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## Kids abuzz about bee course

Young beekeepers find community at Northlands



Beekeeping instructor Dustin Bajer (right) helps a student open and inspect a hive in Pollination Park. | Hamdi Issawi

### HAMDIISSAWI

The parking lot south of Northlands Park Racetrack and Casino hides an urban treasure. Guarded by a chain-link fence and slotted between turret-like satellite dishes, five bustling honeybee hives sit on a grass island dubbed Pollination Park.

As the training ground for the Northlands Youth Beekeeping Project, Pollination Park allows amateur apiarists to learn about honeybees and gain hive handling experience.

On Thursdays evenings, project leader Dustin Bajer holds a beekeeping class for local youth aged 12 to 18. Based on a similar course he teaches at the John Janzen Nature Centre, the class covers everything from bee biology to harvesting honey.

"It's not something you can go to school for in the traditional sense," Bajer said. "You're either born to a beekeeper, or you know a bee-

keeper, or you get a summer job, work with them for the season and get into it that way."

Most local beekeeping classes are intensive and geared to adults. The Northern Alberta Institute of Technology (NAIT) offers two-day urban beekeeping classes, but applicants must be at least 16 years old to apply.

"Nobody's doing it and there are kids that are interested in it," Bajer added.

Now in its second year, the 20-week project gives youth like Mason Radies and Amelia Chan an opportunity to learn with a mix of classroom instruction and practical experience. The girls, both 15, have returned for another season with the project to hone their skills and develop new ones.

"I'm one of the guinea pig survivors," Chan said with a laugh. "So I have more experience and I can be more helpful rather than be helped all the time."

Chan has been fascinated with bees ever since she studied the insects in Grade 3.

"They're so interesting. The way they act—the way they figure everything out," she added. "They pick up what you're putting down, so if you're anxious and you're scared, the bees will reflect that."

She joined the project when Radies, her friend, introduced her to it last year. This year, the pair assists with classes, helping new students safely handle the hives.

"There's a lot of community," Radies said. "Through your learning you get to teach, and through teaching, you also get to learn, and that's always fun."

Students returning to the project this year also get to see how the hives have changed since last season.

"What's nice this year is that we're starting with bees that overwintered from last year," Bajer said. "As a beekeeper you see new things all the time. We're going to come

across scenarios in these hives that we didn't see last year, so it'll still end up being a valuable experience for them."

The City of Edmonton has permitted urban beekeeping since 2015 when city council amended the animal licensing and control bylaw.

The project is free and open to Edmonton-area youth. Classes meet on Thursday evenings at Northlands from 6 pm to 8 pm. Seats are limited. Email agriculture@northlands.com to ask about openings or complete the application form on the Northlands website.

*Hamdi is a journalism student at MacEwan University. He cut his teeth as a contributor on Terra Informa, an award-winning, environmental news magazine. He has also written for The Gateway Online and The Griff. Find Hamdi on Twitter @hamdiissawi.*

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## Festival Mi Tierra Calle 87

July 14th to the 16th, 2017  
11810-87ST Edmonton, AB

# Making plans for the Northlands site

City focusing on making area more appealing

AYDAN DUNNIGAN-VICKRUCK

People often complain that politicians never consult them before launching new development plans. Lately, the city has been asking for input so often it's enough to make your head spin. And that's a good thing.

The latest neighbourhood revitalization project centres on the Coliseum Station Area Redevelopment Plan around the coliseum, Northlands, and LRT station.

According to city planner Mo Bot during a public consultation at city hall on June 12, the plan is focusing on 160 acres of under-deployed land not readily accessible to the public or attractive for residential or commercial development. Although well-served by ETS, LRT, and service roadways, much of the area remains empty parking lots or is only accessible for special events.

"The area is currently very low density. Much of the housing in the area was built in the late '40s and early '50s," said Bot. "We want to make the area more

appealing for residential development and commerce, while at the same time including innovative urban design concepts, parks, and agricultural use."

At the heart of the area is the coliseum and Northlands. Earlier this year, the city had entertained a recommendation by Hockey Canada to turn the coliseum into a "Centre of Excellence" for minor league hockey, but tabled the report until they could consider a more comprehensive plan for the neighbourhood.

The immediate appeal of the area for neighbourhood-friendly development is that supportive infrastructure for residential, commercial, and park development already exists. What remains is to find ways to increase usage and public appeal.

"The development concept calls for complete streets," said Bot, "which includes convenient and safe access for all users, including pedestrians, cyclists, transit users, motorists, and truckers."

Consideration of green spaces is also important, including agricultural projects like the one on the corner of 79 Street and 113 Avenue behind Eastwood

Health Centre.

The city is keen on renewal for our older core neighbourhoods, a shift from past development activity on the outskirts of the city. The current council is focused on directing new development to the established, older neighbourhoods where population growth has been slowest and density is the lowest.

The only glitch to following this consultation process is that the city moves fast. When the invitation is put out for input, provide it quickly.

Find current development proposals at [edmonton.ca/projects\\_plans.ASPX](http://edmonton.ca/projects_plans.ASPX). To submit input or get information about the coliseum proposal, visit [edmonton.ca/coliseumplan](http://edmonton.ca/coliseumplan) or email [coliseumARP@edmonton.ca](mailto:coliseumARP@edmonton.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.*

**"We want to make the area more appealing for residential development and commerce, while at the same time including innovative urban design concepts, parks, and agricultural use."**



Residents attend the June 12 Coliseum Station Area Redevelopment Plan at city hall. | Aydan Dunnigan-Vickruck

# Residents talk to problem properties task force

Task force urges people to keep reporting properties

STEPHEN STRAND

Problem properties are littered throughout the city, often causing unsafe or undesired living conditions.

"A problem property is a chronic offender. It's where there's been a multitude of issues," said John Lazaruk, team lead with the city's community standards branch. Lazaruk explained problem properties can include ongoing conditions such as derelict vehicles, illegal suites, or a neglected or abandoned property.

During the Problem Properties Discussion and Update meeting on May 24 at the Santa Maria Goretti Centre, Lazaruk said the city

has taken a multi-agency approach to tackle the issues. They collaborate with bylaw enforcement, Edmonton Police Service (EPS), Alberta Health Services (AHS), the Landlord and Tenant Advisory Board, SCAN (Safer Communities and Neighbourhood Act), Edmonton Fire Rescue Services, and other city departments.

"As of this morning, city wide, I have 121 properties that are considered chronic offending private properties," Lazaruk said. The task force brings in people from AHS, bylaw officers, zoning officials, or EPS, depending on the situation. "We have done 431 inspections on the properties. We've issued 23 tickets, 37 municipal government act orders for

graffiti, and another four other municipal government act orders. Twelve violation tickets for various infractions, and one ticket for not having a valid business license," said Lazaruk. He explained it's a methodical approach and they hope to get to each complaint one by one, but it will take time.

Lazaruk asks community members to report problem properties or they may go unnoticed by the task force. "That's the value of meeting like this. People like you to report them to me or to the police," said Lazaruk. Complaints can be anonymous, but if it ends up in court without a witness, they cannot lay a charge.

Community members have many ways to report problem

properties, including online forms, but a common sentiment from the meeting is that the process moves too slowly. One resident said, "I email the city and they don't respond." He is unaware if his complaints have been received and said the website is difficult to navigate.

Another couple followed the process, but said they had little luck. Their neighbour had been living in a trailer with an unruly dog, so they "called 311. Talked to the city. We've talked to animal control. They've come out. Taken a look," the couple said. "[The neighbour] has been fined. Got them out of the trailer, but now they are living in the garage. It's been a year of consistent calling."

The task force asks people to

be persistent, to keep reporting problems, and to be patient. Call 311 to report problem properties or visit [edmonton.ca/problemproperties](http://edmonton.ca/problemproperties).

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

## PROBLEM PROPERTIES

311 or [edmonton.ca/problemproperties](http://edmonton.ca/problemproperties)  
377 new non-emergency number for police  
911 for emergencies  
211 person in distress

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

### ABOUT US

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

### GOALS

Build Community, Encourage Communication, Increase Capacity.

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### CONTRIBUTORS

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

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# Anti-gay leaflets posted along the Ave

Local reverend says those responsible are misinformed

**MARI SASANO**

Steven Townsend was walking his dog along 118 Avenue when he saw the first one: "Repent! The sin of homosexuality will destroy Canada."

It was a leaflet posted at a bus shelter, filled with anti-LGBTQ rhetoric backed up with selective Bible verses.

Townsend, a Parkdale resident, immediately tore it down. "I guess I was just surprised to see it up in the neighbourhood, considering I've only had good experiences," he said. "In itself it isn't a hate crime, but it could incite people and it's a symptom of a bigger problem."

Janis Irwin, another Parkdale resident, saw these leaflets at

bus stops all along 118 Avenue, and a few on 95 Street. She also heard of some placed on Jasper Avenue.

She spoke with the police. "They asked [me] to file a police report for evidence in case it does escalate."

She said she worries how these messages affect vulnerable young people.

"I'm glad that I came across them first, and not some young kid struggling with [his or her] identity. It would just be another punch in the gut. It's only words, but it's not acceptable in our neighbourhood."

Townsend's concern is that LGBTQ people who need help might be reluctant to reach out.

"I sit on the Sexual and Gender Minority Police Liaison: we

work to bridge the gap between the LGBTQ community and the police force. Mediators say sometimes people aren't comfortable going to police, especially if they come from another country, or is one of the older gay guys who went through bathhouse raids. They have a big distrust of the police."

Rev. Canon Travis Enright of St. Faith's Anglican Church was made aware of the materials.

"The first thing is: [this person] is misinformed. The imperial Christianity is a very moralistic way of looking at the world. When we look at people and say that Jesus said we can hate them because of Scripture, that's missing the point. When I see that, I don't see incarnate love."

The anti-gay messages that refer to those Bible verses also don't take into account the context of those passages. If you were to read further down, it isn't as much a condemnation of particular sex acts as it is of using the body in a demeaning way. Certainly, it isn't a justification for bigotry or discrimination, and he said that the history of doing so is something all Christians need to reckon with.

"I think hate is still pervasive, since the Crusades, since the residential schools. We have a desire to make idols of ourselves. Residential schools is an example of morality gone awry, that we tried to define the image of God. We need to keep reading; we are not to judge. I don't think that's the way the Bible

should be used." Enright said he hopes the person responsible for these posters does some soul-searching and finds help.

"I would tell them, stop! Go on your own healing journey. Self-righteousness is the biggest challenge. There's a call to be more. Do an examination of your own sexuality."

Cheryl Sheppard, spokesperson for EPS, confirms that the hate crimes unit is aware of the posters. If anyone sees anything out of the ordinary, call the EPS complaint line at 780.423.4567 or #377 on mobile, and an officer will follow up.

*Mari is a writer and civil servant.*

# Long-standing business reveals new building

Family continues tradition of investing in community

**TALEA MEDYNSKI**

Some family traditions endure through generations, like using only quality materials for buildings.

On May 26, staff and family celebrated the grand opening of Remco Memorials' new building. Remco Memorials is a long-standing business on 97 Street and 123 Avenue.

Rick Reeson, son of previous and deceased owner Kenneth Reeson Sr., was behind the change. Although the family no longer owns the business, Reeson, a lawyer, still owns the land.

"I inherited this from my dad, but it's something that's really important to me."

Two years ago, the building was in bad shape and he knew he needed to do something about it.

"This property has been in this location since the early '50s," Reeson explained. "I was able to convince the tenants to demolish the existing building to construct this beautiful new

erty, and room for new tenants. "I'd like to increase the business profile and increase enhancements in the area," Reeson said.

A plaque commemorating

business," Reeson said. Until selling the business in 2012, the Reeson family had owned the business since 1924. In fact, Reeson's grandfather started it in Saskatchewan. After

plaques, Remco Memorials also sells cemetery monuments, awards, and community monuments. They also restore old monuments.

Reeson said the business provides a necessary service in the community "to people who have lost someone and are bereaved and want to memorialize them."

Reeson also plans to improve Value Monuments' building using the City of Edmonton's Façade Improvement Program.

"I believe in this neighbourhood. I want to take pride in the buildings," he said.

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



Staff and family celebrated at the open house. From left to right: Ingrid Laube, Rick Reeson, Donna Reeson, Holly Reeson, Katya Reeson, Matthew Reeson & Peter Reeson. | Talea Medynski

building." Reeson added that the family and the business have a very good relationship.

The new building has plenty of windows to let in light, landscaping surrounding the prop-

Kenneth Reeson Sr. is on the building and the building is dedicated to him, with Remco Memorials creating the plaque.

"[My father] and my grandfather were the builders of the

the family moved to Alberta, Reeson Sr. opened two locations: Remco Memorials on 97 Street and Value Monuments in Beverly.

Besides manufacturing

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# Marking up the sidewalk at Chalk It Up

Try your hand at creating sidewalk chalk art

**MARI SASANO**

Sidewalk chalk is temporary, but Art on the Ave's Chalk It Up event has been going strong for four years! What started as a simple concept—bring in some chalk artists and let visitors try it for themselves—has turned into a popular, free event with a pancake breakfast and art.

"It started with the breakfast, and then they wanted to add to it," said Mary Ann Aquino,

operations manager at The Carrot Coffeehouse. With a little brainstorming—chalk artists are always popular during Kaleido Family Arts Festival—it's grown every year. "It's perfect for the weather," she said.

This year's event on July 22 is going to be extra-special.

"We have a partnership with Northlands K-Days. It starts with a pancake breakfast and we close down 94th Street," said Aquino. "Every year we try to bring something different, and

this year, it's a unique celebration of the 10th birthday of The Carrot."

Ian Morris, a Vancouver artist, does 3D chalk art, and local artists (to be announced) will create their work throughout the day. After breakfast, the grills will get fired up for a barbecue, and live bands will play tunes until 8 pm.

"Kids come in and do their own thing, but it's open for all ages. You can just come and pick up some chalk," said

Aquino.

There won't be any formal instruction, but anyone looking for tips will have come to the right place.

"Some artists will be doing their own work in designated areas, and you can talk to them about what they are doing. It's great to have professional artists on site and have those conversations," said Aquino.

The event goes from 8 am to 8 pm, so visitors are invited to drop in, eat a meal, try some

drawing, and meet neighbours.

"It's about community. People of all walks of life, all ages, local artists from the neighbourhood connect with other artists."

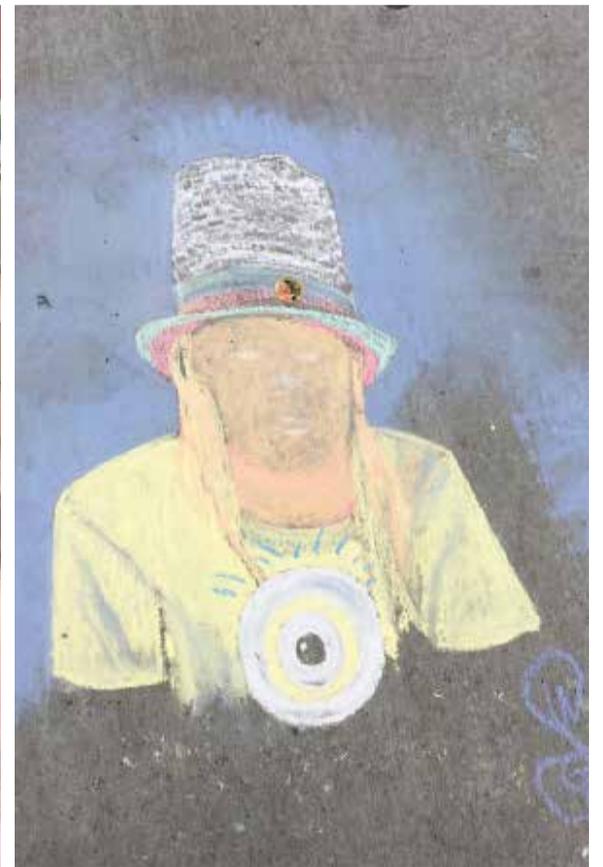
*Mari is a writer and civil servant.*

## CHALK IT UP

July 22, 8 am to 8 pm  
The Carrot Coffeehouse  
(9351 118 Ave)



Professional artists will give you some tips on sidewalk chalk art. | Supplied



At Chalk It Up, enjoy the variety of art. | Supplied

# Celebrate Latin American culture this July

Festival Mi Tierra Calle 87 returns for another year

**AYDAN DUNNIGAN-VICKRUCK**

It's mid-afternoon at El Rancho Spanish Restaurant. Dora Arevalo, owner of El Rancho Restaurant and Orlando Martinez, dance instructor and entertainer, are intensely engaged in planning the second Festival Mi Tierra Calle 87 (My Homeland 87th Street Festival), taking place July 14 to 16.

"Sure the theme and the focus originates from our traditions in El Salvador, but it expands from there to include all of Latin America. We will even have a tango presentation," said

Arevalo, explaining why they are committing the time and energy to another weekend celebration. "We had a great turnout last year. Not just Latinos but the whole community."

The weekend festival will take place inside and outside El Rancho Spanish Restaurant on 118 Avenue and 87 Street, beginning Friday at 4 pm and ending Sunday at 8 pm.

Friday kicks off with performances from Raíces Salvadoreñas, a local and mesmerizing female dance troupe in beautifully extravagant, flowing skirts.

Throughout the weekend,

local bands Rumba Caliente, Nevada Gaitera, Maladanzas, and others will provide live music. Martinez will entertain as well as teach Salsa dancing. Festival goers can enjoy Salvadorean and Mexican food at El Rancho Spanish Restaurant or sip Corona and Negra Modelo beer or a traditional Salvadorean beverage called horchata made with rice, spices, cocoa, and ground seeds and nuts. Horchata is strained before serving.

Outside, attractions include a beer tent and a clothing and craft shop.

Sunday morning will fea-

ture special events for children, including dance lessons.

"We have to share, we have to dance, we have to celebrate. That is what we do as Latinos," Arevalo explained enthusiastically, effusing Salvadorean hospitality.

Keep informed on the ever-evolving schedule at facebook.com/FestivalMiTierraCalle87/.

*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.*

## FESTIVAL MI TIERRA CALLE 87

Inside & outside of  
El Rancho Spanish  
Restaurant (11810 87 St)

July 14 to 16  
Friday, 4 to 11 pm  
Saturday, 11 am to 11 pm

Sunday,  
11 am to 8 pm  
Free admission



Cristina and Vicente Muñoz will be dancing tango at the festival. | Supplied



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# Bring your dog to Eastwood's favourite fest

Muttstock has entertainment for dogs and owners

## MARK PARSONS

July heralds the return of Muttstock, a unique dog-centric event welcoming dogs, their owners, and dog lovers in general.

"Muttstock is a popular event because people love to get outside with their dogs," said Jaz Rayne, vice president of Muttstock Alberta Rescue Benefit Society (MARBS). "Not many festivals for humans allow dogs to attend, so the option to bring your dog to an event geared towards dogs and their owners is fantastic."

Rayne explained MARBS is presenting Muttstock this year. Newly created, MARBS allows organizers to work as non-profit charity.

"We have extended ourselves from being supported and put on by one rescue, but created a committee where rescues were asked to help put Muttstock on." In previous years, GEARS had hosted the event.

Edmonton hosts several animal rescue organizations, but costs of veterinary care and supplies limit the ability to help. To this effect, Muttstock is a large-scale fundraiser that allows MARBS to help animal rescue organizations.

"[We] aim to help alleviate these financial burdens by donating the entirety of its profits to the rescue organizations involved in making Muttstock a success," said Rayne.

Participants will find plenty of activities, such as a doggy waterpark, live bands, face

painting, and vendors. Wiener races, a crowd favourite, will be making a return.

"We will have a bouncy obstacle course, dunk tank, and games for the kids! We will also be hosting a pet food drive to help feed hungry rescue dogs," said Rayne.

Music is a big part of Muttstock and participants can enjoy a wide range of family-friendly music, from pop to reggae to classic rock. This year, organizers are introducing a battle of the bands format, so be sure to vote for your favourite. Local bands include Escape Goat, Corner Rooster, Sweet Vintage Rides, The Johnny Lemons, Fantastic Dirt Band, Delusions of Grandeur, Evergreen, and Brother Octopus.

Participants can also watch demonstrations. Alberta Force Free Alliance will present "Why Force Free" and "Dog Signs". These demonstrations focus on pet training through positive reinforcement and interpreting canine body language.

Rayne explained people support Muttstock because they enjoy mingling with like-minded animal lovers and giving back to the community. "We have a lot of people who come from all around the city as well to attend our event."

Muttstock takes place July 8 from 11 am to 6 pm at Eastwood Community League's park and hall.

"The event is free to attend, but we encourage people to bring cash for the vendors and to help us raise money. We have

a goal of raising \$5,000 and we know we can make it happen."

*Born and raised in Edmonton, Mark is a HR professional, writer, artist, and entrepreneur. He is also the founder of Multi Menu Edmonton, a local company that brings the pet store to your door.*

## MUTTSTOCK

July 8, 11 am-6 pm  
Eastwood park &  
hall (11803 86 St)

Free admission  
but donations  
encouraged



Much like its predecessor Avenue Goes to the Dogs (pictured), Muttstock has plenty to do for pets and their owners | Rebecca Lippiatt

# Minding your manners in the canine world

Knowing the basics of pet etiquette helps everyone

## TALEA MEDYNSKI

Manners and etiquette is equally important for people and pets.

Etiquette includes basic training and awareness, said Kathy Belec, owner of Raise the Woof and a Certified Professional Dog Trainer-Knowledge Assessed (CPDT-KA).

Kris Rooney, the head trainer at Dogspaw also with CPDT-KA, explained etiquette includes teaching dogs impulse control, like accepting treats politely. Training your dog to obey commands like sitting or staying helps develop manners. Teaching your dog a focus command (a word or signal) is also useful.

"Your dog will focus on you instead of distractions like cats or other dogs," said Belec.

If you get a puppy, socialize it by exposing it to sights, sounds, surfaces, people, and animals early on.

"Socialize your puppy to things they'll encounter in the world," said Belec. Go slowly so the puppy doesn't feel afraid or overwhelmed. Unsocialized dogs can become fearful.

"Don't take an unsocialized dog to a dog park; it can lead to dog fights," Belec added.

It's not just up to pet owners, either. Asking permis-

sion to pet a dog is crucial.

"It's really important you teach kids that even if the dog is still a puppy," said Belec.

When someone asks to pet your dog, know your dog's body language. If your dog hides behind you or you can see the whites of the eyes, your dog isn't ready. But if your dog is relaxed and its tail is wagging, it's likely fine.

Don't pet a dog on its head.

"Most dogs don't like being petted on the head," said Rooney. "Scratch on the chest or shoulder. Crouch down and turn to the side." Dogs greet each other from the side, not nose to nose.

Belec suggests greeting a dog at a distance. "Dogs have space just like people."

And if you come across an aggressive dog, don't run, as it can trigger a dog's prey drive, the instinct to chase.

Rooney advised, "Stand still, tuck hands in close to your body. Be still and calm."

"Don't make eye contact. Ignore the dog—freeze. Be as boring as possible," added Belec.

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



Both pets and people should know about things like training and body language. | Pixabay

## EDITORIAL

# Blowing out Canada's birthday candles

Recognizing mistakes and victories for our future

**AARON PAQUETTE**

Canada has had a long and terrible history with indigenous peoples.

Let's state that from the start. If we can't look at things as they are, we can never hope to make them better.

And we need to make them better.

Let's also discuss responsibility. It's not indigenous peoples' fault for the social, economic, and political decisions that have led to this current state of affairs, nor is it the fault of your average Canadian citizen. All we are responsible for is how we choose to move forward.

The Canadian government has historically and purposely diminished the power of indigenous people to determine their own lives. There was no war in Canada for lands with victors and losers, there were treaties of peace and understanding. The treaties are, in effect, the legal

basis for Canada. But after the treaties came the Indian Act.

The Indian Act is the only race-based legislation in the developed world. It allowed for the pass system, residential schools, resettlement and decreasing reserve sizes, the institution of the chief and council governance system, forced adoptions, and so on.

Only in the latter part of the past century have indigenous people been allowed to hire lawyers and slowly things have begun to change.

Part of the original treaties was to ensure money from the land and resources the Canadian government took was administered and invested by the government. If this were done with the same integrity and scrutiny that we expect when it comes to our own taxation, this would have accumulated many hundreds of billions of dollars today, but that was not done. Instead, the government

injects about \$9 billion annually into barely meeting their treaty obligations for health and education on reserves from that same trust. None of this money comes from taxpayer dollars and much of that money is lost to the bureaucracy of Indigenous and Northern Affairs Canada.

However, you won't read about that in reporting. You'll rarely get an unbiased and straight recounting of the facts and causes. Instead, we see sad story after sad story. Suicide, drug use, criminality.

Indigenous people today live with the result of broken laws and treaties and the intentional, generational fracturing of their communities and families. It is a shameful part of the Canadian fabric.

Not only have their children been robbed of their rich lands, diversity, and history, but as partners in this great experiment, so have Canadian children. We celebrate 150 years,

but are missing the important and fascinating history of Canada's millennia of habitation, stories, and collected wisdom.

But it doesn't have to be this way.

More than half of indigenous people no longer live on reserves. They are your neighbours, colleagues, and friends. It's time to stand together as communities and tell the federal government we will no longer tolerate children dying needlessly or communities going without clean water. By neglecting youth in indigenous communities, we are damaging the bottom line in terms of the economic contributions they could make when educated, healthy, and proud. So on every metric, it only makes sense and profits Canada in every way to fulfill these founding promises and agreements.

As a society, we like to think well of ourselves. If our neigh-

bour needed help or if someone was suffering, we'd help. It's time to extend our reach.

Let us celebrate Canada 150, but let's celebrate the good we are committing to for the future, and taking as our lessons both past mistakes and victories. Let's fulfill the promise of a good life in Canada by ensuring every family gets a chance.

We are all neighbours, community, and family. Let's never tear each other down. That's not what builds communities. Instead, let's raise each other up, dust each other off, roll up our sleeves, and get this good work done.

We can do it. We are strong. Together.

*Aaron is a First Nations Métis entrepreneur and author of the bestselling, award-winning novel, Lightfinder. He and his family live in Edmonton and Aaron is currently running for city council in Ward 4.*



Celebrate Canada 150 by helping each other. | Aaron Paquette



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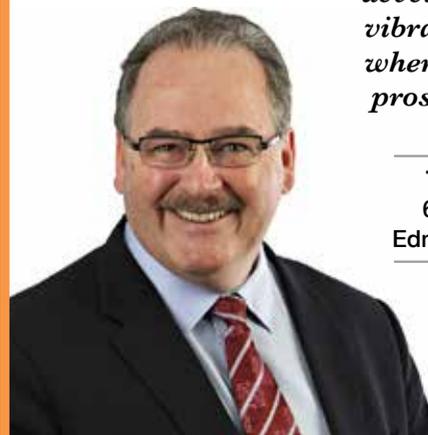
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edmonton.highlandsnorwood@assembly.ab.ca



# Local dance: from Renaissance to hip hop

Take your pick on how you want to move to the music

REBECCA LIPPIATT

Whether you want to try a new form of dance or practice a form you already love, our neighbourhoods offer a great selection.



Marie Habib is an internationally trained and practicing belly dancer and teaches private or group Egyptian dance lessons at Bedouin Beats (11805 94 Street) and in clients' homes. Email her at mail4marmar@gmail.com.



The all-girls advanced hip hop dance class at Kore Studios, taught by Carlo Atienza, recently placed first at Artists Emerge and Represent Dance competition. [www.koredance.com](http://www.koredance.com) 12510 82 Street, 780.474.0242.



The Society for Creative Anachronism holds weekly practices at Alberta Avenue Community League (9210 118 Avenue). Renaissance dance is researched and practiced under the tutelage of Cath Jackel. [www.borealis.avacal.net](http://www.borealis.avacal.net)



Parkdale-Cromdale Community League (11335 85 Street) has hosted a drop-in tango class every Sunday night for the last 20 years. Taught by Vince and Cindy Davis, it is one of four tango schools in Edmonton. [www.parkdalecromdale.org](http://www.parkdalecromdale.org)



Raena Waddell teaches Mile Zero Dance's contemporary dance class. Dance classes offered are for all ages and abilities. [www.milezerodance.com](http://www.milezerodance.com), 10816 95 Street, 780.424.1573.



From salsa to ballroom dance to senior's social and lessons for children, Elite Dance Studio on 95 St and 117 Ave offers a variety of classes. Shaylen Naidoo and Lisa Franco teach salsa on Thursday nights. [www.elitedancestudio.net](http://www.elitedancestudio.net), 780.953.0041.

*A professional photographer for the past 9 years, Rebecca is actively involved in her community, participating in arts festivals and as the photo editor for the Rat Creek Press.*

# Indulge in the best of summer's pleasures

Beat the heat with local patios and cool treats

RCP WRITER COLLABORATION

If there's one thing Edmontonians love during the summer, it's a great patio or a delicious cool treat. Check out these local places and enjoy the warm weather.

## 93 - 96 STREET



### OTTO (11405 95 St)

With its Dutch-inspired simplicity, OTTO is a great place to cool off. When the large garage-style door is open, it allows in a breeze. Try their selection of food, like Pinocchio chocolate and salted caramel ice cream (\$5) or craft beer, like Lemons and Limes Sour beer (\$7) or Earl Grey and Blackberry Tea Saison (\$8).



### Popular Bakery (9307 118 Ave)

Buy a vanilla or chocolate soft ice cream in a waffle cone (\$2.50), a perfect treat on a summer day. They also offer iced coffee (\$2.50).



### Mona Lisa's Pub

(9606 118 Ave - no minors)

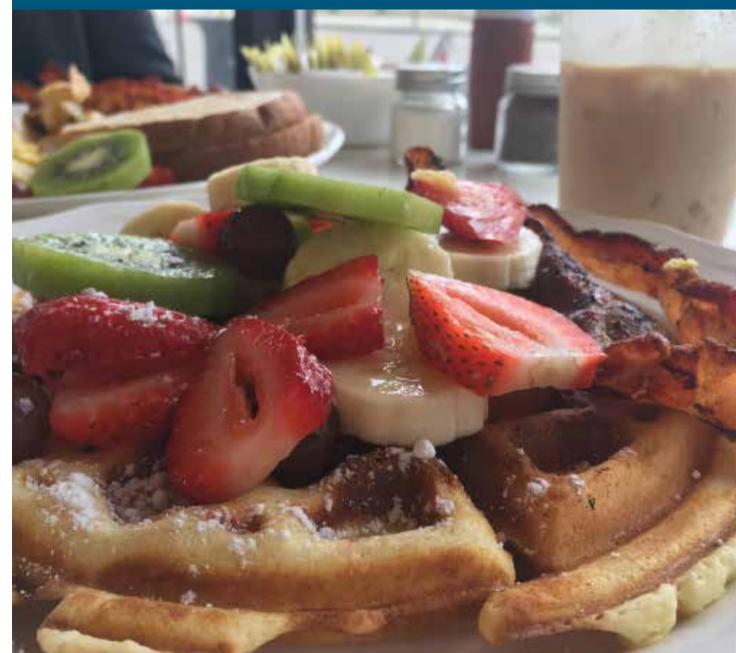
Their pub fare includes darned good fried chicken (\$5.50 for three pieces after 4 pm, Sun and Wed). The patio is also an excellent place to enjoy a cold adult beverage. Bring some friends and grab a bucket of beer for \$20.



### The Carrot Coffeehouse (9351 118 Ave)

Enjoy the charming patio and try one of their summer drink specials, such as an iced chai or iced latte (both \$4.25).

## 86 - 87 STREET



### Jasmine Belle Café

(8702 118 Ave)

This café has a mélange of treats, like smoothies, the classic breakfast (\$10), or Belgian waffles (\$10). Choose from a selection of bubble teas, like this refreshing Hong Kong milk tea with lychee jelly (\$4.75).



### Handy Bakery (8660 118 Ave)

Buy a non-alcoholic Portuguese beer "Sarges" (\$2.50), or one of their custard tarts (\$1.40), lattes (\$3.50), or cappuccinos (\$3.50) and enjoy it in their fenced-in patio.

### Passion de France (11812 86 St)

Buy an iced coffee (\$4.25) or an Italian soda (\$2.75) from this French bakery and then sit outside at one of the tables in the spacious patio just off of 118 Avenue.



# Dive into science fiction and fantasy

Pure Speculation Festival finds a home on the Ave

**TALEA MEDYNSKI**

Interested in learning the finer points of parasol dueling? Or perhaps you'd like to join other festival goers in eating cereal and watching cartoons? For those who love science fiction and fantasy, Pure Speculation Festival has a new home this year at Alberta Avenue Community League from July 28-29.

Brent Jans, festival chair, described the festival as "a small fan-organized speculative fiction science fiction fantasy event, but we will talk about anything the Hugo gives awards for: TV, movies, or graphic novels."

The festival began in 2005 when Jans realized there were not many science fiction or fantasy events in Edmonton.

"If I wanted there to be something in the city for nerds to enjoy themselves at, I would have to start it," Jans explained. He organized Pure Speculation Festival with a few friends and held the first festival at a hotel. "From a financial standpoint it tanked, but people were excited," he said. Since then, the festival draws 200-300 people every year.

Organizers chose not to hold the festival last year. It normally takes place in late October, but weather played a big part in attendance. If it snowed, people often chose to stay home. Jans said people didn't necessarily feel comfortable going to a hotel for the festival, either. The organizers decided summer was a better time to hold the festival, and waited until this year to hold it again.

"It's a mark of how much people enjoy it when I got inun-

dated with email when it didn't take place last year," he said.

The festival often gets compared to the Edmonton Expo, but they're a smaller event focused on local authors and artists from Edmonton and Alberta such as Barb Galler-Smith and Anne Marston.

"We want the festival to be as much about the local community as possible," said Jans.

Like the Expo, organizers feature panels with authors and artists. For example, musician Vanessa Cardui will be holding a panel to how to write filk music (culture, community, and musical genre associated with science fiction and fantasy).

However, organizers are also open to community members running a panel. Those interested in doing so should visit [purespec.org](http://purespec.org) and submit their ideas through the link supplied.

But the festival isn't just about panels; there are also demos and performances. Madame Saffron Hemlock's Parasol Dueling League will be running a demo and the Kita Kaze Budo Association will feature kendo and naginata demos. As for performances, festival goers can watch *Overtime: The Musical*, based on the novella by Charles Stross.

And if you're an early riser, you'll be in for a treat. On Saturday at 8:00 am, enjoy all-you-can-eat cereal and watch cartoons.

"People can come in their pajamas or not," Jans said.

Vendors, booksellers, craftspeople, and local artists will also be in attendance and local Klingon group IKS Swifthawk will be the festival's security.

Admission is free. "We want to

remove as many barriers to people coming as possible," he said, explaining that organizers felt it particularly important for youth to be able to access the festival.

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



Local authors, artists, and vendors will attend Pure Speculation Festival. | Michelle Earl

## PURE SPECULATION FESTIVAL

July 28-29  
Friday: 4-11 pm (no minors after 8 pm)  
Saturday: 9:30 am to midnight (no minors after 8 pm)  
Alberta Avenue  
Community League (9210 118 Ave)  
[purespec.org](http://purespec.org)

# your eastwood news



sponsored by

Eastwood  
Community  
League

11803 86 St 780.477.2354  
[ewcl@shaw.ca](mailto:ewcl@shaw.ca)

## Green Shack

July 4 to August 24  
Kids of all ages are invited to join in summer activities organized by the City of Edmonton. Visit [edmonton.ca](http://edmonton.ca) and search "green shack" for a detailed schedule.

## Muttstock Festival

July 8, 11 am-6 pm  
It's time for our annual dog party, located in the park behind Eastwood Community Hall. Bring your furball for activities and entertainment including face painting, music, balloon artists, and doggy activities.

The spray park will be on, so bring towels and be ready for that special wet dog experience.

Muttstock is a non-profit group raising money for rescues and related non-profits supporting canine

well-being. Interested in supporting the cause? Visit [facebook.com/muttstock](http://facebook.com/muttstock).

## Eastwood Harvest Fest

September 23, 2 pm  
Roast vegetables with your neighbours and dance and party into the evening. Details to come at [facebook.com/EastwoodCL](http://facebook.com/EastwoodCL).

## Interested in becoming more involved?

We're always looking for people to help bring our neighbourhoods to life.

Our next community meeting is July 5 at Eastwood Community Hall. Come on by to connect while sharing a few drinks. We'd love to have you.

Questions? Comments? Words? Send us a beat at [ewcl@shaw.ca](mailto:ewcl@shaw.ca).

## Volunteer & Notices

Brought to you in partnership with [NorwoodNeighbourhoodAssociation.ca](http://NorwoodNeighbourhoodAssociation.ca)

### CASINO VOLUNTEERS NEEDED

Rat Creek Press, Sept 10 & 11. Sign up: [timecounts.org/rat-creek-press/events/947](http://timecounts.org/rat-creek-press/events/947)

### SWIM FREE AT OUTDOOR POOLS

Anyone can buy an Alberta Avenue league membership and access this program. Various free swim times daily at the four outdoor pools. More: [albertaave.org](http://albertaave.org)

### LAMPPOST & INSTALLATION CHALLENGE

Make your artistic mark on 118 Ave during Kaleido! Create a 3D lamppost installation or create a structure that will fit within a 12x12x12' space. Visit [www.kaleidofest.ca/lampost/](http://www.kaleidofest.ca/lampost/) or <http://www.kaleidofest.ca/12foot12/> for more details.

### PLAY IN CHALK

Edmonton artists are invited to submit their work for our Chalk It Up Community Celebration on July 22. Submission form at [thecarrot.ca/news/2017/4/9/chalk-it-up-call-for-artists](http://thecarrot.ca/news/2017/4/9/chalk-it-up-call-for-artists).

### ALL WE NEED IS A PORCH

Seeking a porch two blocks north and south of 118 Ave from 90-94 St to use during Kaleido Fest, Sept 15-17. | Email [katt.program@kaleidofest.ca](mailto:katt.program@kaleidofest.ca) or 780.471.1580.

### FEED KALEIDO OR SELL YOUR WARES!

Seeking artisans, prepared food vendors, and food trucks or trailers to participate in Kaleido Festival. Sell your wares to more than 60,000 festival goers! Visit [www.kaleidofest.ca/artisans/](http://www.kaleidofest.ca/artisans/) or [www.kaleidofest.ca/food-trucks/](http://www.kaleidofest.ca/food-trucks/).

### KALEIDO GALLERY SUBMISSIONS

Submit your original visual artwork to be displayed and sold in Kaleido festival galleries. First time submitting? Let us help! Contact: [galler@kaleidofest.ca](mailto:galler@kaleidofest.ca) and visit [www.kaleidofest.ca/visual-arts-gallery/](http://www.kaleidofest.ca/visual-arts-gallery/) to submit!

### LAST CALL FOR KALEIDO PERFORMANCE ARTISTS!

Kaleido welcomes creatives looking to push limits of traditional performance with site-specific, multidisciplinary performances in unconventional spaces along 118 Ave (between 90-94 Streets). For details & to apply: [www.kaleidofest.ca/performers/](http://www.kaleidofest.ca/performers/).

# your community league!

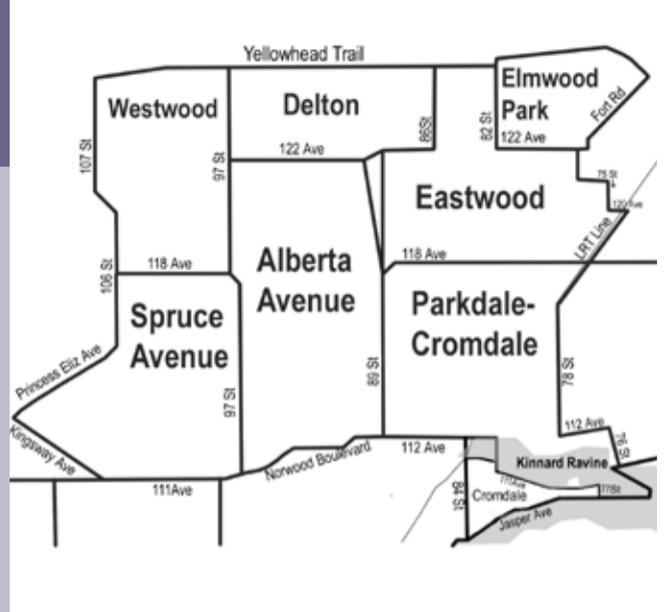


**DELTON COMMUNITY LEAGUE**

**SUMMER GREENSHACK**

Free summer playground program  
 July 4 to August 24  
 10:30 am to 1:30 pm

12325 85 Street 780.477.3326  
[www.deltoncommunity.com](http://www.deltoncommunity.com)



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**Elmwood Park COMMUNITY**

**Greenshack**  
 Free playground program  
 July 4 – Aug 24  
 2:30 – 6 pm

**Spray park hours**  
 9 am to 9 pm

Bring the kids out for  
 some fun!

12505 75 Street

**WESTWOOD** 12139 105 ST  
 COMMUNITY LEAGUE [admin@westwoodcl.ca](mailto:admin@westwoodcl.ca)  
 780.474.1979

**CONSTRUCTION** - The ornamental pond next to the hall is being removed and replaced with a fountain and spray deck.

**NO GREENSHACK** in Westwood this summer. Find alternative sites: [Edmonton.ca/playgrounds](http://Edmonton.ca/playgrounds)

**SPRUCE AVENUE COMMUNITY**

**NOTICE**  
 The Commonwealth Pool will be closed July – September.  
 Check out an outdoor pool!  
[Edmonton.ca/OutdoorPools](http://Edmonton.ca/OutdoorPools)

Recreation Centres   
**FREE OUTDOOR POOLS ALL SEASON LONG!**  
 A part of Edmonton's Canada 150 celebrations

**BLOCK PARTIES**

When it's All or Nothing Against Your Neighbour!

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**Abundant Community**  
 Waffle and Smoothie Gathering  
 Saturday, July 15, at 10:00 AM  
 RSVP to Lenn Wheatley  
[Engage@AlbertaAve.org](mailto:Engage@AlbertaAve.org)  
 Or 780-477-2773

**alberta avenue COMMUNITY LEAGUE**

# New festival promotes cultural diversity

Global Fusion shows how youth lead the way

**TALEA MEDYNSKI**

Youth have an opportunity to showcase their culture and learn about other cultures during Global Fusion Festival on July 21 at Giovanni Caboto Park. The festival, part of Canada 150, is meant to empower youth and bring cultures together.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta (OSCAR) and one of the festival facilitators, said, "We have a lot of hate, but the youth are saying 'we're here to promote love.'"

Global Fusion started because of a conversation about cross-cultural development and questioning how youth can be more engaged and lead that process.

"We want to empower them and motivate them," Abdulkadir said. Although Global Fusion is focused on youth, anyone is

welcome to attend.

Taro Hashimoto, the other festival facilitator and a community development officer with E4C, said people are disconnected from cultural groups.

"If your kids are interacting and sharing, they will lead the way," said Hashimoto.

Festival organizers, most of them youth themselves, all have hopes for the outcome.

Selassie Drah, festival organizer and a member of the Sangea Africa Performance Group, said cultural awareness is crucial.

"Youth voice is important," he said. "Every culture has something to contribute. No culture is a subculture."

Anita Sayaphet, festival organizer and a dancer, said she wants to get the Lao community involved, engage Lao youth, and diminish prejudices. She wants people to build relationships with people from other cultures.

Nigel Robinson, festival organizer and co-founder of Global Indigenous Youth Committee, said Global Fusion emphasizes the importance in "being welcome in each other's spaces."

Organizers planned the festival layout like a pow wow circle. At the centre is the stage, with tents from each culture/performer surrounding the stage. Tents from community organizations will be arranged in a circle surrounding the performers' tents.

"The design of the festival is meant to connect with, learn, and share with others," said Hashimoto.

Organizers are featuring a variety of different cultures, including indigenous culture.

"We respect the culture of Treaty 6 territory and share our cultures as well," Abdulkadir said.

Only one performance will

happen at a time.

"Every culture will have their moment," Abdulkadir explained.

Performances will include singing, drama, dancing, storytelling, and poetry, with the performers telling the audience about its cultural significance beforehand.

Abdulkadir said Global Fusion helps youth learn about different cultures and break stereotypical beliefs.

"The best way to discount racism is to have this kind of event," said Abdulkadir.

Youth ages 13 to 29 will be the performers.

"We're sending invites to schools, organizations, and the community," said Abdulkadir, explaining they are inviting youth groups to join them as well as organizations that serve youth.

There will be individual per-

formances until 6 pm. After that, a concert featuring local artists and previous performers will run for the remainder of the time. Festival goers can participate in educational cultural games, help create a collaborative art project, visit art displays and vendors, and find information on topics such as anti-bullying and mental health issues.

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

## GLOBAL FUSION

July 21, noon to 10 pm

Giovanni Caboto Park  
109 Avenue and 94 Street  
Free admission



Festival planners (left to right): Anita Sayaphet, Charlotte Nyongou, Selassie Drah, Ned Staples, and Nigel Robinson. | Talea Medynski

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# Giving children a head start for school

Local program gets children ready for kindergarten

**STEPHEN STRAND**

Sometimes children need a helping hand, and the Norwood Child and Family Resource Centre's Head Start program does just that.

"Head Start is a free, inclusive learn-through-play program for children three-and-a-half to five years old of qualifying families," said Meagan Hight, program manager. Head Start aims to help children develop the skills needed for kindergarten. Interested families should contact Norwood Child and Family Resource Centre for more information and to see if they qualify.

In Head Start, teachers, early childhood educators, and family support workers "provide a program that strengthens and enriches the lives of

children and their families where parents and caregivers are respected as the primary educators and nurturers of their children," said Hight.

providers to meet needs identified by the family."

The program focuses on social, physical, language, creative, and emotional develop-

shyness because it helped them open up and become comfortable with formal learning.

Head Start is offered in half-day sessions from Tuesday to Friday at Norwood Child and Family Resource Centre and Rundle School. With 17 children per class, the class sizes are fairly small. The program runs during the school year, with extended programming through July for children who may benefit from the program before entering kindergarten. Busing is free for children who live within the busing zone, although there is no bus service in July.

Norwood Child and Family Resource Centre offers free programs and services to low-income families who may be facing challenges. A non-profit organization, they receive funding from various donors.

"Norwood applies for additional funding for children with severe or mild/moderate delays as well as English language learners," Hight said. Children with identified learning needs attending Head Start

and who require additional support to strengthen their speech and language or physical development may be eligible to receive more funding from Alberta Education.

To register for the program, contact Norwood Child and Family Resource Centre, and their staff will assess the family's needs and find the right programs for each family. Families can begin the registration process in January.

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



The Head Start program is free for qualifying families. | Supplied

"Family support workers play a key role in family development by working directly with parents, often in the home. [They] provide support such as encouragement, connections, information, and advocacy and will liaise with other service

mental and learning needs.

"My children still talk fondly of the course and the teachers," said Rebecca Lippiatt. "The teachers were fantastic! They were kind. Committed to the kids." Lippiatt said the program helped with her children's

## HEAD START PROGRAM

Norwood Child & Family Resource Centre

9516 114 Ave  
780.471.3737

Rundle School  
11005 34 St  
780.471.6100

# Organization promotes safety of citizens

Goal is to provide safe homes throughout city

**AMANDA SOKAL**

Where do you go when you're scared, lost, or sick? We teach our children to be wary of strangers, but what happens when children are away from home and need help? Thanks to the Edmonton Safe Parents Association, help is only a skunk away!

Spunky the Skunk is the mascot in the window sign of the Edmonton Safe Parent Association. It's a red, white, and black sign of a skunk holding a child's hand. Approved and screened volunteers (Safe Parents) display this sign in their windows when they are home and available to help.

"A Safe Parent is an adult who is concerned about the well-being of Edmonton's citizens, especially children and seniors," said Karen Larsen, office manager at Edmonton Safe Parent Association.

The organization's focus has

been on child and senior safety because these age groups tend to be the most vulnerable. That said, anyone should feel comfortable using a Safe Parent home if lost and afraid, feeling unwell, in a threatening situation, in danger from an animal, on a bad date and needing a

Safe Parents help by calling the police or the person's family and then providing that individual with a safe place to wait until help arrives. However, volunteers are not expected to provide things such as food, transportation, or first aid (unless specially trained). They

willing to help someone in an emergency situation. To become a Safe Parent, you must be over 18, have no criminal record, and complete all required paperwork.

"Only those without criminal records will be given Safe Parent status. This ensures that all Safe Parents are 'safe' strangers," said Larsen.

Volunteers must also agree to display the Safe Parent window sign responsibly. This means displaying the sign only when they're home and able to provide immediate help. Each sign has a special code unique to that volunteer.

The Edmonton Safe Parent Association is the result of a rebranding in 2006, and 2018 will be the association's 45th anniversary. The organization was started in Hamilton, Ontario in 1968 by the Jewish Women's Council in response to a missing boy. Edmonton was the first city outside of Ontario to start such a pro-

gram.

The more Safe Parents we have, the more the signs are displayed, which all helps to make Edmonton a safer place to live.

If you are interested in being a Safe Parent or are looking for more information, visit [www.edmsafeparent.com](http://www.edmsafeparent.com).

*Amanda is a budding entrepreneur, a practicing Wiccan, a burgeoning gardener, and an herbalist who is working to obtain a degree as a naturopathic practitioner.*



Edmonton Safe Parent Association helps provide safety and guidance to Edmontonians, especially children and seniors. | Pixabay

safe place to go, or having vehicle problems and needing help.

also don't resolve conflicts.

Safe Parents are police-screened adult volunteers

## EDMONTON SAFE PARENT ASSOCIATION

9321 Jasper Ave  
780.433.9374 or  
[safeparent@telus.net](mailto:safeparent@telus.net)

8 am to noon and 1 to 3:30 pm, Monday to Friday

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# Enjoy a fun summer road trip in Alberta

Different routes give travellers plenty to see

## CONSTANCE BRISSENDEN

Summer in Alberta is perfect for road trips. My travels have taken me north to the “Mighty Peace” and south to Waterton Lakes National Park. Here are a few gems along the way. Plan a route and make hotel or camping reservations before you go.

### NORTHBOUND

#### Heading north to Peace River

Peace River is 505 kilometres from Edmonton, the perfect distance for stops along the way. First stop: Slave Lake on Highway 2.

#### Birdwatchers’ beach special:

North of Slave Lake on Highway 88, visit Devonshire Beach on Lesser Slave Lake. The sandy stretch was named one of the top beaches in North America. Not fancy, but usually not busy either. Good for a swim and picnic. Further

along Highway 88, stop at the Boreal Centre for Bird Conservation. Stretch your legs along the Songbird Interpretive Trail. The bird banding station is open for fall migration from July 12 to the end of September. Get directions to the banding station at the main building. Visit [www.boreal-birdcentre.ca](http://www.boreal-birdcentre.ca).

Fish along the breakwater: High Prairie is next along Highway 2. The town has six motels as well as a 3-D movie theatre. This is a good overnight spot. Stock up at the 24-hour IGA, and swim in the local indoor pool, and visit the museum on Main Street. Have a tasty supper at one of several restaurants. Next, take a 30-km drive on Highway 749, turning at Highway 679 to fish whitefish and pickerel at the breakwater at Winagami Lake Provincial Park ([www.albertaparks.ca/winagami-lake/](http://www.albertaparks.ca/winagami-lake/)). Pelicans nest here; eagles are

spotted as well. Camping is available in the park. Continue west to Peace River.

**The Mighty Peace River:** The drop along Highway 2 into Peace River is breathtaking. The town has everything: a museum, hotels, camping, restaurants, and a movie theatre. The spectacular view from 12 Foot Davis Hill is worth the uphill drive. The legendary miner and fur trader is buried beneath a cairn. Heading home, take Highway 684, known as the Shaftesbury Trail, and cross the river by car ferry. The crossing is short but memorable. Visit <https://peacriver.ca/community-services/museum/>.

### SOUTHBOUND

Head south to Waterton Lakes National Park: Entrance fees are waived this year because of Canada’s 150th anniversary, but pre-book hotel rooms or campsites in the area. RVers

can stay in the national park. Watch for mountain sheep in the town’s parks. You might also see black bears, eagles, moose, and deer in the area.

#### Waterton Lakes by boat:

Enjoy a boat tour to Waterton Glacier International Peace Park. Board at the marina ticket office in Waterton. No reservations required. A home-grown guide pointed out eagles and a black bear as we cruised across the Canada/USA border (no passports required). Visit <http://www.watertoncruise.com/contact-us.php>.

#### Great Canadian Barn Dance

Located near Hillspring, Alberta, the Great Canadian Barn Dance is a hidden gem. The Kunkel family opened the resort, complete with lake, more than 25 years ago. Take in a buffet followed by the Music Legends show performed by the Kunkels. Our show fea-

tured hits from the ‘70s. Stay at the campground, in a lodge, or in a cottage. Visit <http://www.gcbd.ca/>.

#### Head-Smashed-In Buffalo Jump

On your way back to Edmonton, head for Head-Smashed-In Buffalo Jump, a 15-minute drive from Fort Macleod on Highway 785. Designated a UNESCO World Heritage Site, the impressive museum tells of the culture and traditions of the North American plains. A short walk takes you to a cliff where bison were corralled and driven over to ensure the tribe’s winter survival. Visit <http://www.history.alberta.ca/headsmashedin/>.

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



Stop in Peace River and take in the view from 12 Foot Davis Hill. | Jeff Bartlett, courtesy of Mighty Peace Tourism



Visit the gravesite of 12 Foot Davis, a legendary miner and fur trader. | Jeff Bartlett, courtesy of Mighty Peace Tourism



Head-Smashed-In-Buffalo Jump is a UNESCO World Heritage Site. | Courtesy of Head-Smashed-In-Buffalo Jump



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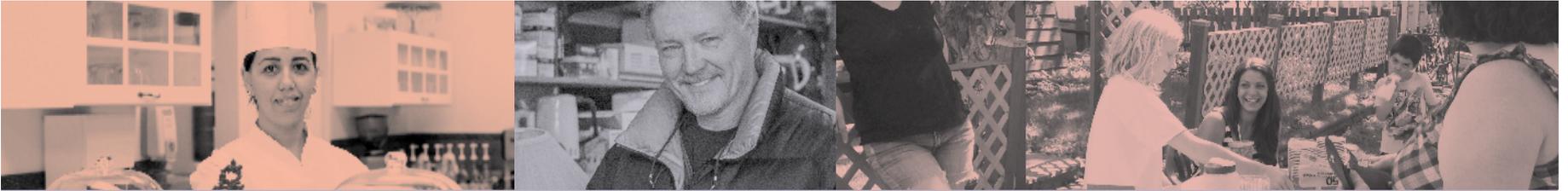
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2<sup>nd</sup> Floor City Hall, 1 Sir Winston Churchill Square, Edmonton, AB T5J 2R7



# WHAT'S ON IN JULY

## MONSTER PRO WRESTLING

July 1 | Alberta Avenue Garden

Lorna Kemp.

## JAZZ JAMS

July 6, 7-9:30 pm | The Carrot Coffeehouse. (9351 118 Ave.) Begin with a 45 min set from a house band, followed by an inclusive jam session. \$5 cover.

## YEG HIP HOP SHOWCASE AT THE CARROT

July 19, 7:30 pm | The Carrot Coffeehouse. A performance, open stage, and hip hop workshop! Pay what you can, with 100% going to the artists.

## LIVE MUSIC

Fridays, 7:30-9:30 pm. Cover: \$5, children free. | Carrot Coffeehouse.

## COFFEE WITH COPS

July 4, 10-11:00 am | Carrot Coffeehouse (9351 118 Ave). Join an open house conversation with EPS.



## A DECADE OF THE CARROT GALLERY OPENING: RETROSPECTIVE

July 5, 7-9 pm | The Carrot Coffeehouse. A special birthday edition of The Carrot's monthly gallery, with art from Glen Roland (The Studio), Kris Friesen, Maria Pace Wynters, and

## MUTTSTOCK DOG & MUSIC FESTIVAL

July 8 | Eastwood Park

## EL RANCHO MI TIERRA CALLE 87

July 14-16 | 87 St north of 118



## KALEIDO'S VOLUNTEER RECRUITMENT DINNER

July 18, 6 pm | Parkdale Cromdale Community League (11335 85 St). RSVP: [kaleidofest.ca/volunteer/](http://kaleidofest.ca/volunteer/)



## CHALK IT UP & THE CARROT BIRTHDAY PARTY

July 22, 9 am-7 pm | 94 St between 118-117 Ave. A celebration of family events, from a FREE pancake breakfast & BBQ, to belly dancing, chalk art creation, and live music!

## ENTERTAINMENT

### 5 PIN BOWLING

Every day, 10 am-10 pm. | Plaza Bowl.

## CARROT POETS SOCIETY

Last Wed of the month, 7:30 pm. Pay-what-you-can. | Carrot Coffeehouse.

## KARAOKE

Wednesday to Saturday, 9 pm-2 am. | Mona Lisa's Pub.

## OPEN MIC

Saturdays, 6:30 pm. Sign upon arrival to guarantee a spot. | Carrot Coffeehouse.

## PRO WRESTLING

First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: [monsterprowrestling.com](http://monsterprowrestling.com).

## SAVE THE DATE

### KALEIDO FAMILY ARTS FESTIVAL

Sept 15-17 | 90-94 St, along 118 Ave.



# FREE COMMUNITY PROGRAMS

Brought to you in partnership with [NorwoodNeighbourhoodAssociation.ca](http://NorwoodNeighbourhoodAssociation.ca)

## ESL & LANGUAGE

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

**ESL ENGLISH LESSONS**  
Thursdays from 11:30 am to 1:30 pm at Parkdale-Cromdale. Returning in September.

**ALL-AGES SPANISH LESSONS**  
Free every Monday from 6-7:30 pm at Parkdale hall.

**GLOBAL VOICES CHOIR**  
An informal way to practice English. No experience with singing or English is required. Light lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. No program in August. More: Suzanne 780.423.9682.

**CONVERSATION CAFE**  
Practice speaking English and learn about Western Canadian culture. Childcare provided. Saturdays 10-11:30 am from mid-September to end of May at Bethel Gospel.

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

## FOOD & SUPPORT

**COFFEE WITH COPS**  
First Tuesday of each month from 10-11 am at The Carrot.

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

**COLLECTIVE KITCHEN**  
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen. Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238. Call ahead. Parkdale Hall: Last Sunday of the month. Check [parkdalecromdale.org](http://parkdalecromdale.org) for details.

## PARENTS & PRE-SCHOOLERS

**GROWING TOGETHER**  
A free drop-in group for pregnant women and women with babies up to 3 months of age. Free resources including milk coupons and prenatal vitamins. Tuesdays 1:30-3 pm at Norwood Centre. More: 780.471.3737.

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

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

**SING, SIGN, LAUGH & LEARN**  
Mondays and Tuesdays 10:30 am at Sprucewood Library. More: 780.496.7099.

**BABY LAPTIME**  
Stories, songs, books, rhymes, finger play for baby up to 12 months. Tuesdays 10:15-10:45 am at Highlands Library

## CHILDREN

**LEGO AT THE LIBRARY**  
Design and build a lego creation. Ages 6-12. Saturdays 3-4 pm at Highlands Library.

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

## YOUTH

**EVIL GENIUS CLUB**  
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. Fridays, 4-5 pm at Highlands Library.

## TEEN LOUNGE

Play video games, make a DIY project, or just hang out. Thursdays, 6:00-8:30 pm. at Sprucewood Library.

## ADULTS

**AVENUE BOOK CLUB**  
Meets the first 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. Returning in September

## SENIORS

**NORWOOD LEGION SENIORS GROUP**  
Cribbage, Wednesdays at 1 pm at Norwood Legion.

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

## FAMILIES

**POP-UP MAKERSPACE**  
Makey Makey hack, DIY music, Art, and 3-D design and much more. First Wednesday of the month starting August 2 from 6:30-7:30 pm.

**BOARD GAMES NIGHT**  
Plenty of games to choose from or bring your own. Last Tuesday of the month 6:30 pm at The Carrot.

**FAMILY ART NIGHT**  
A variety of free art activities for school age children accompanied by adults. Thursdays, 6:30-8 pm at The Nina. Returning in September.

**MUSIC LESSONS BY CREAT**  
Free group music lessons Saturdays at Parkdale-Cromdale from 10 am to 12 pm. More: [createdmonton@gmail.com](mailto:createdmonton@gmail.com) or 587.336.5480.

**FREE REC CENTRE ACCESS**  
Commonwealth Pool is closed July & August. Watch for community access to return in October. Check with your league for details.

**FREE ADMISSION TO OUTDOOR POOLS**  
The City of Edmonton has made admission to all outdoor pools free for the summer. Happy Canada 150! [edmonton.ca/OutdoorPools](http://edmonton.ca/OutdoorPools)



## LOCATIONS

Community Leagues - see page 12  
St. Faith/St. Stephen Church 11725 93 St  
Highlands Library 6710 118 Ave  
Sprucewood Library 11555 95 St  
Norwood Family Centre 9516 114 Ave  
Carrot Coffeehouse 9351 118 Ave  
The Nina 9225 118 Ave  
Norwood Legion 11150 82 St  
Crystal Kids 8715 118 Ave  
St. Andrew's Church 8715 118 Ave  
Bethel Gospel 11461 95 St  
Mennonite Centre 11713 82 St



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# CHURCH SERVICES

**ANGLICAN PARISHES ON ALBERTA AVE**  
 ST. FAITH AND ST. STEPHEN  
 11725 93 Street  
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**St. Stephen: 780.422.3240**  
**Sunday Worship:**  
 8:30 am - Low Mass  
 9:00 am - Morning Prayer  
 9:30 am - High Mass  
 7:00 pm - Evensong  
**St. Faith: 780.477.5931**  
**Sunday Worship:**  
 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

**8718 118 Avenue (Crystal Kids Building)**  
 avenuevineyard.com  
 Sundays at 10:30 am

**AVENUE CHURCH**  
 A community to belong in...a community to serve with.  
 11335 85 Street (Parkdale Hall)  
 avenuechurch.ca  
**Sundays coffee fellowship - 9:30am**  
**10:00 am Service**

**BETHEL GOSPEL CHAPEL**  
 A Bible-based, multi-ethnic fellowship.  
 11461 95 Street  
 780.477.3341  
**Sunday Meetings:**  
 9:30 am - Lord's Supper  
 11:00 am - Family Bible Hour  
 Saturdays - Free English Conversation Café for immigrants

**EVANGELICAL BAPTIST CHURCH**  
*'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up' Eph. 4:32, 1 Th. 5:11a*  
 12317-82 St.  
 780.474.4830  
**Sunday School 10:00 am**  
**Sunday Worship 11:00 am**  
**Wed. Study/Prayer 6:30 pm**

**ST. ANDREW'S PRESBYTERIAN CHURCH**  
 8715 118 Avenue  
 780-477-8677  
**Service Times:**  
 Sundays at 11 am  
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**Kabab Kafta Platter 10.95**  
 1 skewer of Kabab Kafta with Mafrouba and Biryani rice, grilled onions and tomatoes with a choice of hummus or garlic sauce on the side



**Shish Taouk Platter 10.95**  
 1 skewer of Shish Taouk (Tikka Chicken) with Mafrouba and Biryani rice, grilled onions and tomatoes with a choice of hummus or garlic sauce on the side



**Tikka Beef Platter 10.95**  
 1 skewer of Tikka Beef with Mafrouba and Biryani rice, grilled onions and tomatoes with a choice of hummus or garlic sauce on the side

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**Happy 150 birthday, Canada!**  
 | Aaron Paquette



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