



RAT CREEK PRESS

ALBERTA AVENUE • DELTON • EASTWOOD • ELMWOOD PARK • PARKDALE-CROMDALE • SPRUCE AVENUE • WESTWOOD

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WWW.RATCREEK.ORG SEPTEMBER 2020

Popular events hosted differently this year

Kaleido On Tour and Tibetan Bazaar are re-imagined this fall



Expect to see roving performances during Kaleido On Tour in pocket parks, somewhat like Thou Art Here's roving performances in previous years. | Epic Photography

INSIDE

COMMUNITY

Discover what your league has planned for Community League Day >> P2



BUSINESS

Learn more about Two Brown Dogs Bistro & Catering >> P3

EDUCATION

Read messages from our school board trustees >> P4

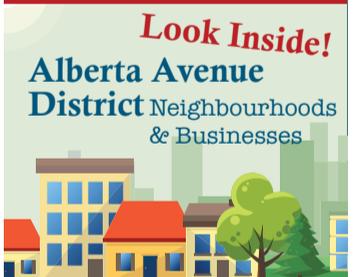
CHURCHES

How churches have responded to the pandemic >> P5



LETTER

Mimi Williams writes a love letter to the community >> P7



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TALEA MEDYNSKI

If there's anything organizers of Tibetan Bazaar and Kaleido On Tour have established, it's that these events can still be enjoyed. The Tibetan Bazaar, normally held at Alberta Ave Community League, is online from Sept. 19-20. And Kaleido On Tour, typically filling the streets, is a little different this year.

Sarah Pearce, vice president of Gaden Samten Ling Tibetan Buddhist Meditation Society, says organizers discussed how they might hold the event in person. "There was a lot of uncertainty around COVID guidelines and also uncertainty about the weather."

Timmie Horvath, bazaar co-chair, adds, "We decided to take the bazaar online and keep the same spirit and intention."

Tickets are \$45 and include access to watch guest speakers, purchase bookstore items, and access an online store of videos, teachings, workshops, and

dance presentations. Kushok Lobsang Dhamchöe, spiritual director of Gaden Samten Ling Tibetan Buddhist Meditation Society, is giving a presentation.

Tibetan momos are available to buy per bag, or make your own by following an online workshop.

Buy tickets starting Sept. 1 on www.gsl-ab.ca/. Tickets include unlimited streaming access to videos and workshops until the end of the year.

Kaleido On Tour is also taking a different approach. The tour has been ongoing throughout the summer, but the showcase is from Sept. 11-13.

"Programming is very different from previous years," says Sofia Lukie, tour programmer. Instead, this year features hand-picked Kaleido favourites.

Sept. 11 kicks off the showcase with the Aurora Lantern Celebration on four trucks driving through the neighbourhoods. Gabrielle deGouw, a lantern sculptor, is hosting an online DIY lantern workshop.

The trucks will also feature a DJ, musicians playing fiddles, and clowns.

"All this is happening as the trucks are rolling through," says Lukie.

Christy Morin, artistic director, says the remainder of the showcase weekend includes performances, art, and installations in the communities of Alberta Ave, Spruce Ave, Delton, Parkdale, Eastwood, Elmwood Park, and Westwood.

"We're going to be hitting up all the pocket parks," Morin explains. Performances are about 10 minutes per park. Performance routes have some spontaneity to prevent too many bystanders. Morin adds, "We encourage people to picnic and social distance [in the parks]. That's why we're utilizing the parks." Picnic party packs can be purchased to enjoy in the parks during the showcase.

Lukie adds, "We put a huge emphasis to keep things rolling and there is a commitment on safety."

The showcase includes music, theatre, dance, chalk art, and fine art. Also, look for power-washed dirt art in back alleys and other installations in the neighbourhoods.

While there is no pancake breakfast this year, Arts on the Ave is offering a take home pancake mix for households to enjoy from The Carrot Coffeehouse.

Visit kaleidofest.ca and all other social media to discover more about scheduling or buy programs from The Carrot Coffeehouse. Merchandise is also available from thecarrot.ca.

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

KALEIDO ON TOUR
FRI: 9-10:30 pm with Aurora Lantern Celebration
SAT: 1-5 pm & 7-10:30 pm
SUN: 10-11:30 am, 1-4:30 pm

TIBETAN BAZAAR
Sept. 19-20: www.gsl-ab.ca/



Kaleido ON TOUR

AUGUST - SEPTEMBER 2020

Showcase: SEPTEMBER 11-13

ALBERTA AVENUE DISTRICT

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@KaleidoFestival | KaleidoFest.ca Spontaneous Surprises all Summer!

Celebrating Community League Day safely

Local leagues planning events to celebrate community

TALEA MEDYNSKI

Life may have changed recently, but leagues are still celebrating Community League Day on Sept. 19.

Janita Burgess, communications and engagement advisor of Edmonton Federation of Community Leagues, says, "We are encouraging people and community leagues to do whatever they feel safe doing within the guidelines."

Burgess explains leagues can celebrate "in a whole bunch of ways. It is possible to do so through all kinds of platforms, media. Some are holding in-person events with social distancing, some are doing online events, and some are holding asynchronous events." Visit efcl.org/covid-19-information/ for resources or requirements.

Kate Boorman, president of Spruce Avenue Community League, says, "We are scheming up alternatives that celebrate our

community in a safe, socially-distanced way. Some ideas include a community parade and virtual scavenger hunt around the neighbourhood." Details will be posted on their social media channels. Spruce Ave plans to celebrate on Sept. 19.

Westwood Community League is holding a Big Bin event on Sept. 19 in the hall parking lot from 9 am until the bin is full.

Katie Hayes, communications director, says, "People are expected to stay two metres apart during the drop off. Masks are encouraged."

Alberta Avenue's plans for Sept. 19 are still in development, but involve a masquerade-themed event with people wearing their best masks. Ali Hammington, league president, says, "We know we're having a barbecue and music and entertainment."

Hammington explains, "My focus is on diversity," and hopes

to draw more people from the Indigenous and newcomer communities. She also plans to include cultural performances. The event will run from 1 to 4 pm in the garden.

Parkdale Cromdale Community League's plans are still in the works, says Sarah DeLano, program director. They will hold a joint event with Strathearn Community League since both communities will be in the same ward by October 2021.

"With the new ward boundaries, we wanted to make it a civic event so people could understand how the new boundaries are drawn and represented," says DeLano. "Our intention is to do a live music event, but the venue is up in the air." She submitted a request to book the Borden Park bandshell, but it wasn't confirmed as of press time.

The event is on Sept. 19, likely from 1 to 7 pm, with music hopefully starting at 3

pm. Local musicians will be performing. "We've got lots of musical talent on the board," says DeLano. Look for more information closer to Sept. 19 via their website.

Gillian Daley-deGroot, president of Elmwood Park Community League, says their plan is "a socially-distanced picnic where we'll provide food, drinks, and entertainment. We'll be handing out little craft kits kids can do with their families." Residents can also tackle an obstacle course or try the temporary skate park. Check it out on Sept. 19 from 3 - 6 pm.

Farid Foroud, president of Delton Community League, says the league is holding a membership drive on Sept. 19 from 11 am to 1 pm. The event is outdoors at the rink shack. "Come out, get your membership and a hotdog," says Foroud.

Eastwood will likely not hold a Community League Day event this year.

A testament to the importance of community is how many leagues are planning an event.

"People, they want to connect," says Burgess. "We hope that as many people as possible will celebrate. Be loud and proud in your celebrations."

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

COMMUNITY LEAGUE DAY

Sept. 19

Alberta Ave: albertaave.org

Delton: deltoncommunity.com

Eastwood:

eastwoodcommunity.org

Elmwood Park:

elmwoodparkcommunity.org

Parkdale Cromdale:

parkdalecromdale.org

Spruce Ave:

spruceavenuecommunity.com

Westwood: westwoodcl.ca



This year, Parkdale Cromdale Community League is holding a live musical event. | Kate Wilson

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ABOUT US

We are a non-profit community newspaper serving Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue, and Westwood. Published on Treaty 6 Territory. The opinions expressed in the paper are those of the people named as authors of the articles and do not necessarily reflect those of the board or staff.

GOALS

Build Community, Encourage Communication, Increase Capacity.

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

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CIRCULATION

Serving 12,500 community members.

DELIVERY

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

RATCREEK.ORG

I ❤️ my RCP

New brunch spot now open on the Avenue

Two Brown Dogs Bistro & Catering serves up locally sourced food

REBECCA LIPPIATT

For years, local residents have been hoping for a restaurant that serves weekend brunch. On Aug. 5, Two Brown Dogs Bistro & Catering celebrated its grand opening to meet the demand.

Owner Virginia Potkins thought about opening a restaurant for a long time.

“It was a decade-old dream that was always in the back of my mind,” Potkins says.

Despite her feeling that it is a big risk to be self-employed after both her jobs and a large contract were cancelled during the COVID-19 lockdown in March, Potkins took the time and opportunity to consider the idea of opening a restau-

rant. The shutdown gave her the time to practice and perfect new recipes. Then, during the summer, the space for the restaurant came open. Seizing the opportunity, she got a loan and sold her RV to make her dream a reality.

Potkins has several guiding principles for her business. As much as possible, food will be locally sourced. For the brunch on Aug. 23, OTTO Food & Drink supplied the sausages, YEG Smoked Meats supplied the bacon and back bacon, and Rogue Wave Coffee supplied the coffee. Vegan and vegetarian options are available. She also prioritizes hiring local people.

Another thing Potkins holds close to her heart is dogs. Two

Brown Dogs Bistro & Catering was “named after my babies, Bo and Angus,” smiles Potkins, and that love extends to other dogs. One dollar from every sale of the brunch item, A Dog’s Breakfast (scrambled eggs with chives, bacon, maple sage sausage patty, hash browns, and toast with jam) will be donated to Muttstock. Muttstock supports animal rescue in and around Edmonton.

As you would expect, Potkins says, “dogs are welcome” on the expansive and socially distanced patio. Bright turquoise umbrellas shade guests from the sun or the rain, and she suggests bringing your own blanket as the weather cools in the fall. There will be 8-10 seats inside the restaurant as renovations proceed.

Brunch offerings include everything from Classic Eggs Benny to a vegan breakfast burrito (Bo’s Breakfast Burrito) to Angus Chicken and Waffles. These last two menu items are named after Bo and Angus, Potkins’ dogs.

During the week, try Potkins’ pies, muffins, cookies, croissants, and scones. Drinks include Italian sodas, a selection of teas, and coffees. Salads and sandwiches are available for lunch.

Take-out menu items rotate with the season, but currently include Vegan Borscht, Vegan and regular Ukrainian Sauerkraut Soup, and Perogies by the dozen. As the name suggests, catering is available.

Rebecca has attended free concerts as bouncer, juggled plates as a waitress, completed a degree in microbiology, laboured in the oilfield cleaning storage tanks and worked as an editor for the Government of Alberta. In her current incarnation, she has been a full-time photographer for the last 13 years and is a mother to two boys and stepmother to two girls.

TWO BROWN DOGS BISTRO & CATERING
11812 86 St

www.twobrowndogsbistro.com
8 am to 7 pm, Wednesday to Friday
9 am to 6 pm, Saturday
10 am to 2 pm, Sunday brunch



Martin Kerr congratulates Virginia Potkins on the opening of the bistro. | Rebecca Lippiatt



Physically Distanced Ravine Walk

Come and enjoy our second annual Kinnaird Ravine Nature Walk.

Sunday, 13 September 2020 from 1:00 pm-3:00 pm Sheriff Robertson 82 Street and 111 Avenue

This years Nature Walk is in part sponsored by TD Friends of the Environment Foundation
TDParkPeople, TDReadyCommitment
Park People /Amis des parcs TD

Resuming classes with health in mind

Edmonton Catholic Schools is full of hope in an uncertain time

CARLA SMILEY

Edmonton Catholic Schools is excited to begin its 132nd year of providing an excellent Catholic education, and we are thrilled to welcome students back! This year's theme is "God Calls us Each by Name." This speaks to the warm welcome from our Division to our students as they begin a new school year full of hope, even in an uncertain time.

In August, the provincial government announced that in-school classes will resume with "near normal" daily operations and additional health measures in place. The Edmonton Catholic Schools (ECS) Re-entry Handbook was developed in consultation with and resources from Alberta Education, Alberta's chief medical officer of health, occupational health and safety legislation, and stakeholder survey responses from parents, students, and staff. The handbook offers guidance for administrators and school staff.

The Division's priorities are to ensure the safety of students and staff while mitigating risks and challenges of COVID-19 and providing a high-quality, faith-based education.

Although our mandate from the Education Minister is to have a full return to in-person learning, ECS is able to provide a measure of choice to families. At-home learning will focus on core subjects including religious

as academies or language and immersion programs, might not be available or be offered in a limited capacity. Fall at-home learning will be better than what was offered in the spring. It will be more robust, regimented, and accountable to achievement, according to the full program of studies.

Our commitment to student mental wellness continues to be a priority and many sup-

The ECS Re-entry Handbook also addresses staff mental health and includes supports and resources to assist staff. The Division has also created a Staff Wellness Committee.

Numerous strategies will be used to enhance school and classroom cleanliness and hygiene while helping to reduce the risk of contracting COVID-19. Additional protocols or revisions to current strategies

continue to advocate for the necessary funds that are critical to the success of all students.

We will also not lose sight of the future needs of our Division. This past year, our board successfully advocated for a replacement school and playground for Ben Calf Robe/St. Clare Catholic School. Construction on this K-9 school and community centre should begin shortly and be completed

by September 2022. A new high school in north Edmonton is the priority on our Capital Plan 2021-2024.

We all have an important role to play in the success of our students and I look forward to working with families and our community again this year. Find the re-entry handbook at www.ecsd.net/.

I encourage open communication and welcome your input on educational matters.

Reach me at 587-408-3589 or carla.smiley@ecsd.net. Or, connect with me on Facebook Carla Smiley – ECSD Trustee Ward 73 and Twitter @CarlaSmiley.

Carla represents Ward 73 in NE Edmonton where she and her husband continue to reside after raising their daughters. Professionally, she has a social work and church ministry background; she is nurtured by prayer and daily walks in our beautiful river valley.



Carla Smiley (far left) is the Edmonton Catholic School Division trustee of Ward 73. | ECSD

education, and may, depending on demand and staffing, have some option classes available. Programs of choice, such

ports are in place, including the Division's Mental Health Strategic Plan that promotes prevention and early detection.

will be revised as necessary. The health and safety of all staff and students is the priority for the board of trustees and we will

will be revised as necessary. The health and safety of all staff and students is the priority for the board of trustees and we will

Minimizing the risk of COVID-19 at school

Back to school brings a very different year ahead

TRISHA ESTABROOKS

While shopping with my kids recently, I chatted with a store employee and fellow mom about the upcoming school year. She joked about how finally March break was over! We laughed and commiserated about how tough the last few months have been and wished each other well.

In some ways, it is good and even healthy to be able to reflect on these past months with levity and embrace it with a laugh. I also know that this time has been grueling for tens of thousands of Edmonton families. I've heard from families, I've heard their stories, and I know

how much students, staff, and families miss the connections and community that attending school can bring.

When I think about the upcoming school year, I think of the good that will come from having students back in classes. We need our children back in school, but we also need to ensure that it is done as safely as possible. If you haven't read Edmonton Public Schools' re-entry strategy yet, I encourage you to do so. The plan lays out the choices families have for returning to school, including in-person and at-home learning options. Staff at Edmonton Public School worked hard to find the best way to manage the risks of COVID-19 while

still having a caring, consistent learning environment.

But the reality is that physical distancing will be difficult to maintain in many of our classrooms. The province's re-entry plan, which we as a school division must follow, does not include the financial support we need to have physical distancing in our classrooms. Doing so would require significant additional provincial government funding for staff and space to accommodate students.

Therefore, the leadership and trustees for EPSB have decided that all staff and students who are able to physically, developmentally, and psychologically wear a face covering must do so. This approach we are taking

is in addition to the province's decision to require masks for Grades 4-12 in common areas. We are adding an extra measure of protection for everyone in Edmonton Public School classrooms.

The board of trustees is advocating to the government to provide the additional funding required for students to return to in-person classes. We feel an extra investment in public education during COVID-19 is the prudent and right thing to do right now.

The decision to send your children back to school is a tough one, but the option of at-home learning is not a choice every family is in a position to make. Please know that I have

faith in EPSB's plan and the principals, teachers, educational assistants, custodians, and other staff who will work their hardest to do what they've always done: ensure your children are safe at school.

In September, those staff will be our next wave of front line workers. They deserve our gratitude as we all, together, navigate living with COVID-19 and the beginning of a very different school year. Visit epsb.ca/news/schools/choosehowyourchild-willlearninseptember.html for more information.

Trisha is the trustee for Ward D and currently serves as board chair for Edmonton Public Schools.

Churches offer guidance during pandemic

Local churches stay connected to parishioners through hard times

STEPHEN STRAND

During times of struggle, people often seek out guidance, support, and spirituality. Thankfully, people can still connect with their church online.

“There has been an increase in the emotional and financial stress people are under,” says Rev. Mark Chiang, minister of St. Andrew’s Presbyterian Church. “I personally provide some pastoral support for folks in crisis. Understandably, a lot of us are feeling tired and not ourselves.”

The church currently holds their services online. “We provide prayers, fun messages for kids, sermons, and links to worship music for each Sunday,” explains Chiang. “We debated reopening, but our congregation consists of a number of folks who would be more vulnerable to COVID.”

Although the church isn’t being used for services, it is being used to provide bagged lunches for those in need.

Avenue Vineyard Community Church also went online. “We have not returned to normal and still do not have a set date for that to occur,” explains lead pastor Wayne Thomas. They have begun allowing small groups to gather, following proper distancing protocols.

“We have a private Facebook group for the church, which allows our members to post and interact. Ask for prayer requests, share concerns,” Thomas explains. They host

that would like to connect and maybe pray together.”

“We’re still offering supports where able. We try to stay connected through our Facebook page, website, and app. We are

friends and with neighbours through phone or other electronic means. I have phoned those that may need a little more, or special attention.” They also stay connected with

record a mid-week online devotional called Practical Christianity focusing on applying Christian principles to daily life.

They have begun hosting their youth group in person again, and follow proper distancing measures as well as mask and sanitization procedures. The group is for people aged 13-19 years old, and they meet each Friday at 7 p.m.

Norwood Wesleyan Church is also involved with a food box service through a lady at their church who also runs a Facebook group called “Pay it Forward Always Edmonton” that helps people in need in our community.

“One of the things we found that people were deeply struggling with was the loss of community. Offering church services has been very helpful because community is so important and essential,” says Pybus. The loss of community, Pybus explains, can have a strong impact on people’s hearts and souls.

If you need help, reach out to your local church and they may be able to help directly, or at least help point you in the right direction. There is no need to go through this time alone.

Look for part two online soon and in print in the October issue.

For more information, visit: facebook.com/norwoodwesleyan, avenuevineyard.com/, and pccweb.ca/standrews-edm/.

Stephen works in broadcasting and writes for fun. He can be seen walking through the neighbourhood.



Rev. Mark Chiang from St. Andrew’s Presbyterian Church has been offering support to parishioners in crisis during the pandemic. | Supplied

a Sunday service on their Facebook page. Afterwards, they go onto Facebook live for about 30-40 minutes of teaching time. “After the service, we host a Zoom chat for anyone

still helping to provide food security where needed with volunteer deliveries,” explains Thomas. “We have encouraged our people to stay connected with one another, with other

and supportive of other neighbourhood churches.

Norwood Wesleyan Church also offers online and outdoor services, explains Pastor Nicholas Pybus. Plus, they

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Alberta Avenue District

Neighbourhoods & Businesses

Alberta Avenue Community League



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info@albertaave.org

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Tuesdays

6:00PM-7:30PM

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www.freshroutes.ca

fresh routes

Mobile Grocery Store

We're bringing healthy and
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 neighbourhood

Starting June 11

Tuesdays

6:00PM-7:30PM

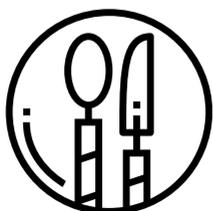
Alberta Avenue

Community League



Neighbour Connect Presents

The Edible Avenue



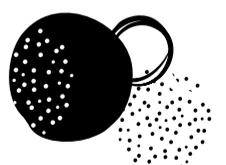
A collection of stories in
 a universal language;
 food

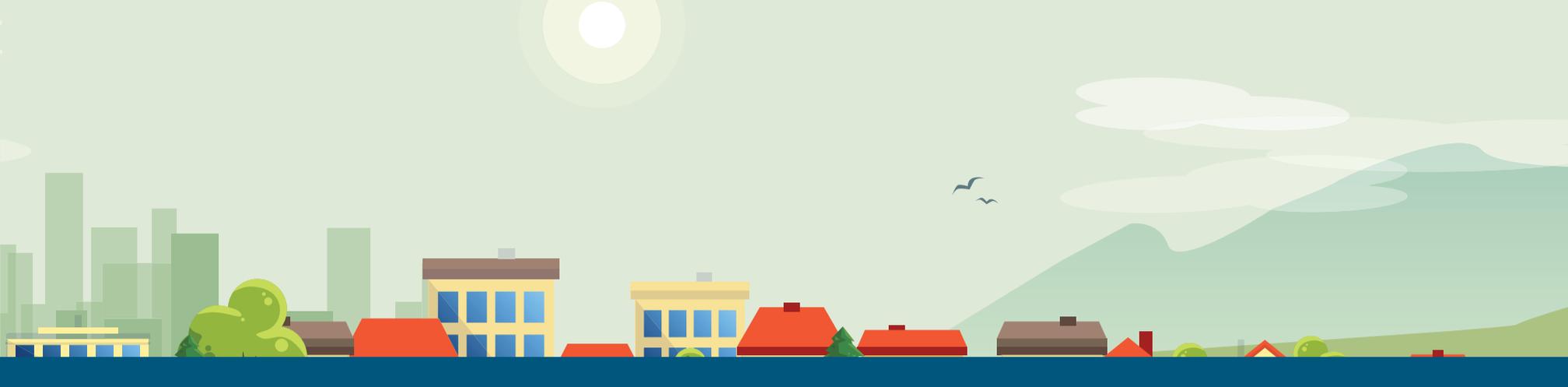


GET INVOLVED

In this strange time we are living in we can
 no longer share food in a traditional
 sense. Because of this we have decided to
 reach out to you; our community, to ask
 that you share your story in recipe form.

Submit your contribution at
neighbourconnect.ca





Delton Community League

Delton hall renovation update

Late in 2019, the provincial government awarded Delton community the Community Facility Enhancement Program (CFEP) grant. Since then, the buildings and grounds crew and a team of volunteers have been hard at work modernizing and upgrading the interior of the community hall.

On behalf of the Delton community, we

thank Janet Henderson, Vice President, and Bill Henderson, Building & Grounds Chairperson, for leading the renovations at Delton Hall. The Henderson family have been a significant contributor to Delton Community League for the past three decades. Bill and Janet not only lead many initiatives at Delton, they also recruit the entire Henderson family to come and help at all

the events and especially during this critical hall renovation project.

The Delton community appreciates the time and effort that the Henderson family has given over the years. They are truly the definition of community leadership, engagement, and have the ability to create a welcoming place.



Delton Hall before the renovations. | Supplied



A big thank you to Bill and Janet Henderson for their decades of dedication and for leading the hall renovations. | Supplied



A fresh new look for the hall is emerging. Stay tuned for the grand re-opening! | Supplied

Membership drive

Saturday, Sept. 19
11 am – 1 pm

Come get your 2020-21 community league membership and a hotdog!
The event will be held outside at the rink shack, so dress appropriately.
Social distancing guidelines will be followed.

MEMBERSHIP DAY SPECIAL
Family: \$20
Individual/Single parent family: \$10
Senior (lifetime): \$5



“Mario” (A.K.A. league president Farid Foroud) getting ready to serve hotdogs! | Supplied



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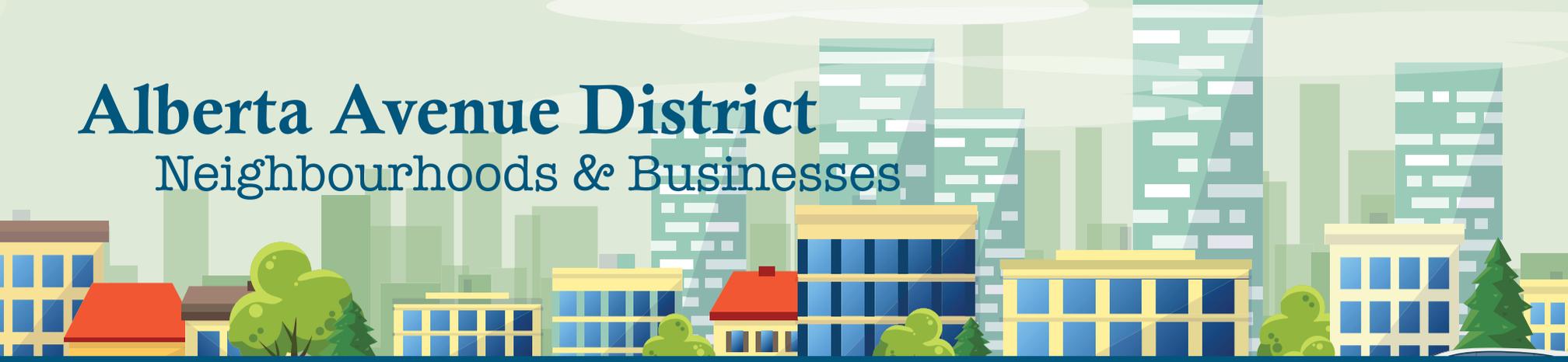


For more information please visit:
<https://emsanorth.com/play/register/>



Alberta Avenue District

Neighbourhoods & Businesses



Eastwood Community League



Eastwood board seeking members to continue building capacity

The Eastwood Community League board has been busy this past year, installing security cameras at the hall, inviting an artist to create an outdoor mural, and planning an upgrade to the hall kitchen.

These upgrades highlight our aspiration to keep building community capacity with an emphasis on safety, connectedness, and beautification.

We're looking for new board members to keep the momentum going, says Donna Yateman, president.

"If we're successful in funding the new commercial kitchen, we'll be putting programming toward food security," she says.

"Brainstorming has brought up ideas such as community kitchen and food education. We're excited about the new projects happening this year."

Want to be part of the league's expanding programs and facilities? Attend our open house and AGM being planned for October.

New PA system and community harvest at the rink

We've raised the bar at our outdoor rink. This spring, Long & McQuade installed two outdoor speakers and mixer inside the rink shack.

Whether you're attending an outdoor gathering or sports event, the new PA system will

play from a Bluetooth connection, directly from a radio station or from your smart tablet.

So for the upcoming shinny hockey season, look forward to play-by-play coverage or simply some outdoor musical ambience.

Just outside the rink, we've collaborated with the City of Edmonton and Sustainable Food Edmonton to offer any community member fresh, organic produce. Six of the 12 raised beds in the paved area of the garden are dedicated to community harvest.

Come to the Eastwood micro-park to gather fresh greens for your dinner table or just enjoy the sunshine.



Pictured are volunteers from Redemption iCon, one of several organizations that helped out with the alley block parties in Eastwood last summer. | Supplied



Carollers came back from their neighbourhood rounds to sing songs at Eastwood Community hall last December, all part of our Holiday Cheer festivities. | Supplied



The block parties were a collaboration of Arts on the Ave, the City of Edmonton, and Eastwood Community League, along with help from several community organizations. | Supplied



Amanda Fletcher, an Eastwood resident, harvests chard and kale from one of the six raised beds in the Eastwood micro-park that are dedicated to community harvest. These six beds offer fresh, organic produce to any resident, thanks to support from Sustainable Food Edmonton, the City of Edmonton, and Eastwood Community League. | Supplied

Our 2020 board is:

President: Donna Yateman

Memberships: Drew Semper

Indigenous Culture: Linda Burns

Facilities: Gaetan Benoit

Networking: Christy Morin

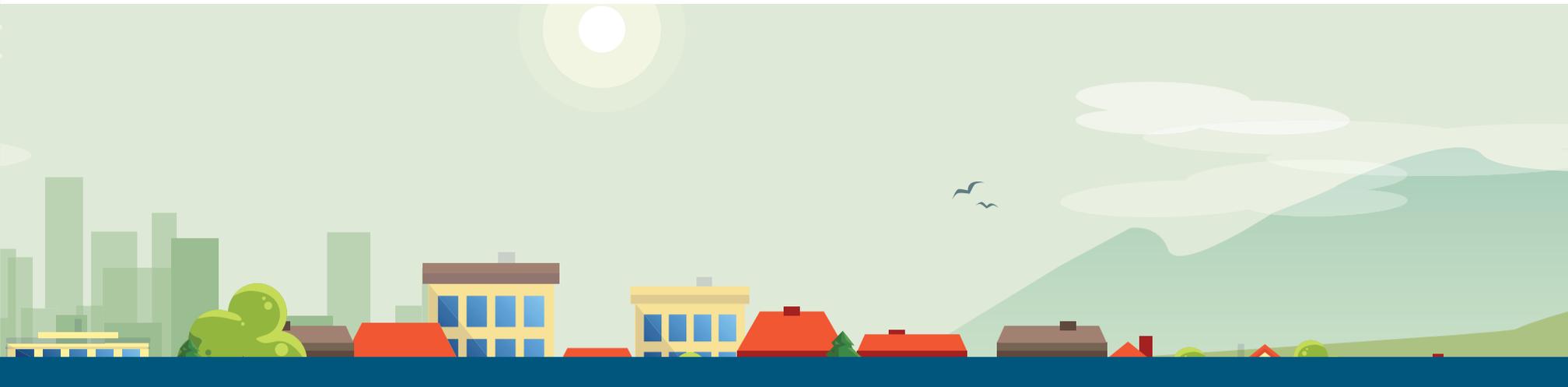
Site Event Coordinator: Brian Lim

Finances: Gonzalo Puskas

We're looking to fill the positions of VP, Secretary, Treasurer, and Communications. Attend our AGM to learn how you can contribute.



info@eastwoodhub.org www.eastwoodcommunity.org Facebook, Nextdoor, Instagram
11803 86 ST NW 780.477.2354



Elmwood Park Community League

ELMWOOD PARK

Community League Day Picnic

SAT SEPT 19
3-6 PM

FREE ENTERTAINMENT,
FOOD, & DRINK

ELMWOOD PARK COMMUNITY LEAGUE HALL, 12505-75 ST

PLEASE BRING YOUR OWN PICNIC BLANKET AND/OR CHAIRS. SOCIAL DISTANCING MEASURES WILL BE TAKEN. MASKS WILL BE REQUIRED FOR WASHROOM ACCESS

ELMWOOD PARK COMMUNITY LEAGUE

SAFETY PROGRAM

Headed by resident and board member Steve Larson. Elmwood Park has joined the Edmonton Neighbourhood Watch organization and is looking for interested neighbours to join the safety committee.

EMAIL EPCL.COMMUNITYSAFETY@SHAW.CA

SKATEPARK AT ELMWOOD PARK!

LOCATED IN THE HALL PARKING LOT AT 12505-75 ST. OPEN TO SKATEBOARDERS, ROLLERBLADES, BMX BIKES, AND PUSH SCOOTERS. NO ELECTRIC SCOOTERS PLEASE.



ELMWOOD PARK COMMUNITY LEAGUE

ANNUAL GENERAL MEETING

Sands Hotel Restaurant, 12340 Fort Rd.
Wed September 23, 7pm

Light refreshments provided. Social distancing measures will be in place and masks are required until seated at your private table. Children are welcome if they are able to abide by the social distancing measures.



Alberta Avenue District

Neighbourhoods & Businesses

Parkdale Cromdale Community League

The Parkdale and Cromdale communities are part of Edmonton's mature neighbourhoods, and are graced with tree-lined streets and many character homes. Incorporated in the Roaring Twenties, Parkdale will be celebrating its 100th birthday in 2021 with Cromdale hot on its heels to join the 100-year-old club in 2025. The leagues joined in 1986 and will be celebrating their jade (35th) anniversary in 2021. Did you know we have 11 listed parks between the two communities?

Welcome to our new board members

Kiley Fithen, 2nd Vice President: Kiley is not only the newest member of the executive board, she is also the president of the Growers Dozen Community Garden, the PCCL garden club! Kiley first got involved with PCCL through our Community Kitchen program (currently on pause), which is a great way to meet new people and learn tasty recipes. She can also be found hitting the weights at the gym or walking around the neighbourhood.

Troy Jenneault, Volunteer Coordinator: Our new volunteer coordinator Troy is bringing a lot of patience to the position. He looked at over 100 houses before finding a place in Parkdale. Troy is also very mysterious. When asked, "What do you think of garden gnomes?" his response was, "I abstain, I used to collect them from others." Very mysterious indeed.

Kristina Palmer, Director at Large: Kristina is another new Parkdale resident. Having moved in when we still had football games, Kristina got

to enjoy Tom Cochrane perform from her front yard. She's already starting to make a free library and dreams of bringing birdhouses, rain barrels, community gardens, and ice cream shops to the community.

Shawn McKay, Director at Large: Love of the outdoors and winter activities brought Shawn to our outdoor rink, which he is taking point on this year! He is looking forward to connecting with community members while having fun with the board. Stay tuned for more wintertime activities coming from Shawn and if you have ideas, check out our programming survey.

Randall Fraser, Director at Large: A multi-faceted artist with skills in puppetry, mummering, stilt walking, ice carving, sculpture, woodworking, and more, Randall joined PCCL with overflowing enthusiasm. He is active in the local art community, and also performs, teaches, and participates in travelling performances. Can't wait to see what else he brings!

Thank you, returning board members

We can't forget about returning board members! While many may be well known already, we wanted to give them a nod just in case you haven't heard their names before.

Steven Townsend, President: With a flair for theatre dramatics, Steven is quick to get you laughing. Steven first got involved with PCCL to start a community garden.

Tamie Perryment, Vice President: Our longest resident, Tamie joined PCCL to garden and ended up the VP. Tamie has the most number of pets with two dogs, three cats, and

numerous fish.

Kevin Wong, Neighbourhood Development Director: Speaking of pets, Kevin loves his two cats, dog, and his many plant babies. Kevin also enjoys painting and cycling around town!

Richard Williams, Gaming Director: Having previously taken on the roles of President and Membership Director, this year Richard is the Gaming Director. He enjoys the many social aspects of working with the board.

Katrina Schultz, Communications Director: Our Cromdale board member, Katrina is a chemist, lab tech, and water operator with a love of visual art and digital media. She can be found reading research articles for fun.

Karen Mykietka, Treasurer: Both the Publisher for the *Rat Creek Press* and our Treasurer, Karen enjoys relaxing around a campfire or enjoying the sites by kayaking & cycling.

Sabine Schmelz, Membership Director: Sabine makes everyone feel welcome to PCCL, with the goal to get as many members as possible signed up!

Sarah De Lano, Program Director: Ensuring the safety of our events as Program Director, Sarah also shares her home with Gary the Pug, an up and coming local celebrity around the 'hood.

Sebastian Barrera, Director at Large: Well known in the activist community, Sebastian makes doing community outreach and volunteer work an integral part of his life.



Last year's delicious 2019 Harvest Dinner prepared by community volunteers. | Rebecca Lippiatt



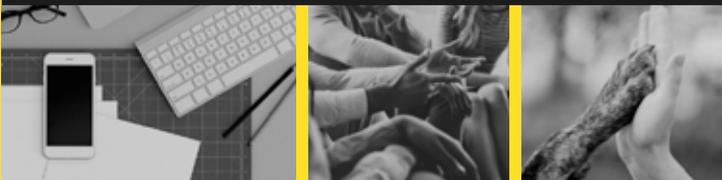
Our Community League Day Harvest Dinner event has been very popular. We'll be doing something different this year. Watch our website and Facebook for more info. | Rebecca Lippiatt



Parkdale Cromdale
Community League

JOIN OUR BOARD

SECRETARY POSITION SEND
APPLICATIONS TO
PRESIDENT@PARKDALECROMDALE.ORG



JOIN THE LEAGUE

Parkdale Cromdale Community League

MEMBERSHIP \$5
SINGLE, SENIOR, OR FAMILY

VALID FOR 1 YEAR
SEPTEMBER TO AUGUST

PROGRAMMING, EVENTS,
GRANT APPLICATIONS,
DISCOUNTS AND MORE!

SEE YOU SOON!

Email Membership@parkdalecromdale.org
Or Visit ParkdaleCromdale.org/Membership

Spruce Avenue Community League

Our Neighbourhood

Walk around Spruce Avenue and you will notice decorative signs on residents' properties proudly identifying the neighbourhood as "The Heart of the City". Our small community, nestled between NAIT, the Royal Alexandra Hospital, Kingsway Mall, and 97 St, also has a heart of its own. From our world-class outdoor skating rink to our new playground/spray park to the recently formed Spruce Ave Connects (a support group in response to COVID-19), Spruce Avenue has the feel of a small town, yet is surrounded by big city amenities. As more and more Edmontonians seek centrally

located communities to call home, our league continues to welcome new members and ideas.

Here is a brief glimpse at what we've been up to this past year.

Heritage & History Committee

Our Heritage Street Blades and Heritage Home Placards projects beautify and enhance pride in our neighbourhood and acknowledge our history. Heritage Street Blades include the street/avenue name, the historical street/avenue name, and the SACL logo. Heritage Home Placards identify the year the home was built, the original owner's name and, when possible, the owner's occupation. Both initiatives were

the result of extensive research and planning by the committee and add a special sense of community and identity to our neighbourhood. Our annual Jane's Walk is another initiative that provides a comprehensive look at the history of Spruce Avenue, and is an event our residents look forward to each year.

Community gardens/ Front Yards in Bloom

Robust infill has spurred innovation, and our Community Gardens Committee has been working hard, gauging community interest and building capacity for brand new community gardens in Spruce Ave. This summer, our hall

was home to 15 pop-up gardens provided by the City of Edmonton, as our permanent garden plans were postponed due to the pandemic. Stay tuned for more information as our committee regroups and reignites!

Front Yards in Bloom continues to be a strong initiative in Spruce Avenue. This year, we had over 30 nominations for yards that impressed with their innovative landscaping, colourful blooms, and unique shrubbery and design.

Also, Spruce Avenue is the 10th most walkable neighbourhood in Edmonton! Our Walkability Score is 75.



The new Heritage Street Blades include the historical street/avenue name, the current street/avenue name, and the league's logo. | Supplied



Spruce Avenue's new playground and spray park is a welcome addition to the neighbourhood. | Supplied



Spruce Ave's Heritage Home Placards provide information on when the house was built, the original owner, and, if possible, the owner's occupation. | Supplied



Spruce Avenue Community League has continued to be available to community members throughout the pandemic. | Supplied

Spruce Avenue Community League Board of Directors

President: Kate Boorman
Vice-President: Joshua Culling
Treasurer: Verna Stainthorp
Secretary: Wesley Andreas
Civics and Community Development: Joshua Culling

Communications: Sabino Spagnuolo
Casino Chair: Angie Klein
Programming: Ashley Ayume
Volunteers: Rebekah Prine
Membership: Irene Mortensen

Directors-at-Large: Lisa Cave, Sue Pashko
Standing committees
Front Yards in Bloom: Elke Seibels, Verna Stainthorp
Community Gardens: Ashley Ayume

History & Heritage: Wesley Andreas
Staff
Facility Manager: Henry Stainthorp



Interested in getting involved? Visit us at www.spruceavenuecommunity.com

Alberta Avenue District

Neighbourhoods & Businesses



Westwood Community League



Westwood
Community League



The neighbourhood playground next to Westwood Hall. | Supplied



Face painting at a community event. | Supplied



In 2019, Westwood had a summer student help with numerous community and block events. | Supplied



The league held a chili cookoff at its 2019 AGM. It was a huge success! | Supplied

Join the Westwood
Community League

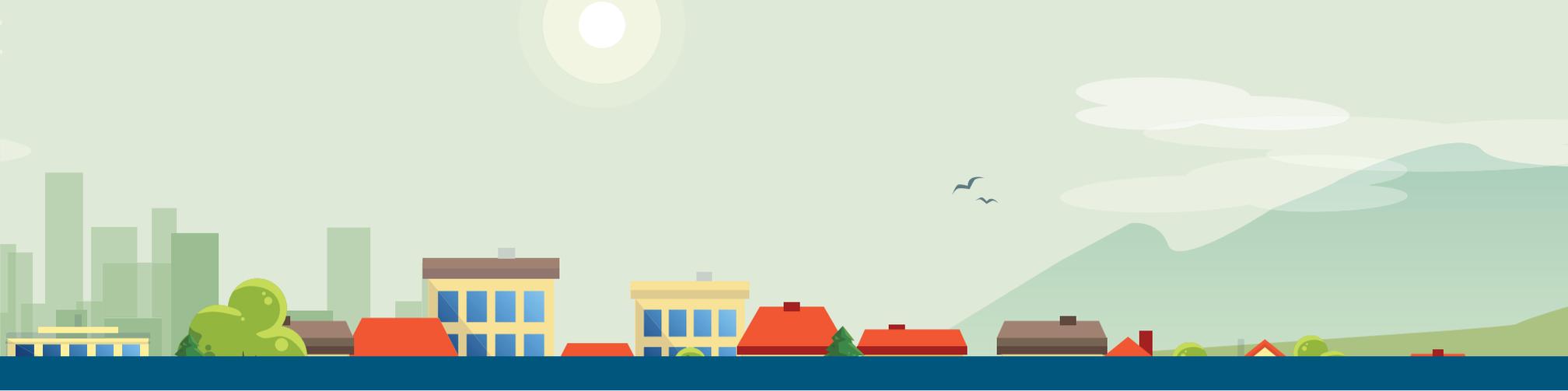
MEMBERSHIPS AVAILABLE
ONLINE AT
WESTWOODCL.CA/MEMBERSHIPS

westwood community
bin day!

SEPTEMBER 19, 2020
12139 105 STREET (PARKING LOT)

9am
until
full

westwoodcl.ca Facebook: [facebook/westwoodcommunityleague](https://facebook.com/westwoodcommunityleague) Instagram: [@westwoodcommunityleague](https://instagram.com/@westwoodcommunityleague)
Twitter: [@westwood_CL](https://twitter.com/@westwood_CL) We are always looking for volunteers to help out with events and activities or join the board.
Email communications@westwoodcl.ca if you are interested.



A MOSAIC OF CURIOSITY



Trevor Stride,
Plaza Bowl



Emmanuel Iwueke &
Thunaine Miandica
Fast Shoe Repair



Onkar Chagger,
Village Foods



Priyah Naicker,
Priyah Fashions



Kelly Tarrabian,
Stan's Barbershop



Jonathan "Jon Jon"
Rivero, Qi Creative

**ALBERTA AVENUE.
SHOP. DINE.
PLAY. WORK.**

Alberta Avenue is a mosaic of people who take pride in their family-owned businesses: cafes, service shops, food markets, restaurants, retail shops. There are curiosities for everyone who wants to try something unique, tasty, interesting, and who will return over and over because they are treated like a friend.

Photography by Epic Photography with the exception of Jonathan Rivero, which was photographed by Arts on the Ave.

VISIT www.alberta-avenue.com

OPINION

Improving everyone's quality of life

The pandemic has sparked discussions about Universal Basic Income

MARK PARSONS

The spread of COVID-19 has had devastating results, but a small benefit has been the renewed discussions around Universal Basic Income (UBI).

Canadians experiencing unemployment due to the pandemic have been eligible for the Canadian Emergency Response Benefit (CERB). Others have been the recipient of the Employment Insurance (EI) program that works in much the same way. However, both of these programs come with eligibility requirements. A Universal Basic Income, sometimes called a Guaranteed or Minimum Income, is a regularly scheduled payment delivered to citizens without any financial assessment or work requirement. Generally, those on the political left are in favour of it, claiming it will reduce poverty and improve the health and wellness of citizens. Those on the political right claim it will disincentivize people from working, be used on drugs and alcohol over food and shelter, and massively increase taxes.

When assessing these factors, we first have to agree on a few items. The first is what success

looks like. Proponents of UBI see success as a population with an excellent work-life balance that is healthy and can afford basic needs. Most people would agree that everyone deserves to be able to feed and clothe themselves and provide shelter for themselves and their family. Another measure of success would be a steady employment rate. Regardless of any utopia we may dream of, we still need people to fill roles within our society. The aim, of course, would be to have a workforce that works because they want to, not because they need to.

Since human behaviour is the biggest determining factor in this debate, the only true way to know who is right and how real people will actually behave is to do pilot projects—and there have been many. In July 2016, the Overseas Development Institute (ODI) reviewed 165 studies of 56 basic income programs from 2000 to 2015, covering 30 low- and middle-income countries worldwide. This review discovered poverty decreased, school attendance increased, overall health and diet improved, personal savings increased, adult employment stayed statistically the same (while employment of

minors dropped dramatically), and women's independence increased. These are all amazing and desirable results!

Pilot programs in North America yielded similar results. According to Wikipedia, a variety of pilots have been conducted over the years. Four pilots in the 1960s and 70s in Indiana, Seattle, and Denver found that while there was negligible change in most categories, school attendance and completion increased while sales in "drugs and luxury goods" remained flat. Meanwhile, a five year study in Manitoba ending in 1979 found a significant reduction in hospitalization, "specifically in case of mental health diagnoses." An interesting result was the decrease in employed new mothers and teenage boys entering the workforce earlier in their lives, because these individuals stayed in school and got a high school diploma instead.

More recently, a three year pilot in Ontario started in the fall of 2017. However, its cancellation was announced less than a year later by the newly elected Progressive Conservative government. Payments ended in March 2019, but project conclusions are still pending as

researchers are currently sussing out the potential bias from the premature cancellation. Meanwhile in the U.S., a pilot project in Stockton, California began in February 2019 for residents living at or below the median income line. Recipients received \$500 debit cards once a month for eight months. Most participants used their stipends to buy groceries and pay bills.

Despite all of these positives, the question that remains from those opposed to the program is "How do we pay for it?". While Conservatives may not like the answer, we pay for it the same way we pay for everything: taxes. Currently, EI premiums are deducted on everyone's paycheck, but not everyone receives EI. This 1.58 per cent EI deduction (down from 2.70 per cent as recently as 1998), up to its annual cap of \$856.36 (matched by your employer, up to \$1,198.90) almost completely funds EI payments in Canada. If Canada introduced an UBI, it would ultimately replace EI. Employment Insurance pays a maximum of \$573/week (before taxes, which then go back into the federal EI bucket). So if Canada moved to a UBI, this income tax deduction would have to increase.

The question then becomes why the percent and annual maximums are flat, regardless of income. If it can generally be agreed that those of higher income should pay a higher income tax, which already funds things like schools and education and healthcare, it would only seem appropriate that the same principle should apply when it comes to funding a program that universally improves the health and education of a nation's citizens.

While I have not done the math, it would be reasonable to assume that through careful adjustment of this UBI deduction, this program could almost entirely pay for itself. Making it an automatic payment, perhaps triggered by tax filings or annual declaration, would reduce the administration costs of routine eligibility checks. The result is a population that is healthier, happier, and has money to inject back into the economy. Isn't that something we deserve?

Born and raised in Edmonton, Mark is a writer, artist, and entrepreneur.



The idea of a Universal Basic Income has been tested in many pilots. | Pixabay

This is not goodbye, but see ya' later

My love letter to one of Edmonton's best neighbourhoods

MIMI WILLIAMS

This is a love letter.

By the time you read it, I'll have moved to the west end of the city. It didn't seem right to leave without saying goodbye to the community my family has called home for nearly 25 years.

If I discovered nothing else during the lockdown, it's that I do not wish to spend up to seven hours a week commuting, so I am moving closer to my workplace. If, due to the pandemic, we never return to in-person work, the joke will be entirely on me. Because I love Alberta Ave, Delton, Parkdale, and Eastwood and most of the people in it. And I will miss it all dearly.

When we first moved here in 1994, the area was affordable and family friendly. We lived across the street from St. Patrick's School, and the community league had robust sports programming for my kids. The area is still well-served by public transit.

Accessibility and affordability aside, the tree-lined boulevards, unique homes, and long-time residents with delightful stories about the area's history contrasted with the crime and disorder that went with it.

Even then, there was talk of revitalizing the neighbourhood. The closure of several banks and vacant storefronts led to the launch of The Alberta Avenue Revitalization in 1992. Without significant government support, this and subsequent efforts struggled.

In 2001, the Alberta Avenue Business Association declared a stretch of 118 Avenue the Avenue of Champions, adding murals of sport teams, decorative benches, and a 14-metre-

tall baseball bat. The results of that effort were negligible, although the bat, inexplicably, remains.

By the early 2000s, many artists and young professionals seeking affordable housing had moved into the area. Slowly but surely, there were fewer dilapidated homes and a growing feeling that new residents didn't want to just fix up their own house; they wanted to help fix what had been, for a long time,

Canada more willing to take the risk than others. There was a six-month period in 2006 where eight of the 12 new stores opened were owned by members of Edmonton's Somali community. The number of women-led businesses grew and remains impressive.

Community action groups formed and helped see dozens of drug houses shut down, with more houses condemned. Streetscaping improved walk-

was experimented with. Some became massive successes; others, not so much. But the missteps were just as important as the wins.

Because even losses bring people closer together in community.

In 2007, the City released a survey ranking the quality of life of its 213 neighbourhoods and Alberta Avenue ranked dead last. It almost felt, at that point,

and organizations like Arts on the Ave and the Community Response to Urban Disorder (CRUD), along with significant funding from all levels of government, decades of persistence paid off. While it remains the community full of character homes and tree-lined streets that attracted me 26 years ago and has drawn me back repeatedly, it has a more positive vibe now than it ever has; at least it did before COVID-19 changed everything.

Alberta Avenue is a lot like the people who live in it. Adaptable.

This area still has its challenges, many of which arise from society's failure to adequately address issues around poverty, mental health, and addictions. However, this is not exclusive to the communities around 118 Avenue.

Happily, it appears that most of the wonderful, eclectic eateries in the area managed to survive the pandemic response and I look forward to visiting with friends and eating and shopping and playing. If I'm lucky, the *Rat Creek* editors will allow me to drop a line or two in this paper.

And, so, it's not "goodbye" but "see ya' later!" and, also, thank you. Thank you for giving us a place to call home. We'll be forever grateful.

Mimi is a writer who first moved to the Alberta Avenue area over 25 years ago. She has participated in a number of revitalization initiatives and continues to promote the Ave as one of the best areas to live, work and play in Edmonton.



Mimi Williams, pictured, lived in the areas of Alberta Ave, Delton, Parkdale, and Eastwood for over 25 years. | Supplied

a broken community.

Streetscape improvements and changes to zoning rules attracted new business and investment, with newcomers to

ability and security. Grants and incentives were offered to businesses to improve their storefronts. Programming that brought people to those streets

that the community decided to collectively respond, "Oh ya? Just watch us!"

Through the efforts of volunteers at local community leagues



HARVEST FEST IN OCTOBER

MEDITATION 6:30 PM MONDAYS · STARTING SEPT 7
AT EASTWOOD HALL

MORE INFO AT EASTWOODCOMMUNITY.ORG



Oct 7 **EVERYTHING BEGINS WITH AN IDEA**

SAVE THE DATE
Writing Workshops
by Rusti Leahy

Oct 21 **Everyone has a story.**

I love my RCP

WANT TO BENEFIT FROM AN EASTWOOD COMMUNITY LEAGUE MEMBERSHIP? - THEY'RE FREE -

SIGN UP ONLINE AT EFCL.ORG OR CONTACT US AT INFO@EASTWOODHUB.ORG OR 780.477.2354

OUR AGM IS COMING UP

OCT 7 2020

MEMBERSHIP SALE, PROGRAM OVERVIEW, BOARD ELECTIONS!
6:30 PM - 11803 86 ST

Qi Creative presents

MY NAME IS TRAUMA Qi Training Workshop

My Name is Trauma: Creating Resilience Through Play

Online Workshop

Saturday
Sept 26
1 - 4 pm

Go to [FB.com/ratcreekpress](https://fb.com/ratcreekpress) for Zoom Link

Sponsored by:

RAT CREEK PRESS

avenue initiative revitalization

My Name is Trauma (MNIT) creates an opportunity to learn about Trauma in a way that is educational and practical, and also playful and imaginative.

"Trauma The Tiger" is used to represent the effects of trauma in the body and the natural impact that a traumatizing experience can have on a child.

The approach helps children externalize a traumatizing experience so that they can normalize its impact on their lives.

The concept of FIGHT, FLIGHT, and FREEZE is explained with "Trauma The Tiger" and how the brain and body instinctually default to one of the three states when an event is experienced as traumatic. As a result, "Trauma the Tiger" will be triggered into a state of "trying to protect you", since the body is in survival mode.

Creative interventions that are sensory based are discussed and explored as the best way to regulate and calm emotions, create resilience, and move from victim to survivor.

PLANNING FOR PASKIN: A VIRTUAL FORUM

Plans are underway to develop vacant lots at the Paskin site (95 ST and 106 AVE) in McCauley.

Join us on Zoom from **7p.m. to 8p.m.** on the evenings of **September 22ND or 24TH**, and share your thoughts on three different development options being considered for these lots.

Learn more and sign up at edmontoncdc.org/paskin!



iconicbestiary/FreePik