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## Film project tells newcomers' stories

Local filmmaker explores what it means to be Edmontonian



From left to right: Gondziola, Shawn Tse and participants Sarah and Rose. | Supplied

### TALEA MEDYNSKI

Newcomers can have tumultuous experiences, as local filmmaker Jason Gondziola explores in the documentary series *Becoming Edmonton*.

The community film project features nine short films and took two years to complete. Gondziola collaborated with Bent Arrow Traditional Healing Society, Edmonton Multicultural Coalition, and Edmonton Mennonite Centre for Newcomers and received funding from Edmonton Heritage Council and Edmonton Arts Council.

"It started as an attempt to challenge and broaden our understanding of what it means to be an Edmontonian," said Gondziola, who has worked in community filmmaking for the past 10 years.

Gondziola ensured participants had input in how their story was told and didn't use any materials until they signed off on it.

"I didn't want to do this project

and take power away from people who were marginalized and traumatized," he said. "I wanted to make sure the approach I had was one of consent."

Living in a new community can be challenging.

River Schiml, a photographer, was outed as transgender at her blue collar job before she was ready and had her own newcomer experience.

"When you have white male privilege and lose it, you're very aware of it," said Ms. Schiml. River had a very difficult experience, with death threats and graffiti being some of the things she endured. But she found support. "There's also another side of Edmonton—open and accepting."

A supportive group of people and organizations (like HIV Edmonton and Pride Centre of Edmonton) helped her through the rough time. They were like family, she said, and helped her grow and develop. River now volunteers taking photos for

HIV Edmonton and Pride Centre of Edmonton.

"It's a good feeling to be of some worth to the community. As you help others, you help yourself," she said.

River hopes the film "will provide some context and give people a sense of empathy and compassion." For those meeting newcomers, "Have an open mind. Have an open heart. Have compassion and empathy. Some of the newcomers of Edmonton are coming from the most devastating situations."

Karen Pheasant-Neganigwane, an Anishnaabe jingle dancer, university professor and PhD scholar, was a newcomer to Edmonton after moving from Manitoulin Island, Ontario in 2011.

"Edmonton can be very intimidating," said Pheasant-Neganigwane. She's had her share of bad experiences, mostly of a racist nature, like when she was looking to buy a home and explained where

she wanted to live. The real estate agent agreed, saying she didn't want to live south of that area, because "that's where all the natives live."

But she's also had positive experiences as a newcomer, like when she ran in the 2013 municipal elections and discovered people gave her a lot of support. "You've got to believe and have hope," Pheasant-Neganigwane said. "We have to work together."

Of the film, Pheasant-Neganigwane said, "I would hope that it would help people understand that newcomers have a story and are Edmontonians just as much as everyone else."

View the films online at [www.becomingedmonton.com](http://www.becomingedmonton.com).

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

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# New sergeant returns to her beat roots

Sgt. Katie Davies takes over Alberta Avenue beat

## HAMDI ISSAWI

As the community bids farewell to Sgt. Curtis Hoople, a successor from across the river has stepped in to take his place, and she is happy to be patrolling a beat once again.

Sgt. Katie Davies joined Edmonton Police Service's (EPS) northwest division in January to lead the beat team covering Alberta Avenue and parts of the Eastwood, Elmwood Park, and Parkdale neighbourhoods.

"We dedicate ourselves purely to this area," Davies said. "Because we're responsible for a smaller geographical region, we can really explore the issues and problems unique to that area."

As head of the team, Davies ensures her six-constable crew has the resources they need to police their beat—from meeting com-

munity stakeholders to working with other EPS teams (like the vice unit) to crack down on sex trade on 118 Avenue.

In March, the beat team assisted with a three-day sting operation that laid 26 charges ranging from trafficking a controlled substance to com-

munication for the purpose of obtaining sexual services.

"We specifically organized the arrest teams for people trying to secure the services of prostitutes on the street," she said.

Formerly a detective with the professional standards branch, Davies spent the last seven years investigating citizens' complaints against EPS and its members. But before that, she served as a constable on the Whyte Avenue beat.

"That's where I got my zest for beat work," she admitted. "I had a huge interest in returning to the street, working the front lines, and

being in an operational capacity."

Having walked a beat, and now enjoying her 15th year on the force, Davies said she understands the importance of stakeholder voices in community policing. Because most complaints are funnelled through EPS's busy complaint line, one of her first acts on the job has been to open a new channel for community feedback.

"These people are the best at knowing what the problems are in the area," she said. "Sometimes it's difficult to get through, and the wait times are long, so we wanted to alleviate that by establishing a beat email address that all of my officers have the ability to check at any time."

Through the email address, community members can drop beat constables a quick and anonymous line to report problems or concerns that don't require immediate assistance or an emergency response.

Besides greater accessibility, Davies said she hopes residents will take the opportunity to approach her team, often seen walking or cycling on the street, with their questions or concerns.

"If there's some kind of initiative or project or even just to say hello, that's what we're here for," Davies said. "We encourage that as much as possible."

Residents, businesses, and stakeholders can reach northwest division beat officers by email at [nwbeats@edmonton-police.ca](mailto:nwbeats@edmonton-police.ca).

To contact EPS for general questions and complaints, call 780.423.4567.

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



Sgt. Katie Davies joins the northwest division as the new beat sergeant on Alberta Avenue. | Hamdi Issawi

# Residents voice opinions at open house

Stadium Station Redevelopment Plan progresses

## MIMI WILLIAMS

Several dozens of residents attended the Stadium Station Area Redevelopment Plan (ARP) open house on April 20, where city staff were present to offer information and clarify concerns.

The ARP complements work done on 2008's Stadium Station Transit Oriented Development (TOD) plan. In 2013, after a developer expressed interest in the Muttart site located just south of the LRT station, council asked city administration to reassess the TOD plan and identify options for mixed-use development on that site and on the city-owned park-and-ride lot. In December 2014, council allocated over \$14 million for TOD-supportive infrastructure at Stadium station and, the following month, Brookfield Residential pur-

chased the Muttart site.

"It is important for people to understand that what is set out in the proposal is not going to happen over night and some of them may never happen," said Erik Backstrom, senior planner with the city. He said relocating the LRT station is one of the things unlikely to occur for a long time, if at all.

To folks concerned about increased density harming neighbourhood character, Backstrom noted while the plan calls for 1,600 new residential units over time, that is unlikely to happen.

"Rarely, if ever, is the maximum potential for these developments reached," he said and pointed out the plan calls for single-family dwelling areas of Parkdale, for example, remaining unchanged.

But creating a level entrance to the LRT station will likely happen during the first phase. Currently, transit riders go below grade to enter the station and then ascend to reach the platform. When the station was built in 1978, the city designed it to accommodate the freight rail track beside it. Those tracks have since been removed.

Brookfield Residential intends to invest over \$10 million on the former Muttart lands, subdivided into lots big enough for apartments. This concerns Alfie White, president of Boyle Street Community League.

"I'd really like to see more of an effort made to create housing for families," White said. "We need housing for a diverse range of people: seniors, the disabled, and families need homes just as much as single people do. We

need more of a balance, not just in Boyle Street but in any community."

White hopes the plan (which impacts the city's Mature Neighbourhood Overlay and previous plans adopted for Boyle-McCauley, Virginia Park, Parkdale, and Cromdale) takes the need for diverse housing options contained in those plans into consideration.

One woman present asked Backstrom if the city intends to remove the parking lot serving as a park-and-ride. Backstrom said the plan is to consider developing it during the project's second phase and would involve eliminating surface parking and turning the property into a retail/commercial area. The third phase would see building a public plaza and possibly a promenade facing 112 Avenue.



The April 20 open house drew several dozens of residents. | Mimi Williams

The plan now goes back to city council for approval. Following necessary rezoning and engineering, construction is expected to begin in 2018.

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

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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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# Digging at the roots of a thousand faces

Festival aims to connect us through root stories

SIERRA BILTON

“The inciting moment was when I got to see *Star Wars* with my buddies,” Mark Henderson, artistic director of Thousand Faces Festival, said of his love for epics.

It was another moment, years later, that sparked Henderson’s idea for the festival, when recalling how George Lucas spoke about re-reading Joseph Campbell’s *The Hero with a Thousand Faces* to finish the first *Star Wars* screenplay.

The festival has been going strong since 2011. “I decided I wanted to create a festival where we explored, shared, and celebrated the truly greatest stories that are at the roots of all different cultures,” Henderson said, “many of which share very similar patterns.” These stories

are what he coins a “root story”. Henderson said he hopes festival goers experience something akin to what a king holding court would. “This royal experience is for everyone,” he said, which includes food from restaurants all along the Ave.

Children’s book author and playwright Tololwa Mollel created an adaptation of South African poet Mazisi Kunene’s Anthem of the Decades. The story stems from a traditional Zulu creation story where the gods debate mankind’s claim to live on Earth. “I took the original 20-page poem from Kunene and boiled it down to a 20-minute performance,” Mollel laughed. “It took a lot of notes, and I read it so many times.”

Mollel said the performance will involve many forms of storytelling. “Traditional African

theatre—if you can call it that—often involves much more than an actor speaking. In fact, sometimes it falls to the background with all the dance and singing and chanting and things happening.”

Actor and director Maralyn Ryan will be a puppeteer at the festival with an adaptation of the original Brothers Grimm tale, *The Fisherman and his Three Wishes*. Ryan said the story hasn’t lost any relevance. “In light of the prevailing sensibility here about money, and how it will give you happiness and success and respect, I wanted to adapt it to a puppet show.”

Ryan said performers can communicate important perspectives that may otherwise be misconstrued. “I always come from the ridiculous or the humorous, because I’ve found

when people are laughing, they are more open-minded about the message.”

Theatre artist Bill Yong agrees with the ability of theatre to communicate subtle messages. Yong will be clowning a section of *Journey to the West*, a thousand-year-old odyssey written in the Chinese Song Dynasty. The Monkey King, known to be a trickster, is an archetype Yong identifies with given his theatrical form.

But he said the importance of the story goes further than humour. Even with the large Chinese population living in Edmonton, the Chinese epic doesn’t get told very often. “It’s important to tell a story that’s not Eurocentric.”

“Those old stories can take a turn,” Ryan said, speaking of the various root stories the festival performs, “and all of a

sudden become more relatable to what’s going on now.”

*Sierra is a communications student specializing in journalism at MacEwan University. She has a particular love of the art and culture found nestled in Edmonton’s Alberta Avenue communities and beyond.*

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# Family nights encourage fun and learning

Bonding with family doesn't have to cost a thing

CONSTANCE BRISSENDEN

Neighbourhood residents are lucky to have options for family night programs close by. I checked out three programs recently: they're fun and won't cost you a penny.



Family Powwow Night participants (left to right) fancy dancer Dustin Stamp, staff member Cecile Thunder, and guest Marie with drum group in background. | Constance Brissenden

## Bent Arrow's Powwow Night

Want to learn more about indigenous culture? Every Thursday from 6-8 pm (except the last Thursday of the month), Bent Arrow Traditional Healing Society holds its Powwow Night in the Parkdale School gym on 116 Avenue and 85 Street.

The family-oriented nights capture the friendly feel of traditional indigenous gatherings.

"Everyone is invited. Anyone who joins us on family nights becomes part of the Bent Arrow family," Cecile

Thunder, Bent Arrow's cultural connector, told me with a welcoming smile.

The sound of lively drum songs ties in with indigenous wellbeing: spiritual, emotional, physical, and mental.

Participants can also learn some of the featured dances. Boys may learn the fancy dance and girls the shawl dance. Participation is voluntary, but feel free to join in, even if you have two left feet!

Indigenous families that attend not only have fun,

but also develop cultural strength and pride. Non-indigenous guests share the relaxation of a family evening. A free supper is served at every family night, and snacks are available for sale.

## POWWOW NIGHT

Thursdays 6-8 pm, except last Thursday of month  
Parkdale School gym, 11648 85 St  
780.481.3451



Art teacher Lorraine Shulba with students (left to right) Vicky, Phoenix, and Mya. | Constance Brissenden

## Nina Haggerty Centre for the Arts' Family Art Night

Art instructor Lorraine Shulba slaps hunks of clay into lumps and hands them out to the girls and boys in the art class. Shulba has taught Family Art Night at the Nina Haggerty Centre for the Arts for the past decade. It's moments like this, seeing the smiles on the faces of young artists, that keeps her going every Thursday night.

Art classes are free to all families, thanks to a grant from the Telus Community Fund. There's no need to register. Just show up and create. First-timers, fear not: art supplies are provided and each night offers a different experience. Families might draw, paint, or sculpt. Classes are held Thursdays from 6:30-8 pm.

"It's a great way for families to bond," noted Shulba. "Parents and children feel rejuvenated by creating art." There's no age limit, so youth and elders can mingle.

Mya, who came with her parents, said she is excited about learning. "When my mom told me it was art, I really wanted to go. I love art and I like playing with stuff. I learned how to draw here, and it's fun."

The year ends with a potluck supper and art show on the last Thursday in June. Like other family night programs, classes start again in September.

## FAMILY ART NIGHT

Thursdays, 6:30-8 pm  
9225 118 Ave  
780.474.7611 or [www.thenina.ca/](http://www.thenina.ca/)

## CreArt Edmonton's Family Friendly Music Night

Young Seth Brown looked every inch a violinist. He stood tall, with a smile on his face, beside his music teacher Gautam Karnik. Both musicians began to play Ode to Joy.

Seth was part of the entertainment at the Family Friendly Music Night and potluck at Parkdale-Cromdale Community League on 113 Avenue and 85 Street. No one would know it was the seven-year-old's first time playing before an audience.

CreArt Edmonton organizes the event on a Saturday

every few months and it's open to all. Said Karnik, "Our goal is to give our music students a safe and secure environment to showcase their budding skills."

The students have worked hard in free classes held at Parkdale-Cromdale hall on Saturday mornings, guided by Karnik and guitarist and CreArt director Sebastian Barrera. All children and youth are invited to attend the Saturday morning lessons.

Adds Barrera: "We believe in the power of arts to produce positive social transformation in our society."

In addition to a potluck supper, the evening I attend-

ed included three classical music selections, poetry readings, a saxophone solo, and a Pearl Jam song performed on guitar with vocals by Barrera. Expect to be surprised!

## FAMILY FRIENDLY MUSIC NIGHT

On a Saturday every few months,  
7:30 pm 11335 85 St  
Info on free lessons: [chefthemusical@gmail.com](mailto:chefthemusical@gmail.com)  
or [cbastianb44@gmail.com](mailto:cbastianb44@gmail.com)

# Seize opportunities for wellness this summer

Free programming offers exercise and mindfulness classes

TALEA MEDYNSKI

Local residents have opportunities to stay fit and well this spring and summer with local programs.



## Urban Poling Tuesdays and Thursdays, 7-8 pm 9210 118 Ave

Starting May 2, Alberta Avenue Community League is offering urban poling (also known as Nordic walking). Participants meet at the league for a one-hour walk around the neighbourhood.

“Nordic walking increases core strength, improves balance, increases heart rate, is good for posture, and strengthens upper arms,” said Margaret Larsen, one of the organizers.

Ten sets of poles are available, but people can use their own poles if preferred. In order to participate, simply have a community league membership.

“We want to encourage people to walk,” said Larsen.

Larsen said the group may occasionally car-pool to a park and walk there. Call Margaret at 780.477.2057 with questions and to register.

“We look forward to meeting new people, getting exercise, and walking in the neighbourhood,” said Larsen.



## Zumba Mondays, 8-9 pm 9210 118 Ave

Prefer a dance-based fitness program? Drop by the Alberta Avenue Community League gym for a free Zumba class. Get aerobic fitness while doing movements inspired by various styles of Latin American dance.

Carolina Astorga, the instructor, said, “I started teaching kids because it was easier than adults. After that, I was ready to teach adults.”

Astorga said she volunteered to teach Zumba at the community league to keep getting experience.

“I get exercise too,” she said. “It’s good for me, good for the community.”

Come dance away an hour to some energetic music and burn up the calories. It’s fun and you can work at your fitness level. In the summer, the class moves outside.



## Meditation Yoga Thursdays, 1:30-2:30 pm 9516 114 Ave

Slow down with Meditation Through Movement at the Norwood Child and Family Resource Centre. The class is a free drop-in program, but limited to adults only.

“The primary focus is for people to calm their mind. It’s for anyone who would like to engage in self-care,” said Shelley Stasiuk, recreation therapist with Alberta Health Services in addiction and mental health.

Pearl Balogun, therapy assistant, said, “It’s a mindfulness technique we use.”

The class is a combination of yoga and meditation and functions as a preventative measure for people who lead stressful lives.

“It’s not formal meditation,” said Stasiuk. Participants focus on slowing down and regulating thoughts. “A lot of people who come have difficulty relaxing. We’ve had a lot of positive feedback.”

# PiYo offers the best of pilates and yoga

Spruce Avenue Community League offers free classes

NADINE RIOPEL

The Spruce Avenue Community League board couldn’t believe its luck when local resident Trisha Mitchell offered to teach a six week PiYo LIVE fitness class at the hall—for free.

Starting May 25, Mitchell will teach classes Thursdays from 7-8 pm until June 29. The series of classes are available for anyone who signs up for the six-week course, although Mitchell said she’d like for league members and community residents to try the class.

“PiYo LIVE is a low-impact workout providing cardio and strength work to get you high intensity results,” said Mitchell. “[PiYo] is an athletic program driven by music and inspired by pilates and yoga. It helps with flexibility and strength while conditioning the body with dynamic movements. We will be working on the fundamentals of the routine and with each week we will progress forward.”

Not to worry, you don’t need to have previous experience. Mitchell will provide modifications for beginners and for advanced participants.

Mitchell, who said she’s always enjoyed exercising, tried PiYo soon after giving birth to her second child.

“It is challenging in all the right ways and I saw results,” said Mitchell. “I couldn’t wait to learn this program to allow me to teach and share with others. This is such an amazing program for all fitness levels and ages.”

Mitchell explained the league is offering PiYo as a pilot program, but she is confident people will like it.

“I believe once people start, they will be hooked!” said Mitchell. “After this initial series, we will see how it went and make a decision together about offering future classes.”

Twenty spots are available on a first come, first serve basis. Register online at [eventbrite.com/e/piyo-live-6-week-series-at-spruce-avenue-tickets-33509962199](http://eventbrite.com/e/piyo-live-6-week-series-at-spruce-avenue-tickets-33509962199)

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



Try PiYo for free at Spruce Avenue Community League. | Pixabay

## EDITORIAL

# Recognizing the importance of workers' rights

International Workers Day history led to labour laws

MIMI WILLIAMS

For centuries throughout the Northern Hemisphere, May Day has been a traditional day of festivities celebrating the arrival of spring. Towns and villages throughout Europe would hold gatherings. With seeding mostly completed, farmers would often give their labourers a day off. To this day, May Day is a national public holiday in several countries, many of which refer to it as Labour Day or International Workers Day.

In the late 19th century, the Socialists and Communists of the Second International May Day chose International Workers Day to commemorate the Haymarket Affair that took place in Chicago in 1886. What began as a peaceful labour protest ended with bloodshed and became an international symbol for workers' rights.

Two years before that, at the 1884 convention of the Federation of Organized Trades and Labor Unions, delegates set May 1, 1886 to demand an eight-hour work day. As the day approached, unions prepared for a general strike to force employers to bow to this demand. Hundreds of thousands of workers struck on May 1 across the United States. In

Chicago, a hotbed of trade unionism, tens of thousands of workers hit the streets, joining others already on strike or locked out. Among the latter were workers at the McCormick Harvesting Machine Company plant. By the time of the general strike, there were already several hundred police officers stationed outside the plant to keep the peace between pickets and replacement workers. Until May 3, despite all of the labour unrest, there was no violence.

On May 3, after a rally, a group of striking workers surged toward the plant gates to harass the replacement workers coming off their shift. The police fired into the crowd and two workers were killed. The next evening, people gathered at Haymarket Square to protest police violence and reiterate demands for an eight-hour work day. After several speeches and after most people had gone home, police descended on the rally around 10:30 pm. As police marched towards the workers, someone threw a homemade bomb in their path. It exploded, killing at least one officer immediately. Police opened fire and, while it is unclear if anyone fired back, seven policemen and at least four workers died.

While what happened that

day proved to be a significant setback for the labour movement's fight for the eight-hour day, they didn't give up. In 1888, the American Federation of Labor (AFL) convention decided they would call for a general strike on May 1, 1890. The AFL's president wrote to the congress of the Second International, which was meeting in Paris. In response, the congress adopted a resolution calling for an international demonstration of workers on May 1, 1890 in solidarity with American workers.

The first International Workers' Day was a resounding success, with workers demonstrating around the globe for an eight-hour work day. On many of their minds were those workers gunned down at Haymarket for doing the same. Now most countries celebrate May 1 as Labour Day or International Workers' Day.

In Canada and the United States, Labour Day is celebrated on the first Monday of September. Both federal governments adopted the day in an attempt to prevent the more radically-focused May Day celebrations from taking hold.

And so, in addition to Labour Day, workers in both countries continue to celebrate May Day as an important day to com-

memorate the fight for workers' rights. We remember people actually died fighting for rights that we tend to take for granted today.

In Edmonton, we haven't forgotten International Workers' Day. An event is taking place on May 1 at the Legislature beginning at 6:00 pm. After speeches, there will be a march to Grant Notley Park, followed

by a social at the Ukrainian Centre on 97 Street.

*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.*



International Workers Day recognizes the fight for workers' rights. | Paula Kirman

## LANDLORD AND TENANT ADVISORY BOARD



# WE'RE MOVING!

The Landlord and Tenant Advisory Board is moving to a new location.

As of Monday, May 1, 2017, visit us at our new office at 6606-127 Avenue.

For more information [edmonton.ca/LTAB](http://edmonton.ca/LTAB) or call 780-496-5959.

Edmonton

## Brian Mason, MLA

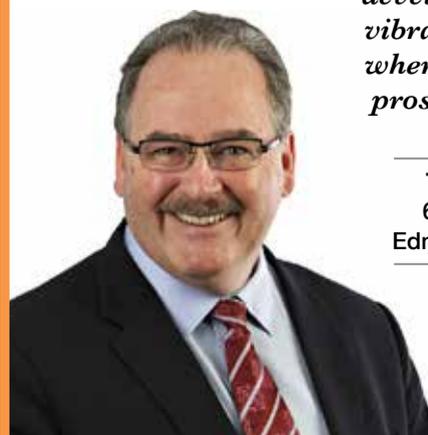
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[edmonton.highlandsnorwood@assembly.ab.ca](mailto:edmonton.highlandsnorwood@assembly.ab.ca)

# The rules of public and private parking

Knowing the bylaws can help you park properly

ADAM MILLIE

Parking can quickly become a source of conflict between neighbours. But before you get angry with the guy who keeps parking his truck in front of your house, let's review the rules.

First of all, you don't own the parking spot in front of your house, the city does. Street parking is just that: on the street. The city sets the rules through traffic safety bylaw 5590. And as tempting as it may be to prevent other people from parking in front of your house by placing objects or signs on the road, keep in mind you can be charged for doing so.

Erin Blaine, coordinator of

parking enforcement services for the city, explains street parking.

"Everyone has the right to park on a city-owned street, even if it's right in front of your house. People can park on your side of the street, even if they live on the other side, down the block, on the other side of the city, or the other side of the country. As long as people are parked legally, they are allowed to be there."

And what about your own property? Anne Stevenson, the city's senior planner at sustainable development, said "In residential areas, people are allowed to park in their garage, on a parking pad, or on their driveway."

That said, there are some

limits.

"People are not allowed to park on their front lawns and are not allowed to rent parking spaces on their property for people who work nearby or are attending an event in the neighbourhood, such as a football or hockey game," explained Stevenson.

Other residential street parking rules include a 72-hour (three day) limit. Move your vehicle before then, otherwise it is considered abandoned and can be ticketed and towed. This rule is in place to prevent people from using the street as a storage space and to reduce crimes such as vandalism and theft.

It's important to be aware of changes coming to residential zoning that will require each

house to have fewer mandatory parking spaces.

"Right now, every single detached and duplex/semi-detached house, as well as most row houses, have to provide two parking spaces on their property. If someone has a secondary or garage suite, they have to provide a third parking space," said Stevenson.

But with the change, only one parking space per home is required, with an additional space required if you have a secondary or garage suite on your property.

"Property owners who want to have two or more parking spaces on their property can still do so and existing parking spaces will not be lost as a result of this change," Stevenson

added.

Our community also includes restricted residential zones; only vehicles with residential parking stickers can park during events near Northlands and Commonwealth Stadium, or during the week near NAIT.

Permit applications are available at [www.edmonton.ca](http://www.edmonton.ca) by searching "Annual Residential Parking Permits" or call 311.

Call 311 for more information or to report illegal parking.

*Adam lives in Alberta Avenue. He wants to make the world a better place.*



Knowing parking rules can help clear up misconceptions. | Adam Millie

## Dream up a community project for 100in1Day

Does your neighbourhood have an underused or ignored space (like an alleyway, a street corner, or a vacant lot) that could be improved? Consider giving it a temporary makeover as part of the 100in1Day festival! Now in its second year in Edmonton, 100in1Day is a community-led event encouraging hundreds of people to take one small action to spark positive change on the same day. Projects can include anything from chalk murals and pop-up parks to flash mobs or street parties—anything you can dream up! Visit [makesomethingedmonton.ca/100in1day](http://makesomethingedmonton.ca/100in1day).



Cyclists make their way down stairs turned into pieces of poetry during the festival last year. | Make Something Edmonton

# PROBLEM PROPERTIES

## DISCUSSION & UPDATE

Sponsored by Revitalization Communities:  
 Alberta Avenue Initiative, McCauley,  
 Central McDougall/Queen Mary Park, and Jasper Place

**JOIN us for an evening of ideas and solutions to address concerns with problem properties in these communities**

Round table discussion with key stakeholders including EPS, Bylaw, Capital City Clean Up, Alberta Health Services, Housing, and Sustainable development.

**Wednesday, May 24, 6:30 - 8:30 p.m.**  
 SANTA MARIA GORETTI CENTRE 11050 - 90 ST. NW

# Make a garden sign at Bloomin' Garden Show

Signs make a good gift or addition to your garden

STEPHEN STRAND

Come spring, witty signs with sayings such as “Gardeners share all the gossip” or “Did you know that Iris and Violet are in the same bed with Sweet William?” fill backyard gardens and front lawns.

This year, the Bloomin' Garden Show is offering a garden sign workshop for people to create their own sign. At \$20 per sign, participants can make as many signs as they wish.

“They are fun. They are personalized. And if you made it yourself, you are proud of it,” said Laurie Tod, who will be holding two workshops on May 13. “It’s something you can

look at and know it’s made with love,” added Tod.

Tod said the signs also make a good gift.

“They are perfect for Mother’s Day. Perfect for grandma. Perfect for somebody that you want to put a little love into,” explained Tod. “They are also a way to keep it local and to not buy commercially.”

Tod is the owner of The Painted Cottage, a company that paints, finishes furniture, and creates custom work. After seeing the high cost of signs at websites like Etsy, she decided to make her own. She ordered some stencils online, painted away, and started selling the signs. Then, she decided to hold classes to teach others. Her first

class was in November and the classes soon became popular.

“We do custom parties. Home parties. We come to you for a wedding or baby shower. Six to eight people or more. Up to 40 people at a time. We can offer a class in your house, in your business,” explained Tod.

Just like with her other classes, Tod is providing the supplies for the workshop. During the workshop, participants will choose the colour of the sign desired, and then choose the quote and colours for the lettering. Each letter can be a different colour if that’s what the participant wishes. Tod goes on to explain she paints the signs with a base coat of chalk paint beforehand, otherwise each

workshop would be twice as long while waiting for the base coat to dry.

“The top writing is acrylic,” she explained, “then they will seal it in the class for exterior use to put in their garden.”

The two garden sign workshops during Bloomin' Garden Show on May 13 are just in time for Mother’s Day. Both are beginner-level workshops, so there are no expectations of needing previous experience. The first workshop is from 10:30 am to noon and the second one is from 1:30 to 3 pm. Be prepared to spend about 45 minutes creating the sign.

There is room for 25 people per course, so register early. To register and to learn more,

visit the Bloomin event page on Facebook or visit The Painted Cottage Facebook page.

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

**GARDEN SIGN WORKSHOP AT BLOOMIN' GARDEN SHOW**

9210 118 Ave  
Laurie Tod: 780.264.4156  
[www.albertaave.org/bloomin-garden.html](http://www.albertaave.org/bloomin-garden.html)



Create a garden sign at a workshop during Bloomin' Garden Show. | Supplied

## Growth is in the future for community gardens

Expansion of current community gardens is needed

SIERRA BILTON

What goes into a meal that feeds 80 people with leftovers to spare? Parkdale-Cromdale’s community garden volunteers from last year’s pilot project can tell you: construction skills, a big pile of dirt, lots of seeds, and a little tender loving care.

Last summer, Parkdale-Cromdale’s Grower’s Dozen Community Garden tested their chops with four 3-by-7 foot raised-bed boxes that yielded enough food for a harvest meal for over 80 people, all grown from donated seeds and plants.

While the project’s immediate goal is to grow food, the real growth is in the community itself. Kevin Wong, chair of Grower’s Dozen, said one of their goals is “to be beneficial to the communities and see how we can connect people together.”

With the pilot’s success, the group has plans for a bigger garden this year through grants from Sustainable Food Edmonton and the community league. The group is building 15 more 4-by-4-foot raised beds, available for community rental at \$10 a piece. May 19 is the cut-off to apply for a raised bed.

They also plan to build five more community boxes, four filled with vegetables and one “devoted to bee-friendly plants,” said Wong, “to add to our original four from last year.” The garden beds will sit in the dormant community skating rink in summer, then be forklifted to storage over winter.

Not satisfied with veggies alone, organizers have plans for additional growth. Options being considered include: a community patio, a honey-bee hotel, and a flow hive (a hive that doesn’t disturb bees to get the honey).

Other community gardens are exploring similar avenues for growth. Eastwood’s community garden partners with the Edmonton Mennonite Centre for Newcomers to encourage community engagement with long-standing residents and new residents, said Lenn Wheatley, vice president of the group. They have six beds from last year and another two or three planned for this year.

Gérard Forget, garden coordinator with Alberta Avenue Community Garden, said interest in the garden started quickly. “That first year, I think we had all the plots rented. We have expanded every year since to keep

up with new additions.” The garden is nearly full, and Forget doubts there will be any empty spaces this season.

Sustainable Food Edmonton provides workshops, along with technical and financial support to those looking to start or expand a community garden.

Junetta Jamerson, community garden facilitator with Sustainable Food Edmonton, said Edmonton has nearly 100 community gardens, with wait lists and rush registration becoming the norm. “And that’s just the ones we know about that are on public or community league land,” she said. “There’s still a lot of communities that don’t have a garden, and support in expanding existing gardens is something that maybe needs to receive more support now.” Find registration & contact info online.

*Sierra is a communications student specializing in journalism at MacEwan University. She has a particular love of the art and culture found nestled in Edmonton’s Alberta Avenue communities and beyond.*



Grower’s Dozen Community Garden plans to expand this year, with the members hoping to build 15 more raised beds. | Steven Townsend

# Adding medicinal plants to your garden

Use knowledge and common sense with herbs

AMANDA SOKAL

Dionne Jennings has always had a love of plants and herbs. She started studying herbalism on Vancouver Island 19 years ago and completed apprenticeships five years ago on the Saanich Peninsula and in Red Deer.

"I think my first real exposure to herbalism was a small yellow piece of paper with a dandelion illustration on it saying Herb Classes at a local health food store. When I stepped into a small house perched on the corner of a nature sanctuary, I was hooked," said Jennings.

She said she believes there is a niche for herbs and herbalism because of a yearning to connect with nature and regain lost

knowledge. Jennings explained we've been separated for so long from nature that people are feeling a "longing not only to get to know the land, but also how to support themselves with simple and natural means."

People have grown and used medicinal plants for thousands of years. Take lavender, chamomile, peppermint, and garlic. Use lavender and German or Roman chamomile as a relaxant and sleep aid. Ease stomach aches and nausea with peppermint. Boost your immune system with garlic.

Jennings, who grows over 50 types of medicinal plants in her garden, also lists calendula, roses, bee balm, valerian, red raspberry, thyme, sage, and lemon balm as other easy-to-

grow herbs.

It's easy to designate a space in your garden, container garden or window box. Growing your own herbs has many benefits, said Jennings, from being able to control the herbicides and pesticides used to preventing over harvesting and the destruction of natural environments. By planting your own herbs "you are starting with plants that you are certain you can identify and that you know to be safe," said Jennings.

Growing medicinal herbs is not much different from any other plants.

"Make sure you are planting them in conditions where they like to grow," said Jennings. She advised starting small and looking for reputable suppli-

ers. Many seed companies and growers sell medicinal herbs. Seed catalogues or greenhouses are a good place to start.

But she cautioned medicinal herbs are not a replacement for medical attention. Always discuss any herbal remedies you plan to start with your physician beforehand. Some herbs and prescription drugs can interact negatively with each other.

Jennings said she is considering holding workshops and working with community groups who have grown herbs.

"I'd like to partner with community leagues/community gardens and offer consultation on six to 12 versatile and resilient medicinal herbs they can plant in a common community bed," said Jennings. "I'd love

to be able to check in a little later in the season and do a class on some harvesting, drying techniques and medicinal uses, and yet another one on making actual remedies and herbal preparations from what they've grown, so it comes full circle."

For more information, visit [www.yegherbalist.ca](http://www.yegherbalist.ca) or join her Facebook group Edmonton Herb Club. Or, see Jennings at the Edmonton Resilience Festival on April 22 at the Waldorf Independent School of Edmonton (7211 96a Ave).

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



Set aside a space to grow useful herbs like chamomile. | Dionne Jennings

# Seedy Sunday unites gardeners of all levels

Annual event highlights importance of food diversity

AMANDA SOKAL

Every year on the third Sunday in March you'll find the Edmonton Seedy Sunday event. This year's event began with sunshine and blue skies, and the break in the cold weather drew a large crowd of people.

At 11 am the line for the event was already snaking out the door. Before things became too hectic, I spoke with Kelly from Seeds of Diversity, a seed exchange organization. Growers can sell heirloom seeds, and for a slightly higher price, non-growers can purchase seeds as well, with membership.

Kelly said not only can you get varieties of seeds you'll never find in retail chains, but growers

also work to preserve the diversity of seed.

"Fifteen years ago, things were looking pretty dire as far as seed saving was concerned, but now things look hopeful," she said.

Speakers and demonstrations were also part of the event.

Patti Milligan, one of the organizers of Edmonton Seedy Sunday, gave a demonstration on building bee houses.

"If I can leave you with one thing, smaller is better when it comes to bee houses. Even though it soothes your creative soul, large bee condos will likely not be used and if they are, they can increase the spread of pathogens."

Milligan recommended drilling small holes into a log or

piece of non-treated wood, making sure not to drill all the way through or placing reeds in a small container such as a soup can. Something as simple as exposing soil on the south-facing side of your home can give some of the over 300 varieties of bees in Alberta a place to lay their eggs.

Ryan Mason of Reclaim Urban Farms shared tips and techniques for beginner gardeners. His focus is on SPIN farming (Small Plot Intensive Farming).

Mason suggested using diatomaceous earth to handle slugs and planting with landscaping cloth to prevent weeds. Cut holes into landscaping cloth, spacing the holes as far apart as your plants need for proper

growth. Then, lay the cloth on the ground and plant your seeds in the holes.

Or use Agribon cloth (row cover) to reduce pests. Plant your seeds normally, then cover with Agribon cloth, using soil weigh down the edges. You don't have the fun of watching your vegetables grow, but you also don't have pests eating your hard-won produce. At the end of his lecture, he gave us delicious microgreens he grew. Find him at the Downtown Farmers Market on Saturdays.

I look forward to Seedy Sunday every year for the joy of watching so many people bond over shared passions. During the lectures I attended, when the speakers asked for our experience levels, I stated

my first garden last year was a dismal failure. After both sessions ended, strangers offered encouragement and told me not to give up.

As one lady said, "None of us have a great result every time. It takes practice, but the end result is so worth it. Even if you only get one beautiful carrot, that is YOUR carrot. You made it. Enjoy the process, that's where the fun is."

I couldn't agree more.

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

**Randy Boissonnault MP/Député - Edmonton Centre**



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# The Carrot offers all-ages Hip Hop Night

New programming fills a niche in the community

**TALEA MEDYNSKI**

The hip hop community and those curious about the art form now have a space to perform and learn at The Carrot on the second last Wednesday of every month.

Meaghan Underhill, The Carrot's volunteer and events coordinator, explained the idea for an ongoing program began while programming events for Black History Month.

"We had a fantastic first show," said Underhill, explaining there was a need in the community to offer ongoing programming. Khiry (Khi) Crooks, a vocalist in the group Locution Revolution, told her the hip hop community didn't have a space in which to perform.

Locution Revolution members helped Underhill contact other artists, and soon Underhill created programming for an ongoing monthly event. Crooks and fellow Locution Revolution member Don "iD" Welsh host the evening, during which feature artists perform. Participants also have a chance to perform.

"If audience members want, they can take the stage to perform during the 20 minute open stage that happens between invited artists."

Admission is pay-what-you-can. "We want to make it accessible," Underhill said. "No one will be turned away for lack of funds."

As for Crooks, he is no stranger to Alberta Avenue or participating in local events. He grew up on 118 Avenue,

performs with his group for Kaleido Festival, and is co-director of Hip Hop in the Park.

He explained there are several hip hop artists in the neighbourhood, such as Relic, Brothers Grimm, and Billy the MC. Perhaps there's something to the area that acts as a catalyst to creating hip hop artists. "Because we come from nothing and you don't need anything but a voice. You got a voice, you could be heard," said Crooks. "We're also being told if you're from 118, you're not too much and we're out to prove them wrong."

Underhill explained hip hop is unique in how it evolved. "Hip hop is a political art form," she said. It covers a lot of ground, from performing (dancing, rapping, beat boxing,

singing, and disc jockeying) to visual art like graffiti.

Hip Hop Night will introduce participants to different aspects of the art form. During the hip hop event at The Carrot's Black History Month celebrations, Crooks brought books about black history, the development of hip hop, and a series of graphic novels for people to check out.

Hip Hop Night is family-friendly as well, so parents can feel comfortable bringing their children. And part of the appeal of hosting the event at The Carrot is that it's a small and intimate space.

"We don't have a stage here—it makes it less intimidating," said Underhill. "We're also a dry venue. We're a really safe, inclusive space."

Anyone is welcome to attend,

said Crooks, particularly people who are curious about it and don't experience hip hop every day.

"I want [The Carrot] filled up and I want people to have fun," Crooks said. "We've gotten more people each time and we've gotten people out of their shell."

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

## HIP HOP NIGHT

The Carrot Coffeehouse  
9351 118 Ave  
7-9 pm  
Second last  
Wednesday of every  
month

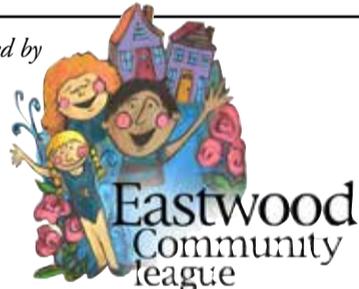


Hip Hop Night is family-friendly, safe, and inclusive. | Unsplash

## your eastwood news

11803 86 St 780.477.2354 ewcl@shaw.ca

sponsored by



During our general meeting on April 5, we elected new board members. A few roles were filled:

Director: Michael Chau, a community member living in Eastwood for more than 20 years.

Vice-president: Lenn Wheatley (previously the secretary)

Prothonotary (secretary): Caleb Nelson (previously a director)

We need a new treasurer: After our general meeting, our current board treasurer, Tao Liu, received a career opportunity in another area of Canada. He is resigning and this opens up the need for a new treasurer.

Any interested community member may apply for this position. Our community already has a paid Chartered Professional Accountant (CPA) keeping track of bookkeeping and we have set up automatic transfers for funds coming into and out of the league.

The treasurer will work closely with the CPA, but the treasurer's main responsibility will be to provide sound financial oversight in the use of community funds. This will require sensible and sound judgement in the use of the funds to reach community goals, and not excessive detail in crunching numbers.

An undergraduate diploma or higher with an accounting background is considered an asset.

Call the office at 780.477.2354 or email us at ewcl@shaw.ca. Let us know of your interest by May 22.



# Volunteer & Notices

**BIG BIN EVENTS**

Dispose of household items too large for regular collection at no charge. 9 am - 5 pm.

May 6 & 7 Northlands Coliseum. June 17 & 18, Sept 23 & 24 Commonwealth Stadium.

**SWIM FREE AT OUTDOOR POOLS**

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

**CASINO VOLUNTEERS NEEDED**

Norwood Neighbourhood, June 4 & 5. norwoodnna@gmail.com  
Rat Creek Press, Sept 10 & 11. timecounts.org/rat-creek-press/events/947

**KEEP NORWOOD PARK SAFE & CLEAN**

Norwood Centre is looking for volunteers willing to spend a little time in the Park every morning ensuring it is clean and safe for children to play. Call Will 780.471.3737 ext 291.

**RCP SEEKING PHOTOGRAPHERS**

Like to take walks? Attend local events? Have a smartphone or camera? Snap and share photos with us. Sign up at timecounts.org/rat-creek-press.

**OPEN MIC HOSTS & SOUND TECHS**

Looking to participate in YEG's music scene on Saturdays? Help make the stage welcoming or do the tech stuff at the Carrot on Saturdays, 6:30-9:30 PM. Email volunteer@thecarrot.ca.

**ARTS ON THE AVE GENERAL MEETING**

June 26, 7 pm. Members must have purchased membership 30 days prior to AGM (2016/017) in order to vote. Buy at www.thecarrot.ca.

**SUPPORT MUTTSTOCK**

Support this dog & music festival which benefits local animal rescues. Sponsorship and vendor opportunities. More: fb.com/muttstock. Contact: muttstock@gmail.com.

# your community league!



**DELTON COMMUNITY LEAGUE**

Watch website or Facebook for info on our next monthly meeting  
 Mother's Day brunch  
 & other upcoming events.  
 We are seeking a bingo director.

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

**ELMWOOD PARK COMMUNITY LEAGUE**

Monthly Board Meeting  
 Thursday, May 11  
 All community members welcome

Rent the hall for only \$75

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12505 75 St  
 780.479.1035  
[epcl@shawbiz.ca](mailto:epcl@shawbiz.ca)  
[elmwoodparkcommunity.org](http://elmwoodparkcommunity.org)

**WESTWOOD COMMUNITY LEAGUE** 12139 105 ST  
 admin@westwoodcl.ca 780.474.1979

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**MEMBER RENTAL DISCOUNT**

Sunday-Thursday half day rental only \$60. Go to westwoodcl.ca for pictures and more on rates.



FREE 6 week class by Trisha Mitchell starting May 25 at Spruce Avenue Community League. Register on Eventbrite.com

*Parkdale Cromdale Community League*

Join the movement: [pccl.info@gmail.com](mailto:pccl.info@gmail.com)



**small community BIG IDEAS**



Alberta Avenue Community Garden

**COMPOST SALE**

**30L bag for \$5**

Cash sales. No pre-orders.

**Saturday, May 13**  
 10 am to 4 pm

**Wednesday, May 17**  
 5pm – 7 pm

9210 118 Avenue (in garden behind the building)

# Linking affordable housing with community

## McCauley Apartments provides security and support

KATE WILSON

McCauley Apartments is a success story. The building, located in the heart of McCauley, provides affordable housing and support for people facing mental illness and disability as well as those in need.

"I love living here. I would

But the apartments are not exclusive to people with mental illness.

"While many units are reserved for community members with a history of mental illness, one doesn't have to have a mental illness to be eligible for this program," stressed Prodan. "We maintain about two-thirds ratio of people with mental ill-

nating poverty in Edmonton. It now offers over 20 programs under four themes—housing, food security, education and skills development, and building connections—from a diverse base of organizations and partnerships. It works with Capital Region Housing to provide safe, affordable housing through its Affordable Housing, McCauley

for tenants to connect with their neighbours in meaningful ways, to reduce ... isolation often associated with mental illness."

He said while McCauley Apartments was founded in consultation with the neighbourhood as a mental health housing project that promotes interdependence, it also gives E4C a chance to add value to

to community gardens and collective kitchens," said Prodan, noting McCauley Apartments offers more than a physical space to live. "It's all about building community by meeting people where they're at ... and grassroots activism that engages people in genuine relationship building."

McCauley Apartments, which



McCauley Apartments provides a safe, supportive, and affordable home for residents. | David Prodan

not change a thing," said Chris Leclair, a resident of McCauley Apartments.

He moved to the apartments from Meadow's Place group home 17 years ago, and has since built relationships.

"I have friends in the building and around the neighbourhood," he said.

"McCauley Apartments offers subsidized housing for people who have mental illness and disability and would face obstacles to housing elsewhere," explained David Prodan, community development manager with E4C, a not-for-profit organization that oversees the project.

ness to one-third general affordable housing for anyone in need."

McCauley Apartments, renting at 30 per cent of tenants' income, integrates housing security with social and cultural programming—free of charge. Guitar lessons and Latin drumming are popular examples, as are skating and hockey lessons at the McCauley rink.

"McCauley Apartments is very successful in providing a safe, affordable, supportive environment for its residents," said Prodan.

E4C, founded by four city churches in 1970, has a goal of alleviating and ultimately elimi-

Community Group Homes, and McCauley Apartments programs.

Prodan noted McCauley Apartments differs from E4C's other housing programs in that all tenants live independently, and E4C's services, provided from an office in the building, are mostly focused on community engagement rather than tenant support.

"Our programs focus on creative paths to recreation and wellness ... we offer free creative writing classes, drop-in soccer, mindfulness workshops, healing circles, and grief and loss groups," he said. "We really want to provide opportunities

the community.

"We mainly connect with other community members and local organizations to get tenants involved and mobilized in local community programs and events," said Prodan, noting tenants volunteer at *Boyle McCauley News* and Heart of the City Festival, among others.

This kind of engagement not only strengthens the neighbourhood, it also reduces stigmas around mental health, he said.

As food security is a key issue, tenants are encouraged to participate in the Wecan Food Basket Society.

"We also advocate for food security by connecting residents

just celebrated its twentieth anniversary, provides two-bedroom units to eligible tenants. Call 780.424.2870 for more information or email [dprodan@e4calberta.org](mailto:dprodan@e4calberta.org)

To find out more about E4C or to volunteer, phone 780.424.7543 or email [info@e4calberta.org](mailto:info@e4calberta.org)

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

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Monday to Friday: 9:00 am - 6:00 pm

Weekends & Holidays: 10:00 am - 2:00 pm

# Telling a story in under five minutes

Digital Story project featured 19 short films

MARI SASANO

On March 30, a crowd packed the gallery at the Nina Haggerty Centre for the Arts. They were there to see 19 short videos, each under five minutes, the result of the year-long Digital Storytelling project initiated by writer-in-residence Jocelyn Brown.

“I was working here with the artists individually on storytelling, but for a few of the artists at the Nina, telling a story in the traditional way just didn’t work for them. They might’ve not been able to speak or the stories they wanted to tell weren’t always linear in the traditional way. And they’re here as visual artists, so I was really looking for a way where we didn’t have to rely on text as much,” Brown said.

Through photos, voice-over, music and short live-action clips woven together, participants created an array of films, from profiles of loved ones to a heart-wrenching remembrance of abuse at a residential school. Each story revealed a slice of a person’s life. During the project, Brown worked with Karen Matthews from Weasel Tales, an organization that leads digital storytelling workshops. Together they established a process to allow the artists to develop, create, and present a piece of themselves.

Cynthia Sentara, one of the Nina’s lead artists, has a background in media arts and helped some artists edit their work. She made her own video about having a stroke 10 years ago, which left her without the ability to speak.

“It’s been a reoccurring issue

for me for the past 10 years. It makes more sense to explain it to everyone else,” Sentara said. Through the process, she learned everyone has one story that tells you so much about a person.

“You get to learn about someone’s life, their experiences. They’re all so interesting. You can be the most boring person in the world, but you have one awesome story to tell.”

Helping each artist connect to their story was the goal of the project. Working with people who may have literacy or language issues presented its challenges, but Brown helped participants distill their ideas until they were ready to script their videos.

“Most of the time, it depended on the artist, what they wanted to do. You’ll see at least one where there isn’t a voice

track, but I would read back to them and they would decide if they want to have that in the story or not,” said Brown.

This was the case for Pedro Burges, who created a video about his experience as an artist at the Nina Haggerty. He creates gorgeous, colourful abstract paintings, and practiced for many years in Portugal. When he immigrated to Canada a few years ago, he discovered the Nina; it has become the biggest part of his life.

His support worker, Jana Niven, interprets for Pedro, who does not speak. “When we started the process, we wrote a much longer story about various things, but with Jocelyn’s help we found what the most important story was, and that was the art he was doing at the Nina.”

As his family congratulates

him, she says that he is happy to have done the project and is likely to try another in the future.

“Look at everyone who came out to see what Pedro did. He had a community, it existed with his Portugese family and friends, but he never had anything for them to come see about him. He was always just brought along, so it’s nice that they can come see and celebrate Pedro.”

Some digital stories will be soon be available online at [www.thenina.ca](http://www.thenina.ca) and [www.weaseltale.com](http://www.weaseltale.com), depending on which storytellers give permission to share their stories.

*Mari is a writer and civil servant.*



Participants revealed a slice of their life in a short film. | Supplied

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the nina  
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# How fear can be helpful as a motivator

An honest reflection on motherhood and preparedness

**NADINE RIOPEL**

The day my pregnancy test read positive, I cried. They were not tears of joy. While this was a planned pregnancy, I was terrified.

Although I had never pictured myself with kids, when my husband and I were dating, we decided to have a family.

But I was scared. Not of pregnancy and labour, although they were pretty unpleasant. I was afraid of the transformational, irrevocable life change everyone kept talking about. I was in my mid-thirties, well into my professional career and personal development. I wasn't interested in being totally "transformed".

Many well-intentioned people told me how everything was going to change:

"Nothing else will matter to you anymore! You won't recognize yourself! Up will be down! Green will be purple! You'll love it!"

Less well-intentioned people also chimed in:

"Enjoy sleep now—you won't be getting any for the next few years, ha ha!"

I pictured losing my identity, interest in work, friends. I pictured myself knee deep in diapers and tantrums for years, only to wonder what happened to my life when my little angel grew up and became more independent. And I knew I'd love my child, but would I like him?

Four years later, my terror turned out to be surprisingly useful and is probably a key component of how things turned out.

I got to work. I looked for

parents who seemed to be maintaining their health, identities, and sanity. I asked them for advice and observed them with their kids. I read books they recommended. I lined up techniques to handle the scenarios I feared most (like sleeping and power struggles).

I also got to work building my bench. I wasn't going to be able to do this the way I wanted without serious backup, including a clear co-parenting plan with my husband. So I talked to him, my parents, my in-laws, my neighbours, and my friends. I had babysitters lined up from day one. My husband took several months of parental leave as part of our commitment to doing this together.

Being terrified motivated me

to figure out a way to have a kid that would work for me. And for the most part, it has. I still don't think parenthood is my natural calling. It does change your life/lifestyle, and not all those elements are what I would call fun. I get bored watching him at the playground; I dislike picking up after him; my schedule isn't as flexible as before. I often say, "I love my kid. I don't love parenting".

But everything is temporary, and the day will probably come again when nobody needs me for anything for days at a time. Change is constant in life.

Meanwhile, I have an adorable little man who is a joy to be around. I still feel like me, and I still have things in my life

that are not about my kid. My husband and I still get a lot of kid-free time together. It seems to be working.

There's an element of good fortune in all of this, but I honestly think we owe a lot to my terror. If I had been really enthused about motherhood, I don't think I would have gone to the effort of getting the support and skills I need now. So here's to being terrified!

My favourite easy read about parenting: *Confessions of a Slacker Mom*

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



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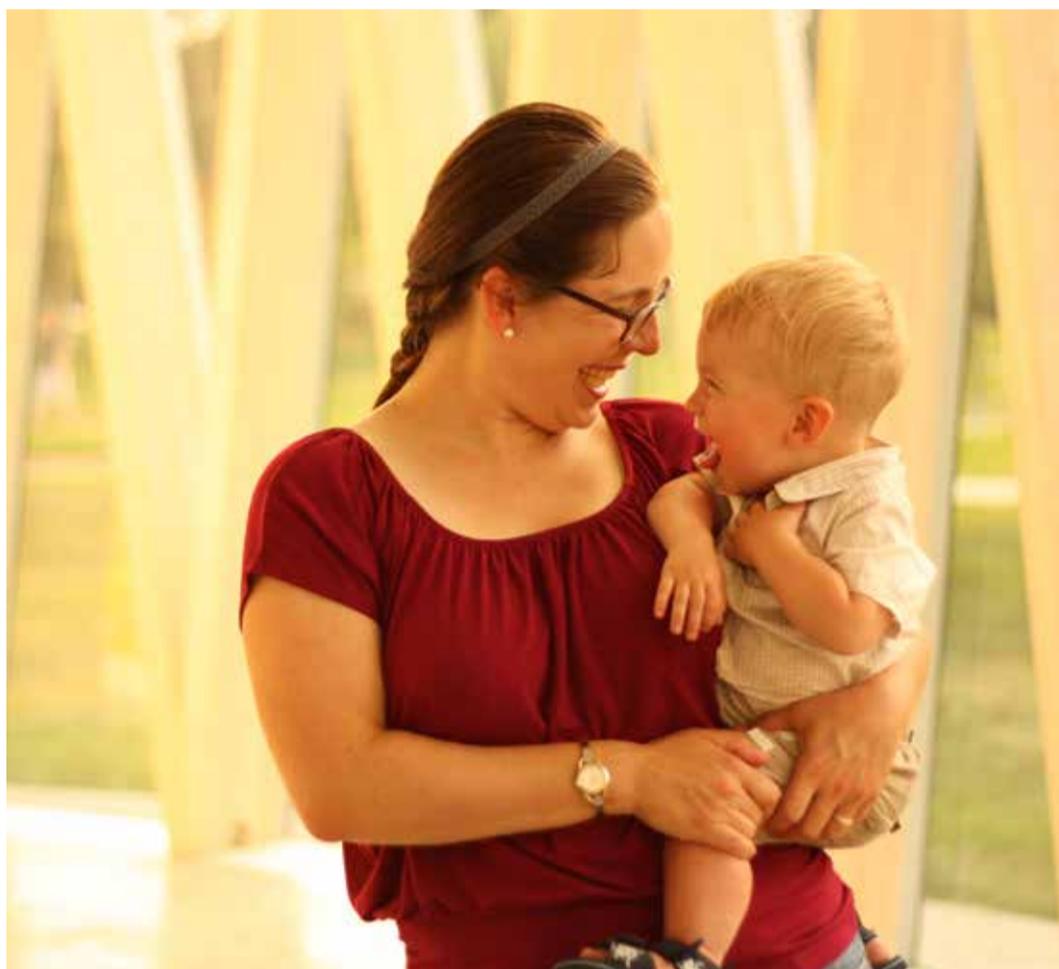
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For Nadine Riopel, being terrified of having kids led her to getting support and skills. | Rosanna Wegner



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**Northlands Volunteer Recruitment Fairs:**

May 25 – 2 to 7 p.m. | May 26 – 11 a.m. to 4 p.m.  
May 27 – 11 a.m. to 4 p.m.

**Location:**

Northlands Park Racetrack & Casino  
7410 Borden Park Rd. NW

For more information on volunteering and to apply online please visit [northlands.com/volunteer/](http://northlands.com/volunteer/) or email: [volunteer@northlands.com](mailto:volunteer@northlands.com)



# WHAT'S ON IN MAY

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

## COFFEE WITH COPS

May 2, 10-11:30 am | Carrot Coffeehouse (9351 118 Ave). Chat about neighbourhood concerns with Cst. Challenger.



## URBAN RENEWAL GALLERY OPENING

May 3, 7 pm. Nicole Pakan & Randy Daumann capture natural & urban spaces. | Carrot Coffeehouse.

## THE ULTIMATE CARROT GARAGE SALE

May 13, 8 am - 4 pm. Donate gently-used goods to The Carrot Coffeehouse between May 9-12. [thecarrot.ca](http://thecarrot.ca)

## BLOOMIN GARDEN SHOW & ART SALE

May 13, 10 am - 4 pm | Alberta Avenue. Plants, gifts, music, breakfast & lunch fare. [albertaave.org/bloomin-garden.html](http://albertaave.org/bloomin-garden.html)

## PAINT & SIP AT THE CARROT COFFEEHOUSE

May 14, 3-6 pm. An afternoon of fancy drinks and fine art for \$60! [thecarrot.ca](http://thecarrot.ca)



## FINANCIAL WELLNESS

Debt, credit, and payday loans May 19, 10 am. Info: 780.424. 2870.

## YEG HIP HOP NIGHT

May 24, 7:30 pm. From spoken word to rap to DJ'ing. | Carrot Coffeehouse.

## THOUSAND FACES FESTIVAL

May 26-28 | Alberta Avenue [thousandfaces.ca](http://thousandfaces.ca)

## ENTERTAINMENT

### 5 PIN BOWLING

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

### CARROT POETS SOCIETY

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

### KARAOKE

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

### LIVE MUSIC

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

### OPEN MIC

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

### PRO WRESTLING

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



## SAVE THE DATE

### 100IN1DAY

June 3, all day. Create a project for this community-led event! [makesomethingedmonton.ca/100in1day](http://makesomethingedmonton.ca/100in1day).

## RUBBER BOOTS & BOW TIE GARDEN PARTY

June 24, 7:30 pm. Art, games, food & music! Prize for best rubber boots & bow tie. | [albertave.org](http://albertave.org) for tickets & info.



## MUTTSTOCK DOG & MUSIC FESTIVAL

July 8 | Eastwood Park

# FREE COMMUNITY PROGRAMS

Go to [ratcreek.org](http://ratcreek.org) for more information

## ESL & LANGUAGE

**PRACTICE ENGLISH**  
Conversation circle, Mondays 7-8 pm at Sprucewood Library. Fridays, 10:30 am - noon at Highlands Library.

**CREE LANGUAGE**  
Conversation circle by Canadian Native Friendship Centre. Mondays 6-8 pm at Highlands Library.

**ECALA ENGLISH**  
For community integration Mondays and Thursdays from 11:15 am to 1:15 pm at Parkdale-Cromdale. More: Sarah 780.887.6825 or [sarahdelano@hotmail.com](mailto:sarahdelano@hotmail.com).

**BOOK CLUB**  
For literacy learners, Fridays 10 am to noon at Parkdale-Cromdale.

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

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

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

## FOOD & SUPPORT

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

**COLLECTIVE KITCHEN**  
Cook with friends, try new recipes, help your food budget at St. Faith/St. Stephen. Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238.

## PARENTS & PRE-SCHOOLERS

**COW BUS**  
Edmonton Literacy Classroom on wheels every Friday from 8:30-10 am at Parkdale hall.

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

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

**MULTICULTURAL RHYMES THAT BIND**  
Pre-literacy program for families with babies & children pre-kinder age. Mondays 9:30-11:30 am at Parkdale-Cromdale. More: Sarah 780.887.6825.

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

**SING, SIGN, LAUGH & LEARN**  
Mondays and Tuesdays 10:30 am at Sprucewood Library. More: 780.496.7099. Wednesdays and Thursdays at 10:30 am at Highlands Library. More: 780.496.1806.

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

## CHILDREN

**LEGO AT THE LIBRARY**  
Design and build a lego creation. Ages 6-12. Third Saturday of the month 3-4 pm at Highlands Library.

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

## YOUTH

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

**TEEN LOUNGE JR**  
Play video games, make a DIY project, or just hang out. Thursdays, 3:30-5 pm at Sprucewood Library and 3:30-4:30 pm at Highlands Library.

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

## ADULTS

**ADULT COLORING**  
Coloring and creativity. Books, felts and pencil crayons provided or bring your own. Second Wednesday of month, 7-8 pm at Highlands Library.

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

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

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

## SENIORS

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

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

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

## FAMILIES

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

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

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

**FREE REC CENTRE ACCESS**  
Free access to Commonwealth Recreation Centre on Saturdays from 5-7 pm for members of Elmwood Park, Spruce Avenue & Westwood and on Sundays from 1-3 pm for members of Alberta Avenue, Delton, Parkdale/Cromdale. Eastwood does not participate.

## LOCATIONS

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



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 8:30 am - Low Mass  
 9:00 am - Morning Prayer  
 9:30 am - High Mass  
 7:00 pm - Evensong

**St. Faith: 780.477.5931**  
**Sunday Worship:**  
 Morning Prayer Fridays at 9:00 a.m.  
 11:00 am - Sunday Worship  
 1st Sunday - Worship in the Common  
 2nd Sunday - Traditional Anglican  
 3rd Sunday - Aboriginal Form  
 4th Sunday - Traditional Anglican

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 11739 94 Street (The Studio) www.avenuechurch.ca  
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 10:30 am Service

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 11461 95 Street 780.477.3341  
**Sunday Meetings:**  
 9:30 am - Lord's Supper  
 11:00 am - Family Bible Hour  
 Saturdays - Free English Conversation Café for immigrants

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 12317-82 St. 780.474.4830

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

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