



RAT CREEK PRESS

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

PUBLISHED ON TREATY 6 TERRITORY

WWW.RATCREEK.ORG MARCH 2020

Enjoy avante garde programming

Alberta Avenue to host diverse, interdisciplinary shows during SkirtsAfire



Peep Show! play reading of *Baleti* by Lebogang Disele at last year's SkirtsAfire. | Gallican Buki

TALEA MEDYNSKI

After 10 years, the SkirtsAfire Festival has spread to three neighbourhoods: Alberta Avenue, Old Strathcona, and downtown.

A big change is the different venue for theatre performances. Annette Loiselle, artistic director, says, "The league is great, but it's so much work to build a theatre."

So it makes sense that theatre programming moved to the Westbury Theatre in the Arts Barns in Old Strathcona. This year's play, *The Blue Hour*, is a large production that demands a large theatre space.

Alberta Avenue still has plenty of programming. The festival, which runs from Feb. 27 to March 8, will have two main venues on Alberta Ave: St. Faith's Anglican Church and the Nina Haggerty Centre for the Arts as well as singer-songwriters in The Carrot Coffeehouse and Otto Food and Drink, plus a belly dance workshop at Bedouin Beats.

At St. Faith's, Songs in the Sanctuary will feature the Women's Choral Festival as well as Maddie Storvold & the Moonlighters, a folk and alternative country band.

The church will also host dancing and drumming with the Beat of Her Drum. At the event, festivalgoers can enjoy performances from Sangea, a West African group; Warrior Women, an Indigenous group; and KoRock & Jeon's TKD Demonstration Team, a Korean group.

"All will perform together at the end with drumming and possibly dancing," says Loiselle.

At the Nina Haggerty Centre for the Arts, four different dance groups will perform during She Moves. Dance fans can look forward to seeing Labanese, Colombian, classical ballet, and dance fitness. The ballet performance *Coppéli-AI* is a futuristic interpretation of *Coppélia*.

"Apparently *Coppélia* is quite misogynistic, but she [the choreog-

rapher] turns it on its head," says Loiselle.

For spoken word performances and music, Words Unzipped will take place at the Nina Haggerty Centre for the Arts. Following the festival's theme of complicated, the two shows will be curated by Nisha Patel, the City of Edmonton's Poet Laureate.

Participants have an opportunity to join a performance with Garba Dance & Workshop. According to the SkirtsAfire website, "Originating from Gujarat, this folk dance celebrates the circle of life and the divine feminine energy. This Indian folk dance involves clapping, twirling, and simple footwork."

A unique visual art and theatre presentation called the Queer Calendar Project is also taking place. Suspension, written by playwright Hayley Moorhouse, is essentially a radio play that participants can listen to live, on their own iPod, or on a rental device.

The visual art gallery will reflect the themes of complicated and suspension.

"Stephanie Wilson has created a gallery of five artists," says Loiselle. "People can listen to the play while taking in the visual art installation."

Another theatre offering will be staged by the Tiger Hearts Collective. This all-female Shakespeare group will perform a play reading and 40-minute adaptation of *Troilus and Cressida*.

Even after all the changes this festival has gone through, Loiselle says, "We hope to stay on Alberta Ave. We want to stay with our Alberta Ave roots."

View the full schedule online at skirtsafire.come and view the schedule for Alberta Ave in the RCP.

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

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EASTWOOD
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Free swim

for league members

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SUNDAYS 1-3 PM

ALBERTA AVENUE
PARKDALE CROMDALE
SPRUCE AVENUE

One step closer to neighbourhood renewal

Reconstruction of Eastwood and Elmwood Park to begin this spring

TALEA MEDYNSKI

On Feb. 4, Eastwood and Elmwood Park residents attended an open house at St. Gerard Catholic School to view the final designs for the upcoming neighbourhood renewal.

Changes to the neighbourhood include repairing sidewalks, replacing curbs, gutters, and street lights, fixing roads, and improving parks and other public spaces.

Notable changes to spaces and parks in Eastwood include an open field space with a mini soccer pitch, a fenced off-leash dog park, and an improved James Kidney Park with better

safety, accessibility, and amenities. Two parks in Elmwood Park will include features such as a walking loop, new lighting, an improved intersection, and an expansion of one of the parks.

For people with kids attending Delton School, expect there to be a new drop-off bay.

As well, residents are expected to pay half the cost of the decorative street lights and sidewalk reconstruction. As of Feb. 4, residents had a 30-day petition period.

Plenty of area residents attended the open house.

Sylvia Sciroli, who owns an Eastwood rental property, says, "Some [changes] I don't find necessary. I think the City

should work on alleys first, it's like a roller coaster back there."

Veneranda Glover, an Eastwood resident, says the sidewalks by her home don't need to be repaired. "Ours is perfect, no cracks at all. Why should it have to be done?"

Eastwood resident John Tillner says he doesn't have any serious concerns about the coming changes. "My sidewalks are old and nasty, so I'm looking forward to this," he says. He says he's also happy that the City will be building a sidewalk around 121 Avenue and 82 Street and that the City will be rebuilding 120 Avenue.

Another Eastwood resident, Arlene Kemble, says some

changes are good, such as new streets, and some aren't, like extending curbs at intersections. "Taking out sidewalks that are still good is a waste of money," she says.

Janet, a resident from Elmwood Park, says, "I like the changes. I think it's important to have sidewalks that are more accessible and to complete sidewalks. I'm happy they're doing a complete road restructure. I like the green areas as well. Having things for kids that are free—I think that's very important from a community perspective."

Ellen Mastrangelo from Elmwood Park says she likes the changes so far but adds, "There will always be an issue with bike

lanes because so many people don't use them properly. I got stuck behind two tricycles."

William Blaney, an Eastwood resident, says he's glad that the road is being addressed and he's excited about the dog park. He adds, "I wish we could have had more notice on the sidewalk bill."

Reconstruction is expected to begin this spring and will likely take three years to complete.

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



John Tillner, Eastwood resident, is happy about a lot of the changes. | Talea Medynski



Veneranda Glover (left) and Arlene Kemble (right) attended the open house for the Neighbourhood Renewal. | Talea Medynski

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

ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

GOALS

Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

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

PRODUCTION STAFF

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

CONTRIBUTORS

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

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CIRCULATION

Serving 12,500 community members.

DELIVERY

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

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I ❤️ my
RCP

The Ave welcomes a new theatre company

Hidden Creek Players is a small stage theatre company

RUSTI L LEHAY

Some people take a stab at a dream and give up. For Bernadette Alseth, perseverance is her nature and the third time's the charm.

"I've been working on this idea for three years. Tried to start it three times and this is the only time it stuck." In desperate need of a producer, "it was a match when I met Rusti, who indicated her sincere interest in being part of a theatre company and away we went."

Alseth discovered her passion for theatre upon taking acting classes through the Foote Theatre School since 2011. She enjoyed the advanced ensemble

class for five years. Prior to that, she took classes through the City of Edmonton. "I belonged to a private theatre company doing three musical theatre productions and last summer I was in *Nothing After 9:00*, a Fringe Theatre production."

Meeting Alseth when I wrote a story about her father's cello for the *Rat Creek Press* was truly a serendipitous encounter. I'm no stranger behind a microphone, but acting will be a fun challenge. Our hopes are to grow, travel, and expand our repertoire of shows. Long-term goals are to produce four performances a year. Each performance will include four different 12-15 minute plays with an intermission for chatting,

visiting, snacks, and beverages. Mark your calendars for either the 2 pm matinee or 7 pm show on May 25.

There has been a lot of promotion here on the Avenue for the visual arts, dancing, and music, but not as much for theatre other than the theatre segments that occur along with a wide variety of performing artists in the SkirtsAfire Festival and Thousand Faces Festival.

"We are going to be very unique as a little theatre company growing out of this area," says Alseth. Highly mobile, the Hidden Creek Players will be available for a variety of opportunities. There are other small coffee houses and interesting venues where the the-

atre company can perform, and Alseth adds, "We hope to bring [performances] to a BYOV at the Fringe. We aim to keep it small so we can fit in anywhere." Private homes are also an option, making the possibilities endless.

Naming the group Hidden Creek Players is in synch with the desire to invite local amateur talent to participate. The goal is to give local writers a stage to write 10-15 minute plays as well as invite local amateurs, local talent, and local volunteers to participate.

The first performance will involve three main rehearsals at The Carrot Coffeehouse. For each performance, four short plays with two to three roles

means actors will be able to rehearse in their homes or via phone or video conferences, keeping time commitments simple and expedient.

If you need a template for formatting a play, want to know about auditions, have suggestions for a play, want to help with costume acquisitions, wish to learn more about the theatre, or want to participate in one of the offstage positions, contact Leahy or Alseth at hiddencreek-players@gmail.com.

A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.



Bernadette Alseth (left) and Rusti Leahy (right) are the creator and producer of Hidden Players. | Supplied

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A church with close links to a community

A closer look at a tiny but mighty community church

VICTORIA STEVENS

There are plenty of churches in the inner city, but Norwood Wesleyan Church stood out to me. I decided to capture pictures of this church that is so important to the Norwood community.

Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.



Beyond Sunday services, the church is a complete healing centre, aiming to help community members through difficult times. | Victoria Stevens



Although a bit battered, the doors can be opened by all in the community to find community and compassion. | Victoria Stevens



The small, unassuming building of the Norwood Wesleyan Church at 11306 91 St plays an integral role in the Norwood community. | Victoria Stevens



The building is old, dating back to the early 20th century, as evidenced by the wooden frames on the windows. | Victoria Stevens

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The welcome news in youth mental health

Pilot project aimed at helping youth will continue at Glenrose Rehabilitation Centre

TEKLA LUCHENSKI

There seems to be a barrage of bad news about youth mental health in Alberta. Waiting lists are long, hospital beds are scarce, and many children and youth suffer while waiting for treatment or accessing the right kind of care. Recent government cutbacks have been overwhelming.

Yet, programs that do exist in Edmonton and the quality of care provided tend to be outstanding. The Transitional Day Hospital at the Glenrose Rehabilitation Centre is an example of a successful program that is helping many youth. It began in February 2019 as a pilot project and is now going to continue indefinitely.

“It’s a big need, and we are going to continue on,” says Beverly Lent, program manager. In her position, she works closely with the Glenrose Rehabilitation Centre and the Royal Alex children’s psychiatric unit.

Lent explains, “It came out because we always knew that

mental health disorders can interfere with kids’ learning and their educational process. And also, they’re more likely to leave school. And we’re most concerned with kids after a hospitalization that return to school after an illness. Hospitalization is difficult. The risk of relapse and academic difficulties and social isolation are all things that we were concerned about. That was where it came from.”

Many factors inspired Lent and her team to create a solution in youth mental health care. When youth make a transition back to school, Lent says that, “There isn’t a lot available for aftercare for adolescents with mental health concerns. During the hospitalization, when we were talking about discharge, there was significant anxiety for parents, including feeling a lack of confidence, to be able to support their kids again once they are home. And also anxiety from the youth, after the disruption of a hospital stay, and getting back into things again. That seemed to be something we were seeing and hearing about.”

Lent explains that the seeds of the idea for the Transitional Day Hospital came from Danette Anderson, principal of the Edmonton Public School Board, and from Dr. Nkechi Abayomi, child psychologist. Anderson approached Lent, offering a teacher and a classroom as a resource. Abayomi spoke with Lent over many years working together about the need for the Transitional Day Hospital. The idea came to fruition in 2019, and the results are encouraging.

“In the past, patients were being discharged home, with some support in the community, or there is a longer term inpatient program at the Glenrose,” says Lent. The inpatient program is still running. The day program runs alongside the inpatient program.

The program’s objective is to provide a non-residential school program for youth ages 12 to 17 who are transitioning home from a hospital stay. The program provides emotional, academic, social, and psychological support to patients. Typically, youth come from Station 35

(child psychiatry unit) at the Glenrose Hospital. Sometimes, they come from the inpatient school program at the Glenrose.

The goals are to support continued learning and education, and to teach valuable skills to help patients manage their lives and reintegrate to a regular school.

At any one time, there are typically five to six youth in the program. Youth begin when they are ready; there is no set start date. They stay as long as five to six weeks. Lent says the team has found that having six youth in the program at a time seems to work well. All courses are for credit. The program mimics high school as much as possible. It runs Monday to Friday, from 8:30 am to 3:10 pm.

The team offers individual and group therapy. It includes teachers who work closely with the students, a psychiatrist, a community liaison nurse, a psychologist, and a manager.

Rob Seifeddine is one of the team members. In his role as the child and youth development specialist, Seifeddine works

with every youth from start to finish. He is available to help and encourage them from hospital discharge through entry and duration of the program. He also assists with transition out of the program. He has a dedicated cell phone so that students and family can contact him for support.

Lent also credits the success of the program to its Youth and Family Advisory Committee. They have provided critical feedback that helped establish and strengthen the process for everyone involved. She says, “The youths’ voice has been so powerful. And it’s been so humbling for me to listen to them. We’ve been able to move things forward with their voice.”

There is great potential for success when youth mental health care professionals have the resources they need to do their vitally important work.

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



The Transitional Day Hospital is a much-needed project for youth. | Pixabay

Rob Seifeddine, child youth and development specialist, connects well with youth in the Transitional Day Hospital program and helps make it a success. | Tekla Luchenski

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OPINION

Austerity isn't a good solution for anyone

Cutting essential services harms those who need them most

MIMI WILLIAMS

Premier Jason Kenney talks an awful lot about how Alberta is struggling, but rarely do we hear him or his ministers talk about the individual Albertans who are struggling and, even if we did, we'd have to take the concern with a grain of salt considering they are implementing austerity policies that are going to make things a whole lot worse for a whole lot of people.

Austerity is when governments attempt to reduce their budget deficits by reducing spending on public services. The problem with austerity is that it has never worked to jumpstart any economy and, in fact, has proven repeatedly to have the opposite effect. Worse, imposing austerity at the wrong time can increase unemployment and trigger a recession.

Margaret Thatcher, one of the first proponents of austerity as a way to govern, slashed her country's budget deficit in 1980, causing one of Britain's worst recessions the following year. Many fear that Kenney's promise to cut thousands of workers from the public service is going to make Alberta's economic situation worse than it is.

Economics aside, those workers that Kenney is sending to the unemployment line are actually delivering services to the public. Cuts to essential services lead to real and often harmful effects on the people who rely on them. A study published in the British Medical Journal in 2018 linked 120,000 deaths to austerity policies imposed in Britain in 2010.

United Nations Special Rapporteur Philip Alston noted that austerity brought with it huge growth in food bank usage and homelessness. He also noted high levels of despair, loneliness,

and isolation. Britain's austerity measure led to "entrenching high levels of poverty and inflicting unnecessary misery in one of the richest countries in the world," Alston wrote.

Austerity widens the gap

help vulnerable youth navigate the education system and access training. None of these cuts will create the conditions people need to succeed. In fact, cuts to the public services that serve the most vulnerable can have

ports and inclusion, access to justice, and discrimination—all play a huge part in our health and wellness. Making cuts to programs and services that support the people most at risk inevitably raises healthcare costs

Tax Credit by rolling it into one tax credit and allocating \$40 million less per year than the two programs received before they were consolidated.

The effects of the government's austerity will be felt the most by those who are least able to absorb the shock and it appears that our government doesn't comprehend their reality. When it was pointed out that recipients of AISH and income support were going to be unable to travel to get their transit passes because the government switched the payment date from a few days before the end of the month to the 1st or a few days after (for those who receive cheques), the Minister of Community and Social Services suggested on Twitter that they buy this month's and next month's transit passes with the benefits received this month. This fails to recognize that recipients won't receive funding for next month's transit pass until next month and that means they will have to forego something else like food or paying a bill this month in order to buy that extra transit pass.

For folks who struggle to make it to the end of the month with food in their fridge, she might as well have tweeted, "Let them eat cake!"

The saddest part of all of this is that the pain will be for nothing, unless the government's goal is to exacerbate income inequality. Because that's all austerity has ever proven to be good for.



Austerity has been proven to be ineffective. | Pixabay

between the rich and the rest of us: the wealthy can buy services when the government cuts them; most of us cannot.

Agencies that serve the homeless, those struggling with addictions, and victims of domestic violence will face increased demands and reduced funding to deal with them. The same holds true for organizations that

damaging effects to individuals and end up costing the public far more in the long run.

According to the Canadian Medical Association, as much as 60 per cent of the risk of falling ill can be traced back to what they call the "social determinants of health". These determinants—poverty, housing, employment, social sup-

down the road.

Yet, the government has introduced a number of changes that will make matters worse for a lot of people, not better. They've cancelled planned increases to income support and AISH as well as reduced the money that went into the Alberta Child Benefit and the Alberta Family Employment

Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work and play in Edmonton.

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Budget cuts affect people on public services

Changes to Alberta Seniors Drug Benefit Program coming March 1

MIMI WILLIAMS

Even before the provincial government released its 2020/2021 budget (which occurred after this newspaper was published), many Albertans were already trying to figure out how to deal with the significant cuts handed down in the 2019/2020 budget introduced on Oct. 24 last year. From cuts in childcare and child intervention funding totaling nearly 13 per cent to post-secondary tuition increases as high as 7 per cent to the de-indexing of income supports, AISH, and the Alberta Seniors Benefit, very few people who rely on public services will be able to escape the negative effects of the government's austerity agenda. Alberta Avenue's Arthur and Joy Dyck are one of 46,000 couples who will be affected on March 1 when the government cancels coverage for spouses/partners and dependents under the Alberta Seniors Drug Benefit Program. "My pension income puts us over the threshold by about \$25 per month for Joy to qualify for AISH benefits, which would cover the medical benefits she needs," explains Arthur. "If indexing had stayed in place, she would have qualified for

AISH. Now she doesn't and she's losing her coverage under the Seniors Health Benefit, too." Joy was on AISH for several years before she lost her benefits when Arthur retired and began to draw his pensions. For some reason, AISH considers pension income differently than employment income. "So even though my pension income was less than my earned income, Joy was cut off AISH when I turned 65," Arthur says. "Even though Joy had benefits under the Seniors Benefit Plan, it didn't have nearly the coverage that AISH benefits did."

The couple will be required to pay up to \$61 per month for non-group coverage until Joy is 65 years old. "That, or I can live without benefits," adds Joy.

The rules around AISH eligibility are inflexible and only look at income, not expenses. This means that a mere \$25 per month more in income can be enough to get a person cut off benefits even if that means that the fixed-income couple of which that person is a part will face paying additional monthly out-of-pocket expenses for that person to receive the same medical benefits. The Dycks are not alone in their frustration, accord-

ing to Marie Renaud, the Official Opposition Critic for Community & Social Services. "Through no fault of their own, thousands of older couples are facing significant financial challenges because of these changes," she says in a telephone interview. "We're hearing from a lot of couples who are very concerned about the changes being introduced around different benefits." Asked if government changes might force some couples to separate just to maintain their benefits, Renaud agrees that this is a very real possibility. "AISH divorce? We're absolutely going to be seeing that in the future," she says.

mean, Renaud says it's difficult to know what they might have planned next. In the meantime, she says it's very important for people to be vocal about how government cuts are affecting them. For some people, this might take the form of participating in public protests or joining advocacy organizations, but it can be as simple as writing a letter. "People need to write about their concerns to the ministers responsible for making these changes. That's the only way to shine a light on what they're doing," says Renaud. She suggests that those who write to government ministers about their concerns send a copy to the Official Opposition so that they can enter Albertans' concerns into the record in the legislature. "The rules are the way they are and it's very unfortunate," adds Renaud. "I really wish I had more to offer people."



Joy and Arthur Dyck are one of many Alberta couples affected by changes to coverage under the Alberta Seniors Drug Benefit Program. | Mimi Williams

Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work and play in Edmonton.

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SKIRTSAFIRE

FESTIVAL

FEB 27 - MAR 8 2020

FEEL THE HEAT ON ALBERTA AVE

**THURSDAY
FEBRUARY 27**

OPENING CEREMONIES
5:00pm - 7:00pm
SUSPENSION | LISTEN LIVE 6-7PM
NINA HAGGERTY GALLERY

**SATURDAY
FEBRUARY 29**

THE KEY OF SHE AT THE CARROT
1:00pm - 3:00pm
THE CARROT

GARBA DANCE & WORKSHOP
3:30pm - 4:30pm
NINA HAGGERTY GALLERY

TROILUS & CRESSIDA
5:00pm - 6:00pm
NINA HAGGERTY GALLERY

SONGS IN THE SANCTUARY
7:00pm - 9:30pm
ST. FAITH'S CHURCH

**SUNDAY
MARCH 1**

THE KEY OF SHE AT OTTO
5:30pm - 6:30pm
OTTO FOOD AND DRINK

SHE MOVES
7:00pm - 8:00pm
NINA HAGGERTY GALLERY

SUSPENSION | LISTEN LIVE
8:00pm - 9:00pm
NINA HAGGERTY GALLERY

**WEDNESDAY
MARCH 4**

THE KEY OF SHE AT OTTO
5:30pm - 6:30pm
OTTO FOOD AND DRINK

SHAKTIFLOW | THE LIONESS
7:00pm - 8:00pm
NINA HAGGERTY GALLERY

**THURSDAY
MARCH 5**

THE KEY OF SHE AT OTTO
5:30pm - 6:30pm
OTTO FOOD AND DRINK

WORDS UNZIPPED
7:00pm - 8:30pm
NINA HAGGERTY GALLERY

**FRIDAY
MARCH 6**

THE BEAT OF HER DRUM
7:00pm - 8:15pm
ST. FAITH'S CHURCH

WORDS UNZIPPED
8:30pm - 10:00pm
NINA HAGGERTY GALLERY

**SATURDAY
MARCH 7**

YOGA IN THE ART
9:45am - 12:30pm
NINA HAGGERTY GALLERY

BELLYDANCE WORKSHOP
11:00am - 11:50am
BEDOUIN BEATS

THE KEY OF SHE AT THE CARROT
1:00pm - 3:00pm
THE CARROT

SUSPENSION | LISTEN ON A DEVICE
2:00pm - 3:00pm
NINA HAGGERTY GALLERY

A PLACE FOR PROSE
3:00pm - 5:00pm
NINA HAGGERTY GALLERY

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INFORMATION**

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BEDOUIN BEATS
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Celebrating International Women's Day

For this issue of the *Rat Creek Press*, we are celebrating International Women's Day by featuring four amazing women. In February, we asked readers if they'd like to recommend local women to be featured in the March issue. We received quite a few suggestions, but only had

time to write profiles on three women who either live or work in the area.

As a bonus, writer Nazreena Anwar-Travas wrote about a woman in India who has inspired her from afar.

That said, we now have quite a few more women

we'd like to feature in future issues! Please feel free to suggest other people you'd like to see us write about as well.



Barb Sharpe (left), the creator of GiveBack Edmonton, pictured with her daughter. | Rusti L Leahy

How a cold winter changed one woman's life

Barb Sharpe embraces the spirit of giving to those in need

RUSTI L LEHAY

On a quiet little street, you can witness the magic of community spirit and generosity happening all year. Barb Sharpe started GiveBack Edmonton from her garage in 2013 after a cold snowfall and a back injury in 2012 drastically changed her life.

The real driving force occurred after thrift store shopping for needed winter wear for her daughters. "I asked for a discount on what seemed like a high price for secondhand jackets and the staff told me, 'You shouldn't have had kids.'"

When Sharpe shared her experience on Facebook, an avalanche of donations filled her garage. "It was my daughters who suggested we give the extra items to the homeless and those in need."

Living in the area since 2015, her garage is regularly filled and GiveBack accepts everything except electronics and furniture, refusing the latter due to minimal storage.

The latest upgrade in Sharpe's grassroots movement is partnering with Peter Zuurdeeg, science officer for German Stone House, to install hempcrete insulation in the garage so her volunteers can work comfortably all year long. After people offered some pink insulation, someone suggested she use the lightweight, durable, and economical hempcrete. Then it was a no-brainer.

Sharpe says, "Farmers are throwing out extremely usable parts of the hemp crops and it is high time this versatile, alternative building material receives attention." All parts of the hemp plant can be used and can replace everything plastic can do, which will also help keep our planet clean and sustainable. Many of the applications using concrete can be made with hempcrete, which is more sustainable and durable, lasting for many years.

"Local industry is donating a large part of the hemp hurd [hemp core fibre], so we are insulating using large forms to allow us to pack large spaces of walls. We are building in the most inconvenient way possible; however, it is the cheapest." Sharpe adds, "Traditional building materials to do my garage would be between \$12-13,000 and the hempcrete? A mere \$3,000."

She has big plans for the future of GiveBack. "We'll still be here bigger and better, keeping GiveBack a grassroots organization with the community receiving from the community giving."

It is no small coincidence that the University of Alberta will participate in the testing of construction involving hempcrete as Sharpe plans to end homelessness with small pod-like homes

constructed with hemp. Hemp doesn't burn or retain odours and insect pests are not attracted or able to live in the hemp walls. She intends to keep giving back via GiveBack for many years to come.

Her key motivation is sustainable living. "There is enough for everyone. I want to show others living within our means is possible. I took on the title of activism in 2013 and have been called a conspiracy theorist." While she is serious and intense about her activism, Sharpe says, "I am simply taking my ideas and doing actual tasks to make things happen. People say you can't, you can't, you can't regarding GiveBack and we are here six years later still doing it."

International Women's Day is a symbol of that 'just do it' attitude Sharpe lives by daily. "It guides me and my daughters. Doesn't matter what your idea or dream is, it's possible to be powerful women." Sharpe also tells her daughters, "People can call you whatever they want. Only you get to decide what and who you are."

For anyone who wishes to donate, visit GiveBackEdmonton on Facebook.

A member of the Professional Writers Association of Canada since 2003, Rusti has been writing professionally since 1999. Her favourite word activity is immersion editing with memoir writers.

One woman's path from education to politics

Janis Irwin is a voice for those who need it the most

VICTORIA STEVENS

Not too long ago, Janis Irwin would run beside the LRT tracks from her home in Highlands to her job in downtown Edmonton. During these runs, she would see first-hand the camps populated with people struggling with housing. The camps, now since removed, left a mark on Irwin, a mark that would eventually lead her to being the only openly gay MLA in the Alberta legislature.

Irwin grew up in rural Alberta in a conservative town. As a teen, she was politically active with the local Progressive Conservative candidate, a far cry from the Alberta New Democrat Party she would later come to represent. It wasn't until she moved to Edmonton at the age of 17 for university did she begin to question her values.

"... it's not simply about what's right or wrong. It's about finding out where your values lie," she says, referring to her fairly drastic shift in politics.

She entered university with the intention to be a history professor. Quickly realizing education would be a better path, she finished her degree early and by January the next year she had a permanent job in Bawlf, Alberta. Four-and-a-half years later, she was offered a vice principal position in Forestburg. Irwin knew rural Alberta wasn't for her, so when an opportunity came up to work on the new provincial social studies curriculum in Edmonton, she jumped at the chance. This is where her daily runs into downtown began and this is when she began to dig into what was going on with the housing situation in the city. By 2013, she was ready to throw her hat into the ring to become the member of Parliament for Edmonton-Griesbach with the NDP.

She lost the election in a close, hard-fought race but managed to make herself fairly well known in the area. When she was approached a few years later to run for the provincial seat of Edmonton-Highlands-Norwood, she agreed and won her seat in a landslide.

In the legislature and in her communities, Irwin is surrounded by strong women who are upfront in Alberta politics, along with a party leader who is a phenomenal feminist. As a queer woman and the only openly queer MLA, Irwin says she feels supported by those around her. She emphasizes how privileged she has been in having been immediately accepted and supported by her family and friends when she came out as gay. She takes her role as Critic for Status of Women and LGBTQ2+ issues seriously, and is continuously a loud voice and passionate advocate in her role.

Irwin intends to continue speaking up for the vulnerable for as long as she can.

"It's important to reflect on the progress made but also acknowledge that progress has not affected all women equally," she emphasizes. "We need more visible representation of racialized people, LGBTQ2+ people, Indigenous people."

Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.



NDP MLA Janis Irwin has had quite the journey into politics. | Dave DeGagné



Indigenous people have a champion in Edmonton

Cheryl Whiskeyjack is the confident leader of Bent Arrow

MIMI WILLIAMS

Whoever coined the phrase, “If you want something done, give it to a busy woman,” may have had Cheryl Whiskeyjack in mind. In addition to serving as executive director of Bent Arrow Traditional Healing Society, a role she has held since 2008, Whiskeyjack is the co-chair of EndPovertyEdmonton, an executive board member on the Canadian Accreditation Council of Human Services, and a general member on the National Advisory Council on Poverty.

When she graduated from MacEwan University’s Child and Youth Care program and took a job at Bent Arrow in 1995, Whiskeyjack couldn’t have envisioned she’d be leading the organization 25 years later, but talking with her about her journey comes with a strange sense of destiny.

“Interest and fate led me here,” she says matter-of-factly.

She worked for 12 years with Shauna Seneca who, along with her husband Brad, founded Bent Arrow. Their goal was to use traditional aboriginal teachings to help children, youth, and families who were struggling in our urban environment. Seneca’s sudden death in December of 2006 led to Whiskeyjack being appointed to her position by the non-profit organization’s board of directors.

“I learned a lot from Shauna, having worked with her and watched her for 12 years. But we aren’t the same. I may have stepped into her shoes, so to say,” she recalls, “but I was pulled in my own direction.”

In the years that she’s taken the helm of Bent Arrow, the organization has grown substantially and she finds herself doing a lot of work collaborating with other organizations outside of Bent Arrow. Whiskeyjack is very keen to share Bent Arrow’s strategic successes with other organizations serving urban Indigenous people.

“I have great leaders within my organization and that allows me to get out in the community and use my time to support our work at other tables,” she explains.

Developing partnerships like the C5 group comes naturally to her. C5 is a group of non-profits which includes the Edmonton Mennonite Centre for Newcomers, Terra Centre for Teen Parents, Norwood Child and Family Resource Centre, Boyle Street Community Services, and Bent Arrow. Last year, they pooled resources to open the C5 North East Community Hub in the strip mall that houses Giant Tiger at Victoria Trail and 139 Avenue. It’s proven to be a vital place for the com-

Cheryl Whiskeyjack is a champion for Indigenous people.
| Mimi Williams

munity’s families—many of them new to Canada and/or low-income—to gather, socialize, and learn.

I ask Whiskeyjack about what International Women’s Day means to her, if anything. Her response, like all of her responses, is calm and measured.

“I guess it’s nice that there’s a day. In my culture, women are very highly regarded,” she says with a smile. “So, it’s nice that there’s a day to celebrate women but in my culture, we aspire to do that as often as we can. I come from a matriarchal people, after all.”

Mimi is a writer who first moved to the Alberta Avenue area over 20 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work, and play in Edmonton.

One woman’s unconquerable, resilient spirit

When life brings you hardships, take yourself through it

NAZREENA ANWAR-TRAVAS

In the winter of 2017, I felt as bleak as the landscape outside. I had spent the past six years working hard to establish myself in Canada and once that was accomplished, all I did was compare my life to others. I hated living in a tiny apartment and I wished I were able to go on holidays as often as my colleagues or neighbours.

Although I loathed feeling that way, I could not bring myself to emerge from the self-pity I was wallowing in, either. In one of my depressive moments, my husband casually mentioned his former colleague Shalini, a famous blade runner in India. I had no clue what it meant to be a blade runner and so I Googled it.

Before she became a blade runner, Shalini Saraswathi was leading a normal life and had a successful career dotted with meetings and deadlines. She was pregnant, was about to be promoted at work, and was looking forward to new beginnings. Life, however, had other plans. She was diagnosed with Rickettsial, a rare infection she contracted during a holiday. The infection caused multiple organ failure and not only ended her pregnancy but also ultimately led to the amputation of all her limbs. Refusing to be shattered by physical limitations, she learned to walk and later run with prosthetic blades.

I remember pausing as guilt overcame me. I recalled the many times I had sulked at rainy summers or chipped fingernails. Here I was, an able-bodied woman, who cringed at the thought of driving in snow and out there was a tenacious woman who refused to bow to adversity. This quadruple amputee moved forward to win the bronze medal in the 2018 National Para Athletic Championship and ranks third in Asia in that category. And what’s more, she continued to work full-time at her corporate job.

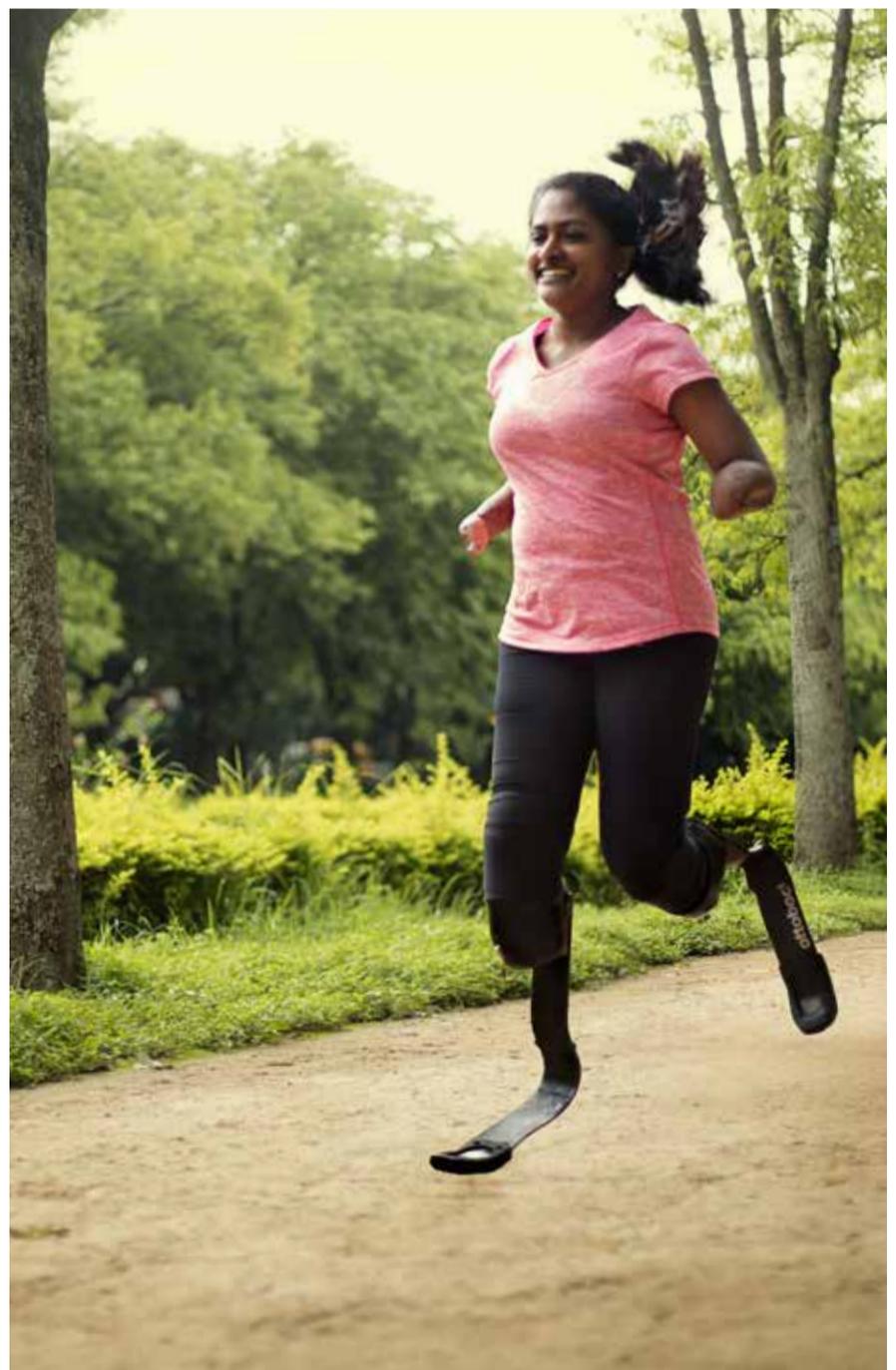
As I read about Shalini and saw her pictures, I suddenly realized that I was looking at an extremely attractive and successful woman whose mental strength conquered all physical barriers. When life gave her no options, she made her own choices. Her life today is a self-made bed of roses. It was then that I started communicating with her online.

To this day, I have not met Shalini in person, yet she continues to inspire me. She has taught me to value what I have more than what I don’t. I always thought life was a journey to arrive at a destination flanked with set goals. I now focus more on the journey part of life and enjoy every moment of it. Contentment is definitely more important than the endless pursuit of happiness.

There’s a popular saying: when the going gets tough, the tough get going. International Women’s Day means liberating yourself from obstacles, be it emotional or physical. Being born as a female is one thing, but being a symbol of inspiration, perseverance, and conviction is a matter of choice.

I wish for every woman, including myself, to be a Shalini—to remain positive despite the odds and be blessed with a relentless spirit. To every one of our readers: a happy International Women’s Day!

Writing has always been Nazreena’s biggest passion besides crocheting and breeding budgies. Having changed nine schools as a child in different countries, cultural tolerance and flexibility to adapt to diverse environments come naturally to her.



Shalini Saraswathi works full time as a deputy general manager for a renowned business processing outsourcing company and is training for the 2020 Summer Paralympics selection. She lives in Bengaluru, India with her family. | Supplied



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The changing reality of jobs and careers

Many people work at more than one job to bring in extra money

TALEA MEDYNSKI

It was once common to work at one job throughout your life and then retire. A few decades ago, that changed to switching jobs or careers more frequently. Now, more and more people take side jobs as well.

Stephen Strand, an Alberta Avenue resident, used to work full-time for the Edmonton EXPO Centre doing audio visual work, but that changed a few years ago when the organization became a branch of the Edmonton Economic Development Corporation (EEDC).

“The biggest part of my job there is maintaining the in-house PA system. There is a third party AV company that deals with a large majority of

the job that I used to do, so over the last few years my hours have been reduced. They primarily keep me around to do internal events and maintain the in-house PA system and the score clock. In 2017, I averaged around 50 hours a week there, but now I average around 20-30 hours a week. I say this is my main job, because it provides me with roughly half of my yearly income,” says Strand.

In order to bring in more income, Strand works as a freelance Audio Visual technician for production companies with sports broadcasting contracts; with the audio department at Citadel Theatre; doing video projects and AV setups for Century Mile Racetrack; and other occasional contracts.

“I started to occasionally take

outside work back in 2014, but as of 2018 I was in a situation where I needed to take on more work,” says Strand. “With my job at the EXPO Centre diminishing, I needed to find a way to make enough money to pay all of my bills. I also like working on different projects. In the past, when I had only one job, I found myself becoming complacent, never pushing myself to do better or become better. Now, in order for me to keep getting contracts, I have to care and try to be better than I was before.”

These side gigs are significant for Strand, making up about half his yearly income. The downside is that the extra work can be tiring.

Virginia Potkins works a number of different contracts

along with casual work.

“I work casually at Alberta Teachers’ Association as a caterer and at NAIT in running their cafe in the Productivity and Innovation Centre,” says Potkins. She also has contracts for special events like Spark! Youth Camp and with Bloomin’ Garden Show & Art Sale.

Potkins first started doing contract work after she left a full-time job in 2018.

“I found I really enjoyed the flexibility and I could pick and choose where I wanted to work,” says Potkins. “It kind of allows me to work around my other commitments and volunteer projects.”

Potkins says she likes knowing her time is well-spent and that she enjoys the work she does. “It gives me joy and pur-

pose.”

Financially the extra work is important as well. “I’m picking up more work and I think I’ll do okay this year.” It’s hard to say how much of an impact her contracts make to her overall income. “Every project is different, so there’s a wide range of what each one pays.”

She adds, “I can’t imagine now going to a job where I have to be there everyday. I think I get bored easily. I like the challenge of jumping into something I haven’t done before. I thrive on that. I think what is also appealing is being in control of your own destiny.”

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



Virginia Potkins working at Alberta Teachers’ Association. | Virginia Potkins



Stephen Strand backstage at the Citadel Theatre during one of his side jobs. | Supplied

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Misconceptions of the immigration system

Learn the facts about how Canada's immigration works

KILEY FITHEN

Building walls, separating families, stealing jobs, illegal workers: these are hot topics in the media relating to immigration. But the truth is that Canada has a very comprehensive and sophisticated immigration system that takes into consideration economic factors, family reunification, humanitarian considerations, and refugee claims.

But there's a lot of misinformation out there. Below are the top three misconceptions.

Myth one: we don't need immigrants

Unless you are from an Indigenous group originating in Canada, your own history is part of the long, complex history of world migration. Reflecting on one's own family history usually reveals the role migration has played in our own lives and the contributions to Canada's current state.

The objectives of our immigration system are clearly laid out in the Immigration and Refugee Protection Act (IRPA). The complete act is available online, and in the objectives it is clear that Canada uses immigration to "pursue the maximum social, cultural and economic benefits of immigration" and is created to further Canadian interests. (IRPA, 3)

Myth two: there are too many illegal immigrants!

In Canada, if someone is without legal status, they can apply to gain legal status and seek the appropriate visa or resident status. Canada does not have the issue of illegal immi-

grants hiding from Canadian Border Services agents. In general, the issue in Canada is not the same as the United States, where undocumented immigrants have few if any options

Protection Regulations." There are time limits and requirements, but an option is available.

a shortage. There is demand for certain skills and abilities to push economic growth forward. The economic class is a system designed to attract talent, while minimizing the risk on the

to hire foreign workers. This is often done through something called a Labour Market Impact Assessment or LMIA. Once an employer receives a confirmation letter, the employer gives it to the foreign worker and instructs the worker to apply for the work permit.

The Canadian immigration system and its issuance of work permits has complex requirements and a variety of policies in place to try to identify and ensure a real need for labour. In Alberta, the provincial government houses Labour and Immigration under one ministry. So, the story of a random migrant worker showing up and getting your job without the direct support of the employer and government isn't really happening. The employers are specifically looking for foreign workers and seeking the government's approval to do so.

To find out more about the Immigration and Refugee Protection Act, find it online here: <https://laws.justice.gc.ca/eng/acts/i-2.5/>. You can also contact your local Member of Parliament for questions related to federal immigration or your local MLA for questions around provincial immigration initiatives.

Kiley, a Parkdale resident who shares a passion for building community, is a business owner and a Registered Canadian Immigration Consultant.



There's a lot of inflammatory misinformation about immigration in Canada. | Pixabay

to become legal. It benefits both the foreign national and Canada to ensure some type of legal status. Without the ability to reinstate status, people tend to hide and seek illegal employment, leaving them open to exploitation and circumventing taxation. According to the Immigration, Refugees and Citizenship Canada website, "If a visitor, worker or student has lost their status, they may apply to reinstate or restore their status in accordance with section 182 of the Immigration and Refugee

Myth three: immigrants are stealing our jobs!

The answer here is a bit complicated. As a rule, when assessing any issue involving business or labour the old catchphrase follow the money comes to mind. This is also true in Canada's immigration system. Canada welcomes highly skilled individuals, investors, and entrepreneurs—folks who can contribute to the economy by providing opportunity or labour that the government has deemed to be in

public system. The success of this system is controversial as it isn't proven that the money generated by investments and highly skilled immigration stays in Canada, but that is another topic of its own.

Some companies claim that the labour force in Canada cannot provide a skill or is not available to fill some positions required to operate their business. If an employer can prove they have posted a job and have had no success recruiting, they can seek permission

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Unraveling the persistent myth of recycling

Here's what you can do to truly help the environment

GILLIAN KERR

When I was growing up, I learned about the 3Rs: reduce, reuse, and recycle. In the past 20 years, many references have added a fourth: recover. I just discovered a fifth R while researching this article: refuse (just say no).

There are many ways to reduce our human footprint, but none has become more widespread than recycling. Jane Hutch, master composter with the City of Edmonton (and friend) says she is conflicted about recycling. Many of us feel that once we have put recycling in the blue bag, we have done our part. According to a Stewardship Ontario survey (2011), almost three-quarters of Ontarians listed their weekly recycling as their "primary environmental effort."

When I moved from Calgary to Edmonton in 2004, Calgary only had an optional homeowner pays recycling program while Edmonton had been winning awards for its recycling. I felt relieved! I religiously cleaned my plastics, broke down my cardboard, and ensured all glass was contained within a cardboard box so if it broke it would not contaminate the other recycling. I was proud that my recycling volume far outweighed any waste. And then I was educated about the reality of recycling. In a 2018 article in *The Walrus*, Matthew Halliday wrote, "You may use the blue bin, but it doesn't mean you're helping the environment."

The story of recycling

Jodi Tomchyshyn London, president of the Recycling Council of Alberta (and a friend of mine), states that we don't

have the naming right for recycling. "When we 'recycle', we are actually sorting materials. We are not recycling," she says.

Our recycling materials go to the City of Edmonton's sorting facility (the material recycling facility) where everything is sorted and bailed into similar materials. Some materials are melted down and others are ground down to pellets of reusable material. Plastics are melted down into nurdles, the raw material for almost every plastic product (Google the Great Nurdle Hunt).

taking our *yang laji* (foreign garbage) in 2018. One reason was the contamination of the recycling, like greasy pizza boxes. Many Canadian operators that relied on China were left scrambling. As Halliday's article notes, plastic exports went from 6,700 tonnes to 578 tonnes in one year and recycled paper fell from 53,000 to 15,800 tonnes. A lot of our recycling ended up in landfills. We are still separating into recycling and waste, but without markets for the materials there have been few short-term options.

A bit more on plastics

We are hearing a lot about single-use plastics. Whether it is plastic bags, straws, or the plastic packaging around more plastic packaging at the grocery store, single-use plastics have been recognized as a waste of resources with negative externalities (something external to the considerations of a product, policy, plan). Plastics pollute our water, land, and air and have a negative impact on living creatures.

Tomchyshyn London recently did a presentation on plastics and some facts were shocking. Alberta has 50 years of recycling history, with beverage containers having been recycled since 1972, tires since 1992, used oil containers since 1997, e-waste since 2004, and paint containers since 2008. However, only 10 per cent of plastics used in Canada are recycled. Half of plastic generated is single-use and over 80 per cent of plastic pollutants are single-use.

The Recycling Council of Alberta website states, "Single-use bags of any type represent wasteful resource use. Recycling of plastic and paper bags is environmentally preferable to disposal but is less preferable than reduction and reuse options. The Recycling Council of Alberta supports programs that encourage the use of durable, reusable options rather than single-use shopping bags."

What can we do to improve recycling and follow the 5Rs?

The advice about the 5Rs is to

follow them in this order: first refuse, then reduce, re-use, recycle, and recover. The accompanying 5R figure provides some easy-to-follow suggestions.

Recycling is still a part of this mix, but it's important to consider our approach to it. Some people feel they are terrible at it, like keeping track of what can be recycled and what can't, and properly cleaning our recyclables. So, we toss all kinds of non-recyclable items in the recycling bin to let others figure it out. That can lead to higher costs to the City, to taxpayers, and to the environment.

Jane Hutch knows it can get confusing. What is recyclable is different in each city. She promotes the WasteWise App for the City. In addition, Tomchyshyn London and her team at the Recycling Council of Alberta (recycle.ab.ca) are a great resource.

"We can all be great role models for our family, friends, and community! Share your knowledge, and help others feel the pride of reducing our waste," says Hutch.

Thank you to Jodi for the expert interview, to Jane Hutch for her positive passion on waste reduction in Edmonton, and to Karen Mykietka for sending me the idea for this month's theme and articles relating to recycling. If anyone wants the source materials for this article, please email me.

Gillian has lived in Norwood since 2006 and loves the community. She worked for the Ministry of Environment for over a decade until she finished her PhD on environmental governance. She is currently researching, teaching, and consulting. She volunteers with a number of social society and environmental groups. If you have any comments or ideas for a future article, email gilliankerr@fastmail.fm.



There's a lot you can personally do to help the environment. | Gillian Kerr

At this point economics take over. Is there a market for the materials? Recycling is largely a commodity business dependent on supply and demand for recycling products. So, when municipalities produce more recyclables than end markets will absorb, the price of the product decreases. For recycling, Alberta and Canada face competition from around the world.

After decades of purchasing our recycling, China stopped

Halifax burns its plastics in waste-to-energy facilities. In May 2019, Calgary had more than 7,500 tonnes of paper and was storing more than 1,000 tonnes of clamshell plastics (used for berry and veggies) as they had no customers.

Tomchyshyn London says in Alberta, many of our recycled products find markets in North America: plastics go to Calgary and B.C. and metals go to the United States.

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Jack's Burger Shack makes the cut

The St. Albert business was the winner of the Stadium Yards competition

STEPHEN STRAND

On Feb. 20, Allard Hall was abuzz with anticipation as the finalists for the Stadium Yards contest, The Cut, made their final pitch in front of judges and a live audience. The winner will receive \$125,000 in inducements from Rohit Group of Companies, up to \$5,000 in branding and marketing from FKA, a marketing and communications agency, and mentorship from experts at the ATB Entrepreneur Centre.

Stadium Yards will be a seven-acre, mixed-use space, off of 84 Street and Jasper Avenue. It will have residential rentals and commercial properties, including a 2,500 square-foot retail space with a mezzanine, whose lease has been up for grabs as part of The Cut.

From an initial 47 entries, through two rounds of cuts, five finalists emerged: The Grizzlar Roaster's Experience Café, Jack's Burger Shack, Luna & Leo, Caribe Community Bar & Restaurant, and Coffecito.

The contest was open to small or medium-sized businesses, either new or looking to expand. Participants were required to submit a short video and a paragraph outlining their idea and how they will help build connections in the community. Finalists then pitched their business plan to the judges and a live audience at Allard Hall on Feb. 20.

Judges consisted of Kristina Botelho (founder of KB&co.), Jay Downton (co-founder of Oilersnation.com and Nation Network, president of Oodle Noodle, co-owner of Little Brick and River Valley Company), Aimee Parker (entrepreneur strategist, ATB Entrepreneur

Centre), Ian O'Donnell (executive director of the Downtown Business Association), Rohit Gupta (president at Rohit Group of Companies), and Casey McClelland (vice president at Colliers Canada).

Finalists were given five minutes each to outline their business plan and make their case, followed by a 10-minute question and answer period.

The judges were interested in how each finalist would connect to the community and

what they would bring to the community as well as business experience and financial capability. They were also looking for passion, vision, attitude, and personality.

Each finalist brought a level of diversity to the competition, ranging from a coffee shop to a Latin bar to a burger joint to vegetarian charcuterie to a Mexican confectionary. But they all seemed to look past the typical for-profit model. Several finalists talked about paying it

forward, with either taking portions of each sale to help provide meals for the less fortunate or by giving people the option to pay in advance for meals for others in need.

After the judges deliberated over each pitch, they informed the crowd that they chose Tu Le and Ninh Le, owners of Jack's Burger Shack as the winner. Already having a successful burger joint in St. Albert, they proved to the judges that they were the best option, as

they already had a solid business plan. Using locally sourced food, they enjoy keeping their business local.

They will begin making improvements to the new space at the beginning of November 2020 and will open soon after.

For more information, visit stadiumyards.com/thecut.

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



Tu Le, co-owner of Jack's Burger Shack, is the winner of The Cut. | Stephen Strand



Eastwood Rink

11803 - 86 Street

HOURS:
Mon & Tues: Closed
Wed, Thurs, Fri: 4 - 9 PM
Saturday: 11 AM - 9 PM
Sunday: 11 AM - 8 PM

Rink closed at -23C

Free skate and helmet rentals available.




CHURCH SERVICES

<p>ANGLICAN PARISHES ST. FAITH AND ST. STEPHEN Two Traditions – One Faith. 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</p> <p>St. Faith 780.477.5931 Sunday Worship: 9:00 am Friday Prayer 11:00 am Sunday Worship 1st Sunday Common 2nd Sunday Trad. Anglican 3rd Sunday Aboriginal Form 4th Sunday Trad. Anglican</p> <p>AVENUE VINEYARD CHURCH A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way. 8718 118 Avenue (Crystal Kids Building) avenuevineyard.com Sundays at 10:30 am</p>	<p>AVENUE CHURCH A community to belong in... a community to serve with. 11335 85 Street (Parkdale Hall) avenuechurch.ca Sundays 9:30am coffee fellowship 10:00 am Service</p> <p>BETHEL GOSPEL CHAPEL A Bible-based, multi-ethnic fellowship. 11461 95 Street 780.477.3341 Sunday Meetings: 9:30 am - Lord's Supper 11:00 am - Family Bible Hour</p>	<p>NORWOOD WESLEYAN CHURCH Meeting needs with love and compassion 11306 91 St 10:00 am Sunday School 11:00 am Sunday Service ST. ANDREW'S PRESBYTERIAN A caring and loving church in your community where everyone is welcome. 8715 118 Avenue 780.477.8677 Sundays at 11 am</p> <p>THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH A Place for Worship and Service 11661 95 Street salvationarmy.ca/alberta 780.474.4324 3:00 pm Sunday Worship</p>
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CHURCH SERVICES

CHURCH SERVICES

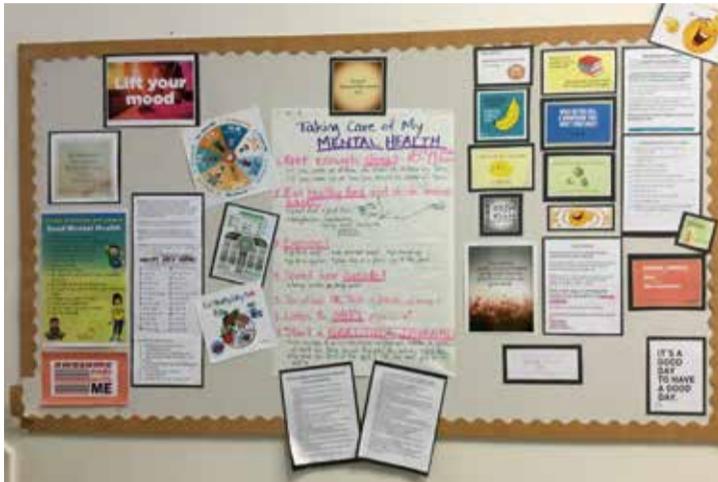
CHURCH SERVICES

All on board at Norwood Elementary School!

How we show what our classes are doing at our local school

NORWOOD NEWSPAPER CLUB

Every month, the different classrooms create unique bulletin boards to showcase artwork or themes they are working on. Here are a few interesting ones to check out. *Norwood Newspaper Club was formed by Ms. Rickards as a way to have members of her Grade 5 class at Norwood Elementary School learn about being journalists.*



Mrs. Kurie and Ms. Lothian's bulletin board for the Grade 4 Rams shows ways you can deal with your health and emotions. | Norwood Newspaper Club



The Curious Kinders made art using equal parts of white glue and shaving cream to create puffy, fluffy snow. | Norwood Newspaper Club



The Flying High 5s made a bulletin board so other classes can write what they love on the hearts with the crayons hanging by wool strings from the board. It is surrounded by art the students made showing the beautiful sunrises, sunsets, and northern lights of Canada. | Norwood Newspaper Club



Ms. Wiatr's Wonder Ones made art from scraps to show the uniqueness and colourfulness of their days. | Norwood Newspaper Club

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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

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

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

FOOD & SUPPORT

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

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

PRAYERWORKS COMMUNITY
Hot meals & warm friendship at PrayerWorks Common in St. Faith's & St. Stephens Anglican Church, 11725 93 St. Thursday lunch: served 11 am - 1 pm with doors open 10 am - 1 pm. Friday dinner served 5 - 6 pm, with doors open 3:30 - 7 pm. Saturday breakfast served 8:30 - 9:30 am, with doors open 8 - 10 am. Meals will be in recess April 9-11, 2020. More: 780.477.5931

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

PARENTS & PRE-SCHOOLERS

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

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

RHYMES THAT BIND
Children up to three years old can enjoy learning rhymes, finger plays, songs, & simple movement games. 10-week drop-in class. Saturdays, 10:30-11:30 am at Highlands Library.

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

PARENT LINK CENTRE
Information, support and a variety of free programs. 11666 95 St. 780.474.2400. Mon to Fri, 9 am-7 pm.

CHILDREN

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

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

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

YOUTH

EVIL GENIUS CLUB
Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design & printing are just the beginning. Fridays, 4-5 pm at Highlands Library. Thursdays, 3:30-4:30 pm at Sprucewood Library

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

GLOBAL GIRLS
Build new relationships, develop self-confidence, and identify pathways to achieve goals. Every other Thursday, 3:15-5:30 pm at the Mennonite Centre for ages 16-22. Drop-in. More: 780.423.9691.

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

AIR CADET SQUADRON
Youth program for ages 12-18. Aviation, drill, 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. March 4, 6-7:30 pm at The Carrot Coffeehouse.

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

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

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

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

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

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

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

WELLBRIETY SUPPORT GROUP
Mondays, 6-8 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.centralions.org.

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

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

FAMILIES

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

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

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

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

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

OPEN MIC NIGHT
Open to performers of all stages and ages! Sip a latte and enjoy original music, poetry, comedy, and more at a uniquely warm and personal open mic night. Jan 4, 18, & 25, 6:30-10 pm at The Carrot Coffeehouse.

TOAST & JAM

NOTICES

OPEN WALLS EXHIBIT
Submit one of your artworks to the Bleeding Heart Art Space's fifth annual Open Walls exhibit. Complete a submission form at bleedingheartart.space/openwalls & bring it and your art to the Nina Haggerty Centre for the Arts on March 9, between 10 am - 5 pm.

LOCATIONS

Bent Arrow
11648 85 St
Bethel Gospel
11461 95 St
Cnd Native Friendship
11728 95 St
Community Leagues - see page 12

Crystal Kids
8715 118 Ave
Highlands Library
6710 118 Ave
Mennonite Centre
11713 82 St
Norwood Family Centre
9516 114 Ave
Norwood Legion
11150 82 St

Sprucewood Library
11555 95 St
St. Faith/St. Stephen Church
1725 93 St
St. Andrew's Church
8745 118 Ave
The Carrot Coffeehouse
9351 118 Ave
The Nina
9225 118 Ave





COME JOIN US!
CHANGE HEALTH COMMUNITY PROGRAM

Connecting you with family, community, health provider resources, and activities. Dinner will be prepared each night, so be sure to **register!**

Mar 4, 11, 18
April to be announced later
 5:30pm to 7:30pm
11335 85 ST
 Parkdale Cromdale Community League

For more Information please contact by email chcp@ualberta.ca or info@parkdalecromdale.org or by phone **780-492-4488**



fresh routes

Mobile Grocery Store

Mondays 11:00am - 1:00pm: University of Alberta, Physical Activity & Wellness (PAW) Centre, 11410 87 Ave NW

Tuesdays 1:15pm - 2:15pm: Callingwood Twin Arenas, 17740 69 Ave NW
 3:30pm - 5:00pm: Orange Hub, 10045 156 St NW
 6:30pm - 7:30pm: West Edmonton Village (Tower 3 Lobby), 17319 69 Ave NW

Wednesdays 2:00pm - 3:00pm: Trinity Church Gymnasium, 13427 57 St NW
 4:15pm - 5:15pm: Norwood Resource Centre, 9516 114 Ave NW (starting Feb. 5, 2020)
 6:30pm - 7:30pm: Clareview Recreation Centre, 3804 139 Ave NW

Thursdays 11:30am - 1:00pm: Bent Arrow (Gymnasium), 11648 85 Street NW (starting Mar. 12, 2020)
 3:00 pm- 5:00pm: YMCA Boyle Street Plaza, 9538 103a Ave NW (starting Feb. 6, 2020)

Fresh Routes is a mobile grocery store. We bring healthy, affordable, food right to you. Veggies, fruit, eggs, bread, and other healthy non-perishables that are awesome for humans & for our planet.

We accept cash, credit, and debit. Bring your own bags and help us reduce waste. Available to all staff and community members!

freshroutes.ca
 @freshroutesinc
 freshroutes
 freshroutes

GOOD FOOD STOPS FOR YOU



CELEBRATE THE SPRING SEASON IN WESTWOOD!

SPRING SEED SWAP & EGG HUNT

April 11, 2020
 1-4PM

Westwood Community League
 12139 105 Street NW

ARE **YOU** LOOKING FOR AN **EXCELLENT** ELEMENTARY **SCHOOL**?

SUCCESS

begins here

RIVERDALE SCHOOL is a small school with big ideas. We offer outstanding K-6 academics enhanced with technology and the fine arts. Located in a safe, beautiful river valley community, 5 blocks from downtown. Perfect for commuting families. Out of school care provider on site. Excellent extra-curricular activities and Loose Parts Play initiative.

Call **780.425.7600** for more information or to arrange a tour.

OPEN HOUSE
 March 04, 2020
 6:00-8:00 pm

Check Riverdale.epsb.ca for details on our kindergarten info-sessions.



Riverdale SCHOOL

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave. NW, Edmonton, AB T5H 0B1
riverdale.epsb.ca | facebook.com/RiverdaleSchool

NORTHGATE LIONS BINGO

Good Friday
 April 10, 2020

MARATHON BINGO

Pre Sales
 April 8-9 in the Lions Den
 In the rear of the building
 From 2:00pm to 8:00pm
 Call 780-496-4888

DOORS OPEN
 6:30 AM

Tickets Available At the Door

Door Prizes & Give Aways All Day

BALLS AVAILABLE
 \$500 / \$1000

Food Truck Service Is Available

First 100 Games
 8:30 am - 4pm
 2 Earlybirds 4 Bonanzas
 1 Odd Even - **Lucky Lion Game** & Free \$100 Cash Game
Second 100 Games

4:30 pm-Midnight
 2 Earlybirds – 4 Bonanzas
 1 Odd Even- **Lucky Lion Game** & Free \$100 Cash Game

EDMONTON NORTHGATE LIONS RECREATION CENTER 7524 – 139 AVE