



RAT CREEK PRESS

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Group wants safer neighbourhoods

NODD Squad seeks to create community where chaos reigns



The newly-formed NODD Squad seeks proactive, peaceful, and lawful solutions to problem properties. | Rebecca Lippiatt

TEKLA LUCHENSKI

Spruce Avenue residents dealing with a problem property have formed a group called Neighbours Opposing Disorder and Dysfunction—a.k.a. NODD Squad.

The group discusses proactive, peaceful, lawful solutions. Anthony, a Spruce Avenue resident, is a founding member. He said, “We want to keep vigilant. We’re not paramilitary. We are not being pushed out by drugs and prostitutes. We want people to know we are a community.”

The location of the property is unidentified because residents have reported death threats in response to their actions. The house has at least two suites and residents allege it’s a hub of criminal behaviour, including drug trafficking and prostitution. People who frequent the house are loud and violent.

Anthony observed that one window on the ground level operates “like a Dairy Queen—[but with] cash in, drugs out.” He alleges that prostitutes use the second-floor

suite to earn drug money, which they spend at the main floor suite. Fights break out regularly.

Dysfunctional behaviour spills over to nearby properties. Individuals cut through yards, where they also inject drugs. They discard spent needles and condoms. They collapse, unconscious, on neighbouring property. They urinate and defecate outside. Anthony said, “Who is going to clean that up?”

Until recently, individual residents called the police and the city regularly. Numerous complaints have sparked an ongoing police investigation. Recently a tactical team raided the house, leaving it temporarily vacant. Christine, a longtime resident of the neighbourhood, said no one is sure what is happening with the investigation, but they expect “things will start up again soon.”

Anthony said, “We’re losing something. I’m a prisoner in my own home.” Christine agreed: “There is a quiet good that goes on in Spruce Ave. We want to see if we can take a rag-tag group of people

and become a proactive group that knows each other better. We want to build on what makes Spruce Ave unique—what makes people stay.”

NODD meetings are informative and members host people with resources to educate and advise. Councillor Bev Esslinger has provided information about the location and status of problem properties. The group is investigating funding. Christine, who chairs NODD meetings, pointed out that “there is another side to the problem house situation. There are victims there—prostitutes and drug users.” She would like NODD to collaborate with social workers to help victims. She admitted, “not all NODD members are accepting the ‘victim’ point of view”, but said that all are united in creating “a positive force for neighbourhood good.”

Anthony suggested that the problems addressed by the 118 Ave revitalization simply moved to nearby areas. He wants involvement to spread city-wide. “It’s a city issue. We don’t want the problem to move somewhere else. We want to

deal with the problem itself.”

For now, members continue to liaise with police, and to focus on bylaw enforcement. They support each other in anonymously reporting bylaw violations, such as unsightly property, broken eaves-troughs and fascia, and failure to clear snow. They hope to make it less worthwhile for people to exploit property and vulnerable individuals.

New members are invited from all neighbourhoods.

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

NODD SQUAD
Thursday, Nov. 29
6-8:30 pm
Spruceavecommunity@gmail.com (email for information and meeting location)

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Green Onion Cake Man opens on Alberta Ave

Siu To has made a career of the delicious yet simple food

STEPHEN STRAND

Siu To is known as the Green Onion Cake Man. Like his moniker implies, he specializes in making green onion cakes and has become a bit of a legend throughout the city. But when he began his career, he did not set out to be known for his green onion cakes.

In 1978, at the age of 34, he moved to Edmonton from Hong Kong at the urging of his brother. "I have two kids. Immediately I was thinking about where is the best place to educate my kids," To explained. "Me and my wife took a look and we loved this city." So, they stayed.

He needed a job. "You are also looking for an opportunity. At that time, I was looking around, and there's no Chinese restaurant food that satisfies me," To said. "I was kind of a foodie in Hong Kong, too. I like to eat different things. So, I think, hmm..that would be nice. There looks like I have an opportunity. So we opened a

restaurant."

In 1979, To and his wife opened Happy Garden in Parkallen. The restaurant featured green onion cakes as an appetizer. "We had dumplings, we had spring rolls, those kinds of things. But, the green onion cake was the first appetizer," he said. Without any formal training, he made and served food that he wanted to eat, figuring that if he liked it, others would too. "That's why I started Happy Garden. It's my own recipe, my own food."

In the 1980s, To opened a couple of Mongolian-style barbecue restaurants downtown. At the time, Edmonton was becoming a festival city. "All the celebrations, they have a concessions area. So [the organizers] invited us to join the festivals," To said. He and his wife brought many items to serve, but the most popular item was the green onion cakes.

To said there are two reasons why his green onion cakes stand out.

"When [other cooks] make

the green onion cake, they are not thinking simplicity. They are thinking that I am doing something in the green onion cake to make it so tasty. They think about it in a complicated way. They overthink it," To explained. The green onion cakes are also fresh. "[Cooks] have a kitchen habit. Before going into the lunch hour, dinner hour, the cook will be thinking about what to do if there is a rush." Cooks prepare more food ahead of time. To's cakes are made fresh when ordered.

Due to financial issues, To and his wife had to move out of their dream home and into a rental. In the early 1990s, they stumbled upon a pleasant surprise in Alberta Avenue. "One day I look at the classified advertising. There are some houses, at that time, that are under \$30,000." Although his wife was skeptical, he convinced her to go take a look. "I said the proof is the best way. Let's go there at midnight. Let's go there in the bright morning. Let's go

at lunch hour. See how it feels. Walk through the neighbourhood. Talk to the people."

They have been in the neighbourhood ever since.

For years, To sold his cakes at farmers markets. Due to publicity, media support, and interest in how he makes his cakes, he thought there must be a bigger demand for them.

On Sept. 15, during the Kaleido Family Arts Festival, he opened the Green Onion Cake Man. On top of green onion cakes, they serve hot and sour soup, spring rolls, samosa rolls, and chai tea. In the future, they plan to sell Siberian perogies, which are filled with meat and sauerkraut.

With his green onion cakes known throughout the city, why did he choose to open shop on 118 Ave?

"I want to have a restaurant very close to the neighbourhood. I tell myself, 'If I am not successful to draw the neighbourhood into my restaurant, I do not call myself a success. If I go to South Common, or some-

thing, that would be for the whole Edmonton market kind of thing. But if we are working in this area, we have to have the neighbourhood support. If the neighbourhood does not support [us], then this business is not needed.'"

Seeing how busy the restaurant is, it appears he has the neighbourhood's support.

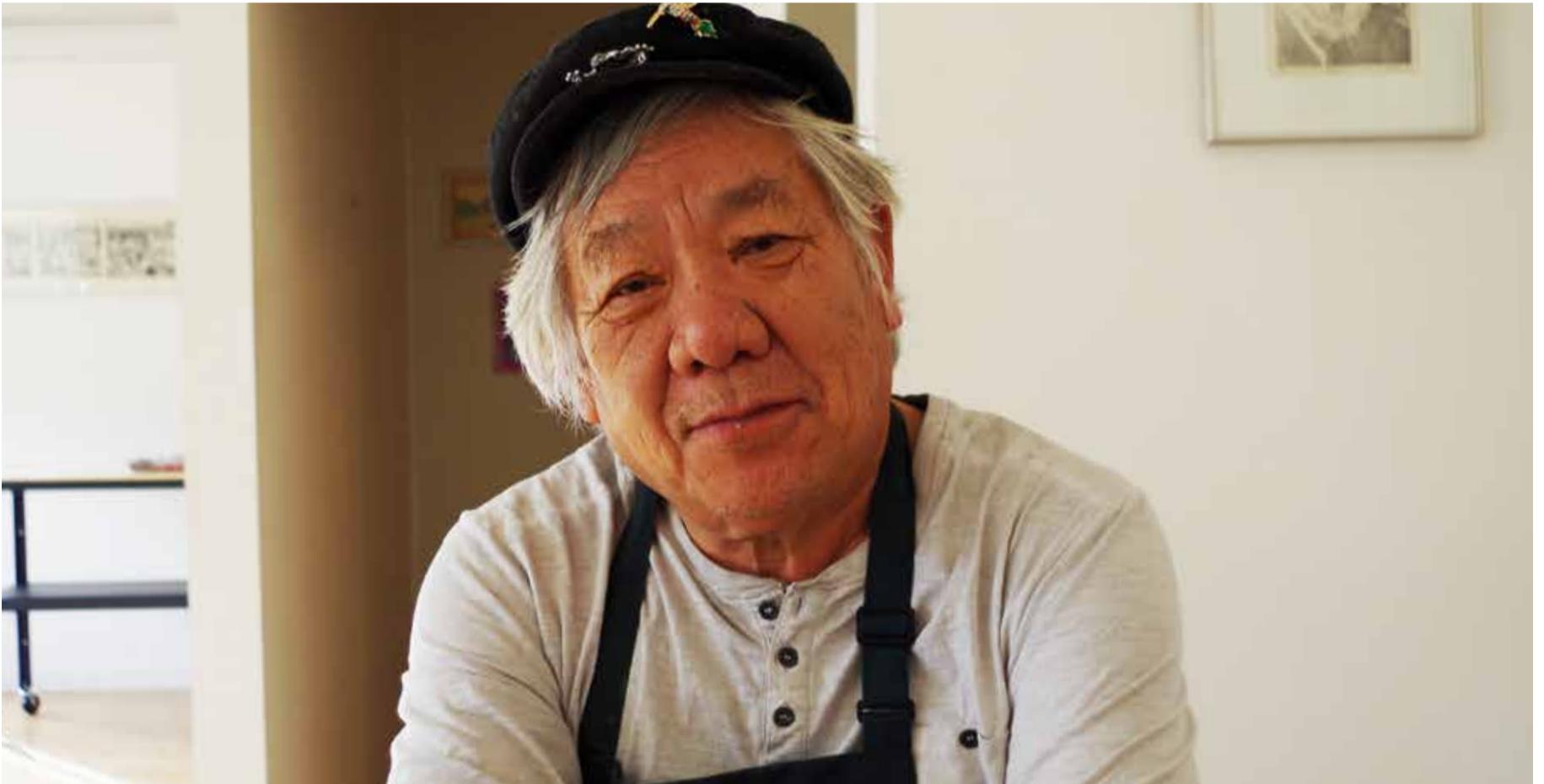
And Edmontonians can rest easy; he has no plans to change the recipe.

"Green onion cake itself is satisfying the people. You don't need anything to add to it. It's a favourite."

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.

GREEN ONION CAKE MAN

9132 118 Ave
11 am to 7 pm, Tues-Sat
Closed Sun & Mon



Siu To at his new restaurant on Alberta Avenue. | Stephen Strand

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

ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. 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.

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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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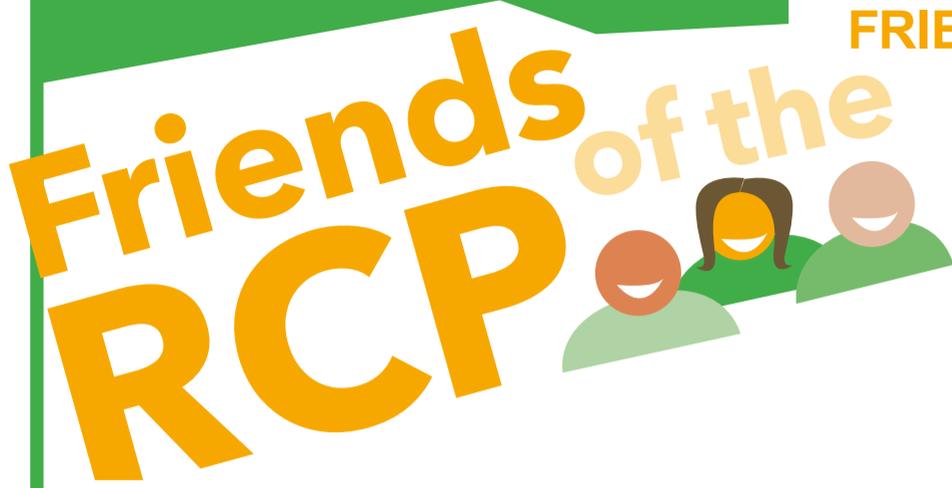
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DELIVERY

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



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OPPORTUNITIES ABOUND WITH THE RCP

Join the board, a committee, or apply for one of our volunteer assignments

The Rat Creek Press Association is recruiting new board members to join our dedicated team! We are seeking a Vice Chair/Chair and new committee members. 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 about an hour on a weeknight (usually 7:30-8:30 pm at the Alberta Avenue Community League, but sometimes other locations.)
- Committee members possibly meet one additional time per 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

Fund Development Chair: You lead the committee that organizes our biennial casino and look for new opportunities for revenue through advertising or other means.

Vice Chair/Chair: You are training to become the next Chair and will be mentored by our current Chair. This is a great opportunity to gain leadership experience.

Interested in joining our board? Let us know! You can email board@ratcreek.org to express your interest or ask any questions. Otherwise, join us at our Annual General Meeting on Wednesday, Nov. 21 at 7 pm at Parkdale-Cromdale Hall

(11335 85 St).

If being on a board doesn't interest you, check out one of the many other opportunities available. We are looking for neighbourhood-wide representation on our editorial committee as well as neighbourhood ambassadors, photographers, and contributors.

Join our volunteer community, apply for a specific assignment, or complete our membership form at timecounts.org/rat-creek-press.

JOIN US

RCP MINGLE & AGM

Nov. 21, 2018 · 7:00 PM
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11335 85 St

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Cannabis shops quickly sold out of products

Demand for legalized marijuana had stores open till midnight

STEVEN TOWNSEND

During the 2015 election run, the Liberals promised Canadians that they would legalize cannabis if elected. On Oct. 17, they made the drug legal across the country. This made Canada only the second country in the world to have a legal, taxed, and heavily regulated cannabis marketplace.

The Alberta government's website (albertacannabis.org) was the first legal place to offer cannabis in the province, opening at 12:01 am on Oct. 17. So many people checked out the site and placed orders that the website crashed briefly and it did not take long for the

website to run out of the more popular products.

Long lines and celebrations were found at brick and mortar cannabis shops across the city as they opened on legalization day. Those lines continued from open to close for two days before many of the stores ran out of products.

It was a similar scene over at NUMO Cannabis located at 11733 95 Street.

Ryan Seeras, one of the partners at NUMO Cannabis, said, "On opening day we had a lineup all the way from 10 am to midnight." They were originally only going to stay open till 10 pm, but the demand was so high they stayed open till

midnight. "At 10 pm we started cutting people off and had to apologize. If we had not done it, we would not have been able to close."

Seeras added, "We started to run out of the high potency strains on the very first day. By 2 pm the very next day, we were pretty much sold out."

Seeras said that the staff at the store are very knowledgeable and ready to educate patrons on their products.

Although you can get pre-rolled joints, dry buds, and oils, edibles are still missing. Edibles are still not legal in Canada because governments are determining how to best regulate them. There are fears that edi-

bles are too appealing to children. The appeal to children is a bit of a double standard when you think about the fact that we sell bubble gum-flavoured vodka and Pop Shoppe coolers. But people can always buy cannabis oils and, with the help of some online cookbooks, just make their own for the time being.

An important thing to remember is just because cannabis is legal does not mean it is a free-for-all. On top of federal regulations, municipal jurisdictions have come up with their own rules to govern the use of cannabis products. Edmonton's Can(nabis) and Can't(abis) campaign is the City's way of

getting the new rules out in a fun way to the community.

It looks like we will not be having any cannabis cafes anytime soon. It does, however, seem that public consumption will be allowed in certain places. Just remember that we all share the air, so respect the rules and the people around you. Do not smoke cannabis within 10 meters of any door, window, or intake vent. Do not smoke in parks, around playgrounds, or around schools. And never smoke cannabis and drive.

Steven is an Edmonton native, community organizer and small business owner. His twitter handle is @grimacstv.



Cannabis stores, like NUMO Cannabis, sold out of products shortly after opening. | Steven Townsend

New event focuses on the FUN of failure

Lessons learned from failure are important for future success

CONSTANCE BRISSENDEN

Few people think that failure is fun. That's where Virginia Potkins and Amanda Nielsen come in, to prove them wrong.

The duo are producing two innovative events, aptly called FuckUp Nights, or FUN, at The Aviary. Held Nov. 20 and Dec. 12, Potkins and Nielsen hope to entertain their audience with stories of failure.

The three to four speakers featured at each event did fail hard. But they learned from their failures, and moved on to accomplish their goals.

Entrepreneur Christie Mawer has signed on to speak on Nov. 20. Mawer explained she's started six businesses since her 20s, but they all "died a slow death." She went on to say, "Passion isn't enough, desire isn't enough, personality isn't enough." Mawer said she is still figuring it out. "Every effort brings valuable experience. Knowing when to stop is as important as trying."

Each speaker will be fol-

lowed by a question-and-answer period. Between speakers, the audience will mingle over

Christmas Market at the league hall on Nov. 24.

Potkins learned about FUN

Twitter, and Instagram."

Nielsen and her fiancé Dr. William Chin opened Norwood

talking about failure. When something went wrong at the dental clinic, it sucked. Looking back, I can say, 'Okay, failure was tough. However, I learned to dodge future mistakes because I went through it.'

FUN events are a chance to network and meet new people.

"You don't have to feel alone about your failures. Share some of your life scenarios, whether in business or in relationships. Seeing the positive outcomes, you will feel less isolated about your own failures," said Potkins.

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



Virginia Potkins and Amanda Nielsen welcome you to The Aviary on Nov. 20 for a unique FUN night about failure. | Constance Brissenden

drinks from The Aviary bar.

"We learn more from sharing our failures than we do our successes," said Potkins. A true entrepreneur, she has walked dogs, made and sold perogies, and runs the Alberta Avenue community kitchen. She is the new vice president of the Alberta Avenue Community League (AACL). She's also coordinating the Alberta Avenue

in a Facebook ad from Toronto, where the first event was held. Intrigued, she called the organizers to learn more. Soon after, she was given the go-ahead to introduce FUN nights in Edmonton.

Said Potkins, "I find it refreshing to talk about real life events versus the one-sided, always-perfect image of life as presented on Facebook,

Dental Centre this spring. As the co-owner and clinic manager, she said running the new business had a steep learning curve.

Along the way, Nielsen found humour and comfort in sharing her business ups and downs with Potkins.

"We met through neighbourhood activities," Nielsen recalled. "Virginia and I got

FUN

Nov. 20 and Dec. 12
Doors open at 7:30 pm;
event starts at 8 pm.
The Aviary (9314 111 Ave)
For information on tickets
(\$20), email teamfunyeg@gmail.com.

Edmonton youth are joining a new 4-H club

Northlands is now offering this long-running program

MARI SASANO

Kimberly Sekura-Zagar grew up on a farm, and like so many other rural Albertans, was involved in her local 4-H club, later serving as an assistant leader. When she started working for Northlands three years ago, one of her goals was to start a club here in Edmonton.

"It's something I'm passionate about. We started last fall, and we've had one successful year under our belt, and we're doing it again," she said.

4-H stands for head, heart, health, and hands. Their pledge reads:

"My **head** to clearer thinking,
My **heart** to greater loyalty,
My **hands** to larger service,
And my **health** to better living,
For my club, my community,
and my country."

4-H originated in 1917 as

an agricultural club, and since then the program has expanded to over 80 different projects for youth aged 9 to 20 years as of Dec. 31.

"They're not learning the actual act of farming, but because they'll have opportunities to meet other 4-H kids they'll be able to learn by osmosis," said Sekura-Zagar. "And because 4-H is run by the Department of Agriculture in the province, you'll have an agricultural focus even if it's not directly related to their project. Our kids last year went to Farm Fair."

The Edmonton club meets at the Alberta Avenue Community Hall as well as other locations, depending on the projects.

"4-H instils future leadership skills, business skills, communication skills," said Sekura-Zagar. "They form their own executive—a president, treasurer, and so on—they manage their

own books to keep track of costs, they learn about making motions and voting and agendas and minutes. They have to do a community service activity so they learn about that. And public speaking is a huge part of it; kids have to do a speech or presentation every year."

Younger kids can also join. "We also have a peewee program for [children] six to eight years old. It's called Cleaver Kids, named after Cleaver the Beaver, the 4-H mascot. They don't have as many obligations, like attending business meetings. But it gives them a chance to tag along and learn, and by the time they're nine, they know what it's about."

The activities are meant to instil confidence through organizing and carrying through with different projects.

"Last year we did a project called Exploring 4-H, and it

gave the kids a mini project each month throughout the year to give them a taste of what we can do. This year, we have so many returning members, they wanted to do a different project all year instead of little ones. They have the option of doing archery, foods, photography, and possibly rabbits. They can do more than one project if they like, but they have those options."

At the end of the year, they hold an event called Achievement Day, and that's where they showcase their skills and show what they've learned and achieved that year. The season has already started, but new participants can sign up by the beginning of November, or wait until next year. The benefits can be long-term and life-changing.

"The opportunities that 4-H offer—they have summer

exchanges, scholarships, that sort of thing. Every year in university, I got a 4-H scholarship and I was able to travel to the national 4-H convention in Toronto."

Sekura-Zagar speaks with pride about last year's 4-H members.

"I saw these kids over the year, how much more confident they were—they all jump up at the meetings and know how to make a motion now, and they are more comfortable with public speaking. They just grew so much."

You can find info at northlands.com/agriculture/youth-clubs/northlands-4-h-club/ or contact Kimberly Sekura-Zagar at 780.720.7806.

Mari is a writer and civil servant.



Each year, the 4-H club ends with an Achievement Day. | Supplied



Northlands' 4-H Club sometimes meets at Alberta Avenue Community League. | Supplied

Christmas market to showcase local artisans

Homegrown creations coming to Alberta Avenue

KATE WILSON

There's something about Christmas that kindles thoughts of homegrown festivities and local crafts.

Fortunately for residents of communities along 118 Avenue, a group of friends have followed through, and the neighbourhood can look forward to a truly local Christmas market this November.

The friends, members of the 118 Ladies' Night Out Facebook group, were on a retreat in August. They were considering restarting the Alberta Avenue farmers market.

"We were talking about things we could do to bring more events to the community. And we thought, we should have a kind of farmers market. I know they used to have one a few years ago," explained Virginia Potkins, the event organizer,

community resident, and group member.

"There's been so much change in this neighbourhood in the last decade or so. We thought, let's give it a try. Start up a small Christmas market and see what the response is."

Thursday farmers markets were a feature of Alberta Avenue Community Centre until about seven years ago. As for Christmas-based venues, they've included Just One World: An Ethical Global Marketplace and the potters' show and sale, as well as the arts bazaar at The Carrot Coffeehouse. But the women wanted to offer a venue that solely showcases locally-made handicrafts.

"It's open to any local artisans who can either make it, bake it, or create it," emphasized Potkins. "There won't be any vendors selling [commercial] products. It will all be hand-made here in Edmonton."

Specifically, vendors for the Christmas market are being invited from within Alberta Avenue, but Potkins hopes to open it up to neighbouring communities.

"Artisans of Alberta Avenue will have the first choice. We'll then open it up to the wider community," she said.

So far there's been strong interest from jewelers, a maker of home décor signs, and a catering company, among others.

"We'll also have art, paintings. And a dress maker is interested," said Potkins.

She's been contacting buskers to provide entertainment, and plans on inviting a special guest with a red suit. Visitors will be able to buy snacks at a concession put on by the Alberta Avenue Community League, with funds from that and the coat check going to community league programming.

Admission is free, but

Potkins said they encourage people to bring a food item for Edmonton's Food Bank as an entry donation.

She's been living in Alberta Avenue for a year and a half, having lived in Edmonton for 32 years in several communities. She said the sense of community and artistic vitality in her new neighbourhood has been a big incentive behind the Christmas market.

"I'm looking forward to seeing what shows up. There is so much talent out there," she said, noting the Alberta Avenue Christmas Market will cater to everyone of every age.

"We'll have a little something for everybody."

Interested vendors from Alberta Avenue and surrounding communities should get in touch with organizers by Nov. 9.

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.

ALBERTA AVENUE CHRISTMAS MARKET

Nov 24, 1-4 pm
Alberta Ave Community Centre, 9210 118 Ave
Free admission, but donation of food bank item is encouraged.
Interested vendors are welcome to email specialeventsbyginamiller@gmail.com or phone 780.668.1200. The cost of a booth space is \$25.

OPINION

Remember the past to protect our future

Opposing fascism and hate groups is necessary to stop toxic ideology

ADAM MILLIE

It has been 73 years since the end of the Second World War, a war in which both of my grandfathers volunteered to fight the spread of fascism throughout the world. These men knew they had to stand up to evil in the world and volunteered to lay down their lives for the good of the world and the benefit of the future. They fought to protect us from the rise of fascism, and to bring down the terrifying horrors of Nazism and the German war machine.

Today, we are once again seeing the rise of fascism throughout the world. This is apparent in the election of Donald Trump, in the rise of Marine Le Pen in France, and in the influence of Nigel Farage and the British National Party in the Brexit vote. In conservative movements across the globe, the politics of scapegoating, hatred, and ethnic nationalism are replacing the values of small government, individual freedom, and personal responsibility.

It has become incumbent on the entire political establishment to fight this menace before it corrodes our democracy. We cannot risk the loss of the peace, order, and good government that we as Canadians enjoy, and we cannot allow the sacrifices of our forefathers in the gruesome horrors of war to be forgotten.

Recently, we have seen Jason Kenney and the United Conservative Party denounce far-right groups after they attended party functions. Nomination candidate Lance Coulter was disqualified after defending the group's attendance and withholding information to the party. In the disqualification letter addressed to Coulter, United Conservative Party executive director Janice Harrington wrote, "(We) strongly disagree with your seemingly sympathetic assessment of Soldiers of Odin and are frankly disturbed with your cavalier attitude taken to a hate group attending a United Conservative Party (UCP) event."

Alt-right extremist groups, such as the now disband-

ed Edmonton branch of the Soldiers of Odin and the Proud Boys have appropriated and invaded the politics of the right. They're an angry mob of young men, self-radicalized on Internet sites, and organized against the traditions and best interests of the mainstream Canadian political establishment.

Groups like the Soldiers of Odin were known to patrol streets, deface local businesses, and create a false narrative of "protection". On Sept. 11, the group held a candlelight vigil called "Infidels against Islam" outside Commonwealth Stadium, not a city-approved event. The group was founded in Finland. The Edmonton chapter has said they don't share the same views as the Finland group and has denied being racist or neo-Nazi.

When I consider what my grandfathers were prepared to do to stop the spread of toxic, dangerous, and violent ideology, and think of what they risked so that we could all be free, it is the least I can do to oppose these groups. Especially since, in my opinion, the

Edmonton Police Service isn't doing enough to stop them.

There is no corner of this community where hate groups can be allowed to feel safe. They must be confronted and compelled to leave. This work is dangerous, risky, and challenging, but we must be brave in the face of these degenerates, remembering what our forefathers sacrificed so that we could be free. This community will do everything within our power to stop these street thugs, and we will defend our institutions, neighbours, and public spaces with every resource at our disposal.

These shameless individuals do not take responsibility for their own actions, and blame their failure and ineptitude on powers beyond their control. Scapegoating your neighbour is an easy explanation, devoid of self-examination, personal responsibility, or character integrity.

As General Dwight D. Eisenhower, the 34th president of the United States said, "The search for a scapegoat is the easiest of all hunting expeditions."

These are weak, fragile men

who would rather blame someone else than take responsibility for their own failed lives.

I would encourage everyone of every colour, creed, occupation, and political affiliation to confront fascism wherever they encounter it. Each and every one of us, in our own way, must summon our bravery and confront people spouting fascist ideology and tell them it is unwelcome and unacceptable and that they cannot be allowed to patrol our community with impunity.

Governments around the world are being influenced by fascist ideologies, and every Canadian citizen is responsible to ensure it doesn't infiltrate ours. The incredible sacrifices of our forefathers at war must not be forgotten, and we must remain eternally vigilant to ensure that the beast they conquered so long ago does not rise again.

We must never forget.

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



A Soldiers of Odin sign on the McDonald's on 112 Avenue and 82 Street. | Adam Millie



Both of Adam Millie's grandfathers fought in the Second World War. | Adam Millie



Jason Kenney and the UCP have denounced far-right groups. | Supplied

All eyes on Spruce Ave's infill design

Design competition will feature medium-density housing

CONSTANCE BRISSENDEN

Inside Spruce Ave Community League hall, more than 20 residents worked hard with City of Edmonton staff to determine the future of their much-loved neighbourhood.

Spruce Avenue became the focus of attention after the City reviewed some 2,000 sites in its land inventory looking for the best option for development of infill housing. Five conjoined lots at the northeast corner of 112 Avenue and 106 Street in the Spruce Avenue neighbourhood were chosen and are now the focus of the City's 2018-2019 "Missing Middle" Infill Design Competition.

The object of the competition is to determine what to do with these lots. The result will be medium-density housing, but what will it look like? How will it fit into and enhance the neighbourhood?

The last infill design competition in 2016 featured a hypo-

thetical site. More than 100 submissions were received.

After such a strong response, the City decided to take the next step: choose a real community, and hold a second competition for multidisciplinary teams of architects and builders/developers. The winner will have the opportunity to buy the site and build their design.

At the heart of the new initiative are the community members. In addition to the workshop, two local residents will be chosen as advisors to the City. The advisors will receive an honorarium for their work. Residents are invited to apply by way of the City of Edmonton website (see below). The deadline to apply is Nov. 9.

The three-hour workshop on Oct. 20 gave Spruce Ave residents the chance to share who they are, how they feel about the area, and what they want to enhance.

The outcome of the workshop will be a welcome page/message from Spruce Ave to be

incorporated in the competition brief itself. The workshop will also provide the design community (both local and international) with criteria straight from the residents.

"Things have changed. We're a neighbourhood in transition," said Verna Stainthorp. A Spruce Ave homeowner for over 51 years, Stainthorp wants to see a community-friendly development on the five lots, one that is "unique as well, and that helps our area to develop, and develop nicely."

Among the "likes" for their neighbourhood, residents noted convenient services, transit, proximity to hospitals and shopping, mature trees, green space suited to recreational activities, attractive front yards (some featured in Front Yards in Bloom), and informed and interested neighbours.

As for changes they don't like, residents are not impressed by the above-ground LRT line to NAIT with its long delays and resulting traffic congestion.

They find that streets are often difficult to access.

Residents have seen an increase in break-ins and petty crimes. They don't want to lose trees or green space. Noise has increased. Better access to Kingsway Mall is needed. "No more parking lots, please," notes resident Zygmunt Klakowicz.

Participant Don Pattie echoes many local voices when he said: "In dense residential areas, it seems that the common recreational areas are the first to go. We need green areas like the playground across the street. Families need to get out together. Kids should have a place to play."

The City has outlined an extended plan for the development of the five lots. The two Spruce Ave advisors will be chosen by Nov. 16. The design competition opens on Jan. 1, 2019. Submissions will be chosen, and online voting will be held in April. The final design will be honoured at an awards reception on May 29,

2019. The remaining months to Dec. 31 are allotted for the sale and transfer of the land and rezoning.

Josh Culling is the civics director for the Spruce Ave Community League. "Our neighbourhood makes sense because of the closeness to transit and amenities," he said. "We have a high profile."

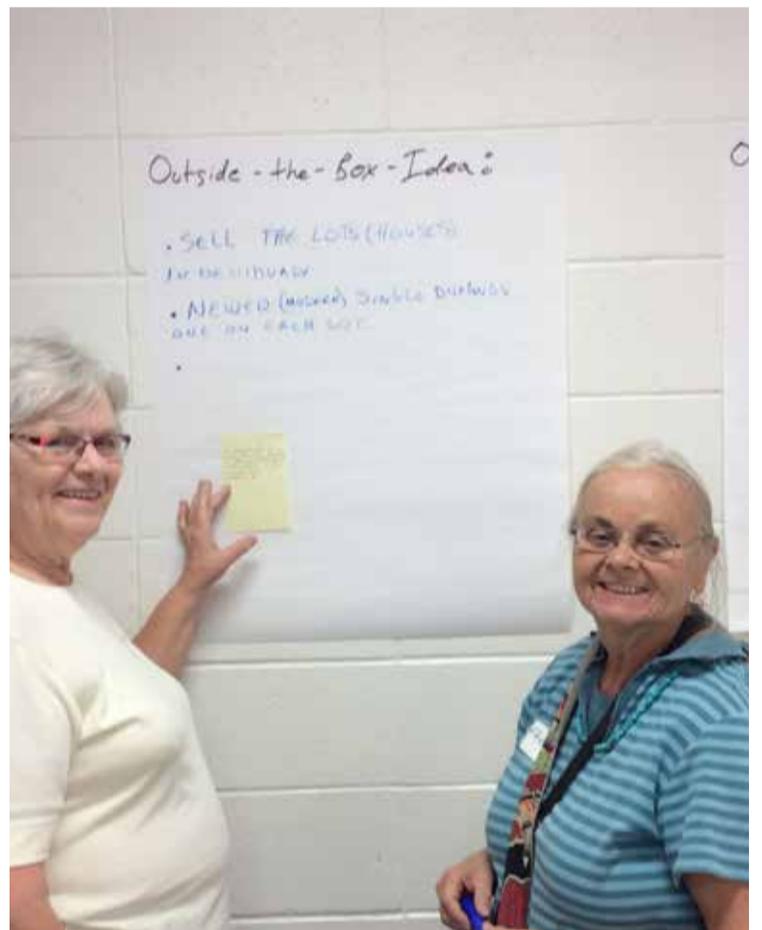
Jason Syvixay, the City's principal planner, looks forward to the results. As he told the workshop participants, "There is pride and passion for this neighbourhood. This workshop proves that Spruce Ave wants to create something new that will be beautiful and fit in. They want the development of the five lots to do it right."

For more information, go to edmontoninfilldesign.ca.

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



Left to right: Kathryn Lennon, City public engagement advisor, gathers input from residents Zygmunt Klakowicz and Don Pattie at the Infill Design Competition workshop. | Constance Brissenden



Verna Stainthorp (left) and Elke Siebels (right) post ideas for the Infill Design Competition. | Constance Brissenden



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Maybe the Grinch should steal Christmas

Climate-warming consumer spending isn't the answer

ALITA RICKARDS

*It's beginning to feel a lot like...Apocalypse!
Chestnuts roasting on a world on fire...
I'm dreaming of a green Christmas...*

Instead of my usual holiday cheer, in the wake of news stories about overconsumption, climate change, and the end of the world as we know it, I don't feel fine contributing to gross consumerism to show my affection anymore.

I turned to my friends, community, and members of the Facebook group Minimalism Edmonton to come up with other ideas. I don't want to be a Grinch about it, but there's an alternative to promoting exploitative sweatshops posing as Santa's workshop this year.

It can be a challenge to convince the loved ones in your life to reconsider and rethink gift-giving.

Some worry about feeling cheap by making homemade gifts, but one friend told me when she finally bought gifts one year, everyone kept asking, "Hey, where are the cookies?" Home-brewed cider,

beer, or wine add a real bit of cheer to the season. Traditional gifts like jams, pickles, cookies, squares, or meat pies can be saved or frozen to consume later. One couple made Szechuan chili oil so good that it was requested again this year.

A minimalist described finally breaking through to her mom by explaining how valuable a restaurant gift card for a date with her husband would be. Another won her parents over by saying tickets to an event would be something the grandchildren would look forward to until it happened, and then would remember it afterwards.

We're talking tickets to theatre or dance productions, sporting events, movies, concerts, or gift cards/passes to restaurants, swimming pools, or gyms. Couples could buy each other classes for two, from salsa to a paint night, cooking class, or even woodworking workshop.

For those who want actual material possessions, there are many ethical options. One that would make me consider marriage is a woman who asked her

husband to get all her shoes resoled and shined.

Or, support local artisans. "The revenue generated by these local vendors stays in our communities and therefore helps support our neighbours," said Alberta Avenue Christmas Market organizer Virginia Potkins. "Chances are you'll get something unique."

I met local designer Katrina Hillyer while visiting Sunrise Gardens organic farms. She makes reusable products and clothing from upcycled textiles (Dixie Clothing and Earth Warrior Lifestyle). I love her cloth makeup remover pads and reusable produce bags. "Not only do I help people reduce single-use plastics," she pointed out, "But by repurposing unwanted textiles, I save tons of textiles from entering the landfill."

Sports equipment, toys, musical instruments, and art supplies can be acquired second hand. SteVen LaFlamme, the owner and head admin of the popular Facebook group Edmonton Buy and Sell, told me: "The biggest and most

obvious benefit is in the savings. Items are almost always a fraction of the brand new price." He suggested just browsing the site: "There's also the niche factor and originality of gifts one might find... You won't find homemade items on the Walmart shelves."

Another minimalist uses the Japanese Furoshiki method of wrapping gifts in fabric using simple folds and knots. Not only is it an elegant solution to gift wrap, but it also becomes a part of the gift that can be reused over and over, or repurposed.

"Your money does not go to a corporation who supplies products from the USA or other countries," said Potkins. "When our money stays in our communities, everyone wins."

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



Handmade produce bags created from upcycled materials by Katrina Hillyer of Earth Warrior Lifestyle. | Katrina Hillyer



Jams, pickles, and cider handmade with love and bursting with locally sourced flavours. | Alita Rickards

Alberta Avenue Christmas Market

Saturday, November 24
1 pm - 4 pm

Alberta Avenue Community Centre
9210 118 Avenue

ADMISSION BY FOOD BANK DONATION

Strategies on keeping homes toasty warm

Old doesn't have to mean cold in our historical houses

ALITA RICKARDS

One of my favourite memes I like to share with friends overseas when describing our winters in Alberta shows Luke Skywalker riding on a Tauntaun (on the icy planet of Hoth) saying, "I'm going to the store, need anything?" I love the cavalier nod to the fact that it's going to get so cold Luke will have to climb inside that Tauntaun to survive, because it is bloody freezing here.

Like many in the Rat Creek Press area, I live in an old house. I don't mean 1970s old. I'm talking 1914 and still standing, just like some of yours, made of that old-growth timber that teams of horses dragged up from the river valley.

Last winter, I decided to try some of the more historical ways (as well as some modern methods) of keeping the house cozy until spring. My housemates and I started with the exterior, doing the mandatory window caulking and filling gaps in the parging and stucco.

The front of my suite in our house must have been an addition, because the floors are noticeably colder than the rest of the house. You can stand with one foot two meters from the wall and the other beside it and feel the difference in temperature. I went on Kijiji and found carpet tiles to insulate the entire first two meters of the front of the house. Then I went back online to find throw rugs. I bought six and laid them on

any exposed floor.

At a second hand store, I acquired multiple sets of floor-length heavy drapes, and up they went as well. The difference was immediate, no doubt in part because of the psychological effect of all that coziness the Danes call *hygge*.

Simple additions created even more warmth, both visually and physically: throw rugs and blankets draped over every seating area. Warm slippers at the door in a basket and winter robes and pajamas. Flannel and thick cotton sheets, feather duvets, and fuzzy pillow cases replaced lightweight linens on the beds.

My front door got a thin layer of frost one particularly bitter night, and though I mean to replace that door next spring,

the blanket I tacked to it last winter is still up and will have to do. I also installed a door sweep and replaced the sealing around the door frame.

We even started baking more and opening the oven door as it cooled.

But we do live in the modern world, and after our furnace came to an untimely demise last winter, we bought an energy efficient model.

This year, I contacted Energy Efficiency Alberta and asked for advice. Doris Kaufmann Woodcock, the director of communications and public affairs, gave her top economical tips for winterizing. Install a smart thermostat, turn down the heat at night by a couple degrees, make sure your furnace filter is

clean and change it often, and change the direction of ceiling fans to push warm air down. For long-term planning, she recommended replacing leaky doors and windows.

She also suggested getting your furnace tuned up to make sure it's running smoothly.

I wish I'd thought of that last year.

Visit efficiencyalberta.ca for more tips and information on incentives.

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



The Danish concept of hygge suits our cold climate and is easy, affordable, and practical to create. | Alita Rickards



Swap out those summer linens for heavy duvets and plush pillow cases to attract heat-giving cats and cuddles. | Alita Rickards



Throw rugs and drapes add warmth during colder months. | Alita Rickards

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albertaave.org parkdalecromdale.org

deltoncommunity.com spruceavenuecommunity.com

eastwoodcommunity.org westwoodcl.ca

elmwoodparkcommunity.org





SATURDAYS 5-7 PM
ALBERTA AVENUE
EASTWOOD
WESTWOOD

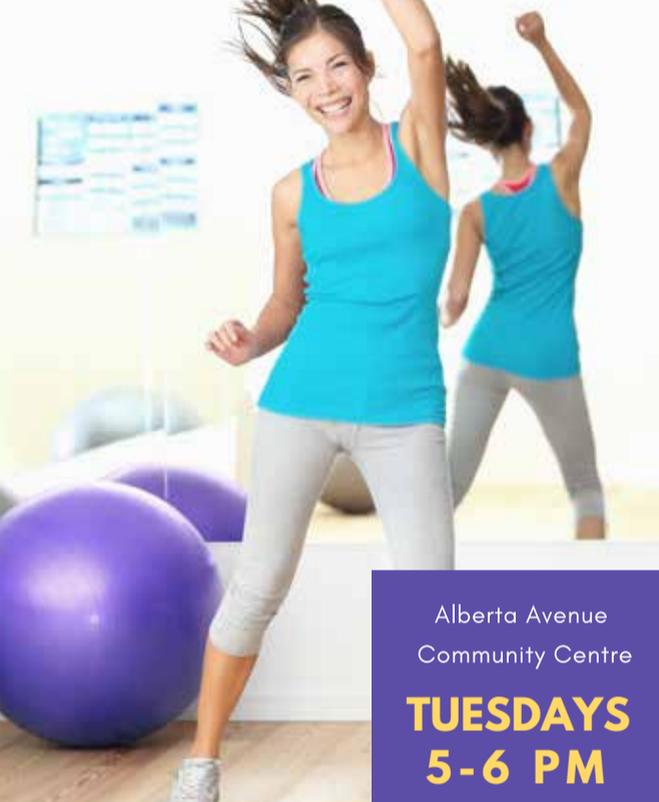
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ALBERTA AVENUE
PARKDALE CROMDALE
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Alberta Avenue
Community Centre
TUESDAYS
5-6 PM

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Your Community League

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Delton	12325 88 St
Eastwood	11803 86 St
Elmwood Park	12505 75 St
Parkdale Cromdale	11335 85 St
Spruce Avenue	10240 115 Ave
Westwood	12139 105 St



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 **Parkdale Cromdale
Community League**

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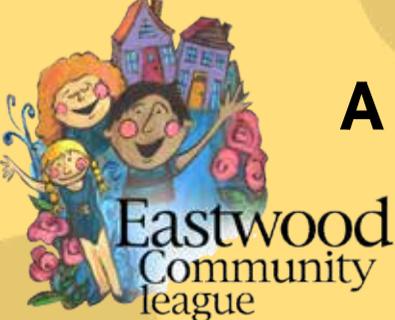


Pie, Wine & Elections

ANNUAL GENERAL MEETING

WEDNESDAY, NOV. 7 FROM 7 - 9 PM

Learn about neighbourhood renewal, programs, and getting involved.





Sheila Bowker Park slated for redevelopment

Community is working with the City on early stages of design

CHANTAL FIGEAT

Sheila Margaret Bowker cared about about people and her community. Bowker worked in long-term care facilities, and contributed her energy to Parkdale Cromdale Community League activities. Sadly, she died at the early age of 48 on July 1, 2004. The park and playground by the community league was named in her memory.

Sheila Bowker Park is “just in the very beginning stages of basically a redevelopment of both the park and the playground,” stated Steven Townsend, vice-president of Parkdale Cromdale Community League. “Initially, there was an assessment by the

City of Edmonton, which gave it a fair assessment,” continued Townsend. This made the park eligible for development and the City met with the community for their input.

The league hopes to create a unique park and playground design. “We want to think outside the box,” said Townsend. “We really want to include a lot of art.” A true reflection of the community will be achieved by “looking at ideas from all over the world.”

In her highly influential book on urban planning, *The Death and Life of Great American Cities*, author Jane Jacobs strongly supported neighbourhood diversity for healthy communities.

Writing specifically about urban parks, Jacobs compared the success of parks in the northeastern United States. Her comparison showed that “only a genuine content of economic and social diversity, resulting in people with different schedules, has meaning to the park and the power to confer life on it.”

As a core mature community, Parkdale Cromdale already has the advantage of existing diversity. Longtime residents live alongside young families. Modest older homes with different architectural designs brings more variety to the area.

Sarah Delano, a local resident, said, “The plan is to make the Sheila Bowker space

as inclusive as possible, for it to be a community space that can be enjoyed by people of all ages and walks of life.” She continued, “Our vision is that it be representative of the diversity and creativity of our neighbourhood.” If these goals are achieved, the park will be a valuable asset which breathes life into the surrounding community.

A strong community needs appropriate hubs where people can gather and connect. Sheila Bowker Park, said Delano, “will hopefully be a space for us to gather as a community, to interact with the natural world and with each other. To converse, play, relax, learn, and create.”

Residents are encouraged to

participate.

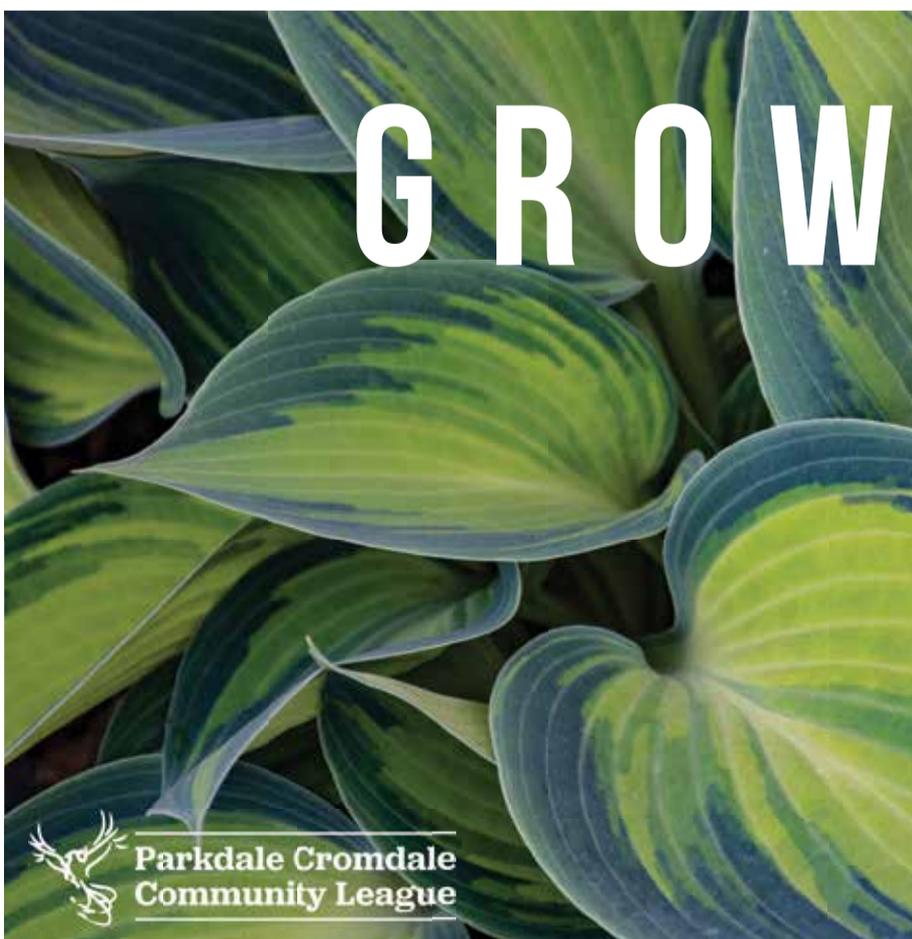
Townsend added, “We need more volunteers to get involved with our community and share their ideas.”

For more information on the Sheila Bowker Park redevelopment, call the Parkdale Cromdale Community League at 780.471.4410.

Chantal has worked in publications production for the government and has taught overseas in South Korea. She loves the ethnic diversity and history in Alberta Avenue and enjoys sharing it with the community.



Nearby residents of Sheila Bowker Park pose by the park sign. | Chantal Figeat



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Parkdale Cromdale Community League

New restaurant serves tasty, affordable food

Amoud World Cuisine promises to develop into a great restaurant

STEPHEN STRAND

Alberta Avenue is home to a diverse selection of cultures, represented beautifully in the restaurants that line the Avenue. While walking down the Avenue, the aromas from the restaurants blend together beautifully, creating an enticing fragrance. One of the neighbourhood's newest restaurants is Amoud World Cuisine, found on the south side of the street between 95-96 Street on 118 Avenue.

Amoud World Cuisine is within walking distance for most of the neighbourhood. The staff are friendly and warm and new to the neighbourhood. Though there weren't many people in

the restaurant, the voices of the few patrons echoed loudly as they sat around enjoying themselves.

When my wife and I visited there was no set menu as of yet, so instead they told us what was available. There were only a few items, served with a large bed of rice and enough spaghetti to count as a meal on its own. The food was served on large, brightly-coloured plates that beckoned the imagination to far-off lands.

To start the meal, we were each served a bowl of vegetable soup in a clear broth and a house salad with a light dressing. The soup contained cabbage, carrots, and onions. It was spiced with black pepper and had some zip.

My dish contained spaghetti, herbed rice, lightly breaded fish,

mixed vegetables, and a glass of lemonade. The spaghetti was coated in a light red sauce that was a bit oily, but simple and reminded me of a pleasant childhood memory, especially with the lemonade.

The herbed rice had a pleasant taste, but carried a heavy garlic aftertaste that stuck around long after we finished the meal. Not that I was complaining! The rice is great for garlic lovers, but maybe go there for a meal with a few other people so that everyone can share in the garlic love.

The breaded fish was light and cooked just right. It was two large fillets of a white fish and wasn't over-spiced or breaded, which helped offset the rice.

Sitting on top of the breaded fish were the mixed vegetables:

peppers, onions, and cabbage were done up as a stir-fry.

My wife's dish contained the same spaghetti, herbed rice, and mixed vegetables, but she had steak fillets and mango juice instead of the fish and lemonade. The steak fillets were sliced thin and fried. They were a little overdone, but tasty nonetheless. Like the fish, they helped play down the strong flavour of the rice.

Each dish, with drink, cost only \$13. With the tip, we paid \$32.

With the low variety of options they currently have and the odd addition of spaghetti to the plate, I would give Amoud World Cuisine 3.5 forks out of 5. But that does not mean that I will not try them again once

they have a full menu and have worked out a few kinks. They show promise and I wish them the best.

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.

AMOUD WORLD CUISINE

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HOURS: Sun-Thurs, 9 am - 11 pm
FRI-SAT, 9 am to midnight



The top dish had spaghetti, herbed rice, lightly breaded fish, mixed vegetables, while the plate on the bottom had a steak fillet with the spaghetti, herbed rice, and mixed vegetables. | Stephen Strand

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Tango is a hot dance for a cold night

Dance classes helped this writer go from terrified to comfortable

CONSTANCE BRISSENDEN

“Learn something new. It’s good for your brain.” I put this challenge to the test this fall by taking up Argentine tango.

Not that I knew much about tango. I hadn’t watched it on YouTube, didn’t know the music, didn’t have high-heeled shoes with slippery soles to glide along the dance floor.

On the plus side: my neighbourhood friend, Carmen-Lida Ordonez, recommended that I try tango. It’s good exercise and nearby at the Parkdale-Cromdale Community League hall. Classes are on Sunday nights. Great, not much to do on Sunday night at 6:30 anyway. It’s a drop-in class, and only five dollars. You can’t beat that.

The instructors, married couple Vince and Cindy Davis, are Edmontonians. He’s a

professor at the University of Alberta; she’s retired. In 1995, they visited Argentina to take ballroom dance lessons. They soon learned that when in Argentina, tango is supreme. Within a day or two, they switched to tango classes.

Here they are, Sunday night, with a class of about 20. The group balances nicely with equal numbers of men and women.

I’m easily spotted as the one looking terrified.

While the more advanced students warm up by dancing in couples, Vince gestures to me to step forward for basic instructions. I place my left hand on Vince’s right shoulder. “Your left hand goes on my upper arm,” he tells me. I change position. “Your right hand must always be upright in mine. Exert a little pressure so that you can feel in which

direction I’m leading you.”

This is my first hint that tango is all about connection. No free-form hippie dancing here. I’m out of luck.

Vince continues his instructions. I smile, look into his eyes, and blank out. My thoughts run along the lines of: “This is impossible. No idea what he’s talking about!”

After 15 minutes, it’s time for a group lesson. In tango, the men lead. The women follow. Both jobs require focus. Neither is easy.

Vince and Cindy show us tonight’s moves. Watching them glide around in each other’s arms, I understand why people stick with tango: it’s a hot dance for a cold night.

We start, dancing with the person of the opposite sex who is closest to us. Every 20 minutes or so, Vince instructs us to move to another partner.

My first partner is Bill, who took up tango about five months ago. Bill is tall, dressed in black, and looks like he knows what he’s doing. As I place my left hand on his right upper arm, I almost quit. My head is swimming. My feet hurt in high heels I haven’t worn for 20 years. Bill waits for the entrance beat on the music. We take four steps, with me moving backward, then two side steps. One of my side steps lands on his left foot.

“Relax. It’s okay,” Bill says reassuringly. “It really didn’t hurt.”

Four classes later, it’s now late October. My new Value Village dance shoes fit well. I can tango backward and sideways. I even know some “fancy” steps (my terminology) like the *ocho*, a complex movement similar to a figure eight.

I’m learning something new,

and I’ve learned to embrace not being the best. I’m listening to tango CDs, watching tango videos, and I went to a tango music concert at the University of Alberta.

In my last class, I felt like I was finally dancing tango. It may only have been for two minutes, but I was gliding around the floor—just like they do it on YouTube.

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

TANGO CLASSES

Sundays, 6:30 pm
Parkdale-Cromdale
Community League (11335
85 St)
\$5 cash per class



Constance Brissenden and Slawomir Benluzanski practice tango steps outside the Parkdale-Cromdale Community League hall before the class starts. | Supplied

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Businesses navigate through bumpy economy

Residents have many new local businesses to frequent

TALEA MEDYNSKI

Alberta Avenue has become home to quite a few new businesses.

“Businesses come and go and obviously the economy isn’t as strong as we’d like it to be,” said Joachim Holtz, executive director of Alberta Avenue Business Association.

Edmontonians have exciting new options for dining out, starting with the Green Onion Cake Man shop on 118 Avenue and 91 Street. Siu To, who created a version of the famous green onion cakes so many Edmontonians enjoy, recently opened a small shop.

The space where Absolutely Edibles used to be (118 Ave and 95-96 St) was empty for a long time, but now Amoud World Cuisine, an East African restau-

rant, has made its home there.

If you enjoy Indian food, Swagat Indian Bar and Bistro on 118 Avenue and 97 Street may be a good place to check out. The restaurant has been open for a few months and also delivers through SkipTheDishes.

The KFC/Taco Bell on 118 Ave and 80 St is closed for renovations. Make sure to check them out after they re-open.

One restaurant you might have missed is El Fogon Latino at 8026 118 Ave. They serve up authentic Venezuelan cuisine. You can dine in, pick up, or get delivery.

Around the corner from Wee Book Inn on 118 Avenue and 82 Street you’ll find Dervish Cafe.

“The owner said they’re going to make their own ice cream,” said Holtz. “They also plan to provide entertainment.”

And you can never have too many choices for pizza. Jimmy’s Place (Pizza & Donair) is located on 117 Avenue and 82 Street, where Modern Vac used to be.

Right by Alex’s Convenience Store on 118 Avenue and 101 Street will be Hiyab Fast Food. The new store is expected to open soon.

“It’s good to see these stores opening,” said Holtz.

Besides restaurants, the area welcomed two new cannabis stores: NUMO Cannabis on 117 Avenue and 95 Street, and, in Delton, Alternative Greens on 124 Avenue and 97 Street.

And for parents in need of childcare, a new daycare called Kids Village Daycare is opening by the 118 Avenue traffic circle.

To fulfill some of your beauty needs, The Lash Coach, where owner Michelle LaPratt is an eyelash technician and makeup

artist, is located on 117 Avenue and 88 Street.

For those who have wondered if the space where Dacia Restaurant on 118 Avenue and 94 Street would ever be filled, Holtz explained the building was sold, although he doesn’t yet know what it’s going to be used for.

A few local businesses have also closed, like El Rancho Spanish Restaurant, which was open for 15 years.

Pop! Comics, next to Jasmine Belle Cafe, also closed.

“The owner said it was a beta kind of experience to see how it went for a year.”

The 7-Eleven on 118 Avenue recently shut its doors. Holtz explained he reached the corporate office in Dallas, Texas and they told him they’re going to sell the building, but they didn’t give him any other details.

“Other than that, it’s staying stable and I’m hoping that the economy picks up. You want people to have more disposable income.”

Holtz explained the reasons businesses close are not always simple.

“Sometimes it’s complex reasons [economy, personal] and sometimes it’s business practices,” he said. “Landlords have an impact as well with the rates they charge. When landlords get a tenant in, they should make sure [the business] is as sustainable as possible,” he said, but added, “Landlords here do seem to be working with their tenants through the economy.”

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



Swagat Indian Bar & Bistro is a new restaurant in our area. | Talea Medynski

Consistency is important for business success

Availability and predictability are best practices

SHAREE ALUKO

I hastily left the office, walked briskly to my car, and raced out of the parking lot. I waited anxiously at each red light. After what seemed like a decade, I finally reached my destination with 15 minutes to spare.

Upon approaching the building, my anxiety increased because I desperately wanted to make my entrance before the clock struck 5 pm. Why was the open sign not illuminated? I could see the owner inside the store, but the door was locked. I knocked vigorously as I stared at the man inside the store. My face said it all. Why are the doors locked when the store was advertised to be open until 5 pm? The man came to the door and said in a ridiculously calm voice, “We are closed.”

What? Closed? Why so early? I was beyond livid, but there was absolutely nothing I could do about it.

I didn’t hesitate to spread my story of the incident like wildfire. For several years and counting, I shared the negative

experience with people I knew, as well as with random people I met during conversations that warranted the topic to resurface. I had frequently shopped at this store, but after that evening, I never went back. A few people

tion, but he certainly lost a loyal customer, and gained negative publicity.

Customers expect businesses to have consistent hours of operation. It is definitely a bonus if these times are within normal

loyalty and this can be achieved by providing consistent and superb quality service.

The best way to succeed in business is by managing expectations. Strive to under-promise and over-deliver. If you miss the

Most successful business open every day of the week, with extended hours. This is a major contributing factor to success, which also explains why those businesses are giants in the market. Accessibility and availability satisfy the demand of their customers and attract potential customers. These customers are the source of their wealth and are treated as such.

If a business fails to cater to the needs of its customers, opportunities arise for competitors and this business may be lost forever. To compound the issue, customers may also introduce their family and friends to the new discovery, thus limiting referral and word-of-mouth advertising.

Trust, reliability, predictability, and consistency are necessary to spearhead growth and propel business success.

Sharee has a master’s in business administration and is passionate about sharing information. She currently works full-time in the banking sector.



Customers expect reliability and consistency from businesses. | Pixabay

I knew also visited less and less until they also stopped going.

The big question is, “How much would the store owner have had to lose if he had allowed me to buy the authentic spices I needed?” I will never know the answer to that ques-

business hours. People are busy, with many places to go, things to do, people to see. They often plan their schedule accordingly. Business owners should be reliable and predictable for customers by delivering as promised. People need a reason for their

mark in meeting expectations, customers will be unhappy and the damage can be irreparable. The bad experiences are shared much more than the good ones. Don’t jeopardize what took years to build with one disappointing encounter.

Community

BOARD

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: edmontontoolibrary.ca.

DEEP FREEZE IS CALLING!

Deep Freeze Festival is coming up Jan 12-13, 2019! Email volunteer@deepfreezefest.ca or call The Carrot at 780.471.1580 to find out more and volunteer! Upcoming volunteer dinner on Nov 5, 6-8 pm at Parkdale Cromdale Community League.

AVENUE WORD ADVENTURING

Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm, The Carrot Coffeehouse. More: Rusti, lit@ratcreek.org.

ANNUAL EVENTS

2018
 Carrot Christmas Arts Bazaar, Nov 16-17
 Potters' Sale, Nov 17
 Alberta Avenue Christmas Market, Nov 24
 Yule Ave, Dec 15
 Deep Freeze, Jan 12-13

CALL FOR BARISTAS

Volunteer to join The Carrot Coffeehouse's team of baristas, get professional barista training, and contribute to the community. Email volunteer@thecarrot.ca or phone 780.471.1580. Daytime baristas are especially needed in November.

FREE COMMUNITY PROGRAMS

ESL & LANGUAGE

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

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

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

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

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

FOOD & SUPPORT

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

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

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

COLLECTIVE KITCHENS
 Cook with friends, try new recipes, help your food budget.
 St. Faith/St. Stephen: 2nd Tuesday, 1-3:30 pm. Call ahead. Trish: 780.464.5444.
 Parent Link: Second Wednesday, 11:30-2:30 pm. Call ahead: 780.474.2400
 Parkdale hall: Last Sunday of the month, 1-4 pm. Check parkdalecromdale.org for details.
 Alberta Avenue: Sunday, 1-4 pm. Check albertaave.org for details.

PARENTS & PRE-SCHOOLERS

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

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

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

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

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

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

CHILDREN

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

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

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

YOUTH

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

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

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

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

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

ADULTS

COFFEE WITH COPS
 Join a roundtable conversation with EPS. First Wednesday of month from 10-11:00 am at The Carrot Coffeehouse.

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

AVENUE WORD ADVENTURING
 Join other writers in a positive environment to write, share, and discuss writing habits and goals. Drop-in on the third Thursday afternoon of the month, 1:30-3:30 pm. The Carrot Coffeehouse. More: Rusti @ lit@ratcreek.org.

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

YOGA CLASS
 Focus on senses, breathing techniques, and postures that build strength and flexibility. Thursdays, 8-9 pm at Parkdale-Cromdale hall.

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

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

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

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

SENIORS

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

NORWOOD LEGION SENIORS GROUP
 Cribbage, Wednesdays, 5-7 pm at NorwoodLegion.ca.

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

FAMILIES

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

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

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

HIP HOP SHOWCASE
 Listen to sick beats and step up on our open stage for hip hop artists, rappers, spoken word, and poets. Rated PG. Third Wednesday, 7-9 pm. The Carrot Coffeehouse.

TABLE TOP GAMES NIGHT
 Choose from over 20 board games and let fun fill your table. Tables are free! Nov. 28, 4-9 pm at The Carrot Coffeehouse. Hosted by Catrin of GOBfest.

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

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

FREE COMMUNITY REC ACCESS
 At Commonwealth Stadium on Saturdays from 5-7 pm; Alberta Ave, Eastwood, Westwood. Sundays 1-3 pm; Alberta Ave, Parkdale-Cromdale, Spruce Avenue

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

LOCATIONS

Bent Arrow
 11648 85 St
 Bethel Gospel
 11461 95 St
 Cnd Native Friendship
 11728 95 St
 Community Leagues - see page 12

Crystal Kids
 8715 118 Ave
 Highlands Library
 6710 118 Ave
 Mennonite Centre
 11713 82 St
 Norwood Family Centre
 9516 114 Ave
 Norwood Legion
 11150 82 St

Sprucewood Library
 11555 95 St
 St. Faith/St. Stephen Church
 11725 93 St
 St. Andrew's Church
 8715 118 Ave
 The Carrot Coffeehouse
 9351 118 Ave
 The Nina
 9225 118 Ave





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CHURCH SERVICES

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

St. Faith: 780.477.5931
Sunday Worship:
 9:00 am Friday Prayer

11:00 am Sunday Worship
 1st Sunday Common
 2nd Sunday Trad. Anglican
 3rd Sunday Aboriginal Form
 4th Sunday Trad. Anglican

AVENUE 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)ave-nuevineyard.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

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

EVANGELICAL BAPTIST CHURCH

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you... Therefore encourage one another and build each other up'
 Eph. 4:32, 1 Th. 5:11a
12317-82 St.
780.474.4830

Sunday School 10:00 am
Sunday Worship 11:00 am
Wed. Study/Prayer 6:30 pm

ST. ANDREW'S PRESBYTERIAN CHURCH

8715 118 Avenue
780-477-8677

Service Times:
 Sundays at 11 am
 A caring and loving church in your community where everyone is welcome.

THE SALVATION ARMY CROSSROADS COMMUNITY CHURCH

A Place for Worship and Service
 11661 95 Street
 salvationarmy.ca/alberta

Sunday Worship - 3:00 p.m.
 Call for other program information
 780.474.4324

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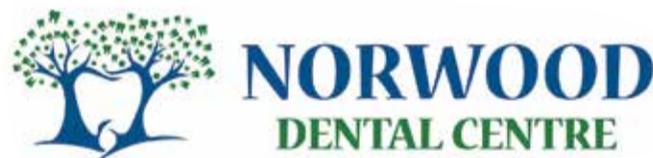
tues 5 - 6 pm
 thur 10 - 11 am
 thurs 5 - 6 pm

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 YMCA Family Resource Centre
 9538-103A Ave
 780 426-9265

U/G Parking \$1/hr - access on 104 Ave between 95 St and 96 St

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ratcreek.org



Hello, neighbours! We invite you to come check out **Norwood Dental Centre**, an awesome dental office located right in Alberta Avenue and the heart of our city.

Come see why **Dr. William Chin** is more than a regular dentist...

We focus on long-term relationships and our patients appreciate the time taken to **LISTEN** and give them **PEACE OF MIND**.

Have questions or want to book an appointment?

The first step is to schedule an appointment, discuss what's possible, and determine how we can support your oral health. Give us a call at **780-474-2456!**

Norwood Dental Centre is located at 11660-95 Street.

Learn more about us at **www.norwood-dental.ca**.

We can't wait to welcome you to our dental family!