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Parent councils play crucial role

Council fundraising helps with important projects



Incoming chair of Norwood parent council, Shannon Price, stands with outgoing chair, Rebecca Lippiatt, in front of Norwood School. The parent council is holding a casino on Nov. 19-20. Volunteers are needed. | Rebecca Lippiatt & Gabriel Lippiatt-Long

REBECCA LIPPIATT

Parents from other Catholic schools have stepped in to help St. Alphonsus Catholic School undertake fundraising for a new playground.

Due to zoning regulations, land use, and funding allocation, there isn't enough money to build a playground, and the school can't access city funds. The school hasn't had a parent council for over 10 years, which has impacted the ability to fundraise. Many parents don't have the time or energy to join or create a parent council as they work two or three jobs.

Lori McDonough, principal at St. Alphonsus, said, "We are going to try to have a parent council. But many of our parents are just making it."

Parent councils play a significant role in fundraising and are integral to a child's education. These non-profit organizations offer parent input and perspective in how a school is run, act as a fundraising

body, and guide a school's focus.

"Parent councils provide voices that can help shape school identity and create extended learning opportunities for students, families, and the community," said Joanne Wynn, former principal of Norwood School.

St. Alphonsus School has similar demographics to Norwood School. At Norwood School, the 2010-2016 parent council valued nature-based learning and wanted to provide students with the opportunity to learn the curriculum hands-on. They raised more than \$100,000 to create the school's beautiful green space, and nature-based learning and outdoor education have been integrated into the curriculum.

Parent council meets with school staff monthly to give input on the education children receive.

Erica Keyes, treasurer of Norwood's parent council, said, "I joined parent council because my oldest child had just started kindergarten and I wanted to be aware of

what was happening at his school and have some knowledge of curriculum. I remain active because I see how beneficial the funds raised are to all students and staff."

Norwood's parent council also fundraises so students can attend field trips and have unique experiences. For example, Edmonton Opera has performed at the school and students have embarked on week-long field trips to Fort Edmonton Park or city hall. Parent council gives over \$35,000 to the school annually so families don't have to pay for these experiences.

For St. Alphonsus School, the situation finally reached the point where the Catholic school board intervened.

The school board's superintendent approached Kim Street, who has children in the Catholic school system, to see if she would be willing to head a fundraising committee. Street has extensive experience in fundraising and agreed. "Doing this is my thank you to Edmonton

Catholic for what they did for my kids."

Street and other Catholic school parents formed a committee called The Friends of St. Alphonsus. They'll hold a casino once they obtain a license, and are hosting a silent auction and supper in November at the Norwood Legion.

This fundraising allows them to have matching funds when applying for grants. They hope to raise \$500,000 for the playground and \$100,000 to renovate the courtyard.

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

ST ALPHONSUS SILENT AUCTION & DINNER

Nov. 18, 6 pm

Donate or buy tickets: 780.484.9399 or kjstreet@shaw.ca

INSIDE

FINANCIAL LITERACY
Discover how Junior ATB helps students learn financial skills >> P3



NORWOOD FIRE HALL
Learn more about your local fire hall and how it operates >> P5

EDITORIAL
Every generation is different, especially in a workplace setting >> P6

SENIOR CENTRES
Find out more about the Central Lions Seniors Association >> P8



CHAMPIONS OF ABOVE
Delve into more profiles from Champions of Alberta Avenue >> P14



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RCP is seeking board members

Join us at our November 30 Annual General Meeting

The Rat Creek Press Association is recruiting new board members to join our dedicated team! We are seeking a Volunteer Coordinator, a Fundraising Coordinator, and a Vice Chair. Residents of Alberta Avenue, Parkdale-Cromdale, Delton, Eastwood, Elmwood Park, Spruce Avenue, and Westwood are eligible to join our board. We welcome diverse applicants and individuals who are new to the neighbourhood.

What we do:

Meet once per month for one hour on a weeknight (usually 7:30-8:30 pm at the Ab Ave Community League, but sometimes other locations).

Committee members possibly meet one additional time per month.

Committee chairs prepare committee meeting agendas, chair committee meetings, and prepare a brief (one paragraph) committee report each month.

Occasionally correspond by email or review documents on Google Drive.

Pick up a shift at our biennial casino (you get a free meal!)

Participate in our annual board member appreciation event!

Take a break in December, July, and August because everyone needs a holiday!

We are looking for a:

Volunteer Coordinator: You leverage our volunteer community, help organize our volunteers, and develop ways to show appreciation. We'll train you on our volunteer tracking software.

Fundraising Coordinator:

You organize the biennial casino and seek new opportunities for revenue through advertising or other means.

Vice Chair:

You are training to become the next Chair and our current Co-Chairs will mentor you. Plus, you'll gain experience with board governance and leadership.

Interested in joining our board? Let us know! Submit a brief, one-page letter of intent

to board@ratcreek.org outlining your interest in the Rat Creek Press, whether you have any previous board or related volunteer experience, and in which neighbourhood you live.

Applications are due Monday, Nov. 27.

Applicants will be required to attend our Annual General Meeting on Nov. 30 at 7 pm to be eligible for nomination to the board.



Jessica MacQueen, Chair

I joined the RCP board to get involved in the community, meet new people, and support a publication I value. While gaining volunteer experience and connecting with neighbours, I've also developed my capacity for leadership and governance and mastered the art of running an efficient board meeting.



Joe Wong, Treasurer

I've always enjoyed reading the RCP to keep up with the goings-on in my community. I've been able to fill a need by using my accounting knowledge and gained invaluable new experiences.



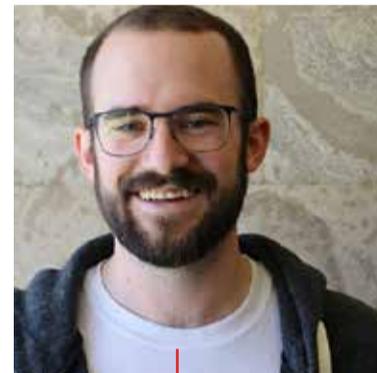
Nicole Malenczak, Vice Chair

I help in some small way to bring the paper to people's doors. I love the sense of connection it gives me to people I might otherwise never meet. The RCP is one of the resources giving our community its unique personality. Think about joining the board if you'd like to see this organization continue.



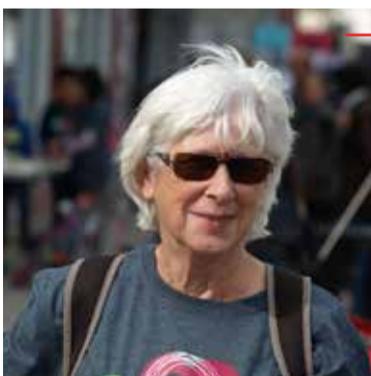
John Dunn, Recorder

I joined the board to help support a paper that I feel is an important part of our community and gained valuable experience in learning how a volunteer board operates.



Seán MacQueen, Director

I was recruited to join the RCP board last year and am grateful I was given the nudge to do so. I've applied my previous board experience to assist in governance and building resilience. The board is very welcoming and encouraging, and, boy, are the meetings efficient!



Patricia Dunnigan, Director

The Rat Creek Press has been an important source of information to me since I moved to this neighbourhood in 2003. I find a unique vibrancy, diversity, and sense of community in this area. My role allows me to work with a committed team to ensure the paper continues to keep us informed on local issues and events.



Aydan Dunnigan-Vickruck, Director

I've served on the board for five years (in addition to writing for the paper) and have witnessed an amazing development since then. It has blossomed from the dream of a few individuals to a sophisticated and professionally-directed newspaper. I have been proud to be part of this transition and am looking forward to the RCP's continued evolution.

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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.

GOALS

Build Community, Encourage Communication, Increase Capacity.

BOARD OF DIRECTORS

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

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DELIVERY

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

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I ♥ my RCP

Students learn financial literacy with program

Junior ATB gives students an opportunity to run a bank

MARI SASANO

A hands-on program gives young students a unique opportunity to learn about financial literacy and acquire useful life skills.

“What most people think of when they think of financial literacy is someone in a suit at a school talking about saving your money,” said Robert Ryks, branch manager of the 118 Avenue ATB Financial. It’s a world away from the experience that the young people who participate in the Junior ATB program have.

Ryks works with students in Grades 4 through 6 at Delton School, where Junior ATB opens in the first week of December. It’s a year-long program that runs biweekly during lunch hours.

“We empower students. It’s different from standard financial literacy education; it’s peer-to-peer and hands-on. It’s a real bank,” Ryks explained. “The branch is opened by us, but the bank is run by the students, everyone from the greeter to the CEO, a marketing department, and a liaison with teachers, the principal, and parents.”

Gabriel Lippiatt-Long, 12 years old and now a graduate of the program at King Edward Academy, joined in

order to have something different to do at recess and lunch.

“You set up in a classroom, and I would sit at a desk and deal with people’s money. Something I really enjoyed about it was it taught me how to be responsible with money, and there’s a prize at the end. It’s fun,” said Lippiatt-Long.

It’s fun, but that doesn’t mean students don’t take it seriously. Participants apply for positions and then go through an interview and hiring process. Ryks runs the board meetings at Delton School, and he has been impressed at the participants’ abilities.

“We think of them as children, but they come prepared. They apply to the job openings, we set up a board of directors, marketing, and CEO. They come through the entire interview process. Once the board is in place, they hold board meetings no different from any business. They give presentations of their duties and accomplishments and set goals. They’re intelligent and ready to work.”

Students learn about handling cash (and even cheques!), but they also develop skills in customer service, presentations, and note-taking. Anyone can come in and open an account (kids need a parent’s permission), and there is no charge until students are

18. But ultimately, the focus is on what they do with their accounts.

“The goal is not to acquire customers. We hope that they’re learning about saving, and we provide an introduction to saving and financial literacy skills to get them thinking about what they do with the money, what they’re saving for,” said Ryks.

Lippiatt-Long said he doesn’t see himself taking up a career at a bank, but Ryks explained the gains are more than financial for students employed at Junior ATB.

“Personally, I’ve seen some develop the personal skills—from an introverted student becoming CEO and becoming a leader in the school.”

It’s an experience that will help them regardless of where they apply those skills.

“I would love to see a CEO of Junior ATB become CEO of ATB and become my boss. But really, just seeing them take care of their own funds and saving is making a difference,” said Ryks.

Schools can contact ATB Financial if interested in the program.

Mari is a writer and civil servant.



Junior ATB helps students gain financial literacy skills. | Supplied

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Knowing the signs of domestic violence

Resources exist to help break the complex cycle

RUSTI LEHAY

Bruises aren't the only signs of domestic violence. Other signs can be subtle, but equally telling.

Signs might include someone who can never stay after or be involved in anything outside of work, only goes out with his or her partner, or has no money, phone, or vehicle of their own. Being deprived of personal things most people normally have can be a form of domestic violence.

Const. Sheila Dow, domestic violence coordinator of the Edmonton Police Service (EPS) northwest division, said, "Isolation, control, and intimidation are surprisingly common. If you suspect domestic violence, call the police."

Dow added, "Within the workplace, watch if colleagues have injuries and the explanations don't seem normal." If a co-worker takes excessive sick days, then returns with obvious,

odd, or defensive injuries (such as on the arms and forearms), it might be time to act.

Police encourage family members, neighbours, or victims to call and keep calling. Dow said, "We can only become aware by people making that phone call."

The Domestic Violence Reduction Strategy Program, initiated in 2011, insists every identified domestic violence file receives some level of intervention. If signs of trauma, injury, or fear provide reasonable cause, police can charge even if the witness or the victim is unwilling.

"Our approach is to deal with the victim and when to provide support. We talk with victims, providing info on counselling and methods for assistance. The goal is to reach out with assistance and be as supportive as possible," Dow said.

The powerlessness of the victims to leave the abusive cycle speaks to the complexity of the process. During the time it takes victims to leave, the EPS utilizes

other investigative techniques to assist in keeping families safe.

"Domestic violence is only one piece of the trauma," said Sue Languedoc, executive director of the Aboriginal Counseling Services Association of Alberta. Often intergenerational trauma traps people in the cycle.

"We run a Circle of Safety Family Violence 20-week program for Indigenous women, a 16-week program for men who have abused their partner, and a concurrent 20-week program for children who have witnessed the abuse."

When experiencing domestic violence, the brain goes into the survival mode of fight, flight, or freeze, a physiological response to being threatened.

Languedoc explained victims in survival mode find it impossible to learn anything, to make changes, and believe choice exists. "We have learned the pivotal way to help people is to provide resources that settle or relax them."

These resources can include

smudge, prayer, grounding, or talking quietly to someone. Everybody's nervous system is different. When supported, people are able to move beyond survival mode. The brain can learn, helping the victim identify domestic violence, grasp concepts, and recognize red flags and types of abuse. When people's brains are freed and open to learning, they recognize there are other choices and entertain the idea that they can change.

Languedoc said, "That's when we start to see change." The 16-20 week program is only a beginning.

During Languedoc's years of experience with domestic violence, she has seen huge successes. The men's program is court approved, meets provincial standards, and fits with the Indigenous community. "It is a delicate balance in supporting men who are victims and perpetrators. We do not make excuses for the abusive behaviour."

Many abusive people blame others. "When we see the finger

pointing towards themselves, they start to recognize they are a big part of the problem."

During that transition, things start to change. Both victims and abusers need non-judgmental support. "We see that need in dads, too. When they have supports and their brain is freed up to learn, we see how much they want to be a good partner and a good dad but no one taught them."

Languedoc said it is inspiring to see some participants at the end of the 20 weeks realize they can make changes even though they are scared.

Knowing supports exist removes the isolation factor of domestic violence.

View ratcreek.org for a full list of resources.

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.



You witness or are experiencing domestic violence.



911

Emergency Services, if you are in immediate danger

#377 or 780-423-4567

Edmonton Police non-emergency line

310-1818

Toll-free Family Violence Line

780-455-6880

Today Family Violence Help Centre

780-496-4777

City of Edmonton, Individual and Family Well-being

Take action. Report the situation to 911 if you observe or experience abuse.



Signs of domestic abuse can be as obvious as bruises or much more subtle. | Pixabay

Getting to know your local fire hall

Norwood Station No 5 is the third busiest in the city

KATE WILSON

The bright red pump truck waiting in the bay of Norwood Fire Station No 5 responded to over 4,000 calls last year. The ladder truck went out a further 1,300 times.

Those kind of statistics make the fire station the third busiest in Edmonton.

“The majority, over two-thirds, are in our coverage area,” said Joe McEwen, station captain and 30-year veteran with Edmonton Fire Rescue Services.

Located at 9020 111 Avenue, it’s also one of Edmonton’s oldest fire halls. The original Norwood fire station opened in 1911, followed by another on the property in 1966. That one was operational until the new station opened its doors

a few blocks away in 2010. It serves an area of seven-and-a-half square kilometres and a population of 24,000.

The current staff of six firefighters and two officers attend all calls within their area including fires, medical emergencies, and technical rescues (such as bridge rescues, confined space calls, and trench collapses), as well as hazardous materials calls.

A typical day starts with a morning meeting to discuss topics like training or whether they need a replacement for the day.

“Today, for instance, some firefighters chose to teach at the training school at the west end,” said McEwen, noting that officers rotate functions. “It gives officers a knowledge base for the station’s call area.”

They also rotate across the

city, with firefighters staying at a station about three years before being sent to a different location. It’s staggered, so that officers always work with staff who are familiar with the district.

“They know addresses and some of the long-time people in the neighbourhood,” explained McEwen, “They may know a particular person or home and its historical call pattern.”

One of the most familiar morning routines is mopping and vacuuming the hall. The two drivers inspect the truck for things like battery checks and flashlights.

It’s for more than just efficiency, said Captain Kevin Seutter, a 17-year veteran at the station.

“We take care of our own, it gives a sense of pride,” Seutter

said. “We all have that attitude, sharing responsibility that is all ours. Things last longer and we know our equipment.”

Protocols like that are fundamental to an efficient operation.

“When on the fire ground [the scene of a fire and where fire rescue services operate] and I give instructions to someone, I know they will respond immediately,” said McEwen. “Things happen quickly on the fire ground and you have to have that discipline there.”

The Norwood team aims to leave the station in 90 seconds from the time they receive a call.

“We also get a lot of overdose calls due to fentanyl use. It’s not specific to our neighbourhood. It’s everywhere across the city,” stressed McEwen.

Another function of a fire

hall is community awareness. Firefighters attend community functions and visit schools, performing fire safety walk throughs with school staff and giving fire hall tours. Like all fire stations, Station No 5 takes donations for the food bank and financial donations for the Christmas Bureau.

“We’re part of the community, it’s important to be involved and be seen,” said McEwen.

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



Matt Cherewyk prepares the mid-day meal for the eight person crew at the fire hall. | Kate Wilson

CREATE A FIRE PLAN

Edmonton Fire Rescue Services wants people to create a plan to get out of the house safely in the event of a fire.

“It’s crucial to not only have a plan, but to practice, practice, practice,” said Maya Filipovic, communications advisor with Edmonton Fire Rescue. “When it becomes second nature, that is really when we can save valuable seconds in a real emergency.”

Here are things to include in your plan:

- Make a floor plan and identify at least two exits from each room.
- If a window serves as an exit, ensure there’s a safe way to the ground.
- Choose a meeting place, and teach everyone to report there after escaping a fire.

For more information: edmonton.ca/fireprevention



Travis Tourneur, Brayden Stauch, Matt Cherewyk, Station Captain Joe McEwen, Brian Muir, Tyler Ryan, Captain Kevin Seutter, and Scott Schetzslle. | Kate Wilson

EDITORIAL

Finding common ground between generations

Intergenerational communication is key for success

KATE WILSON

Consider the following statement from a millennial-aged employee in her mid 20s or early 30s. We'll call her Jane.

"I spend my days in work meetings, whether I am working remotely or in the office. Then they expect me to spend my evenings doing the actual work. My manager doesn't understand. Nothing we start ever seems to get finished and more just gets piled on."

Now compare this one from an older generation X employee in his 40s or 50s whom we'll call Mike.

"How do I drill into millennials' heads the concept of accountability? We can't all just leave at 5:00. There is a lot of work to be done."

Mike and Jane were two of 6,500 participants in a 2016 workshop by a Canadian learning centre, Donohue Learning, led by Dr. Mary Donohue. Her team surveyed Canadian and U.S. companies, honing in on perhaps the most pervasive yet least understood feature in today's workplace: miscommunication. The solution lies in what Donohue calls generational literacy.

tional literacy.

She calls boomers the cultural capital of the workplace, millennials the communication capital, and generation X the intellectual capital. And communication among them needs some work.

Only 23 per cent of study participants felt they were learning from, or engaged with, other generations at work. Three-quarters felt disengaged from their colleagues and their work. Only seven per cent were fully engaged and reported no problem with generational communication.

To foster intergenerational communication, Donohue calls on companies to shift from a manage-me culture—the independent, self-driven learning culture of generation X—to the develop-me culture—the community-focused, sharing-based learning culture embraced by millennials.

For instance, managers will migrate from annual evaluations with millennials to scheduling short bursts of time with their team, or drop the PowerPoint deck in favour of problem-solving meetings.

And Donohue charges today's employers to pay more

attention to generation X.

"They're your bread and butter. They have worked through more recessions than their parents or grandparents ever did. ... Gen X has to manage both boomers and millennials, and they are getting really tired," she said.

Her other big message is that generation X is getting bypassed because all the chatter in leadership development is about millennials and retiring boomers.

"Let's be honest: for most organizations, no millennial is going to be tapped for a top job unless it is an Internet or marketing firm, yet many of these organizations are spending money on understanding their millennials and helping boomers feel good as they retire."

It seems there is merit that boomers and their grandchildren are grabbing the focus of employers, economists and researchers, not to mention the media. A web search shows boomers are indeed the focus not only of the media, but also of researchers and urban planners. No surprise there. We always knew they'd be sweeping up attention as they march through the timescape.

And the millennials? The

focus on digital media and marketing highlights by default the experience of today's youth and young adults.

There's a lot of material on how digital technology is influencing young minds. Add to that millennial's comfort with examining their own experience, such as this offering in *The Baltimore Sun* in June, titled 10 personality traits of the millennial generation – Can we have that yesterday. The author explains, "we used to take the time to drive to the DVD store to get that DVD, now if we can't stream it instantly, it's dead to us."

Generation X seems left out in the cold, or in the semi-warm refuge of the porch. A study by Yahoo Canada last year refers to the powerful- but- overlooked generation. The author says the middle-aged cohort of generation Xers are often ignored by marketers. Another from June 2017, by *visioncritical.com*, is titled 13 stunning stats on Gen X – the forgotten-yet-powerful generation.

I was reminded of the movie *Ordinary People*. Dealing with his deepening depression alone, the oldest son finally confronted his father about why his

younger brother got the focus of attention. His dad, played by Donald Sutherland, confessed that his oldest seemed so self-reliant. "You were always so hard on yourself . . . I never worried about you," he said.

I'm on the cusp in the generations, somewhere between the boomers and Gen X. I remember my siblings and I plunging our arms out the station wagon window to grab the wild rye as our dad careened along prairie roads. The more your arm was yanked back, the more fun it was. Seatbelts? They were stuffed unused into the car seat.

As generations become more sharply defined, a natural outcome of our fast-changing world, we can't afford to want everyone to be the same. Communication is something we all can work on.

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



Different generations may have different views in places like work. | rawpixel.com on Unsplash

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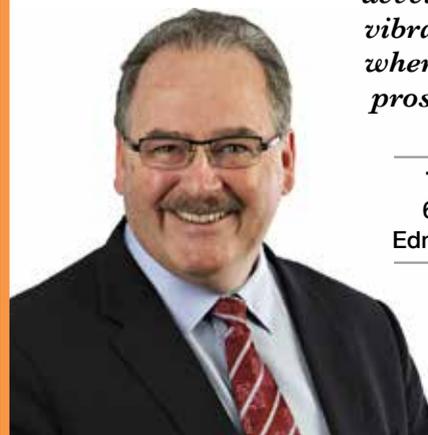
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OPINION

Passing the buck on problem properties

Authorities not effectively addressing major issue in core neighbourhoods

ADAM MILLIE

Many of us were shaken this September by a string of news stories that emerged from our neighbourhood. The world briefly peered into our backyards to see an alleged terrorist slam his car into a police officer at a football game, and then rampage down Jasper Avenue in a cube van.

But for many of us, this was not the most violent or troubling incident of the weekend, but a cornerstone to a news cycle that included three bodies recovered from problem properties in a week.

These properties have been subject to decades of complaint. One of the properties was known to the highest levels of government, from many of our neighbours here in the inner city. This property was known to the Justice Minister, Chief of Police, Mayor's Office, City Council, as well as the Federal Department of Justice, and the

Public Prosecution Service of Canada (PPSC), and the Civil Forfeiture Office.

The other property was known to the city and the province.

No order of government has truly and effectively dealt with the problems these two properties create in our community. So these as well as many other problem properties continue to plague our neighbourhood.

The city appears to be bombarding the area with social workers and applying window dressing (or vinyl siding) in lieu of an effective demolition and redevelopment program. But we don't need to talk about our feelings at yet another no-action meeting, we need these properties demolished and redeveloped.

The endless compliance exercises that the city has undertaken on these properties are clearly not effective. The city must take strong, permanent measures that will uproot organized crime from the inner

city housing market, provide individuals with dignity and respect in their housing, and ensure that the properties are fully demolished and rebuilt, not superficially repaired and returned to market.

The City of Edmonton, Alberta Justice, Edmonton Police Service (EPS), and PPSC are responsible to provide peace, order, and good government in our city neighbourhoods. But the fact is, so far no action has been taken to close these well-known properties permanently.

According to the Police Act and the Municipal Government Act, it's up to the respective authorities to provide "adequate and effective policing", "good government", and to "develop and maintain safe and viable communities". In my opinion, the province has done nothing to remedy this non-compliance, and appears to be willfully disregarding their obligations and responsibilities with respect to problem properties, as articulated by these acts.

The various authorities have put on a communications show for the people who complain, but have done precious little to bring resolution to some of the worst properties, many of which are owned and/or managed by criminal organizations and well known for continual health and safety violations.

It's troubling that in some cases, EPS and PPSC haven't considered tertiary bail grounds, resulting in the release of certain criminals without geographic restrictions that would prevent return to the communities where they committed their crimes. Failure to restrict attendance further victimizes entire neighborhoods, while putting the administration of the justice system into considerable disrepute.

Nobody wants to live in a house where a murder has taken place. By not demolishing these buildings, the entire community is retraumatized as they forever stand as a grim reminder to the futility of complaining and

the ineptitude and complacency of government.

There are several examples of properly managed low-income housing developments in our community built and engineered to provide people with safe homes and lives lived with dignity and respect. We have the capacity to build and renew our neighbourhood in a manner that is inclusive to everyone.

Redevelopment can generate employment for ticketed, safety-trained workers that properly construct sites into homes which respect human dignity, engage with communities, and improve the quality of life for everyone nearby.

Vinyl siding thrown on the side of a mouldy shack with rickety scaffolding is what "compliance" has got us.

We deserve better.

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



Problem properties are a continuing problem in the inner city. | Rebecca Lippiatt

BIG NEWS!
A new Daycare & Out of School Care is having an

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Early Learning & OSC

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Where? **12126 90 St** (across Delton Elementary School)

Come by & say hello!

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Senior centres encourage levels of well-being

Central Lions Seniors Association has plenty of options

CONSTANCE BRISSENDEN

“What am I doing here with all these seniors?”

The thought flashed through my mind the first time I walked into the Central Lions Seniors Association (CLSA). I admit it: I was still in denial that I, too, was a senior.

That was five years ago. Today, like many people over 55, I embrace all things senior at CLSA. If I want it, I can have it: fitness, workshops, courses, crafts, clubs, and special events.

I am also making new acquaintances, having new conversations, receiving new smiles.

The association’s mission statement is as true today as it was 51 years ago at its launch.

Director Susan Mann has only been on staff for 10 months, but she knows it by heart: “At CLSA, we provide a welcoming and supportive environment for everyone 55 and older to participate in recreational, education, social programs and events that enrich body, mind, and spirit.”

It’s well-known that seniors may experience feelings of isolation and loneliness. Days can go by without speaking to someone else. A senior centre, such as CLSA, provides a non-critical place to visit and interact with others.

The association has done a lot for me. Every Tuesday morning, I drop in to visit my friend Diane Trithardt, who volunteers in the office. The Cuppa Corner program on Tuesdays

provides free coffee and cookies and a chance to relax and socialize. If I take the bus, the #125 drops me at the door. If I drive, parking is free.

The armchairs in the spacious seating area are comfy. I talk to others without loud background music. The cafeteria is handy for lunch or snacks. Did I mention there are many, many clean washrooms?

Mann observed, “Seniors gain a sense of belonging here. It truly becomes their home. Their interests vary tremendously, from computer courses to a drama club. We have ukulele lessons, Arabic calligraphy classes, and card players. Five senior bands practice and perform here.”

An annual membership of

\$35 for seniors starts members off. Memberships for people 35-54 are also available. Some activities are free; for others, a reduced fee is charged to members. Non-members pay slightly more. The association has 1,600 members; around 900 do fitness activities.

On self-motivated days, I walk an indoor circuit. Six times around is a kilometre and I can walk without fear of falling on an icy sidewalk. This fall, I’m trying gentle yoga. Next, I might try a pilates standing core workshop or learn to play pickleball. The choices are many.

Trithardt first introduced me to the centre. Mann explained volunteers like Trithardt play an important role. “Volunteers keep us going. If we had to

hire people to fill their roles, we couldn’t afford all the programs we offer. Volunteers gain a sense of belonging and contributing to a cause close to their hearts.”

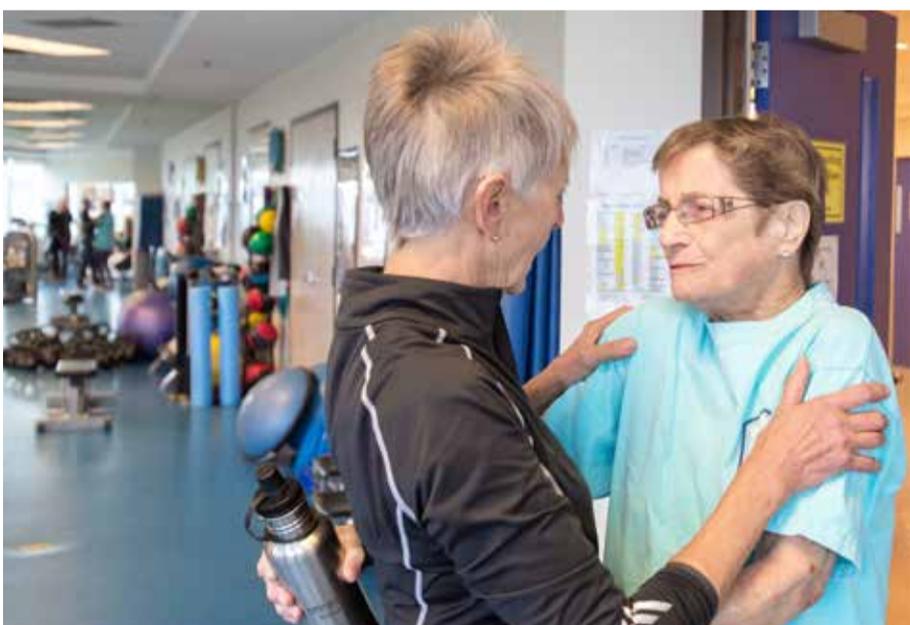
Constance’s writing and editing career spans more than 40 years. She lives in Parkdale-Cromdale.

CENTRAL LIONS SENIORS ASSOCIATION

11113 113 St
Open weekdays (except statutory holidays) from 8:30 am to 4:30 pm
For activity information, pick up a program guide onsite or visit www.centrallions.org
780.496.7369



Bill Tsui and Alex Kwok play a game of table tennis. | Rebecca Lippiatt



Jane Chenoweth and Rita Sutter share a hug. | Rebecca Lippiatt



Hélène Lagacé lifts free weights. | Rebecca Lippiatt

MEDICAL MARIJUANA FORUM

Nov. 20, 1-4 pm At CLSA: 11113 113 St

Marijuana will be legal in Canada on July 1, 2018. For many, the issue of marijuana usage raises questions. Some seniors may already use medical marijuana. Others may wonder how it could benefit them. Overall, how will legal marijuana use affect our daily lives? The association tackles these questions with a forum on Nov. 20. Speakers will include physicians, medical marijuana users, law enforcement officers, licensed marijuana producers, and others. Register for this free senior-oriented event by calling 780.496.7369.

Find your tribe with a new local group

The Coffee Friendship Club helps people connect

RUSTI LEHAY

Nobody expects to become a pariah when a major life change occurs. Yet that is exactly what two women shared at The Carrot's new Coffee Friendship Club when discussing their experiences after divorce and becoming a widow.

In just three-and-a-half years, Bernadette Alseth's mother, brother, sister-in-law, husband, and close neighbour died. To become a widow and a senior at the same time and also have her best friend distance herself was a shock.

"My closest girlfriend is so afraid of losing her husband she withdrew," said Alseth.

This behaviour isn't uncommon. Friends of victims of violence and people who have had loved ones die shy away. Staying close makes the poten-

tial for violence or death all too real. In an attempt to protect themselves, friends often drop out of a person's life.

When Alseth found herself crying over the inability to open a jar of tomato sauce, she drove to the grocery store and purchased a can.

"I knew I had to do something opposed to the alternative of crying endlessly," she said.

She set up a meeting with Christy Morin, executive director of Arts on the Ave, and launched a friendship group for people over 50.

"It's different than a meet-up. I wanted to shake the neighbourhood tree and see if some new friends might drop in for socializing."

Alseth explained the life changes left her embarrassed and vulnerable. Certainly not helpless, she brainstormed with Morin, hoping this friendship

club might be an avenue to successfully navigate the changes.

Alseth has lived in the neighbourhood since 1997 and envisions people dropping in to chat, have coffee or tea, and attend shows or plays, shop, dine, and even travel together. Participants don't need to live in the area.

"I want people who want to meet people," she said. "There has to be other people cut off or alone just needing some new people in their life right here."

Constance Williams, also isolated by divorce and unemployment, joined the conversation. Williams, a former Alberta Avenue resident, noted several things since her marriage ended.

"Single men are invited out to groups, single women less so," said Williams.

One might assume solo adventure travel would make connections easier to create or

find. Not so. Williams said she found it isolating, especially at meal times.

Proactive like Alseth, Williams refuses to wait for things to happen. While looking for work and to stay in contact with people, she volunteered at the University of Alberta, driving in every weekday from Spruce Grove for 18 months.

Alseth's long-term goal for the club is to facilitate people finding a new tribe after they have lost theirs or been cut-off for any number of reasons.

"It would be great if it developed a life of its own with someone always showing up to greet newbies," said Alseth.

Alseth will develop a database for participants willing to be on a contact list to find others with similar interests.

Starting November, the club meets on Wednesdays at 1 pm

at The Carrot.

If you have an idea for a group or want to start your own group for a certain demographic, call The Carrot and ask for Morin.

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.

COFFEE FRIENDSHIP CLUB

Wednesdays, 1-2 pm

**The Carrot Coffeehouse
(9351 118 Ave)**

780.471.1580



Author Rusti Leahy (top right) chats with organizer Bernadette Alseth (left) and other members of the Coffee Friendship Club. | Supplied

Offset winter blues with positive strategies

Seniors especially prone to seasonal depression

KATE WILSON

As winter approaches, we insulate windows and stow away garden implements. We take the car in for a tune up. But what can we do to prepare mentally for the short, cold days of winter?

"Selfcare is really, really important," urged Franki Harrogate, a graduate student counselor and founder of Arlight Counselling Services. "Making sure you're eating and sleeping right, anything to elevate your mood."

For seniors, complications related to seasonal affective disorder (SAD) or its cousin, seasonal depression, are intensified. Seniors encounter big changes that can contribute to depression, like loss of friends or the death of a spouse.

"Seniors experience a decreasing social circle," said Harrogate. "A decrease in sunlight during winter tends to affect everyone to a degree, but it's amplified for someone who's already experiencing isolation, who has no human contact."

Having supports with good connections helps anytime, but especially in winter.

"Maintaining connections to community is important, things such as community leagues or community centres," said Harrogate.

At the seniors lunch at Crystal Kids Youth Centre, Kim Eades, a community resident, agreed.

"I have to get outside, every day," she said. "Interacting with people is so important."

Activities like walking with a friend or visiting can help. Harrogate urges community

leagues to consider services that help seniors leave the house, such as snow shoveling or developing a list of volunteers to provide transportation.

According to the Canadian Mental Health Association (CMHA), SAD is a type of depression that appears at certain times of the year, usually starting in fall. A less common form affects people in the summer.

A lack of sunlight is thought to trigger the disorder. About three per cent of Canadians will experience SAD, and another 15 per cent will get a milder form that leaves them slightly depressed, but with no major life disruptions.

Women are more susceptible to SAD, and after the age of 50 its appearance declines.

The CMHA recommends strategies including light ther-

apy, counseling, and self-help remedies such as exercise, getting outside during the day, and even keeping curtains open. Some studies show Vitamin D has mitigating effects.

Beth Murray, a psychologist with Fresh Hope Counselling, said a key to alleviating that sense of being disconnected in winter is not letting your feelings make your decisions.

"You need to make plans and decisions that are helpful," stressed Murray. "When you're getting isolated, for instance, think about ways to have connection and involvement."

So if you think, "I want to go out but I don't feel like going out", see the mood behind it, and look past it.

"Downtime can be isolating. If you're alone inside, you should question your motive for

staying at home," said Murray.

Cognitive re-direction practices are also helpful, such as meditation or even going through your photo albums. But don't think of one practice as the only answer, cautioned Harrogate.

"Whatever works," she said. "It takes practice to shift your routine or perspective. Try and see if something works for you. If not, recalibrate and do something else."

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

Study and pilot looking at public bathrooms

City considering factors before building more bathrooms

TALEA MEDYNSKI

When you gotta go, you gotta go, but you're not always near a bathroom you can use when the need strikes.

In the RCP distribution area, public bathrooms exist in places like libraries, most local community leagues when open, Kingsway Mall, Safeway, and Borden Park.

Many businesses allow only paying customers to use their bathrooms. The Carrot Coffeehouse adopted this practice because of past experiences.

"A few months ago, a man used the bathroom and peed everywhere. As he was leaving, he said, 'Good luck cleaning up,'" said Christy Morin, executive director of Arts of the Ave, the organization that runs the cafe.

Anyone can use bathrooms at Alberta Avenue Community League when it's open. Karen Mykietka, facility manager, has had her share of experiences.

She said everyone needs to use a bathroom, but, "Some people ruin it for others. We regularly get smeared poop on the bathroom stalls. Someone pooped outside against one of the side entrances."

When someone uses the bathroom, she'll check in if they're taking too long. "I've had to ask people to leave because they're shooting up or whatever."

But Mykietka can empathize. "I've come outside at one of the side entrances and there's a lady peeing because it's a kind of private knook. They're not trying to vandalize, they just need a

place to relieve themselves. As a woman, having to do your business outdoors is a very vulnerable position."

In 2015, police issued 138 tickets in 10 different communities of the city for public urination and issued 120 tickets in 2016. The fine is \$500 and doubles every time you're charged again.

Chantile Shannon, director of neighbourhood services for the city, explained public urination and defecation may occur because of a lack of public bathrooms or people being unaware of a bathroom's location; vulnerable people being unable to access bathrooms; and the behaviour of some individuals attending nightclubs or events.

She added, "Access to washrooms can help to reduce instances of public urination and defecation, but won't eliminate the problem."

In 2012, the city built a public bathroom on Whyte Avenue because of public urination and defecation after bars closed. The bathroom has transparent glazing and lighting as a safety measure. Now the city is undertaking a pilot and study to determine if more public washrooms are needed, where they're needed, and what design is best.

Public bathrooms are convenient for everyone, including "people who are experiencing homelessness, those with young children and people with conditions that require frequent or immediate access to washroom facilities."

But Shannon added, "Inappropriate use of washrooms

can cause safety concerns, spread biohazards, make them unusable by others, require frequent cleaning and maintenance, which is costly and can present safety issues for workers that clean and maintain them."

Bathrooms were discussed at the April 3 city council meeting with the community and public services committee. According to the committee report, 51 public bathrooms are in the city's core: "downtown, Boyle Street, McCauley, Stony Plain Road [business area], Central McDougall, Queen Mary Park, and Oliver."

"Based on the preliminary assessment, there may be a need for public washrooms in certain core neighbourhoods." But, "accessibility, safety and cost" need to be considered.

How many bathrooms may be needed is a question the pilot hopes to address. The committee will present the next report to council in 2018.

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



your eastwood news



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

AGM results & membership

We welcome Chrissy as our new director-at-large. Thanks for joining the team!

New to the neighbourhood? Interested in keeping current? Buy a membership and receive monthly email updates with news on programs and membership benefits.

Visit our new and improved website: www.eastwoodcommunity.org.

Programs

This fall and winter, keep warm with Zumba classes.

Contact us to register.

The time for outdoor ice skating is approaching. Check our Facebook page to discover when the ice is ready!

Visit us during our **regular office hours** on Wednesdays from 4-6 pm.

Upcoming renovations

We're renovating Eastwood Community Centre! We've installed a water fountain in our sports centre and are bringing in stairs for our community centre. Come spring, we hope to gut the place, rewire the building, paint the walls, replace the floorboards, and refurbish the rooms. Let us know if you have experience in fundraising or construction.

Need a party space? Rent Eastwood Community Centre, starting at \$40/hr. Contact us for more details.

Help wanted

We are hiring a facility manager, responsible for weekly tasks including managing rentals, providing leadership in programming opportunities, and responding to inquiries. Email us your resume if interested.

Volunteer & Notices

Brought to you in partnership with NorwoodNeighbourhoodAssoc

AFFORDABLE ACCESS TO HAND & POWER TOOLS

If you're a do-it-yourselfer, enjoy making things, or want to connect with a community of builders, check out the Edmonton Tool Library: edmonton-toollibrary.ca.

RCP AGM

Nov. 30 at 7 pm | Alberta Avenue Community League (9210 118 Ave). We are seeking a volunteer coordinator, fundraising coordinator, and vice-chair. Email board@ratcreek.org by Nov 27.

UGLY HOLIDAY SWEATERS AT DEEP FREEZE VOLUNTEER DINNER

Nov. 14, 6-8 pm | Parkdale-Cromdale (11335 85 St). It's time for the ugly holiday sweaters to emerge! We'd love to see you wear yours at the volunteer dinner. Eat, listen to live music, and meet the team!

SHOES/BOOTS FOR CHARITY

Donate shoes or boots to Gino at Fast Shoe Repair and he will clean, polish and fix them for charity. 8652 118 Avenue, 780.477.2876

CASINO VOLUNTEERS NEEDED

Norwood School Parent Council Nov. 19 & 20. Email: norwoodEPSB@gmail.com. Alberta Avenue C.L. for Feb 2 & 3 at the Grand Villa Casino downtown. Sign up: secretary@albertaave.org or 780.477.2773.

COLLECTIVE KITCHENS AND MORE

Alberta Avenue C.L. is working on starting collective kitchens, cooking workshops, community dinners and more. Interested? info@albertaave.org or 780.477.2773.

EARN SOME EXTRA CASH IN WESTWOOD

The league is looking for a Westwood resident with a flexible schedule to assist with rentals at the hall. Email rental@westwoodcl.ca

BINGO VOLUNTEERS NEEDED

Help Eastwood Community League by working a bingo at Fort Road. Call 780.477.2354 or email ewcl@shaw.ca.

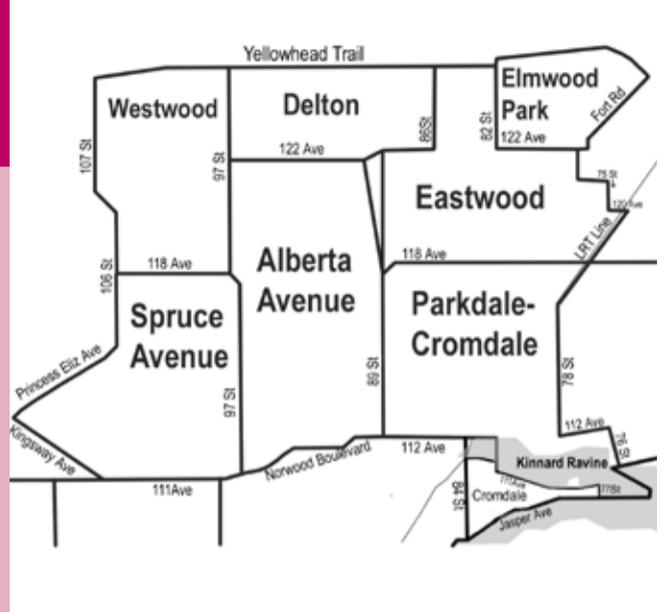
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780.479.1035
epcl@shawbiz.ca
elmwoodparkcommunity.org

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Movie Night

Friday, Dec. 15 at 7 pm
At the hall - 12139 105 Street

REMINDER: Spruce Avenue Neighborhood
Decorative Streetlight
EXPRESSION OF INTEREST
is due November 15, 2017. If you have
questions contact Sue @ [780-474-3086](tel:780-474-3086)

10240 115 Avenue
780.471.1932
spruceaveleague@shaw.ca
spruceavenuecommunity.com

Alberta Avenue Community League
Collective Kitchen
Sunday, November 19, 1-4 pm
Different stews + bannock
Limited Space.
info@albertaave.org or 780.477.2773

Expert advice to get ahead in your job hunt

Tips to make your resume and cover letter stand out

STEPHEN STRAND

Applying for jobs can be tedious, overwhelming, and draining, leaving people confused as to where to begin.

Mark Parsons, human services representative at MacEwan University, said, "The general rule of thumb is to make sure that your resume, cover letter, and any answers to pre-screening questions align with the job posting." For example, if the job posting is looking for five years of experience, but you only have three, don't apply.

When it comes to your resume, be creative.

"Never use a template. It's the easy way out taken by the bottom 50 per cent. Your resume will be like everyone else's," explained Parsons. He said the current

trend is to make your resume look more like an infographic. However, valuable information may get lost or misinterpreted, especially if the company uses computers rather than people to screen applications.

"Any application process that requires you to create a login will have computers screen and rank your application with how well it thinks you match the ideal candidate profile." This process can cause issues with information being misinterpreted. "You stand a much better chance of getting an interview if your resume is screened by a person." But you still need to be clear.

When Parsons looks over resumes, he spends 60 to 90 seconds scanning them.

"In this time, I will look at where you live, have you held

a role similar to the one where you are applying to, and do you have the education/credentials we require." He explained this will weed out about 90 per cent of applicants. Then, he will examine the shortlisted applicants' resumes and cover letters.

The best way of getting an interview is by matching the ideal candidate profile.

"This can't be stressed enough. Job postings will literally tell you what they are looking for and the further you are from that description, the lower your chances," Parsons explained.

When it comes to what's most important, education or experience, Parsons said, "Attitude, then experience, then education (but only in some cases). If you have an ego, I don't care if you invented Google: I'm not hiring you." After that, he sees if the

person has either done the same job elsewhere or has transferable skills.

Networking plays a huge role in finding employment.

"Make a good impression on the right person and you can skip multiple levels of the recruitment process," he said. When people change jobs, those contacts still remain valuable.

Nadine Riopel, founder of the We Hate Networking Club, explained networking is anything that builds a supportive, productive, and mutually beneficial web of connections. It can be done in many different ways, but is a lifelong activity. It doesn't simply start when you are beginning the job hunt.

Riopel cautions networking to find a job is not a replacement for being qualified, only complementary.

"If you know tons of people, but you're not qualified, they either won't give you a job in spite of your relationship, or they will give you a job and it will be very bad for your relationship when it becomes apparent you can't do it."

For further resume assistance, many free resources are available, such as ALIS Alberta, The Edmonton Mennonite Centre for Newcomers, and the City of Edmonton website.

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.



The best way to get an interview is to be as close to the ideal candidate as possible. | Pixabay



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Honouring family and Remembrance Day

My Father's Cello brings popular wartime poem to life

RUSTI LEHAY

One cello was destined to become a canvas when a 63-year-old musician with two cellos and an artist fresh out of high school regularly volunteered together at The Carrot. After all, Bernadette Alseth could not play both cellos simultaneously. During one of their conversations, Alseth asked the artist, Ariel Casapao Jr., to read John McCrae's poem, In Flanders Fields.

Some people question the lasting importance of the poem. Those questioners may not know that Nov. 11, while honouring veterans of all wars, is really about the First World War. It commemorates the armistice signed between

the Allies and Germany at Compiègne, France, for the cessation of hostilities on the Western Front. The armistice took effect on the 11th month, 11th day, 11th hour, and 11th minute of 1918.

Alseth's father was a Second World War signalman on Europe's front lines. Her mother served as a secretary for the Royal Canadian Air Force. Her parents met during treatment for tuberculosis at the Charles Camsell Hospital. Military parents led to Alseth being aware of the importance of Remembrance Day and "growing up very Canadian. November 11 was a big event in our home." That military background and the mindset of war vets may have also influenced the family credo, "You

just did things because they were the right thing to do."

When Alseth's father turned 70 and asked her if it was too late for him to learn to play the cello, she said, "Never!" He practiced diligently and in the five years he took lessons, they performed a duet together and enjoyed casual music sessions. Her father's cello was too special to just sit idle after his death. "It was a precious five years of sharing music and playing."

For Alseth, the cello represented the shared times with her father, the armed forces, and the importance of peace and honouring those who fought and died so we may enjoy a life without war.

When the idea evolved to use the cello as a canvas, Alseth's

only caveat was Casapao use the poem as a starting point. He welcomed the challenge to bring the poem to life in three dimensional art on the cello's front, back and sides. The solitary cross that appeared on the cello signalled it might be okay to rest for those in their graves who "shall not sleep, though poppies grow."

The first and second stanzas resonated with Casapao more than the final stanza.

He said, "The imagery of the poem inspired the artwork: the poppies, lark, sunset, and the cross, all composing an atmosphere of rest, of eventual beginning, of upcoming dawn." He said he felt the third stanza conveyed a very different emotion.

For Alseth, her dad's cello

would be the first thing she would run for in the event of house fire. Her cello would be the second.

"My Father's Cello with Casapao's artwork is now my most precious belonging," she said.

Alseth could not be more pleased with the artist, saying it was magic to see her father, his life, the importance of peace, and those shared memorable moments conjured up by Casapao's art.

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.



Artist Ariel Casapao Jr. (pictured) worked with Bernadette Alseth to create memorable art on her father's cello. | Rusti Leahy

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Enduring stories of challenges and triumphs

Champions of Alberta Avenue project released in November

On Nov. 4, Arts on the Ave (AOTA) is debuting Champions of Alberta Avenue, a project celebrating stories of immigrant business owners along 118 Avenue.

The event will be held at Parkdale-Cromdale Community League and is part of AOTA's Fall Pub Night Fundraiser. The project includes photography, a short film, and written profiles.

Continue to look here for condensed profiles of business owners, written by Shirley Serviss.

Popular Bakery: a true family business

It's difficult to separate work and home when they share a building, but when you sometimes don't finish work until 11 pm or midnight and are back at it at four in the morning, it's convenient, Olimpio and Maria Soares have found. The owners of Popular Bakery live above their shop at 9307 118 Avenue.

The couple were both born in Portugal, but came to Edmonton via Angola where Maria had lived with her parents since she was five and Olimpio had served in the military. A civil war drove them out of the country and back to Portugal for a few years, before they came to Canada in 1979. Neither spoke English at the time. They had two sons and took whatever work they could find.

Although he had always loved to bake and had owned a bakery in Angola with Maria and her father, Olimpio became a welder and worked in

Northern Alberta. He was still working as a welder when he and Maria opened their bakery where The Carrot is now in 1996. Maria and their sons Paul and Carlos ran the bakery during the week, with Olimpio helping on the weekends. They spent 10 years there, then bought land on the corner of 93 Street and built the bakery.

"We started here one week before Christmas and had no power and no phone," Maria said. "We had cords running from our old location for the phone and Y and T Trading Company provided us with power, because we wanted to be open for Christmas. It was the busiest day we ever had, but we did it!"

Olimpio retired from welding and makes the custard tarts, pastries, and desserts. "I love very much my work because I like to see the people who come to the bakery appreciate the breads and pastries," he said. Popular Bakery also serves meals, with homemade soup and barbecued chicken being favourites.

Their sons have taken over baking bread and will eventually take over the business. "We have one family working together, my wife, my kids," Olimpio said proudly. "They will continue the business; it will be the future for them."

Paraiso Tropical brings Latin America to Edmonton

Colourful piñatas hang from the ceiling of this small family business at 9136 118 Avenue that is chock-full of traditional Latin American food products. The shop is the product of the

hard work of Jesus and Alba Gonzalez, refugees from the civil war in El Salvador. Jesus, Alba, and their three children came to Edmonton in 1986, adding twins to their family that same year.

"Life was very hard at first, especially when you don't know the language," Jesus admitted. He and Alba were working at janitorial and other service-industry jobs when they took the risk in 1991 to open a market that would supply the Latin American products.

"It was a good decision," he said. Another good decision was handing over the business administration to their youngest son, Jesus Jr., in 2009. Under his management, Paraiso Tropical Latin Food Market has expanded to a second location on the south side.

Although both he and Alba are still involved in the business, they are now able to return to El Salvador during winters. "I share my heart," Jesus Sr. says. "I'm part of Canada, part of El Salvador—half and half."

Along with his siblings, Jesus Jr. grew up with the store and hated coming to it. "It was very demanding on our family," he said, explaining he came to appreciate his parent's efforts. "As I got older, I realized where all that hard work got us." Jesus realized he wanted to be more involved. "I like feeling I'm contributing by providing food items that people can't get in Edmonton and working collaboratively with the other businesses to make 118 Avenue a better environment."

Although the south side store

is larger, the original location is the busiest and the customer base is varied. Both father and son said they enjoy being able to provide foods others have discovered on their travels and to share their culture with others.

Passion de France adds to the diversity of the Avenue

When Melanie Dovale came here with her husband in 2010 from Montreal, she found chain stores, not the small, independent businesses she was used to. So she decided to open one of her own.

"I missed the little shops with their own signature and always wanted to own a shop," she said. It took a few years, but she opened Passion de France in 2014 just off 118 Avenue at 11812 86 Street, across from Eastwood Park. Customers are welcomed to the little French bakery with outdoor tables shaded by umbrellas and appealing flower boxes. The inside is equally inviting with antique chairs and European artwork.

Dovale is the daughter of Portuguese immigrants, but said she has never been very interested in Portuguese food. Nor has she any formal training in the culinary arts, but loves reading recipe books and watching cooking shows and videos on YouTube. "French pastries offer lots of room for creativity," she said. "There are so many types of crèmes and sponges."

She is Muslim, so everything they make at the bakery is halal. "I adapt the recipes so that there is no alcohol or pork," she

said. "We also have many vegetarian options available." She uses fresh, natural ingredients with no preservatives, offering soups, crepes, quiches, and pastries. She also offers catering.

Dovale has her masters in counseling, so is a good listener if her customers want to start a conversation. "They get a two for one," she said, "therapy and French cuisine!"

She chose the area because it is multicultural and had the small community feeling she was missing. "If you want to discover a new taste, come to the Avenue," she said. She appreciates the many activities and festivals the area offers and the way people get involved in the community.

Although running her own business is exhausting, she finds it rewarding to create something that people like.

AOTA FALL PUB NIGHT FUNDRAISER: DEBUT FOR CHAMPIONS OF AB AVE

Nov. 4, Parkdale-Cromdale Community League (11335 85 St) Entertainment, art, music, food, & prizes. Doors open: 7:30 pm Individual tickets: \$75 + GST

Limited tickets. Buy tickets at The Carrot or on Eventbrite.



Jesus Jr. (left) has taken over the administration of Paraiso Tropical and Jesus Gonzalez Sr. started the business over 25 years ago. |Kaye Ly



When Olimpio and Maria Soares came to Canada, neither spoke English. | Laurice Block



Everything at Passion de France is made with fresh, natural ingredients. An employee of the store is pictured in the photo. | Bruce Patterson

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Tel: 613-992-4524
Fax: 613-943-0044

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WHAT'S ON IN NOVEMBER

JAZZ JAMS: FEATURING THE BRENDAN MCGRATH QUARTET

Nov. 2, 7-9:30 pm | The Carrot Coffeehouse (9351 118 Ave). Begin with a 45 min set from The Brendan McGrath Quartet. Performance followed by an inclusive jam session. \$5 cover.

OTA FALL PUB NIGHT FUNDRAISER: DEBUT FOR CHAMPIONS OF AB AVE

Nov. 4, 7:30 pm. | Parkdale-Cromdale (11335 85 St). Enjoy pub grub, craft beer, prizes, and music like The John Welsh Band. Featuring a Champions of Alberta Avenue panel and gallery. Limited tickets available (\$75 + GST; eligible for \$30 charitable receipt). VIP tables avail. Buy tickets at The Carrot Coffeehouse.

COFFEE WITH COPS

Nov. 7, 10-11 am | The Carrot Coffeehouse (9351 118 Ave). Join a roundtable conversation with EPS.

CARROT CHRISTMAS ARTS BAZAAR

Nov. 17-18 | The Carrot Coffeehouse (9351 118 Ave). Nov. 17, 5-9 pm and Nov. 18, 9 am-4 pm. Be distinctive,

buy original, support local! Local artisans will help you find gifts for "hard to shop for" loved ones.

EDMONTON POTTERS GUILD SALE

Nov. 18, 10am - 3 pm | Alberta Avenue (9210 118 Ave). Loads of amazing pottery and great deals.



MEDICAL MARIJUANA FORUM

Nov. 20, 1-4 pm | 11113 113 St. Speakers include physicians, medical marijuana users, law enforcement officers, licensed marijuana producers, and others. Register for this free senior-oriented event: 780.496.7369.

HIP HOP SHOWCASE

Nov. 22, 7 pm | The Carrot Coffeehouse (9351 118 Ave) |

Pay what you can.

Hip hop duo Locution Revolution hosts the evening at The Carrot! Get connected to the local hip hop community. Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word performers, and poets. Rated PG.

RED SPARROW ANNUAL OPEN HOUSE & SALE

Nov. 25, 10 am - 6 pm. Nov. 26, 12 - 5 pm. | 11209 65 St



RCP AGM

Nov. 30, 7 pm | Alberta Avenue Community League (9210 118 Ave)

ENTERTAINMENT

5 PIN BOWLING

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

KARAOKE

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

LIVE MUSIC

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

OPEN MIC

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

PRO WRESTLING

First Saturday of the month. | Alberta Avenue. Tickets: \$20. More: monsterprowrestling.com.

SAVE THE DATE

YULE AVE

Dec. 16, afternoon & evening. | Alberta Avenue.

DEEP FREEZE

Jan. 13-14, 2018. | 118 Avenue between 90 & 94 Streets

FREE COMMUNITY PROGRAMS

Brought to you in partnership with NorwoodNeighbourhoodAssociation.ca

ESL & LANGUAGE

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

ESL ENGLISH LESSONS
Thursdays from 11:30 am to 1:30 pm at Parkdale-Cromdale. Returning in September.

ALL-AGES SPANISH LESSONS
Free every Monday from 6-7:30 pm at Parkdale hall.

GLOBAL VOICES CHOIR
An informal way to practice English. No experience with singing or English is required. Light lunch is provided. Thursdays noon - 1 pm at Mennonite Centre. No program in August. More: Suzanne 780.423.9682.

ENGLISH CONVERSATION CIRCLE
Fridays, 10:30-12 pm 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 780.423.9522 or info@emcn.ab.ca

FOOD & SUPPORT

COFFEE WITH COPS
First Tuesday of each month from 10-11 am at The Carrot.

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 3:30-6:30 pm. Sat: serving 8:30-9:30 am; open 8-10 am. Meals start Oct.6. More: 780.477.5931.

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget. St. Faith/St. Stephen: Cost: \$3. Second Tuesday: 1-3:30 pm. Trish 780.464.5444. Third Wednesday, 5:30-8 pm. Amanda: 587.930.8238. Call ahead. Parkdale Hall: Last Sunday of the month. Check parkdalecromdale.org for details.

PARENTS & PRE-SCHOOLERS

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

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

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

PARENTING & LITERACY
English classes, free childcare, parent-child activities, parenting support. Tuesday and Thursday, 9:30 - 12 pm from Sept 19 to Dec 7 at Norwood Centre. Register 780.471.3737.

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

BABY LAPTIME
Stories, songs, books, rhymes, finger play for baby 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.

CHILDREN

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

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

YOUTH

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

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

GLOBAL GIRLS
Build new relationships, develop a sense of self-confidence and identify pathways to be able to achieve your goals. Every other Thursday, 3:15 - 5:30 pm at the Mennonite Centre. Register: 780.423.9691.

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

ADULTS

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

COFFEE FRIENDSHIP CLUB
Wednesdays, 1-2 pm. | The Carrot Coffeehouse (9351 118 Ave). Have coffee with individuals who are single, divorced, or widowed and looking to meet new people in Delton, Eastwood, Parkdale-Cromdale, Westwood, Spruce Ave, and Ab Ave.

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

SENIORS

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

SENIORS BREAKFAST & SOCIAL (55+)
Join us for breakfast, visit, play cards, or

billiards. Wednesdays 11:30 am - 12:45 pm (10:30-11:45 am during the summer) at Crystal Kids.

FAMILIES

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.

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

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

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

FREE COMMUNITY REC ACCESS
During the Commonwealth pool closure, Alberta Avenue League members can access the Clareview Rec Centre on Saturdays, 6-8 pm. Access returns to Commonwealth after Dec. 14.

LOCATIONS

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



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CHURCH SERVICES

ANGLICAN PARISHES ON ALBERTA AVE
 ST. FAITH AND ST. STEPHEN

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 11725 93 Street

St. Stephen: 780.422.3240
Sunday Worship:
 8:30 am - Low Mass
 9:00 am - Morning Prayer
 9:30 am - High Mass
 7:00 pm - Evensong

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 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

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

NORWOOD WESLEYAN CHURCH

Connecting communities in a meaningful way
 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

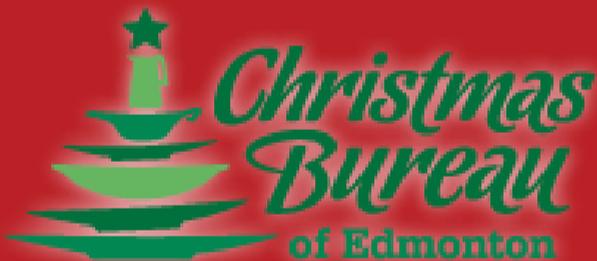
ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
 780-477-8677

Service Times:
 Sundays at 11 am
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Help this holiday season!

The Christmas Bureau of Edmonton helps families, seniors and singles at Christmas, providing festive food hampers, toys for children 12 and under, and gift cards for teens age 13-17. If you need help at Christmas, call our intake line at 780.414.7695 after Nov.1.



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