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OCTOBER 2014

NEWS » ART

Make time to create art

Nina Haggerty offers free classes



On Tuesday and Wednesday nights, this room is full of people creating art. » LORRAINE SHULBA



NICOLA DAKERS

I was the kid that went to a fine arts school and played tackle football. I loved the creative arts, but never felt I was any good at creating art. I turned to something I was good at: tackling people. However, a few years ago in my early 30s I felt a strong desire to start creating. One night I came home from work, grabbed some paper and pencil crayons, locked myself in my room, and started drawing and colouring. Four happy hours later, knew I needed some art in my life.

I took a few professional art classes, making sure to sit at the back of the class to avoid negative attention. I did not enjoy those classes due to the focus on perfection of technique. I often left feeling exhausted and dejected. Then my partner

Mark recommended trying the Community Art Night at Nina Haggerty Centre for the Arts.

Entering the doors into the Nina Haggerty was like entering a space of pure creative delight. There was art hung everywhere, rows of tables and chairs, vast shelves of supplies, and even a model dragon hanging up high near the ceiling. I was hooked.

Each class starts with 10 to 15 minutes of technical instruction and then participants are set free to create art. I made poster prints, telling stories with shapes and shading, transferring images, and even creating decent paintings with my non-dominant hand. The freedom of learning how to use the tools, while not having to be perfect, let me express myself. I was making art! And I was meeting great people each time I attended.

“There is quite a range of people who attend the Community Art Nights,” said Susan Seright, lead artist of the Tuesday Community Art Night. “Teachers and doctors, people from the community, people from other communities, people from all over!”

Focusing on interaction and enjoyment, artists are free to create and engage with those around them.

“I try to teach a little bit of technical, but not a lot, so that everyone has fun,” said Seright.

Seright plans to make every art class interesting, changing the programming slightly from year to year to ensure participants learn new skills in each class. “This year we will do some print making, collage and fabric, book making, wax resist, two classes on making glass and six classes on clay making.”

There is no lack of interesting new lessons and the supplies are all free for participants to use thanks to grants from the Alberta Jubilee Auditoria Society and Telus.

Classes run from September to June with the Community Art Night held on Tuesdays from 6:30 to 8:30 pm and the Family Art Night held on Wednesdays from 6:30 to 8:00 pm.

COMMUNITY ART NIGHT

Tuesday nights from 6:30-8:30 pm

FAMILY ART NIGHT

Wednesday nights from 6:30-8:00 pm

Both classes take place at the Nina Haggerty Centre for the Arts 9225 118 Ave

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NEWS » COMMUNITY

Free spooktacular fun!

Great Pumpkin Event embraces safe Halloween

TALEA MEDYNSKI

Halloween is lurking around the corner and kids are getting their costumes ready in anticipation of trick-or-treating. While the popular holiday can be a lot of fun, safety is also a concern.

"There is an issue with safe trick-or-treating in some areas. Kids tend to roam," explained Sherry Fowler, Bent Arrow's White Cloud Head Start program team leader.

It's the idea of safety that got Bent Arrow Traditional Healing Society talking and collaborating with Neighbourhood Empowerment Teams (N.E.T.), 118 Avenue Initiative, and the City of Edmonton three years ago. Their collaboration created a community gathering called the Great Pumpkin Event.

"[The idea] came from a group of people in the community who wanted an alternative to trick-or-treating," said Fowler. "It's a way to engage everybody."

The event has been popular, attracting 1,000 people last year. Fowler said that while she's expecting the same number of people again, she's preparing for 100 more.

"It took off and it was amazing. We've become a central point so people can trick or treat safely," said Fowler.

The evening begins at 4 pm with "Spook and Bannock" (soup and bannock). Afterwards, people can go trick-or-treating and then return to Bent Arrow for an evening of activities. Most activities begin at 5 pm.

"Most activities will be in the gym and the south side of Parkdale school," said Fowler.

Activities include wagon rides, arts and crafts, and storytelling by Edmonton Public Library staff in a tipi. People can sit by the campfire and sip hot chocolate, enter a costume contest, walk down a haunted hallway, and take in the fireworks. Youth ages 13 to 17 can also select a scary movie to watch.

"I requested scary, but not gross," laughed Fowler, who added that there would be popcorn and pop available for the youth.

The event isn't just for families, stressed Fowler. "We've had people of all ages come dressed up and visit by the fire."

In a community gathering like Great Pumpkin Event, everyone is welcome and more importantly, a large community presence means there are "eyes everywhere" and a better chance of a safe and fun holiday.

"Halloween should be about having fun. If we're all together, it's a safe place to be."



Go on a wagon ride at the Great Pumpkin event. >> LINDA OROSCO

THE GREAT PUMPKIN EVENT

A partnership project with N.E.T., the City of Edmonton, and the 118 Avenue Initiative. Free community celebration at: Bent Arrow Traditional Healing Society (located in Parkdale School) 11648 85 St.

Event runs from 4-11:30 pm
Spook and Bannock 4-5:30 pm

Activities begin at 5 pm and will wrap up at 7:45 pm to get ready for the fireworks.

Activities include: Wagon rides, EPL storytelling in tipi outside in the south yard, campfire in the south yard free hot chocolate, arts and crafts table in the gym, haunted hallway

Costume contest from 5:30-7 pm in the gym
Fireworks display at 8 pm
Movie night for 13 to 17-year-olds (a partnership with Crystal Kids) from 9-11:30 pm

Norwood Square Park Enhancement Project Public Consultation

We need your input on proposed enhancements for Norwood Square Park at 95 St and 114 Ave. See the concept design and give feedback on proposed changes including:

- the removal of fence along 95 St & 114 Ave,
- upgrading of park furniture,
- removal & replacement of trees, as well as other items.

Choose one of the following public sessions:

Saturday, October 4
Commonwealth Community Recreation Centre 5-7pm

Sunday, October 5
Italian Centre Shop 10am-noon

Monday, October 6
Sprucewood Library 2-4pm

Tuesday, October 7
Alberta Avenue Hall 12-2pm

Wednesday, October 8
The Carrot Coffeehouse 2-4pm
Alberta Avenue Hall 5-7pm

Thursday, October 9
The Carrot Coffeehouse 9-11am
Norwood School 5:30-7:30pm

October 6-10, 2014
Visit Norwood Child & Family Resource Centre anytime during regular hours 9516 114 Ave Mon - Fri 9am-8pm

October 1-15, 2014
Complete the survey online at www.albertaave.org

For information, please call 780-496-3782 or email Rocky.Pilisko@edmonton.ca

Neighbourhood housing

Residents provide input

TALEA MEDYNSKI

On Sept. 25, Alberta Avenue and Eastwood residents met with city staff to discuss housing.

Realizing Housing Potential, a city initiative, will address housing conditions and create positive housing plans for Alberta Avenue, Eastwood, Queen Mary Park, McCauley, and Central McDougall. In 2012, city council granted a moratorium on non-market housing in those neighbourhoods and promised a neighbourhood-based analysis.

Cris Basauldo, development director at Alberta Avenue Community League, shared her thoughts before the meeting.

She explained the city must identify what a healthy Edmonton community looks like, provide demographics, and compare it to Alberta Avenue and Eastwood.

"We need a mix of incomes," said Basauldo. "Our housing doesn't have that healthy mix a community should."

The city provided statistics from 2011. In Alberta Avenue, there are 6,370 residents. The median household income is \$52,911. Sixty-five per cent of

residents are homeowners, leaving 35 per cent as renters.

Eastwood has 4,075 residents, with a median household income of \$43,277. Sixty per cent rent, and 40 per cent are homeowners.

In mature neighbourhoods, 35 per cent of residents rent and 65 per cent are homeowners.

Dalton Wudrich, the project head, emphasized the city isn't focusing only on low-income housing.

"We want to discuss everything from high-end housing to entry-level housing, ownership or rental," said Wudrich. "We need to find the right balance." Wudrich emphasized all neighbourhoods are different.

"We must look at data from a neighbourhood lens to see what it means," said Wudrich, who explained the city is still gathering information and wants to generate discussion.

Residents were separated into their respective neighbourhoods and discussed housing conditions, choices, ideas, and data.

Many people called for extending city programs like Curb Appeal, the HOPE program, and Secondary Suites. Residents also said the program's qualifying incomes were

too restrictive.

Neighbourhood character homes are a big draw and residents would like to prevent unnecessary infill. Some residents suggested using secondary suites rather than building duplexes or fourplexes. Others suggested more co-operative housing, quality condominiums, and seniors housing. Residents also discussed removing derelict homes sooner and stronger bylaw enforcement of overrun homes.

"I thought it went well. Maybe a bit disorganized, but I thought it worked out well. A lot of ideas came out," said Kate Walker, Alberta Avenue resident.

"I was impressed with how positive the city consultants were," said Basauldo. "It felt like they really want to do something good with the community. Some really good things were discussed, like expanding the HOPE program. If they take those things and go forward, I think it will be okay."

Housing plans will be available by summer 2015. For more information, check edmonton.ca/realizinghousing.

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NEWS » POLITICS

End of an era for Edmonton-East

Conservative MP Peter Goldring retiring from politics

ROB BERNSHAW

Long-term federal Conservative MP Peter Goldring is replacing his focus on political intrigue with more family time. On Sept. 8, Goldring, who represents Edmonton-East, announced he would not run in the 2015 federal election.

Due to his busy schedule in Ottawa, Goldring was not available for comment at the time this article was written. According to other media reports, Goldring decided to retire after many years of dedicated service and belief in Canadian unity to devote his time to family.

Goldring has been a representative in the House of Commons since 1997 and has weathered his share of controversies over the years.

Goldring's retirement isn't the only significant change. After the 2015 federal election is over, The Edmonton-East riding will also be out of the political ring. Due to the 2014 federal riding boundary changes, Edmonton-Griesbach will replace Edmonton-East.

Businessman Omar Tarchichi and former Edmonton city

councilor and mayoral candidate Kerry Diotte are seeking Conservative party nomination in Edmonton Griesbach. Goldring has endorsed Omar Tarchichi.

Tarchichi said he was "extremely grateful, humbled and honoured" to receive Goldring's endorsement.

"I am sad to lose an MP who I feel served constituents extremely well since 1997 but also honored to consider him a friend. I am so thankful for having him share his experiences with me as I have learned many things from him," added Tarchichi.

"Peter deserves kudos for his many years of public service and I wish him well in his new life," said Diotte. "He has chosen to endorse a long-time friend who is seeking the nomination. That's Peter's prerogative. But I'm confident I'll get the most important endorsement, from federal Conservative party members in Edmonton-Griesbach, when the nomination vote is held."

Liberal candidate Daniol Coles, a health and benefits consultant, thanked Goldring for his years of public ser-

vice, and added, "Edmonton-Griesbach is a new riding which deserves a new approach to politics, different from the divisiveness and constant politics of Mr. Goldring and Mr. Harper. Sadly, after nearly two decades of service and nine years of Conservative government, Edmonton has received very little federal investment for our contribution to Canada, which an effective representative would realize."

Janis Irwin, an educator and NDP candidate, said, "I would like to thank Mr. Goldring for his years of service to Edmonton-East, and I wish him all the best as he enjoys his retirement with his family. Moving forward, thousands of people in our community have made it clear to me that we need a member of Parliament who can deliver real change both in Edmonton and Ottawa on issues like keeping good jobs in Alberta, making life affordable and supporting seniors."

The next federal election is scheduled for Oct. 19, 2015.



Next year's election brings a new member of Parliament. >> ROB BERNSHAW

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WHAT'S ON » ORCHARD

Innovative urban orchard offers plenty

A place everyone can learn together

SHELAINNE SPARROW

There is an entrepreneurial spirit in Edmonton, and it is not limited to the private sector. Innovators of all sorts shape our town. A recent project in McCauley reveals an emerging hub of eco-social trailblazing that is changing the landscape of our northern town.

Over a few weekends this September, an unused section of the McCauley School grounds was transformed into a groundbreaking micro orchard. This orchard will provide an abundance of pesticide-free fruit and educational opportunities to the neighbourhood and public.

Instigated by one of Edmonton's eco-social entrepreneurs—Operation Fruit Rescue Edmonton (OFRE, pronounced "offer")—the orchard is the first of its kind in Edmonton.

For five years, the volunteer-run, not-for-profit organization has fulfilled its mission of "mobilizing volunteers to harvest, process, and preserve local fruit by connecting volunteer pickers with homeowners with fruit trees." Fruit is picked and processed into cider and preserves and split between volunteers, homeowners, and OFRE.

The immense response got the organization looking for a space from which they could teach and demonstrate Edmonton's fruit production potential.

"People have lost skills in how to maintain and properly prune fruit trees, how to preserve fruit," explained Mike Johnson, OFRE president. At the same time, E4C and the non-profit organizations developing the old McCauley School building and grounds wanted to be a community food hub. A partnership was born.

Following a design charter involving architects, the Edmonton Permaculture Guild, and community citizens, OFRE synthesized the ideas into a unique orchard design boasting a variety of fruit-producing trees and shrubs including cherries, plums, pears, currants, berries and over 10 varieties of apples. In line with permaculture principles, a variety of functional nitrogen-fixing species and water-harvesting techniques were integrated to passively benefit the orchard system's health.

The orchard pushes the boundaries of traditional fruit production, going beyond biodiversity and ecological aspects. There are no rows, but instead a beautiful and welcoming mandala-based design has access paths, inviting people from all directions. Benches and a large custom-made table at the centre is engraved with OFRE's vision.

"We want it to be a place where all people are welcome to come and harvest, learn and enjoy the atmosphere," said Johnson. "We build connections and community through what we are doing. It is a new model."

And it's a model representing a convergence of movements gaining ground in Edmonton—local food, community resiliency, and the city's goal of increasing the green canopy.

The city was a significant partner, contributing two grants totaling \$20,000 towards the project. Johnson thanks the championing effort of Jane Molstad, revitalization co-ordinator for McCauley, for helping move it through.

"It was a challenge to get approval, it took a long time." But the effort was well worth it. The many ecological and social yields of this previously barren



Area resident Marcie Esau volunteered at the installation of the McCauley micro orchard. >> SHELAINNE SPARROW

public real estate in the inner city will be realized as early as next year.

For more information about the orchard and Operation Fruit Rescue, visit www.operationfruitrescue.org. "If you are interested, we welcome your involvement," said Johnson.



Volunteers installing the McCauley micro orchard. >> TOPHER SEGUIN

WHERE TO FIND THE MICRO ORCHARD

McCauley School grounds

107A Avenue between 95 & 96 Street

Why orchards work in Edmonton:

Edmonton actually has more frost-free days than Calgary and a better growing season than many places on the prairies thanks to our abundant sunshine.

The orchard design has fruit grouped according to harvest times, so one area will be harvested, and then the next as fruits mature around the mandala.

Some plants are nitrogen fixers, meaning they free up useable nitrogen for other plants to use (like a natural fertilizer).

The orchard integrates pygmy caragana, wolf willow, sea buckthorn and other deciduous trees and shrubs for this reason.

Fruits of the orchard

- Apples (over 10 varieties)
- Pears (Ure, Loma, Golden Spice)
- Plums (Pembina, Patterson Pride, Brookgold)
- Grapes (Valiant, Beta)
- Saskatoons (Smokey, Pembina, Honeywood)
- Strawberries (Kent, Bounty)
- Cherries (Evans, Juliet, Carmine Jewel)
- Redcurrants (Red Lake)
- Blackcurrants (Ben Series)
- Gooseberry (Pixwell)
- Raspberry (Boyne, Souris, Fall Gold, Honey Queen, Lowden Black, Wyoming, Heritage)
- Haskap/Honeyberry (Tundra, Borealis, Aurora)
- Kiwi (Arctic Kiwi)



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WHAT'S ON » COOKING

Good food, simply made

Collective kitchens: together people make affordable meals

CONSTANCE BRISSENDEN

After 15 minutes in the collective kitchen at St. Faith/St. Stephen Anglican Church, I was chopping ingredients for vegetable couscous like a pro. For an inexperienced cook, I was doing well, or so I thought. That was until Mary (last names omitted) arrived. Watching Mary finesse her carrot, potato, and tomato slices, my own chunky zucchini pieces began to look like I chopped them with a dull knife. After some advice from Mary, I learned a new way to hold the knife, to chop with pressure from my shoulder, and to make pretty angled slices.

Edmonton's collective kitchens regularly take place at more than 55 sites across the city. Introduced in 1990 by Alberta Health Services (AHS), the purpose is admirable: to prepare nutritious and tasty meals to take home for better health and improved food security. The best part: this is all for a \$3 fee and two hours of your time.

Diane Thursby, AHS collective kitchen coordinator, has been with the program since the beginning. She's a hands-on person who still loves her job. "Oh yes, I cook with the kitchens," she told me. "I love being with people. I get to know the participants when we cook together. Sometimes they have trouble ensuring that there is food at home. If I'm cooking

with them, I can ask if there's anything I can do to help."

Collective kitchens are located in community halls, schools, and churches such as St. Faith/St. Stephen Anglican Church. Rev. Arthur Dyck, deacon for both churches, popped in to say hello.

"The kitchens give people a chance to come out and socialize, no matter what's happening elsewhere. It's a much-needed social experience in today's isolated society," he said.

"We get our ingredients from a number of sources," said Patricia "Trish" Downing, volunteer coordinator at the church, as she lays out the night's ingredients.

"St. Faith is the kitchen sponsor and makes up any shortfall between participants' fees and the grocery bill. The collective kitchen's rule of thumb is that fees should provide half the actual cost and the sponsor provides the other half. We also have access to food bank items at the church and some food donations." Downing points proudly to the fresh zucchinis on the table. "These are from my garden."

For two hours, six chefs (me included) chop, sauté, boil, fry, and bake together. I keep my eye on my spiced and boiling veggies and prepare the quick couscous to go with them.

"Just add boiling water," Downing informed me. I've

never made couscous before, and am amazed at how easy it is.

Janelle, a student, stirs ground beef with corn and carrot slices to make the Saturday night special with spaghetti. Downing works on chicken enchiladas with Mary, while Holly and Elizabeth prepare batter for the cream cheese and jam-filled muffins.

For Janelle, the meals guarantee there's food to eat between classes, work, and studying. Holly initially filled in when another participant couldn't make it. She's now a permanent member. "A friend encouraged me to try it," she recalled. "I've been coming for some time now, and I've learned to cook." Elizabeth, a collective kitchen cook for six years, said she's a healthier person today.

Right on time, we're packing our take-away food into the plastic containers we brought with us. There's enough food for each of us to eat three or more main meals this week. Not bad for \$3 and two hours of our time.

As I found out, the benefits didn't stop at good food, simply made. I met more of my neighbours and spent a sociable evening with them. I froze my meals to eat when money is tight and time is limited. And I'm a more confident cook, secure in the knowledge that reading a recipe really does help!



Patricia "Trish" Downing and Holly prepare muffins. >> CONSTANCE BRISSENDEN

PRAYERWORKS COLLECTIVE KITCHEN
Second Wednesday of every month 5:30-8:30 pm

St. Faith/St. Stephen Anglican Church
11725 93 St.

For more information on collective kitchens and how to take part:

Call Diane Thursby at 780.735.3044 or check out albertahealthservices.ca and search "collective kitchen"

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Great Pumpkin Schedule:

Indoor Activities

4:00 - 5:30 pm Spook and Bannock
-Gymnasium (while quantities last)

5:30 pm Costume Contest -Gymnasium

0 - 3 years	5:30
4 - 6 years	6:00
7 - 9 years	6:30
10 - 12 years	7:00

Outdoor Activities
(If temperature is below -15 C° activities will be moved inside)

5:00 - 8:00 pm Wagon Rides
Jumpy Castle
Crafts
Teepee Stories
Trick or Treat
(Participating homes, jack o lantern on front step)

8:00 pm! FIREWORKS

Halloween is a great an opportunity to talk to all your neighbours! Get out and enjoy.

EDITORIAL

Help newcomers feel welcome

Differences enrich communities and society

PRISCILLA CLARK

"Listen!" the graffiti bird silently implored, its pale image in stark contrast to the bright red of the Edmonton Sun newsstand on which it timidly rested. "Another uprooted Montrealer," I thought to myself, recognizing the unknown graffiti artist's work.

This little bird had been prolific in the St. Henri area of Montreal, a stone's throw from my former home. It was usually drawn more boldly and came with a dialogue balloon containing quips of a political nature. I wondered why this forlorn little bird seemed so diminished. It did not demand our attention, but wanted us only to listen.

Listen! Did you know that only 26 per cent of newcomers to Alberta are international immigrants? That leaves a whopping 75 per cent of new residents from other provinces in our great country.

Listen! The latest census findings indicate Edmonton's population has increased by 100,000 people over the past ten years. Our present population is 877,926 and is projected to bump Ottawa out of

fourth place as Canada's largest municipality by decade's end. In the past two years, we have experienced a growth rate of 7.4 per cent, a rough equivalent of the entire population of St. Albert. The downtown and inner city neighbourhoods have experienced a 7.8 per cent population growth in the past two years due to new residents, infill housing, and community revitalization efforts.

Listen! According to Wikipedia, "Boomtowns are the site of both economic prosperity and social disruption as the local culture and infrastructure struggle to accommodate the waves of new residents."

I can see from a native Albertan's perspective that a constant influx of newcomers may be viewed as a threat. However, new people bring new ideas and different ways of doing things, which are bound to shake up the status quo. For those resistant to change, it makes for a scary notion indeed. Those of a more progressive nature may see it for what it is: differences enrich society.

Newcomers, not unlike the settlers who came to this region many years ago, are initially drawn to Edmonton by the

opportunity to make a better life for themselves. Let's face it—not all provinces have been as fortunate as Alberta in the post-2008 economic meltdown era.

In pioneer days, new residents were welcomed with open arms. Neighbours helped build one another's homes and bring in the harvest. They saw they needed one another to survive and flourish. It was a symbiotic relationship.

I know those homespun days are long gone, but Alberta needs more workers to fuel its burgeoning economy and we need jobs. This should be a win/win proposition, right?

Yet, it often doesn't feel that way. There seems to be an invisible tug of war at play—us against the old guard.

Listen! Being a newcomer is hard and lonely work as we forge new bonds within our communities and struggle for acceptance. We feel displaced and alienated as we fight to acclimatize and build new lives for ourselves.

I think I've finally figured out what that little bird wanted to say: listen! I need to belong. Let me in!



This thoughtful graffiti challenges us to consider how we think and listen. >> PRISCILLA CLARK

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Happy Thanksgiving from the Rat Creek Press.

I am thankful for the great team that works with me every month to get this newspaper to your door. Our long time designer Michelle Hayduk has left the team to pursue new ventures. We wish her well. Lorraine Shulba, who has helped us out in the past, is taking over. Welcome to the craziness!

I am also thankful for the great community that I live in and get to explore and share with all of you. I'm always interested in hearing your thoughts. Drop me a line anytime.

Karen Mykietka, Publisher

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ABOUT US

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

COMMUNITY, COMMUNICATION, CAPACITY

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

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EDITORIAL POLICY

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

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

COMMUNITY CALENDAR

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

Give input and leadership to your community newspaper.

Join the Rat Creek Press board or be a contributor.

Only 1-2 hour commitment a month!

Annual General Meeting
Friday, November 21 at 7pm

Everyone welcome.

VOLUME 16, ISSUE 10 >> OCTOBER 2014

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Spruce Avenue Community
10240 - 115 Avenue

Want to get involved in your neighbourhood? Check out our
AGM Tuesday, Oct 21 at 7 pm. 10240 115 Ave.

DEVELOPMENT » ARENAS

Westwood arena important to community

Shortage of ice surfaces makes community facilities crucial

CADENCE BERGMAN

The City of Edmonton published a 10-year Arena Capital Development strategy in 2008, which recommends building a number of new ice surfaces in the suburbs, but closing several older rinks closer to downtown. Westwood is one of those arenas.

Older arenas are on the chopping block for a few reasons. They usually don't provide good access for people with disabilities and they often lack the space needed for parking, causing problems for nearby residents. The plan to demolish these older buildings and put resources into newer, more spacious, multi-arena complexes has some merit. Many families prefer the newer, modern facilities with huge dressing rooms, coffee shops, and heated viewing areas.

But there are reasons to keep the Westwood arena open.

The city created this strat-

egy around the same time they launched the Avenue Initiative Revitalization, their flagship Neighbourhood Revitalization program. The city spent almost \$24 million between 2009 and 2011 on capital and streetscape improvements under this plan, and the program is entering its sixth year. Our neighbourhoods have watched in frustration as school boards have closed schools, and now the city is planning to shut down one of the few local arenas. Along with revitalizing the neighbourhood, our plans should focus on keeping some of these community facilities.

The Blatchford development projections say we could have 30,000 new residents moving into the area. In a media release on June 11, the city promised to "offer housing options that focus on the needs of families." If even part of the new Blatchford development is family focused, the Westwood arena will be handy to have.

Finally, the whole city needs more ice. Calgary and surrounding area has access to almost 80 sheets of indoor ice, while the Edmonton area has closer to 60. Edmonton is packing the practice and game times in from 5 am to midnight. Why would we close an arena anywhere?

Our area is in transition, and residents don't expect to have all the newest and best community services. We love the character and diversity of our community. However, improving the area means making this a place where people of all ages and incomes will settle down and young families want to stay.

The latest news seems to be that the closure is on hold while there is such a shortage of ice surfaces. It would be good to see a new arena plan that includes maintaining and upgrading existing arenas in revitalizing neighbourhoods.

“The whole city needs more ice. Calgary and surrounding area has access to almost 80 sheets of indoor ice, while the Edmonton area has closer to 60. Edmonton is packing the practice and game times in from 5 am to midnight. Why would we close an arena anywhere?”



It's all in the jar

Get crafty for the holidays

PRISCILLA CLARK

Are you at a loss as what to do for Thanksgiving and Halloween decorations this year? Maybe you're on a budget and looking for creative inspiration?

Behold the lowly Mason jar. We all have some stashed away in the back of our kitchen

cupboards. Let's unearth these dust collectors and get to work. These versatile culinary staples can be easily transformed into fun and eco-friendly decorations. Results can range from sophisticated to child craft friendly. It's all up to you and your imagination.

To get you going, here are some project ideas:

Mason jar pumpkin table centrepieces

Put together a grouping of Mason jars (varying sizes are best to create visual interest) that are the right size and scale in relation to your table.

Thinly paint the exterior of the jars with acrylic paint in yellows and oranges to mimic the appearance of pumpkin and squash. You may layer colours in coats to add dimension to the piece.

Paint the jar lids and rings with green paint and set aside to dry.

Once the paint is thoroughly dry, lightly sand the jar surface to highlight mason lettering, and to reveal the layer of paint underneath.

If you have some dry twigs in the backyard, put them to good use. Select twigs that would work well as pumpkin stems. Cut them to an appropriate size, and using a hot glue gun, adhere them to the tops of your Mason jar lids.

When the glue has dried, tie raffia or twine around the twigs, and voila—a pumpkin is born (carriage and glass slipper not included).

After grouping them on your table, scatter a few autumn leaves around their bases.

Now all you have to do is prepare and serve Thanksgiving dinner!

Mason jar Halloween votive candles

These decorations are a fun project to do with the kids.

Simply paint the exterior of the jars with acrylic paint using whatever colour you like. Paint them to look like jack-o'-lanterns, monsters, ghosts—whatever ghoulish your imagination conjures up. Make a mummy by wrapping a jar in gauze bandages and adding eyes. Add stick-on decals to the jar or simply paint your own detailing.

If a more translucent effect is desired, glue strips of coloured tissue paper to the surface of the jar. A more sophisticated version of this effect can be achieved using stained glass paint readily available at your local craft store.

When you're done decorating, place votive candles inside. Use the decorated

Mason jars as party centrepieces or on your front steps to light the way for trick-or-treaters. For safety reasons, it's best to use a battery-operated votive candle insert for exterior use.

These jars can also be used to house Halloween treats for your little ghouls and goblins. Now all you need to do is buy the candy!

If you're hesitant to start your creations without detailed guidance, check out the following online tutorials at www.putitinar.com. This website offers several Mason jar craft ideas and tutorials. Check out the pumpkin made from Mason jar rings. Or, look at www.celebrations.com for detailed DIY Halloween Mason jar votive instructions.



Priscilla Clark is a local interior designer and co-owner of Modern Relic Designs which specializes in green design and historic preservation.

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FOOD » AVAILABILITY

Harvest is plentiful at the Food Bank

Edmontonians support community 'can by can and dollar by dollar'

LINDA WILKINSON

Thanksgiving is when we tend to take stock of what we're thankful for—a home, a job, and good food. But what about those who have recently lost a job or who are in a financially challenging situation? Thanksgiving can be a difficult time for them, but it would be much worse if Edmonton did not have a well-stocked Food Bank.

"Not everyone has family that can help financially in situations that are rough," said Tamisan Bencz-Knight, the Food Bank's manager of strategic relationships and partnerships. "Not everybody has a network, and so we're definitely here to support people through times of need."

That time varies for different people at different times of the year. On average, staff and volunteers give out hampers to over 13,000 people per month, with approximately 40 per cent under the age of 18. The Food Bank works closely with the Edmonton City Centre Church Corporation (E4C) to provide meals and snacks to some of the city's schools (including schools in Norwood, Delton, and Spruce Avenue), and in total provides approximately 350,000 meals and snacks per month distributed by 211 Edmonton agencies.

Hampers start with non-perishable food items such as soup, beans, canned meat or fish, canned fruit or vegetables, and a macaroni and cheese dinner. Then fresh fruit and vegetables, eggs, bread and other food items are added. Specialty hampers are also available, and in some cases, there are instructions on how to use foods with which clients may be unfamiliar.

"We have a celiac starter, a diabetic starter and a pork-free

starter kit. So volunteers will grab bags or boxes and then add the fresh produce. Somebody might call us and say, 'I have no teeth' and so we would tailor that hamper to the specific needs of that client," explained Bencz-Knight.

Edmonton's Food Bank gratefully accepts and appreciates all donations but will check to make sure cans are not dented, bloated or rusted.

"If somebody makes a donation and it's not quite something that we can use because the product was damaged a little bit, we are grateful but we do have to discard some things that are not quite fit. We follow Alberta Health Services guidelines."

Edmontonians donate most food throughout the year. The two biggest fundraisers occur at the Heritage Festival and the City Wide Door to Door Food Drive in September. Last year, these events gave the Food Bank a much-needed head start for the Christmas season with \$50,000 in cash donations, \$50,000 in unused food tickets and approximately 110,000 kg of food.

In October, the Food Bank's shelves continue to be replenished from Walmart's Thanksgiving Food Drive, Oktoberfest, and Edmonton Public Library's Food4Fines. There's another Neighbourhood Door to Door food drive in the Dovercourt area on Oct. 16, and on Nov. 2 the Running Room will sponsor a 10 km run or walk called Tuxedo, Gowns and Hot Dogs.

"It can be the best fun run time of your life because the run starts at 1:59 am, so when the clocks turn back at 2:00 am, of course, you end up with a negative number for your run," said Bencz-Knight with a laugh.

The year-round events as well as generous individual and corporate donations allow the staff and volunteers to continue to serve the community.

"Edmontonians are really good to us, and if we have a need and we put the call out there, individuals, groups, organizations, they all step forward," said Bencz-Knight. "We're very fortunate to have that support for us as an organization. It's can by can and dollar by dollar that we're able to provide our services."

HOW TO GET ASSISTANCE FROM THE FOOD BANK:

Phone 780.425.4190 on Monday to Friday from 8:30 am to 4:30 pm. Valid identification for each person in the household and proof of Edmonton residency (bills, rent receipt) are required. With over 40 hamper depots in Edmonton, clients can access hampers in their own neighbourhoods.



Tamisan Bencz-Knight packs a food hamper at the Edmonton Food Bank. » LINDA WILKINSON

HOW TO DONATE:

MONETARY DONATIONS:

Donate online at <http://edmontonsfoodbank.com/donate/>

Drop off cash or cheque in person or mail

to 11508 120 St, Edmonton, AB T5G 2Y2

Phone 780.425.2133

FOOD DONATIONS:

Arrange pick-up of food by phoning

780.425.2133

Drop off food at any City of Edmonton fire station or major grocery store

Volunteering with Edmonton's Food Bank:

Phone 780.425.2133

WHAT TO DONATE:

Beans with or without pork

Canned meat

Canned fish

Canned fruit or vegetables

Peanut butter

Macaroni and cheese dinners

Pasta and pasta sauce

Lentils

Rice

Cereal and oatmeal

School snack items such as juice boxes,

fruit cups and granola bars

Clean vegetables such as carrots,

potatoes and beets (dropped off at the

Food Bank)



FOOD » AVAILABILITY

WECAN helps fill grocery gap

Non-profit agency provides affordable option

TALEA MEDYNSKI

The last week of the month can be tough when it comes to having enough food. While a savvy shopper can find deals throughout the city, not everyone has a vehicle to travel to those locations.

Nearly twenty years ago, City of Edmonton social workers Cathy Vereyken and Alicia D'Elia created the WECAN Food Basket Society with the idea of giving people an option to buy affordable, healthy food. The non-profit agency delivers food baskets to 25 depots located throughout the city.

"We designed the basket for the time of month when money is low," said Christine McVea, WECAN's program manager. "We operate our depots in communities that are vulnerable to food security issues."

WECAN is volunteer-run, community owned and developed. According to the organization's website, "The Food Basket helps families and individuals get fresh food at a discount price and the items selected each month are staples of a healthy diet and an affordable price. To keep costs down, volunteer drivers pick up the groceries at the wholesaler and deliver them to our depots."

"It allows people to build security on a monthly basis," explained McVea. "It's a way

for people who find it difficult to make it to the end of the month."

The food isn't a replacement for monthly grocery shopping. Rather, it's for the last week of the month.

WECAN buys the food in bulk from The Grocery People (TGP) and members pay a \$5 annual fee.

According to the TGP website, "The baskets can typically feed a family of four for about three to four days."

For \$25, members get a full order with three types of fruits, three types of vegetables, and three different kinds of meat. Or, members can place an order of fruits and vegetables for \$10, while an order of meat is \$15.

WECAN delivers to depots close to where many members live. Members pay for their order on the first week of the month and receive the order for the last week of the month.

"People on fixed incomes don't have a lot of food or money at the end of the month," McVea said, explaining why members pay at the beginning of the month.

Depending on the depot, orders arrive on the third Thursday or Friday of the month.

"Our objective is to work with people who need food security," said McVea. She explained that 60 per cent of WECAN mem-



Volunteers stock baskets before sending them to one of the depots. >> PAIGE NELSON

bers struggle with food security, while the remaining members are a little more frugal.

"A lot of our members join through word of mouth. They usually call us and we refer them to the depot co-ordinator."

There are roughly 550 orders per month. Two years ago, there were around 675 orders a month.

McVea credits the decreased orders to volunteer turnover and the raised prices of the baskets. Due to rising food costs, WECAN increased the former \$20 basket to \$25.

"I would like the numbers to be a little bit stronger. More people using WECAN gives us better buying power."

WHAT TO KNOW ABOUT WECAN FOOD BASKET SOCIETY

Members pay an annual \$5 fee

There are 25 depots throughout Edmonton

Members pay for orders on the first week of the month and receive their orders on the third Thursday or Friday of the month

\$25 gets members an order of three types of fruits, three types of vegetables, and three different kinds of meat

\$15 is an order of meat

\$10 is an order of fruits and vegetables

Contact info

Ph: 780.413.4525 wecanfood.com

Avenue Food Co-op provides options

Local co-op meets demand for people with food issues

MARI SASANO

When Arthur Dyck's wife started to have some issues with gluten in 2002, there were few options.

"Gluten-free food at that time was quite rare," he said. "You could get it in health food stores, but not in grocery stores, and it was very expensive." The selection, too, had much to be desired.

After the couple discussed the situation with friends, it seemed many other people shared the need for gluten-free food, as well as a growing demand for organics and other specialties. With a bit of research, they found a distributor that had a policy of selling to food-ordering groups, and that was the beginning of the Avenue Food Co-op.

"People would get together because we could only buy in large quantities, and they would split up cases. It was unique at that time." Dyck would place

an order four times a year, gathering the items in his home and splitting up the orders from there.

"There must have been about 10 of us. I think we looked in our file, the first order was \$1,800, and now we're averaging \$6,000-\$7,000."

Dyck notes that the orders are now delivered to and distributed from St. Faith Anglican Church.

There are currently 40 people on the mailing list, with 20 to 25 ordering every time. Order deadlines are on www.avenuefoodcoop.org/.

"The other thing is, because we're ordering together and sharing in the work, prices are reduced considerably. We take the cost and add 9 per cent for shipping and handling, so it's very inexpensive."

Members can sign up and order on their website. Specialty foods, such as gluten-free, organic, and vegan, are available. Beauty and feminine prod-

ucts, baby care, supplements, and household paper goods are also online. Many of the products are also environmentally friendly (organic, unprocessed, fair trade).

"It's all dried food products, or canned. No fresh fruit or vegetables. Frozen, canned, dry."

Members can purchase some items individually, but most are by the case lot. If the quantities seem too big, there is an option to find someone to split it with. "It's usually by case lot, but we have a mailing list, so if you want to share something you just put a message on it."

In return, members are asked to help with sorting once a year. It's a small contribution considering the return—the co-op has changed the lives of those with specific dietary needs.

"It's allowed people who have food issues to have what they need at a reasonable price."

“Members can purchase some items individually, but most are by the case lot. If the quantities seem too big, there is an option to find someone to split it with.”

AVENUE FOOD CO-OP

<http://www.avefoodcoop.org/>

Membership is granted through volunteering. Place orders online.

Products are ordered four times a year. Food is limited to frozen, canned, or dried food. Other products include beauty and feminine products, baby care, supplements, and household paper goods.

Orders are delivered to and distributed through St. Faith Anglican Church (11725 93 St).



Endings, beginnings, and moments between

Rat Creek Press Poetry Slam brings talent and variety

RUSTI L LEHAY

These are beautiful, reckless, heartless days of fall where we might be stung by snow and sleet or forced to chuck off morning coats in blazing afternoon heat. One never knows what to expect. Kind of like the menagerie of talent, themes, and performance styles in a poetry slam.

As a judge, it was most challenging to pick only three winners. As an emcee, it was an honour to introduce, witness, and be awed by such talent.

The themes of beginnings and endings as well as birth and death rang out from

these three winners like a bell to wake up, like a harbinger to pay attention, and like a call to meditate. Fall into new beginnings this autumn, first of January, or your birthday. Let everyday be a new start.

Read aloud these winning poets' words of the *Rat Creek Press*-sponsored poetry slam held at Kaleido Family Arts Festival. Be inspired and touched by the universal truths breathing new life with their spirit, their imagination, and their performance style. Silent poetry ensures you will miss something. Aloud, you too can feel some of the magic that was in the room on Sept. 13.

STOP/START MORGAN SMITH (excerpt)

*I am asleep.
The moment before conception.
Stretched out unfolded and unending.
I am the snake that was eating its own
tail before atoms ever heard the pin drop
or looked to the door when it opened.
I am an airless gasp extended
infinitesimally until it sighs out the
alpha and the omega and every word you
ever wrote and every word you haven't
learned and every word that will not be
known.
I am creation when—skin still wet—
it slips back into its oblivion bath, no
ripples, a delicate interlacing of droplets,
quivering surface tension gently yielding
to the other.
I am ecstasy.
I am everything.
I am nothing.*

MARINA REID HALE (excerpts 3-1) Three

*Access to the darkest corners of my mind
The shadowy recesses where the monsters hide
I could have lived my whole life without knowing
about the monsters in my head
But you opened the cage
Let them run free to tear apart my psyche
Let them strangle my appetite in my throat
Reject every bite of food
And hand me bottles to lose myself in
Let them point out every edge sharp enough to carve
the hurt out from under my skin
Let them whisper words of false comfort as they
place clawed hands over mine try to turn the steering
wheel towards anything large enough to shatter me
I didn't know I was so easy to break*

Two

*Almost two years of happiness
Because
Despite everything
We were happy, weren't we?*

One

A Time Turner necklace

Beauty at your fingertips

pink polish

*Professional
Pampering
Perfection*

*Coming soon
Nail Salon
9001 - 118 Ave*

DOGWOOD TREES IN SPRING

LIAM COADY (excerpts from first & final stanzas)

*Some nights, I wear a scarf knitted from razor wire around my
neck.
When a strong wind blows the blades kiss my skin till it bleeds.
I've come to see this as a reminder that it's okay to feel vulnerable
As most days I turn myself to stone
Shut down my floodgates.
Disappearing into daylight had become a bad habit of mine
Like the craving for a cigarette
I guess I'm just afraid of falling from the tips of fingers.
Has never let us go
So swing with me
Rock me in your riverbed
Shed your skin with me.
And I will trade my neck brace for a flower petal
With a name shining on the skin.
I will plant it in your ear
So that you will always hear
My vulnerability.*

BUSINESS » THE LEMONADE STAND

You gotta have passion

If that's the message from the top of the mountain, is it true?

HENRI YAUCK

If you browse through the business book section of Indigo or most bookstores, you will find dozens of books echoing the "passion theme."

You even hear this refrain echoed down the halls of business academia. Strange though, I know many people that have great passion for a certain product or service, or for practicing a certain art form. Yet, from my observation at least, not one of them is successful. What gives?

On the other hand, I know extremely successful people with virtually no passion for what they are doing.

While we admire the abilities of Steve Jobs and often hold him up as a shining example of what someone with passion can do, we may be feeding an urban business myth. In fact, Steve Wozniak invented and designed Apple's first comput-

ers and he was the one with the passion for what we call the Apple. Steve Jobs was the one who was popularized, the face, the pitchman, the philosopher, the high priest of Apple. Without Jobs, Wozniak's passion would have been a flash in the pan. Without Wozniak's invention, Jobs would have been just another California techie bouncing from company to company in ripped blue jeans.

Jobs had the peculiar ability to find the passion for an idea in the minds of his audience and whip that small flame into a raging fire.

So what are we saying? It's the passion a large enough group of people have for something (be it an idea, concept, religion, or topic) that makes the difference.

If there's no collective passion, there's no market and no business.

Success, especially in business, has more to do with the passion in the minds of individuals than it does with the passion in your mind to make or sell a particular product or service.

If the bulk of the population did not have a passion for sugar, Coca Cola wouldn't exist. If voters are not passionate for a political party's ideas, then the party leader's passion is of little value.

If you are considering business, politics or leadership, where is your passion? Is it focused on the most important topic: the one in your potential consumer's mind?

What want, issue, or topic does your product, service or business answer in the mind of your consumer market?

Over 12,000 passionate *Rat Creek Press* readers want to hear about it.

BUSINESS » SHOP LOCAL

Learning through travel

Travellers explore Latin American culture

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 EMAIL: EDUCATIONALTRAVEL@HOTMAIL.COM

REBECCA LIPPIATT

Bringing more Canadians to Latin America and educating people about the many different cultures and customs of Latin American countries are Ana Alfaro's business goals. Each Latin American country is as distinct from one another as European countries. Having travelled to many of the countries herself, Alfaro can create the kind of travel experience her clients are seeking.

Alfaro organizes groups and educational tours to Latin American countries. While she is more than happy to book a beach and sun holiday or organize a destination wedding, she has contacts in many of the countries and can create a more personalized vacation, allowing travellers to meet and interact with local people.

Religious groups, groups interested in traditional healing, and groups travelling for festivals often rely on Alfaro for their bookings.

Over the next year, Alfaro plans to set up presentations in local restaurants to highlight the many Latin American cultures. She is also considering adding to the festivals on 118 Avenue with a corn festival to celebrate Latin American culture.

BUSINESS » SHOP LOCAL

Edmonton's Latin market

Family-run business in the heart of our community

PARAISO TROPICAL - LATIN FOOD MARKET

9136 118 AVE
 OWNER: JESUS GONZALES RIVAS
 HOURS: MON-SAT 9:30 AM-7PM,
 SUN & HOLIDAYS 11 AM-4 PM
 PH: 780.479.6000

REBECCA LIPPIATT

For nearly 25 years, the Gonzales family has ensured Edmonton has the opportunity to access foods from Latin America. Jesus Sr. and Alba Gonzales immigrated to Canada, escaping from the civil war in El Salvador. In 1991, they established Paraiso Tropical to serve the needs of Edmonton's Latin American community by importing beans, corn flour, and jarred treats from their home countries. Over the next 23 years,

their customer base expanded and two moves landed the store on 118 Avenue.

This is a family business. Jesus Gonzales Rivas took over managing the store from his parents six years ago.

He says of the business, "This is my home, my baby." His niece works there during the summer, and his sister Aura has a hand in the business.

Paraiso sells a mixture of local and imported food. Most products are imported from Central and South America, and from the Caribbean. However, there is also a large concentration of locally made products, including Taco Day's Mexican cheeses, hot sauces, chorizo, tortillas and empanadas. The frozen chicken and pork are from a local Hutterite colony. Paraiso is also a great place to stock up on basics such as beans,

rice, and quinoa. While you are there, try something new like pickled cactus hearts, a new brand of hot sauce, or a traditional chocolate drink.

The store also stocks items not easily found in Edmonton, such as veladora (religious candles) and piñatas. The piñatas are made locally or imported from Mexico and are priced from \$18-34.

On weekdays, hot snacks are available for takeout (or to eat on one of the storefront patio chairs). On weekends, El Salvadorian pupusas are made fresh. The staff is welcoming, knowledgeable, and will give you a chance to practise your Spanish.

A new store will be opening on the south side, expanding the distribution portion of the business as well as a retail outlet.



Ana Alfaro, manager of educational tours and travels, is surrounded by photographs and souvenirs from Latin America. » REBECCA LIPPIATT



Paraiso Tropical stocks a variety of Latin American food. » REBECCA LIPPIATT

AGM

EASTWOOD COMMUNITY LEAGUE

Annual General Meeting

Thursday, November 6 at 7 pm

11803 86 Street

Memberships on sale starting at 6:30 pm

Not everyone can afford a Thanksgiving feast. Help them out a little through the food bank.

HOLIDAY » THANKSGIVING

A Thanksgiving unicorn

Gratitude is a rare species in these fast times

DAVE VON BIEKER

It is Oct. 13 and my family shares the table, every leaf added to make room. The gravy steams and I can smell bacon waiting inside the stuffing. There are candied yams, crusted with butter and brown sugar, barely a vegetable. As good as all of this looks and smells—we pause.

We take each other's hands in our own. We sense the pulse of family, united. We take turns giving thanks for this day, this week, this year.

"I am thankful for this great meal!" I say, winking knowingly to my wife Christie and her mother. They smile and Christie takes her turn, "I am thankful for a wonderful husband who works so hard, and still finds time to be here with his family. And to do the dishes." We all laugh. I feel a rush of excitement at the thought of scraping burnt gravy from a cold pot.

My son Jack chimes in, "I'm thankful for my teacher. She makes grade six so easy! I love homework now!"

My daughter adds, "I'm thankful for my friends! We never fight, and everyone feels included every recess! Everyone shares. We all take turns. My parents set such a good example. They never fight or yell. I'm thankful for my parents!"

Then Tony the family uni-

corn chimes in, whinnying, "I'm so grateful you all adopted me and let me sit at the table. I'm thankful for this big salt lick. I feel so loved! Neigh!"

Of course, none of this is true. Except the bit about Tony.

In reality, we will have Thanksgiving a day or two late, when everyone is available. We'll barely remember why we get to pour gravy on potatoes. We'll assign the role of giving thanks to one unprepared guest. They will scour the past seven days for goodness and state how we are better off than those sad souls in poorer corners of the world. We will eat and recline on the couch, half-conscious.

Amid a sea of blessings, why is giving thanks so foreign?

Perhaps it's because we guard our precious hearts with sarcasm. Gratitude is so sincere. It's easier to joke than to count our blessings. Gratefulness requires an opening. A humble recognition from us on how few of life's good gifts are deserved or earned.

Perhaps we are not ungrateful so much as unmindful. If there are smartphones around our Thanksgiving table, who has time to take stock?

I could list the benefits of gratitude. A Google search will find countless studies as proof. But who would argue it is better to be a grumpy, ungrateful



Expressing gratitude may feel awkward. >> DAVE VON BIEKER

tyrant, than a thankful, gracious spirit?

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." Melody Beattie

I know this to be true. When

I take moments, in prayer or contemplation, at the end or beginning of my day, to take stock and give thanks, I inflate hope. I realize how far I've come. I remember myself.

Despair disorients. Thanksgiving is a faithful compass.

When you find yourself among family or friends this fall, for a holiday or otherwise, take a moment and grab a hand. Feel

the pulse of interwoven lives. Move past cynicism towards hope. It may feel awkward as a unicorn at the dinner table, but what good comes without a little effort?

Pause. Think. Remember. Look around and say it.

"Thank you."

A place to *Flourish*
ARTSTREAM PROJECT

Within the Artstream Project you will find features that aim to serve the various needs of the artist: a collaborative community space where you are able to gather with other creatives; meeting rooms where you can work with clients or small groups; a gallery/show space; workshop space; teaching studio; photo/video studio; individual and group studio space and complete art printing and support services. All this and more, centrally located in the historic Grinnell Warehouse... check out the possibilities!

ART FUSE, OPEN HOUSE AND OPEN STUDIO DAYS

come meet our creatives and experience local art

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Elmwood Park Halloween party Oct 31 from 6-9pm. Trick or treat, games, refreshments. 12505 75 St.

FALL » CLEAN UP

It's raining leaves

Fall brings beauty and work

KAREN MYKIETKA

I have heard many people say the mature trees lining our streets are one of the things they love about our neighbourhood. They are beautiful. They bring greenery, birds, and shade from the summer sun. They also provide shelter. Once I was driving down 118 Avenue when a hail-storm struck. I quickly turned down a side street and waited out the storm under the canopy of tree branches.

Whenever I visit a newer neighbourhood, it feels so stark and empty. Endless houses, concrete, asphalt, and twigs for trees. I come back to this neighbourhood and it just feels better. When all the leaves turn colours in the fall, it's beautiful, but it does bring work. I love the trees, but at this time of year, my love groans a little at the sight of all those leaves floating down onto my house, eavestroughs, lawn, and street gutters. The leaves blanket everything.

A couple weeks ago Emmy Stuebing from 95A Street and 115 Avenue posted on Facebook, "It's raining leaves on

my street today. It's so pretty." There's still weeks more of "leaf" rain ahead.

Groan. I have a corner lot. I went out the other day to talk to my new neighbours on the opposite corner. They had the whole family out raking and bagging leaves. I learned they are from Cameroon and have been in Canada for two years. This is their first house. The leaves will keep them busy until the snow comes.

There is a positive side to leaves, even when they fall on the ground. You'll get some exercise raking them up, or if you have kids you can send them out to get exercise. And did you know they can save you money? Leaves make a great soil enricher and fertilizer and they are free! If you don't have enough, I'm sure your neighbours will gladly share.

Whatever you ultimately do with them, it is important to rake and pick them up. When I took possession of my house in May, leaves had been left in piles on the boulevard. It killed the grass. So I guess if you want to kill the grass in certain spots, just pile on the leaves.

This summer I was visiting a friend in the neighbourhood and had to hop over about a foot of muck in the street gutters. I took a closer look and realized what the muck was—decomposing leaves.

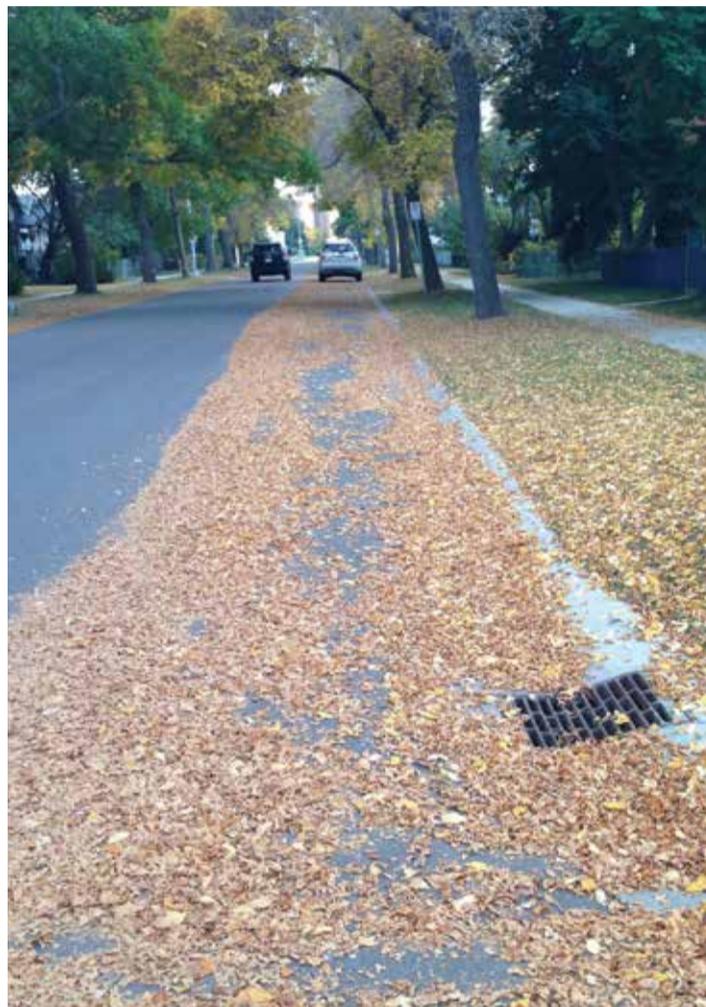
Don't think you just have to rake leaves on your property. Be a good neighbour and resident and take the time to clear leaves from the street gutters and drains. If you don't, then expect to have flooded streets in the spring.

If your street frontage has a drain, then consider yourself "keeper of the drain" and take a few extra minutes here and there over the year to keep it clear of debris and ice. City crews can only do so much. Do you want to pay more taxes so there can be a city worker on every street cleaning gutters and drains?

So make the best of a leafy situation. Enjoy some time outdoors in the nice fall weather. Have some family fun in the leaves (leaves make a great photo backdrop). Take the opportunity to meet or visit with neighbours. Enjoy the leaves, soon there will be snow.

What to do with all those leaves

- Add whole or chopped leaves to vegetable beds.
- Mix some into your regular compost pile.
- Make leaf compost (pile leaves, wetting them as you go).
- Use whole leaves as temporary mulch.
- Bag extra leaves and put out with your trash.
- Do NOT burn leaves.



Leaves cover not only yards, but also side streets and drains. Clean these up too if you don't want flooded streets, clogged drains and muck in the spring. » KAREN MYKIETKA



Raymond & Micheline Kamper, new homeowners in Parkdale, have the whole family out cleaning up leaves from their corner lot. » KAREN MYKIETKA



The beautiful canopy of trees over 95A Street dropping leaves onto the ground. » EMMY STUEBING

Free League members access at the Commonwealth Rec Centre, Saturdays 5pm to 7pm

HISTORY » FAMILY

The bakery owner's gingerbread house

Historic Mayer Sheckter house reflects style and family values

CHANTAL FIGEAT

The large house on 88 Street stands out in the Parkdale neighbourhood. It takes up two city lots and has distinctive ornamentation not seen on other homes in the area.

The home owes much of its charm to the influence of the Tudor Revival architectural style, popular between 1920 and 1940. Tudor Revival often embraces the more humble and rustic aspects of Tudor architecture. This is plainly seen in the Sheckter house, which has quaint characteristics borrowed from medieval English cottages.

The most prominent feature is a high-pitched roof with hipped gables mimicking a thatched roof. Raised plaster on the sides is reminiscent of half-timbering. The floor plan is uneven. Medieval architecture usually grew organically according to the needs of the occupants. Intersecting rooflines give the impression that there were additions to the house over the years.

Windows on either side of the front porch is another distinctive feature. The tall, narrow windows are divided into panes

by vertical strips known as mullions. True to the Tudor Revival style, a set of windows on the second story at the front of the house hangs over the first floor.

The construction date on this house varies between 1933 and 1936. Sheckter, who was the original owner, may have built the house in stages. Sheckter owned the nearby Alberta Bakery on 117 Avenue and 90 Street and established the bakery in 1929.

Born in 1898, Sheckter had a strong sense of community. A participant in the Edmonton Beth Israel Synagogue, Sheckter represented the Edmonton Hebrew Association on their newly formed Board of Trustees in 1941. He was board president 1950 to 1954 and became honorary president in 1954.

Sheckter showed his support of educational excellence during the 40s as a patron of the University of Alberta. He helped fund scholarships, research facilities and "extras" for the university.

Sheckter and his wife Fanny had a large family with at least five sons born between 1916 and 1929. The house was clearly built with the family in

mind. One can see this in the size of the house and the large amount of yard space. Here was a place where the boys could play under the watchful eye of mother while father was only a couple blocks away at the bakery.

The Alberta Bakery was a family affair, with son Frank delivering bread to businesses in north Edmonton. Frank Sheckter was 14 in 1941 and remembers, "delivering bread to a little store in north Edmonton called Fort Road Confectionary, across from the Transit Hotel on 66th Street and Fort Road. It was owned by a Lebanese fellow. I believe his name was Tarrabain. I always made that the last stop on the route so I would sit and have a Coke with him and visit with him and talk."

Mayer lived in the house until 1966 with grandson Dr. Samuel Sheckter, an Edmonton dentist, who took up residence afterwards. Mayer died in 1976 and is buried in the Edmonton Jewish Cemetery. As of 1987, the house was still owned by the Sheckter family.



This stylish house on 88 Street was inspired by English country cottages. >> CHANTAL FIGEAT



PETER GOLDRING
Member of Parliament
Edmonton East



A LEGACY OF HOPE

Thirty-four years ago, on April 12, 1980, 21-year-old Terry Fox started out on his "Marathon of Hope" – a cross-Canada run to raise awareness and money for cancer research. A cancer survivor himself, the amputee runner was keenly aware of the need for more in the battle against the disease.

Terry was forced to abandon his trek when the cancer returned, having run well over 140 days and 5,000 kilometres from St. John's, Newfoundland to Thunder Bay, Ontario.

I have a particular memory of Terry Fox. In 1980, my wife Lorraine, daughter Corinna and I were travelling by car from Edmonton to Toronto, and passed Terry on the northern Ontario highway. Shortly after we passed, my cousin Janet's husband, a doctor in Thunder Bay, was called out to examine him. It was he who confirmed that the cancer had returned and the run was over. At the time his wife, my cousin, in Thunder Bay was also in cancer's insidious grasp and later succumbed.

A telethon held after Terry was forced to abandon his run raised \$10 million for cancer research. Before his June 1981 death, donations had passed the \$23 million target. The first Terry Fox Run, in September 1981, was held as a memorial. In the years since, thousands have participated across Canada and around the world, raising almost \$500 million for cancer research, bringing Terry's dream of a cure for cancer closer.

Terry had that Canadian spirit of perseverance, of determination and dedication that is a mark of many successful people in this country. Canadians dream big, aim for lofty goals and work hard to achieve them.

Terry Fox showed that what sometimes seems impossible can be achieved with determination and effort. A monument of Terry on Parliament Hill attests to his courage and is an inspiration to us all.

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COMMUNITY CALENDAR

Sponsored by the Norwood Neighbourhood Association whose vision is to support good projects and activities that benefit the neighbourhood.

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

EVENTS

MEANINGFUL COMMUNITY OUTREACH WORKSHOPS

For faith-based communities. Topics will include: Love and Justice, Abundant Community Philosophy, Biblical Systems, and Hospitality. Hosted by Sanctuary Covenant Church in participation with Taylor Seminary, The Neighbour Centre, Abundant Community Initiative, and others. It's free! Join us for coffee and discussion, Monday Oct 6, 20 & 27 from 7-9 pm at The Carrot (9351 118 Ave). More info: Olivia 780.289.2833 or Olivia.Chessman@gmail.com.

EXHIBIT GALLERY OPENING
Shutterbugs Photography Exhibit Gallery Opening. Wednesday, Oct 8 from 6-9 pm. Carrot Community Arts Coffeehouse (9351 118 Ave).

POP-UP MAKERSPACE
Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop in, hang out, bring friends, try things and make fun stuff. Saturday, Oct 18 from 1-2 pm at Highlands Library (6516 118 Ave). Drop-in.

GAMES (& CRAFTS) NIGHT
Tuesday, Oct 28 at 7 pm at the Carrot (9351 118 Ave). Bring your friends, your favourite board game (or craft) and have a great evening of fun.

CARROT HALLOWEEN PARTY!
Wear your best costume and join us for fun and games, all with a halloween theme! Prizes for Best Costume and Best Pre-carved pumpkin and games galore. Trick or Treaters welcome! All ages! Friday, Oct 31 at 7 pm at the Carrot.

GREAT PUMPKIN EVENT
Have a safe and fun Halloween at this free community event! Check out the Great Pumpkin Event on Friday, Oct. 31 from 4-11:30 pm at Bent Arrow Traditional Healing Society (Parkdale School, 11648 85 St.) Activities include wagon rides, storytelling, costume contest, fireworks, and more!

ST. FAITH FUNDRAISER & SILENT AUCTION
Saturday, Nov. 1, 5 pm. Cedric Abday, organist at St. George's Anglican Church, will be performing. Tickets are \$25 and available through the church office, 780-477-5931. Donations for the silent auction are welcome.

NOTICES

CRUD SPECIAL GENERAL MEETING
Tuesday, October 21 at 6:30 pm at AAFL (9210 118 Ave). For CRUD members only.

BRAZILIAN PERFORMANCE
Come to Parkdale-Cromdale Community Hall (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! Capoeira is a mix of Brazilian martial arts, music, and dance. Various classes are offered throughout the week at the hall. More info: www.capoeiraacademy.ca

THE CARROT STAGE
9351 118 Ave, 780.471.1580 thecarrot.ca
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome.
Saturdays: Open mic 7 -9:30 pm. Share original music, poetry or comedy. Free admission for all ages. \$1.25 minimum food charge.

RECYCLE YOUR COMPUTER ITEMS
The Electronic Recycling Association will refurbish used computers and IT equipment and donate to non-profit organizations. Go to www.era.ca for more info.

PROGRAMS/CLASSES

FREE COMMUNITY ART NIGHT
For adults. Tuesdays from 6:30-8:30 pm at The Nina (9225 118 Ave). Sponsored by Alberta Jubilee Auditoria Society.

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

FAMILY ART WORKSHOPS
Dive into the wonderful world of art with FREE all age workshops every Thursday from 6:30 pm

to 8 pm at Parkdale-Cromdale Community Hall (11335 85 St). Inspired by famous artists and your creative imagination, kids and parents alike, will explore a variety of materials and techniques in drawing, painting and sculpture.

SPIRIT ART
An opportunity to explore your spirit through art. 1st and 3rd Wednesday of the month from 10 am to noon at St. Faith/St. Stephen (11725 93 St).

FREE MUSIC LESSONS BY CREART
Every Saturday, free group lessons are offered to members at Parkdale-Cromdale Community Hall (11335 85 St). Singing lessons from 9 to 10 am and guitar lessons from 10 am to 12 pm. Play and meet others. More info: call 780.878.8265 or createdmonton@hotmail.com.

PRESCHOOL PROGRAMS AT SPRUCEWOOD LIBRARY
11555 95 ST, 780-496-7099
Family Storytime Stories, songs and games for the whole family. Sundays 2:30 pm.
Baby Laptime (up to 12 months) Stories, songs, books, rhymes, finger play. Mondays, 10:30 am.
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3) Enhance communication and development through repetition, visuals and movement. Tuesdays, 10:30 am.

TODDLER TUMBLE BABY BOUNCE
(facilitated by Bent Arrow Parent Link Association) All young parents or grandparents may bring preschool aged children for gym play time on kid-friendly equipment followed by our Little Peoples Lunch. Tuesdays from 11:30 am-12:45 pm at Crystal Kids (8718 118 Ave).

FREE PARENT & TOT ENGLISH CLASS
ECALA English for Community Integration. Bring along your babies/toddlers and learn basic English skills for everyday situations. Fridays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: contact Sarah at 780.887.6825 or email sarahdelano@hotmail.com.

PRESCHOOL PROGRAMS AT HIGHLANDS LIBRARY
6516 118 AVE, 780-496-7099
Family Storytime Stories, songs and games for the whole family. Saturdays at 11am.
Baby Laptime (up to 12 months) Stories, songs, books, rhymes, finger play. Thursdays at 10:30 am.

SING, SIGN, LAUGH & LEARN
(for caregivers and children up to age 3) Enhance communication and development through repetition, visuals and movement. Wednesdays at 11 am.

ADULT READING & WRITING
A new program using mainly Aboriginal materials. Thursdays, 9:30 am to noon at St. Faith/St. Stephen (11725 93 St).

TECH HELP @ EPL
Have a tech question about computer basics, email, iPads, eBooks and more? Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases and the library catalogue. You're welcome to bring your own tablet, laptop or phone. Tuesdays, 10:30-11:30 am at Highlands Library (6516 118 Ave) or one-on-one at Sprucewood Library (call 780-496-7099 to register).

FREE SELF DEFENSE SEMINAR FOR SENIORS
Focusing on the psychological aspects of fear and conflict (with very little physical movement) by KPC self defence instructor Randy King. Tuesday, Oct 28, Nov 4 & 18 from 1-2:30pm at Beverly United Church. More info: Olivia 780.289.2833.

COLLECTIVE KITCHEN
Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30-8:00 pm, St. Faith/St. Stephen Anglican Church, 11725-93 Street. Cost is \$3 for one serving of each of 4 different meals. For info, please call Trish at 780-464-5444.

SAA MEETINGS & FELLOWSHIP
Big Book Study sponsored by Sex Addicts Anonymous. Everybody welcome. For meeting info call 587-921-1397, text 780-394-3709, email recovery4wolf@gmail.com.

ALATEEN MEETINGS
Help for young people whose parent, relative or friend is a problem drinker. Saturdays at 10 am at 11107 129 St (backdoor, downstairs). More info: call 1.866.322.6902 or Google alateen edmonton. Al-Anon and Alcoholics Anonymous meet at the same time, in the same building. Help and hope for the whole family.

JUST FOR TODAY AFG
Are you troubled by someone's drinking? Al-Anon meeting, Mondays at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by handicap access. For more information, phone: 1-888-322-6902.

SOCIAL ACTIVITIES

PRAYERWORKS COMMON
Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Every Thursday lunch 10 am-2 pm. 1st, 2nd & 3rd Friday supper 5-6:30 pm with MusicJam on the third Friday. Every 2nd and 4th Saturday breakfast 8:30-9:30 am.

FAMILY MUSIC POTLUCK NIGHT
Join us the last Saturday of the month from 7 to 11 pm at Parkdale-Cromdale Community Hall (11335 85 St) for our family friendly arts party and potluck. Enjoy live professional and emerging musicians or take part in the open mic. More info: call 780.878.8265.

BABES IN ARMS
A casual parent group every Friday from 10 am to noon at The Carrot (9351 118 Ave).

TWEEN LOUNGE
For ages 8-13. Play video games, make a DIY project, meet friends, hang out. Thursdays from 3:30-5 pm at Sprucewood Library (11555 95 St) or Highlands Library (6516 118 Ave).

TEEN GAMING
For ages 12-17. Come to the library to play some great games! Thursdays from 6:30-8:30 pm. Sprucewood Library (11555 95 St). More info: 780.496.7099.

NFB FILM CLUB
Saturday Oct 18, 1:30 pm at Sprucewood Library (11555 95 St).

ENGLISH CONVERSATION CIRCLE
Drop in and join others who also want to practice their English. Mondays from 6-7:30 pm (No program Oct 13) at Sprucewood Library (11555 95 St) or Fridays 10:30 am to noon at Highlands Library (6516 118 Ave).

FULL CIRCLE
Starting September 3, Full Circle, a welcoming group for men and women of a distinguished age (55 years +), meets on Wednesdays at 6:45 pm at Parkdale-Cromdale Community Hall (11335 85 St). It is a safe and comfortable place to share your life experiences and ideas, and to learn new skills and knowledge while getting to know other local residents. More info: contact Helen at 780.454.4886.

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

PARKDALE-CROMDALE SENIORS GROUP
Seniors' bingo takes place every Monday from 10:30 am to 1 pm at Parkdale-Cromdale Community Hall (11335 85 St). Coffee and snack provided.

SENIORS BREAKFAST & SOCIAL
All seniors 55+ are welcome to join us for breakfast, then stay for a visit, play some cards or billiards and if you like, you can watch a movie! Wednesdays from 11:30 am-12:45 pm at Crystal Kids Youth Centre (8715 118 Ave).

SPORTS/REC

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE
Use any of the amenities at the rec centre on Saturdays from 5-7 pm with your community league membership.

FREE SPORTS EQUIPMENT
All kinds of sports equipment to kids in need, including hockey, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and more. More info at 780.477.1166 or www.sportscentral.org. Also accept donations of gently used sports gear.

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9:30 am - High Mass
7:00 pm - Evensong

St. Faith: 780.477.5931

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

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4:00 pm - Mass, Sunday, Eritrean Catholic Community

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Please contact my office or interact online with me to share your views, issues and concerns that impact our community and our democratic values.

Connect with Brian!

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