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Borrow tools for your home projects

Edmonton Tool Library provides an alternative to buying tools



The Tool Library is open on Saturdays at Bellevue Community Hall. | Rebecca Lippiatt

NADINE RIOPEL

For many people, spring often brings plans of home and garden projects, but buying tools for these projects can become costly. The Edmonton Tool Library, a new resource near Borden Park, provides a low-cost alternative.

While collaborating on a different community project a few years ago, Stacey Cann and Leslie Bush discovered that they had both been toying with the idea of creating a lending library for tools, inspired by a similar initiative in Calgary. They connected through their networks to several other people with similar ideas. Along with Shannon LeBlanc, Max Turner, and Robyn Webb, they eventually formed the founding board of what would become the Edmonton Tool Library.

They opened their doors in January of 2017 at the Bellevue Community Hall on the eastern edge of Borden Park.

To make the dream into a real-

ity, they drew on the experience and advice of the tool libraries in Calgary and Toronto. All the tools are donated, and the variety is impressive.

“People are surprised by the amount of larger power tools we have, like band saws, table saws... all the saws!” said current board member Daniel Kielback.

“We have all sorts of tools except for gas-powered,” added Cann, explaining that safety requirements for the storage of gas-powered tools are prohibitive.

In the two rooms they occupy at Bellevue Community Hall, library members can find just about anything they might need, from plumbing equipment, to tile cutters, to post hole diggers.

Volunteers are still looking for donations for a few items: cordless drills, pressure washers, air compressors, manual post hole augers, floor sanders, and electric chain saws. However, they are fully stocked for screwdrivers, socket sets, wrenches,

and hammers.

An annual individual membership costs \$50. Members can borrow tools for a week at a time, and can extend online to keep items for longer. The library is open at Bellevue every Saturday afternoon from 1 to 5 pm.

Membership is also open to community leagues. Cann said Alberta Avenue Community League holds a membership, and Parkdale Cromdale Community League used some of the tools to build the raised beds for their community garden. A league membership is \$250 per year and provides full access to the library for all league members.

My family and I regularly borrow tools for tasks around the house and yard. Last year when we resurfaced our deck with cedar, we borrowed several drills, shovels, levels, and other equipment from the library, saving hundreds of dollars on the purchase or rental of tools.

Our experience has been that the library is a great resource in terms of

accessing equipment, and the volunteers who staff it every Saturday afternoon are helpful and fun.

So before you buy or rent another drill or sawhorse, consider the Edmonton Tool Library. They might be able to save you money, storage space, and time.

As Kielback said, “If someone has a project and they need the tools to complete it, we have the tools they need.”

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.

EDMONTON TOOL LIBRARY

Open 1-5 pm on Saturdays
Bellevue Community Hall
7308 112 Ave
edmontontoolibrary.ca

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Bus network to undergo extensive changes

Transit users encouraged to give feedback in workshops

TALEA MEDYNSKI

Transit users have an opportunity to give their input for a redesigned bus network set to begin in the summer of 2020.

“It has been 20 years since we last redesigned the bus networks,” said Tarra Kongsrude, communications advisor for Edmonton Transit Service (ETS). “The population has grown and people’s needs have changed.”

Work on the redesign began three years ago when city staff collaborated with transit users to create the Transit Strategy, which outlines the priorities for development of the transit system over the next decade.

Kongsrude said the city discovered that transit users “wanted something that was faster, more frequent, and more reliable.”

Transit users had different priorities, depending on where

they lived and on their needs. “We got different answers from different people who are in and outside of the Anthony Henday.”

For example, “people in the suburbs were most interested in commuting to work, while the millennials who live in the downtown core wanted to take transit throughout the day.”

Based on that feedback, five different types of routes are suggested: LRT and preliminary Bus Rapid Transit (frequent service via bus connections integrating with LRT stations); frequent routes (every 15 minutes from early morning to late evening); rapid bus routes (for suburbs without LRT service); crosstown routes (reach outer areas without going through downtown); and local routes (within 800 meters of home and connecting places like schools, shopping centres, and primary bus routes).

The plan is to cut 200 bus routes to 100, effectively eliminating any overlap. In order to simplify bus routes and increase service frequency, bus stops may be farther away.

“People may need to walk up to 10 minutes depending on the neighbourhood and number of local transit users,” said Kongsrude.

As for residents in the inner area of the city, such as RCP’s neighbourhoods, Kongsrude said, “If you’re in the inner core, I think you’ll be very happy.”

Franki Harrogate, a local resident, has her reservations about the change in service. “Never, in the history of anything, has cutting services served to boost usage of that service,” she said.

Kat McLeod, an Alberta Avenue resident, said, “I was happily surprised to see it looks like they are keeping the 143. Figured I would have to walk down to 118 [Ave] to get buses

but apparently not.”

In the meantime, the city will be performing extensive public engagement to interact with transit users by showing them where the routes will be going and getting feedback. From April 12 to June 14, the city is arranging 24 drop-in workshops around Edmonton.

Transit users can view suggested changes. There is a detailed, interactive map, as well as maps for each route type and each quadrant of the city. View them online at edmonton.ca/newbusroutes.

“We’d really encourage you to come out to one of the engagement workshops just so you can get face-to-face explanations on what this means,” said Kongsrude.

For transit users, now is the time to give feedback about the suggested changes. Once those route changes are finalized in 2019, only minor changes will

be made.

And it’s not just bus route changes being rolled out in the summer of 2020. The Valley Line SE LRT is opening then as well, and transit will be switching over to a Smart Fare electronic payment system. The Yellowhead Trail is also converting to a freeway over the next eight years, so bus route changes have to take that into consideration.

“We’re going to be doing a lot of exciting things to transform transit in Edmonton,” said Kongsrude.

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

TRANSIT CHANGES

edmonton.ca/newbusroutes



Major changes in bus routes and transit are made about every 20 years. | City of Edmonton

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ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. 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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I ♥ my RCP

Subdivision pilot being tested in Alberta Ave

City council will look at rezoning bylaw for garden suites

TALEA MEDYNSKI

Edmontonians may have the option to subdivide lots if a pilot project is successful with three properties in Alberta Avenue, Queen Mary Park, and Grovenor.

The pilot aims to look at the feasibility of subdividing a residential lot so a house and a garden suite have separate titles and examines how subdivision would look from a technical and zoning perspective. It's called the Flag-Shaped Lot pilot because, according to Stuart Carlyle, city planner for core and mature communities, "Once the garden suite is subdivided, the remnant lot looks like a flag."

Due to the current zoning bylaw, homeowners can only rent garden suites on their lot, but if that lot could be subdivided, they could sell the subdivided land and the suite. Should this pilot be successful, this option would be available to whoever owns the land, be it homeowner or developer.

"It's a significant amount of money that can go to the homeowner," said Carlyle.

Eugene Dening is the co-owner of the Alberta Avenue property on 117 Avenue and 94 Street. Dening, an architect, had already built a 510-square-foot garden suite on his property for rental purposes before he applied for the pilot.

Dening lives in the house, while a friend rents the garden suite. Dening said that if the pilot is successful, his plan is to eventually subdivide.

"I want to potentially sell the house and buy the

suite," he said, explaining that garden suites are affordable. He built his for \$115,000. "It's way lower than anything else in the area. Less maintenance. You have your own front door and yard. It opens up a lot of ownership potential for people who are otherwise out of the market. It gives a lot of flexibility in terms of ownership."

Owning a garden suite could be appealing for the right person.

"Some people are looking to downsize and looking to live in a mature neighbourhood," said Carlyle. "It's difficult for first-time owners to purchase a home. A garden suite would go for much less than a single-family home."

Dening thinks subdivision would be positive for the neighbourhood.

"We now have a front door on the alley. It's reduced dumping and loitering around there. If you put a house on the alley and a front door, it changes the character of the alley, making it a safer place. [There's] eyes on the street," he said.

Dening's neighbour, Gérard Forget, has reservations about the pilot. He explained subdivision could negatively affect the values of properties and discourage people from buying them.

"What about adjacent neighbourhoods? They will become undesirable and attract rentals," he added.

He said such properties could become problematic rentals, the worst case scenario being a drug house. "I'm concerned we're creating a ghetto."

Forget said another issue is the lack of parking in the

neighbourhood, due to the close proximity to businesses on 118 Avenue, 95 Street, and the nearby Norwood Golden Manor, a seniors centre. He also questioned where garbage pick-up would happen: in the alley, or at the street front.

Forget said he's not opposed to increasing density, explaining that while subdividing lots might be a good idea in other areas of the city, it's not a good idea in Alberta Avenue.

"If it was a normal neighbourhood like Terwillegar or Summerside, it might make sense," he said. "[There's] all the infrastructure for people with problems right within the block. It might attract a lot of problems. Does the city have the resources to look after additional problems in the neighbourhood?"

Knowing Forget has his doubts, Dening said, "We'd like to work with our neighbours, have everyone happy."

At this point, city council still has to approve the property's rezoning, due to take place this summer.

"After the subdivisions occur, a monitoring program would begin. The city will follow up with the landowners periodically to determine the level of activity and interest around these garden suites," said Carlyle.

Give feedback at an open house at 6 pm on May 3 at Alberta Avenue Community League.

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



(Left to right): Mandy Dening (Eugene's cousin), Eugene Dening (the co-owner), and Hans Cully (renter), sit in the garden suite. | Rebecca Lippiatt

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Local league offers microgrant program

Four grants will soon be available for community projects

MARI SASANO

Parkdale Cromdale Community League runs many programs, ranging from a collective kitchen, art and music, to yoga and dance. Most of the programs are free, which is one way that the league encourages neighbours to connect.

Sebastian Barrera, league president, said the league is thriving, and even managed to have a little extra money this year. The board considered their options, and they decided to introduce a microgrant program. They are planning to give out four grants of \$500, two this summer and another two later this year.

“We’re asking members of the community to apply for a grant to develop a project that has benefits to the community,” said Barrera.

This grant is meant to be seed money to kickstart an idea. He gives examples like block parties or workshops, or a project that develops community engagement, like the commu-

nity garden that volunteers created two years ago.

“It started with some enthu-

siasm. The league board is currently putting together some guidelines, which they will announce

submit a report that shows the benefit to the community.

While the majority of their

event.

“This is another way to reach out to people to let them know that Parkdale Cromdale Community League is open and welcoming new ideas and new members,” said Barrera. “We want people to feel excited to be part of our community, that things are happening, and they can access that.”

Once the league announces the grants, applications will be open until they find suitable projects. If this round of grants is successful, they will consider continuing the program next year.

“If we see a need, we will try in the future to get matching grants from the city for more.”

More information on the microgrants will be posted on league website at parkdalecromdale.org.

Mari is a writer and civil servant.



The grants are meant to help kickstart an idea. | Steven Townsend

niastic gardeners who came to the league and said, ‘Hey, we would like to start a garden. We just need a small amount of money,’” he said. “A small project that starts with just one person can have an impact in our community.”

later this spring. While they are working out details, there are some parameters to applying. Applicants must be residents and members of the Parkdale Cromdale Community League, the money can’t be used to pay a salary, and the applicant must

other programs are open to anyone, this grant will only be open to Parkdale Cromdale residents and community league members. Memberships can be purchased on the league’s website, in person during one of their regular meetings, or at an

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EDITORIAL

Pondering the reality of sexual exploitation

Solutions are possible to address this prevalent issue

RUSTI L LEHAY

It's no secret sexual exploitation exists in Edmonton.

When faced with a problem such as this, we often demand someone else be responsible. For example, "When are police going to stop the sex trade and human trafficking?" But perhaps a better question is, "What can I do to help?"

On April 19, the Sexual Exploitation Working Group (SEWG) held an event at MacEwan University. The SEWG is a collective of community partners, law enforcement, municipal and provincial governments, and REACH Edmonton. They aim to share information with the public, raise awareness and empower communities to address the issues, and identify and work with new partners and stakeholders.

At the event, Staff Sgt. Dale Johnson from the Edmonton Police Service human trafficking and exploitation unit and Kate Quinn, director of Centre

to End All Sexual Exploitation (CEASE) explained those who buy sex range across a broad spectrum of young to old and across cultures.

People buy sex for many reasons: anonymous sex, convenience and abundance, loneliness or stress, relationship problems, insecurity, low self-esteem, sexual addiction, use of alcohol or drugs, greed, or curiosity. As long as there are buyers, there will be those who traffick the sex trade workers.

Johnson and Quinn discussed the stages of sex buyers. The first-timers and casual buyers decide quickly when an opportunity arises. Others become regulars and Quinn said, "Some men even see themselves as being in romantic relationships. At the far end of the buying spectrum are the hobbyists. We cannot rule out some buyers are seeking children and may well fit the criteria of pedophiles and some are men with records of violence against women, seeking vulnerable women."

Advocacy groups and police

cannot know everything, especially when the rules change almost daily and with the Internet now a factor impacting where sex is bought. Sex trade workers and organized sex trafficking rings advertise online. When law enforcement seizes a website, other sites pop up to fill the void.

The Internet makes it possible for organizations to sell sex anywhere and facilitates opportunities for buyers to spend huge blocks of time reviewing sex trade workers on escort review boards.

Knowing the obstacles to stopping exploitation and the sheer prevalence of the problem makes it daunting to formulate workable solutions, but it is possible.

What's important to remember is awareness is key to change, so that means first taking note of what is happening in your community.

Community members can help by observing strange activities in their neighbourhoods. For example, a closed-buyer network house existed in

Edmonton's west end. Women lured here were forced to sell sex.

Johnson said, "The highly invisible buyers of sex may only be discovered through neighbours observing. This is the role of citizens to report any such suspicious information to police for investigations." If you see a high volume of traffic entering and exiting a house, take time to report it. Police will investigate.

Another solution is making people aware of the impact of sexual exploitation. Some community-minded people like Rebecca Lippiatt noted the abnormal traffic of johns cruising for sex trade workers and a preponderance of needles and condoms on the street, leftovers from the inextricably linked sex and drug trades. As explained further in this month's john school article, she speaks about how the sex trade impacted her family and community.

And for those who buy sex, therapy is another option, particularly if they've bought sex continuously. In this case, sex

addiction therapists and sex therapists can help.

Additionally, the advocacy of grassroots community groups prompted city hall to make changes such as one-way traffic and concrete blockades to break the circling patterns.

It's important for community members to join police in learning the new signs and symbols of sexual exploitation in residential communities. A simple phone call from the safety of your home may save a young person and stop a circle of exploitation.

It takes a village to raise a child. In this case, it takes a community to protect and rescue every victim possible. It will take every one of us to stop the sex trade.

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



Staff Sgt. Dale Johnson (left) and Kate Quinn (right) said there are several stages of sex buyers. | Rusti Leahay

Program prompts johns to reflect on actions

Speakers communicate the impact of sexual exploitation

RUSTI L LEHAY

Greg bought sex for over 30 years. Now a reformed john, Greg (name changed for this article) attended the Sex Trade Offender Program (STOP), a post-court diversion program, formerly known as john school. He explained the program is pivotal to breaking the “habit” of buying sex.

Rather than shame the johns, speakers (such as psychologists, former sex trade workers, and the mother of a murder victim) and organizers encourage the participants to consider harmful attitudes and actions and to understand the devastation wreaked upon exploited sex trade workers, some of whom are children.

To have the community message come from a woman who may very well represent their own wives, mothers, sisters, or daughters carries a lot of weight. Rebecca Lippiatt, a photographer, is that woman.

Greg said, “Rebecca represented everyone I have possibly

harmed. I hung my head in shame as she spoke. The joy she had speaking about her kids stuck with me.”

Lippiatt asked the johns to imagine explaining to your three- and four-year-old sons that condoms are not balloons and must not be touched. Then imagine teaching your sons how to identify drug kit paraphernalia and the vital importance of not even kicking at such items. This was no imaginary scenario, but reality for her when out walking or visiting playgrounds with her boys.

Another reality check happened while pushing her sons in a stroller. “A john almost ran us down when lowering my stroller onto the street,” said Lippiatt.

The john stopped for a ragged, street-seasoned couple with their shopping cart of possessions, then picked up the woman and took her into an alley.

These experiences are why Lippiatt speaks at STOP. Awareness, for both the johns

and the public, is key to stopping the sex trade. When johns without prior convictions of violence are caught and charged with attempting to buy sex services, they may choose to attend STOP. The curriculum is continually under revision with feedback from participants and psychologists.

Kate Quinn, director of Centre to End All Sexual Exploitation (CEASE) says the goal at STOP “is to educate, inform, and build empathy.”

Greg, busted last year, has twice attended STOP. “The john school subtly forces you to do inner reflection. Invited to speak personally, I focused on what brought me there, to go deeper than being caught breaking the law.”

Some of the participants attending with Greg were arrested their first time buying sex. “I had been buying sex workers for the last 35 years. Not a proud item on my CV. I ran out of second chances. Do I keep doing this or is this the final wake up call I needed?”

He explained he had a relatively normal youth, with the exception of volatile arguments with his dad to which Greg coped by destroying his art. “I struggled with weight and used food as a crutch and pacifier in good times. When guilt set in after buying a hooker, I also used food as a kind of self-destructive mechanism.”

He now better understands his life path. “You can reward yourself with good or bad behaviour, for example comfort food. There is a line between what you need to sustain and what is overkill, likewise with things like sexual gratification. There is a line between physical meaningless sexual gratification and something more spiritual where it matters.”

He added, “Rebecca had a huge effect on me. It seemed as if she was talking directly to me and it kicked in my empathy.” Greg asked to speak with Lippiatt. “I really heard what you said, and I wanted to say I’m sorry.”

How does Greg know he will

not purchase sex again? “I’ve had my second chances. The come-to-Jesus moments aren’t always epiphanies. They can be quite subtle.”

The program is a good beginning. Once those who buy sex know what they are doing is wrong and why, there is an opening for true change. Groups and therapists are just a few of the resources CEASE can refer people to for help.

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

INFORMATION & RESOURCES

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STOP helps people understand the consequences of buying sex. | Pixabay

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Randy Boissonnault MP/Député - Edmonton Centre



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Exhibit explores the life of a newcomer

Share your stories of connection at the interactive event

JENNIFER STEWART

What is it like to arrive in our community as a newcomer? What are the struggles? What moments of connection with others make a positive difference? These are the questions I will be exploring in an interactive exhibit at Bleeding Heart Art Space on May 19-20.

"Moments, Lives, Legacies" is inspired by the stories of Vermillion author, Walter Josef Scott. Three years ago, I helped edit and publish Scott's stories in a memoir called *Indomitable Spirit: Stories of My Life*.

Scott arrived at Pier 21 in Halifax in 1956 at the age of 20. Orphaned as a young child during the Second World War in Germany, he came to Canada alone on the strength of his farming skills. A gifted writer, Scott chronicled his struggles—"no job, no money, no English"—on his arrival.

He wrote about life-changing moments of connection: a woman who gave him food on the train when he was starving; his first job in the bush camps around Edson and Hinton; a teacher who invited him to attend Grade 9 at Jasper High

School, drawing Scott back to school at age 22. Scott, in turn, made a big difference in the lives of others, leaving a powerful legacy by the time he died from Parkinson's disease shortly after his book was published.

Scott's hope in publishing

his stories was to teach and encourage today's newcomers who face similar struggles. He understood and he wanted to reach out. To honour his vision, my exhibit will highlight his vibrant, insightful, sometimes dark, and humorous prose, and the photos chronicling his early years in Canada.

I invite newcomers to share their stories of connection. I also welcome stories passed down from grandparents or parents about such moments. My hope is to generate a collection of stories about small and big moments of connection for newcomers in our community, moments that live on in their lives and the lives of their families and communities.

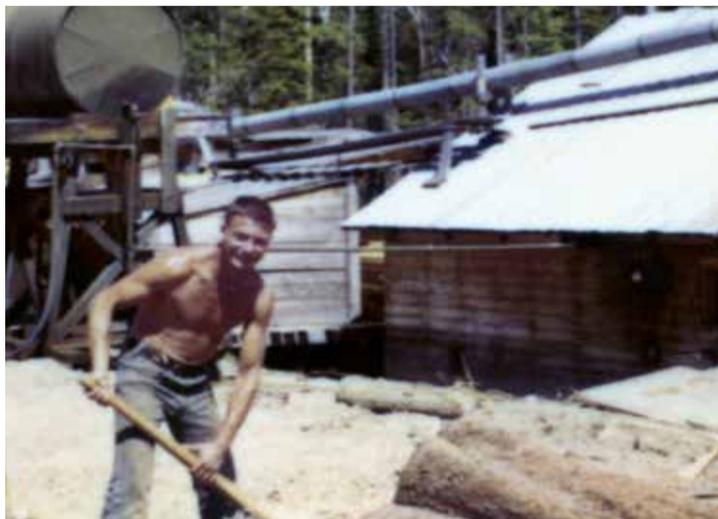
Please visit, view Scott's stories and photos, bring stories to write and record, and contribute to a compilation that explores the experience of coming to Canada, and how moments of connection, caring and support

can change the lives of newcomers and live on.

For more information or to contribute, please email me at js_ea@shaw.ca. Email contributions in advance if unable to attend.

For details on the event, check the Bleeding Heart Art Space events calendar and Facebook page, and watch for posters and flyers in the community.

Jennifer is a researcher and writer. She lives in Parkdale.



Walter Scott came to Canada in 1956 and found his first job working in a bush camp near Edson. | Supplied

MOMENTS, LIVES, LEGACIES

bleedingheartart.space
May 19-20

Bleeding Heart Art Space
9140 118 Ave, second floor

Bask in the flowers and art at Bloomin'

Discover the story from participating vendors and organizations

C A HOLLOWAY

It's that time of year when people start thinking of gardening. For the past 12 years, That Bloomin' Garden Show & Art Sale has been a place for people to gather, learn new things, and take in the fares that vendors offer.

With over 30 vendors or organizations attending the event on May 12, there will be plenty for people to see, including The Edmonton African Violet & Gesneriad Society and Sacred Earth Terrariums.

Velvet-leaved beauties: the vast world of the African violet

Did you know there are over 40,000 varieties of African violets, ranging from the standard size, with a leaf spread of up to 30 cm, all the way to micro miniatures with a leaf span of only a few centimeters? The

colour spectrum alone is spectacular.

Learn interesting facts such as this and more from The Edmonton African Violet & Gesneriad Society (EAVGS) at Bloomin'.

Colyn O'Reilly is a dedicated and informative member of EAVGS. With the energy of a sprite, she joyfully divulges her vast knowledge of African violets to me.

She explained the society chose to attend Bloomin' because it is an established event which draws crowds of people interested in plants.

"We love the plants we grow, and each plant gets individual care by our member," said O'Reilly.

The society will also be selling African violets and Gesneriads that they lovingly cared for.

"It is a great event to showcase

what we grow," O'Reilly added, "We like talking to others that have an interest in plants."

Find them on their Facebook page, Edmonton African Violet and Gesneriad Society, and through email at eavgsociety@gmail.com.

Succulent living: turning love for botany into living art

Kailee Forest from Sacred Earth Terrariums is passionate about her beautiful handiwork and it's easy to see why. She creates marvellous living compositions for people to use in their homes.

Forest describes the creations as, "plant-based art pieces and botanical jewelry for those looking to add green to their modern concrete living."

Forest often participates in and supports local art shows and craft sales, but believes the Bloomin' Garden Show & Art

Sale is the perfect opportunity to showcase projects to the garden community and like-minded folks.

Expect to see a wide variety of products for sale such as succulents, air plants, and cacti terrariums. Forest also offers preserved botanical jewellery. All the products are long-lasting, which makes great Mother's Day gifts. Forest's passion shows in the distinctive and chic terrariums which maintain the natural vibration of the living art.

She invites people to come by the booth to hear about upcoming giveaways and check out the low-maintenance creations, which complement any décor.

She also offers workshops which you can book directly at the event.

Forest said, "...workshops make excellent team building

exercises, low-key parties, or a fun date night."

Visit Sacred Earth online at [sacred_earth](https://www.instagram.com/sacred_earth) on Instagram, [sacredearthyeeg](https://www.facebook.com/sacredearthyeeg) on Facebook, and via email at sacredearthyeeg@gmail.com. Contact her anytime to view pieces for sale.

C A Holloway is a civil servant by day and writer by night. She is excited to have the opportunity to write for the RCP and believes it is a positive stepping stone to further her career in writing.

THAT BLOOMIN' GARDEN SHOW & ART SALE

May 12, 10 am-4 pm
Alberta Avenue
Community Centre
9210 118 Ave



Buy a well-loved African violet from The Edmonton African Violet & Gesneriad Society. | C A Holloway

Step into POP! for the love of comics

New shop on the Ave dedicated to customers and the genre

REBECCA LIPPIATT

One of the newest businesses on the Avenue is POP!, a store specializing in comics and graphic novels. Attached to Jasmine Belle Café, the store is easy to spot with its logo, a colourful homage to the onomatopoeia found in comic books.

According to owner Ron Ditco, today's comics "are the best they have ever been this millennium" and his goal is to share his love of the genre with new audiences.

POP! is a boutique store dedicated to the neighbourhood, where anyone can come in and explore comic books and graphic novels. Comics are priced from 50 cents to \$10, while graphic novels are half the cover price. The reasonably priced

stock for people who love to read comics is an underserved niche. He buys his stock from other comic dealers and will take trade-ins.

Ditco worked in the comic industry for over nine years before taking a hiatus from both the business and reading comics. He said he "became disenfranchised with the comic industry being an investment for collectors."

Ditco started this new venture when his niece's grandmother purchased a Wonder Woman comic for her. His niece enjoyed it and Ditco started buying and reading more comics to see if they were suitable for her age.

When he opened POP!, Ditco followed his philosophy of comics being "fun to collect, but more fun to read." While some comics are in plas-

tic sheaths to protect the paper, they are meant to be read and enjoyed.

He explained he was "passionate about comics as a kid. They kept me out of trouble and gave me the incentive to get a paper route" to afford his passion. With POP!, he wants to "spark the imagination of local children and provide an environment where they can cultivate a hobby."

Comics, according to Ditco, were considered "subliterate junk" 20 years ago. That opinion has now changed; today, they are seen as a vehicle to instill a love of reading in children who may be reluctant readers.

Reading With Pictures is an educational organization that, according to its website, "advocates for the use of comics in the

classroom and beyond to promote literacy and improve educational outcomes for all students." They state, "we know that comics have the potential to be more engaging, more efficient and more effective educational tools than many traditional classroom materials." They also work with academics to integrate comics into the classroom curriculum.

Ditco is already seeing a steady stream of customers who loved comics when they were children. He hopes to cultivate that same love of reading and pursuing the artform in younger neighbourhood children.

His primary focus is to create a clubhouse atmosphere where customers can come and play games and buy a drink from Jasmine Belle Café. He wants it to be a meeting place, not just a

retail store.

"If it's not fun this time, I don't want to do it," said Ditco.

Rebecca has been a full-time photographer for the last nine years and is a mother to two boys and stepmother to two girls.

POP!

OWNER: RON DITCO
11806 87 ST

HOURS: TUES-SUN, 11 am
to 5 pm

PHONE: 780.242.5072
EMAIL: pop.alberta@gmail.com
FACEBOOK: facebook.com/pop.alberta



Ron Ditco and his niece/VP of Creations, Scarlette Carlson, stand in front of the colourful POP! sign of the Avenue's newest store. | Rebecca Lippiatt



Ron Ditco and Scarlette play a card game together. | Rebecca Lippiatt

Mythology endures through art and culture

This year's festival promises exploration of unity in human diversity

TEKLA LUCHENSKI

Some experiences are simply not to be missed, and that includes the long-running Thousand Faces Festival.

According to Mark Henderson, artistic director, the festival is "an explosion of colour, taste, sound, and enchantment: primal elements that are part of all human experience."

Henderson speaks passionately about the art and performances at this year's festival. His fascination with mythology began with *Star Wars* when he was a boy. It has deepened since then to include stories from myriad cultures and artistic expressions. His excitement at sharing these "songs of the universe," as author Joseph Campbell called them, is palpable.

Henderson explained the

festival makes the richness of enduring mythology accessible to everyone through music, dance, art, and theatre. He anticipates fresh, vibrant interpretations of this year's theme of love and water.

Playwright Josh Languedoc is a central artist this year. He began his career in the Edmonton theatre scene as an actor and earned extensive credits. As a playwright, his play, *Starlight Journey*, was developed at the 2016 Banff Playwrights Colony. He is the current playwright-in-residence at the Workshop West Playwrights Theatre.

Languedoc's contribution to the festival, *Rocko and Nakoda: Tales from the Land*, is a play that can stand alone. Adding a new twist for the festival performance, Languedoc adapted his play to create a unifying thread for the evening performance, *A String of Mythic*

Pearls. Languedoc's play will unfold throughout the evening, interspersed with other artists' performances as the journey progresses. The hero Nakoda's tale will intertwine seamlessly with stories from other artists.

Although these mythologies emerge from diverse cultures, their shared expression at the festival will bring the stories, performances, and audience together in a unified experience.

Languedoc recognizes the festival as a big undertaking. He is up for the challenge.

Born of an Anishinaabe father from Saugeen First Nation and a mother of Irish, English, and Cree descent, Languedoc said he was "raised traditionally," with practices such as smudging and sweats. He has been drawn to the role of storyteller since he was a boy.

He explained, "These stories are very precious to me, and it's going to be interesting taking

them on the road."

Nakoda, the hero of Languedoc's play, is an 11-year-old boy learning to tell his people's stories. The play begins with him choosing his mother's story for a school competition. As Nakoda works on the project, his 103-year-old grandfather, Rocko, happens to visit and take an interest in the project. A storyteller himself and an important elder, Rocko engages the boy in what Languedoc calls "indigenized folktales."

Languedoc said Rocko "pushes Nakoda into the stories so that he is living them as they're happening."

Likewise, Languedoc aims to push the audience into Nakoda's story, and into the festival's celebration of mythology.

This year's festival includes other performances as well as a feast of ethnic food and a family-oriented afternoon that

will include opportunities to try stilt walking and to enjoy puppet shows.

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

THOUSAND FACES
FESTIVAL

May 25-27

Alberta Avenue
Community Centre

9210 118 Ave

Thousandfaces.ca

It pays to have difficult conversations

Working with a lawyer when you are getting married or cohabitating

MEENA DECCAN

The business partnerships that are most likely to survive are the ones in which the partners have had the difficult conversations while they are still in the honeymoon stage of their partnership. If the rights and responsibilities of the partners are resolved while there is still a desire to work through the conflict, there are few if any problems.

For business partners, I create a partnership agreement so that they have a record of what they agreed to while they were still getting along. If the partnership does not work out, they already know the break-up plan so damage is minimized.

The same can be said for personal relationships. If a personal partnership breaks down, you and your partner will need to decide how to divide your assets, who will have custody and guardianship of any children, how much child support will be paid, and whether spousal support will be paid and how much.

If you and your partner cannot decide these issues amicably, two lawyers and a judge will help you decide them through litigation. Not only is litigation expensive, it is destructive to ongoing co-parenting relationships. And litigation increases the two primary

sources of stress: lack of certainty and lack of control.

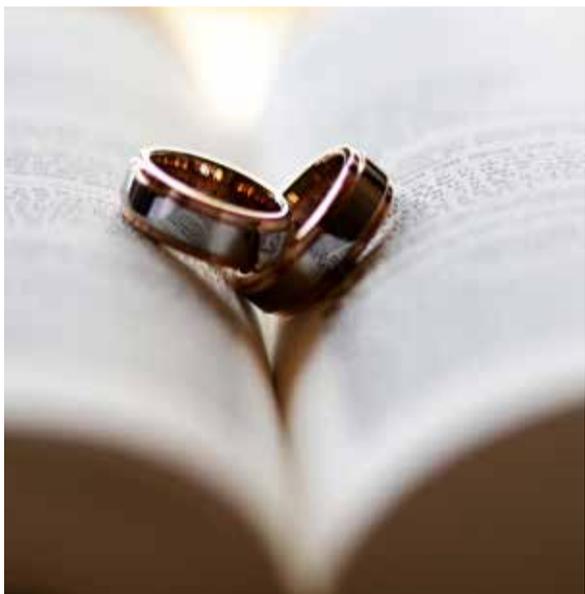
While a cohabitation or marriage agreement is not foolproof, it gives some certainty and control over the outcome that litigation cannot give. If a court finds the agreement to be unfair or finds that one of you was coerced at the time of signing, it can be set aside or altered, but it is a better starting point than having no agreement at all. A lawyer can help ensure that the agreement says what you mean and help you negotiate terms that

for investments, perhaps keep separate finances. If you have different spending habits, maybe have a household account for common expenses and separate accounts for everything else. If you are blending two families and one or both of you have other dependents, consider what role each of you will play in meeting these needs or supporting your partner in meeting these needs. Then, commit to those decisions in writing.

You cannot expect to predict every hardship that might drive a wedge between you and your partner, but the more issues you have discussed in advance, the fewer deal-breakers there will be along the way. If you cannot have difficult conversations while you are still in love, when will you have them?

This article is the first in a number of public legal information pieces. The general information offered here is not intended to be legal advice. If you need a lawyer and cannot afford one, you may qualify for legal aid and be able to access a free half-hour consultation through the Edmonton Community Legal Centre.

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



It's worth getting a lawyer to draft a marriage or cohabitation agreement. | Pixabay

will be considered reasonable by the court. A second lawyer can offer independent legal advice to your partner to ensure that neither party is being unfairly disadvantaged.

Consider negotiating any other conditions that will help your relationship succeed. If you have different risk tolerances

your eastwood

sponsored by



Eastwood Community League

11803 86 St 780.477.2354
ewcl@shaw.ca
eastwoodcommunity.org

Renovated basement

If you haven't heard already, our basement renovations are finally done and the space ready for people to use. Our rates for the lower hall range from \$20 per hour to \$125 per day. On the weekend, you can rent the whole building for \$200. Members of the community receive a 25 per cent discount on a continuous basis. Interested in holding a function with friends, families, or neighbours? Give us a call now at 780.477.2354, or fill out a rental form on our website shared below.

Community garden sign-up

We are expanding our community garden from our efforts last year, building 19 raised garden beds that will require a combination of teamwork and team shovelling! We intend to build the beds and prepare the land by Saturday, May 19. And on May 20, we should be ready to fill those plots with the appropriate greens. Feel like adding an aesthetic touch in building your community's backyard? If you haven't already, sign up now for our community garden over at www.eastwood-community.org.



The Eastwood Community League basement before renovations. | Supplied



The Eastwood Community League basement after renovations. | Supplied

that Bloomin' garden show & art sale

FREE!
admission

Saturday, May 12²⁰¹⁸

10:00 am - 4:00 pm

Alberta Avenue Community Centre
93 st-118 avenue

More info at albertaave.org



alberta avenue
COMMUNITY LEAGUE

PLANTS ARTISAN GIFTS COMPOST SALE ACTIVITIES RAFFLE

your community league!



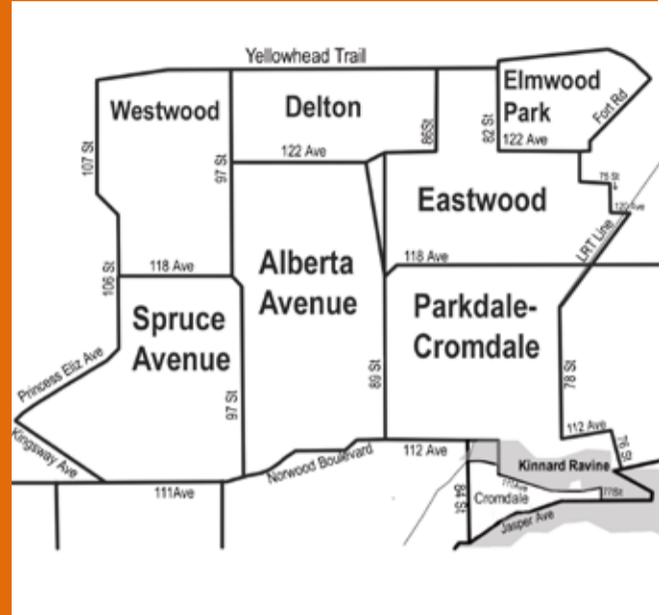
DELTON COMMUNITY LEAGUE

MOTHER'S DAY BRUNCH



Sunday, May 13
10 am – 2 pm
14+ \$12, 7-13 yrs \$10, 4-6 yrs \$5

12325 88 Street 780.477.3326
www.deltoncommunity.com




ANNUAL GENERAL MEETING

PARKDALE CROMDALE COMMUNITY LEAGUE
11335 85ST
6:30 PM

MAY 31

GARAGE SALE

Friday, May 4
9 am to 7 pm

Saturday, May 5
9 am to 4 pm

10240 115 Avenue

Shop, socialize and maybe have a snack at the concession.

All proceeds go to the park project.

WESTWOOD COMMUNITY LEAGUE

12139 105 ST
admin@westwoodcl.ca
780.474.1979

Have anything to share about SAFETY, DEVELOPMENT, VIBRANCY or LEADERSHIP?
Interested in helping in any of these areas?
We participate in a DISTRICT COUNCIL working with other leagues on these initiatives.

ELMWOOD PARK COMMUNITY LEAGUE

12505 75 St | epcl@shawbiz.ca | elmwoodparkcommunity.org

Children's Activity Group

Thursdays 2:30-4:30 pm
From April 5 to June 7
For ages 6 - 12
At the hall

League memberships are free. Contact us!




Alberta Avenue Community Garden

COMPOST SALE

30L bag for \$5

Cash, debit, or credit

Saturday, May 12 10 am to 4 pm
Wednesday, May 16 5pm – 7 pm

9210 118 Avenue (in garden behind the building)

Spring brings more than blooming crocuses

What to do when you come across a used needle

AMANDA SOKAL

With the spring thaw, it's not just last year's trash that makes an appearance, it's also used and dirty needles.

Maggie Glasgow, an area resident, has found needles, used condoms, and pills in a local park. She said she's had discussions with her young children about how used needles can make people sick.

"I have taught them to recognize them and to not touch them. In two of the cases, they were with me when I called 311 or the fire department, and they were also there when they came to clean up the syringes," Glasgow said. "I feel it's important for the city to know what's going on, and to continue to clean up this waste because kids play on our streets and in our parks. They have as much right as other children in the city to safe play areas."

If you come across a used

needle, it's important to dispose of it properly. Don't put them in the trash, as needles can poke and potentially infect sanitation workers, as well as those who look for bottles in the trash.

Adrienne Cloutier, communications advisor for the City of Edmonton, provided information on safe procedures.

According to the Safe Needle Disposal Kit, call 311 if you're not comfortable disposing of it.

If you are comfortable picking up a needle, there's a few things to remember. First of all, never put the cap back on the needle or tamper with the needle. Otherwise, you're risking exposure to blood or remaining drug residue. When picking up a needle, be sure the needle is tip down and facing away from you. Use tongs or tweezers or wear rubber gloves. Then, put the needle in a hard plastic container (such as a pop bottle with lid), seal it, and label it as containing a used needle.

The Streetworks Needle

Exchange site, any eco station, and some pharmacies take used needles. Or, place needles inside yellow sharps needle disposal containers, found in mall washrooms and in Edmonton Public Library washrooms.

Once the needle has been safely disposed of, call 311 to report it.

"This allows the city to track this information and make sound, evidence-based decisions on where needle boxes should be located for public safety," said Cloutier.

After following all of the steps, what do you do if the needle punctures your skin?

According to the Safe Needle Disposal Kit, "Allow [the] wound to bleed freely." This ensures that bacteria, germs, and drug residue leave the body. "Wash the poke site right away with soap and warm water or an alcohol-based hand rub (sanitizer)."

Then, call Alberta Health LINK (811) and seek medical

attention immediately. If you still have the needle, bring it with you, sealed appropriately. If you can't transport it safely, leave it in a disposal container.

The risks of getting sick or contracting a disease from a needle puncture are slim.

Cloutier explained, "When viruses in needles are exposed to the open air, most viruses will die within minutes to hours or longer. There is no way to know how long a needle has been lying where you found it, so it is best to be safe."

However, the risk is still present, and the most common viruses are hepatitis B, C, and HIV. Considering the seriousness of these illnesses, one should definitely exercise caution!

Disease is not the only risk factor present. According to an Edmonton Police Service officer, a new issue is the rise and risk of fentanyl. Because it is such a potent drug and is so easily absorbed through the skin and into the bloodstream, it is

possible for a trace amount on the needle to be absorbed and cause an overdose.

"You can have an amount smaller than a grain of salt and if it's absorbed into your skin, you can be dead on the ground before anyone even knows what happened or can get you proper medical attention," said the officer.

Needles can be found in places such as in alleys, gutters, parks, and paths. We can keep ourselves and each other safe by keeping our eyes open and attention focused. Common sense and a cool head can prevent a potential disaster.

Visit edmonton.ca/needles for more information and to access the comprehensive Safe Needle Disposal Kit.

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.

CORRECTION

There were a number of errors in the April 2018 issue, on page 12 of the article "Local artist makes jewelry for peace of mind."

The print article stated Allebone uses creativity in her campaigns at work. The correction is United Way campaigns.

The print article stated Allebone "is in contact with iHuman to participate in the business mentorship program." The correction is that she was in contact with iHuman last year to participate in the program. She has not yet followed up, but intends

to do so once she has time.

Additionally, the print article stated she's "maintained multiple volunteer positions, including chair and president of the Art Mentorship Program of Alberta (AMSA), and as the vice chair of The Rat Creek Press." The correction is that those roles are past volunteer positions and AMSA should be Art Mentorship Society of Alberta.

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NORWOOD
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Hello friends! My name is **Dr. William Chin**, and I am the proud new owner of **Norwood Dental Centre**. I purchased the clinic in March 2018, after working here as an associate since January. I am reaching out to the community to introduce myself and say hello. My team and I are hosting a "grand re-opening Open House," and we would love to meet you!

Everyone is welcome. Tour our newly renovated office, enjoy light refreshments, and be entered into our Open House prize draw!

Norwood Dental Centre
Open House

Date: Saturday, May 12 | Time: 10 a.m. - 2 p.m.

Location: 11660-95 Street, Edmonton



Learn more about Norwood Dental Centre at www.norwood-dental.ca. Our contact information is below.

780-474-2456 @norwooddentalcentre @NorwoodDentalCentreEdmonton hello@norwood-dental.ca

Organization helps tenants feel at home

Right at Home Housing Society provides affordable housing

STEPHEN STRAND

For the past 35 years, Right at Home Housing Society has provided safe, affordable homes for low-income individuals and families. As a community-based, not-for-profit housing provider, they began out of necessity.

“When we started 35 years ago, it was some concerned citizens in the neighbourhood here that were very concerned about absentee landlords and the rent generating substandard rooming houses,” said Cam McDonald, executive director of the organization.

When they began in the early 1980s, people were being discharged into the community from Alberta Hospital without much support.

“The neighbourhood found that there were a lot of homeless people, people that were men-

tally ill with no support, and that they needed housing. And that it wasn't right that they went into some substandard rooming house that was a fire trap,” explained McDonald. “They were vulnerable people that could be exploited and taken advantage of.”

So, they did something about it. It started with one house. Now they have about 25 properties located primarily in north central Edmonton.

“Of those 25 properties, it's about 490 units housing more than a thousand people. We don't really label our housing, so if you're driving around in the neighbourhood, and you drive by, you really wouldn't know that it's ours,” said McDonald. They do so to help their tenants feel at home in their community.

The homes they provide are newer.

“Whenever we can, we build

new. If it's something that has been sitting vacant for a long time, that's a spot for us to come in and do small infill townhomes,” McDonald said. They build fourplexes, duplexes, and apartments to suit the neighbourhood.

Prospective tenants must meet certain qualifications. McDonald explained that a lot of the housing they build is enabled by government funding agreements, so there's an income level threshold. They follow the Core Need Income Threshold, provided by the Government of Alberta. The income threshold for a bachelor unit is \$35,000 and it goes up to \$71,500 for a home with four bedrooms or more.

But, that doesn't mean tenants must keep earning less than the income threshold to remain tenants.

“We pride ourselves in providing permanent homes for

people. So, we don't put time limits on how long they can stay,” said McDonald.

In fact, they offer employment opportunities to their tenants, such as helping with suite refurbishment, landscaping, painting, and grounds work, all of which gives tenants a boost in their income and quality of life.

Those few tenants who end up making more than the income threshold would not be asked to move, but simply pay the market rate.

“That creates stability, not only in the building, but it creates stability with the tenant. It's a win-win,” explained McDonald.

Rent is determined based on housing. “In some of our housing, we do rent geared to income. In that case you could have a very, very low income, and then we charge 30 per cent of that. In others, we

charge 65 per cent of market,” McDonald said. They also have some places that are classified as low-end of market, which are available to anybody.

To apply for housing, visit the Right at Home Housing Society and complete an application. For more information, visit rightathomehousing.com.

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.

RIGHT AT HOME HOUSING SOCIETY

9430 111 Ave
780.423.1339

rightathomehousing.com



Cam McDonald, executive director of Right at Home Housing Society, stands by a new property at 112 Ave and 94 St. | Stephen Strand

Brian Mason, MLA

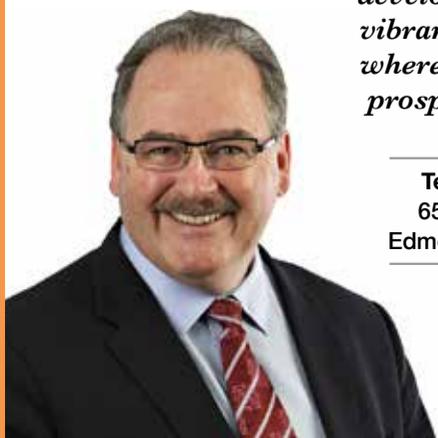
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~ *strengthen key services, like health care & education*

~ *promote a government that is fair and responsible to all of its citizens*

~ *develop strong and vibrant communities where everyone can prosper*



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Volunteering can advance your career

Unpaid experience adds value to prospective employees

ALITA RICKARDS

The days of a lifelong career have gone the way of the typewriter and the office ashtray, leaving many with gaps in their employment history.

Then there are parents returning to work after caring for their children, or those who want a career change.

For those newly out of school, options are slim: "Jobs for young people are retail and fast food; it's not career building," said Karen Mykietka, facility and program manager at Alberta Avenue Community League.

Though volunteering is often touted as a resume-building activity, can it really pay off?

According to a Deloitte study of over 2,500 hiring managers: yes.

A whopping 82 per cent of respondents said they are more likely to choose a person with

volunteer experience.

David Smith, training centre manager for Global Knowledge, an IT training organization, said, "I look at the volunteering that a first-time employee has, definitely. It also depends on the degree, education, and background, but for people who are between jobs I'd recommend to get out there as much as you can, networking."

Lenn Wheatley, the neighbourhood connector for Alberta Avenue Community League, recently hired 12 students for a summer project. He screened resumes from people studying everything from accounting to pharmacy to sociology.

"Volunteer experience lets the employer see the values and principles that the candidates carry," he said.

It can provide a safe space to acquire abilities. "You get the opportunity to make mistakes so you can learn from

them and bring that learning to the next work experience," said Wheatley. Though he spoke of tangible benefits like reference letters, "it comes down to offering an experience where [people] can build on their skills."

The Deloitte study found 92 per cent of hiring managers thought volunteering was "an effective way to gain leadership skills."

At The Carrot Coffeehouse, Meaghan Underhill is the volunteer coordinator for 70 people a month (and up to 500-600 volunteers for festivals). Volunteers there learn food handling and safety, become prepared to work in the restaurant or hospitality industry, and gain customer service skills.

"One of our baristas for two-and-a-half years was promoted to trainer, then to operations manager during our festivals, which was a paid position," Underhill said. "Now he works

at a local coffee roaster and café serving specialty and artisanal coffees."

High school students secure paid work, especially at Remedy Cafe. Another barista went on to manage Three Bananas Cafe.

Coming from a non-profit and arts background, Underhill thinks volunteering "shows great initiative and that you're interested in more than a paycheck. It shows that you're interested in the community and self-development."

Underhill volunteers for the Up + Downtown Music Festival doing venue management because "it's relevant to my career goals, and the skills I use during our own festivals."

Mason Crawford, a volunteer at The Carrot Coffeehouse, said, "I was able to learn skills here so I can get a part-time shift at a paying job; it'll help me get my foot in the door. You have to be open-minded, accepting of

anyone, and non-judgemental."

For Alberta Avenue's Neighbour Connect project, "A lot of people got interviews based on their previous volunteer experience, not work experience," Mykietka said. "Organizing events, charity work, coaching, that's what got them the interview."

Check next month's Rat Creek Press for part two of this series on how to build a functional resume that pulls together your volunteer experience, job experience, and skills, and bridges the gap between what you've done, who you are, and where you want to go.

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



Mason Crawford and Sam Shapiro gain valuable experience while serving their community at The Carrot Coffeehouse. | Alita Rickards

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24 HR EMERGENCY SERVICE

Community BOARD

DONATE MUSICAL INSTRUMENTS
 CreArt is always looking for free instruments to give away to participants in their programs. Email creartedmonton@gmail.com or visit creartedmonton.com for more donation needs.

EMPLOYMENT PROGRAMS
 Skill development, training, and employment services for people facing barriers to employment. employabilities.ab.ca

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

ARTS ON THE AVE AGM
 Monday, May 14, 7 pm at The Carrot Coffeehouse (9351 118 Ave). Purchase membership 30 days prior to vote or join: artsontheave.org. Bob Layton from 630 CHED is a special guest.

Community Events

- Spruce Avenue Annual Garage Sale May 4 & 5
- Bloomin' Garden Show & Art Sale May 12, 2018
- The Carrot Ultimate Garage Sale May 12, 2018
- Thousand Faces May 25-27, 2018
- Heart of the City June 2 & 3, 2018
- Pure Speculation June 15 & 16, 2018
- Rubber Boots & Bow Tie Garden Party June 23, 2018

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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

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

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

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

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

FOOD & SUPPORT

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

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

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

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

COLLECTIVE KITCHENS
 St. Faith/St. Stephen: Second Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444. Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400. Parkdale hall: Last Sunday of the month, 1-4 pm. Check parkdalecromdale.org for details. Alberta Avenue: Sunday, 1-4 pm. Check albertaave.org for details.

PRE-SCHOOLERS

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

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

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

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

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

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

CHILDREN

LEGO AT THE LIBRARY
 Design and build a lego creation. Ages 6-8. Saturdays, 3-4 pm at Highlands Library.

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

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

YOUTH

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

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

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

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

ADULTS

COFFEE WITH COPS
 Join a roundtable conversation with EPS. First Tuesday of the month, 11 am - noon at The Carrot Coffeehouse.

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

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

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

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

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

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

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

SENIORS

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

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

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

FAMILIES

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

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

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

HIP HOP SHOWCASE
 Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. Call for the date & time at The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
 Choose from over 20 board games and let fun fill your table. Tables are free! Wednesday, May 30 from 4-9 pm at The Carrot Coffeehouse. Hosted by Catrin of GOBfest.

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

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

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

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

LOCATIONS

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





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St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong
St. Faith: 780.477.5931
Sunday Worship:
 9:00 am Friday Prayer
 11:00 am Sunday Worship
 1st Sunday Common
 2nd Sunday Trad. Anglican
 3rd Sunday Aboriginal Form
 4th Sunday Trad. Anglican

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

BETHEL GOSPEL CHAPEL
A Bible-based, multi-ethnic fellowship.
11461 95 Street 780.477.3341
Sunday Meetings:
 9:30 am - Lord's Supper
 11:00 am - Family Bible Hour

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

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

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

ST. ANDREW'S PRESBYTERIAN CHURCH
8715 118 Avenue 780-477-8677
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 Sundays at 11 am
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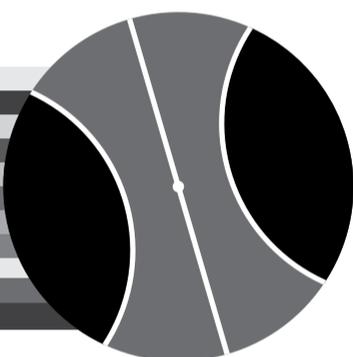
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