

RAT CREEK PRESS

ALBERTA AVENUE • DELTON • EASTWOOD • ELMWOOD PARK • PARKDALE-CROMDALE • SPRUCE AVENUE • WESTWOOD

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Make it a summer of neighbourly fun

Find or create activities to connect with neighbours



Community Connector Felisa Pador (right) and a community member eat watermelon at Norwood Square's Pop-Up event on Victoria Day weekend. | Noi Kareerat

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KAREN MYKIETKA

Alberta Avenue resident Maggie Glasgow intends to hold a block party every summer. She helped organize one three years ago and loved it, but last summer she was too busy with work obligations to organize another one.

"A big issue is the time it takes to door knock for signatures to close the street," said Glasgow.

While a block party that closes the street is great fun, smaller informal social gatherings can be equally valuable. Starting with smaller gatherings can also help generate enough interest and people willing to help with a full block party.

Connecting with neighbours doesn't have to be complicated. Just create an opportunity for neighbours to stop and visit with each other. Invite neighbours for a campfire and conversation. If you garden, ask neighbours over as you split your perennials or share your harvest. Host games on your front lawn or sidewalk: lawn games, board games, card games.

Last June, Wesley Andreas orga-

nized Red Chair Ave to spark conversation between neighbours and introduce people to underutilized parks. Red muskoka chairs were placed around the neighbourhood and hosts invited passerbys to stop and share their thoughts on Canada, Edmonton, and their neighbourhood.

Four of those chairs are now being used as part of the Alberta Avenue Community League's Neighbour Connect Project.

The league bought a cargo van, filled it with resources and activity kits, hired 12 summer students, and are hitting the streets of Alberta Avenue helping neighbours meet in exciting and engaging ways.

"We want to remove the barriers to connecting," said Lenn Wheatley, neighbourhood connector for Alberta Avenue Community League. "Often people don't have the time or resources or knowledge of what to do. Our team can work with residents and reduce these pressures of organizing a block event."

The team held their first event on May 6: a clean up on the 112 Avenue blocks, followed by food

and socializing at The Aviary. On the May long weekend, they held five simple pop-up events involving games, watermelon, freezies, and lemonade.

"We are hoping to do between 35 and 50 block events by the fall," said Wheatley. "We want to make it easy for neighbours to meet and get to know each other."

Other resources are available if you don't live in Alberta Avenue and have access to the Neighbour Connect Team. The City of Edmonton has a how-to guide to organizing block parties. Edmonton Neighbourhood Watch provides block party resources because getting to know your neighbours is one of the best ways to make your neighbourhood safer. A Small Sparks Fund through the Avenue Initiative funds up to \$250 for community-building initiatives.

So don't just think about getting together with your neighbours, find something you can manage and do it. If all you can manage is a friendly "Hello, how are you?", then start with that.

If you are too shy or nervous

to approach neighbours or if you just haven't found anyone with whom you can connect, check out the annual Rubber Boots & Bow Tie Garden Party on June 23 at Alberta Avenue Community Centre. It's a neighbourhood-wide block party for adults. Tickets are \$15 on Eventbrite. More info at albertaave.org/garden-party.

A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.

BLOCK PARTY RESOURCES

How to guide
edmonton.ca/blockparties
Resources
enwatch.ca/block-party/

Small Sparks Fund
Edmonton.ca
Neighbour Connect
[albertaave.org/](http://albertaave.org/neighbour-connect)
neighbour-connect

Tickets
\$15 advance
\$25 door

Join Us!

Rubber & Boots
& Bow Tie
Garden Party

Sculpture garden & art, garden games, appetizers, cash bar & music.

June 23²⁰¹⁸ Saturday
7:30 pm

Alberta Avenue Community Garden
93 St-118 Avenue
More info at albertaave.org

Purchase tickets at www.eventbrite.ca
or call 780.479.6237

alberta avenue
COMMUNITY CENTRE

The growing problem of garbage piles

Inner city neighbourhoods more likely to be plagued

TALEA MEDYNSKI

In April, garbage on a Parkdale lot garnered widespread media coverage before it was cleaned up. Parkdale-Cromdale isn't the only neighbourhood with this problem. Alberta Avenue Community League volunteers reported three properties during their clean up of the 112 Avenue blocks including a pile of refuse growing on a vacant lot on 95 Street.

Vacant or abandoned lots in particular are tempting dumping grounds, said Kaila Tipton, the city's acting coordinator of general enforcement.

According to Tipton, areas with more rental properties are also problematic. "People are moving more often and getting rid of things more often and not always disposing of things properly."

Virginia Potkins, an Alberta Avenue resident, said five properties on 118 Avenue and 96 Street frequently have junk in alleys or behind the properties.

"I call 311 or use the app at least once a week," said Potkins. "Last night we had a barbecue and we heard a truck, then saw some guy unloading an old broken lawn mower in the

alley. It's not just people who live here [that do it], it's people from other places."

Potkins noted how one home was undergoing renovations, but the refuse wasn't hauled away soon enough. "Some people used the drywall material and started building shelters to camp out. It's good that all these new builds happen, but we have to keep it clean."

No matter who's doing it, it's the responsibility of property owners to clean it up. Bylaw officers work with owners to help prevent the problem from getting worse by suggesting strategies like using signage, fences, and lighting. It's important to monitor the property to ensure people aren't dumping on it and to remove items promptly so it doesn't look like a dumping spot.

Report unsightly properties by dialing 311, by using the app, or by reporting it online. A bylaw officer will open a file and investigate within four business days.

The officer will determine how severe the problem is, then may give a warning (Notice to Comply) with 14 days to remedy the problem.

If the problem is not fixed,

then the officer gives a Municipal Government Act (MGA) order, which "gives municipalities the ability to remedy the problem and bill property owners for clean up," said Tipton.

Tipton added, "If it's a property where there's ongoing complaints and there's a significant history, they can go [straight] to the MGA orders." This order gives property owners 21 days to remedy concerns.

If the owner doesn't clean up the property by the due date, the bylaw officer books contractors to clean it and gives the owner seven days' notice for contractors to set foot on the property.

"But even if we get there, a property owner can kick us off and we'd have to go through the court," said Tipton.

Submitting multiple complaints to 311 can help officers understand the scope of the situation, but it won't make the file more of a priority.

"Early reporting can be [helpful] because the process can be quite lengthy. Once the file has started the process, it's a priority, but timelines are legislated so nothing can expedite it."

Taking a picture of the property is useful. "It's also a good

comparison for when the officer takes the photo," said Tipton, explaining the officer can see if the pile has grown.

If garbage is on city land, report it the same way. "As soon as the city is notified of something on city property, we deal with it as soon as we can," said Tipton.

Each case is unique and sometimes it takes longer to get a property cleaned. Tipton said, "More and more, we're seeing files that have complex pieces to it."

Some owners may be unable to clean their property due to mental health issues or because they're physically unable to do so. "We really try to work with property owners. A responsible municipality tries to work with the people. It's the property owner's responsibility, but we have to be aware and compassionate."

Tipton added, "An officer can fine after the property owner has shown non-compliance." Issuing a fine typically happens before the city hires contractors. In the case of repeat or chronic offenders, officers can issue a fine immediately.

"A ticket is issued as a tool to change behaviour," said Tipton.

The fine for a homeowner is \$250 and \$1,000 for construction-specific issues, such as infill properties and development companies.

Potkins said reporting properties helps.

"I think the more I complain, the more they actually listen," she said. "It's such a big issue that sometimes it takes time." She added, "It comes and goes but is a constant problem. It never fully disappears."

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

UNSIGHTLY PROPERTIES

Edmonton.ca, search "nuisance conditions"

Report by dialing 311, emailing 311@edmonton.ca or using the 311 app

Report online: edmonton.ca/311 (Bylaw Complaint Service) permits.edmonton.ca/Default.aspx?appArea=Complaints



Some of the garbage in the alley on 118 Avenue and 96 Street. | Virginia Potkins

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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. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

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Build Community, Encourage Communication, Increase Capacity.

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

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CIRCULATION

Serving 12,500 community members.

DELIVERY

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

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I ♥ my RCP

Jane's Walk illuminates local history

Spruce Avenue residents bring the past to life

NADINE RIOPEL

Over 40 people gathered on the corner of 101 Street and 112 Avenue on a beautiful Saturday afternoon in May to participate in the fourth annual Spruce Avenue Jane's Walk.

Every year, thousands of free, independently organized and guided community walks happen on or around the birthday of Jane Jacobs, an urban planning icon and activist. Her work is an inspiration to urban enthusiasts like Spruce Avenue resident and walk leader Wesley Andreas.

For the past three years, Andreas explored the Polish history of the area, but this year he focused on neighbourhood house histories.

"I've been going on Jane's Walks as a participant since they first spread beyond NYC and Toronto to Calgary in 2008 and I was always interested in leading one myself. When I moved to Edmonton, going on walks is how I first learned about the city," said Andreas.

Andreas has been working on a community history project through Spruce Avenue Community League. Part of the project includes Andreas working with residents to research their heritage homes. In the past

year, he secured funding to have historical plaques created for participating homes. Approximately 25 Spruce Avenue houses have these signboards listing the names and occupations of their original owners.

Nineteen of these heritage homes were listed on the handout that walkers received, along with nine other historical points of interest such as Spruce Avenue School and the fire (now ambulance) station rebuilt in 1966 to replace the 1911 original.

Andreas, an urban geographer by training, did extensive research and brought several historic photos to share. Early in the walk, he quoted a past resident named Eleanor Cleary, which caused some excitement in the group as two of the walkers announced that she was their great aunt. This was very much in keeping with the spirit of Jane's Walks, which promote walkability, community, and education.

On 102 Street between 113 and 114 Avenues, Andreas stopped to discuss the impact of the Hudson's Bay land sale in the 1930s, and to point out several houses built in the four-square style popular in the 1910s. Resident Ken Marcus said he and his family have bought and fixed up four different houses on that block since 1974, raising their five children in the process, one of whom now lives with his family next door to Ken and his wife Elaine.

On 101 Street, Andreas told the story of his own heritage home, which was one of three built by the Upright brothers who owned a tinsmithing business.

In the northwest quadrant of the neighbourhood, much of the land was used as an extension of the military bases at Blatchford Field during the Second World War. In fact, there was a plan to evacuate all Alaskan residents into this small area if it were ever under attack.

After the war, that land was redeveloped into the residential area it is now, but with the curving streets and bungalows popular in the 1950s and 60s. At the time, it was considered a style of infill not in keeping with the character of the neighbourhood and elicited considerable debate among residents not unlike, Andreas pointed out, the infill debates we have today in mature neighbourhoods.

Between the impressive turnout, the lovely weather, the skillful leadership of Andreas, and the enthusiastic participants, this Jane's Walk was a success.

Nadine is a professional facilitator and connector. She is also an enthusiastic member of the Spruce Avenue community, where she lives with her husband and young son.



Spruce Avenue historian Wesley Andreas (in orange shirt) leads walk participants towards the 1912 North Telephone Exchange building, now serving as an Alberta Health Services research facility. | Samuel Murgatroyd

Our pledge to Indigenous people in Edmonton

Following through with the Truth and Reconciliation Commission

PATRICIA DUNNIGAN,
RCP BOARD

The final report of the Truth and Reconciliation Commission (TRC) was released in 2015. It included several calls to action directed toward the media. Since then, the Rat Creek Press (RCP) board has formed a Community Engagement Committee to implement these action ideas.

A message from Karen Mykietka, RCP publisher, appeared in the January 2018 issue stating the paper's inten-

tion to respond by including more Indigenous-related content (www.ratcreek.org.) As well, the front page of the June issue contains the statement "Published on Treaty Six Territory" below the line that lists the seven communities served by the paper.

Treaty 6 territories include most of central Saskatchewan and Alberta. One of the first steps in reconciliation, according to the TRC, is to recognize that each of us living within the territory has obligations to mutual understanding and

respect. These obligations were the intent of the initial agreement, where First Nations and Métis individuals would cede their lands in return for certain protections and rights. The Crown, on behalf of all Canadians, agreed to respect Indigenous histories, languages, cultures, and traditions. History has shown that successive governments in Canada violated these rights with the creation of residential schools and later with the Sixties Scoop.

Now is the time to write

another narrative. Indigenous people in Edmonton are students, business owners, educators, artists, political leaders, and full participants in the city's life. They are reclaiming their lost and suppressed traditional knowledge and languages. Yet, many still face the challenges of intergenerational post-traumatic stress, poverty, and systemic racism.

By acknowledging that our communities are situated on Treaty 6 Territory, we demonstrate our commitment to the

TRC's call for a new vision for Canada: "one that fully embraces Aboriginal peoples' right to self-determination within and in partnership with a viable Canadian sovereignty."*

*TRC Report, p.184

Patricia Dunnigan lives in Alberta Avenue with her husband Aydan. She is writing a book of short stories. She is a member of the Saint City Writers and has works published in two anthologies.

Friends of the RCP



It is difficult to cover the cost of getting this “free” newspaper to each household in the area. We hear the paper is loved and valued. If you want this newspaper to continue to reach your mailboxes, you have the opportunity to show your support. Every dollar helps and we would love to make more friends!

LOVE YOUR community newspaper? Be PROUD & SHOW your support!

RCP by the Numbers

- 19 years in operation
- 7 neighbourhoods
- 12,500 copies
- 40+ contributors
- 3 part-time contract staff
- \$7,368/month to operate

Email info@ratcreek.org to sign up as a Friend of RCP.

What’s so great about community newspapers?

“Community newspapers and their websites are hyper-local. They effectively represent the neighbourhoods they serve. And they are able to target these communities like no other medium.”

- News Media Canada



Join our Friends of RCP program! It pays to be a member.

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Legalization of pot expected for late summer

Policing and treatment services preparing for the change

KATE WILSON

Legalization of cannabis countrywide is on schedule, despite calls for a delay by Indigenous leaders and others.

In a May 1 report on Bill C-45—the act legislating the use, cultivation, and sale of cannabis—the Senate’s Aboriginal Peoples Committee recommended the government delay legalization for up to a year to address potential harmful effects in Indigenous communities.

Within a day of the report, Prime Minister Justin Trudeau assured Canadians that legalization would happen this summer.

“We have been talking with our partners across the country on making this happen, and we are going to be moving forward this summer on the legalization of cannabis,” he said May 2 in Ottawa.

Trudeau said the current system isn’t working, harming youth and “sending 6 or 7 billion dollars every year into the pockets of organized crime.”

Since Bill C-45 was passed in late 2017, the Senate and government have agreed to a final vote on June 7 in order to allow jurisdictions time to roll out their policies. That new timetable means Canadians may have to wait until August or early September to legally buy marijuana.

For local Indigenous services, there are unknowns. Cheryl Whiskeyjack, executive director of Bent Arrow Traditional Healing Society, said they’ve

been monitoring the upcoming legalization in tandem with their partners and children’s services.

“It will be interesting to see whether it will change the work we do,” said Whiskeyjack, noting she’s looking at legaliza-

“They have an expectation or bias that (individuals) cannot be using any of those substances and be an effective parent. I don’t think it’s true—only if it’s a problem,” said Whiskeyjack, noting what’s more important

the possible effects on policing and how to work with them.

“As the new legislation unfolds, we will continue to adapt to it as required,” said Al Murphy, superintendent of EPS northwest division.

police must rely on observed behaviour and standard sobriety tests. Police agencies are concerned that could cause hold-ups in court.

Steven Townsend, a small business owner in Edmonton and Parkdale resident, is an advocate of recreational cannabis. He is onside with the summer deadline.

“Of course there will be hiccups when it first rolls out, but this has been a long time coming,” he said.

He agrees with the federal position that money from marijuana is going to a “so-called, criminal element” rather than legitimate businesses which pay taxes.

“That said . . . most people in the industry are otherwise law-abiding citizens,” said Townsend. “Legalization can give some of these people the ability to legitimize their business and no longer do it under the threat of imprisonment.”

Visit ratcreek.org for an extra article about city concerns and work regarding cannabis legalization.



Marijuana legalization is set to happen late this summer. | Pixabay

tion from two lenses.

“One is from our staffing perspective. We don’t see it really changing,” she said. Staff must show up at work free of any cannabis, the same as for prescription drugs and alcohol.

The second lens is for the community and families they serve. Whiskeyjack said she’d like social services to be less judgmental of clients.

to her staff is whether consumption is having a negative impact. “There are a number of ways to see if it’s becoming an issue. Consistently coming late to work, for example.”

For Edmonton Police Service (EPS), two years of studying the impacts of legalizing cannabis in parts of the U.S. have helped them prepare. They also did a risk assessment to understand

Murphy said two concerns are the potential increase in drug-impaired driving and “our ability to effectively detect it.”

Currently, there’s no reliable way to prove when drivers are high on marijuana. Under new federal and provincial rules, zero tolerance for impaired drivers with a graduated licence will include cannabis. But until pot detection devices are approved,

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.

Making informed oral health decisions

Using cannabis and protecting your oral health

DR. WILLIAM CHIN

As the federal government moves to legalize cannabis, some patients have asked about the impact of cannabis consumption on oral health. My goal as a general dentist is to provide my patients and the public with reliable, caring, and practical information so people can make the best health decisions for themselves.

Some evidence suggests smoking cannabis can lead to dry mouth, which can prompt other complications such as tooth decay and periodontal disease. In addition, the main psychotropic agent of cannabis is THC (tetrahydrocannabinol), an appetite stimulant, motivating some users to eat sugary foods that may cause cavities, especially if eaten without an appropriate oral hygiene routine.

Some articles have indicated smoking cannabis can lead to gum enlargement (Joshi & Ashley, 2016), prolonged mouth inflammation which can cause abnormal tissue growth (Cho, Hirsch & Johnstone, 2005), and—when combined with smoking cigarettes—increased risk of oral and neck cancer

(Zhang, Morgenstern, Spitz, et al, 1999).

I’ve also had questions about using cannabis before dental appointments to help relax. I advise against doing so. Legal issues are at play relating to

ease include weighted blankets, nitrous oxide, sedation, or discussing a procedure with your dentist beforehand.

How does one consume cannabis in an oral health-friendly manner? For optimum oral

“go to” snacks available (such as fresh fruit and vegetables). Visit your dentist regularly to be checked for signs of tooth decay, periodontal disease, and oral cancer.

Your dentist can also help

rinse such as Biotene or chewing sugar-free gum which prompts the mouth to produce its own saliva.

Talk to your dentist about the impacts of cannabis consumption on your oral health and come up with a plan that will work for your needs and lifestyle.

Dr. William Chin is a general dentist and owner of Norwood Dental Centre. He is committed to providing caring, quality dental care that meets individual patient needs and budgets. Learn more at www.norwood-dental.ca.

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Dr. William Chin owns Norwood Dental Centre. | Rebecca Lippiatt

informed consent, especially when a dental visit often includes irreversible procedures such as extractions. If you are anxious about your dental visit, other ways to put yourself at

health, my advice is to abstain from or limit smoking cannabis. For those that partake, establish a strong oral hygiene routine including regular brushing, flossing, and having healthy

with preventative measures such as a topical fluoride varnish, which helps to re-mineralize teeth and keep them healthy. Finally, combat dry mouth by using a saliva-stimulating mouth

ADVERTORIAL

EDITORIAL

What does justice look like for us?

The challenges not dealt with by provincial and municipal systems

KAREN MYKIETKA

According to the Cambridge English Dictionary, justice is “fairness in the way people are dealt with.” Business Dictionary.com defines justice as “fairness in protection of rights and punishment of wrongs.”

Many people in the community are expressing a lot of outrage and feelings of injustice over issues of crime and safety, bylaw enforcement, and problem properties.

Most recently in May, Carmen Pervez, a notorious landlord, had his drug-related charges dropped; his lawyer said this was due to issues with the search warrant. The month prior, Public Health Act charges related to his company's properties were stayed (put on indefinite hold) because they took longer than 18 months to get to trial, although Alberta Health Services is appealing that decision.

Local residents often complain about problem properties. Residents report being subjected to constant crime and disorder and sometimes even intimidation because of the residents of these various properties. Having someone who they see as a prominent player

contributing to the problem get off on charges has many feeling angry and hopeless.

The costs of development and bylaw compliance, enforcement orders, policing, investigations, and prosecutions related to Pervez and his properties are HUGE and have been a complete waste of resources and taxpayers' money.

Problem properties are dotted throughout our neighbourhoods. A property in Parkdale made city news in April when fed up neighbours spoke out about a growing pile of trash. The house on 86 Street and 112 Avenue had a history of complaints dating back to 2016. While the city issued a fine and clean up order, the owner had 21 days to comply. In that time, the trash heap grew exponentially as more people used the site as a dump.

Notice periods for clean up orders are mandated by the provincial Municipal Government Act (MGA). Before issuing an order, the city tries to get compliance with a warning notice and/or fine. But it can take up to six weeks to get to the point where the city can bring contractors onto a private property to clean it up. In the meantime, neighbours are stuck living next to the mess that often blows and spreads down the alley or

street and onto nearby properties.

These are only two examples of injustices in our community. Residents have worked countless hours over the years to revitalize the area, but the impact of our work is limited when many of the issues our neighbourhoods face are systemic, deep-rooted, and connected to larger social issues such as poverty. Community leaders frequently get frustrated with the lack of real progress and burn out from the never-ending battles; some just give up.

The judicial system is based on great principles, but it's imperfect. As hard as it is to stomach, we may not always get what we want and need from the justice system for our communities.

So what now? If we can't rely on our judicial system, what is a community to do to get justice? Or do we just give up? Can we ever truly revitalize these core neighbourhoods when facing so many systemic issues?

Community members have little control over retributive justice (punishment for wrongdoing), but maybe we can work on restorative justice (focusing on repairing the harm and restoring what is good).

Get to know your neighbours. Neighbours can watch

out for each other and report issues and provide support dealing with common issues.

If it is safe to do so, meet your neighbours with whom you have been having problems. Perhaps they could be better neighbours with a little support. Maybe they don't have a lawnmower or aren't physically able to do yard work. Maybe bringing them a garbage can could help eliminate some of the garbage mess of torn open bags.

Try and get contact information for any landlords near you so you can notify them directly of any issues related to their property. Catch them when they come by the property, ask the renters, or pull the land title and then search for contact information. It's worth repeating you should only do this if it's safe to do so. Your safety comes first.

Install motion lights, cameras, and signage to deter problematic behavior such as illegal dumping.

Take action to limit harm. Organize a block clean up. Place a sharps container in a problematic location. Help neighbours build fences or take security measures.

Report even when it seems pointless. Even if there is no visible action or change, at least

the number of problems and issues are being logged. This is helpful to community leaders lobbying for resources and systemic change.

Work on great community building projects to energize and inspire you. Don't just spend all your time fighting problems.

Support social justice when you can, such as safe, affordable housing run by respected organizations. Support services for people who need them. Support poverty-reduction strategies.

Live your life with dignity, compassion, and fairness. After all, we need people modeling and teaching these skills in society as an example to others.

Life is often unfair. Be disappointed but don't let it make you bitter and angry. Well, some anger is good, it can cause action and change. Change is needed.

A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.



It can sometimes feel like the justice system doesn't work as it should. | Pixabay

LETTER TO THE EDITOR

PROGRAM PROMPTS JOHNS TO REFLECT ON ACTIONS

I was so pleased to hear that my speaking at John school has made a difference and prompted Greg to stop seeking out women working on our streets.

I would like to add to my comments in the article. While my role is to enlighten the Johns about the impact their actions have on community members, the reason I speak is not just for my children and the other children in our community, but also for the women who are often forced by others or life circumstances into this type of work.

I was fully aware when I moved into this community

about the socio-economic realities of our neighbourhood. The women who work here are my neighbours and community members who deserve respect. One of the things I speak about at John school is how I have taught my children about the realities of sex trade street work. I had to explain it to them when they were very small in answer to their question, “What is that lady doing?” My answer: “That woman has the hardest job in the world and no one ever treats her with respect. If you talk to her, you must treat her with the (utmost) respect that she deserves.”

Those who work on our streets have incredibly difficult lives. I sincerely hope that the work that happens at John school engenders compassion for the difficulties they face. In my heart, they are my sister, my mother, my aunt, my daughter, my neighbour. CEASE is an amazing organization to help women who have found themselves in these circumstances and I am grateful to them.

Rebecca Lippiatt

Crown withdraws charges against landlord

Landlord and properties have a history in our neighbourhoods

KAREN MYKIETKA

A well-known Edmonton landlord previously convicted of mortgage fraud and drug trafficking had his most recent drug charges withdrawn by the Crown.

Abdullah Shah, also known as Gohar Pervez or Carmen Pervez, had three sets of drug charges dropped on May 11. According to CBC News, The charges of “possession of methamphetamine for the purpose of trafficking” stemmed from a December 2015 search of a business on 111 Avenue and 93 Street.

Paul Moreau, Shah’s lawyer,

said to CBC News that there were “material errors” in the search warrants: statements of facts that were not true. He said to CBC News that police are biased against his client and that community groups are critical of him because he’s associated with a group of companies that rent homes to the hard to house.

In 2015, Shah told CBC he owns 100 rental properties in the Edmonton area and purchased a 12-suite building in Parkdale-Cromdale. His companies also own a row of five boarding houses on 86 Street and 112 Avenue. He said he helps people who can’t find housing elsewhere, even giving

them employment.

Community residents have a different story; they say the properties are problematic. They alleged there is poor management, substandard renovations and living conditions, criminal and gang activity, unsightly properties, and intimidation. But his supporters and employees say he gives people a chance at finding housing and employment and that property managers work to get problem tenants evicted.

The properties under the control of Shah and his associates have been connected to numerous Public Health Act orders and bylaw infractions. In April, 27 charges under the

Public Health Act were stayed (meaning they will not be prosecuted) because it took longer than 18 months to bring to trial. Alberta Health Services appealed the stay on May 18. The next court date is scheduled for May 24.

In 2015, Shah filed a \$1-million defamation lawsuit against Parkdale-Cromdale Community League, Counc. Scott McKeen, and two local community residents who frequently spoke out against him. Shah dropped the suit against Parkdale-Cromdale Community League in January of 2016.

In February 2008, Shah pleaded guilty to 54 counts of

fraud and was sentenced to six years in prison. The mortgage fraud scheme he ran involved 125 properties and he profited \$1.8 million from it between 2001 and 2005. With credit for pretrial custody, he only ended up serving two years.

This was his second prison term. In 1994, he was convicted of trafficking cocaine and sentenced to four years in prison.

A busy woman of many jobs, Karen spends too much time in front of a computer. In the past 20 years, she has lived in Eastwood, Alberta Avenue and now Parkdale, meeting awesome people everywhere she goes.



In April, 27 charges under the Public Health Act were stayed because it took longer than 18 months to bring to trial. | By Own work [CC BY-SA 3.0 (https://creativecommons.org/licenses/by-sa/3.0)], Wikimedia Commons

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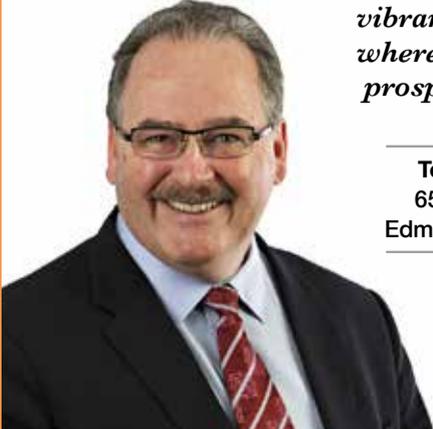


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The importance of child and youth well-being

Local organization works to ensure healthy outcomes

AYDAN DUNNIGAN-VICKRUCK

It would be difficult not to be buoyed by Liz O'Neill's enthusiasm as the executive director of Boys & Girls Club Big Brothers Big Sisters.

And it is no wonder. O'Neill joined as director of Boys & Girls Club Edmonton in 1977, arriving from Toronto as a wet-behind-the-ears youthful idealist, hoping to make a change in the world.

And she certainly has. At that time, O'Neill was the only full-time employee with 30 kids in the program and a \$36,000 budget. Today, almost 40 years later, there are more than 5,300 kids in the program served by 3,200 volunteers, 120 staff, and an eight million dollar budget.

But O'Neill is the last one to take personal credit for this growth. Instead, she said the organization's success is due to the attitude of the community.

"Edmonton has the attitude that if something needs to be done, 'Roll up your sleeves and get the job done.' In addition, we have a fabulous board, staff, and tireless group of volunteers," said O'Neill.

The organization has 14 sites across Edmonton, with seven in the Rat Creek Press distribution

area.

"We have focused our efforts on five corridor schools: John A McDougall, Delton, Spruce Avenue, St. Alphonsus, Eastglen and [we] follow the children from Grade 1 to Grade 12. We have known for a long time that children need to be followed through from early age to graduation in order to ensure healthy outcomes. Also, there is

children or youth attend the out-of-school time programming, they can play, get help with homework, and stay until their parents pick them up.

Food needs are also addressed. "Hot lunch programs and after school dinners provided in conjunction with E4C are available for families of working poor," said O'Neill.

O'Neill said the organiza-

schools."

In 2011, Boys & Girls Club and Big Brothers Big Sisters merged into one organization. O'Neill said both organizations want to improve child and youth well-being in less than ideal situations.

"The core belief is that a child's development can be enhanced by positive, nurturing relationships with caring

adults, and overall wellness of children and youth in our community."

O'Neill explained those who live in poverty often don't have sufficient community support or networks.

"We try to ensure, through the goodness of strangers, that everyone has equal opportunity in making their way into the adult world," said O'Neill.

Find more information about the organization's programs by requesting a referral at school, calling 780.424.8181, or visiting bgcbigs.ca. Volunteer information is available on the website.

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



Boys & Girls Club Big Brothers Big Sisters has 14 sites across the city. | Aydan Dunnigan-Vickruck

a program at Norwood School and the McCauley club, which has a stand-alone facility on the corner of 109A Ave and 95 St."

The organization focuses on mentoring and out-of-school-time programming at the five corridor schools and the McCauley club location. When

tion doesn't operate alone. "We coordinate our efforts with other community service agencies that are part of the All in for Youth program. This includes the United Way, City of Edmonton, E4C, The Family Centre, REACH, Edmonton Public and Edmonton Catholic

adults," said O'Neill.

She said people often need help navigating social systems.

"We adopted a vision for wrap-around services. By combining the resources of both organizations, we are better able to deliver programs that address the physical, emotional, aca-

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This summer, teens will be bored no more

Exciting youth opportunities abound in the city

TEKLA LUCHENSKI

Parents and youth approach the summer with a mixture of excitement and trepidation. Everyone is ready for the break, but with freedom comes the problem of how to keep active and engaged, while still having fun. In Edmonton, there are great opportunities for youth to keep busy doing something meaningful.

The City of Edmonton is a great resource. One initiative is the Leaders in Training (LIT). From May to August, youth ages 13-17 can volunteer with city playground programs (such as the Green Shack), registered programs (such as day camps at recreation centres), and the Flying Eagle program.

The Flying Eagle program is a unique city outreach focused on exploring and sharing Aboriginal culture with children ages 6-12. It complements the popular Green Shack playground program, moving from park to park to offer traditional games and crafts for a fun cross-cultural experience.

Andrea Tarasenko, the city's

program manager for neighbourhood recreation experiences, said some families enjoy the program so much that they follow it throughout the city. Volunteers would benefit from this instructive cross-cultural leadership experience.

Tarasenko spoke with relish about the benefits of volunteering with LIT. She said she especially values "the amount of leadership experience that youth gain for getting a job—any job—doing better in school, and meeting other youth they wouldn't normally meet." She continued, saying LIT "gives something for their resume because for many, this is their first volunteer or work experience."

The LIT program helps youth develop confidence in the workplace, resume writing, skills development, social skills, and leadership. The program accepts volunteers with diverse experiences and personalities. It's a program for the outgoing and shy alike. Tarasenko related how one parent wrote to the city to praise the program, saying that LIT "transformed her daughter," who had been struggling. The parent described

how the teen learned to do well in school academically, socially, and emotionally after engaging in the program.

The program requires pre-registration, followed by attendance at one of several registration nights throughout the city, scheduled in May and June. The website outlines the procedure for registration and provides a schedule. The program is growing in popularity as word spreads about its success.

As for other volunteer activities, you may be surprised where you find them, and you never know where they will take you. Contact your local community league for potential opportunities. Leagues may need assistance with lawn mowing, weeding, park clean ups, facility maintenance, program help, or special events. They may also be aware of residents in the community who need assistance with various tasks.

In particular, the Neighbour Connect Project in Alberta Avenue is an exciting development to explore. "We have a team conducting numerous pop-up events this summer," says Karen Mykietka, the project manager. "We could always

use help with flyer delivery, set up, and supervision of games."

Another cornerstone of the community is The Carrot Coffeehouse. The Carrot accepts volunteers and coordinates volunteerism for festivals in the community. Youth can independently volunteer for festival events from ages 14 and up. At The Carrot, Junior Volunteers are ages 14-16, although youth 13 and under can participate if they are with a parent to form a barista pair. Volunteers 17 and over are regular Carrot volunteers who can handle cash and other specific responsibilities.

The Carrot volunteer manager, Mike Kunicki, encourages families to volunteer together. The Carrot barista pair is a great way to have one-on-one time, and volunteering as a family will create one of a kind experiences. He enthusiastically says, "We have tonnes of families that volunteer together [at festivals] who can be sitting by a fire next to a stage." He says the greatest benefit is that as volunteers at a festival, "You're not only viewing art. You're shifting as a whole family from being consumers of art in the community

to being participants in art in the community."

Start a life that includes volunteerism at an early age. Not only will you open doors you didn't realize existed, you can also truly be a part of making the world a better place.

Tekla has lived in the Parkdale neighbourhood since 2013. Trained as a cultural anthropologist, she is a freelance writer, excited to contribute to The Rat Creek Press as a passionate observer of lifestyle and community expression.

OPPORTUNITIES

Leaders in Training
780.944.5780
edmonton.ca/lit
youth@edmonton.ca

Neighbour Connect Program
780.479.6237
engage@albertaave.org
albertaave.org/neighbour-connect

The Carrot Coffeehouse
780.471.1580
volunteer@thecarrot.ca

OPINION

Teaching kids it's okay to ask questions

Create productive members of society through conversation

AMANDA SOKAL

Recently I read an article on Facebook, one of those “what I wish people knew about....” type of articles, written by a transgender person. In it, they (preferred pronoun) say kids often point and ask questions. I can empathize greatly; it is very difficult to live in any way outside societal norms. I am a fat woman in a skinny world and I understand the often unwanted stares and comments.

The author says they wish parents would “have a productive and affirming conversation” instead of saying, “It’s not nice to talk about strangers.”

When children see someone like this individual who is outside their level of understanding, they may say something like, “Mommy! That man is wearing makeup, and a dress!” This isn’t a bad thing at all, no matter how awkward or embarrassing it may be. It’s a teachable moment, if parents use it correctly. It gives parents the opportunity to teach their children manners, etiquette, and understanding of diversity.

For example, the parent could then say, “Yes, honey, I

see. But it’s not polite to point and raise your voice like that. It makes the other person feel embarrassed and that’s not a nice thing. I know you didn’t mean to.” But also explain what the child is seeing. So: “That person was born a boy, but they feel like they are a girl, so they

see. But it’s not polite to point and raise your voice like that.

That last point is the source of our issues as parents, and really as adults. It may be uncomfortable to have these types of conversations with our children. These discussions may cover topics like race and racism as well as sex, sexuality, and

dent and was thrown through the windshield. The car rolled and landed on him, pinning him underneath and depriving him of oxygen. It’s truly a miracle he even survived. When we were out in public, we constantly had children approaching us with questions: “Why is he in a

way his body works now. Generally that was enough of an explanation, but occasionally the child would have more questions. I was that child growing up, so I never minded. How else are kids supposed to learn?

The next time your child asks you an awkward, embarrassing, or uncomfortable question, take a moment to remember that as a parent, this is what you signed up for. It’s our job to raise our children to be strong, intelligent, inquisitive, respectful, and productive members of society. How will they manage this if we don’t teach them? Even worse, if we dismiss them and their questions now, then maybe they won’t feel safe and open to come to us with important issues in the future. Today it’s just, “Mommy, that man is wearing a dress!” Tomorrow it could be “Someone is touching me”, “My teacher is bullying me”, or “I feel really sad, all the time”.

Are these the conversations you really want someone else having with your child?

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.



Encourage conversation with children, especially with uncomfortable questions. | Pixabay

dress the way they want to feel. I understand you’ve never seen a person dressed like this, so it’s surprising. But there’s nothing wrong with it.”

Unfortunately, too many adults are dealing more with their own embarrassment and discomfort than seeing this as something their children need to learn. While pointing is rude and unacceptable under most circumstances, we shouldn’t discourage, or even worse, stifle

sexism, among many others. But protecting our comfort zones doesn’t help our children at all; in fact, it harms them because it shuts down their attempt to understand the world around them.

Years ago, I worked as an aide to a profoundly handicapped quadriplegic man. As a child, he’d been in a car acci-

chair? Why can’t he walk? Why won’t he say hi to me, is he mean?” I welcomed all of these questions, especially from children of parents who were mortified and tried to shush their kids. I’d explain that he had been in a very bad car accident when he was about their age, and because of that his brain was badly hurt and affects the



A few of the services Boys & Girls Club Big Brothers Big Sisters provides include mentorship and out-of-school-time programming. | Aydan Dunnigan-Vickruck

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Getting legally prepared for parenthood

Working with a lawyer when you are having a baby

MEENA DECCAN

So, you're expecting. Congratulations! A lawyer can help with a few things to prepare for parenthood in the long haul.

Some documents you may want to prepare include:

A Co-Parenting Agreement. Upon separation or divorce, plan for child custody, access and guardianship, and child support payments. If you can negotiate reasonable terms while you still want to be together, you may avoid the acrimony that comes with litigation.

A Will. A will estimates what your assets and responsibilities will look like on your date of death. Amend any old wills to include your children as heirs and to provide for custody, access, and guardianship if you die before you can raise them.

A Power of Attorney. Consider appointing someone to act on your behalf in case you fall ill and cannot manage your daily finances. This person should be a trusted friend or family member (not a lawyer).

A standard power of attorney allows someone to act on your behalf while you are mentally competent to supervise. An enduring power of attorney allows someone to pay bills and manage assets on your behalf even if you sustain a head injury and cannot supervise your attorney.

DO NOT CIRCULATE THIS DOCUMENT. It's con-

fidential and should only be released to your attorney when needed. Keep it in a safety deposit box, with instructions to release it only upon receipt of a letter from you or upon proof of incapacity from your doctor.

A Healthcare Directive. This document can appoint a guardian to make healthcare choices on your behalf and it can contain directions to be followed when medically appropriate. I prefer to appoint a healthcare representative without tying that person's hands by dictating choices you may disagree with. While it is helpful to have detailed conversations with this person about the kind of health choices you want made, if you are certain that this person will respect your wishes, then trust this person. If you do not trust this person

and register it with the office of the Public Guardian and Trustee.

Interim Guardianship and Support. A will is only opened and read when you die, so don't appoint an interim guardian for your children in your will. That is where you appoint a permanent guardian. If you have a co-parenting agreement, put your preference of interim guardian there, otherwise create a separate document to arrange for guardianship of your children if you are incapable of parenting. Your co-parent can be your first choice of guardian, but you should agree on an alternate. Spouses often travel together and are likely to be in the same car accident. In case you are both injured, have an alternate in place for both of you; it should be the same person.

Parenting a child is a delightful experience if you can get basic worries out of the way before your baby arrives. Midnight feedings may keep you up, but legal arrangements should not.

The general information offered here is not intended to be legal advice. If you need a lawyer and cannot afford one, you may qualify for legal aid, or you may be

able to access a free half-hour consultation through Edmonton Community Legal Centre.

Meena is a solicitor with 20 years of experience and focuses her law practice on solving problems before they become litigation files.



Working with a lawyer can help you sort out a few things for your family. | Pixabay

to respect your wishes, appoint someone else. Choose an alternate representative if your first choice is unavailable when decisions require immediate action.

This is not a private document. You need this document to provide speed and certainty in your life-changing healthcare decisions. Store a copy in your doctor's file, provide a copy to your healthcare representatives,



Eastwood Community League
11803 86 St 780.477.2354
ewcl@shaw.ca
eastwoodcommunity.org

Now hiring!

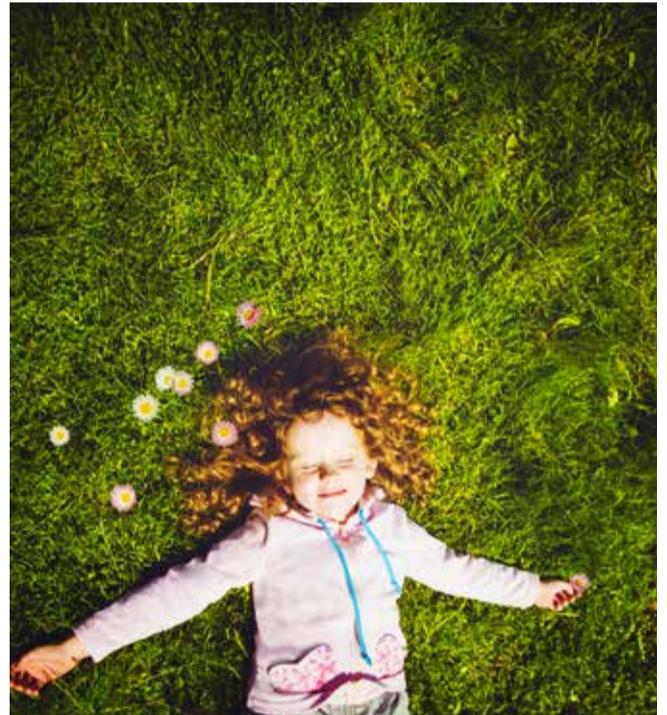
We are still looking for paid staff to fill the positions of both Facility Manager and Facility Custodial and Maintenance Staff. Check out our website at www.eastwoodcommunity.org for more details as well as how to apply.

Zumba

We have begun to plan a regular weekly zumba class within the community. However, a class cannot exist without its students! For six weeks at a rate of \$25, classes begin as soon as we are able to reach our classroom quota. Sign up on our website and stay tuned to our social media for class developments.

Community garden

Our community garden continues to develop and expand. Though sign-up for plots may be closed, we encourage everyone both within and outside the community to come and check out the growing greens. Located at 11903 86 St, north of our sports centre, we welcome those with a green thumb and a passion for nature. A community garden is nothing without its community, and if you would still like to find ways in which you can participate or meet your neighbours, stay connected to us on Facebook or email us at ewcl@shaw.ca.



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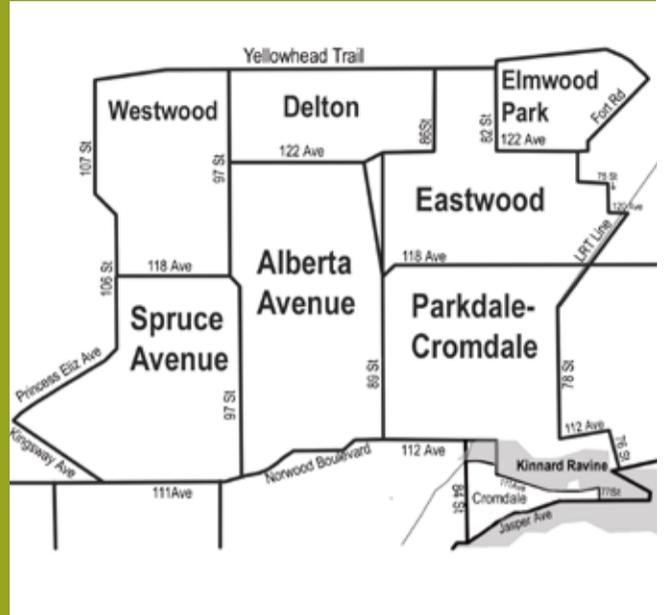
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epcl@shawbiz.ca
elmwoodparkcommunity.org

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10240 115 Avenue
780.471.1932
spruceaveleague@shaw.ca
spruceavenuecommunity.com



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Our Neighbour Connect Team will visit as many blocks as possible this summer doing pop-up events and door knocking. We want to get to know you, help you meet your neighbours, and have fun together!

We have a van full of awesome resources for many different kinds of events. Let us know what you are interested in doing on your block.

If you would like to help out with fun gatherings and engage with neighbours, fill in the Join Us form at timecounts.org/alberta-avenue

780.479.6237 engage@albertaave.org

albertaave.org/neighbour-connect

Father's Day is for stepfathers as well

Honouring the men who hold a special place in our hearts

STEPHEN STRAND

Father's Day celebrates fatherhood and honouring the men who raised us.

These men, through their actions, teach their children how to treat others with respect. Fathers teach their sons to tie bow ties and to shave. They teach their daughters to catch a ball or drive a stick shift. Fathers play dress-up and host tea parties to make their children smile. They stay up late, worrying about whether or not their child will get home safely, only to get up early to go to work to provide for them.

But sometimes fathers are absent and a new person chooses to assume the role.

Rod Moore is my stepfather. Like me, he grew up without a positive father figure. In many ways, our fathers were similar. They were both firefighters with tempers. Rod had gone through a trial of fire of his own, and when he came into

our lives, still reeling from our own tribulations, he knew how to help.

Since 2005, when he first

started dating my mother, Rod has stuck by us. He has given me advice that only a father could give. Though I was 19 when we met, I had much to learn from him. I learned about sacrificing,

me about patience and forgiveness and that loving someone means loving them wholly, without hesitation.

In the past 13 years, I have gone from introducing him as

parents. Rod has stuck by me and helped me through some hard times, though he had no obligation to do so. He did so out of kindness and that is the sign of a true parent.

and I am constantly going to him for advice. Each year I tease him, telling him that I will give him a Father's Day card the day after the holiday because stepfathers always come second.

But I always wish him a happy Father's Day on that day and even if I am unable to see him on the day, I make a point of seeing him and taking him out for supper and a thank you.

Stepfathers deserve to be rewarded for their efforts. They have chosen to care and their love is an honest love, free from obligation. I have appreciated everything my stepfather has done for me. He deserves to be celebrated on Father's Day, just as much as any other dad.

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.



Stephen Strand (left) with his stepfather Rod Moore (right). | Supplied

planning for your future, and owning up to the consequences of your actions. He also taught

the man my mum is dating, to my mum's husband, and finally to introducing him as one of my

We tease each other, like any father and son would. We help each other whenever we can,

Summer Block Parties



Do you have a great idea to get to know your neighbours or bring beauty and vibrancy to your neighbourhood?

June is a great month to host a block party, event or initiative.

Any activity that gives an opportunity for people to meet and get acquainted is beneficial. The focus is on having fun, but sometimes neighbours want to work together on a project.

Go to edmonton.ca/blockparties for information, planning kits, and a road closure permit application.

Need funding for your party or project?

Small Sparks provides residents, businesses, and organizations with up to \$250 for projects that help promote safer, healthier, and better neighbourhoods. It's available to the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

Complete the quick, easy, one page application. Search "Small Sparks" at edmonton.ca.



Grieving by gifting a loved one's possessions

A legacy for the fashionably late Maria Pohnert

ALITA RICKARDS

When a loved one dies, they leave behind not only their grieving family and friends, but all their worldly possessions. Families struggle with what to give away, what to donate, and what to keep.

Letting go of a person you care about is hard enough. Throwing away things that represent that person can add to the heartbreak. There's even the Swedish idea of *döstädning*, or "death cleaning" where the elderly declutter so they don't leave behind too many things.

Last year my friend Lucy Pohnert-Smith's mother, Maria, died unexpectedly. Afterwards, Pohnert-Smith and her father, Vladimir Pohnert, came up with a novel idea.

"My dad was going through and clearing up my mother's things and he donated most of it, but he told me he did not want to donate the really nice things," said Pohnert-Smith. "I took as much as I could for myself, but there was more than I could ever take."

Her father told her: "Jewelry sitting in a box is dead jewelry."

Originally from Prague, they didn't have extended family to whom they could give the belongings, and Pohnert didn't want to sell the items because he felt like that would be like selling her mom.

"In this continent, it is really hard to give things away for free to people. It makes them feel uncomfortable," he said. "Or even like there is something shady there."

Pohnert-Smith decided she

would find people who would like and appreciate her mother's belongings.

Because I was an old friend who knew her mom while we were growing up, together we hosted an evening where the women we knew came over and "shopped." Her dad was there to share the history of some of the items.

"He loved seeing people appreciate the items and comment on their beauty. My dad also said he never expected people to be as grateful as they were."

Pohnert-Smith felt proud watching the women trying things on. "My mom never had a larger-than-life personality. Unless you knew my mom well, she could seem reserved. I feel seeing the clothing and jewelry spoke to who she was

on the inside, represented on the outside."

She added, "Of course after the event, you are packing up all the remaining items and looking at the empty closet. The grief bears down on you, but not enough to take away the good feeling of what you did."

When she runs into friends wearing the items, they tell her that when they are complimented, they share the story.

"Every time people thank me, or say it was a generous thing to do, I don't see it that way. I say to the person, 'no, thank you for carrying around and appreciating a piece of my mother,'" said Pohnert-Smith.

While going through pictures of her mom in her youth, she said, "I realized it was a special quality she always had: her

grace, her poise, and that the clothes and jewelry are actually symbols of that quality."

The experience gave her family a way to create a legacy for their beloved mother and wife.

"My dad said this way he feels she won't fade into just memory."

Alita moonlights as a freelance writer focused on interesting people, music, arts, food, culture, sustainable lifestyles, and human rights. These same things attracted her to become a homeowner in vibrant, diverse, walkable Alberta Avenue.



Maria's sense of style lives on through the generosity of her husband and daughter. | Pohnert family

A family tradition in track announcing

Eastwood resident brought his love of racing to Northlands

STEPHEN STRAND

Matt Jukich didn't have any intentions of becoming a track announcer, but he's been doing exactly that since 2013.

Jukich, the assistant manager of live racing and the track announcer at Northlands Park, reminisced about his first time calling a live race. "It was god awful," he said with a chuckle.

He doesn't work in the field by happenstance. His father, Dan Jukich, is the Hastings track announcer in Vancouver.

"Watching him do it for so many years, he makes it look so easy. It's groups in the booth. Yadda, yadda, yadda, oh they're going to the gate. Call the race and it's no big deal. But, when you've been doing it for, going on for 28 years now, I guess it's a little bit easier to fall into that rhythm."

But it all comes down to finding your own rhythm and catchphrases to fall back on during the race.

"You can practice all you want at home, 'till you're actually in front of the live microphone, and you have one chance to do it, it's a lot different," said Jukich.

Born and raised in Vancouver, Jukich moved to Edmonton to work for Northlands on Halloween night of 2013, eventually settling down in Eastwood.

"I was up in the booth the next night with Chris Roberts, the GM [General Manager of Northlands Park] at the time, watching him call races," Jukich explained. "I've been around horse racing my entire life." Jukich said his dad calls the races in Vancouver at Hastings Racecourse and at Fraser Downs and has worked at both places

for many years. "Ever since I was a kid, I would be bugging him to go hang out in the booth and watch the racing with him there."

Jukich started working at Hastings in the concession when he was 16. He then left to start a restaurant, but missed working at the track and made his way back into food and beverage at the track.

"We would do picks in the program for the radio guys. They would put their name to it, but they wouldn't actually do the picks. So, I was writing that," Jukich explained. He ended up creating a tip sheet and from there he got his first chance at being on the broadcast.

"It was Father's Day, and my dad didn't have anybody on the pre-game show to talk about the races with, so I pitched the idea [that] it's Father's Day,

we should do it together," said Jukich. They enjoyed it, so they kept doing it before every racing day. By the next year, he was working in the race office and as the paddock host.

From there, he started making picks of which horses he liked along with predictions for first, second, and third place, and videos about his picks for Portland Meadows and Northlands Park, which lead into his job at Northlands Park. In the middle of 2013, Northlands asked him to step up and become their track announcer.

"The first night I was here, Chris [Roberts] gave me the program and said, 'All right, you can do the next one,'" Jukich recalled with a laugh. It was his first time calling a live race. "The problem was, I had kind of mapped out what was going to happen in the minutes lead-

ing up to the race. And as soon as the gates opened, that didn't happen. So, right then you are stuck behind the eight ball." This has become one of his most memorable moments.

Listening to him speak of horse racing, it's clear Jukich loves the industry. "It doesn't feel like work a lot of time," he said with a smile.

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.

Changing times call for changing resumes

Write a resume that works so you can, too

ALITA RICKARDS

If you've been working as a trucker for 25 years and you're looking for a job as a trucker, a resume is a pretty straightforward document. It lists work experience and training in reverse chronological order (starting with the most recent).

But what if you're a trucker who wants to move into shipping/receiving? Or you've been out of the workplace for years raising your kids? Or you're fresh out of school?

Lenn Wheatley, who works with Alberta Avenue and Eastwood Community Leagues, recently reviewed scores of resumes to fill over a dozen positions: "We hired people who were excited to share their story, not just their work experience," he said. "Resumes need to cap-

ture what you are good at, not just what you've done."

You can't expect an employer to be a mind reader, so make it clear why you'd be a good fit for the position.

A good tool for this is a functional resume. It takes a regular resume and flips it on its head. Instead of listing your work experience, followed by your education or training, focus on your skills and traits that make you a valuable addition and then add work experience and education.

Popular job search site Workopolis published a list of traits Canadian employers are looking for: a positive attitude, communication skills, strong work ethic, customer service skills, and teamwork. In addition, specific jobs may be looking for time management, conflict resolution, or good organi-

zational abilities. Your skills can be from work, education, life, or volunteer work.

I teach basic computer skills. One of my students had been out of the workforce for over a decade. Lisa* said: "What can I do? I have no work experience, I have almost no training." I asked her what she'd been doing for that decade. Raising three kids. One was graduating from high school, one was at NAIT, and one was working full time.

I asked Lisa to identify how she had used those skills in her own life. What kind of experience do you think a mom of three might have with time management, scheduling, and organization? How about conflict resolution?

It's not enough to just list these. You need to flesh them out. For example, communication skills include being able to:

negotiate face-to-face; deal with different groups (parents, teachers, principals); and use email, SMS (Short Message Service), and social media to organize and promote events.

A strong objective sentence or two can help employers understand why you're a good fit. Lisa's objective said: "I want to join a team where I can use my strong communication and organizational abilities and my recently upgraded computer skills to be of benefit to my employer."

Use a cover letter to introduce yourself. List your main skill set, career goals, and showcase your knowledge of the company to which you are applying (Google it!)

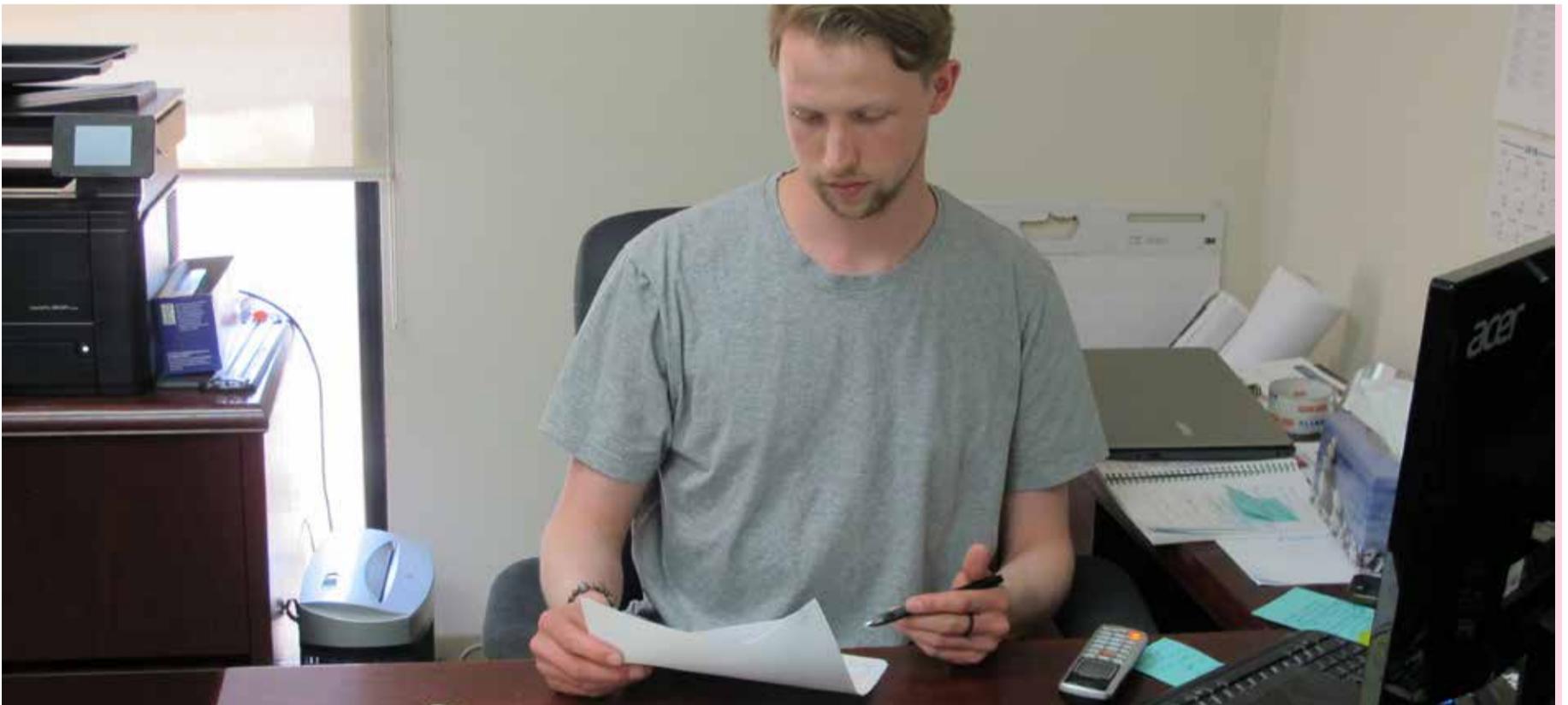
Upgrade your computer skills online. For example, GCFLearnFree.org is a free learning platform. There are fac-

ulty of extension and community centre courses that are short term and affordable and may be able to give you that edge. GCFLearnFree.org also has a good section on resume writing, as do websites like indeed.ca and Business Insider.

Guess what Lisa's doing now? She makes more than I do as the personal assistant for a small construction company owner.

*name changed to protect privacy

Alita moonlights as a freelance writer focused on interesting people, music, arts, food, culture, sustainable lifestyles, and human rights. These same things attracted her to become a homeowner in vibrant, diverse, walkable Alberta Avenue.



Lenn Wheatley made his way through a stack of resumes looking for the right people to help create abundant communities. | Alita Rickards

Open House

CapitalCare Norwood Redevelopment Project

The Government of Alberta, Alberta Health Services (AHS), and CapitalCare are moving forward with an expansion to CapitalCare Norwood that will impact the Spruce Avenue Community.

You're invited to see proposed design drawings which include: a new building; increased on-site parking; additional landscaping; street and laneway closures; and changes to traffic patterns in the Kingsway area.

Staff from Alberta Infrastructure, AHS, CapitalCare and other stakeholders will be on hand to answer questions and listen to feedback.

Open house details:

Date: Tuesday, June 12

Time: 3 p.m. to 7 p.m.

Location: CapitalCare Norwood, 10410 - 111 Avenue NW, Norwood Auditorium

Learn more about the CapitalCare Norwood Redevelopment Project: www.albertahealthservices.ca/about/Page13430.aspx or email us at CapitalCareNorwoodProject@ahs.ca



SEE A PLAYGROUND, SLOW TO 30.

7:30 am to 9:00 pm
EVERYDAY

edmonton.ca/why30?

Community BOARD

FUNDING FOR COMMUNITY INITIATIVES
 Want to do something to get to know your neighbours, or beautify and add vibrancy to your neighbourhood? Receive up to \$250 for projects that help promote safer, healthier and better neighbourhoods. Contact Judy.allan@edmonton.ca about the Small Spark Fund.

FATHERS POETRY WORKSHOP
 Come have a wonderful time, share your work, and relish a night out with an encouraging crowd. Open mic portion for 8-10 poets; keep acts PG14. Pay-what-you-can. June 28, 7-9 pm | The Carrot Coffeehouse (9351 118 Ave) | FREE

OUTDOOR POOLS
 Enjoy free admission for City of Edmonton outdoor pools! The following pools are opening in early June:
 Mill Creek Outdoor Pool - June 1
 Oliver Outdoor Pool - June 9
 Borden Natural Swimming Pool - June 15
 Fred Broadstock & Queen Elizabeth - opened May 19

FREE MUSIC PROGRAM
 Alley Kat presents: Mice District Mondays! A free music program in support of Inner City Recreation & Wellness Program. 5pm-12am. All Ages welcome. The Aviary 9314 114 Avenue.

Community Events
 Heart of the City, June 2 & 3
 Pure Speculation, June 15 & 16
 Rubber Boots & Bow Tie Garden Party, June 23
 Muttstock, July 7
 Mi Tierra Calle 87, July 13-15
 Kaleido Family Arts, Sept 14-16
 Tibetan Bazaar, Sept 21-22

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

NEHIYAWE: CREE LANGUAGE LEARNING
 Conversation circle by Canadian Native Friendship Centre. Mondays, 6-8 pm at Highlands Library.

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

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

ENGLISH CONVERSATION CIRCLE
 Fridays, 10:30-11:30 am at Highlands Library. Part of Catholic Social Services LACE program. More: 780-424-3545.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
 More: Edmonton Mennonite Centre 780.424.7709 or info@emcn.ab.ca.

FOOD & SUPPORT

EDMONTON URBAN NATIVE MINISTRY
 Drop-in Tuesdays, Thursdays, and Fridays, 10:30 am and 3 pm for social, spiritual, and practical support, including computer access. Lunch Tuesdays and Fridays, noon-1:30 pm. Small food hamper every second Thursday. Meal provided after 4 pm Sunday service.

BENT ARROW TRADITIONAL HEALING SOCIETY
 Various programs and services, including a soup & bannock lunch once a month. 11648 85 Street. 780.481.3451. www.bentarrow.ca.

PRAYERWORKS COMMUNITY
 Hot meals & warm friendship at St. Faith's/ St. Stephen's Anglican Church hall. Thurs: serving 11 am-1 pm; open 10 am-1:30 pm. Fri: serving 5-6 pm; open 3:30-7 pm. Sat: serving 8:30-9:30 am; open 8-10 am. More: 780.477.5931.

GLOBAL COOKING
 Cook and eat ethnic food together. Tuesdays, 11 am-2 pm at Alberta Avenue kitchen. Run by Mennonite Centre from Oct to mid May. More: 780.423.9691.

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

PARENTS & PRE-SCHOOLERS

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

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

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

FAMILY STORYTIME
 Share stories, songs, and games. Wednesdays, 10:30-11 am at Sprucewood Library.

NORWOOD CHILD & FAMILY RESOURCE CENTRE
 Parent & family education, early childhood education, community events. 9516 114 Avenue. 780.471.3737. www.norwoodcentre.com.

CHILDREN

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

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

YOUTH

EVIL GENIUS CLUB
 Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library.

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

GLOBAL GIRLS
 Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre. Drop-in. More: 780.423.9691.

TEEN LOUNGE JR.
 Play video games, make a DIY project, meet friends. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

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

ADULTS

COFFEE WITH COPS
 Join a roundtable conversation with EPS. Wed, June 6, 10-11:30 am at The Carrot Coffeehouse.

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

YOGA CLASS
 Focus on senses, breathing techniques, and postures that build strength and flexibility. Thursdays, 7-7:50 pm at Parkdale-Cromdale hall.

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

GUIDED MEDITATION SITS
 Perfect for beginners. Saturdays, 7 pm. All welcome, no charge. Land of Compassion Buddha Temple. 9352 106A Ave. 780.862.7392.

COFFEE FRIENDSHIP CLUB
 Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in the area. Wednesdays, 1-2 pm at The Carrot Coffeehouse.

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

WELLBRIETY SUPPORT GROUP
 Mondays, 7-9 pm at Canadian Native Friendship Centre, upstairs room #200.

SENIORS

CENTRAL LIONS SENIORS ASSOCIATION
 Programs, clubs, drop-in activities, fitness centre. 11113 113 St. 780.496.7369. www.centrallions.org.

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

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

DENE DRUMMING
 Wednesdays, 1-3 pm at Canadian Native Friendship Centre, upstairs room #200.

TRADITIONAL ARTS & CRAFTS
 For ages 12+. Wednesdays, 5-7 pm at Canadian Native Friendship Centre, upstairs room #200.

POP-UP MAKERSPACE
 Make your hack, DIY music, art, 3-D design, and more. First Wednesday of the month from 6:30-7:30 pm at Highlands Library.

HIP HOP SHOWCASE
 Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. June 20, 7-9 pm. The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
 Choose from over 20 board games and let fun fill your table. Tables are free! June 27, 4-9 pm at The Carrot Coffeehouse. Hosted by Catrin of GOBfest.

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

MUSIC LESSONS BY CREART
 Free group music lessons Saturdays at Parkdale-Cromdale hall from 10 am-noon. More: creartedmonton@gmail.com or 587.336.5480.

FREE COMMUNITY REC ACCESS
 At Commonwealth Stadium on Saturdays from 5-7 pm and Sundays from 1-3 pm. Saturdays: Alberta Ave, Eastwood, Elmwood Park, Spruce Ave, Westwood. Sundays: Alberta Ave, Delton, Parkdale-Cromdale.

OPEN MIC NIGHT
 Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at The Carrot's uniquely warm and personal open mic night. Saturdays, 6-10 pm at The Carrot Coffeehouse.

LOCATIONS

Bent Arrow	11648 85 St
Bethel Gospel	11461 95 St
Cnd Native Friendship	11728 95 St
Community Leagues - see page 12	
Crystal Kids	8715 118 Ave
Highlands Library	6710 118 Ave
Mennonite Centre	11713 82 St
Norwood Family Centre	9516 114 Ave
Norwood Legion	11150 82 St
Sprucewood Library	11555 95 St
St. Faith/St. Stephen Church	11725 93 St
St. Andrew's Church	8715 118 Ave
The Carrot Coffeehouse	9351 118 Ave
The Nina	9225 118 Ave





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CHURCH SERVICES

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11725 93 Street

St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

St. Faith: 780.477.5931
Sunday Worship:
 9:00 am Friday Prayer

11:00 am Sunday Worship
 1st Sunday Common
 2nd Sunday Trad. Anglican
 3rd Sunday Aboriginal Form
 4th Sunday Trad. Anglican

AVENUE CHURCH

A community to belong in...a community to serve with.

11335 85 Street (Parkdale Hall)
avenuechurch.ca

Sundays
coffee fellowship - 9:30am
10:00 am Service

BETHEL GOSPEL CHAPEL

A Bible-based, multi-ethnic fellowship.
11461 95 Street
780.477.3341

Sunday Meetings:
 9:30 am - Lord's Supper
 11:00 am - Family Bible Hour

NORWOOD WESLEYAN CHURCH
 Meeting needs with love and compassion
11306 91 St
10:00 am Sunday School
11:00 am Sunday Service

EVANGELICAL BAPTIST CHURCH

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up'
Eph. 4:32, 1 Th. 5:11a
12317-82 St.
780.474.4830

Sunday School 10:00 am
Sunday Worship 11:00 am
Wed. Study/Prayer 6:30 pm

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
780-477-8677

Service Times:
 Sundays at 11 am
 A caring and loving church in your community where everyone is welcome.

AVENUE VINEYARD CHURCH

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.
8718 118 Avenue
(Crystal Kids Building)
avenuevineyard.com
Sundays at 10:30 am

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Building Great Neighbourhoods

Alberta Avenue Community

DRAFT CONCEPTS PUBLIC EVENT

Date: June 21, 2018
Time: 5:30 to 8:00 pm (Drop-in)
Venue: Alberta Avenue Community League, in Hodson Hall Room
Location: 9210 118 Ave NW

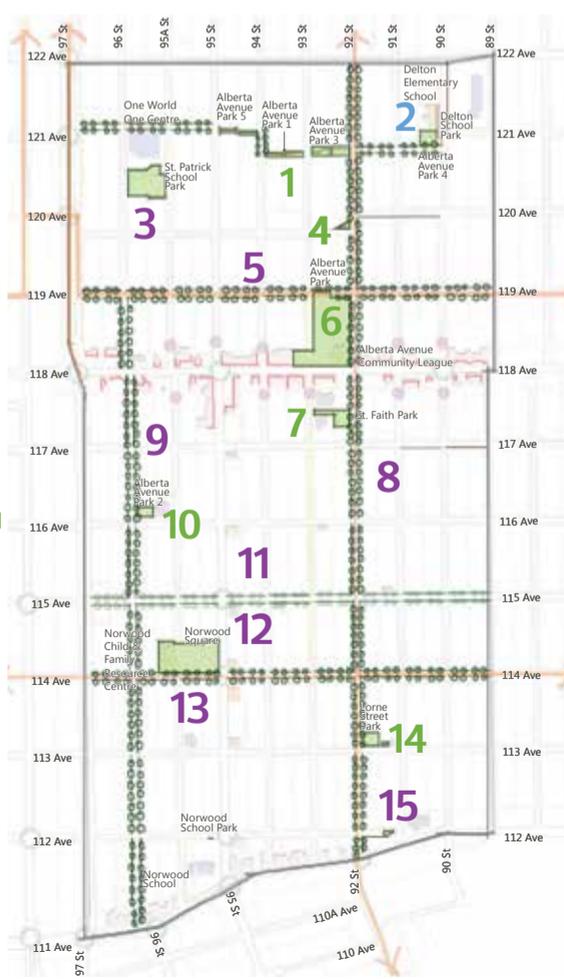
REFINE

Share your input on our initial draft concepts for new infrastructure in your neighbourhood. Draft concepts include bike lanes, shared use paths, ways to slow traffic, and park features. The designs are based on the feedback received from recent public events and surveys in February and April.

Light refreshments and children's activities will be provided.

Find out more at Edmonton.ca/BuildingAlbertaAvenue

The following map indicates the Focus Areas and Concepts that will be discussed at the event.



- 1 Pocket Park Network Improvement (121 Avenue)
- 2 Commercial Area Improvements
- 3 One World Centre Public Park Improvements
- 4 Intersection Improvement/ Pocket Park (120 Avenue and 92 Street)
- 5 119 Avenue Pedestrian/Bike Corridor
- 6 Alberta Avenue Park Improvements
- 7 St. Faith Park Improvements
- 8 92 Street Pedestrian/Bike Corridor Improvement
- 9 96 Street Pedestrian/Bike Corridors
- 10 Alberta Avenue Park 2 Improvements
- 11 115 Avenue Enhancements
- 12 Norwood Child and Family Resource Centre Area Improvements
- 13 114 Avenue Pedestrian/Bike Corridor Improvement
- 14 Lorne Park Improvements
- 15 112 Avenue Redesign (between 91 Street and 92 Street)

SHARE YOUR VOICE
SHAPE OUR CITY

