

# Rat Creek Press

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BY THE COMMUNITY - FOR THE COMMUNITY

MARCH 2022

## Put on your party hats this year

Celebrate 100 years with Alberta Avenue Community League



A busy Thursday in February at Alberta Avenue Community League's HUB night. | Constance Brissenden

### - CONSTANCE BRISSENDEN -

This year marks the 100th anniversary of Alberta Avenue Community League (AACL). Not surprisingly, there are many great plans for 2022.

Before 1894, the area along 118 Avenue was bush, the wild north of the new city of Edmonton. The first community here was Fairview, part of North Edmonton Village. In 1921, it amalgamated with Edmonton. According to the Edmonton Federation of Community Leagues history book, the Alberta Avenue Community League was founded in 1922.

"We will celebrate our 100th year with fun and creative new activities," says league president Ali Hammington. "And our ongoing programs, like seniors' Tuesdays and Thursday HUB nights, will continue to draw our neighbours."

Hammington says she is proud that AACL is one of the most successful

community leagues. Despite a tight 2022 budget, weekly programs like HUB are booming, giving neighbours a place to socialize in a safe and secure environment.

Families like Carla Gladue and her children, Hunter and Seraphina, have been coming to HUB since January. Says Carla, "It's an awesome program. I like that my kids can come out and have fun with friends. There are always activities for them. It gives me a break to get out of the house." Looking at her children enjoying a just-cooked supper, she adds enthusiastically, "And the food is really good!"

For this special year, creative one-off events will combine fun with fundraising.

It starts on Saturday, April 30, with a Bid and Sip extravaganza at the league. Wine lovers will enjoy tastings of six wine selections balanced with complementing appetizers. A silent auction will

offer exceptional donated items. Tickets for the evening are \$40 each, with a table of eight going for \$350. Individuals and businesses are all invited.

If you have never heard of a wine tree raffle, the Bid and Sip is your chance to win multiple bottles of wine. Attendees may bring a bottle of wine to exchange for a ticket to win a selection of donated wines. Or, buy a ticket for \$10 to win the wine tree. "I organized a wine tree raffle before," recalls AACL vice-president Valda Roberts. "One lucky winner took home 86 bottles of wine. Some people just came for the wine tree raffle!"

Saturday, May 14 is the annual Bloomin Garden Show at the league. To carry on the celebrations, an old-fashioned Strawberry Tea will be held the next day. Roberts explains Strawberry Tea is an afternoon to don garden party attire and enjoy an outing with other women. "I'm bringing my daughter

and granddaughter," adds Roberts, to drink tea and eat scrumptious shortcake piled with fresh strawberries and cream. Tickets for all are \$10 each. Everyone is invited.

In June, watch for a Show and Shine car show combined with a celebrity wrestling match on the same day. Plans are in the works.

Pub nights, an ever-popular league event, will continue throughout the summer and into the fall.

Karen Mykietka, a past AACL president and longtime facility and program manager, is looking forward to the year's events. "It's a really great way to come out of the hard times of COVID-19 and celebrate together," she says. "It's a way to grow the community, enjoy our community, and share our memories."

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



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# Spilling the tea on Vintage Fork

Local company staying strong by going online

- MICHAEL ENDERS -

The idea is to love what you do, and Sarah and Salar Melli have turned their love for tea into a business called Vintage Fork. The business is currently an online loose-leaf tea shop that offers free same day delivery when orders are placed before one o'clock in the afternoon, Monday through Saturday.

Once a boutique restaurant inside the Rutherford House Museum, Vintage Fork went online in March of 2020 because the restaurant was forced to close. Demand for the tea from customers who visited the restaurant was evident, prompting the Mellis to sell tea online.

**The idea is to love what you do, and Sarah and Salar Melli have turned their love for tea into a business called Vintage Fork. The business is currently an online loose-leaf tea shop.**

The couple are also the owners of a historically designated home in Alberta Avenue. This also allows them to have a food business on the main floor as they are given direct control over their property. They do plan on selling tea out of the house eventually when it opens and will still offer delivery.

The teas are not of their own creations, but "working with one of the best importers in Canada, Vintage Fork serves tea from all over the world." For example, countries like India, Kenya, Albania, and Sri Lanka bring a lighter flavour of Earl



Left: Sarah Melli showcasing some of the teas Vintage Fork offers. Right: The Mellis with their daughter. | Supplied

Grey tea balanced with sweet and creamy notes. Reviewers on their website love the smell as well as yummy flavour and creaminess. As a bonus, Earl Grey is also available in decaf.

Always looking to work with other local businesses, they have partnered with a downtown cookie shop known as Cookie Love, also a local family-run business. "Making a great addition to a cup of tea, customers can purchase award winning cookies

made with love that have no artificial flavours. The cookies are freshly baked," says Sarah.

**Vintage Fork publishes a newsletter, which is Sarah's favourite part of being an owner. It's almost like getting a letter or story from a friend. You get to learn more about who they are as owners and it builds that connection.**

Vintage Fork publishes a newsletter, which is Sarah's favourite part of being an owner. She does things a little different in her newsletter, writing real letters and stories to customers. It's almost like getting a letter or story from a friend. You get to learn more about who they are as

owners and it builds that connection. They are very open and customers appreciate it, allowing for a more personable experience.

They are very open and customers appreciate it, allowing for a more personable experience.

Sarah also serves as vice chair for the *Rat Creek Press* board, and Salar keeps busy with other business ventures as well as doing most of the deliveries for Vintage Fork. Salar also recently ran as a candidate for city councillor in Ward Métis. The Mellis also love spending time with their daughter as she begins to transition from preschool to kindergarten.

*Mike is a director-at-large on the Rat Creek Press board and also loves to volunteer in the area, especially in his community of Parkdale. When he has time, Mike loves to go for long mountain bike rides and meet up with friends or family.*



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

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

VOL. 24, ISSUE 2 MARCH 2022 E:INFO@RATCREEK.ORG W:RATCREEK.ORG

## DON'T MISS THESE ONLINE ARTICLES

### Temporary shelters close in the spring

Community members voice their concerns about the shelters  
Published Feb. 9

### Vaccinating kids is a hot topic

Parents are divided over whether to vax or not to vax  
Published Feb. 1

### Up the creek without a paddle

Don't let this be the beginning of the end  
Published Feb. 1

The Commonwealth Stadium shelter is open until March 31. | Stephen Strand



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# A life of aiding community members

Ali Hammington wants to help and connect with people

**- STEPHEN STRAND -**

Some people see the kindness in others and want to do whatever they can to help. Ali Hammington is one of those people who has dedicated her life to helping others in her community.

For 14 years, Hammington worked as a crisis counselor in the inner city, but became frustrated with how difficult it was to offer necessary services through non-profit agencies. From there, she decided to dedicate her life to volunteering. “So, I have been working, you know, odd jobs, anything to pay the rent. Put food on the table. I don’t have an expensive lifestyle.”

Originally from Winnipeg, Hammington moved to Edmonton around 25 years ago. “Then, through a rather unusual series of events, I found myself living in Alberta Avenue. Now, I never wanted to live in this neighbourhood. I never expected to live in this neighbourhood and I, especially, never expected to like it.” She gave herself six months to live there, then hoped to be gone. But by the end of those six months, she was in love with the area, and has been living there since 2018.

Hammington enjoyed all the art activity, but she also saw hungry and traumatized people, struggling and living in poverty. So, she decided to join the Alberta Avenue Community League board and address those needs as treasurer. In 2020, Hammington stepped up to the role of president. And in that role, she created the Hub Night program.

“The Hub Night program was originally conceived to be an opportunity for people in the neighbourhood who are lonely and may be struggling for resources and needing to connect with others, to come together,” Hammington explains. Organizers were envisioning this program when the pandemic hit and gatherings were cancelled. “Instead, we pivoted really quickly and we decided, ‘Well, we

know there is food security issues, so let’s run an emergency food pantry out of the community league.”

Every Thursday for a year and a half, people came to the league and received food and similar support. “We received food from the Food Bank to give to them, but while we were doing that, we really got to know our neighbours. We got to meet people at the community league we might never normally have seen before. People who live in the neighbourhood, but who don’t know the community league is a place for them.”



Ali Hammington has been living in the Alberta Avenue area since 2018. | Supplied

When restrictions were lifted in July 2021, the league started Hub Nights. But they didn’t stop there. Because Hammington was concerned about drug addictions and drug poisoning, the league partnered with an agency called Water Warriors and have trained over 100 people to use Naloxone, and trained 20 trainers to then help train others.

Hammington then showed a video by Dr. Gabor Maté called *The Wisdom of Trauma*, which reveals how trauma affects people and can lead to addiction. “I found that really, really struck a chord here in the neighbourhood. People could see that we are all a little bit broken. We are all just the same,” Hammington says and adds, “and that life is better if we support each other and help each other out.” From that, they were able to grow the volunteer-led Hub Night.

Each week, they offer meals, time in the gymnasium for children, a free

anniversary of the community league, and we are broke. We have a \$45,000-dollar shortfall for this year. We can not even really afford to pay our staff.” The shortfall was due to two years of not being able to host rentals or participate in casinos, which is where the league gets most of its income. Hammington is fundraising to keep the programming going; she plans to run for another term as president and continue the work to make the league sustainable.

“We are going to be launching a massive fundraising campaign throughout the entire year,” Hammington says. “We are going to be doing all kinds of things.” Look for wine and cheese parties, silent auctions, show-and-shines, pub nights, concerts, and more. They will also be making an anniversary book filled with photos and memories from people who have lived in the neighbourhood for some time. “It’s breakneck fundraising for the next year.” It’s hoped that with COVID possibly winding down, the league will see an influx of rentals.

She adds: “I have always cared about people. Cared about people struggling and suffering. And I honestly think that one of the greatest difficulties of our modern society is that we have become so disconnected from each other. We started to live in our own little bubbles and communicate online.”

Maté says the opposite of addiction isn’t sobriety but connection. Hammington adds, “Because when you have an addiction, you cut off your connections to everything that you value and you are completely alone. And the only way to solve that addiction is to start rebuilding those connections. And that is the purpose of Hub Night. To connect people.”

*Stephen works in broadcasting and writes for fun.*

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# Making room for new autonomy

The inner call changes for women after fifty

- RUSTI L LEHAY -

Perusing the Value Village bookshelves, one title, *203 Ways to Drive a Man Wild in Bed* by Olivia St. Claire, jumped out. Debra Anderson, long-time Alberta Avenue resident and artist, laughs. “We don’t need 203. We just need one way. Breathe.” Then adds, “Not that men are a lower life form.”

The male’s biological ability to procreate indefinitely is a key difference between the genders. Women after 50, Anderson agrees, are done procreating. We have raised children if we had them, and are now turning inward, pursuing passions beyond the boudoir.

**There are as many ways to cater to that inner calling as there are women. I did not come to my present satisfaction in singlehood on a direct path. My route was littered with buffalo-sized speed bumps and torturous detours.**

Anderson enjoys oil painting and treasures her solitude. Beloved Canadian author Margaret Laurence wrote in *Dance on the Earth* that she couldn’t be a wife, a mother, and an author so she chose the last two. Like Anderson and Laurence, I prioritize. Beginning with writing, supporting women writers, and enjoying outdoor activities with my son. The predominant complaint I hear from male friends is, “You’re so busy.” My inner thought is, *Yes, with my own passions, adhering to my natural rhythms.*

There are as many ways to cater to that inner calling as there are women. I did not come to my present satisfaction in singlehood on a direct path. My route was littered with buffalo-sized speed bumps and torturous detours.

Married at 20 for only seven years, for the next two decades I slipped in

and out of short-term relationships, driven to be one part of a couple. In my mid-40s, I believed I was destined for a life-giving, mutually beneficial relationship. After all, I had grown into a mature, confident, and vibrant woman. My confidence took a dive at 48 when I learned my dream partner had bedded two other women on his trucking route. Facing life alone hit me hard on my 50th birthday. Mascara was not an option when dressing to attend my nephew’s nuptials. After that day of tears, I moved into my single phase, residing there comfortably for the last decade.

It took my 30s and 40s to revise the familial and societal expectations of coupledness and discard my mother’s statement to me after my divorce at 27: “Find a man before you’re too old and ugly and

no one wants you.” In talking with other women over 50, many of us find one thing in common. We no longer capitulate, if we ever did, to solely meet or fulfill others’ needs, with some of us prioritizing our interests for the first time.

**In talking with other women over 50, many of us find one thing in common. We no longer capitulate, if we ever did, to solely meet or fulfill others’ needs, with some of us prioritizing our interests for the first time.**

For the past 11 years, I have made myself the priority. I am the only one to be irked if my kitchen table has become my second office.

For the happily married men, be supportive when a new venture, hobby, or artistic outlet comes knocking on your partner’s heart. Find some new hobbies you can share or explore on your own.

For older singles, there are different options for intimacy if so desired. Some define coupledness differently by maintaining separate residences. That may appeal to even a hard-core



The author has discovered more to life than coupledness. | Supplied



For many women, life changes a lot after 50. | Rusti L. Leahy

loner like me, provided the one who wants to be significant in my life also enjoys solitude and separate pastimes. That is the only way I might consider coupledness now.

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*Rusti has been writing professionally since 1999. Her favourite word activities are coaching writers and offering online writing stay-treats. Her book To The Sons of Angry Mothers is nearing completion.*



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# Continuing a growing tradition

The tale of a family's annual gardening competition

- STEPHEN STRAND -

Every Sunday when I was young, my mother would wrangle my brother and I into the vehicle and we would drive into the city to go to my grandparents' home for our weekly family dinner with all my aunts and uncles and cousins. Not being close with many of them, I usually hung out by myself, checking out all the plants and flowers my grandfather kept in his greenhouse or the progress of the vegetables in the garden in the summertime. At first it was to get away from the noise of my cousins and the thick cigarette smoke filling the house, courtesy of my aunts and uncles.

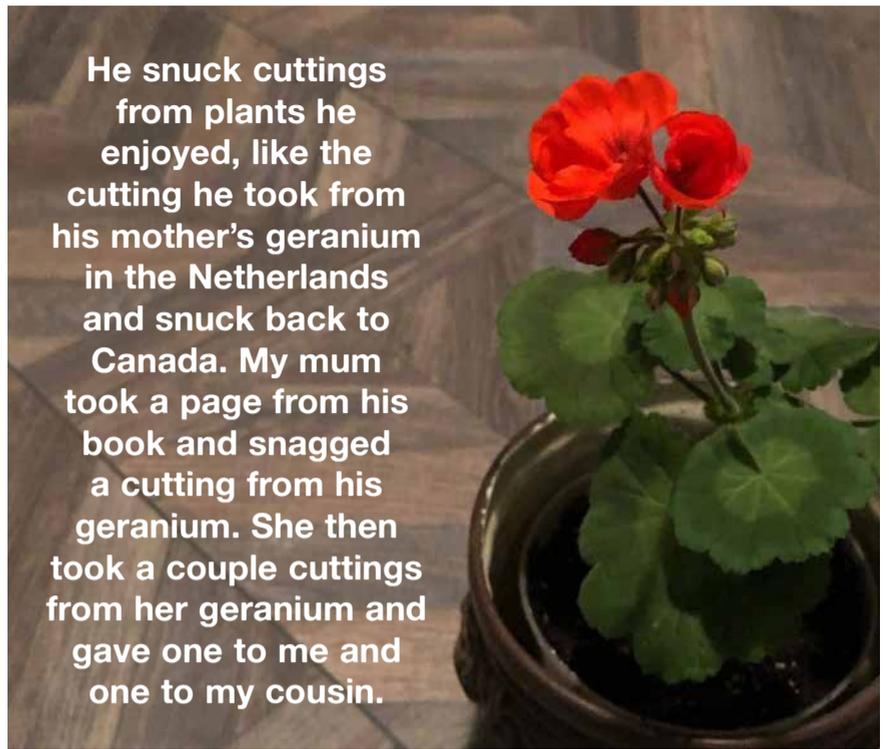
My grandfather, seeing me walk around his greenhouse, examining the labels he made for each plant or smelling the flowers, would join me, and with his lingering Dutch accent he would brag about the plant's progress. And then he would explain any medicinal values the plant possessed, or where the plant originated from and grew in the wild. Or, he'd tell me about the plant's germination period, or how he got the seeds, which were generally harvested from the previous year. Or how he snuck cuttings from plants he enjoyed, like the cutting he took from his mother's geranium in the Netherlands and

**My grandfather, seeing me walk around his greenhouse, examining the labels he made for each plant or smelling the flowers, would join me, and with his lingering Dutch accent he would brag about the plant's progress.**

snuck back to Canada. A cutting that grew to become a phenomenally large and beautiful geranium. My mum took a page from his book and snagged a cutting from his geranium, which, in turn, grew large and beautiful. She then took a couple cuttings from her geranium and gave one to me and one to my cousin. And just like my mother's, grandfather's, and great-grandmother's geranium, mine is thriving and beautiful, creating the fourth generation of geraniums from one single plant.

My grandfather could grow almost anything. He took it as a challenge to see how early he could plant his garden each year, often building temporary greenhouses around the more sensitive seedlings in his garden. From January to March, he would prepare his seeds in the greenhouse attached to his house. As soon as the ground was thawed enough to dig, he would plant everything he could. Everyone was always in awe of his garden and his flower beds, which took up almost every inch of spare space in his yard. When asked how he could seemingly grow everything with ease, he would smile and shrug.

My mum took after my grandfather and took to gardening with ease. On her acreage, she created a garden the size of a city lot and grows berries, herbs, and vegetables. And like



**He snuck cuttings from plants he enjoyed, like the cutting he took from his mother's geranium in the Netherlands and snuck back to Canada. My mum took a page from his book and snagged a cutting from his geranium. She then took a couple cuttings from her geranium and gave one to me and one to my cousin.**

This geranium is the fourth generation from a single plant. | Stephen Strand

my grandfather, she has a greenhouse attached to her house to start her seedlings. She too takes pride in her ability to grow almost anything. Like the avocado tree she started from the seed of an avocado she bought at a grocery store. Every year, my mum and grandfather would compete to see who could plant their gardens the earliest, who could grow the most interesting plant, and who could grow the biggest vegetables. Like my grandfather, my mother harvests her own seeds. And if my mum ever grew something better than my grandfather, he would jokingly accuse her of buying them from the store, claiming to have seen the receipt in the trash.

**If my mum ever grew something better than my grandfather, he would jokingly accuse her of buying them from the store, claiming to have seen the receipt in the trash.**

differences will affect the growth of plants, such as the milder winters and slightly drier summers in Okotoks. Or, maybe it's all about the gardener. I guess I could always go to the store and buy a kiwifruit if my mum's vine grows better than mine and hide the receipt. But, hopefully it doesn't come to that.

Stephen works in broadcasting and writes for fun.



The author with his garden in Edmonton. | Stephen Strand



The purple peas the author grew were a hit. | Stephen Strand

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# Inflation is affecting everyone

Prices are increasing rapidly due to the ongoing pandemic



In the last few years, everyday prices have increased due to inflation. | Pixabay

## - SHAREE ALUKO -

Inflation seems to be a buzzword with a negative connotation for most of us, especially recently.

According to an article titled *Understanding Inflation* published on August 13, 2020 on the Bank of Canada website, "inflation is a persistent rise in the average level of prices over time."

Right now, inflation is happening when many people have lost their jobs and many businesses have been closed. With the loss of purchasing power, it is not difficult to understand that rising prices can leave many people in a state of panic.

The same article also states, "Prices tend to go up when the demand for goods and services is more than the economy supplies. Prices tend to go down when the economy supplies more goods and services than people want or need." The article continues, "When inflation is high, consumers, businesses and investors are uncertain about what their costs will be from one day to the next. High inflation is often unstable and unpredictable, and that keeps the economy from performing at its best. High inflation makes life especially hard for people whose incomes don't keep pace with rising prices, such as pensioners and those with low pay. This is because high inflation decreases

the value of their incomes and savings."

The Consumer Price Index is used to measure inflation. According to the Statistics Canada website, "The Consumer Price Index (CPI) rose 3.4% on an annual average basis in 2021, the fastest pace since 1991 (+5.6%), following an increase of 0.7% in 2020."

Statistics Canada also indicates that a shortage of supplies led to the current inflation, publishing on their website that, "In 2021, the COVID-19 pandemic remained a key factor impacting the prices of goods and services purchased by Canadians. Inflationary pressures stemmed from a combination of widespread global supply chain constraints and pent-up consumer demand as the economy reopened."

According to the same source, Canadians paid more for necessities. Transportation costs went up by 7.2 per cent and housing by 3.9 per cent. As well, "Canadian motorists paid 31.2% more at the pump on an annual average basis in 2021, with gasoline prices rising at the fastest pace since 1981 (+36.1%)." People who use natural gas shelled out about 16.1 per cent

more than they paid in 2020.

Grocery shopping for certain items is more expensive now, and that's because the cost of food increased by 2.2 per cent in 2021 and by 2.4 per cent in 2020. According to Statistics Canada, dairy increased by 2.8 per cent in 2021 and 2.5 per cent in 2020, eggs increased by 6.3 per cent, bacon by 12.5 per cent, fruit by 2.5 per cent, and bread and the like by 0.6 per cent. Meat faced increases of 4.3 per cent in 2021 and 4.5 per cent in 2020.

There is also an increase in house and household item prices. Statistics Canada states, "In 2021, shelter costs (+3.9%) rose at the fastest pace since 2008 (+4.4%) on an annual average basis. Across the country, people sought out more living space and outdoor amenities in response to the pandemic. This change in preferences, coupled with historically low interest rates and other

**Grocery shopping for certain items is more expensive now, and that's because the cost of food increased by 2.2 per cent in 2021 and by 2.4 per cent in 2020.**

**As prices continue to rapidly increase, we can only hope for a higher employment rate and quick economic recovery in order to reduce inflation and restore balance.**

factors linked to the pandemic, such as higher building costs, helped push the costs of homeownership higher in Canada in 2021." This increase included furniture, household equipment, and appliances. "The impact of supply chain disruptions, including limited supply, higher shipping costs and delivery delays for imported appliances, was felt by buyers of big-ticket items used in the home."

It has also become more expensive to enjoy the luxury of restaurant meals and other services. Restaurants increased their menu prices by 3.1 per cent. Personal care services, such as getting a haircut, increased by 5.4 per cent. Statistics Canada states, "Prices increased amid capacity restrictions and higher costs incurred by firms for health and safety measures."

As prices continue to rapidly increase, we can only hope for a higher employment rate and quick economic recovery in order to reduce inflation and restore balance.

*Sharee has a Masters in Business Administration and is passionate about sharing information.*

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# Supportive housing in the works

The necessary balance between community and housing

- REBECCA LIPPIATT -

During the pandemic, area residents observed an increase in issues that come from having many unhoused and temporarily housed people concentrated in one area.

Emmy Stuebin, resident of Montrose and close to the Coliseum Inn, says, “I have definitely noticed much more foot traffic and mischief on our usually quiet street.”

Various levels of temporary housing were provided at the Coliseum Inn, Sands Inn & Suites, the Stadium, and the former Jockey Quarters.

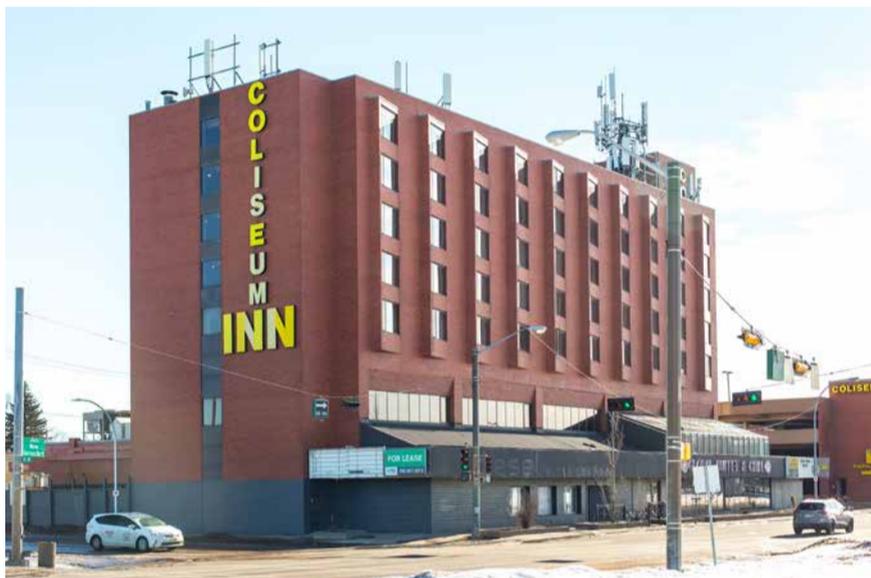
Supportive housing is different from temporary or transitional housing. Jasmine Salazar with Homeward Trust says, “Supportive housing provides permanent homes and 24/7 on-site supports for people exiting homelessness. Residents sign a lease and pay subsidized rent.”

Two new supportive housing facilities are planned for the *Rat Creek Press* neighbourhoods. The Sands Inn & Suites is in the process of being converted to supportive housing for up to 90 residents and will be operated by NiGiNan Housing Ventures. The Coliseum Inn will become supportive housing for 98 residents.

Sam Perrier, resident of Alberta Avenue, says, “I’d love to see some supportive housing in our area. Short-term shelter beds are useful, but it’s just a Band-Aid.”

McCauley Community League initially had concerns about Ambrose Place, also run by NiGiNan Housing Ventures. Alice Kos, league president, says, “Ambrose Place’s holistic service model is recognized province-wide as a much-improved, positive approach to addressing complex issues around supportive housing. Supportive housing that offers 24/7 staffed support is deeply necessary.”

Given that 51 per cent of unhoused people in Edmonton identify as Indigenous, the Sands Inn & Suites will provide resources that are sorely needed. Operated by NiGiNan Housing Ventures, the facility and services “[are] immersed in an Indigenous way of being and knowing.” Robyn Ferguson, communications advisor for NiGiNan Housing Ventures, says, “The Indigenous worldview and cultural resources are built into the physical, social, and healing environment of all our developments.”



Top: The Sands Inn & Suites is being converted to supportive housing. Bottom: The Coliseum Inn will house 98 residents. | Rebecca Lippiatt

The Sands Inn & Suites falls within the boundaries of the Elmwood Park community and the Coliseum Inn is across the street from Elmwood Park and within the bounds of Montrose.

Morgan Wolf, president of Elmwood Park Community League, says she worries that integrating this new housing into the community will be an uphill battle because of the stigma around low-income housing.

Wolf says, “Everyone deserves a place

to stay,” but has concerns with the concentration of low-income housing. She says there is low-income housing across from the Elmwood Park playground; low-income housing surrounding 82 Street, and now there will be more at both the Sands Inn & Suites and the Coliseum Inn. She states, “For a 16 block neighbourhood, that is a significant concentration of low-income housing.” This concentration likely exceeds the City of Edmonton’s goal of 16 per cent affordable

housing in every neighbourhood.

Despite her concerns, Wolf says that communication with NiGiNan Housing Ventures has been “wonderful.” The organization has a Good Neighbour Plan in place and initially approached the league. The plan has clear processes for resolution of disputes and states that “program staff are committed to a protocol of community and park patrols and monthly or bi-weekly check-in meetings with the community league.”

Wolf says, “They are working hard to be a positive part of the community, even volunteering to be part of the Snow Angels Program.”

Wolf says communication with Homeward Trust and the Coliseum Inn feels different. This may be in part because an operator has not yet been chosen to provide the services. Wolf says it feels like the community consultation is only “part of the process and something to cross off of their list.” She says she expects that the community engagement process will hear concerns from the communities, but she feels that the conversion to supportive housing is a done deal, regardless of how the community feels.

One of the biggest concerns Wolf faces is providing community services for the neighbourhood and would like more support from the City. The league has been without a building since the 1990s. While there are matching grants from the City to build a new building for the league, it will be virtually impossible to fundraise to build a league with neighbourhood resources alone.

With an increase of new residents but no corresponding increase in money, Wolf calls this a “tough situation,” and worries for the future of the community.

More information on how these sites currently operate can be found at [homewardtrust.ca/bridge-housing/](http://homewardtrust.ca/bridge-housing/), [niginan.ca/sands](http://niginan.ca/sands), and [homewardtrust.ca/supportive-housing](http://homewardtrust.ca/supportive-housing).

*Rebecca has attended free concerts as a bouncer, juggled plates as a waitress, completed a degree in microbiology, laboured in the oilfield, and worked as an editor. In her current incarnation, she has been a full-time photographer for the last several years and is a mother to two boys and stepmother to two girls.*

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