

# RAT CREEK PRESS

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OCTOBER 2015

NEWS » MUSIC

## Capital idea for the future of local music

Capital City Records celebrates Edmonton musicians



Mat Halton, whose band is Passburg, also has his music on Capital City Records. » DAVE VON BIEKER

DAVE VON BIEKER

There's a new way to discover music in Edmonton. You can stream unlimited songs for free, and members can download every track. I'm not talking about Apple Music or Spotify. You won't find the latest Taylor Swift album here because she's not from Edmonton. You also won't find any ads and this service won't cost you a thing.

Ladies and gentlemen, give it up for Capital City Records!

When Alex Carruthers joined Edmonton Public Library (EPL) as an intern two and a half years ago, she was asked to research and propose a project for a "virtual public space" that was uniquely Edmontonian. She quickly noticed online groups dedicated to celebrating and preserving Edmonton's music scene.

A few American libraries were offering an online local music service, but nothing like what Capital City Records was

to become. For that unique vision, Carruthers says her team "basically took the idea of doing a digital public space for music to the music community in 2014."

Musicians, music critics, bloggers and others in the scene shared how the library could help connect Edmonton musicians to Edmonton music lovers. With that input, Capital City Records went live on Aug. 5.

The site will introduce you to 46 albums from 46 Edmonton artists. These cuts are curated by members of the local music community, including journalists and CJSR's program director. Because Capital City Records pays artists honoraria and royalties, new selections are limited by budget to 100 albums each year.

There's also an archive of over 200 concert posters from Edmonton's music scene, dating back to the '70s.

As EPL's digital public spaces librarian, Carruthers is looking

for our participation.

Musicians can submit their work this October when the next call for submissions opens. It's a simple process, with an online form to fill out. Music lovers can help the project grow by sharing discoveries on social media, telling local bands how they found them, and providing ideas and feedback. Have ideas for how Capital City Records can improve? Email Carruthers at localmusic@epl.ca.

With thousands of streams already, and new ideas like a concert series in the works, Capital City Records is off to a strong start. It's good news for the music industry.

It's no secret that the music industry is shifting. Record sales have been replaced by miniscule streaming revenues. At a time when many of us wonder how a music career can be sustained, perhaps the Internet will lead us back into our own backyards.

"I heard you on Capital

City Records" is becoming a familiar refrain for bands like The Duettes, as they play their sunny folk on our streets. Our neighbourhood's own Passburg, aka Mat Halton, is using this platform to take his music to Edmonton and beyond.

The more we hear these bands, the more likely we are to see them perform, buy merchandise, and support them. It is our support that keeps the music playing.

Listen at capitalcityrecords.ca.

### Capital City Records

Visit capitalcityrecords.ca to stream and download. Library card required for downloads.

Send your feedback and your digitized gig posters to Alex Carruthers at localmusic@epl.ca. Get information on how to submit your music to the collection at capitalcityrecords.ca/faq

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## Federal election is Oct. 19.

Vote in advance Oct. 9-12 from noon-8 pm. For more information, visit elections.ca.



NEWS » FILM SCREENING

# Screening

## The Good Lie

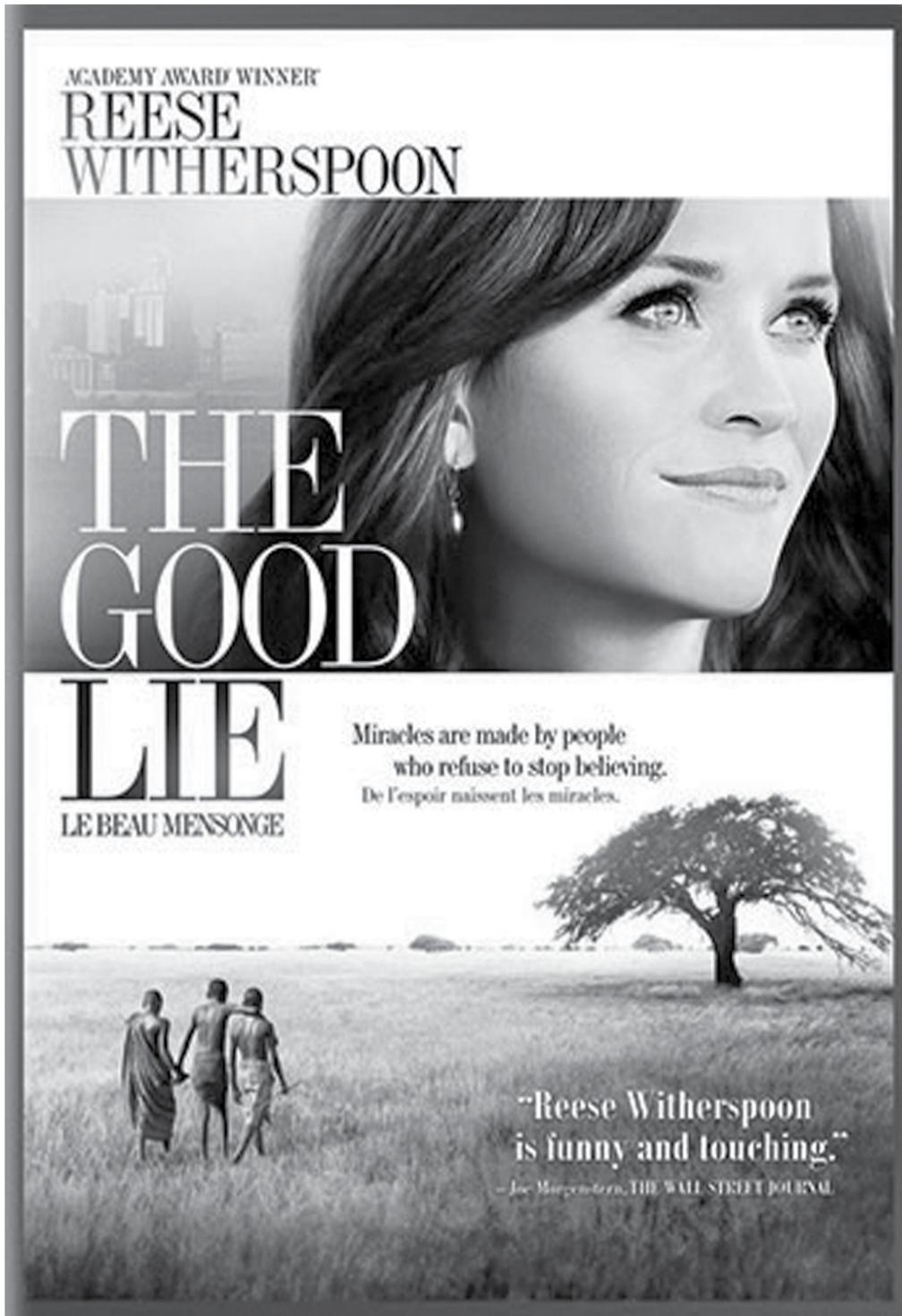
JESSICA MACQUEEN

The plight of refugees forced to leave their homelands to escape the ravages of war, persecution, or natural disaster weighs heavily on our global conscience. The Syrian refugee crisis has seen over 4 million people flee since a civil war began in 2011. Torn from their homes and loved ones, risking their lives to seek asylum in other countries, refugees endure a harrowing journey. They don't truly know where they will end up or if they will survive. Stories of the desperation of an entire population displaced, facing abuse, mistreatment, and inhumane conditions abound as global leaders offer insufficient aid and calculate the numbers they are willing to welcome.

In light of this mounting crisis, the powerful stories of refugees who have overcome hardship to escape the dangers that plague their homelands offer hope. They counter tales of human depravity and violence with tales of human fortitude. One such story has become a source of inspiration for the recent film *The Good Lie* (2014). Rat Creek Press will be hosting a free screening of the movie on Oct. 17 at Alberta Avenue Community League.

"The Lost Boys of Sudan," a colloquialism used by aid workers to describe the approximately 20,000 displaced and/or orphaned refugee children that left Sudan during the Second Sudanese Civil War (1983–2005), inspired the film. These children, many only six or seven years old, escaped attacks on their villages and fled to refugee camps in Ethiopia and Kenya to escape death or forced service as child soldiers. They walked thousands of miles over several years, entering in and out of war zones, with many dying along the way. In 2001, a humanitarian effort brought 3,600 children to resettle in the United States, giving them a chance to forge new lives for themselves.

*The Good Lie* tells the story of four young Sudanese refugees relocated to Kansas City, Missouri. The film stars Sudanese actors Arnold Oceng, Ger Duany, Emmanuel Jal, and Nyakuoth Weil alongside Reese Witherspoon, who plays an employment counselor who befriends the young men and supports them as they adjust to living in America. Both Duany and Jal are former child soldiers who deliver compelling performances. Jal—actor, author, Juno-nominated musician, and peace activist—was in Edmonton in March to speak at McNally High School's human rights conference and again in August to perform at the Edmonton Folk Music Festival.



Free screening of *The Good Lie*  
 Oct. 17 at 6 pm  
 Alberta Avenue Community League 9210 118 Ave  
 All are welcome. Free popcorn and beverage

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Church spirit  
 belief faith faith

NEWS » COMMUNITY

# Every person and community has a story

Storytelling is a natural, dynamic and powerful shared experience

KAREN MYKIETKA

**Meet Lindsay**

A year and a half ago, Lindsay Ruth Hunt and her husband Neil bought a house in Alberta Avenue. For them, location and affordability was important. The growing arts scene and active community life of the neighbourhood were also enticing factors for Hunt because these are two of her passions. The couple love their character 1910 two-storey house and have slowly been renovating. Now their lives are even busier with the addition of a newborn.

Hunt, who says she was always an artsy kid, enrolled in a unique undergraduate program in Montreal. It was a BFA in Theatre and Development, which she said was “life-changing”. The program was grounded in community work and she learned the value of storytelling as a tool for engaging people. Since then, she has pursued graduate studies and worked on a variety of theatre and development-related projects with youth.

I had the opportunity to talk to Hunt about storytelling.

**Why are stories important?**

Because they make us who we are and they make a community what they are. All we are stories. There is great potential to learn about each other and learn from each other through story.

**What got you interested in using story as a community development tool?**

I felt there was greater potential for what art or theatre could do

in a community. I wanted to explore that, which is why I went to study theatre and development. Within that program, we used a lot of storytelling. I found storytelling was a really accessible medium to the communities we were working with.

Storytelling is not as intimidating as “Let’s put on a theatre production” or “We’re going to do a bunch of drama together”. Just sitting, listening, telling, and sharing, I witnessed a lot of great things within groups and communities.

When you are hanging out, people like to tell their stories. And storytelling is a real tangible tool to bring communities together to act on an issue that they want to see change around.

**How does sharing stories help build community?**

You feel more like a community if you know who is down the street or who is a few blocks away. When sitting down and sharing stories, you discover skills, experiences, education or whatever lives in the community. You feel a greater sense of connection to and see the capacity of your community.

**Storytelling involves both sharing and listening. How do you think our online/social media world impacts storytelling?**

I think there is increased potential for hearing stories from around the world, for learning about experiences from other places and expanding your perspective on things.

There’s potential to gain access to stories, but at the same time I

also really believe in face-to-face experiences. To put a real name and face to a story. It’s one thing to read a story from somebody... but to be able to experience that story in a space together I think is a really positive thing.

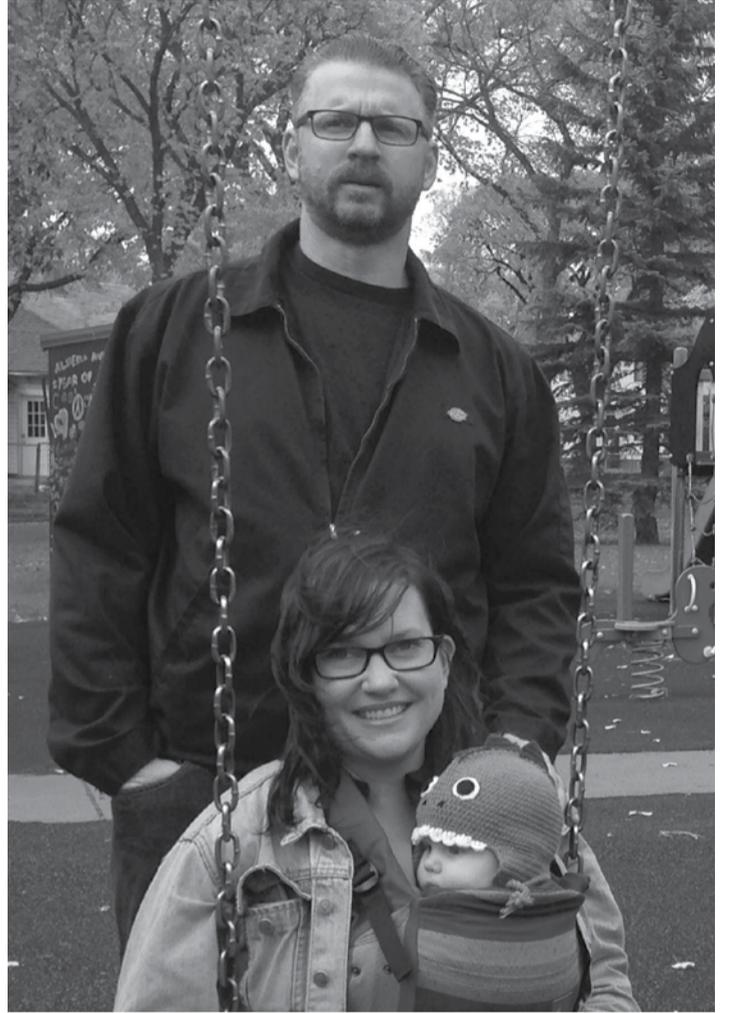
When you are sitting with someone and sharing stories, there is an experience that is created beyond the story that is being told. And within that experience, I think a lot of great things can happen—personally and for that group.

**Where did the The Live Story Project come from?**

[First of all], I moved here and I wanted to do something arts-based, and on a real selfish note, I wanted to get to know people. I also want to contribute a little bit of what I can do and also learn from other people here. I thought that having storytelling sessions would do a lot of that.

Knowing we can start here and maybe something else will come out of this because of the stories being shared. So the possibilities of what else could happen from this project is really exciting to me.

I do a lot of work in other parts of the city and province. Then I started thinking of my physical community and neighbourhood and what I could do within that space. So it’s a little bit of an experiment on my part to see if this is something that will fly. I want to learn more about the folks around here and contribute to doing something positive in the community at the same time.



Lindsay Ruth Hunt, her husband Neil, and her daughter are relatively new to the community. >> KAREN MYKIETKA

**The Live Story Project**

Telling, sharing, and listening to the stories that live in our community. [TheLiveStoryProject@gmail.com](mailto:TheLiveStoryProject@gmail.com)

Lindsay Ruth Hunt: 780.655.5035

Storytelling sessions Oct 18, Nov 22, Jan 17 and Jan 31. See ad on page 5 for details.

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WHAT'S ON » HALLOWEEN

# Questing for the perfect costume

A how-to guide on creating easy Halloween costumes

STEPHEN STRAND

With chilly nights, falling leaves, and pumpkin-flavoured everything, the countdown to Halloween has begun. Until then, the search for the right costume consumes many parents and children.

Many parents want to create an original yet affordable Halloween costume for their children. Tessa Stamp from Theatre Garage sat down with me to talk about how to create costumes that are not off the rack, but are also not time consuming or expensive.

Stamp discussed creating pirate, bug, superhero, and princess costumes. These costumes can be made with few accessories added to supplies found at home.

Pirate: begin with black pants and a black top. Throw in a sash, a pirate hat, an eye patch, boot toppers, pirate-style guns, and a hook hand. Fake stitches are optional.

Bug (butterfly, dragonfly, bee): begin with a bodysuit and tights. Add antennae and wigs to suit bug type. Finish with kid-friendly makeup.

Superhero: begin with leggings and a t-shirt. Add a cape,

mask, and gloves. Put appliqué on the shirt and cape to make the desired superhero.

Princess: begin with a dress. Add tiara, glittery makeup, and gloves.

These are only four options, but there are countless ideas for kids and adults. The only limit is your imagination.

Most costumes can be created at home or during a quick stop at a thrift store. Stamp suggests starting with clothing kids already own. They fit and will be comfortable, so once the costume goes on, trick-or-treating can be the focus of the night.

"The reason the bagged costumes are so uncomfortable is because it's clothing that kids don't normally wear and are very thin and usually quite itchy," said Stamp. "Starting them in stuff they already have, we usually just accessorize from there."

For hard-to-find accessories, the Theatre Garage sells patterns and fabrics for people to make their own costume additions. Their head of wardrobe is in most Saturdays to guide people through making their own wardrobes. They also offer workshops in makeup, cosplay, and sewing.

Though the Theatre Garage has a wealth of knowledge when it comes to costumes, they are not the only option. There is Goodwill, the Bissell Centre Thrift Shoppe, Value Village, other second-hand stores, church sales, garage sales, and hand-me-downs. All provide many options for costumes.

The staff at Theatre Garage, Goodwill, or Value Village can help guide a family into great costumes, but it's best to have an idea first. That way, you know what to look for and kids will get the costume they want.

Goodwill  
Various locations  
goodwill.ab.ca

Value Village  
11859 103 St NW  
valuevillage.com

Bissell Centre Thrift  
Shoppe  
8818 118th Ave  
bissellcentre.org

Theatre Garage  
3711 98 St  
theatregarage.ca



Starting with supplies found at home, you can add accessories to make a costume. >>STEPHEN STRAND

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WHAT'S ON » HALLOWEEN

# Rejoice in all things spooky

The Headless Carrot Halloween Party celebrates community

TALEA MEDYNSKI

Halloween is a great opportunity to dress up, go trick-or-treating, and rejoice in all things spooky. But the popular holiday isn't just for kids. Teens and adults now have a new place to celebrate at the Headless Carrot Halloween Party.

"Part of the reason we established the event is to have something more adult," said Eva Schneider, the Carrot's volunteer and event coordinator.

Christy Morin, executive director of Arts on the Ave, explained that she was part of a programming group with The Avenue Initiative that created the kid-friendly Great Pumpkin Event. She said she felt something was needed "for young adults and adults to

complement what's going on in Parkdale," and created The Headless Carrot.

"The focus is on young adults and adults, but there will be a bowl of candies for any little gremlins coming by," said Morin. She added that the Carrot would appreciate any candy donations.

The event, which begins at 7 pm on Oct. 31, involves games, live music, and a costume contest. "People are encouraged to dress up," said Schneider, and added that the prizes include gift certificates from local merchants.

Expect games like Minute to Win It, which Scheider said might be filmed so people can watch it live. And for the jack-o-lantern aficionados, there will be commissioned carvings, with

prizes for the best carved pumpkins.

For those who would like to swing dance, the corner of 118 Avenue and 94 Street will be blocked off, complete with a dance floor. If you've never tried swing dancing, don't fret. "Let's Swing Studio will provide instructors," said Schneider, and added that the dancing will move inside if the weather is too cold.

Fire pits will keep people toasty outside, and the Carrot will provide free refreshments and candy.

"People should come if they want a fun night on Halloween to hang out with friends," said Schneider. "They get to celebrate in a place in their community and do something unique."



Last year's participants in the Headless Carrot's costume party.

>> SUPPLIED

## The Headless Carrot

The Carrot Community Arts Coffeeshouse  
9351 118 Ave  
Oct. 31, from 7 pm to whenever

WHAT'S ON » POLITICS

# Sitting down with MP Peter Goldring

Questions and answers about his time in federal politics

ROB BERNSHAW

In September, I sat down with MP Peter Goldring over coffee and talked about his journey as a Conservative Member of Parliament. Goldring is retiring from federal politics this year.

Originally from Toronto, Goldring has two daughters and has been married to his wife Lorraine for more than 40 years. Now at 70 years old, Goldring has been a Member of Parliament for 18 years.

In 1997, he was first elected to represent the constituents of Edmonton-East, now Edmonton-Griesbach. He has represented the riding through a couple of riding name changes.

**What got you into politics?**

"Canadian unity! It has always been my point that Quebecers (Québécois) do not want special status, they want equality."

Note: 1995 was a time of tension and discord among Quebec Separatists and the rest of Canada. Goldring, who

wanted to preserve Canadian unity, traveled to Quebec with flags, pins and buttons to campaign with his family in old Quebec City.

The day after the 1995 Quebec referendum, Goldring crawled up a telephone pole, standing on railings to cut down a big "No" sign (telephone poles were used there to hang campaign signs), which he framed and hung in his Edmonton-East constituency office.

**What were/are some local area initiatives?**

"There is just so much being done in the riding here. I would say the most important thing that I really got into [was] Veteran Affairs because I am Veteran Affairs critic. In the riding, it would be working on homeless and affordable housing, and writing a couple of books on it. More recently, I was successful in getting 247 units of affordable housing [Mayfair Village]."

**How do you see the election turning out?**

"I don't think the NDP are going to make government, but in the riding here the Conservatives are not doing a very good job of it. Have to be in the newspaper advertising, which the NDP and Liberals have done. Have to have literature that talks about you [candidate], not just the party literature."

People think that stories are shaped by people. In fact it is the other way around.

Terry Pratchett

## The Live Story Project

Meet people and explore your community through story. Join us to have fun, share stories, build leadership skills through the arts, and learn from each other.

Attend one or attend them all! All workshops will be held at the Alberta Avenue Community League (9210 118 Avenue).

Sunday, October 18, 12:30 – 4:30 pm  
TELLING YOUR STORY

Sunday, November 22, 12:30 – 4:30 pm  
SHARING YOUR STORY OF COMMUNITY

Sunday, January 17, 12:30 – 4:30 pm  
BUILDING YOUR COMMUNITY THROUGH STORY

Sunday, January 31, 12:30 – 4:30 pm  
LISTENING TO COMMUNITIES' STORIES



snacks provided/ no experience necessary RSVP is encouraged!

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## EDITORIAL

# A tale of two ridings

What change we may see in the upcoming election depends on voters

ROB BERNSHAW

There is a unique opportunity for federal Conservatives, NDPs and Liberals to cash in on the fertile Alberta political landscape. This year has seen unprecedented change in Alberta's history and politics when the provincial NDP party swept into power on the May 5 election.

Are the federal Conservatives following in the footsteps of the provincial Conservatives by dropping the writ earlier than the minimum federal 36-day period? Granted, it's not an early election, but at 11 weeks long, it will be one of the longest election campaigns in Canada's history. The federal Conservatives are possibly relying on the fact that they have a huge war chest to fight a lengthy political battle, but could that be their undoing?

Alberta has been traditionally Conservative in nature and in political choice over the years. However, Edmonton-Centre MP Laurie Hawn has stepped down, and Edmonton-East (now Edmonton-Griesbach) MP Peter Goldring is retiring. Will the Conservatives manage to maintain their foothold in these two ridings? We'll see on Oct. 19.

In the meantime, Conservatives are espousing their value as an effective, responsible government with balanced budgets and a surprise surplus of \$1.9 billion dollars.

Hoping to cash in on the orange crush that occurred in Alberta, the federal NDPs are espousing change as their mantra at the doorstep and in media across

Canada. But is the change going to mean more or fewer jobs in our current economic climate as oil prices plummet and the oil rigs and oil industry slows down?

The Liberals are campaigning on a slogan of "Real Change." The perception of change or "Real Change" is ambiguous at best and only voters can make that decision going forward.

The Green Party had a candidate in each riding, running a campaign slogan of "Building a Canada That Works. Together."

In Edmonton-Griesbach, there is a Marxist-Leninist Party of Canada candidate and a Marijuana Party candidate. The Marxist-Leninist Party is espousing change as well as empowering Canadians. The Marijuana Party platform calls for the legalization of marijuana and talks about the advantages of ending the prohibition on cannabis.

With local electorate inundated by a recent early provincial election, as well as two by-elections for provincial and public school board along with a federal election, what kind of voter turnout will we have? With possible voter frustration with so many campaign promises and voter apathy, it's possible that turnout could be lower than expected, but that is up to voters.

These two ridings cross many socioeconomic, cultural and ethnic boundaries. The residents of Edmonton-East and Edmonton-Griesbach are hard-working individuals. With the current economic downturn, political parties are endeavoring to connect with voters frustrated with the current state of affairs and propose programs and services that will help improve quality

of life. One thing to remember, though folks: it is not necessarily any party that has caused the current state of affairs.

In the end, get fully informed by learning about the candidates and getting involved in the democratic process. Whoever gets elected will represent all of us, whether we voted for them or not.



Harbin Gate and Canada Place on 97 Ave is part of the south boundary between Edmonton-Centre and Edmonton Griesbach. >> ROB BERNSHAW

## LETTER

## An open letter to EPS and Counc. Caterina

Every day I come home and there are prostitutes on my corner who stay until all hours of the night. Drug dealers openly sell. Vehicles come and go and stop with the expressed purpose of flouting the rule of law.

I have called the dispatch line every day for two weeks. Describing THE SAME PEOPLE every day for two weeks. But the same people show up

every day and on into the night and act as though no police can lay a hand on them.

Fix the problem or stand aside and let someone else fix it.

*Sincerely, a resident of 85 Street and 118 Avenue*

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

## ABOUT US

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

## COMMUNITY, COMMUNICATION, CAPACITY

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

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## EDITORIAL POLICY

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

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

## COMMUNITY CALENDAR

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**Spruce Avenue Community**  
10240 - 115 Avenue

**AGM October 27 at 7 pm**

COMMUNITY MATTERS

# Taking the time to make connections

Is it quantity or quality we need when building community?

KAREN MYKIETKA

Along Alberta Avenue, there is a full menu of festivals, events, activities and meetings in which to partake. For over a decade, I have attended a good majority of them and volunteered at or organized many as well. The expressed purpose for many of these events is “building community” or “community engagement.” Yet, are they truly achieving this?

When planning events, free activities and food are usually at the top of the list of necessities. This certainly seems to encourage people to come out. However, what is not discussed is exactly how people will be

engaged or how community will be built. Many people show up, eat, do an activity and leave with no new connections created.

At 14, I worked as an activity aide in a nursing home visiting with and assisting residents. At 24, I did my master’s research with teen moms. In both instances, the connections I made lasted for many years because real relationships were formed.

Creating connections takes time and effort and a willingness to let go of busyness. I am quite task-oriented when working through my day’s to do list. It often takes conscious effort to stop and visit with

the people who cross my path. My partner, however, is always people-focused (or as I sometimes think, distracted from his tasks by anybody within his sight lines).

My neighbours are also natural connectors. They get to know everyone around them by going beyond a smile and wave. They invite neighbours over for parties and campfires. They turn neighbours into friends.

Sure, we can reach large numbers of people with our “community building” efforts. But are we having much impact? Did we really do any community building or did we just do a community feeding?

The large festivals and events

in the area are fantastic and have a role in community building. They showcase our neighbourhoods and talents and make residents feel proud. People get to know each other while volunteering and become invested in the event and in the community.

But often it is the small interactions throughout the day that have the greatest potential and opportunity for connection—don’t waste them.

Stop raking leaves and have a real conversation with the neighbour. When attending an event, start a conversation with someone new. Get to know a little about the family who is buying a membership with

your organization.

And if you are organizing an event, remember it is just as important to assign people to greet, visit and follow up with attendees as it is to hand those attendees a hotdog.

Connections and relationships are important—in family, in your neighbourhood, at work, at school. Slow down, enjoy conversations, and have an impact.

*In the months to come, I will continue to write on matters related to community because community matters.*



My neighbours Kevin & Steve making new friends at Parkdale’s Family Spaghetti night. >> JACOB BOS



Neighbours working together on the beginnings of a mural project for Kinnard Ravine. Find out more about the project on October 29 from 6-7 pm at Parkdale Hall (11335 85 St). >> JACOB BOS

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**Elmwood Park Community League Halloween Party on Saturday, October 31 from 2-5 pm**

## BUSINESS » THE LEMONADE STAND

# The greatest story ever told

This election, think about which story rings true to you

HENRI YAUCK

Everyone loves a good story. In fact, history is told by the storyteller. Wars have been fought because of a story. People have created cultures around a good story. They believed the story, identified with it, because it said to them, "this is who I am."

The most successful ads are stories. With the way our brain is wired, understanding starts with story. Memory ends with story. We forget facts quickly, yet we remember a story. Story motivates and moves people to action.

*The Wall Street Journal*, over a few decades, sold in excess of two billion in subscriptions because of one ad. It was a story about two young men that graduated from the same college. One subscribed to the *Wall Street Journal* and the other didn't.

More recently, a small city jewelry firm built a \$300 million a year plus business with nothing but story. It was a creative story about how a watch was built and

another story about the gemstones in a necklace.

A story's power comes from its ability to make us think we have reached our own conclusion. It is a catalyst helping us come to a conclusion, true or not.

"I'm about to tell you a true story. If you believe me, you will be well rewarded. If you don't believe me, I will make it worth your while to change your mind. Let me explain." This is a quote from an ad by Joe Sugarman. It continues, "Len is a friend of mine who knows good products. One day he called excited about a pair of sunglasses he owned."

The story sold multi-millions of BluBlocker sunglasses. I bought a pair. Actually, I hate to admit it: I bought two pairs. I misplaced the first pair, and darn it, I just had to have them. Now I have two pairs.

Story is the oldest form of communication, the natural way of learning and remembering.

You and I, dear reader, must now make an important decision based on whose story you buy into.

Let's take a look at three stories.

In this first man's story, he's balanced the budget, but that's not where it's at.

In the second story, this man has a beard and says he'll give special interest groups more money and put more money into healthcare and daycare.

In the next story, another man has a nice head of hair. He'll increase spending, and that should do it.

Or at least, these are how we see these men's stories.

Actually, I like this story best: giving all the seniors getting less than \$40,000 a year a \$1,000 a month increase. Because this represents a large part of the Canadian population, the increased spending will result in a stronger economy and more employment right across the country. Everyone benefits.

Too bad he's not on the ballot. Whose story is based on reality anyway? Doing your civic privilege is such great fun, isn't it?

## BUSINESS » SHOP LOCAL

## Pets will like what's on the menu

New pet food business delivers your order right to your door

### MULTI MENU - HOLISTIC PET FOOD

OWNER: MARK PARSONS

PH: 780.995.3031

HOURS: ONLINE ORDERING

FREE DELIVERY

FACEBOOK PAGE: MULTIMENU.CA

EDMONTON

REBECCA LIPPIATT

Entrepreneurship is a big facet of Alberta Avenue. Mark Parsons and Nicola Dakers have lived in the neighbourhood for several years and are active in the community.

This September, after seeing a gap in the pet food market, Parsons started a pet food delivery business called Multi Menu.

Multi Menu has a full range of cat and dog food, as well as food for smaller animals like birds, fish, rodents

and reptiles. The foods are Canadian, all natural, high quality and HACCP certified (Hazard Analysis and Critical Control Point), the highest standard in food safety. There are wet and dry food options, including fish, chicken, and pork with brown rice, minerals, fruit and vegetables. Corn, wheat and chicken-free varieties for animals with allergies are also available. Delivery is free, and Parsons and Dakers will do emergency deliveries.

Pricing is competitive with Acana and Orijen products and a loyalty program gives every tenth order free. All first orders receive \$10 off, and a referral program gives both the referrer and the referee \$10 off.

"This food really suits animal lovers," said Dakers, an owner of five cats herself. She added that clients' animals love the food. "We wouldn't sell to another family what we wouldn't feed to our own cats."

Rather than lugging heavy food bags from the store, the couple delivers the food to your doorstep every four to six weeks. Parsons checks in with clients a few

weeks prior to their delivery to see how their order is doing. Delivery is within the Edmonton area, and Parsons also has clients in Wetaskiwin and Spruce Grove. This is the only Multi Menu franchise in northern Alberta.

Parsons has been interested in becoming an entrepreneur for awhile. He has been looking for a business he could do long term so he and Dakers would have a flexible and balanced lifestyle. Currently an HR manager for a security company, Parsons is hoping to turn Multi Menu into a full-time business. He said he believes it is a service Edmonton can use. Everyone he talks to is interested. He likes that the food is very high quality.

Dakers has high praise for Parsons. "When he does something, he does it really well." When the Edmonton Humane Society announced they were running low on cat and dog food, Parsons loaded up the car and delivered food. "This business suits Mark and he's happy," said Dakers.



Multi Menu owner Mark Parsons sits with partner Nicola Dakers and Simon, one of their five well-fed cats. » REBECCA LIPPIATT

FREE COMMUNITY ACCESS FOR LEAGUE MEMBERS AT COMMONWEALTH REC CENTRE ON SATURDAYS 5-7 PM

POLITICS » ELECTION

# Voters, meet your candidates

## Federal candidates list their top three goals if elected

CONSTANCE BRISSENDEN

*Rat Creek Press* introduces you to the candidates of Edmonton-Griesbach and Edmonton-Centre. Read before voting in advance polling or on Oct. 19.

**Edmonton-Griesbach** is a new electoral district with 49 communities and 12 major languages spoken.

### THE CANDIDATES

**Kerry Diotte, Conservative**

*Former City of Edmonton councillor, journalist and teacher*

As a journalist with 30 years' experience, and a former city councillor, I love public service.

I'm committed to ensuring a strong economy, especially by continuing to promote the sustainable development of the oilsands and the planned pipelines to get our product to market, ensuring jobs for Edmonton-Griesbach families.

I'm also committed to public safety and laws that favour victims of crime, not criminals.

**Heather Workman, Green Party**

*Artist and community activist*

I will serve my constituents with enthusiasm for every good idea, building consensus with other parties.

We need to focus on our economy in Alberta and stop giving away our potential. I believe and trust the people maintaining pipelines. Given our economy, we should refine our raw bitumen ethically in Alberta.

We must bring in the Guaranteed Liveable Income and address income gaps. This will improve quality of life, healthcare investment, and encourage greater education attainment and less crime.

I want to create legislation to protect and create jobs. We must have a responsible

social safety net and develop legislation fulfilling our potential.

**Brian Gold, Liberal**

*International businessperson and published historian*

I will apply my experience as a businessperson in international trade and as an economic historian to bring change.

As part of your Liberal government, we will invest \$125 billion in Edmonton-Griesbach and communities like it across Canada. The goal is a complete rebuilding of aging infrastructure.

Such investments result in safer, more secure communities. It will provide local jobs and boost the riding's economy.

I will also repeal Bill C-24 to eliminate "second-class" citizenship.

**Janis Irwin, NDP**

*Experienced educator and dedicated volunteer*

If elected, I will focus on:

Affordable childcare. I support the creation of one million childcare spaces with fees of no more than \$15 a day.

Good jobs. I will work to kick-start manufacturing, help small business, and invest in strong community infrastructure to create jobs.

Canada Pension Plan. I support the NDP's plan to increase CPP benefits and return the age of eligibility for Old Age Security back to 65 from 67.

**Maryna Goncharenko, Libertarian Party of Canada**

*Commerce graduate, working and studying*

My top three goals are:

Simplifying income taxes. Increase the Basic Personal Amount to \$17,300 and reduce income taxes to 15 per cent. Eliminate all tax credits and replace them with simple exemptions: child, senior, dis-

ability, and student.

Ending corporate welfare. For far too long, the federal government has bailed out large corporations.

Restoring lost privacy rights. All aspects of Bill C-51 will be repealed.

**Edmonton-Centre**

Edmonton-Centre covers a 46-square-kilometre area, with 76,739 eligible voters.

### THE CANDIDATES

**James Cumming, Conservative**

*Entrepreneur and former CEO of the Edmonton Chamber of Commerce*

I am passionate about creating jobs and promoting growth in Edmonton, investing in families and safe communities, and ensuring fiscal responsibility and accountability.

**Randy Boissonnault, Liberal**

*Successful business owner, community leader, co-founder of Literacy Without Borders*

If elected, I would:

Work to create jobs and get unemployed Edmontonians working. This includes infrastructure investment into building the LRT, roads, and affordable housing. Investment will stimulate the economy.

Support the Liberals' Fairness Plan to address income inequality and to strengthen the middle class. The plan includes a reduced income tax rate for middle-tier income, a higher tax bracket on the highest earners (over \$200,000 per year), and a tax-free childcare benefit.

Repair and renew our relationship with Canada's indigenous peoples. We will work on all 94 Truth and Reconciliation Commission recommendations.

**David Parker, Green Party**

*Professional engineer and teacher, former leader of the Green Party of Alberta*

I want to put Canada back as an international leader by:

Taking action on climate change. We have become a pariah on this front.

Realigning ourselves as a peacemaker and withdrawing from all wars. Canadian defence is making the situation worse and branding too many individuals as terror threats. Repeal Bill C-51.

Instigating proportional representation. A party getting 39 per cent of the vote shouldn't become a majority government.

**Blaine Bilocerkowec, Libertarian Party of Canada**

*Professional salesperson, community volunteer*

My goals when elected are smaller government, lower taxes, more individual freedom, and privacy.

**Gil McGowan, NDP**

*President of the Alberta Federation of Labour. Community and economic advocate.*

My top three goals if elected are:

Generating jobs. We plan to increase direct transfers to municipalities to build and repair infrastructure. Edmontonians, many of whom are skilled tradespeople laid off by the petroleum industry, will get their share of the jobs investment will create.

Immediately implementing recommendations of Truth and Reconciliation Commission. We must put an end to the inequalities and legacy of residential schools.

Reforming Canada's immigration and refugee system. We need to restore Canada's values of fairness and compassion. I would work towards NDP's pledge to resettle 10,000 government-sponsored Syrian refugees by the end of 2015 and work to end the current temporary foreign worker program that exploits workers.



Kerry Diotte » SUPPLIED



Heather Workman » SUPPLIED



Brian Gold » SUPPLIED



Janis Irwin » SUPPLIED



Maryna Goncharenko » SUPPLIED



James Cumming » SUPPLIED



Randy Boissonnault » SUPPLIED



David Parker » SUPPLIED



Blaine Bilocerkowec » SUPPLIED



Gil McGowan » SUPPLIED

TEEN/ADULT HALLOWEEN PARTY - THE HEADLESS CARROT - OCT. 31 AT 7 PM - 9351 118 AVE

HOLIDAY » HALLOWEEN

# The tale of the tumbling princess

How the dedication for a perfect costume ended in a wardrobe mishap

LISA L LUTZ

Autumn is my favourite time of year, and Halloween is definitely the best day of the season. As an adult, I love the crisp, cool air and the changing colours on the trees. Kids tend to love the funky crafts and ghoulish games at school, but costumes and trick-or-treating seem to be the highlights.

A few years ago, my 8-year-old daughter wanted to be a fairy princess for Halloween. She insisted on wearing a long, shimmering gown, nylon wings, sparkly makeup...and a pair of my high heels. I told her we would be going door-to-door for treats, and that she should wear running shoes instead.

My girl did not want to budge with her desire to have the perfect attire from head to toe. Knowing my kid is about as headstrong as I am, I let her win that battle. The embodiment of a true fairy princess with clackety shoes came to fruition.

I was certain trick-or-treat-

ing would end in less than 20 minutes. Admittedly, I looked forward to getting the task over

ina. Click clackety-clack, all the way down the street, from house to house. Her candy bag

Just one more house! Please!" So I told her to pick one more house, and I would help her lug



Commitment to the perfect costume knows no bounds. >> PIXABAY

with. I did not anticipate endurance with my girl wearing those spikes anyway.

We headed out at dusk, and my daughter bolted out of the gates. I was amazed at her stam-

got heavy quickly.

After 45 minutes, I finally began to see signs of fatigue. "Honey, I think it's time to head home now," I told her. She responded, "Oh no, mommy!

her candy home.

Knowing she could only pick one final house, she carefully selected a mightily decorated home with a long staircase leading up to the front door.

Ghosts and bats, tombstones, and strobe lights greeted her. Surely, that house would offer her a jackpot of chocolates and lollipops.

Suddenly, she tripped, lost her balance, and flailed as she rolled down the stairs. Everything seemed to happen in slow motion, and her dress somehow flew up and then flipped over the top of her head. Her heels flew off and landed somewhere in the improvised cemetery. She made it to the bottom of the stairs. I wasn't sure how to react to the whirlwind before me. She didn't make a peep. Was she hurt? Would I need to call an ambulance?

Shortly after the plummet, she stood up and dusted herself off. Luckily, she had escaped injury. She then held out her right arm, tightly clenching onto her bag of goodies. "Mommy, look!" she proudly proclaimed, "My candy is OKAY!" She vowed never to wear heels again.

HOLIDAY » THANKSGIVING

# A different kind of Thanksgiving

Taking a moment to be truly grateful about our community

MARLENE SALMONSON

My vision of Thanksgiving consists of a table groaning under the weight of a gigantic turkey, dressing, cranberry sauce, and pumpkin pie. The table is laid with the best china, candles and a carving set. All eyes are riveted on the perfect turkey, which is golden brown, crispy on the outside and mouth-wateringly moist on the inside. It is the Canadian version of a Norman Rockwell painting.

My real Thanksgiving is fraught with anxiety. "Will the turkey turn out perfectly?" There is also drama. "Will Aunt Martha be able to sit with Aunt Ethel and not remind her of their childhood Thanksgiving when she threw out some unrisen bread dough behind the barn?" The dog ate it and almost died! He just laid there helplessly with his expanding stomach.

There is also suspense. "After dinner, will Uncle Fil beat Uncle Roy to the TV remote to see what is on TSN?" And anguish. "Will the twins continue their belching contest, which started innocently enough when they were three?" You're nine now, get over it! Ah, my family; I doubt Norman Rockwell ever imagined a painting with anything like them.

This Thanksgiving, I am sad.

Three shootings and a murder have happened on 118 Avenue. The lost and abandoned continue to wander our streets. There are drugs, slumlords and

a Cree woman performing the Crow Dance. While a cacophony of voices rose in different languages, all shared their heritage through story, song and

with beauty and grace, inspiring everyone.

Thinking about all for which I give thanks pulls the curtain of my sorrow away somewhat.

those who work at creating a better community for us all, a task requiring hard work, hope and faith. We have a lot to give thanks for; with each seed of giving thanks, a new Thanksgiving is created. Happy Thanksgiving!



Writer Marlene Salmonson contemplates the beauty of her neighbours and neighbourhood this Thanksgiving. >> MARLENE SALMONSON

streetwalkers. My happy vision of Thanksgiving is fading fast amid these realities.

So, with my feet firmly on the ground and my head in the clouds (as usual), I decide that when I look at the word "Thanksgiving," I see the words "thanks" and "giving."

I give thanks for the intercultural folks, who were rejoicing in community at Kaleido Festival, featuring Chinese children, Ukrainian dancers, and

humour.

I watched as a group sang a love song slightly off key, while a theatre troop performing their own version of *A Midsummer Night's Dream*, using a blanket for their curtain and only three actors, brought joy and amazement to a crowd of children and adults, myself included. I admired a group of older women, who called themselves The Boomers, as they performed a belly dance

I want to give thanks for those who live in our neighbourhoods. Who put down roots, who paint their fences, who fix saggy porches and who fill their window boxes with bright petunias. For those who walk their dogs, and let me pet them. For those who plant sunflowers in derelict alleys, and who mow the neighbour's lawn just because it makes them happy to do it.

Lastly, I give thanks for

## Thanksgiving in Orange

Today I give Thanksgiving for orange  
 For our orange cat curled up on my lap  
 For that first tingling bite into a mandarin orange  
 For the red-orange leaves on our autumn chestnut tree  
 For a warm orange mug steaming with tea  
 For orange doors, orange floors  
 Orange sneakers for a run  
 For orange school buses with foggy windows  
 For orange flashing safety lights  
 For people with orange hair  
 And for you, when you come home in your orange raincoat  
 Dripping water on the kitchen floor  
 For when I come to you and look into your beautiful blue eyes  
 And give Thanksgiving for orange.

# COMMUNITY CALENDAR

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

## events

### CRAFT AND BAKE SALE

Parkdale-Cromdale Community League will be holding their fifth annual Craft and Bake Sale on Nov 14-15 from 10 am to 4 pm. We are looking for vendors for our sale. The tables are \$10 each. Please call Margaret@780-479-8134, or email margaretilbertson6@gmail.com for more info.

### FOUR NOBLE TRUTHS

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

### HEADLESS HALLOWEEN PARTY

Come out to the Carrot on Halloween for some fun! We've got games, live music, fire pits, prizes for the best costume & best pre-carved pumpkin & much more! Oct. 31 from 7pm – whenever at The Carrot (9351 118 Ave).

### CITIZEN'S POLICE ACADEMY

On Tuesdays from Sept. 15 to Dec. 15, Bent Arrow is running a free Citizen's Police Academy at Parkdale School (11648 85 St). The academy covers many policing topics. Classes go from 6:30-9:30 pm. Call Sherry at 780-486-2543 to register. Classes will take place in the gym.

### COFFEE WITH COPS

Join Cst. Thomsen to chat about neighbourhood concerns. Oct. 13 and Oct. 27 from 10-11:30 am at The Carrot (9351 118 Ave).

### MOVIE SCREENING

Watch *The Good Lie* about Sudanese refugees resettling in America. Oct. 17 at 6 pm at Alberta Avenue (9210 118 Ave).

### TELL YOUR STORY, NEIGHBOUR

followed by the RCP AGM on Nov. 16.

## art & music

### PIANO ON THE CORNER

The piano on the Carrot corner is back! Stop by anytime this summer and play your favourite tune on the piano on the corner of 94 St and 118 Ave. Everyone welcome!

### THE CARROT'S POETRY NIGHT

On Oct. 29 from 7:30-9pm, Dhalia Ross and Megan Dart will host poetry night. A wonderful time to share your work and enjoy a night out with an encouraging crowd.

### JOIN EMCN's GLOBAL SINGERS

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

### NSAI (Nashville Songwriters Association International)

Oct. 12 from 6:30-10 pm at the Carrot (9351 118 Ave). Subject to change. Confirm your attendance

by emailing Colleen: col\_kside@hotmail.com

### FAMILY ART WORKSHOPS

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

### COMMUNITY ART NIGHT

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

### FAMILY ART NIGHT

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

### MUSIC LESSONS BY CREART

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

### THE CARROT STAGE

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

## programs

### MONEY MANAGEMENT SERIES

The Credit Counselling Society of Alberta will present a money management session on a different topic each week. After each presentation, there will be time for questions and answers. Oct. 6, 13, 20, & 27 at Highlands Library (6516 118 Ave) at 6:30 pm.

### FREE ENGLISH CLASSES

Are you learning English? Practice your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. A library staff member will lead the group. English speakers at all levels are welcome! Mondays from 7 – 8 pm, Sept. 14 to Dec. 14 at Sprucewood Library (11555 95 St).

### ENGLISH CONVERSATION CIRCLE (LACE Program)

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

### LEGO AT THE LIBRARY

Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. Ages 6-12. Oct. 17 at 2 pm at Highlands Library (6516 118 Ave).

### SMART SPACE

You're smart; EPL is giving you a place to get smarter. Join other youth ages 13 to 18 at the library who are doing homework, working on projects, or learning about tech gadgets and other online tools to help get things done. Be creative, get help, be smart! Thursdays at Highlands Library (6516 118 Ave) at 3:30 pm.

### POP-UP MAKERSPACE

Robot challenges, Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff. Oct. 7 from 6:30-7:30 pm at Highlands Library (6516 118 Ave). All ages.

### PRAYERWORKS COLLECTIVE KITCHEN

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

### ADULT READING & WRITING

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

## sports & rec

### JUNIOR ROLLER DERBY

Fun. Fast. Fearless. Come roll with us. New season begins in October. For ages 8-17. www.juniorderby.me

### FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

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

### FREE SPORTS EQUIPMENT

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

## social

### FATHER CLUB

A place for fathers to talk about guy stuff and do guy things. Supper and childcare included. Oct. 14 from 5:30-7:30 pm at Norwood Centre (9516 114 Ave). Register: 780.471.3737.

### GROWING TOGETHER GROUP

A FREE drop-in group for pregnant women and women with babies up to 3 months of age. Enjoy fun activities, meet other moms, and learn information about pregnancy, nutrition, baby care, and parenting. FREE resources including milk coupons and prenatal vitamins, and great support for mother and baby. Tuesdays from 1:30-3 pm at Norwood Child and Family Resource Centre (9516 114 Ave). For more information please contact: 780.471.3737.

### NFB FILM CLUB

Animated and documentary film from the National Film Board of Canada. Oct. 31 from 1:30-3:30 pm at Highlands Library (6516 118 Ave).

### BOARD GAMES NIGHT

Games provided or bring your own games. Oct. 27 from 7-9pm at The Carrot (9351 118 Ave). Sponsored by NNA.

### PRAYERWORKS COMMON

Hot complimentary meals & warm friendship at St. Faith/St. Stephen (11725 93 St). Thursday drop-in 10 am-2 pm. Friday community

supper first three Fridays of the month, 5 pm. Saturday breakfasts 8:30-9:30 am. For more info, call 780.477.5931.

### TWEEN LOUNGE

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

### TEEN GAMING

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

## pre-schoolers

### GIVE YOUR CHILD A HEAD START

Free preschool program for ages 3 ½ - 5 runs four half days a week at Norwood Child and Family Resource Centre (9516-114 Ave). Free busing, nutritious snack, health and dental services, and a high quality child-focused program. Taking registrations for fall 2015: 780.471.3737.

### NORWOOD CENTRE COME AND PLAY

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

### BABES IN ARMS

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

### PROGRAMS AT SPRUCEWOOD LIBRARY

11555 95 ST, 780.496.7099  
Family Storytime, Wednesdays 6:30 pm.  
Baby Laptime (up to 12 months), Mondays, 10:30 am.  
Sing, Sign, Laugh & Learn (for caregivers and children up to age 3), Sundays, 2:30 pm and Tuesdays, 10:30 am.

### PROGRAMS AT HIGHLANDS LIBRARY

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

## seniors

### NORWOOD LEGION SENIORS GROUP

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

### PARKDALE-CROMDALE SENIORS SOCIAL

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

### SENIORS BREAKFAST & SOCIAL (55+)

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

## volunteer

### RCP CASINO

Volunteers needed. Thu & Fri, Feb. 4 & 5

### SHARE YOUR ARTISTIC TALENTS

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

### VOLUNTEER AT THE CARROT

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

## need help?

**CALL 211 or visit ab.211.ca**  
Community and social services information and referral.

**CALL 311 or visit Edmonton.ca/311** or download the "Edmonton 311" app  
Report concerns to the City of Edmonton or obtain information on City programs and services

**CALL 780-423-4567 for**  
Edmonton Police non-emergency complaints. Visit edmontonpolice.ca or download the EPS app

**CALL 811**  
Health Link Alberta  
24-7 health advice and information or visit MyHealth.Alberta.ca

**OUTREACH**  
Are you struggling with homelessness, lack of income, or just need some help? See an outreach worker at the library: Abbotsfield every Tuesday, Highlands every Thursday, Sprucewood every Friday. Stanley A. Milner throughout the week.

**SEX ADDICTS ANONYMOUS**  
Meeting info call 587.921.1397; text 780.394.3709; email recovery4wolf@gmail.com.

### AL-ANON MEETING

Are you troubled by someone's drinking? Mondays at 10 am at St. Stephen (11725 93 St). Entrance is at back door by handicap access. 1.888.322.6902.

## donate

Musical instruments to CreArt Edmonton. Sebastian 780.878.8265

Gently used sports gear to Sports Central 780.477.1166

New or gently used baby items to Terra Centre 780.428.3772

Clothing, household items, books to Bissell Thrift Shoppe (8818 118 Ave) or Value Village (11850 103 St).

Home improvement items and appliances to Habitat for Humanity Restore (www.hfh.org/restore/donations or call 780.477.4057) or Architectural Clearinghouse (achouse.ca or 780.436.1222)

# NNA

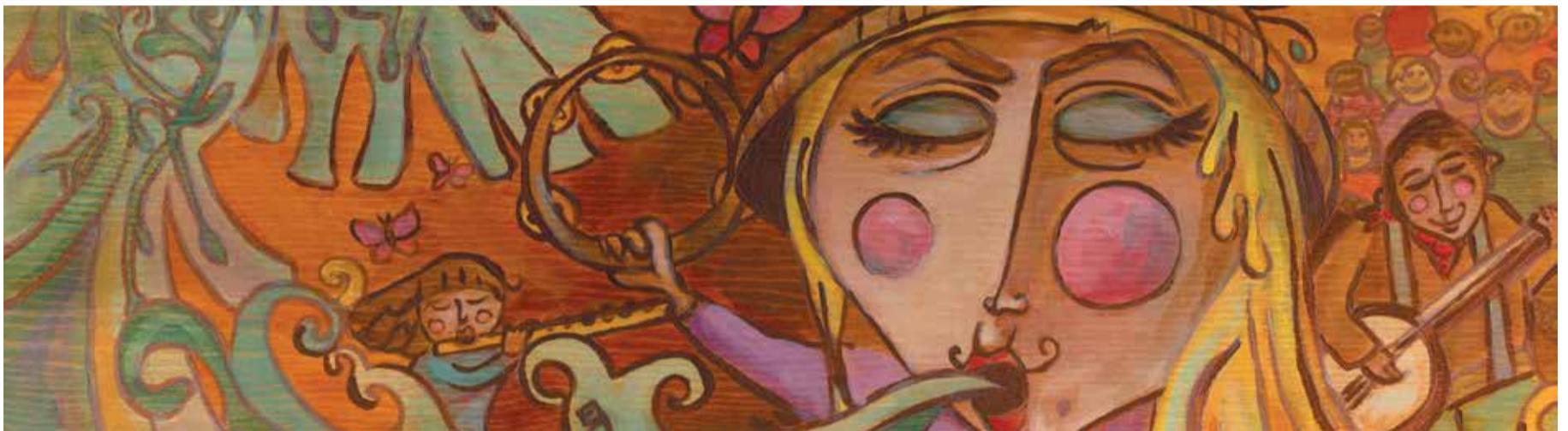
A big thank you to our community calendar sponsor!

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