolls out the welcome mat

Energetic board members combine expertise to improve our neighbourhood

CHANTAL FIGEAT

Since being elected last December, the new Eastwood board members have been working on creating a welcoming atmosphere at the league while taking on the task of community improvement.

The present board consists of Tish “Teesh” Prouse as president, with Cheryl Atkins as treasurer, and David Barker as an executive at large. Cole Dixon is an executive at large in absentia.

Prouse is a small business owner who renovates buildings while keeping them historically accurate. He holds a MA in archaeology and previously worked as an archaeologist for UNESCO on culturally-sensitive heritage sites. He was a fan of the Indiana Jones movies since he was young, and says this is the reason he became an archaeologist. He ran for city councillor in Ward 7 in 2013, but Tony Caterina defeated him. Prouse is married and has one son.

When asked about what can be done to combat the negative image of northeast Edmonton, Prouse said, “The biggest problem is the rogue landlord. The biggest hurdle is compliance... there are no incentives to landlords to care.” The City of Edmonton is “drastically underfunded” in this area.

Prouse used Easyford Meats as an example of what is possible in this community. Easyford “train[s] people in meat preparation. This gives people the pride to shop locally. Can we get more?” said Prouse.

In addition to being the board treasurer, Cheryl Atkins is a scientist working in quality and knowledge management. She has 32 years of volunteer experience on various local, regional, provincial, interprovincial, and international boards and com-

mittees.

Atkins is fairly new to the city and Eastwood. “My husband, David Barker, and I chose to live in Eastwood because it’s an eclectic neighbourhood where the people are real,” said Atkins.

David Barker is a lawyer working in private practice. He grew up in Edmonton and has over 20 years of experience as a member or board member with various non-governmental organizations.

“Over nearly two years of living here, Eastwood has been a good home to me and mine and given us good neighbours; so, it makes sense to contribute sweat equity to Eastwood’s growth and well-being. The community league is a great way to do that,” said Barker.

Besides serving on the board, Barker volunteers his legal expertise for the Edmonton Community Legal Centre, a non-profit organization providing advocacy and justice to low-income people in a supportive environment.

Cole Dixon attended Eastglen School where he was active in



Plans are being made to refurbish the Eastwood Community League building. >> CHANTAL FIGEAT

wrestling competitions. His father Derek is a past president of Eastwood Community League. The Dixon family owns the Puppy Love Dog Grooming at 86 Street and 118 Avenue, almost directly across from the league.

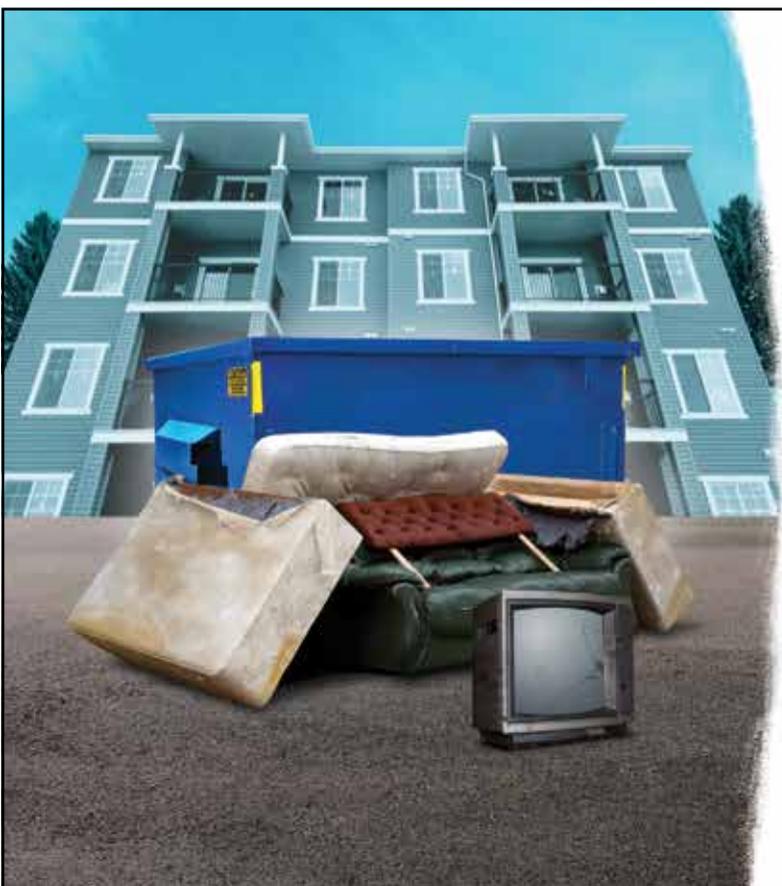
The Eastwood board hopes to see the creation of “an abundant community in conjunction with the community league,” said Prouse. “Our biggest hurdle is

to reach the community,” he added. To help achieve this outreach, they would like “to survey what people would like to see in their community.” Once the board is in touch with what the neighbourhood wants to see, they will apply for funding to make it a reality.

Eastwoodfest is coming up on Aug. 8, and formerly in jeopardy, Avenue Goes to the Dogs is on track and scheduled for Aug.

16. Community members can also look forward to a fondue in October. The Edmonton Swiss Society is holding the event at Eastwood Community Hall. Everyone is welcome.

Board meetings are open to the public and are posted on Facebook and Twitter.



BAD MOVE.

Be a Responsible Neighbour. Clean it up. Fix it up.

Being a responsible neighbour means maintaining your property, whether you own or rent. It’s also the law. City bylaw officers will be out this season making our community better by enforcing the bylaw.

edmonton.ca/nuisanceproperties

Call 311 to report a nuisance property or illegal dumping.



Edmonton

HISTORY » WALK

Old Sinclair Street has a vibrant past

Walk along 95A Street and enjoy our neighbourhood history

CHANTAL FIGEAT

As the weather improves, I've been spending more time walking through our neighbourhoods. One of my favourite walks is along 95A Street (formerly Sinclair Street). This street has a rich past.

Starting on the southwest corner of Alberta Avenue and 95A Street, imagine a streetcar running down the Avenue in 1912. Automobile-oriented commerce has not yet arrived. Most people are using the new streetcar line and horse and buggy for transit. This neighbourhood is a former streetcar suburb, which makes it a great place for a walk.

Go south on 95A street to house number 11712: the Sidney Parsons residence. Parsons moved into this house after it was built in 1927 and lived here until 1952. Highly involved in city politics, he was an alderman from 1937 to 1949. Parsons then became mayor until defeated by William Hawrelak in 1951.

Just south of the Parsons house at 11708 is the Elisha East residence. Originally a contractor, East was an alderman from 1935 to 1939. Very active in his community, East founded the Alberta Avenue Community League in 1922. He lived in this modest home from 1927 to 1942.

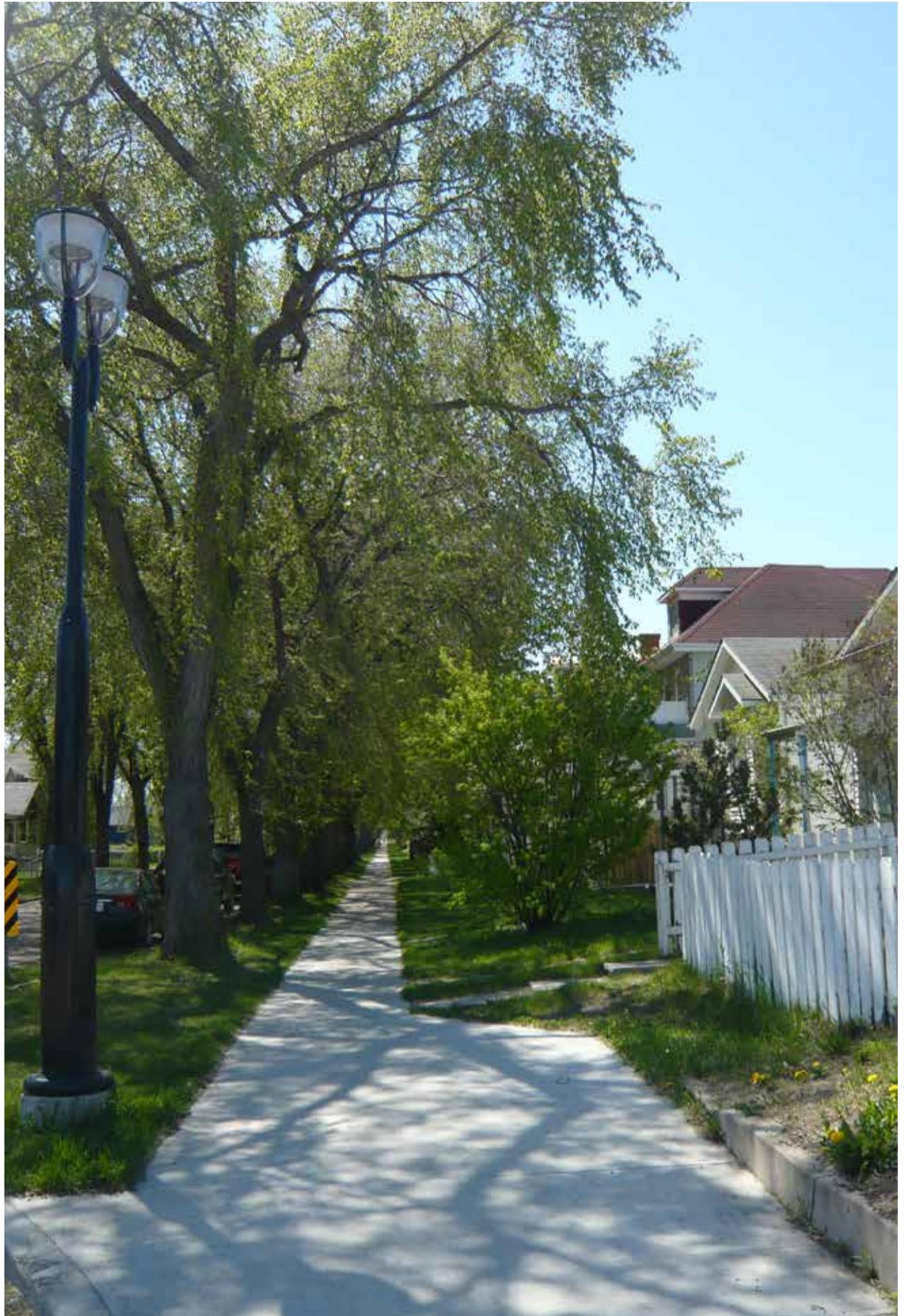
Walk further south, and to your left at 11635 you see the 1912 MacLachlan residence. The Barrett family originally owned the house. George Barrett ran a grocery store on Alberta Avenue, but the house is named after A.O. MacLachlan, who moved into the home in 1941 and ran a delivery service. After he died in 1946, his widow Anna and daughter Donella remained until 1957. The conservative and practical four-square architecture is a common feature in former streetcar suburbs.

Further south to the right at 11610 is the Norwood United Church site. This church began as Grace Methodist Mission in 1907. The congregation held their first service in a tent at the corner of 93 Street and 114 Avenue, but the church soon progressed to a rustic wooden frame building, and then to a brick church on the present site in 1912. The current building was erected in 1960. Dwindling attendance in the early 2000s caused the church to be sold to the Orthodox Reformed Church.

Right across 116 Avenue at 11548 is the former Norwood United Church manse. Built in 1913, the building was sold in 1967 with the amalgamation of Erskine and Norwood United churches. In 1969, the Norwood Community Service Centre (NCSC) set up office space here. The centre eventually secured funding to establish neighbourhood parks and the Norwood Community Service Centre building on Norwood Square Park south of the old manse.

Up the hill at 11545 sits the Ballah residence. Local tailor James Moffatt was the 1911 bungalow's first owner. Moffatt died in 1918 and his wife Emelyne lived here until 1926. After a series of occupants, John Ballah bought the house in 1939. Ballah worked for Ramsay Department Store and his grandson lives here today.

The Haight-McTaggart residence sits at 11530. Built in 1922, original owner John Lawson Haight expressed his individuality by adding the unusual decorative woodwork that still adorns both the exterior and interior of the house. Haight was a risk taker who survived being shot down nine times while he piloted a plane in the First World



Take a historic walk under a canopy of mature trees on 95A Street. >> CHANTAL FIGEAT

War. When the Hights moved out in 1925, accountant John Wesley McTaggart and his wife Myril moved in and lived here until 1977.

Take some time to enjoy old Sinclair Street. It's a great way to balance a busy life.

Pick up a Norwood Historical Walk brochure at the Alberta Avenue Community Centre or download at theavewehad.org.

Councillor Tony Caterina

Ward 7 - Communities to be proud of

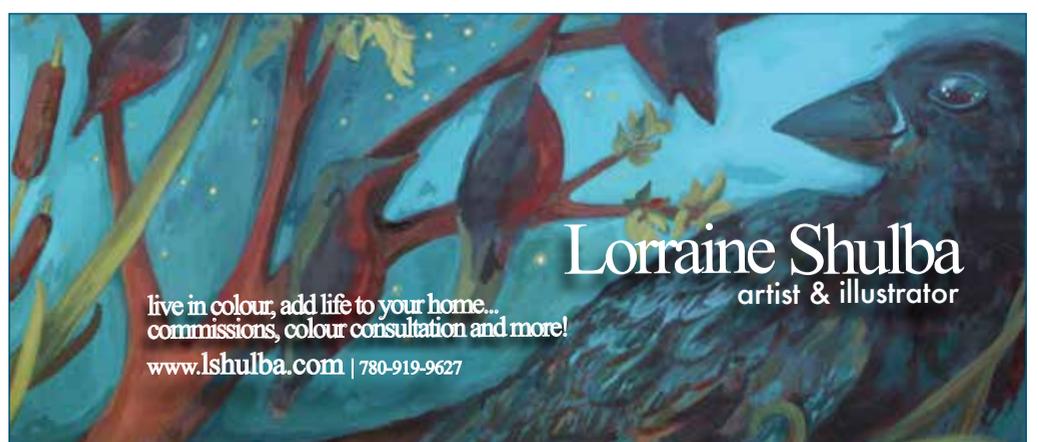


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TRAVEL » LIFESTYLE CHANGE

Clearing the clutter

How letting go is helping reboot a mindset and lifestyle

RUSTI L LEHAY

I am a flat-surface-file-storage-easy-acquisition writer and human being. Psst...That is code for clutter. The beauty of living alone is that no one complains to you of how you keep house. You can keep your space however you want, although WebMD suggests controlling or eliminating clutter may improve both attitude and health.

Sure, I have a crammed apartment, but I am also a person who fills almost every minute of everyday. One friend says, "You try to fit two lives into one." My son claims I examine the middle of the candle with a greedy eye. My sister offers one word to simplify my life. "No." I know it will take more. I need a new mindset.

So when my niece, KC, asked numerous times, "When are you coming to visit?" I wanted more than two weeks to bond with her wee ones and make the trip across the pond worthwhile. Then I started thinking England and travelling beyond is a perfect reboot and reset opportunity. KC is taking me for the summer and threatens to keep me. No room for clutter in a suitcase, right?

Clutter takes over, seeping



Rusti Leahy sorts through what remains in her apartment before moving. >> RUSTI L LEHAY

into every corner. I was raised by a hoarder. My mother grew up poor and starving in the Dirty Thirties of Saskatchewan and collected dried cow-pies for burning in the wood stove for winter warmth. She and her siblings piled them like wood in the shed. In later years, she stacked cans of dryer lint on each step to her basement.

It is easy to let go of things if they fail to make my heart sing when I dust. Out they

go. According to Peter Walsh, former host of The Learning Channel's Clean Sweep show, it's helpful to divide clutter into memory clutter and someday clutter, meaning I will need that some day.

I have 17 days before moving and living out of a suitcase. All of my flat surfaces and hidden storage devices like wall units, dressers, and bookshelves are gone. Now it is a slow revolving door of losing and finding the

flat surfaces that remain in this process of purging and eliminating. All the hidden stuff and clutter (albeit things of value) are revealed for me to evaluate. How much stuff can one person need if you have forgotten you even have it?

This exposure of stuff was part of my plan. I've always moved before with a weekend of packing, no time to think, just throw it in a box, seal it up, leaving no time to evaluate.

Unlike my mother, I find it easy to take the time to sort and make the choice to release things that no longer have value. Like my mother, I find it difficult to chuck things that still have meaning or may offer function in someone else's life.

This reboot is about letting go to create both space and time. I have a secret: in my unfilled moments, I am a bit of a recluse. I turn off my phone and lock my door. Do not come knocking unless it is an emergency. If you knock for something trivial, you may find me emerging from my rejuvenating cave with claws out and teeth bared.

Now I am about to go off to be in other people's spaces, give up my private corner of the universe, put books and furniture in storage, give away as much as possible and just go. No more flat surfaces of my own. I only have 16 days to deal with numerous piles of different client projects. Narrowing my client load down to one and a few sporadic projects is a giant step towards my own personal reset. KC will be my mentor in taking time to breathe. A friend hopes KC is a good teacher. I wonder if I will be a good student. We will see.



PETER GOLDRING
Member of Parliament
Edmonton East



RESTORING THE BEVERLY MEMORIAL CENOTAPH

Each year, on November 11, Canadians pause to remember the great sacrifices of Canada's war Veterans. This is an important moment to honour and respect our men and women who have served in uniform for Canada. Each year, since being elected in 1997, I pay tribute alongside these same men and women at the Beverly Memorial Cenotaph.

This Cenotaph has a special place in the hearts of not only many Edmontonians, but many Canadians from right across the country. The Beverly Cenotaph is the oldest war memorial in Alberta, and one of the earliest in Canada. Originally erected in 1920, this cenotaph was built to remember the members of the Beverly community who were lost in the Great War. And, since 1920, many names have been added to the monument, commemorating those citizens who perished in the Second World War as well as the Korean War.

What began as a modest ceremony in Beverly in 1920 has become one of Edmonton's largest outdoor Remembrance Day gatherings. This past Remembrance Day, over 3,000 paid their respects here. The common denominator of these ceremonies, and of all Remembrance Day ceremonies around Canada, is the respect and thanks we send to our Canadian Veterans and troops for their bravery and sacrifices.

Unfortunately, the Beverly Memorial Cenotaph is in need of extensive renovations in order to deal with the volume of traffic and has seen no change since 1958. The Beverly Memorial Cenotaph Committee has been raising funds to repair the site, but despite donations from individuals, businesses, and clubs; the City of Edmonton and Veterans Affairs funds are still shy of what is needed to revitalize this registered 'historical resource' with strong historic links to the Beverly community and Edmonton in general. The cenotaph has my full support.

What do you think?

780-495-3261

www.petergoldring.ca



Sculptures from the Rubber Boots and Bow Ties Garden Party are still able to be seen and purchased at the Alberta Ave Community Centre. 9210 118 ave. Email bloom@albertaave.org or call 780-477-2773 for more info. >> REBECCA LIPPIATT

FREE COMMUNITY ACCESS FOR LEAGUE MEMBERS AT COMMONWEALTH REC CENTRE ON SATURDAYS 5-7 PM

COMMUNITY CALENDAR

The community calendar lists FREE events, programs and volunteer opportunities for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood. Email your listing to info@ratcreek.org.

EVENTS

COFFEE WITH COPS

Join Cst. Thomsen to chat about neighbourhood concerns. Tuesday July 14 and 28 from 10-11:30am at The Carrot (9351 118 Ave).

THE CARROT'S SIDEWALK ART SALE

Come out for a great day on 118 Ave and buy local, unique art & crafts. For a table, please email carrotassist@gmail.com. Saturday July 18 from 10am-4pm at The Carrot (9351 118 Ave)

DOCUMENTARY & DISCUSSION

Rat Creek Press invites you to watch "Inequality for all", a documentary that tells the story of income inequality. Alberta Ave Community League (9210 118 Ave). July 23. Doors open 6:30 pm. Screening starts 7 pm. Discussion follows at 8:30 pm. Free popcorn and beverages. View the trailer at: inequalityforall.com.

NORWOOD FESTIVAL

July 17 from 2-10 pm on 113 Ave from 91-92 St in front of Norwood Wesleyan Church

ART & MUSIC

THE CARROT'S POETRY NIGHT

Join us for a poetry open mic hosted by Dhalia Ross and Megan Dart. Thursday, July 30 from 7:30-9pm.

JOIN EMCN's GLOBAL SINGERS

Eat a delicious lunch, learn new songs and meet new people. Thursdays from 12-1 pm. Room 2-4, Mennonite Centre (11713 82 St).

NASHVILLE SONGWRITERS GROUP

Monday, July 13 from 6:30-10 pm at The Carrot (9351 118 Ave). Colleen_col_kside@hotmail.com.

SPIRIT ART

Explore your spirit through art. First and third Wednesday of the month from 10 am – 12 pm at St. Faith/St. Stephen (11725 93 St).

MUSIC LESSONS BY CREAT

Free group music lessons every Saturday from 9 am – 12 pm and violin lessons from 12-1 pm at Parkdale (11335 85 St). Sebastian 780.878.8265.

PROGRAMS

LOTS OF SUMMER FUN AT YOUR LOCAL LIBRARY

Sprucewood Library (11555 95 St)
Highlands Library (6516 118 Ave)

XBOX DANCE PARTY

Show off your dance skills—or two left feet—with games like Just Dance and Dance Central. July 3, 4-5:30 pm at Highlands Library. For children ages 9-12.

FABLES, FAIRYTALES, AND FUN

Magical stories, crafts and activities. July 7, 2:30-3:30 pm at Highlands Library. For pre-schoolers.

MAKE IT FUN!

Come play with our supplies and explore your creative side. July 10, 4-5 pm at Highlands Library and July 16, 3:30-4:30 pm at Sprucewood Library. For children ages 9-12.

KAYBRIDGE PUPPET SHOW

Gracie and Ray discover a wild and wonderful

world as they escape into a book! But can they save the day as tales get all twisted up? July 13, 2-3 pm at Highlands Library. For pre-schoolers to children 12 years old.

UNPLUG AND PLAY

Travel backwards through time to play the old fashioned way. No batteries required! July 8, 11 am to noon at Sprucewood Library and July 14, 2:30-3:30 pm at Highlands Library. For children 6-8 years.

LIGHTS! CAMERA! ACTION!

Write and film your own mini movie on our iPads! July 9, 3:30-4:30 pm at Sprucewood Library and July 17, 4-5 pm at Highlands Library. For ages 9-12.

IT'S A ZOO IN HERE!

Meet, touch, learn about, and get closer with three different animals. A Valley Zoo interpreter will be on hand to share animal artifacts and interesting facts about the animals. July 20, 2-3 pm at Highlands Library and July 29, 2-3 pm at Sprucewood Library. For ages 6-8.

ROCKIN' BARNYARD FUN!

Farm-tastic storytime fun as we sing songs, read stories and play games in the barnyard. July 21, 2:30-3:30 pm at Highlands Library. For pre-schoolers.

PLAY YOUR CARDS RIGHT

Play your favourite card and board games and learn some new ones! July 25, 4-5 pm at Highlands Library. For ages 9-12.

M IS FOR MAGIC!

Join Clown Cartel magician Spronken J. Plockett as he casts a spell at the library! July 27, 2-3 pm at Highlands Library. For pre-schoolers to 12 years old.

PLAY BALL!

Sports trivia, awesome games and tons of fun! July 20, 2-3 pm at Sprucewood Library and July 28, 2:30-3:30 pm at Highlands Library. For ages 6-8.

ELECTRIC FUN

Come explore electricity and having a shockingly good time with our Makey Makey, Aurdino or Little Bits Kits. July 31, 4-5 pm at Highlands Library. For ages 9-12.

WE CHOO-CHOOSE MAGIC!

Choo Choo the Clown performs a comedy magic show! July 2, 1:30-2:30 pm at Sprucewood Library. For pre-schoolers to 12 years.

PLAY DEAD

The Zombie Apocalypse is upon us, do you have what it takes to survive? Bunker down at the library for spooky tales, activities and more. July 2, 3:30-4:30 pm at Sprucewood Library. For ages 6-8.

MUSICAL CODING WITH SCRATCH!

PRESENTED BY DISCOVERE
Create your own musical instruments with a twist - they will be drawn on paper! No prior coding experience is required. July 14, 2-3 pm at Sprucewood Library. For ages 6-8.

SAFARI SEARCH

Help our puppets as they go on safari in search of fun and friends. July 18, 2-2:30 pm at Sprucewood Library. For pre-schoolers to children 12 years old.

MAKE YOUR OWN ADVENTURES

Will you fight monsters, discover lost cities, or join a band of pirates? Anything is possible when you

create your own story and choose the ending! July 23, 3:30-4:30 pm at Sprucewood Library. For ages 9-12.

AHOY MATEY!

Arrr! Swashbuckling pirate stories, fun crafts, and maybe even a treasure hunt! July 28, 2-3 pm at Sprucewood Library. For ages 6-8.

THE SHOW MUST GO ON

How can you perform with no stage and no script? With improv of course! Play fun acting games and learn some theatre basics. July 30, 3:30-4:30 pm at Sprucewood Library. For ages 9-12.

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, art and 3-D design. Thursdays from 7-8 pm at Highlands Library. All ages.

PRAYERWORKS COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith / St. Stephen Anglican Church (11725-93 St). Cost: 4 one serving meals \$3. Trish 780.464.5444.

ADULT READING & WRITING

A new program using mainly Aboriginal materials. Thursdays, 9:30 am to 12 pm at St. Faith/St. Stephen (11725 93 St).

SOCIAL

FATHER CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Wednesday, July 15 from 5:30-7:30pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737 or tristanh@norwoodcentre.com.

NFB FILM CLUB

Animated and documentary film from the National Film Board of Canada. Saturday, July 25 from 1:30-3:30 PM at Highlands Library (6516 118 Ave).

BOARD GAMES NIGHT

Join us at The Carrot (9351 118 Ave) for an evening of lattes, laughs and board games! Bring your favourite board games to share or choose one from our collection. Tuesday, July 28 from 7-9pm. All ages welcome!!

TEEN GAMING

Come to the library to play some great games! For ages 12-17. Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St).

PRE-SCHOOLERS

GIVE YOUR CHILD A HEAD START

Free preschool program for ages 3 ½ - 5 runs four half days a week at Norwood Child and Family Resource Centre (9516-114 Ave). Free busing, nutritious snack, health and dental services, and a high quality child-focused program. Taking registrations for fall 2015: 780.471.3737.

NORWOOD CENTRE COME AND PLAY

Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am – 12 pm (9516 114 Ave).

BABES IN ARMS

A wonderful casual parent group every Friday morning from 10am-12pm at The Carrot (9351 118

Ave). Join us with your little carrot!

PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime, Sundays 2:30 pm.
Baby Laptime (up to 12 months), Mondays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Tuesdays, 10:30 am and Wednesdays, 6:30 pm.

PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780.496.1806
Family Storytime, Mondays at 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Wednesdays and Thursdays 10:30 am.

SENIORS

NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. Socialize over coffee and desserts. Tuesdays at 10:30 am. Cribbage, Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

PARKDALE-CROMDALE SENIORS SOCIAL

Seniors bingo, coffee and snack. Mondays from 10:30 am - 1 pm at Parkdale (11335 85 St).

SENIORS BREAKFAST & SOCIAL (55+)

Join us for breakfast, visit, play cards or billiards or watch a movie! Wednesdays from 11:30 am - 12:45 pm at Crystal Kids (8715 118 Ave).

VOLUNTEER

ALBERTA AVENUE BUSINESS ASSOCIATION

AABA is looking for volunteers for its July 18 Pop Up Market sidewalk sale from 8 am – 2 pm. Can you help? Please contact the association office at 780.471.2602.

CALLING FOR NEW IDEAS, INSTALLATIONS, PERFORMANCES FOR KALEIDO FESTIVAL

We are looking for exuberant arts and community projects in found spaces for Kaleido this year! If you have wanted to create and work with a dynamic arts team, send us your thoughts, sketches and let's see it come to be!!! All ideas are welcome – ENDLESS POSSIBILITIES REIGN! Creator of projects will receive an honorarium. Please submit ideas to info@artsontheave.org by July 17.

KALEIDO FAMILY ARTS FESTIVAL VOLUNTEER DINNER

Tuesday, July 21 Canada Day theme!! Homemade fried chicken, mashed potatoes and vegetable option is on the menu!! Supper from 6-8pm. Alberta Avenue Community League (9210 118 Ave). It's a great opportunity to find out about some of the newest additions to our festival and hear our secrets for our 10th anniversary and how you can get involved, not to mention a delicious meal and great neighbourly company. We require an RSVP to kaleidovolunteers@gmail.com, or call 780.471.1580 to save your spot.

SHARE YOUR ARTISTIC TALENTS

Join CreArt Edmonton – a social movement of free art spaces and education. Sebastian 780.878.8265.

Play and Save
Summer Day Camps for Low Income Families

The following fun filled day camps will be running in the Central-Downtown Area this summer!

- Surviving Summer
- Outdoor Enthusiasts
- On Broadway
- Outbound Adventure
- Quest for Adventure
- Kitchen Kapers
- Around the World in 5 Days
- Arts Galore
- Keep Active
- Creative Carnival
- T-Rex and Friends
- Science Discovery
- Just for the Girls
- Getting Together with your Preschooler
- Camp Sampler
- Tales from the Kitchen

Registration Has Started!
Camps fill up fast.
Call 311*

*Credit only through 311.

Alberta Avenue
Bellevue
Cromdale
Eastwood
Elmwood Park
Delton
Oliver
Parkdale
Queen Mary Park
Riverdale
Spruce Avenue
Westwood



	Week 1 June 29 - July 3	Week 2 July 6-10	Week 3 July 13-17	Week 4 July 20-24	Week 5 July 27-31	Week 6 August 4-7 *	Week 7 August 10-14	Week 8 Aug 17-21
Half Day 9 am - 11:30 am						Getting Together with your Preschooler Ages 2-4 \$16 540126 Riverdale		
Half Day 1:30 - 4pm		Tales from the Kitchen Ages 4-6 \$20 540094 Parkdale-Cromdale				Outdoor Enthusiast Ages 4-6 \$15 540113 Beverly Heights	Kitchen Kapers Ages 8-12 \$17 540120 Spruce Ave	T-Rex and Friends Ages 4-6 \$19 540129 Elmwood Park
Full Day 9 am - 4 pm	Surviving Summer Ages 6-9 \$29 540138 Beverly Heights	Arts Galore Ages 7-10 \$40 540145 Jubilee (Beacon Heights)	Surviving Summer Ages 7-10 \$36 540139 Queen Mary	Camp sampler Ages 6-9 \$36 540143 Parkdale-Cromdale	Quest for Adventure Ages 7-10 \$36 540232 Newton	Outbound Adventure Ages 8-12 \$44 540235 Bellevue		Creative Carnival Ages 6-9 \$31 540239 Alberta Ave
	Camp Sampler Ages 7-10 \$29 540141 Westwood	Around the World in 5 Days Ages 9-12 \$36 540227 Delton	Science Discovery Ages 8-12 \$36 540157 Montrose	Just for the Girls Ages 9-12 \$36 540231 Westwood	Keep Active! Ages 8-12 \$46 540234 Oliver	On Broadway Ages 8-12 \$65 540162 Boyle Street		

NNA A big thank you to our community calendar sponsor!

Experience Alberta Avenue
Pop up market
Street Sale
Rising up!

Visit the many unique businesses of Alberta Avenue!

Saturday July 18

10am – 4pm
118 Avenue from 85 – 90 St.

Pancake brunch
9:30am – 11:00am
Crystal Kids 8718 - 118 Ave.

Celebrate • Entertainment • Food Sampling • Multicultural Event

Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD

As your representative in the Alberta Legislature, I continue to work hard for you and your family:

- ~ strengthen key services, like health care & education
- ~ promote a government that is fair and responsible to all of its citizens
- ~ develop strong and vibrant communities where everyone can prosper

Tel. 780-414-0682
6519 - 112 Avenue
Edmonton, AB
T5W 0P1

edmonton.highlandsnorwood@assembly.ab.ca

SEEKING RELIABLE BABYSITTER IN SPRUCE AVENUE

\$13/hour (willing to pay more if you are able to drive to pick up kids) for regular, part-time child care for a 2 1/2 and 7 year old. Need to be able to arrange own transportation. Schedule is negotiable, but will pay for a minimum of 3 hours for each occasion. Ideal for NAIT or Victoria School for the Arts students!

Apply to merryredwards@hotmail.com and be prepared provide two character or employment references.

Passion de France

Authentic French Pastry Shop

Now Open

Custom Cakes	Macarons
Lunch Combos	Crêpes
Catering	Croissants

11812 - 86 Street
Edmonton, AB
(780) 257-2092
www.passiondefrance.com

Large Item Pick Up

Saturday, August 15

One item \$5 or 5 items for \$20.
Max 10 items. Cash only.
Booking accepted until August 5th

Register in person:
Alberta Ave Community League
Wednesday, July 29 and August 5 from 5 - 7 pm

Carrot Arts Coffee House
Tuesday, July 28 and August 4 from 10 am – noon
Saturday, July 25 from 10 am – 1 pm

avenue initiative revitalization

More info email:
judy.allan@edmonton.ca
or call 780-496-1913