

RAT CREEK PRESS

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NOVEMBER 2015

NEWS » ART

Filling open walls with community art

Artists of all ages and abilities can see their visual art in local gallery



Dave Von Bieker hopes to fill Open Walls with as much community art as possible. » DAVE VON BIEKER & REBECCA LIPPIATT

TALEA MEDYNSKI

Have you ever fancied seeing your artwork in a gallery? You may be in luck.

From Oct. 24 to Nov. 14, Bleeding Heart Art Space is holding an exhibition called Open Walls. Although the gallery is small at roughly 600 square feet, Dave Von Bieker, creator of the gallery, hopes to fill it with as much art as possible.

Von Bieker, who describes the exhibition as an open mic night for visual artists, said artists of any “age, skill, or ability” could apply to have their art displayed in the gallery. Keep in mind the art must be suitable for families.

“Part of [the exhibition] is trying to break down the barriers to this high-brow world—make it accessible,” said Von Bieker.

Von Bieker explained he got the idea from the Art Gallery

of Alberta (AGA). Before they demolished their old building, the AGA held an exhibition with community art.

“It was one of the best shows I ever saw,” said Von Bieker. “I think sometimes when you go to a high-class gallery, you come away feeling impressed but not included.”

Bleeding Heart Art Space normally has a juried process, meaning the gallery’s curation committee carefully selects artwork. But he explained there is a purpose for both open shows and juried shows.

“One of our goals as a gallery is to figure out ways to serve people in our community. We want to make standards better, but we also want to support people where they’re at.”

So far there’s been plenty of interest. In fact, people started emailing Von Bieker even before Open Walls was advertised on the gallery website, soon after the notice appeared

in the *What’s On* pamphlet published by the Avenue Initiative.

“I was hearing from people I’ve never heard from, outside of the normal artist community.”

There is no set deadline for applications. Instead, it’s a matter of gallery space. Von Bieker will accept applications into November. “We’re going to find ways to fill [the gallery] up. We’ll hang art from ceilings, bring in temporary walls. I don’t want to turn people away unless we absolutely have to. If there’s a way we can show it, we’ll show it.”

Artists can submit any type of visual art, said Von Bieker. “Our focus is local, but we are open to all Edmonton artists. I’d say the limits are Edmonton and area.”

He’ll have a projector for digital art and stands for sculptures. Artists can submit only one piece so that there is room

for as much art as possible. “I think work will come from unexpected places. I’m continually amazed what people come up with when they are given a venue.”

Open Walls goes well with the gallery’s goal to be for the community. In this case, it also helps bring the community together.

“When it comes to community building, you find new ways that people can communicate with each other. Art is a very vulnerable act, so when you put all that vulnerability in a room, I’m excited where it can lead you.”

For more information, go to <http://www.bleeding-heartartspace.com/open-walls/>

Open Walls

Bleeding Heart Art Space
9132 118 Ave
Oct. 24–Nov. 14

INSIDE:

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Elmwood Park Community League unearthed some history. » P10

JUST CHRISTMAS
AN ETHICAL GLOBAL MARKET PLACE

Friday, Nov. 27th 5:30–9pm | Saturday, Nov. 28th 9:30am–4pm
Alberta Avenue Community Hall (9210 118 Ave)

Featuring international gifts for purchase, food, and live entertainment
Free Parking | Admission by donation www.justchristmas.org

SOCIAL JUSTICE
ENVIRONMENTAL JUSTICE
ECONOMIC JUSTICE

NEWS » STORYTELLING

A newspaper tells stories, come share yours

Rat Creek Press invites you to their non-meeting AGM

KAREN MYKIETKA

At the *Rat Creek Press*, we prefer community gatherings to “meetings”.

In order to produce a relevant and vibrant newspaper, we must have our fingers on the community's pulse. Our board and editorial meetings are open to all, and we invite all to participate, whether it's submitting a story idea, photo, or letter to the editor.

This summer, we decided to try hosting regular events. Events allow us to connect with more community members, who can then meet their neighbours while doing something fun, engaging or educational. So far we've hosted a documentary, a photography workshop, a street photography walk and a movie night.

We want our newspaper and activities to build community, encourage communication and increase capacity.

Join us on Nov. 16 at our next event: our non-meeting AGM.

The evening will begin with chili at 6 pm, followed by “Tell us your story, neighbour” facilitated by Nadine Riopel. This will be a series of guided conversations to draw out interesting tidbits about ourselves and our neighbourhoods. The evening will wrap up with coffee and dessert while we quickly address AGM business and invite participants to join the board and editorial committee.

Please join us for this opportunity to get to know each other better while generating story ideas in a fun way.

Nadine Riopel is a facilitator and community organizer.

With a background in private and social sectors, she helps organizations become more efficient, effective, and sustainable.

She is the creator of PurposeFuel: a program helping organizations achieve greater results through connection and purpose. She is also the author of *The Savvy Do Gooder: Giving That Makes a Difference* and co-founder of The Good 100 Experiment.

Nadine lives happily in a heritage home in Spruce Avenue with her young son and husband.

largest diamond merchant and jewellery retailers. Currently semi-retired, Henri consults with small businesses, lending his expertise in web page design and copywriting. He also writes “The Lemonade Stand” for the *Rat Creek Press*, plus business-related articles for several e-zines.

Aydan Dunnigan-Vickruck

Fabulous things have happened since moving to the Ave 12 years ago. Got married. Got another mortgage. Got kids through school. Learned how to tango. Wrote a book. Started blogging (tango-touch.ca) and writing for RCP. Loved and lost our dog Sport. Started working for Human Services at Government of Alberta. Made friends. Got 12 years older. Still married and in love. Still have two mortgages.

Patricia Dunnigan

Patricia has lived in Alberta Avenue with her husband Aydan for 12 years. She was drawn by the historic houses, the people, and the location. A mother, stepmother, and grandmother, Patricia places a high value on family and community.

When Patricia retired in 2012, she turned her focus to writing creative non-fiction. She is a member of the Saint City Writers and has two stories published in their anthologies.

She views the *Rat Creek Press* as an important source of neighbourhood information and a hub for local issues, people and activities. Patricia is proud to serve on its board of directors.

Jessica MacQueen

Jessica was born and raised in Edmonton and, despite several attempts to move far away, she's now a proud inner-city dweller. A recent transplant to the Alberta Avenue neighbourhood, she and her husband are renovating a 1940s bungalow.

She enjoys exploring the neighbourhood, meeting her neighbours (cats included), admiring the character homes, and discovering local gastronomic treasures. She's eager to get involved in the community. She reads and writes about sustainability, community, urbanism, labour issues, and the intersections between feminism, ecology, and global capitalism.

Jessica holds a Master of Arts in English from the University of Alberta, where she studied ecocriticism.

Add your name and skills to this great line up. Join us at our AGM on Nov. 16.



The Rat Creek Press board (from left to right): Henri Yauck, Aydan Dunnigan-Vickruck, Patricia Dunnigan, Franki Harrogate, and Jessica MacQueen. » REBECCA LIPPIATT

Meet the Rat Creek Press Board

Franki Harrogate

Franki Harrogate is a Jill of all trades and loves to learn. A graduate student in counselling psychology, she is a mother and happily married to a patient, supportive partner.

A proud intersectional feminist and social justice advocate, Franki is also a believer in the power of satire. In addition to serving as the board chair for *Rat Creek Press*, she is also chair of the physical activity committee at the InMotion Network, has researched music psychology, and has organized two feminist conferences. Franki will be stepping down as RCP chair this year, but will remain on the board.

Henri Yauck

Henri has been a resident of the neighbourhood for over seven years and is an avid volunteer for Arts on the Ave and The Carrot. His career includes being regional general manager of an international management consulting firm, marketing/human resources director of several retail co-operatives, and advertising manager of one of Canada's

From stranger to neighbour

Connecting Alberta Avenue through storytelling

JESSICA MACQUEEN

I recently moved to Alberta Avenue, and I've been looking for ways to become involved in my community and connect with my neighbours. So on a sunny Sunday October afternoon, I went to the Alberta Avenue Community League to attend the first of a series of free half-day workshops for *The Live Story Project*.

I was greeted warmly by Lindsay Ruth Hunt and Cortney Lohnes, the project facilitators. As we all settled into the lounge's comfy chairs with tea and muffins, the two gave us some background on the impetus for the project.

They met 15 years ago studying theatre and development in

Montreal. Hunt now works as an artist and facilitator, using theatre and art to address community issues. She also recently moved to the Ave, and wanted to find ways to bring her storytelling skills to the neighbourhood. She partnered up with Lohnes, who also uses story as a healing tool in her work with kids affected by family violence.

This workshop's theme was “Telling Your Story,” and we were led through activities to learn how to craft and share stories about our lives. Working through these exercises together, we uncovered connections to one another, and found ourselves bridging the gap between stranger and neighbour. We ended by reflecting on how storytelling can cultivate trust,

empathy, and real connection with others—and I think we all left thinking about the ways story could enhance our own projects, lives, and relationships.

The duo envisions *The Live Story Project* as a way for our community to explore our stories and make deeper connections with one another. Along with three more planned workshops, they hope that “participants will design the rest of the project,” viewing it as a catalyst for several activities in the spirit of storytelling in and around Alberta Avenue. Think “Storytelling Open Mic” at The Carrot or walking tours where participants visit neighbourhood homes and swap local tales.

RAT CREEK PRESS

You are invited to

Tell us your story, neighbour

Monday, November 16
Annual General Meeting
Community Gathering
Alberta Avenue Community Centre
9210 118 Avenue

6:00 pm chili supper

6:30 pm guided conversation

8:00 pm coffee & dessert
with a side of AGM business

Seeking people interested in joining our board or editorial committee.

alberta avenue
COMMUNITY CENTRE

Seeking post-secondary students for internship on community development project

NEWS » CRIME

Policing, crime and citizen reporting

How residents can work with police towards a safe, crime-free community

KAREN MYKIETKA

The Northwest Police Division averages 80-100 calls for service every 24 hours. Between 12-24 officers are on duty to respond depending on the time of day. About one in five calls is for vehicle collisions and can tie up officers for hours. Calls for service and crime are up citywide. The strain on resources has led EPS to stop providing escort for funeral processions.

Community Liaison Constable (CLC) Jeff Thomsen said one of the biggest issues in the Northwest Division is property-related crimes, often fueled by people with addictions trying to fund their drug habit.

Thomsen said his role as CLC is “to help with community-based problems that the community needs police assistance in addressing.” He explains it this way: individual break and enters are dealt with by patrol members, but a series of break and enters in an area is a crime problem that might lead him to contact the community league.

Crime statistics are used to direct patrol and beat officers, and

CLCs also study crime trends and work with the community on prevention and problem-solving. “We can’t identify crime trends if a number of the crimes aren’t being reported,” said Thomsen. Report all crime so that patterns, hotspots and emerging issues are not missed.

One Tuesday morning a month at The Carrot, Cst. Thomsen or Sgt. Hoople have coffee and talk with residents. Residents often share frustration with calling the non-emergency line and not knowing the best way to report information.

Thomsen said misdirected calls clog up the system and waste your time. “If you don’t need a police response but have information that would be valuable to police, don’t wait on the non-emergency line. You are better off to contact Crime Stoppers.”

In addition to the Crime Stoppers number, report information through the TipSubmit mobile app or website (tipsubmit.com/webtipsstart.aspx).

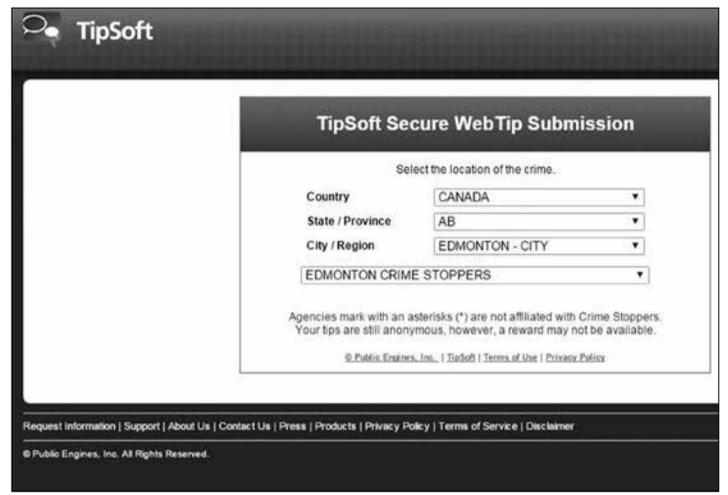
If you do call the non-emergency line, be prepared to listen to an automated menu and select a call path: 1 for information and

2 for complaints and then select from a submenu.

Some property crimes can be reported online through the EPS website or their mobile app: damage to property, damage to vehicle, lost property, theft from vehicle under \$5,000, and theft under \$5,000. Break and enters must be called in.

Residents have many reporting options—find what works for you and use it.

“If you don’t know who to call or what to do, contact me,” said Thomsen. “Part of my role is to educate.”



There are a variety of ways to report a crime. >> SUPPLIED

Connect with your CLC

Jeff Thomsen
jeffrey.thomsen@edmontonpolice.ca
Voicemail: 780.391.4551
Have coffee with him on Nov. 3 from 10-11 am at The Carrot.

How to Report Crime

PHONE
Emergency 9-1-1
Life-threatening situations, crimes in progress, injury collision, impaired driver, or incidents involving weapons.

Non-emergency 780.423.4567 or #377 from mobile
Find information or file a complaint.
Crime Stoppers 1.800.222.8477
Give information to EPS anonymously.

ONLINE
edmontonpolice.ca
Report A Crime
Report A John

Crime Stoppers
tipsubmit.com/webtipsstart.aspx

FROM MOBILE APP

EPS app: Search Edmonton Police Service in app store.

Crimestoppers app: Search TipSoft or TipSubmit in app store.

TEXT

Text tips to Crime Stoppers
Message to: “274637” (CRIMES)
Start your message with the code “TIP250”.
Type your message and send.

WHAT'S ON » JOB AGENCY

Local job agency transforms lives

DECSA helps individuals with employment barriers

CHANTAL FIGEAT

A small grey female cat with a bulging belly wanders through the old Bellevue School on 71 Street and 115 Avenue. People reach down to pet her and wonder if she will give birth on the premises. Despite being an uninvited guest, she is therapeutic to the clients and staff.

In this former school is a valuable resource for the community. Distinctive Employment Counselling Services of Alberta (DECSA) is a non-profit job agency that aims to help clients overcome barriers to employment.

DECSA, which began in 1974 as a partnership with the Canadian Mental Health Association to provide services for persons with disabilities, was a pilot project. Today DECSA has evolved into a non-profit charitable organization with government funding, corporate sponsorship, and grants.

There are three programs. Assets is tailored to persons who self-disclose mental health issues.

Transitions supports individuals with past or present involvement in the sex trade. Participants experience less social isolation, improved health and wellness, heightened personal safety, and higher self-esteem and confidence.

Ventures helps people with disabilities become self-employed by starting small businesses. Participants receive help with computer training, business plans, project development, and network building.

Attendees can access workshops and individualized and group supports. Workshop subjects include employment preparation, life management, training supports, education, business development, and career and vocational counselling. There are also placement and retention services and referrals to other agencies.

Community is important at DECSA. This year on July 9, DECSA held its ninth annual pancake breakfast.

In addition to the community at large, the Edmonton Public Library (EPL), and local firefighters and first responders were invited.

But behind a happy exterior there are the human stories. At the time addicted to drugs and in the sex trade, Patti Howell was viciously attacked in 2013. After refusing a proposition, her jaw was broken. Howell said she heard “Move, Patti,” and then she moved right before her legs were run over by a car. “I heard you God, you told me to move,” said Howell. “In retrospect, it was the best thing that could have happened to me.”

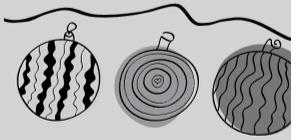
Howell went through treatment for her drug and physical issues. She then “decided [she] wanted to go to DECSA to deal with the emotional pain and the spiritual pain.”

Today, Howell works as a case manager in DECSA’s Transitions program. “I get to do the work that God put me on this earth to do,” said Howell.



Carrot Christmas Arts Bazaar!

BE DISTINCTIVE. BUY ORIGINAL. SUPPORT LOCAL!

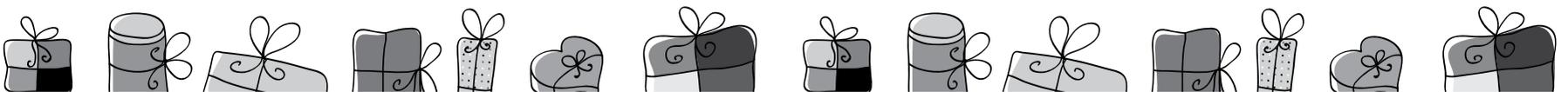


Friday Nov 27, 2015 7pm-9pm & Saturday Nov 28, 2015 10am-4pm



Carrot Community Arts Coffeehouse
9351 118 Avenue | www.thecarrot.ca

FIND GREAT ORIGINAL GIFTS FOR THOSE
‘HARD TO SHOP FOR’ LOVED ONES.



Elmwood Park Community League

Thank you to all of the men and women in our armed forces for dedicating their lives to protecting freedoms.

WHAT'S ON » HOLIDAY SHOPPING

Shop locally and keep the change

Buying with intention helps build a better, sustainable community

DAVE VON BIEKER

This holiday season we'll be spending a lot of money. What might happen if we spend it locally? If we visit Christmas pop-up markets or stop by a farmers market?

If we change our shopping, what else might change?

Doug Thompson lives in the Alberta Avenue neighbourhood and for three years has worked with Toast Catering to supply a small café at Strathcona Farmers Market. People return weekly for a break from the crowds. By now, Thompson knows many by name.

Thompson makes constant connections. When he needed to offer gluten-free bread, he bought it from a market vendor. Another market meet-up led Thompson to lease nearby farmland where he and his partner now grow some of the food Toast sells.

While Thompson and I talk, he proudly shows photos. I see ripening tomatoes covering his table and potato-filled boxes. Local shopping has connected Thompson to his food in profound ways.

"Where can you go and get a tomato that was picked yesterday in January?" asks Thompson. A market vendor, of course, with eight acres of year-round greenhouses.

We talk about alternatives to shopping local, weighing pros and cons. I dredge up nightmarish trips to Superstore. A visit to Victoria Fancy Sausage or Popular Bakery is like a holiday in contrast.

I shudder to think what my life would be like without Kelly, my local barber. I imagine sad sandwiches devoid of Italian Centre Shop capocollo and provolone. My table never decorated by a Zocalo bouquet.

With several holiday markets coming and a near-mandatory consumer blitz, local shopping means more now than ever. Just Christmas brings wares from around the world. The Carrot Christmas Arts Bazaar is a perfect place for that original necklace or hand-formed tea mug. New options like The Vixens of Vintage Market are opening nearby. Locally made goods, artwork and food make far better gifts than a last-minute gift card.

It's not always easy to shop locally. "It takes a fair bit of courage," Thompson reminds me, "to go into some of these stores and say 'What do you do? What have you got?'" Here on Alberta Ave, there are cultural barriers. Different languages. Unfamiliar inventory. Navigating a spice aisle can be an adventure. Smaller spaces make it hard to fade into the background. The predictable layouts of Walmart are traded for a labyrinth of tightly-packed treasures.

Local shopping leads to openness and new experiences. That same openness builds community.

After meeting Thompson, I am inspired to visit a new Avenue shop. The front door is closed with handwritten instructions; knock next door. I'm greeted by people making Ethiopian injera. One of them opens the shop so I can wander and inquire about spices. She tells me what I might like. We discuss Ethiopian coffee while I admire tiny cups. My purchase in hand, she offers me a drink. I choose foreign Fanta in a glass bottle. Orange. This never happens at a big box store.

I leave feeling refreshed by the kindness of a neighbour. When I can I'll continue to spend my money locally, and keep the change.



Shopping at places like farmers markets connects us to our communities.

>> DAVE VON BIEKER

The Vixens of Vintage Holiday Market
Nov. 21 & 22
Prince of Wales Armouries
Heritage Centre (10440 108 Ave)
<https://www.facebook.com/events/1617990975102657/>

Alberta Ave Community Hall
(9210 118 Ave)

The Carrot Christmas Arts Bazaar
Nov. 27, 7-9 pm
Nov. 28, 10 am to 4 pm
The Carrot (9351 118 Ave)

Make It! Edmonton
Nov. 26-27, 10 am to 9 pm
Nov. 28, 10 am to 6 pm
Nov. 29, 10 am to 5 pm
Edmonton Expo Centre (Hall H)
(7515 118 Ave)

Red Sparrow Annual Open House
Nov. 28, 10 am to 6 pm
Nov. 29, 10 am to 5 pm
Red Sparrow Gallery
(11209 65 street)
www.redsparrowgallery.com

Just Christmas
Nov. 27, 5:30-9 pm
Nov. 28, 9:30-4 pm

IT'S WORTH REPORTING

Online reporting options and mobile phone reporting apps make reporting a service request, bylaw complaint, crime, or information quick and easy.



311 App: Search for Edmonton 311
Online: edmonton.ca/311
→ Submit a Service Request
Report road/sidewalk maintenance, traffic signs, litter, graffiti/vandalism, parks, trees



EPS App: Search for Edmonton Police Service
Online: edmontonpolice.ca → Report a Crime
Report damage to property, damage to vehicle, lost property, theft from vehicle under \$5000, theft under \$5000.
Report A John (online only) edmontonpolice.ca → Home Page under How do I...



Crime Stoppers App: Search TipSubmit in app store
Crime Stoppers Online: tipsubmit.com/webtipsstart.aspx
Report all types of information related to suspicious or criminal activity as well as concerns related to animal abuse, child welfare, domestic abuse, fraud, human trafficking, sexual assault, traffic offenses and more.



Text tips to Crime Stoppers
Message to: "274637" (CRIMES)
Start your message with the code "TIP250"
Type your message and send

THE LIVE STORY PROJECT

Telling, sharing, and listening to the stories that live in our community

Free Workshop - "Sharing Your Story of Community"
Explore your ideas, thoughts, and stories.
Sunday, November 22 - 12:30 to 4:30 pm
Alberta Avenue Community Centre
Please email thelivestoryproject@gmail.com or call Lindsay Ruth 780-655-5035 RSVP is encouraged!

TAKE THE LEAD

It's not about ideas. It's about making ideas happen.

The Revitalization Steering Committee invites you to join them to make ideas happen
Monday, November 23 - 7 pm to 8:30 pm

Some great ideas...
Community wide garage sale
Neighbourhood Flower Barrels
Engaging our youth and seniors
or Bring your own idea!!

Email: judy.allan@edmonton for more info or call 780-496-1913



avenueinitiative.ca

Spruce Avenue Community
10240 - 115 Avenue

Neighbours will be knocking on doors November 3 providing crime prevention info

WHAT'S ON » COMMUNITY LEAGUE

Meet your neighbours in Parkdale-Cromdale

Communities leagues depend on leaders, volunteers, and engaged community members



Sebastian Barrera speaks at the Parkdale-Cromdale Family Spaghetti Night. » JACOB BOS

KAREN MYKIETKA

I met with Sebastian Barrera, the new Parkdale-Cromdale league president and Richard Williams, the vice-president, on a Thursday evening. Their girls went to the playground while we visited.

As dusk approached, Martin Bundred, the past president, arrived. He was keeping an eye on his children in the park and saw a stranger lurking. He didn't see Barrera or Williams and came to investigate. Once he knew everything was okay, he joined the conversation. Soon my partner came to pick me up and we visited longer.

This is what the league is like: neighbours becoming friends, improving their community, their children growing up together.

But as Barrera said, "Without leadership, it is impossible to run programs and activities. Without volunteers, a community league cannot do anything."

He made this point when he stopped the family-friendly music nights for seven months. Short on volunteers, Barrera was organizing everything. To top it all off, people were complaining because things were

disorganized or behind schedule. His response: "What are you doing about it?" In September, he re-launched the music night with the spaghetti dinner.

"I respect people's opinions, but I cannot make everybody happy. Opinions have more weight with actions. We need people who want to work, put their hands on it," said Barrera.

It took many hands to create the Kinnaird Ravine Mural Project, over 100 feet of mural artwork set to be hung on the retaining walls in four different spots along the trail. Most of the painting was done by the community, making this the first outdoor community gallery of its size.

Barrera intends for new murals to be created yearly. The purpose is community involvement, collaboration and discussion. "It's about giving a voice and expression to the community—showing off what community can do together."

The league has other things going on as well. It has a successful ESL class which is expanding to include a Rhymes that Bind program. They have a music program, instructor-led art classes, a seniors drop-in, and the skating rink. The league also organizes a variety of

events over the year and host tango and ballroom lessons in their hall.

People are noticing and participating. But there is only so much a board can do. "If people have an idea and want to give it the breath of life, we will support them," said Williams. The board cannot implement everyone's ideas themselves.

The board set four priorities for 2015-16. One was the mural. The other three are a community whistle initiative promoting safety, a community cafe, and improved signage for promotion and engagement. All are volunteer dependent.

"It's good to give. It feels like we're trying to achieve something together. It's nice to be part of something bigger," said Williams.

"This community works really organically. We support each other. Help each other to impact the community positively, to build community," said Barrera.

Live in Parkdale-Cromdale? Join them, they are your neighbours. Board meetings are open to all and held the last Thursday of every month.

MEET THE BOARD

SEBASTIAN BARRERA - President

Sebastian met his Canadian wife in Spain. Growing up in Chile, he went to a free arts school. He is paying it forward with his Creart Edmonton free school of arts. "Arts is my thing," he said. For this talented musician and artist, art and music are intertwined with community development.

RICHARD WILLIAMS - Vice-president

Richard loves walking his dog in the ravine and around the neighbourhood. Knowing his neighbours and creating networks and friendships is important to Richard, who emigrated from England. "It blows my mind how friendly this community is," he said. One family he met was the Bundreds. Six years ago, Martin invited him to the league's AGM and he was elected vice-president.

DEB NEILSON - Treasurer

Parkdale has been home to Deb for 30 years. Martin recruited her to the board just before she retired. Deb has been treasurer for about four years, a job she is suited for after 35 years in banking. She said the board is "dedicated and fun to work with.

If one person can't do something, someone else will step up."

KATHARINE LAURIE - Memberships

Katharine moved into the neighbourhood three years ago and loves riding her bike around the tree-lined streets. She ran into Richard Williams while dog walking and he got her involved. "He was good at the long slow sell." It didn't hurt that Katharine already wanted to be involved. She's enjoyed her time on the board because "the people are fun to be with. You have to have fun in your volunteer work or you're not going to show up and do things."

MARGARET GILBERTSON - Seniors Director

Margaret moved from the farm to Parkdale in 1965 and has been there ever since. She has seen things come and go in the neighbourhood, "I wish I had taken more pictures." Margaret and her husband spent decades looking after the league building. Now she focuses on seniors activities and helps with the annual June garage sale and November craft and bake sale.

ERIC HOLLANDS - Social Director

A recent social work graduate, Eric joined the board because he's interested in neighbourhood

development and community capacity building. "I thought it would be really good to collaborate with other like-minded neighbours." Eric hopes to engage people with different ideas and encourage individuals to get to know their neighbours.

CHRIS WAGNER - Facilities Director

SARAH BARRERA - Program Director

MARTIN BUNBRED - Past President

Martin is a multi-generational Parkdale resident. At work he watches out for our environment; at home he keeps an eye on his community. He spent countless hours during his time on the executive doing everything from recruiting new board members to making the ice rink. You can still find him at the league with family, friends and neighbours.

Parkdale-Cromdale

11335 85 St
780.471.4410
parkdalecromdale.org
info@parkdalecromdale.org

Meeting: Nov. 26, 7-9 pm

EDITORIAL

Answering the call for help

The Canadian government should be doing more for refugees

STEPHEN STRAND

Death is no nearer to the aged than to the newborn; neither is life. - Kahlil Gibran

By now, most people have likely seen or heard of the photograph of the lifeless 3-year-old boy being carried out of the water. But why must we wait for such a tragedy before we become outraged at the lack of effort made by the Canadian government?

Refugees seeking asylum have sought out Canada to answer their call for help for as long as Canada has been a nation. Think of the Underground Railroad freeing runaway slaves. They were brought up to the freedom of Canada, where slavery was outlawed. Canada protected these individuals, who upon their arrival were given their freedom.

Granted, the Syrian men, women, and children seeking refugee status are not slaves. However, they too are seeking protection. They are humans, like us, and deserve to live free from harm.

Under the Harper government, Canada will take in 10,000 more Syrian refugees over three years and 3,000 more refugees from Iraq by year end, on top of the 20,000 refugees from Iraq who have already come to Canada.

According to the Harper government, these 13,000 refugees from Syria and Iraq must be the "most vulnerable," but who decides which individuals are most

vulnerable? Aren't all who risk death on a smuggler's boat vulnerable? Or those waiting without rest or food, huddled together amongst thousands of others in train stations in Hungary and Greece vulnerable? What of those without the funds to leave Syria? Are they not vulnerable?

People are dying while being smuggled out of Syria to Europe. When they do arrive in Europe, they sit and wait in Hungary and Greece, waiting to go on to a country, any country, that will take them in.

Before the election, Prime Minister Harper had said that we must screen people to keep our country safe. We must keep ourselves safe while saving others, that is taught to anyone who has ever taken basic First Aid or anyone who has flown on a commercial airliner. But how long does it take to screen people?

Let's go back to the boy on the beach. His uncle was already in Canada, waiting for the arrival of his nephew and family. Could the child have arrived ahead of his parents while they were screened?

We are a spacious, luxurious country, with much to give and procedures in place to take in refugees, but we need to receive more in a streamlined fashion. We have a reputation of helping those in need, but we rank only 41 in the world for taking in refugees. We must keep our reputation alive by raising our rank.



Syrian refugees need other countries to step up and help. >> PIXABAY

EXPERIENCE

Cultures enrich us

Lessons we can learn from Norwood School

REBECCA LIPPIATT

I recently learned that half of the kids at my kids' school are immigrants or children of immigrants. One quarter are First Nations.

We have been going to that school for six years. I have learned there is a country named Turkmenistan (who knew?), and I talk to kids who speak two, three, four, or five languages. By grade three! There are Muslim girls in hijabs, and there are Muslim girls who don't wear the hijab.

There are kids who celebrate Orthodox Christmas (Ethiopians and Ukrainians). We have an elder come to several events a year and speak in Cree, and there is

a medicine wheel in the playground. We say Happy (Chinese) New Year, and Happy Eid. And, we ALL say Merry Christmas.

One of the beautiful things about our school is there is no bullying. My kids honestly believe bullying is when someone is rude to them on the playground.

Someone said I was lucky to live in such a utopia. It's not like this place is some magical island. We live in the inner city. There are social issues and poverty in our neighbourhood.

Do you know why it is such a great place? Because we work on it. There are programs and supports in place in this community that welcome and include everyone. The principal works so hard (along with her

dedicated teachers and parent council) to make sure all of those kids get to go to the opera, to the symphony, to farming field trips, to the museum, to city hall, to Fort Edmonton Park. These trips helps kids learn about the history and culture of this land. All children are included.

That's what makes our school and our community great. We all participate and we all include. We treat each other with respect. We ask questions with open-hearted curiosity. We ask how we can include everyone, and we share what we have.

This school is a microcosm of what I want Canada to look like.

Editorial Note: This was originally a Facebook post.

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

ABOUT US

The Rat Creek Press is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood.

COMMUNITY, COMMUNICATION, CAPACITY

The Rat Creek Press goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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EDITORIAL POLICY

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press. Send submissions to the Rat Creek Press Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.

VOLUME 17, ISSUE 11 >> NOVEMBER 2015

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Open House 122 Avenue Concept Planning, November 24,
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HEALTHY COMMUNITY

Healthy, happy communities

Thriving communities require the work of passionate people

AYDAN DUNNIGAN-VICKRUCK

What makes a happy community? How often do you ask yourself, “Am I happy living here?” If you had to do it over, would you make the same choices? Would you move into the same house on the same street in the same neighbourhood?

These are difficult questions, mostly because what contributes to our happiness is a complex equation. Until recently, the community we lived in was not even factored into that equation. Social engineers and the general public have long believed that the fewer people we have to engage with on a daily basis, the happier we will be. Hence the move to the suburbs. After all, don’t neighbours just complicate life?

But this wisdom is now being stood on its head. We are returning to a more traditional understanding that living in communities is an important element to having happy, fulfilling, meaningful lives. We are social creatures: people need people to be happy. Having people

around us—not just family members, but neighbours, associates, colleagues—enriches our lives. As difficult as it might be to adjust to the different lifestyles, values and customs, community brings a sense of belonging, stability, and meaning that we cannot find anywhere else.

My wife Patricia and I become aware of this regularly in the most casual of ways. Our next door neighbour takes a few minutes to hang over the fence and to check how our garden is growing or to give an update on a relative’s health. We ask if she would mind keeping an eye on our house while we are away for the weekend. We take an evening stroll and acknowledge friendly faces on the street. We stop in at the Carrot Cafe and chat with the volunteers or listen to music. Everywhere is evidence of people who care and who share basic attitudes of respect and consideration. It is a warm, rewarding way to fill in the potential gaps of isolation.

Not to suggest everything is wonderful in the ‘hood. For example, we regularly marshal neighbours and lobby city

hall to keep drugs and prostitution off the street. We are not always successful. Which brings us to the next consideration: it takes a healthy community to contribute to our happiness and not all communities are healthy.

What makes a community healthy? In the months to come, we will explore some of the socio-engineering which can strengthen communities: basic things like roadways, green space, the size of front lawns, the age of trees, the influence of churches and schools. But even more important than these structural attributes is something which can’t be secured by petitioning city hall or paid for with taxes. It is attitude.

Have you watched *The Avenue*, a documentary produced locally about revitalizing the Ave? Get a copy of the DVD. You cannot help but be inspired by the people behind this transformation, ordinary people who see difficulties as a challenge, who out of caring and determination invest their skills, energy and vision in making this community healthy.

These attitudes are contagious. From grassroots politics to arts and festivals to a neighbourhood newspaper, this is a community of people who are not afraid to roll up their sleeves and put their heart and sweat into making this a better place to live.

It goes a long way to making this community healthy and happy.



Block parties can help build a happy community. >> KAREN MYKIETKA

COMMUNITY MATTERS

From ideas to action

Stepping into a leadership role doesn’t have to be intimidating

KAREN MYKIETKA

I have some good ideas. I bet you do too. So does your neighbour. What I have learned working in community the last decade is that there is never any lack of good ideas. What we are short on is people to implement or take the lead on those ideas.

Too often people just want to complain—why aren’t you doing X, Y and Z? Or they say, “Somebody should...” Well maybe I’m already doing A to W. And where is this “somebody”? Send him or her over and then *it* will get done.

Most actions or initiatives requires

doers, but first they require a leader—someone to break down the initiative into tasks and organize, manage and direct the doers.

Why do so many people shy away from leading?

When I’ve stepped into leadership roles, I’ve felt doubt, anxiety, fear of failure. A leader has to start without even knowing if there will be any followers.

In this community, we already have many great leaders. Leaders who are willing and wanting to help build up new leaders. Good leaders are team players and know that more will be accomplished with many people working together.

What makes someone qualified to be a leader? Often nothing more than the fact that they were willing to try. All leaders are works in progress, learning from mistakes, from trial and error.

I have learned that it’s more fun to have a partner, whether you need one or not, because working alone can be, well, lonely.

You don’t have to know everything before you start, but you do need to build a network and be willing to research and learn.

While it may be easier to do everything yourself rather than rely on others, in the end this helps nobody and will just cause you to burn out.

Leaders inspire people with the “why”—the purpose, cause, belief—behind the action. People will follow because they believe what you believe. Draw people in with your passion, enthusiasm, and vision.

Leadership isn’t about changing the world. It is the everyday act of improving each other’s lives. Lead with respect, find common ground, compromise and everyone wins.

“Good leaders develop ideas. Great leaders develop people. The best leaders develop new leaders.”

Bobby Umar



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EDITORIAL » LITERARY

Settle in for a captivating story

Author mixes western with philosophy in *Madder Carmine*

RUSTI L. LEHAY

It is a rare book that slides a cliffhanger and perplexing scenario onto the first page and then deftly pulls a contented reader along to page 110 before any resolution is offered. Dannon Lereaux starts out buck naked in a small town hoping to “purchase” a pair of coveralls with nothing but his words. But his extraordinary ability to dowse water for wells turns out to be worth a pair of coveralls.

Dannon is a fascinating protagonist. Indeed, Dannon is as original as the narrating canine in Garth Stein’s *The Art of Racing in the Rain*. Created by Tyler Enfield in his teen novel *Madder Carmine*, Dannon speaks in a dialect you may find yourself emulating or at least wanting to copy.

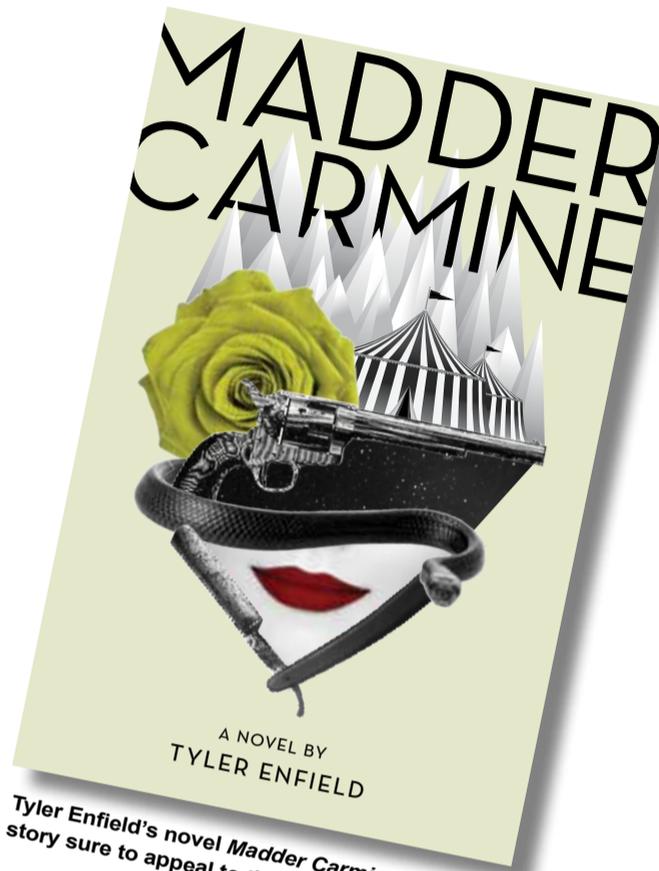
Enfield owns a deftness to create characters you wish were real and a phrase so authentic to the setting and time of his story that you slip away from the noise of the world. You can share the frustration of being stranded in the middle of a swamp after being denied the boatman’s boat because the disgruntled wife shot a hole through it. The wife is one character you do not want to meet, along with Will Lawson, the determined and vengeful gunman who continues to pursue Dannon during his odyssey to Valhalla regardless how you or Dannon may wish to be done with him.

If you have a penchant for offbeat characters spouting great wisdoms about humanity set in the old west, pre-abolition, this book is definitely for you. Even if you read modern day romances or only science fiction, this book is for you. The

“I was left to marvel at the labyrinth of her world and the twisting paths of her emotions as they had traveled between our first meeting and the present, realizing it is no wonder women complain of exhaustion. Surprise, suspicion, intrigue, passion, frustration, regret, kindness. She had just walked a hundred miles to my two.”

inside title page suggests an alternate title might be *A thrilling account of gun battles, romance, harrowing escapes, unshaven villains, a snakebite, a dubious circus, a mysterious girl with a palette of paints and a young man’s epic journey to find her.*

To find out if he gets the girl, *Madder Carmine* is available through Chapters, Amazon, and your local bookstores (like Audreys Books). Find out more about Enfield by visiting www.TylerEnfield.com



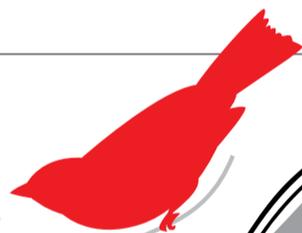
Tyler Enfield’s novel *Madder Carmine* is an enchanting story sure to appeal to the young and old. >> SUPPLIED

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AWARENESS » BULLYING

Learning how to wield power

Proactively dealing with bullying means teaching youth empathy

RUSTI L LEHAY

Bullying is an abuse of power. It can make a parent's heart plummet to have a child avoid school due to bullying. Worse yet for a parent who was bullied as a child, you may feel helpless on how to assist your child.

Everyone wants to feel powerful in their lives and children must learn they cannot always have their own way. Learning how to wield power in a supportive, mutually beneficial way is a learning curve that schools and teachers now incorporate.

"Relational Aggression (RA) can happen over a period of time, appearing very subtly, but with complex layers to it. It typically uses relationships for power and control, often to squash any perceived competition," said Marlene Hanson, supervisor of diversity education and comprehensive school health and former principal of Parkdale School.

Parents and teachers working together can bring change. Defined as unwanted, aggressive behaviour, bullies use real or perceived power imbalance, such as physical strength, access to embarrassing information, or popularity. Kids, especially younger kids, cannot work bullying experiences out by themselves.

Teachers may hold a class meeting to address issues that arise. Kids can add playground issues to the class meeting agenda. Hanson said, "It helps bring a level of peer and teacher support to create a safe and supportive environment."

Hanson advises teachers and parents to spend more time listening and asking questions such as "help me to understand" or "is that how you see it" to see what the story is about. "Listen to the narrative and then peel back the layers to help the students identify where

there might be places they can make some changes or have done or said some things differently."

Meeting with girls who had conflicts, Hanson discovered, "The RA was continuous in and out of school until we sat down really talking about what was happening. Until we named it, *gossiping, rolling eyes and excluding someone from their group* as bullying, they were not able to communicate or therefore change it."

For example, if a girl rolls her eyes while talking about an issue, Hanson would address it. What is she meaning to say with that body language? Is she saying, "I don't believe you," or "That is so not true" or "I can't believe you are sharing my secret!" It could be several possibilities. "If we don't ask, we may not be able to get to the root of the problem. It could have been about one offensive comment that was given three weeks prior, and wasn't dealt with at the time, so it becomes compounded. Imagine if that were confident kindness or empathy being compounded instead."

Empathy is key and also knowing a "safe" adult at school. Many administrators are ensuring students have an adult they can go to for support and for conversations. Hanson said, "When you focus on that as a school, it helps cultivate a whole culture of confident kindness. We can interrupt the bullying cycle and grow bigger circles of caring."

A family therapist created a series of confident kindness lessons (based on the book *Girl Wars*) for Parkdale School for girls to learn vocabulary and safely talk about their issues. Girls then had the opportunity to share their learning and be mentors for a new group.

"Every female has been a victim of relational aggression," says Hanson. "Friendships shift like sand." It is important for girls to learn and develop strategies to

confront issues with other females. "This can be difficult regardless what age we are and it all comes down to communication and having the language to communicate with competence and confident kindness. Teaching girls to assert and express themselves and confront situations in a manner that is confident, kind and also caring is essential."

It can also be devastating to learn your child has been a bully. Start by learning where they are hurting. Simple empathy lessons are key. Asking how your child would feel if someone excluded him or her can be most effective at eliminating bullying behaviour. Often kids are unaware that controlling friendships, "If you like that new girl, I won't be your friend anymore," is bullying.

Teaching empathy to your children puts the power and solution to stop bullying in their hands. Teachers and parents must remain vigilant and watch for signs, intervening to help children step out of the roles of bully and victim.

National Bullying Awareness Week
Nov. 15-21

Websites on keeping your child safe from bullying
www.ahaparenting.com/parenting-tools/safety/helping-bullied-child
www.opheliaproject.org/about.html

Books for young children about Relational Aggression
Trouble Talk for ages 6 to 9 (www.amightygirl.com/trouble-talk)
My Secret Bully for ages 5 to 8 (www.amightygirl.com/my-secret-bully)
Girl Wars: 12 Strategies That Will End Female Bullying by Cheryl Dellasaga & Charisse Nixon



Not all bullying is physical. >> SUPPLIED

Councillor Tony Caterina
Ward 7 - Communities to be proud of

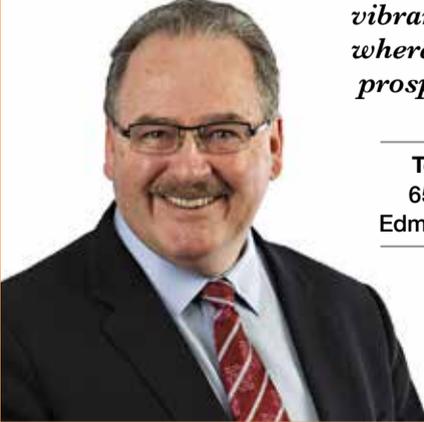


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REMEMBER ON NOVEMBER 11 AND EVERY DAY

HISTORY » COMMUNITY

A glimpse of the past

Vintage items found at Elmwood Park Community League

CHANTAL FIGEAT

A large box containing items going back to 1946 was found at the Elmwood Park Community League while repairing a water valve. “The pipes were ready to burst, and it was ready to go at any time. We were really lucky,” said Melanie Spitzer, president of the Elmwood Park Community League.

I eagerly went through the collection of photos, news clippings, letters, and financial records. After all, I had a glimpse of the early days of the community league. This gave me insight into the lives and thoughts of people in the first decades of the surrounding community.

Elmwood Park was built on the Grierson Estate in the post-Second World War years. War veterans and their families occupied the homes built on the former market garden.

Many items referred to the establishment of a basic infrastructure. In the beginning, there were no sidewalks, street signs, stores, buses, or mail delivery. “We did have dirt roads,” wrote Fred and Eileen Russell of their move-in day on June 21, 1946 in a recipe book produced by the league.

In true post-war spirit, the building committee raised funds by selling baby bonds in \$10, \$25, and \$100 denominations at 4 per cent interest.

The funds provided the capital for the community hall, built for \$25,000 using \$7,000 worth of volunteer labour. A newspaper clipping from March 19,

1955 shows former mayor William Hawrelak cutting the ribbon at the newly opened building. “Elmwood Burns Mortgage,” proclaimed an *Edmonton Journal* article when the bonds were redeemed on April 1, 1959.

Some items gave me insight into the formalities of post-war society. The social tea gatherings organized and attended by women are a quaint aspect of this era. An *Edmonton Journal* article published in February 1959 for the Spring Violet Tea in the community hall lists women “invited to pour tea.” Another *Edmonton Journal* article on the Snowflake Tea held during the Christmas 1959 season lists women “sharing honours at the urns.”

Other correspondence reflected the importance of social niceties.

“I have been instructed to write you on behalf of the Elmwood Park Community League, to convey our thanks for the very nice picture of the Queen that you painted for the hall,” wrote the Secretary-Treasurer rather stiffly in a letter to G.W.R. Meron on April 26, 1956.

The material is now at the City of Edmonton Archives. “We decided to donate the materials to the [City of Edmonton] Archives so it could be preserved properly and so people could view it at any time,” said Spitzer.

For those considering donating items, archivist Tim O’Grady said, “We basically take two-dimensional records such as meeting minutes, news clippings, and

scrap books. “We take records as early as last year.”

Check the links below for more information.
edmonton.ca/city_government/edmonton_archives/city-of-edmonton-archives.aspx
edmonton.ca/city_government/edmonton_archives/cea-getting-involved.aspx



Melanie Spitzer displays records found at Elmwood Park Community League. >>CHANTAL FIGEAT

LIFE » BALANCE

Life: a juggling act

The struggle in finding time for family, career and causes

FRANKI HARROGATE

I went back to school in my early thirties, where I majored in psychology. During my degree, I stopped working to focus completely on school. I also met and married my partner during this time and we decided to start a family.

Fast forward to my graduation in June 2014. I had a bachelor’s degree and a one-year-old daughter. The deadline to apply to graduate school was looming, as was the decision on whether or not to have a second child. The tortuous process of getting references, constructing a CV (curriculum vitae = academic résumé) and writing the application was completed just as the clock was counting down the minutes. I also managed to get pregnant again, so I was well on my way.

I received my acceptance letter on May 5, 2015 and began my graduate orientation in the middle of July while waiting to go into labour. I was lucky enough to deliver on a weekend, after submitting that week’s assignments. After having baby number two at home with the help of a lovely midwife and my supportive partner, I dove back into my course. It’s a good thing newborns sleep a lot!

Fast forward to now: I have a two-and-a-half-year-old, a ten-week-old, and I am smack in the middle of my first graduate-level course. Luckily, I have access to childcare through two sets of grandparents who live nearby. Being able to write papers and finish assignments uninterrupted (and without blaring, insipid nursery rhymes) is invaluable. It’s also a good thing that my courses are all online. I can read instructor commentaries and go over journal articles at 4 am or 10 pm while feeding my newborn: a lifestyle and schedule not compatible with in-person lectures.

Parenting while doing a graduate degree is a constant struggle in regard to time management, availability (both to my family and to my cohort), and the odd temporary job that I manage to fit in occasionally to help pay our bills. I also hold a number of volunteer

positions. I’m on two boards (committee chair for one), a school presenter, and I do informal advocacy and crisis work. Sometimes I’m reminded of the old joke about the town donkey and the prospector’s donkey: “What load?”

But I am only human, and this year I’ve been forced to recognize that my time is limited. I’ve had to step back from some organizations (some of which I’ve been very relieved to leave), and make changes to my availability for others. Recognizing and working within my limitations has been rewarding and prepares me for my future career as a counselling psychologist. Evaluating where I want to put my energy has provided at least one valuable insight: making the distinction between causes or organizations which energize me versus others that exhaust me. I wouldn’t trade where I am for the world, but more hours in the day would be welcome!

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COMMUNITY CALENDAR

For the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

events

TELL YOUR STORY, NEIGHBOUR

followed by the RCP AGM, Monday, Nov. 16. 6 pm chili supper, 6:30 pm guided conversation and story sharing, 8 pm dessert & coffee and AGM business. Join the board or editorial committee.

ARTS ON THE AVE CHARITY FUNDRAISER

Join us for Bigger than our Britches! Pub Night at the Nina Haggerty Centre for the Arts (9225 118 Ave) on Nov. 26 to benefit Arts on the Ave! Check artsontheave.org to buy your tickets.

THE CARROT CHRISTMAS BAZAAR IS BACK!!

Be distinctive - buy original - support local! Find great original gifts for those 'hard to shop for' loved ones at The Carrot (9351 118 Ave). Nov. 27 from 7-9 pm and Nov. 28 from 10 am-4 pm.

CALL FOR LOCAL ARTISANS

to be part of our boutique sale. We are a small venue. Great traffic is assured with Just Christmas a block away, as well as other local art galleries open at these times. Email Eva at carrotassist@gmail.com, along with photos of your work for jury consideration. Deadline: Nov. 6

CRAFT AND BAKE SALE

Parkdale-Cromdale Community League will be holding their fifth annual Craft and Bake Sale on Nov 28-29 from 10 am to 4 pm. We are looking for vendors for our sale. Tables are \$10 each. Please call Margaret@780-479-8134, or email margaretgilbertson6@gmail.com for more info.

FOUR NOBLE TRUTHS

Learn the core philosophies of Buddhism from Tibetan monk Kushok Lobsang Dhamchoe. Join our next 6-week course from this highly skilled teacher who trained with the Dalai Lama. Tuesdays (Nov 3 to Dec 8) from 7:00-8:30 pm at 11403 101 St. Phone 780.479.0014 or visit www.gasamling.ca to register.

art & music

NASHVILLE SONGWRITERS ASSOC INTERNATIONAL (NSAI)
Nov. 9 from 6:30-10 pm at the Carrot (9351 118 Ave). Subject to change. Confirm your attendance by emailing Colleen: col_kside@hotmail.com

THE CARROT'S POETRY NIGHT

Join us Nov. 26 from 7:30-9 pm for poetry night. A wonderful time to share your work and enjoy a night out with an encouraging crowd.

AVENUE BOOK CLUB

Meets the last Wednesday of each month at the Carrot Community Coffee House @ 7:00pm. If interested, please contact Lorraine at 780-934-3209.

JOIN EMCN's GLOBAL SINGERS

Eat a delicious lunch, learn new songs and meet new people. Thursdays from 12-1 pm. Room 2-4, Mennonite Centre (11713 82 St).

FAMILY ART WORKSHOPS

Dive into the wonderful world of art with FREE all-age workshops every Tuesday from 6:30-8 pm at Parkdale (11335 85 St).

COMMUNITY ART NIGHT

Free workshop for adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave).

FAMILY ART NIGHT

A variety of free art activities for school age children accompanied by adults. Wednesdays from 6:30-8 pm at The Nina (9225 118 Ave).

MUSIC LESSONS BY CREART

Free group music lessons Saturdays from 9 am – 12 pm and violin lessons from 12-1 pm at Parkdale (11335 85 St). Sebastian 780.878.8265.

THE CARROT STAGE

9351 118 Ave, 780.471.1580, thecarrot.ca
The Carrot explodes Saturdays for open mic from 7-9:30 pm. Share original music, poetry or comedy. Free admission for all ages.

programs

MONEY MANAGEMENT SERIES

The Credit Counselling Society of Alberta will present a money management session on a different topic each week. After each presentation, there will be time for questions and answers. Nov. 3 & 10 at Highlands Library (6516 118 Ave) at 6:30 pm.

POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. Nov. 4 from 6:30-7:30 pm at Highlands Library (6516 118 Ave). All ages.

ONE BOOK ONE EDMONTON: POWER HOUR OF READING!

Hard to find time for reading? We can help you make the time! Catch up before the next chapters of Etta and Otto and Russell and James are released. Join us for a quiet reading space. Bring your own reading device, or use one of ours! Nov. 7 at 3 pm at Highlands Library (6516 118 Ave).

NATIONAL CHILD DAY

The purpose is to raise awareness of the rights of Albertan children, and those who experience rights violations and social marginalization within Alberta. This year's theme is "It's our right to learn." Nov. 20, 1-3 pm at Highlands Library (6516 118 Ave).

LEGO AT THE LIBRARY

Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. Ages 6-12. Nov. 21, 2 pm at Highlands Library (6516 118 Ave).

GIRL GUIDES

Girl Guides meeting Monday evenings from Sept-June at St Andrew's Church. Email 39thedmontonguiding@gmail.com or call 1-800-565-8111 (answered locally) for more info.

FREE ENGLISH CLASSES

Practice your English language skills, meet new friends and have some fun. English speakers at

all levels are welcome! Mondays from 7 – 8 pm, until Dec. 14 at Sprucewood Library (11555 95 St).

ENGLISH CONVERSATION CIRCLE (LACE Program)

Drop in and join others who also want to practice their English. Part of Catholic Social Services' Learning and Community Enrichment (LACE) program. Call 780.424.3545 for more info. Fridays at 10:30 am at Highlands Library (6516 118 Ave).

SMART SPACE

You're smart; EPL is giving you a place to get smarter. Join other youth ages 13 to 18 at the library who are doing homework, working on projects, or learning about tech gadgets and other online tools to help get things done. Thursdays at Highlands Library (6516 118 Ave) at 4 pm.

PRAYERWORKS COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget. Second Wednesday of each month, 5:30-8 pm at St. Faith/St. Stephen Anglican Church (11725-93 St). Cost: 4 one serving meals \$3. Trish 780.464.5444.

ADULT READING & WRITING

A new program using mainly Aboriginal materials. Thursdays, 9:30 am to 12 pm at St. Faith/St. Stephen (11725 93 St).

sports & rec

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Use any of the amenities at the rec centre on Saturdays from 5-7 pm with your community league membership.

FREE SPORTS EQUIPMENT

All kinds of sports equipment for kids in need. sportscentral.org or 780.477.1166.

social

FATHER CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Nov. 12 from 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737.

BOARD GAMES NIGHT

Games provided or bring your own games. Nov. 24 from 7-9 pm at The Carrot (9351 118 Ave). Sponsored by NNA.

NFB FILM CLUB

Animated and documentary film from the National Film Board of Canada. Nov. 28 from 1:30-3:30 pm at Highlands Library (6516 118 Ave).

GROWING TOGETHER GROUP

A FREE drop-in group for pregnant women and women with babies up to 3 months old. Learn information about pregnancy, nutrition, baby care, and parenting. FREE resources including milk coupons and prenatal vitamins. Tuesdays from 1:30-3 pm at Norwood Centre (9516 114 Ave). For more information, contact: 780.471.3737.

PRAYERWORKS COMMON

Hot complimentary meals & warm

friendship at St. Faith/St. Stephen (11725 93 St). Thursday drop-in 10 am-2 pm. Friday community supper first three Fridays of the month, 5 pm. Saturday breakfasts 8:30-9:30 am. For more info, call 780.477.5931.

TWEEN LOUNGE

Join other kids in the program room to play video games, make a DIY project, meet friends or just hang out. Thursdays at 3:30 pm at Sprucewood Library (11555 95 St) and Fridays at 4 pm at Highlands Library (6516 118 Ave).

TEEN GAMING

Come to the library to play some great games! Thursdays from 6:30-8:30 pm at Sprucewood Library (11555 95 St).

pre-schoolers

NORWOOD CENTRE COME AND PLAY

Enjoy our free indoor play space and meet new friends in this unstructured group for parents and children. Snack included. Mondays from 10 am-12 pm (9516 114 Ave).

BABES IN ARMS

A wonderful casual parent group Friday mornings from 10 am-12 pm at The Carrot (9351 118 Ave). Join us with your little carrot!

PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099
Family Storytime, Wednesdays 6:30 pm. Baby Laptime (up to 12 months), Mondays, 10:30 am.

Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Sundays, 2:30 pm and Tuesdays, 10:30 am.

PROGRAMS AT HIGHLANDS LIBRARY

6516 118 AVE, 780.496.1806
Family Storytime, Mondays at 10:30 am. Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Wednesdays and Thursdays 10:30 am.

seniors

NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. Socialize over coffee and desserts. Tuesdays at 10:30 am. Cribbage, Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

PARKDALE-CROMDALE SENIORS SOCIAL

Seniors bingo, coffee and snack. Mondays from 10:30 am-1 pm at Parkdale (11335 85 St).

SENIORS BREAKFAST & SOCIAL (55+)

Join us for breakfast, visit, play cards or billiards or watch a movie. Wednesdays from 11:30 am-12:45 pm at Crystal Kids (8715 118 Ave).

volunteer

RCP CASINO

Volunteers needed. Thu & Fri, Feb 4 & 5

SHARE YOUR ARTISTIC TALENTS

Join CreArt Edmonton—a social movement of free art spaces and education. Sebastian 780.878.8265.

VOLUNTEER AT THE CARROT

Be part of a great team by volunteering as a barista at the Carrot by emailing Eva at carrotassist@gmail.com. Volunteers can enjoy get-togethers throughout the year, as well as incentives & gifts.

AGM

EASTWOOD COMMUNITY LEAGUE

Annual General Meeting

Monday, November 16

11806 86 Street

6:30 pm Memberships on sale

7:00 pm Meeting

Special resolution to pass new bylaws.

The proposed bylaws will be posted on our Facebook page.



A big thank you to our community calendar sponsor!

Mona Lisa

Pub & Tap House
Something for everyone!

Monday & Tuesday 10 am to Midnight
Wednesday to Saturday 10 am - 2 am
Sunday 11 am to Midnight

Play pool
Watch Hockey
Sing Karaoke
Book a birthday party
Enjoy daily food & drink specials

FOOD, FRIENDS & FUN AT YOUR NEIGHBOURHOOD PUB

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Free pool on Sundays
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35 cent wings everyday 4 pm to close

FREE champagne with your birthday party booking
780-477-7752 9606 118 Ave



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Come visit us at our new location, starting November 9th and get your flu shot at your convenience, without an appointment.



BRING IN THIS AD FOR A FREE BOTTLE OF ADULT OR CHILDREN'S MULTI-VITAMINS (WHILE QUANTITIES LAST)

VISIT OUR NEW PHARMACY, OPENING NOVEMBER 9, 2015, JUST TWO BLOCKS FROM WHERE YOU'VE SEEN US BEFORE.

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