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Enjoy local history by taking a walk

East Norwood Boulevard is an untapped historical resource



Terry Protz's family owned and operated Norwood Shoe Repair. | Rebecca Lippiatt

CHANTAL FIGEAT

Terry Protz is a lifelong resident of Norwood. Walking with me along Norwood Boulevard east of Norwood School, Protz provided fascinating details on local history.

Today these city blocks are victims of urban blight. "It used to be a good neighbourhood," said Protz.

Norwood Boulevard was a lively mixed use area during the Second World War and the years following the war. This working class district contained several businesses, a church, and modest homes.

Although Rat Creek had been filled in by Protz's youth, it once intersected Norwood Boulevard between 75 and 78 Streets. Protz looked east to the Coliseum grounds and said "there are wet spots in the northeast section of that ball diamond which are about all that's left of Rat Creek."

While searching through

archives, I discovered many former employees of Norwood Foundry. Established in 1922 by Squire Hearn, the Foundry produced stove and furnace parts, agricultural and municipal castings. The large number of staff reflects the boom that began with the Second World War and continued into the post-war years.

The Foundry was in a plain commercial building on the south side of 111 Avenue and 91 Street. Old photos show the classic boomtown false front proclaiming Norwood Foundry Co. Ltd in large capital letters. The Foundry's entry in the 1948 Henderson City Directory boasts "stove repairs a specialty." Protz said "they had several fires over the years."

Protz's history is also here. His father John opened Norwood Shoe Repair in 1948. Steve Kucherepa, who ran North-Way Building Contractors across the Avenue, built the craftsman style building. The

Protz family lived in the back while the shop operated at the front. Protz was born there.

The east portion of this duplex held Sig's Barber and Men's Clothing Shop. An outlet for Cloverdale Knitting Mills was in the next building to the east.

"Somewhere, I've still got an old hockey sweater from that place," said Protz.

Several small grocery stores were nearby. Run by Michel Magus, Vimy Grocery stood at the corner of 93 Street and 111 Avenue. Magus owned a home close by on 94 Street, close to 112 Avenue. Mike Thomas ran Boulevard Grocery at 9406 and lived in the building. Norwood Meat and Grocery at 9432 was run by the Mah family, who rented a house on 110A Avenue.

On the corner of 95 Street and 111 Avenue across from Norwood School was Sloane's Drug Store, later bought by Tamblyn's. "This

was a drug store run by Mr. Hollingsworth," said Protz. The building now houses A-1 Pawn Shop.

Protz attended Norwood School, still a landmark. Built in 1908 for \$65,000, the school was designed in Classic Revival architectural style and is impressive.

We were standing in front of the school when Protz pointed to the east and said "you see those two spruce trees? One of them's mine; it was my Grade 1 project."

What a treat to discover a personal account of local history.

Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.

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Still no pool in Borden Park this season

Pool was redesigned due to budget needs

CONSTANCE BRISSENDEN

Good news for swimmers: Borden Park pool is targeted to open in late summer of 2017.

Calgary-based New Perspective Pools will build the Natural Swimming Experience pool. Built in 1920, the original pool was in dire need of a new filtration system. Rather than invest in an aged facility, a series of open houses pinpointed the need for something new. Three years ago, the idea for the first natural swimming pool in Canada was approved with input from local residents. In 2014, the old pool was closed.

Instead of using chlorine, the new pool will be filtered naturally. Water from an aquifer goes through a sand filter, gravel filter, and regeneration pond with naturally-occurring zoo plankton. Plant material is then sent to a UV filter where it is pumped into the main pool.

Rachel Dumont, program manager with the city, said, “These types of swimming ponds are popular in Europe. They have a natural feel, which the community felt suited the garden-like aspects of Borden Park.”

But when the original design and tender came in at more than double the \$14-million budget, the project was reassessed. An additional year was needed while the pool was redesigned and retendered.

Significant changes have been made to keep costs in line.

Rather than build the proposed curved design, the pool will boast a traditional rectangle with a concrete basin, which Dumont said is “more durable given our weather, especially our winters.”

The rectangular design can be converted into a traditional system. “If the natural pool concept doesn’t work as planned, we can go back to a chlorinated system,” She explained. “That way we

can ensure the investment is not lost.”

The swimming basin will have a maximum depth of two metres (6.56 feet), not deep enough for diving. Water temperature will be 24 to 26 C. Most outdoor pools are 28 C.

“It will take time to create the ideal environment for plants and people. It’s all about maintaining an appropriate environment for plants in the water filtration area. Water filters through the plants and into the pool. This is Mother Nature’s little filtration system,” said Dumont.

Pools typically open during the May long weekend. Start up for Borden Pool may be closer to June 1 and the swimming season may be shorter because filtering plants need time to regenerate and re-establish themselves each spring.

“Only 10 per cent of the natural pool system relies on plants, so we may be able to open earlier. It will take some trial and error to see if we can start ear-

lier,” said Dumont.

Additionally, wood decking and sand will create a beach-like environment. The sand will provide a fun play element and large umbrellas will provide shade. Trees will also create shade at certain times of the day.

Visitors with mobility issues will be able to access the entire pool and shaded areas.

Although winter skating was proposed, it is now off the list.

“It was going to cost a significant amount of overage to provide enough concrete to enforce the walls of the pool for the ice load,” said Dumont. “It’s a strong possibility that we can add an ice rink elsewhere in the park at a much lower overhead.”

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



In Borden Park pool, water will be filtered naturally. | Supplied

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ABOUT US

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

GOALS

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

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The paper is delivered by Canada Post to all houses, apartments, and businesses in the seven neighbourhoods listed above including those with no unaddressed mail notices. For the most part, delivery begins on the last Wednesday of the month.

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RCP

Tackling invasive plants and common weeds

Knowing the difference between harmful and useful plants makes a difference

TALEA MEDYNSKI

Himalayan Balsam is a beautiful flower, but its seeds launch six meters and quickly overtakes other plants.

“Invasive plants don’t grow naturally here, they’re brought in intentionally or unintentionally,” said Daniel Laubhann, environmental technician with the city. “In a natural environment, other factors keep the plants in check.”

Edmonton has 33 of the 75 species listed in the Alberta Weed Control Act, but luckily the city has developed the Alberta Weed Spotter app.

“[The app] will help you identify a species in your yard or on one of the trail systems,” said

Laubhann. You can also report the location. “It will trigger a response from our side right away if it’s on public land.” The city removes invasive plants on public land, but homeowners must remove plants on their property.

The app has suggestions for controlling invasive plants and the city website has links to fact sheets. However, Edmonton has a unique situation.

“All of our landfills are closed,” said Laubhann. Because our garbage is composted through Edmonton’s waste management system, proper disposal of invasive plants is important.

Avoid buying invasive plants or remove them before they seed so they can go in the garbage. If plants flower or seed, carefully

cut them down and don’t put them in the garbage. Try not to spread the seeds and let the plants decompose on site. Some plants spread through roots, so remove the roots and shake off the soil.

Depending on the plant, the city sometimes uses chemicals. “Don’t use any diesel mixes or any nasty stuff,” he said. Instead, use registered herbicides. “If a species is long lived, we would suggest herbicide use.”

If you’re simply dealing with weeds, it may be worth taking another approach.

Mark Stumpf-Allen, the city’s waste reduction specialist, said weeds can help build your soil. Consider dandelions.

“Dandelions have a deep

tap root, great for breaking up compaction in the subsoil and bringing minerals (calcium and potassium) to the top soil. They put down a large rosette of leaves, which is living mulch.”

He explained weeds tell you about your soil. For example, clover means your soil lacks nitrogen. Composting it adds nitrogen to your soil.

That’s not to say weeds should flourish. Stumpf-Allen grows weeds alongside other plants in his garden but pulls them when they begin to crowd out other plants. If it’s a noxious weed, homeowners are required by law to remove them.

He advises against mowing weeds. “Mowing dandelions close to the root allows it just to photosynthesize, encouraging it

to grow,” he explained. “If you want to prevent dandelions on your lawn, let the grass grow longer, then cut it. Leaving the grass clippings on the lawn will create a barrier between the dandelion seeds and the soil.”

Stumpf-Allen explained soil health affects a garden or lawn.

“Good soil will resist most problems that come our way. If your plants are struggling, slow and weak coming in, then the soil needs the weeds to build the soil. If the plants are thriving, then your soil is fine,” he said. “Weeds are a gift; we just need to know what the soil is telling us.”

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



Dandelions can help build soil. | Pixabay

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See what happens when fun shapes art

Artist Bernice Caligiuri is inspired by everyday objects

CONSTANCE BRISSENDEN

Ask Bernice Caligiuri about her art philosophy and you get a simple answer. “I just do it because I like it,” said the 70-year-old artist. “When I start a piece, it may be a wall hanging, a painting, or a sculpture. It’s so much fun that a whole day can go by in a flash while I’m creating it.”

Her exhibit, called *What Bernice Sees* and held at Bleeding Heart Art Space, confirms that fun shapes her art.

Known as the Purple Lady, Caligiuri sits in the gallery during a rainy Saturday greeting visitors. She has purple glasses, track suit, t-shirt, and hair. Even her shoelaces are sparkly purple. “I found these shoelaces at the dollar store and replaced the black ones that came with

my sneakers,” she shares with a smile.

A closer look at Caligiuri’s whimsical art reveals she is a master recycler. Using discarded objects and dollar store finds, she proves art can be environmentally sound and affordable.

Her artwork began with a chance visit to The Carrot Coffeehouse 12 years ago. Her husband Alfredo had died two years earlier, leaving a big hole in her life. At The Carrot, she met Irene and Henri Yauck, who managed the place. “They were so friendly that I started coming for coffee every day.”

The artsy atmosphere quickly got to her. She started volunteering at local festivals and writing poems to read in open microphone sessions. “I wasn’t intimidated at all. I’m not scared of people. I enjoyed the clapping and laughter at my sil-

lier poems.”

She told her daughter Angela and son Mario that she was “starting new.”

“I started to get myself together because of The Carrot. I loved the musical events, poetry readings, and of course, the art they hung on the walls. I thought, ‘I can do that, too.’”

As a child living on a farm in Wildwood, Alberta, Bernice Rakewich knew she had a strong imagination. Looking up at the sky, she could see something in every cloud.

School wasn’t her thing. After the family moved to Edmonton, 17-year-old Bernice began working at the GWG garment factory. Weekend nights were spent dancing at the Phoenix Club, Troc 59 (home to The Emeralds dance band) and Moose Temple. She met Alfredo at a dance and married

him when she was 20 years old.

At the gallery, her history is immortalized in her art. A farm landscape is created with painted pretzels, bamboo sticks, and cans. Her husband’s ties are swirled in a 3-D wall display to look like flowers. His keys grace a collage of a Roman Colosseum to honour his heritage.

Viewers might think her lively and varied art are spontaneous outpourings, but not so.

“A lot of planning goes on in my head. I see something like Alfredo’s keys, corks from bottles, or sandwich containers from the grocery store. I think in the back of my mind, ‘What can I do with it?’ If you look at an object long enough and think about it, you can come up with art. All you need is imagination.”

Her biggest expense is glue sticks. “Do art in your own

way,” she advises, pointing to an old standing ashtray now glowing with beads and necklaces. “Go for it, anything that’s in the back of your mind. Just start creating.”

Dave Von Bieker, artistic director of Bleeding Heart Art Space, is a longtime fan. “I love how Bernice creates unpretentious art. She’ll take any risks. If an art project goes well, she’ll do it again. If it doesn’t go well, she just moves on. She creates what makes her happy and what makes other people happy.”

Her exhibit runs to July 2 as part of The Works Art & Design Festival. Her art ranges from \$25 to \$200. To contact her directly, call 780.479.8189.

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



Bernice Caligiuri started creating art 12 years ago. | Rebecca Lippiatt

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Eastwood Community League offers six week dog training course

BRIANNA MCCUTCHEON

Eastwood Community League will soon be offering dog training.

The six week course will run once a week for an hour. No time or date has been finalized, but information will be available on the Eastwood Community League Facebook page.

The idea to host dog training classes stemmed from MuttStock, a dog-related festival held at Eastwood Community League.

"People who have dogs and or know of different dog events are starting to recognize Eastwood's contribution to the dog com-

munity. Not to mention, this training is a natural progression of the change of demographic in the neighbourhood," said Tish Prouse, president of Eastwood Community League.

Dog training classes need a skilled trainer. Kathy Belec, owner of Raise The Woof, was selected to lead the classes. With over 300 hours of lead dog training under her belt, Belec has certification from the Animal Behaviour College and has completed her externship (working with a mentor) at Dog Spa. Most recently, she wrote the CPDT-KA (Certification Professional Dog Trainer-Knowledge Assessed) for her designation.

"It was a big deal for me because there are only about 15 to 17 of us in Edmonton certified with the CPDT-KA title," said Belec.

All dog breeds are welcome to join the Eastwood Community Training Service course. However, dogs must be at least five months old to ensure proper socialization. It is requested "owners bring a flat collared leash specifically, no choke chains and no pronged collars." Dog owners should also bring dog treats to keep dogs motivated while working with their owner.

Classes will teach basic manner skills by using positive reinforcement while creating a

bond between owner and dog.

"A lot of the time people have pets but they don't ever connect with them," said Belec. As humans, most of our communication cues come from body language, which are picked up subconsciously through interactions with others. Dogs are no different. The only difference is "pet owners tend to ignore these signs or not pick up on their animal's language. There are things to look for. A lot of the time owners don't see that and don't pay attention to their dog in that way."

The classes will be held in an enclosed outdoor arena in Eastwood. For more information, visit Eastwood

Community League's Facebook page or Kathy Belec's website: woofraiser.ca.

Brianna has a college education in radio and television. In her spare time, you can find her writing on her blog or running to acting auditions.

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The upcoming dog training course will teach dogs basic manner skills. | Pixabay

City launches Norwood Boulevard study

Goal is to create a sustainable and vibrant streetscape

CHANTAL FIGEAT

A public meeting held by city staff on June 22 discussed the future of Norwood Boulevard from 109 to 82 Street.

Urban planners have never holistically studied this area identified as needing revitalization because it is crossed by several ward, neighbourhood, and plan boundaries.

"Nobody's ever looked at Norwood Boulevard, both sides of the street, in one shot," said Robert Lipka, principal planner and project leader.

The goal of Norwood Boulevard Corridor Study is to turn 111-112 Avenue into a sustainable, innovative, vibrant,

and relevant streetscape. However, this means balancing the needs of the community, commuters, businesses, and visitors. City design guidelines and policies will also have to be met.

Lipka gave a short presentation, then answered questions from the crowd. "We weren't expecting to see so many people out," said Lipka.

City staff asked participants to complete a survey in order to contribute ideas on transportation, land use, and design. Brainstorming was done in small groups and ideas were shared on how a mixed land use streetscape could be created with multi-use buildings incorporating businesses and

residences. Making the area more attractive and comfortable for pedestrians by adding street benches and corner landscaping was also mentioned.

The study is at an early stage of its development. Lipka explained: "we have no preconceived ideas." Funding has only been obtained for a mobility study and a market analysis.

"We're not going to rip up the road" reassured Lipka. "Right now we don't have the money for that kind of work." Consideration will be given to developing a transportation corridor between the new Kingsway/Royal Alex LRT station with the Stadium LRT station. Lipka said this is

"an opportunity to link with Stadium LRT into a comprehensive corridor."

Lipka acknowledged Norwood Boulevard is "currently focused on movement, so it's not a great peoplescope."

Currently, little accommodation is made for pedestrians and cyclists, making it unpleasant for such traffic despite several heritage sites. Norwood Elementary School, located at the corner of 95 Street and Norwood Boulevard, raises a safety concern because children traverse an area where heavy traffic often goes by at high speeds.

Not everyone agrees the transportation focus should

shift away from cars.

Richard Nichols discussed the impact on local business when he said "they don't consider that you have to keep your commerce moving through the area." Nichols was also concerned with impeding the flow of traffic when he said "they ruined 109 Street when they put the LRT through, and you have to wait for the train to go by at those crossings."

Recommendations are scheduled to be made to city council in 2017.

Contact Robert Lipka at robert.lipka@edmonton.ca or 780.442.0252 for more information.



Principal planner and project leader Robert Lipka gives a short presentation. | Supplied

EDITORIAL

Solutions for properties

Ways to improve neighbourhood safety

ADAM MILLIE

Problem properties are found on nearly every block of our community. Some need bylaw attention for overgrown lawns, unshoveled sidewalks, or poorly maintained buildings. Others have yards collecting garbage, weeds, and car parts. More than a few have tenants getting frequent visits from police and emergency services.

In some of the worst cases, drug dealing and violence have caused considerable trauma to those communities.

The City of Edmonton has assembled an interdisciplinary team that includes Bylaw Enforcement Services, Development Compliance, Alberta Health Services, and Edmonton Police Service. This team is tasked with enforcement related to problem properties.

On May 31, Mayor Don Iveson and city council heard from the task force and a panel of area residents who described living next to drug dealing, violence, and repeated responses of police and emergency services. I sat on this panel and shared my experiences of living next to a problem property.

The mayor and city council heard descriptions of bylaw complaints lasting for decades without resolution, large police responses that closed blocks with tactical deployments of police armed with assault rifles, and violence associated with tenants of properties well

known to the city and police.

Another panel member and I submitted that the city and province create a forfeiture program targeted at problem properties in the inner city. Forfeiture is a legal process allowing the government to seize property used in a crime, such as seizing houses where drugs are being sold.

This program would see many of the worst of these properties demolished and material repairs made to salvageable properties. The program would send a clear message to landlords that they need to maintain their properties and prevent criminals from doing business in their buildings.

However, when large seizures of property take place due to criminal activity, there is always a risk to the local real estate market if the government sells all the properties at once without repairing or demolishing them. Doing so would flood the market with low-quality units at lower-than-market pricing. There would be nothing to ensure those properties got repaired, demolished, or brought up to code. Private market housing leaves no ability for the community or the government to prevent problems from returning.

As a possible solution, I asked the mayor and city council to convert the seized properties to three bedroom and larger units and retain them for family social housing for families.

These tenants could stay in the community long term and their children could attend area schools for decades to come. Public management of these properties would ensure they are well maintained, properly engineered, and compliant with regulation.

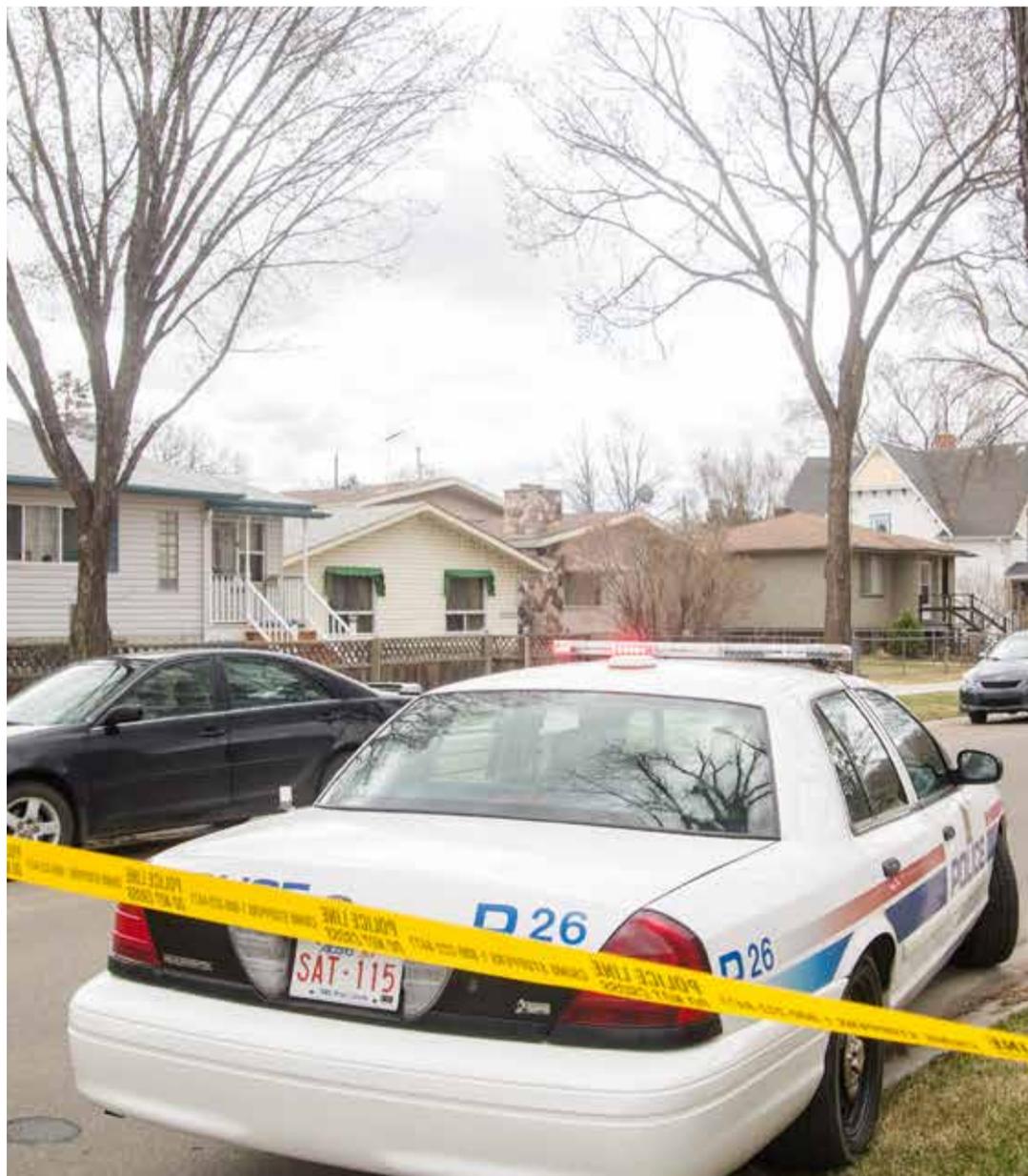
Forfeiture can interrupt cycles of poverty by ensuring that your drug dealer, landlord, and employer are not the same person. These instances of dependency and power imbalance are exploitative to vulnerable people and must be stopped with every legal remedy available.

A number of well-targeted forfeitures could make considerable differences to the community. If properly implemented, forfeiture can significantly reduce crime, protect vulnerable people, and benefit the community. Such a program could be significantly more effective at combatting organized crime in the inner city than sending people to jail.

Council gave clear direction to administration that there was to be performance improvements on the problem property file. Administration will report to council again in the fall on the status of the task force.

If you see suspicious activity at a problem property, call 311 or Crime Stoppers at 1.800.222.8477.

Adam works as a mechanic and lives in Alberta Avenue.



RCP writer Adam Millie shared his experiences of living next to a problem property. | Rebecca Lippiatt



HISTORY

WHY IS THIS NEWSPAPER CALLED “RAT CREEK PRESS”?

Several local organizations began a newsletter in May of 1999. They decided to run historical stories on the front page, and in keeping with this, the founders chose a historical name—Rat Creek—for the newsletter. In 2004, the newsletter was recreated as a community newspaper. Rat Creek Press Association was incorporated as a non-profit in September of 2005.

Rat Creek was once part of a larger water system in this area and was fed by sloughs and wetlands upland and ran downstream into the North Saskatchewan River. The creek ran where Norwood Boulevard runs today through the Kinnaird Ravine to the river.

Local trappers called it Rat Creek for the muskrat living along its reaches.

When Norwood School was built in 1909, some students had to cross the creek to get to the school. As the city developed, parts of the ravine and creek were used as a dump. The creek was filled in by land developers McDougall & Secord in an attempt to modernize the area. The Kinnaird Bridge on 82 Street between 111 and 112 Avenues spans what remains of Rat Creek.

avenuehistory.org/walkingtour/2-rat-creek/
citymuseumedmonton.ca/2016/01/26/the-kinnaird-bridge/



Norwood Foundry produced stove and furnace parts, agricultural and municipal castings. | City of Edmonton Archives

HAPPY COMMUNITIES

Recipes for a nurturing neighbourhood

Fighting urban isolation to create a community

AYDAN DUNNIGAN-VICKRUCK

OK, I am a little old-fashioned. When someone says community, I think of people coming together to communicate—you know, talking in that quaint face-to-face way. And when someone uses the word neighbourhood, I think of friendly people chatting or offering to mow the lawn or just being neighbourly. This obviously dates me to the pre-digital age.

Truth is, this model of city living has gone out of fashion in the past decades, at least with urban planners and developers. The city has become the locus for commerce, industry and entertainment. The suburbs are where people live and enjoy quality of life, except when they spend hours commuting to and from the city core for work, shopping or entertainment.

Neighbourhoods have become subservient to these economic interests around big top events, stadiums, malls, hospitals and universities.

Streets are designed as feeders to large complexes or entertainment centres to move as many people in and out as quickly as possible.

What is wrong with this picture? Certainly it is expensive and wasteful, both in terms of human and environmental resources. But most of all, it doesn't make people happy.

Studies are showing that the more people buy bigger houses further away from where they work or play, the less happy they are. Splitting our lives into isolated compartments violates a core human desire for community, connection, and neighbourhoods in which we live and spend time with people we know, care about and share the same street. There is comfort and security in closeness and familiarity. It provides a sense of belonging, a context of meaning for our lives.

Jason Roberts, founder of betterblock.org, spends his time travelling across North America helping cities reclaim abandoned concrete waste-scapes in

city cores and transform them into communities we would all be happy to live in. Here are several recipes for making the transition from urban isolation to neighbourhoods:

Start with art. The artistic community has the energy, enthusiasm and creativity to make change happen on a shoestring. Take Alberta Avenue as an example. Great wall murals, studios, theatre productions, festivals, dance studios, curio shops, artisan bakeries, and a whole lot of great people to get to know. (Making you look like a genius, Christy.)

Size matters. Go small. Make space for the cozy, owner-operator, boutique coffee shop or cafes and keep out the strip malls and chain stores. They suck character out of a neighbourhood faster than an empty parking lot.

Speed kills. Not just literally, though yes, literally. (Did you know there were more traf-

fic fatalities in Edmonton last year than homicides?) Speed destroys ambiance, makes streets unsafe, discourages cycling, sidewalk cafes and kills that comfortable lived-in feeling. Who wants to sit at quaint sidewalk tables when you can't smell your food or hear yourself talk for the exhaust and traffic? Lower the speed limit, narrow the streets, and make walking a preferable option.

Walk the talk. Communication and community does not happen when people are driving. They have to stop, get out and walk in order to be within conversing distance to others.

Create friction. Large open spaces are boring, even intimidating (consider parking lots). People are more comfortable when close to a wall or a hedge, preferably something attractive or interesting. Make streets narrower and throw in some interesting architecture, murals, or cobblestones.

Density and diversity. The more people you have from diverse cultures in a neighbourhood, the more fun you have. Just look at the restaurants in this neighbourhood. We are a virtual United Nations of food! Colour it green. It is just plain hard to love concrete. I've tried. Nothing livens up a street corner better than something alive, like a tree, plant box or even a hedge.

Thanks to Counc. Scott McKeen for hosting and the City of Edmonton for sponsoring the "Hello, How are You?" speakers series. For other creative initiatives sponsored by the city, see www.100in1day.makesomethingedmonton.ca.

Aydan is a social worker, blogger, tango dancer, outdoor enthusiast and co-parent with Patricia to 8 children and 16 grandchildren. He's also a resident of the 'hood and loving it.



Local artist activists Wesley Andreas and Christy Morin with Jason Roberts, founder of betterblock.org. | Supplied



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CHURCH SERVICES

<p>ANGELICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN</p> <p><i>Two Traditions – One Faith.</i></p> <p>11725 93 Street</p> <p>St. Stephen: 780.422.3240</p> <p>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</p> <p>Sunday Worship: Morning Prayer Fridays at 9:00 a.m. 11:00 am - Sunday Worship 1st Sunday - Worship in the Common 2nd Sunday - Traditional Anglican 3rd Sunday - Aboriginal Form 4th Sunday - Traditional Anglican</p> <p>AVENUE VINEYARD CHURCH</p> <p><i>A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.</i></p> <p>8718 118 Avenue (Crystal Kids building) www.avenuevineyard.com Sundays at 10:30 am</p>	<p>AVENUE CHURCH</p> <p><i>A community to belong in...a community to serve with.</i></p> <p>11739 94 Street (The Studio) www.avenuechurch.ca</p> <p>Sundays 10:00 am Coffee Fellowship 10:30 am Service</p> <p>BETHEL GOSPEL CHAPEL</p> <p><i>A Bible-based, multi-ethnic fellowship.</i></p> <p>11461 95 Street 780.477.3341</p> <p>Sunday Meetings: 9:30 am - Lord's Supper 11:00 am - Family Bible Hour Saturdays - Free English Conversation Café for immigrants</p> <p>EVANGELICAL BAPTIST CHURCH</p> <p><i>'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you...Therefore encourage one another and build each other up'</i> Eph. 4:32, 1 Th. 5:11a</p> <p>12317-82 St. 780.474.4830</p> <p>Sunday School 10:00 am Sunday Worship 11:00 am Wed. Study/Prayer 6:30 pm</p>	<p>ST. ALPHONSUS CATHOLIC CHURCH</p> <p>11828 85th Street 780.474.5434</p> <p>Service Times: 7:30 am - Mass, Tuesday to Friday 4:00 pm - Mass, Saturday Vigil of Sunday 11:00 am - Mass, Sunday Main Celebration</p> <p>English Classes (Seasonal - call for more info.)</p> <p>St. Vincent de Paul Food Help Hotline: 780.471.5577</p> <p>ST. ANDREW'S PRESBYTERIAN CHURCH</p> <p>8715 118 Avenue 780-477-8677</p> <p>Service Times: Sundays at 11 am A caring and loving church in your community where everyone is welcome.</p>
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Touring the best of Alberta Avenue's sites

Walk or bicycle in Alberta Avenue's diverse neighbourhood

TALEA MEDYNSKI

Alberta Avenue, known for arts and revitalization, also has beautiful yards and gardens.

1. 117 Ave 96 Street: Third from the end of the block is this gorgeous house and yard.
2. At the corner of 117 Ave and 96 Street is the 1927-built clinker brick Rutherford residence.
3. 11638 96 Street: Owners Lorelea and Gary are part of Edmonton Horticultural Society and on the Yards in Bloom judging committee. Highlights of the 1910 house include a stunning front yard and a sour cherry tree and John Cabot climbing roses in the back yard.
4. 11635 95a street: Shelaine Sparrow saved this 1912-built home from being condemned. She renovated it and installed a spiral garden in her front yard. She also participated in Animate the Avenue Alleys, so check the alley.
5. 11545 95a Street: Owned by artists Stuart Ballah and Ritchie Velthuis, Ballah's family built the house in 1909. Ballah and Velthuis began transforming the yard 20 years ago when a juniper tree died. Look for the bust of Queen Elizabeth.
6. 115 Ave 95a street: Stop to see the alley art painted on a garage, completed during Animate the Avenue Alleys.
7. 11530 95a street: The Haight/McTaggart residence is a heritage home. John Lawson Haight and Kate Laycock owned the home until 1925. Then, the McTaggarts owned the home for 52 years.
8. 11608 92 street: Owners Andrea and Brent Ruelling transformed the front yard over several years. Last year, Brent built two self-watering raised garden beds. They also practice companion gardening and lasagna gardening.

Check the on-line version for more pictures of the walks and stops.



Uniqueness and beauty in Parkdale

Take a tour of interesting houses, beautiful yards and local business

KAREN MYKIETKA

From interesting houses and beautiful yards to a ravine and river valley oasis, you will find it all in Parkdale-Cromdale. As I walk, cycle or drive our mature neighbourhood, I am thankful I don't live in a cookie-cutter treeless suburb.

PARKDALE

1. At 85 Street and 113 Avenue is the league's beautiful mosaic mural created by the community.
2. This garage mural is in the alley of 83-84 Street and 113-114 Avenue.
3. A neat house hides behind spruce trees east of the bus. Turn around on 115 Avenue and 82 Street.
4. At 85 Street and 113 Avenue is Veteran Repair Shop and its retro sign.
5. Go past the huge knotted tree on the corner of 85 Street and 116 Avenue.
6. The corner of 86 Street and 117 Avenue has a garage with a suite
7. Along 87 Street and 115 Avenue are beautiful gardens and boulevard plantings.
8. Here's a natural front yard oasis with the house set back near the alley in the middle of the block at 88 Street and 114 Avenue.
9. Next is Keith Walker's glass studio in his unique garage in the alley of 88-89 Street and 113-114 Avenue.
10. Need lingerie? Stop by Rodeo Drive 11528 89 Street.
11. See a cool fence on the corner of 89 Street and 116 Avenue.
12. The northeast corner of 88 Street and 116 Avenue has an awesome backyard garden. You may see Birmingham roller pigeons in the cage-like wooden box protruding from the garage.



Eastwood: a community of green spaces

Go on this shorter walk to discover Eastwood's beautiful sites

FRANKI HARROGATE

Eastwood is a community with a variety of green space. From yards to balconies to raised beds, I saw it all when I explored the neighbourhood. Some gardens were neat and orderly, while others were riotous collections of colour, shape and size, revealing more the longer I looked. All delighted the eye.

My walk was fairly short, ranging from 119 Avenue and 86 Street, up to 123 Avenue, back down 85 and 84 Streets and back south to 119 Avenue.

1. I started at the corner of 119 Avenue and 86 Street, where the northeast home has an outdoor oven and cozy patio and the southeast residence has an accessibility ramp with flowers, trees, and shrubs.
2. At the corner of 121 Avenue and 86 Street is a yard bursting with flowers and trees.
3. Next, I went to 122 Avenue and 85 Street and admired the northwest corner of the brick home, with lilies, roses and other flowers bordering the house.
4. Then, I walked to 123 Avenue and 83 Street, where I found the middle house with stone lions guarding the door.
5. I continued to 12004 85 Street; the home was nominated for Yards in Bloom.
6. Other yards and gardens are works in progress, like the home at 12247 84 Street.
7. At 120 Avenue and 85 Street, I spoke to Dalena McLean. She's preparing raised beds she built using reclaimed materials. She plans to grow espalier fruit trees, edible plants, nitrogen-fixing plants, and bee-feeding plants.
8. I ended my walk at McLean's neighbour's beautiful home at 12031 85 Street.

This route is a small selection of Eastwood's yards and balconies.

I recommend taking a stroll or even a slow drive through the community. Stop and talk to your neighbours. Everyone I met was happy to show off their hard work!



Embarking on a Westwood garden walk

Learning from the people in my community

CYNTHIA MONDESIR

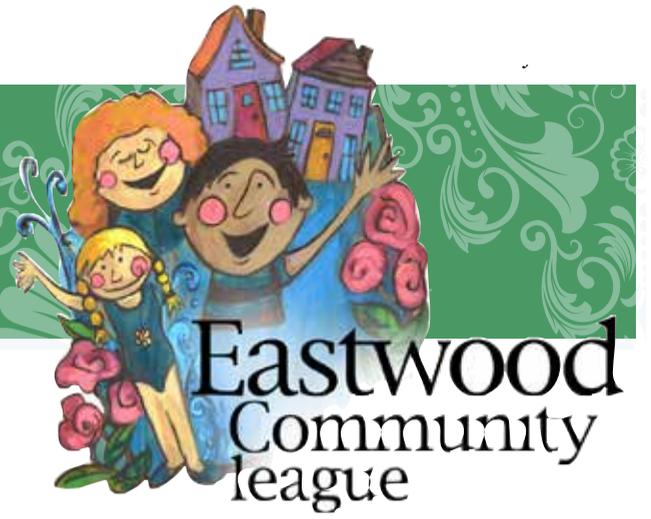
Westwood, a tree-lined neighbourhood, is full of garden gems that reveal the history and heart of the community.

1. As I walked down 103 Street to 12214 103 St, Linda Perdue, area resident since 1956, met me in her yard. She remembers wooden sidewalks, gravel roads and milk delivery by horse-drawn carriage. She has custom-made cedar gardening boxes and a pear tree.
2. Further down at 12250 103 St, a man converted his front yard into a living food factory. To make gardening easier on his knees, he built raised cedar gardening boxes. He made the boxes for Perdue as well.
3. At 122 Ave 103 Street is a tree stump covered with birdhouses. Many homes have repurposed items in their gardens.
- 4 & 5: I walk past pine trees at Beechmount Cemetery, head up 104 Street, and see a statue of St. Francis with cherubs and angels at 123 Avenue.
6. As I cross the street, accessibility ramps are part of the landscape, along with lovely gardens.
7. I meet Cindy Linklater at 12222 106 St. Five generations of her family have lived in Westwood, all within the same block. Her front yard is full of rhubarb and she loves to make rhubarb jam and strawberry rhubarb pie.
8. A large tree house was nestled in the front yard of 122 Avenue and 106 Street. I was tempted to climb it, but no one was home.



your eastwood news

This page sponsored by Eastwood Community League



Connect with Eastwood!

Hall: 11803-86 St Phone: 780.477.2354
 FB.com/edmontoneastwoodcommunityleague

Email: ewcl@shaw.ca
 Twitter @EastwoodCL



We Need YOU!

The league is off in a new direction, integrating its society status with a more focused approach to community needs. But we need help from all of you. There are vacancies on the board for official positions, but more importantly, we need the input of our fellow residents. Contact the board if you are interested in becoming a block coordinator, are interested in one of our upcoming activities, or would like to start your own social group using our society's status for support. Follow league events and news on Facebook and Twitter, and contact us through email for quick response.



COMMUNITY EVENTS

GREEN SHACK

For the entire length of the summer, the City of Edmonton is operating a green shack at Eastwood Park, next to the community hall. The green shack is a supervised activities area, where sports equipment is provided at no cost and coordinators organize activities such as orienteering, group sports, and creative and artistic tasks. Both first aid stations and bathrooms are available during the hours the shack is open. This activity is open to all children from a young age right through to the height of teenage years, so if you know some children who could benefit from outdoor activities close to home, let them know about the green shack program.

ALL THINGS CANINE AND WOOFIFUL

Muttstock is only a few weekends away! A festival celebrating the area's canine residents, bring your dog out for social interaction with your neighbours and their dogs, see various vendors for pets that are in our area, learn tips for healthy living for your pet, register for coaching classes, get your pet up-to-date medically, and enjoy some food and entertainment while you mingle. This is the continuation of the ever-popular "Avenue Goes To The Dogs," so come out and

keep the event a success! More information can be found on the community's facebook page, as well as on the GEARS (Greater Edmonton Animal Rescue Society) website.

Eastwood Community League is offering dog training classes. These classes help owners work with their pets to avoid the irritants most owners feel with their canine companions, such as uncontrolled barking, disobeying commands, eating everything and anything in the house, and running away. The classes run for six sessions, and are open to all residents of any community, provided they are registered with their league. To register, write to the community league at ewcl@shaw.ca or call 780-477-2354.

Every Saturday, Eastwood Community League plays host to the Edmonton Daschshund Social Club. Gathering together to encourage training and socialization of their pets, they run for a few hours each week in the rink with games and activities, in a safe, clean, and friendly environment. If you have a daschshund, or know of a neighbour that does, do come out, or contact the Edmonton Daschshund Social Club for more information.

MUTTSTOCK

A festival for canines and their people

Saturday, July 9

12-8 pm Eastwood Park
 86 St & 118 Ave

Doggie fun, rescue groups, music, BBQ and more

Presented by Eastwood Community League & GEARS



Cool off this summer in the Eastwood spray park open 9am to 9pm. | Karen Mykietka



Greenshack program Mon - Fri 10 am to 6 pm | Supplied

Turning our city's colour from grey to green

Biophilic cities embrace the importance of nature

AYDAN DUNNIGAN-VICKRUCK

Although few of us have been to Bogotá, Colombia, it's got a reputation. A bad one. Gun slinging. Drug dealing. A hub for cocaine trafficking from the mountain plantations of South America to the back alleys of North America. Not the place you put on the top of your vacation list.

Until recently. Over the last decade there has been something of a peaceful, quiet, people-friendly revolution in Bogotá, transforming it into one of the most attractive and safe cities in South America and positioning it on the list of vacation hot spots.

It began with a visionary mayor, Enrique Peñalosa. Rather than championing a "get tough on crime" policy, he asked the question "How can we make our communities more liveable

and happy for the ordinary citizen?" Peñalosa identified two culprits: freeways and parking lots. Together they made the city welcoming for drug traffickers (who could drive through and make drop-offs with anonymity) and unsafe for residents.

The first step was repurposing thoroughfares as a world-class public transit system. The next step was converting parking lots into parks. There you have it—simple, straightforward—the recipe for transforming a crime-ridden city into a much happier city, never mind cutting down on police budgets.

I recently attended Dr. Tim Beatley's lecture at the Stanley A. Milner Library as part of the Forward Thinking Speaker Series. Beatley recited a compelling list of benefits to citizens who live in biophilic cities: "cities that contain abundant nature; they are cities that care about, seek to protect, restore and grow

this nature, and that strive to foster deep connections and daily contact with the natural world."

According to Beatley, nature is essential to living a happy, healthy and meaningful life. Trees and parks make cities safer and people calmer. A daily diet of nature decreases risk of dementia by 60 per cent, increases generosity of spirit, makes us better people, increases long-term thinking, heightens a sense of belonging, wonder and awe.

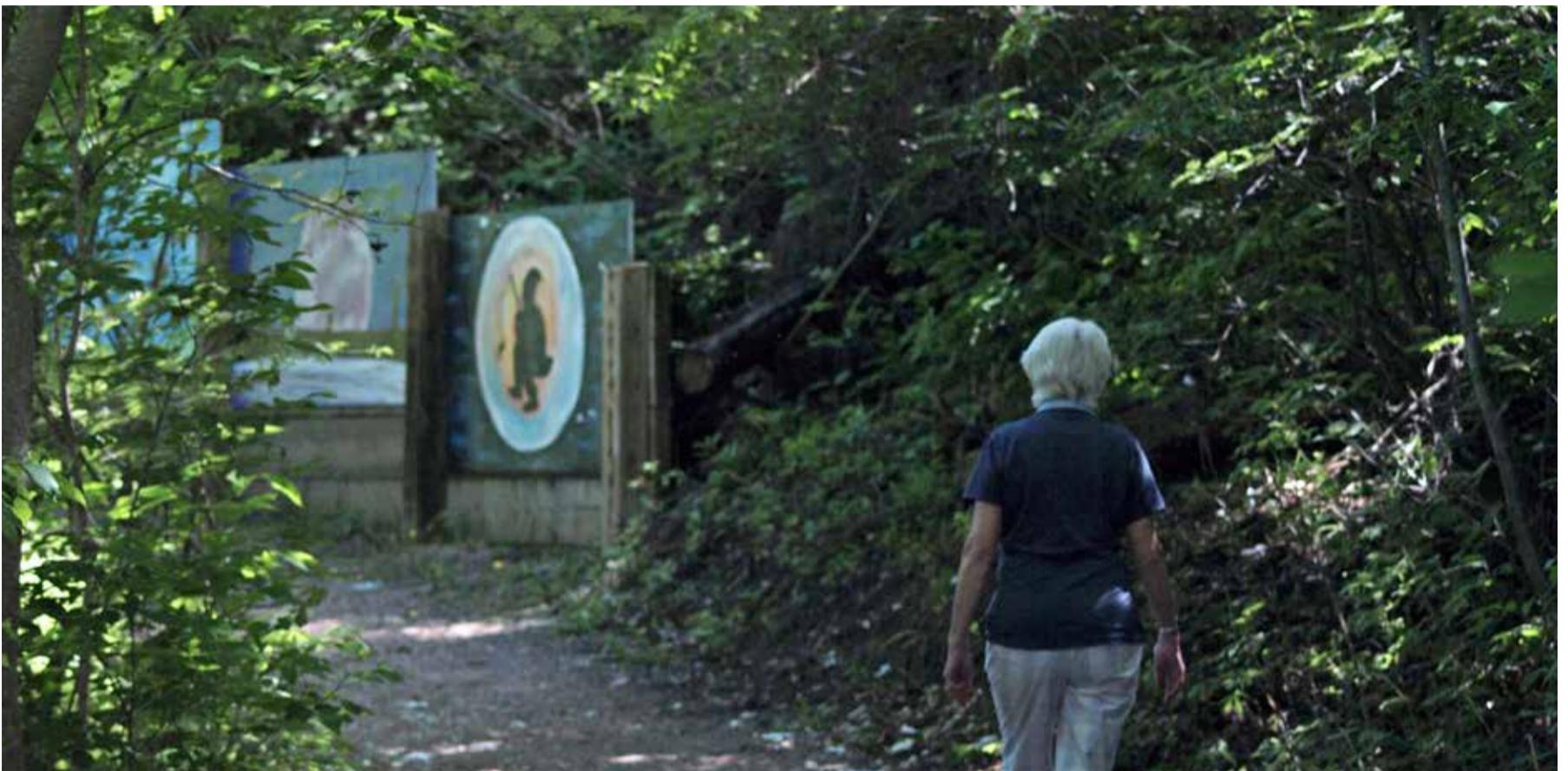
The vision of the Biophilic Cities Network (biophilicities.org) is that nature should be part of our everyday environment, factored into our neighbourhood planning, municipal legislation and architectural design.

Kudos to the City of Edmonton for signing on to this vision statement. Of course, we have a head start. Our river valley forms the largest expanse of urban parkland in North America: the

48-kilometre long stretch of the North Saskatchewan River Valley has 22 major parks. Our area of the city is bordered by Borden Park to the east and Kinnaird Ravine and the North Saskatchewan River Valley to the south. There are numerous playground parks and lushly clothed elm and ash trees line our streets.

But signing on as a biophilic city needs to mean more than boasting about our natural attributes. It must include creating space for nature in every phase of urban planning. It means changing the colour of our landscape from grey to green. And we will all be happier for it.

Aydan is a social worker, blogger, tango dancer, outdoor enthusiast and co-parent with Patricia to 8 children and 16 grandchildren. He's also a resident of the 'hood and loving it.



Places like Kinnaird Ravine allow easy access to nature. | Aydan Dunnigan-Vickruck



Edmonton's river valley forms the largest expanse of urban parkland in North America. | Aydan Dunnigan-Vickruck

Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD




Ph: 780-414-0682
6519 112 Avenue
Edmonton, Alberta

Search for
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edmonton.highlandsnorwood@assembly.ab.ca

Just a pinch can work wonders for your plants

The how and why to pruning herbs and pinching tomatoes

NIKKI-KARYSSA SCOTT

Growing herbs, especially from seed, requires months of work before seeing results. By this time, you just want to let your plants grow, but then all at once they've gone to seed. Pruning and harvesting encourages fuller growth and a bigger yield.

Two important rules apply to harvesting most herbs. One: never pick more than one-third of a plant's leaves at once. Two: let the plant recover before harvesting again. Beyond that, everyone has their own method, from selectively picking single leaves all over the plant to snapping off entire stems.

For herbs like basil, I like the following approach best. Locate a pair of new leaves on the main stem, several inches below the top of the plant. Pinch the plant just below these leaves but above the single mature leaf to promote new stems and double the plant's effort. Harvest large mature leaves regularly to stimulate new growth. Use this method for mint and sage, too.

When you see a little tower like a cornucopia of tiny green leaves forming at the end of a stem, pinch it! Otherwise, it will flower. While basil blooms are deliciously intense, nipping them encourages the plant to create leaves rather than blossoms.

Harvest herbs like parsley, cilantro and chives when the leaves are six inches long. Always clip from the outside of the clump and cut about half an inch above the soil to encourage the plant to spread out.

Do not cut off entire mature stems with tarragon, thyme and rosemary. Instead, snip newer shoots of light green from all over the plant, leaving the woody parent stems behind to produce new growth. Remove individual leaves from the shoot by pinching the shoot and running your fingers down it like a zipper.

Pruning tomato plants isn't necessary. You may choose not to prune your plants and still have a great crop. Tomatoes require only sun, water, and nutrients to grow. Pruning enhances production, creating more tomatoes, bigger tomatoes, and sweeter tomatoes.

Pinching the apical growth (the top of a tomato plant) will promote lateral growth, a more bushy plant, and flush new flower buds for better fruiting. However, there are two categories of tomatoes: determinate and indeterminate, and knowing which one to pinch back is important.

Determinate plants stop shoot production once flowers form. These plants tend to be roma, tumbler and bush varieties, and have a compact form with most fruit ripening at the same time. Indeterminate plants produce flowers along the side of the shoots but continue to grow up and out all summer. This form includes cherry, grape and beefsteak varieties, requires staking, and produces fruit until first frost.

Indeterminate varieties require pinching and lateral pruning. Pinch back the main stem tip before flowering begins. Prune the lateral branches that appear between the leaf and main stem or in the "crotch" as they appear.



Pinching or pruning your plants can help you get a better crop. | Pixabay

Do not over prune in hot climates as too much sunlight or steady, intense sunlight can lead tomatoes to develop sunscald. Go easy on pruning determinate varieties. They can be pruned, but because they set the bulk of their fruit at one time, limit pruning to lower leaves and branches below the first flower cluster.

Nikki-Karyssa grew up in the Okanagan Valley working in orchards and vineyards before moving to Edmonton in 2007. She received her BSc in Production Horticulture in 2012. She lives in Alberta Avenue and is the plant growth manager at the University of Alberta's research greenhouse.

your neighbourhood... your community league!

Westwood

12139 105 St
westwoodcommunity2@gmail.com

Greenshack in the park
2:30-6 pm Mon-Fri

Delton

12325 88 St
admin@deltoncommunity.com

Greenshack in the park
10 am-1:30 pm
Mon-Fri

Elmwood Park

12505 75 St
epcl@shawbiz.ca

Greenshack 10 am - 1:30 pm
Mon to Fri; spray park
9 am - 9 pm daily

Spruce Avenue

10240 115 Ave
spruceaveleague@shaw.ca

Greenshack 10 am - 6 pm Mon
to Fri; spray park
9 am - 9 pm daily

Eastwood

11803 86 St
ewcl@shaw.ca

Greenshack 10 am - 6 pm
Mon to Fri; spray park
9 am - 9 pm daily

Parkdale-Cromdale

11335 85 St
pccl.info@gmail.com

Greenshack @ Parkdale 10 am - 6 pm Mon-Fri;
Pop up Play @ Sheriff Robertson Park
Tue & Thu 10 am - 1:30 pm

Alberta Avenue

9210 - 118 Ave
info@albertaave.org

Greenshack in the park 2:30-6 pm Mon-Fri



WHERE NEIGHBOURS MEET
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EFCL

Organization builds bridges between cultures

Offering dialogue and an open door to communities

KATE WILSON

At a recent intercultural event, a woman approached Ibrahim Cin and told him his people and his culture were not wanted here. They should return to their homeland. Cin, a practicing Muslim, is originally from Turkey.

He politely acknowledged her opinion and was going to leave it at that.

“What could I say that wouldn’t take more than a brief response?” asked Cin.

The woman asked him if he was going to respond, so he invited her to talk. Almost two hours later, after open and genuine dialogue, she hugged him and told him she had an entirely new perspective.

If the premise of Edmonton’s Intercultural Dialogue Institute (IDI), of which Cin is the executive vice president, is to break down barriers, his encounter is a great demonstration. IDI is a Canada-wide agency for cultivating positive relationships among people and cultures.

“We [strive for] enduring intercultural and interfaith cooperation,” Cin explained from his office at Eastwood School.

The span of this undertaking is wide. Events organized by IDI include a seminar on the role of family in a child’s

education and a Turkish cultural night held a month ago at Eastwood School, where people sampled Mediterranean and Turkish cuisine and MLA Chris Nielsen was an honorary guest.

“The social events are to share our culture,” said Cin, “to explain it and mingle with people.”

The role of panel discussions and seminars are to foster dialogue around weightier issues like interfaith perspectives on environmental issues, women’s issues and causes of radicalization.

Funded by donations and support from the business community, IDI is located in 10 Canadian cities. It serves communities under the umbrella of Canada’s Anatolian Heritage Federation, inspired by Fethullah Gülen, a scholar cleric living in America. Gülen left Turkey after falling out with the government, which is clamping down on the press and has been putting some restrictions on religious groups. Through it all, Gülen’s faith-based motivation and peace-building commitments are filtered through his Sufi worldview.

IDI aspires to these same principles: tolerance, respect for differences, and social harmony. For Cin, Gülen provides

a simple starting point: offer a chair to everyone in your heart.

That impulse in conjunction with IDI translates into platforms like community outreach and social gatherings. It’s a major undertaking, bringing together community leaders from law enforcement, local governments, universities and faith-based institutions. The emphasis is on building bridges.

“We’re not here to change people’s mentality or convert people from one [tradition] to another, whatever that may be,” said Cin. “It’s to know people and accept people with our differences and continue our lives peacefully.”

It’s a daunting task, but Cin seems up to it. After earning his economics degree in Turkey and doing postgraduate study at Carleton University, he worked for a financial institution and then went into business. But something wasn’t quite right.

“I woke up every morning feeling something was missing,” he said.

After volunteering with IDI, he was hired full time. And he no longer has that sense of lack.

While there’s often misunderstanding, the formula for reversing it is simple.

“Just stay away from everything that separates people,” he said. “You have to leave your biases on the side. If I feel

that a person has prejudices, no matter what you say, the barrier must be left aside. It’s a first step and leads to lasting friendship.”

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

IDI EDMONTON

3rd Floor, 12023
81 Street

Ring buzzer at main
entry
780.966.6796

icin@interculturaldialog.ca
http://edmonton.interculturaldialog.com



Ibrahim Cin at his office in Eastwood School. | Kate Wilson

CHALK UP ON 118

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Alternative punishment for youth crime

Restorative justice can help create a safe community

NICOLE MALENCZAK

It is recognized that youth who commit crimes should be treated differently from adults.

Intervention before adulthood is crucial in providing the skills and resources for youth to develop into productive, responsible adults. Youth should take responsibility for their actions and face meaningful consequences while receiving support to keep them from a life of crime.

In Canada, there is a desire to incorporate restorative justice into our judicial system. Restorative justice aims to provide victims of crime with opportunities to heal by allowing them to speak about the harm and what they feel they need to heal. Restorative justice plays an

important part in creating safe, happy communities.

Over 130 youth justice committees in Alberta work to provide youth with an alternative to the court system while incorporating restorative justice. These organizations work under the legislative authority of the Youth Criminal Justice Act. Passed in 2003, the act authorizes the creation of youth justice committees. It sets out the values upon which the legislation is based and emphasises the role communities can play in crime prevention and protecting the victim's interests.

Committees carry out their mandates through panels composed of community volunteers. The panels meet with the youth, family, and victims to discuss the youth's actions and provide consequences outside the court. Sanctions vary to meet the needs of the youth and

the victim, and may include community service, apology letters, career planning, reflection through writing or art, or charitable donations.

Volunteers aim to support the youth and connect them with resources required to develop into healthy, happy adults. The committees also provide a safe environment for victims to speak and have their healing considered in the sanctioning process. By having victims play a role, youth hear firsthand the consequences of their actions.

The Edmonton region has several youth justice committees such as the Edmonton Youth Justice Committee Society (EYJCS), which serves the Edmonton area with locations in the north, south, and west portions of the city. The north location is at 13315 89 St, next to Glengarry Park. EYJCS deals

with "first and second-time offenders who have committed minor offences and have admitted responsibility."

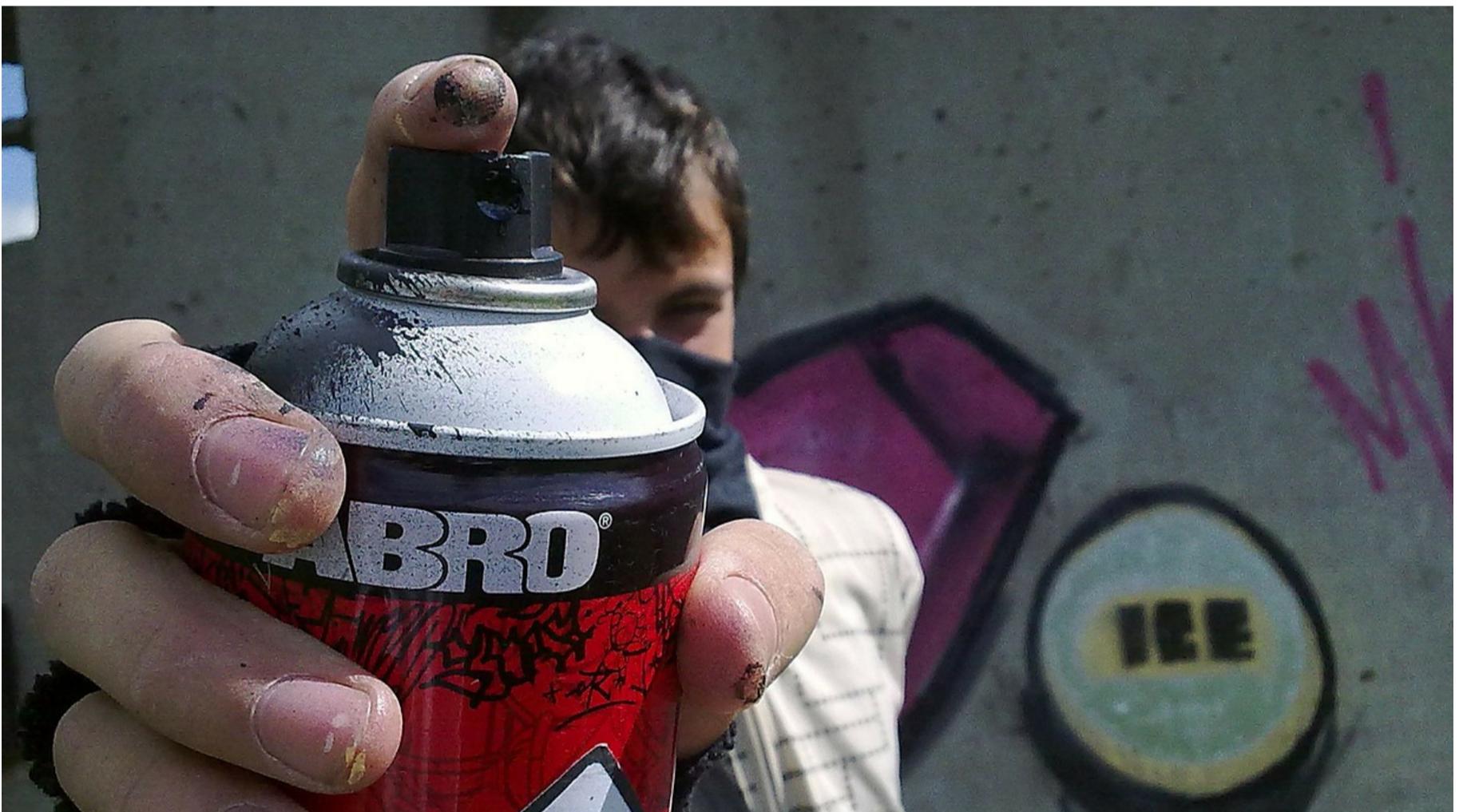
Nicole lives in Alberta Ave with her husband, dog and chinchilla. She is a former board member of Edmonton Youth Justice Committee Society.

INFORMATION ABOUT EYJCS:

Edmontonyouthjustice.com

More info

search "youth justice" at
Solgps.alberta.ca



Edmonton has several youth justice committees. | Pixabay



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NORTHLANDS
EVENT



WHAT'S ON IN JULY

EVENTS

AVEFEST

July 1 and 2 from 12-3 pm at 118 Ave & 92 St. Fun, games, food and a chance to meet your neighbours and make new friends.

CANADA DAY CELEBRATIONS

Fireworks finale 11 pm in river valley.
City Hall: Noon-4 pm
AB legislature: 10 am-7 pm
Chinatown Night Market 4-9 pm, 96 St between 102 and 103 Avenues
Sand on Whyte: 10 am-10 pm, NE corner of Gateway Blvd intersection (goes until July 10)
Northlands Racetrack: 1 pm

COFFEE WITH COPS

Join Cst. Challenger to chat about neighbourhood concerns. Tuesday, July 5 from 10-11:30 am at The

Carrot.

DECSA FREE PANCAKE BREAKFAST

Fresh breakfast plus organized games, bouncy castle, and a firetruck tour, or just chat with friends. Wednesday, July 6 from 7:30-10:30 am.

MUTTSTOCK

A gathering of rescues, live music, and dog lovers. Saturday, July 9 from noon-8 pm at Eastwood Park on 86 St and 119 Ave.

CHALK IT UP ON 118

Join us on Saturday, July 23 from 10 am-3 pm! We provide the chalk and sidewalk canvas and YOU bring the creativity! Be inspired by our professional chalk artist and let your imagination colour the Ave! Lots of FREE fun for all ages!

NORWOOD FESTIVAL

Music, face painting, inflatables, food, donkey rides. Friday, July 29 from 5-8 pm at 113 Ave & 91-92 St.

C'MON FESTIVAL

Enjoy chamber music, ballet, and singing July 15-16 at 8 pm and July 17 at 3 pm at Studio 96 (10909 – 96 Street). Admission by donation. www.cmonfestival.ca

GREENSHACK PLAYGROUND PROGRAM

Drop-in playground program for ages 6-12. Mon-Fri, July 4 to Aug 25.
Norwood: 10 am-1:30 pm
Alberta Avenue: 2:30-6 pm
Delton: 10 am-1:30 pm
Eastwood: 10 am-6 pm
Spruce Avenue: 10 am-6 pm
Westwood: 2:30-6 pm
Parkdale: 10 am-6 pm
Cromdale: Tue & Thu 10 am-1:30 pm
Note: full day programs have

a break from 1:30-2:30 pm.

YEG YOUTH

For 13-17 yrs @Highlands Jr High
Mon 3-8 pm; Tue-Fri 12:30-8 pm

SPRUCEWOOD LIBRARY

Drawing Bots July 4, Electric Fun July 7, All about flight July 13, Story box July 15, Holy Hoopla, July 21, Flipbook Fables, July 27, All about plants July 28. More at epl.ca.

VOLUNTEER

KALEIDO FESTIVAL VOLUNTEER SIGN-UP

Want to volunteer for one of Edmonton's best family arts festivals? Apply at kaleidofest.ca or go to The Carrot on Saturday July 2 or 23 between 9 am-6 pm to sign up in person!

FREE COMMUNITY PROGRAMS

Go to ratcreek.org for more information

ESL & LANGUAGE

CREE CONVERSATION CIRCLE
Free drop-in program by the Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

PRACTICE ENGLISH
Conversations about many different topics using library materials. Mondays 7 pm at Sprucewood Library.

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. More: Digna 780.424.7709.

ESL PROGRAM
Including free parent & tot classes. Wednesdays & Fridays 9:15-11:15 am at Parkdale-Cromdale. More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

ENGLISH CONVERSATION CIRCLE
Drop in and practice your English (LACE program). Fridays 10:30 am at Highlands Library. More: 780.424.3545.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
More: Edmonton Mennonite Centre 780.423.9522 or info@emcn.ab.ca

FOOD & SUPPORT

PRAYERWORKS COMMON
Hot complimentary meals & warm friendship at St. Faith/St. Stephen. Thursday drop-in 10 am - 2 pm. Friday community supper, 5 pm. Saturday breakfasts 8:30-9:30 am. More: 780.477.5931.

COLLECTIVE KITCHEN
Third Wednesday of every month at St Faith's. \$3.00 per meal serving. Space for 6-8 people. More: Amanda 587.930.8238.

PARENTS & PRE-SCHOOLERS

GROWING TOGETHER
A free drop-in group for pregnant women and women with babies up to 3 months of age. Free resources including milk coupons and prenatal vitamins. Tuesdays

1:30-3 pm at Norwood Centre. More: 780.471.3737.

STAY AND PLAY
Free indoor play space and unstructured group for parents and children. Snack included. Mondays 10 am - noon at Norwood Centre.

RHYMES THAT BIND
Rhymes, finger play, songs and simple movement games. Wednesdays and Fridays from 11:30 am - 1: 30 pm
More: Sarah 780.887.6825 or sarahdelano@hotmail.com.

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

SPRUCEWOOD LIBRARY
Sing, Sign, Laugh & Learn, Sundays 2:30 pm and Tuesdays 10:30 am. Baby Laptime, Mondays 10:30 am. Family Storytime Wednesdays 6:30 pm. More: 780.496.7099.

HIGHLANDS LIBRARY
Family Storytime, Mondays 10:30 am. Sing, Sign, Laugh & Learn, Wednesdays & Thursdays 10:30 am. More: 780.496.1806.

CHILDREN

LEGO AT THE LIBRARY
Design and build a lego creation. Ages 6-12. Second Saturday of the month 2-3 pm at Highlands Library.

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

YOUTH

SMART SPACE
Do homework, work on projects, or learn about tech gadgets and other online tools. Ages 13-18. Thursdays 4-5 pm at Highlands Library.
TWEEN LOUNGE
Play video games, make a DIY project, or just hang out. Thursdays 3:30-5 pm at Sprucewood Library and Fridays 4-5 pm at Highlands Library.

TEEN GAMING

Hone your skills by playing some of the best games out there! Thursdays 6:30-8:30 pm at Sprucewood Library.

ADULTS

SITTING MEDITATION
A period of mindfulness meditation in the Buddhist tradition and a short reading and group discussion. Tuesdays 7-8:30 pm at Parkdale-Cromdale. More: charlesmorrow@yahoo.ca.

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

COMMUNITY ART NIGHT
Free art workshop for adults. Tuesdays 6:30-8:30 pm at The Nina.

NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)
Second Monday of the month 6:30-10 pm at The Carrot. RSVP: Colleen col_kside@hotmail.com

SENIORS

NORWOOD LEGION SENIORS GROUP
Darts and pool, Tuesdays at 10 am; Cribbage, Wednesdays at 1 pm at Norwood Legion.

PARKDALE SENIORS SOCIAL
Bingo, snacks and conversation. Mondays 10:30 am - 1 pm at Parkdale. More: PCCL. info@gmail.com.

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

FAMILIES

POP-UP MAKERSPACE
Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design. Try things and make fun stuff. June 1 from 6:30-7:30 pm at Highlands Library. All ages.

BOARD GAMES NIGHT

Plenty of games to choose from or bring your own. Last Tuesday of the month 7 pm at The Carrot.

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all-age workshops Tuesdays 6:30-8 pm at Parkdale-Cromdale.

FAMILY ART NIGHT

A variety of free art activities for school age children accompanied by adults. Wednesdays 6:30-8 pm at The Nina.

MUSIC LESSONS BY CREART

Free group music lessons Saturdays at Parkdale-Cromdale. Voice 10-11 am, guitar 11 am-2 pm, and violin from 12-1 pm. More: Mackenzie at cheffthemusical@gmail.com.

FREE REC CENTRE ACCESS

Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of participating leagues. Eastwood does not participate.

LOCATIONS

Community Leagues - see page 12
St. Faith/St. Stephen Church 11725 93 St
Highlands Library 6516 118 Ave
Sprucewood Library 11555 95 St
Norwood Family Centre 9516 114 Ave
Carrot Coffeehouse 9351 118 Ave
The Nina 9225 118 Ave
Norwood Legion 11150 82 St
Crystal Kids 8715 118 Ave
St. Andrew's Church 8715 118 Ave
Bethel Gospel 11461 95 St
Mennonite Centre 11713 82 St

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Garden Party attendees assisted artist Lorraine Shulba in creating a new mural on the Alberta Avenue garage door. | Karen Mykeitka



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Come join in our community appreciation day! Frozen Yogurt 11:00am - 3:00pm, August 18th!

12943 - 97 Street NW Edmonton, Alberta
www.drderekfika.com



Garden Party attendees enjoying live music | Karen Mykeitka



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LOOKING FOR AN INTERCULTURAL DAYCARE?



The Intercultural Child and Family Centre at McCauley School (9538-107ave) has child care spaces for children from 12 months to 12 years and is open from 6am to 530pm. ICFC is a non-profit, accredited centre providing a culturally enriched play and learning environment. Two healthy snacks and lunch are provided. Subsidy is available.

FOR INFORMATION OR TO APPLY CALL 780.441.1443