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BY THE COMMUNITY - FOR THE COMMUNITY

SUMMER 2024

New restaurant replaces Ming Kee bar

La Morenita: the new kid on the block

REBEKAH BRUNHAM

The Ming Kee Sports Bar building on the corner of 85 St and 118 Ave is being given new life! La Morenita, a new restaurant, is opening its first location on the main floor of the building. While the Alberta Avenue Business Association has already moved its office to the second floor. La Morenita is hoping to open its doors in the month of June.

“I was already looking for something in the Avenue for the past maybe two years,” says restaurant owner Angelica Cruz. “It’s very prominent for a lot of the Latino community and I see a lot of communities actually gathering here. That’s what’s important to me as a business owner and as a family. That communities have a place to actually gather.”

While this is Cruz’s first personal restaurant, she has helped open and run 20 locations for a Chinese restaurant. She is also a Californian Academic Graduate and a graduate of Le Cordon Bleu program. Additionally, she has studied Mexican cuisine for three months.

When asked what inspired her to open a Mexican restaurant, Cruz says, “Other than me being Mexican and it’s my culture, I do want to share that with the community.” She plans on using her previous teaching experience to create cooking classes. “My goal is to incorporate all of my knowledge and my culture and be able to have stations where I can have people come in that want to learn how to cook and can kind of do their meal prep here in a Mexican environment.”

Another inspiration for Cruz is the ability to hire her son, help him have a business of his own, and create jobs for other people who are on the autism spectrum: “I think this will be a great opportunity to be able to be a safe haven for a lot of moms as well that have kids in the spectrum. And for us to be able to hire them as well.”

Yonas Gebregzabher and his two partners are the new owners of the previous Ming Kee building. Business partners and friends, they have been living in the city of Edmonton for years and were looking to invest in a property on the Avenue. The partners have been working with Angelica Cruz and the Business Association to help provide the best outcome for everyone and make the space work for what they need.

Gebregzabher believes businesses like La Morenita will help improve the stigma around 118 Avenue. “There’s going to be more changes. Like more quality businesses come in, more quality people coming,” he says. Gebregzabher also speaks about how the Avenue is becoming safer to exist and walk in at night, “So that’s a good thing for the

neighbourhood, for the area, for the whole community.”

The Alberta Avenue Business Association is moving onto the second floor of the building. The new office space has grey-toned wood floors and large windows. Executive Director of the Alberta Business Association Erick Estrada says that this spot is ideal for helping continue to work with the community. “We also saw the opportunity to give a new face to what this building has represented to community for so many years,” Estrada says. The building and Ming Kee Sports Bar had become known for health and crime issues.

As for La Morenita, the cooking classes will be offered once a month in the beginning and, if they become popular, Cruz will expand them to every two weeks. La Morenita will offer food options including brunch with a twist: like eggs benedict, but instead of an English Muffin it will be a sope (a thick tortilla with an indentation to put toppings on) and will have a chipotle Hollandaise sauce rather than the traditional sauce. Cruz says, “We’re excited for the community to come in, check out the awesome food pastries and try Mexican food with a twist — but still very original — and be able to bring their kids and just hang out. It would be amazing.”

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Erick Estrada holding the flag for the Alberta Avenue Business Association, marking their new location in the previously Ming Kee Sports bar | Rebekah Brunham

From left to right, Erick Estrada, Yonas Gebregzabher, and Angelica Cruz standing in front of the previous Ming Kee Sports bar | Rebekah Brunham



Angelica Cruz holding a large cup with symbol of her restaurant La Morenita | Rebekah Brunham



Residents speak out about knives

Edmonton planning on working with communities to restrict weapon-like knives



Some of the knives found in local convenience stores in Edmonton. | Allan Bolstad.

REBEKAH BRUNHAM

On April 9, thanks to a proposal presented by Edmonton community partners, City Council agreed to work with local communities and police on the restriction of certain types of knives.

Communities have been concerned about the easy accessibility of weapon-like knives. Local convenience stores have been seen selling knives with curved, double-sided blades, and with a push-button mechanism. The proposal included parameters for the type of restrictions that can be applied to these devices.

“These are really dangerous weapons, and it’s when you hold them that you realize how it’s meant to be used,” says Allan Boldstad, an Alberta Avenue Community League board member.

Boldstad was one of many speakers voicing their concerns during the

Council Urban Planning Committee meeting. According to Christy Morin, an activist and founder of Arts on the Ave, children as young as eight years old have been carrying some of these knives.

The move made during the council meeting will produce a report by the third quarter of 2024. This report will be the result of consultation with the Edmonton Police Service (EPS) and community stakeholders to find options to regulate the sale of knives.

One concern brought up during the Urban Planning Committee was balancing the restriction of weapon-like knives without blocking household knives sales. The consultation needs to explore the options while still meeting the urgency of the issue.

“I think change in community comes from the grassroots and comes with expertise and knowledge from the inside and the outside,” Christy Morin says.

“Coming together and building a strong safety initiative and strong bylaws.”

During the council meeting, EPS Superintendent Kellie Morgan stated that there has been a 30 per cent increase in violence and weapon events in 2023.

“We are back 20 years, because those are the same conversations and that’s why we opened The Carrot Community Arts Coffee House — because nothing on the Avenue was open after 6 pm,” Morin says. “Because of fear, of crime, and safety. And here we were again.”

Executive Director of the Alberta Business Association, Erick Estrada, Executive Director of the Alberta Business Association, says that around 11 local stores have voluntarily removed the knives on the Avenue. Estrada has found that, when approached by people in the community, some small businesses have been open to having them temporarily removed: “They do

care deeply about the community and that’s why they want to take the steps to have the knives removed,” says Estrada. Many of the small businesses are run by people in the BIPOC community.

“Our business owners, they are coming from some countries that had social distress and the relationship with levels of government is not the same as somebody who was born and raised here,” Estrada says, “When city officials, — or official-looking people — walk in and start questioning them, they get afraid of their livelihoods getting taken away.”

“I think we have a very good opportunity to work with these [businesses] that care and turn them around into a community hub.”

This is the first step in future restrictions. Allan Bolstad says, “If we’re successful with getting these removed from stores, then the next step is to make them illegal to carry.”

Although there has been improvement on the Avenue with the removal of an estimated 431 knives, more work is needed. Erick Estrada says, “We need the city to meet us halfway. Join our efforts. If we self-ban them from the district and they can sell them just one block away from the Avenue, we’re not solving anything.”

The Carrot Community Arts Coffee House hosts “Coffee with Cops” about once a month. This is an opportunity for discussion with the Edmonton Police Service about any concerns or questions from the community.

“A huge shout-out to the communities that came together,” Morin adds. “It’s not just Allan and I [...]. But it’s the group that’s making the difference.”

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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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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.

Contributors

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.

CONSTANCE BRISSENDEN

Constance is an experienced presenter, writer, editor, and historian living in Cromdale. She is co-author of nine award-winning books by Cree author Larry Loyie (1933-2016), in addition to more than 20 books of history and travel.

CHRIS NICHOL

Chris is a resident of Sinclair Street in the “Norwood part of Alberta Avenue” who happily spends time exploring and experiencing the vibrancy of Alberta Avenue and neighbouring communities.

GAIL SILVIUS

Gail is recently retired and enjoys exploring her Delton neighbourhood.

KAREN MYKIETKA

Karen has poured her heart and soul into building community in the Alberta Avenue District for the past 20 years. Now she is starting a new season in her life and exploring where that might take her.

KEVIN BLAKEMAN

Kevin has been making video games for almost two decades and writes for fun. He is originally from England, but currently lives in Delton.

LAUREN KALINOWSKI

Lauren is a long-time Edmontonian who loves her downtown community and has too much to say. She is a creative writing graduate, construction project

manager, and four-time mom.

REBEKAH BRUNHAM

Rebekah is a journalism student entering her fourth year at MacEwan University. She has written many articles for class and the Griff Magazine, and has helped create some episodes for the podcast series “The Relevance Report.” Outside of school and work, she enjoys reading, embroidering, photography, and playing the piano.

SHAREE ALUKO

Sharee is the founder and owner of REAP business solutions which offer business plan, strategic plan and proposal writing services. REAP also provides business planning consulting services. Sharee has a Masters in Business Administration and is passionate about sharing information about businesses as well as how to succeed in business.

VICTORIA STEVENS

Victoria is an entrepreneur, roller derby player, and basset hound lover living in the Delton area.

JULIA MCCREA

Julia is a 12 year resident of Alberta Avenue, and spent five years serving on the league board where she continues to help as an event volunteer. What free time she has between her work as an adult educator at NAIT and the Newcomer Centre is spent gardening, reading, and as a foster mom for rescued dogs.

Pit of Doom comes crashing down

Neighbours cheer as infill house demolished after 10 years

LAUREN KALINOWSKI & KAREN MYKIETKA

Neighbours gathered in the alley between 95A and 95 St. on the 115 block on Saturday, April 4 to see the back hoe tear into a “new” build. The saga of this bizarre up-down duplex building started over 10 years ago, and in just over four hours it was reduced to a pile of rubble.

On each side of the three-storey development, people watched in trepidation as the house shook and swayed. The house to the south was mere metres away, but it was only hit with minor light debris. A section of wall actually hit the house to the north, causing some minor damage. In the end, everyone was just happy to see the house down.

Many of those watching the harrowing spectacle commented on the waste — brand new windows, doors, wiring, two tubs, and piles and piles of lumber.

In the 10 years since developer Gaurav Singhmar of Singhmar Developments purchased the property at 11535 95A St, the neighbours have seen the original house demolished, the land excavated, neighbours’ fences removed or washed into the mud pit, the walk-out basement design become a front-yard swamp, and the partially built house get infested with pigeons.

The City of Edmonton received complaints about it for numerous issues over the years. In October 2018, RCP published a story on the problem property that got the attention of CBC and CTV News. Singhmar told neighbours and the media the project would be completed by September 2019.

To continue construction, the builder had to get another building permit as the first one expired after five years. The

city granted a second permit along with strict conditions, including the need for a structural assessment.

RCP published a follow-up story with numerous photos in June 2019, where Singhmar indicated that 80 per cent of the floor joists had been replaced. The duplex sat untouched since siding was installed sometime in 2019.

When the second building permit was about to expire, the city ordered the developer to take the steps needed to complete the project or demolish it. The builder chose to demolish.

Neighbours gathered and watched when the saga of this problem property was finally coming to an end.

“We are so happy to finally have this eyesore gone,” says Donna Paliwoda, a neighbour who’s been complaining about the property for 10 years. “We can’t wait for something great to be built there for our neighbourhood. We want good neighbours, and we want to be good neighbours.”

Edmonton has seen its share of issues with infill structures for years. In 2016, the city established infill construction peace officers — the “Infill Police” — who have become responsible for enforcing public health and safety, building codes, permitting, traffic, and tree protection in mature neighbourhoods experiencing new construction. This gives citizens a place to voice their concerns and hold builders accountable. Over 500 tickets were issued in 2023.

However, tickets might not be enough. In 2018, Darren Anderson, a peace officer working with the infill policing team stated, “A developer with a permit can basically do whatever they want. They can come by once a month and move a wheelbarrow or they can not come by at all.” The city



Neighbours cheer the final knock down of problem infill development. | Karen Mykietka

doesn’t have the authority to force a builder to complete a construction project.

This isn’t very encouraging for mature communities constantly dealing with infill

projects. As the neighbours on 95A St will likely face another infill construction project

on that site soon, they hope and pray it will go better the second time around.



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Residents outraged at parking changes

City reduces restricted parking areas and institutes a permit fee for residents

KAREN MYKIETKA

Recent changes to Edmonton's Residential Parking Program sparked frustration among Alberta Avenue and Parkdale residents. After neighbours shared their concerns with their city councillors, the city is now distributing a revised program.

The city administration's new Residential Parking Program was accepted by the Urban Planning Committee on March 19, 2024. The new criteria would reduce the 19 current parking restriction areas to four.

The Northlands permit parking area will be eliminated altogether. The Commonwealth Stadium permit parking area will be reduced in size by 30 per cent. Parking restrictions will only apply up to 115 Avenue; football and other stadium event attendees will be able to park anywhere north of that boundary.

The two changes that infuriated residents the most were the extension of Stadium parking restrictions year-round instead of just on event days, and charging a \$120 fee for the parking permit.

"This neighbourhood should not be penalized for the development of a stadium. We already bear the brunt of many inconveniences," wrote Kiley Fithen, a Parkdale resident, in a letter to Councillor Ashley Salvador. "[A parking permit] is not mandatory, but as most people use curbside parking, this becomes another tax," adds Alberta Avenue resident Howard Kowalchuk, addressing the councillor as well.

The Residential Parking Program was established in 1978 to manage street parking congestion in residential neighbourhoods near popular destinations, such as Commonwealth Stadium and Northlands. In the past, residents were still affected at times when both their own and their visitors' vehicles were ticketed or towed on game days.

The City of Edmonton shifted to Open Option Parking in 2020 and removed on-site parking requirements, leaving developers, homeowners, and businesses to decide how much parking to provide on their properties. This led the city to develop a Curbside Management Strategy, which included reviewing the Residential Parking Program.

"Commonwealth Stadium has the capacity to attract 60,000 people in the space of a few hours to events that feature the widespread sale of alcohol," says Allan Bolstad, civics director at the Alberta Avenue Community League (AACL).

"When people leave these events, the party often migrates to the neighbouring streets, bringing a good deal of noise and

people confusing boulevard trees, residential fences and garbage cans as convenient places to go to the bathroom."

Residents and community leagues alike felt blindsided by the changes. Parkdale Cromdale Community League (PCCL) volunteers distributed flyers in mailboxes encouraging residents to write to city councillors about the issue.

"The impending changes clearly do not serve the residents," says Kristina Palmer, president of PCCL.

After receiving numerous complaints from residents and requests from both PCCL and AACL for meetings, Coun. Ashley Salvador met online with community leaders to discuss the issue. Salvador agreed that the Stadium parking needs were unique and shared that she was advocating for changes.

Bolstad also points out that, when Commonwealth Stadium was built, it was done so with the idea that it would be a transit-oriented facility. "The city seems to think that visitors will attempt to find an LRT station and pay the fare, as opposed to parking their car a scant six-minute walk from the stadium."

In response to the complaints, the city reverted the revised program back to being event-based and the fee was dropped to \$30.

Palmer agrees that streets without parking restrictions will fill up with football goers. Even though the parking fee was reduced from \$120 to \$30, she says: "A fairer approach would be to collect a small levy from the Edmonton Elks and other stadium users to cover the cost of the parking program and enforcement activities."

Current permits expire on May 31. The Elks Football game on June 8 will be the first event under the revised program.

HOW TO REPORT ISSUES RELATED TO STADIUM EVENTS

Call 311 or go to 311.edmonton.ca and click on "Submit a Request"

Scroll to bottom and click on Service Feedback under "Other Inquiries."

Start your description with "Stadium Parking." Select Area: Other.

Email your community league:
AACL info@albertaave.org
PCCL info@parkdalecromdale.org

Bolstad and Palmer encourage residents to report all issues related to stadium events to 311, and copy the community leagues.

STREET PARKING PROGRAM AFTER REVISION

Parking permits needed to park on the street during a stadium event.

Restricted area: south of 115 Ave to LRT from 83 St to 94 St

Maximum permits per household: 2

No visitor parking

Digital permit through HotSpot Mobile. Permit fees: \$30 a year per vehicle. The fee is being waived for 2024.

The Commonwealth Events Calendar at edmonton.ca/CommonwealthEvents (scroll to the bottom of the page) shows dates of events and parking restriction times. The section "view parking restrictions and impacts" displays the map and further information. The calendar currently lists 18 events between May and November.



Kristina Palmer, president of Parkdale Cromdale Community League, isn't happy the city decided to make changes to the Stadium Residential Parking Program without consulting residents. | Karen Mykietka

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Community Safety Liaison

Gives Support and Hope to Those Living in Problem Properties

CITY OF EDMONTON

Christie Smith stands outside a residential building, preparing to meet the individuals living inside.

She's a Community Safety Liaison working with the City of Edmonton's Residential Inspection Safety Compliance (RISC) Team. RISC provides a coordinated multi-agency approach to complex residential living situations involving vulnerable individuals, families, and places. The team works to uphold minimum housing standards at high-risk properties and to reduce impacts in the surrounding community.

Christie's civilian clothes set her apart from her uniformed team members. She is not an enforcement officer, but a registered social worker providing support to people staying in or working at problem properties.

"My role is to assess the needs of vulnerable individuals and provide connections to resources and services that help meet their basic needs and enhance their overall social well being," says Christie.

In 2023, RISC conducted 2,031 inspections at 207 properties citywide, with a significant number of these being located in the neighbourhoods of McCauley, Alberta Avenue, and Central McDougall.

At every visit, Christie takes an individualized, human-centred approach that addresses the specific needs of each resident.

"Every visit is different and every individual is unique," says Christie. "Someone might need a connection to income support or health-care assistance. In the context of problem properties, many folks need support to leave an unhealthy living situation and access safe and secure housing."

This work requires a variety of skills including active listening, patience, advocacy, and, above all, empathy. It also requires a knowledge of Edmonton's broad network of social agencies - knowledge which Christie has acquired through years of work with Edmonton John Howard Society, Bissell Centre, and Sage Seniors Association.

Currently, Christie is working with Bruce (not his real name), a resident in his 80s. Bruce was renting a suite in a building that was very poorly maintained by its owner. Safety and health violations at the property led to the intervention of the RISC team, who learned that the company that owned the building was dissolved, the property was being sold, and the tenants



Community Safety Liaison, Christie Smith | Supplied

were being evicted.

"When I met Bruce he had less than two weeks to find another place to live," says Christie. "I arranged an interview for him with GEF Seniors Housing, and supported him at the interview. Unfortunately, there were no GEF units available before Bruce's eviction date. Then, to complicate the situation, the property Bruce was preparing to leave caught fire and he was forced to move immediately."

Christie succeeded in locating a space that Bruce could move into quickly, then began helping him replace the furniture that had been damaged in the fire.

"Bruce's insurance company told us that most of his furniture was too old to replace," explains Christie. "So I set him up with an inflatable mattress and connected him with Find furniture, a

social enterprise of Homeward Trust Edmonton that offers essential furnishings free of charge to folks who are transitioning out of homelessness."

Over the first five months of her work as a Community Safety Liaison, Christie has supported 51 unique individuals to overcome a variety of challenges. Her human-centric role is an important part of the overall work of the RISC team, ensuring that the people in need are connected to services and transitioned into healthier and safer environments.

The RISC team's membership includes five City departments, Alberta Health Services, Edmonton Police Service, and three Government of Alberta areas. Each partner plays a unique role and brings different strategies and legislation to the team.

RISC's work is part of Edmonton's

Problem Property Initiative. In December of 2022, City Council approved permanent funding to implement the City's long-term strategy to address properties that cause frequent and serious safety concerns and complaints to the City.

In developing the strategy, the City took into consideration the perspectives of tenants, landlords, enforcement partners, and community members. This research revealed that the City's approach to problematic residential properties would benefit from the inclusion of a Community Safety Liaison at property inspections.

To learn more about the Problem Property Initiative or to report a problem property, visit edmonton.ca/ProblemProperties or call 311.

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Connecting with Community

The real meaning behind Community League Day

DAVID BERRY, EFCL

As organizations, Edmonton's community leagues aren't really ones to draw attention to themselves. Leagues and the people who run them are all about supporting others. Whether it's maintaining the neighbourhood rink that welcomes everyone with a pair of skates (and has some you can borrow if you need), or giving local greenthumbs a place to swap seeds and stories, leagues are fulfilling their highest purpose when they're allowing people to reach higher, see further, and do more than they would alone.

It shouldn't be any surprise that Community League Day (September 21) is less about self-congratulations, and more about shaking hands and seeing new faces. Though the parties themselves are as diverse as the neighbourhoods they live in, every celebration is ultimately about the heart of everything a community league does: bringing people together.

"We always have some amazing and creative people at our leagues who come up with ways to get their community engaged, but whether it's a sports tournament or celebrating a hall renovation or just eating together, it's the conversations that happen in between everything that really make the day worthwhile," explains Edmonton Federation of Community Leagues (EFCL) executive director Laura Cunningham-Shpeley. As the umbrella organization for Edmonton's 163 community leagues, the EFCL helps support the dozens of parties that take place on Community League Day.

"Neighbours make neighbourhoods, and making good neighbours so often starts with just getting out in the community and having a great experience together," says

Cunningham-Shpeley.

Though the community league movement has more than a century of history in Edmonton, the idea of setting aside a day just to celebrate the work of the leagues is a relatively recent invention — albeit one inspired by that history. Organizing city-wide events has almost always been a function of the EFCL: Beginning with amateur sports tournaments in the 1930s, it extended everywhere from beauty pageants, to soap box races, and even community league parades in the heydays of the 1950s and 1960s. Over the years, much of that had fallen by the wayside, either because the events grew enough to be taken over by dedicated organizations or, as some argued, the community spirit just wasn't what it used to be.

Enter Community League Day in 2006. Combining the best of the neighbourhood-driven ethos that has made leagues such an integral part of their communities with Edmonton's well-known love of a city-wide celebration, the day was designed to remind us that even when we're in different corners of the city, ultimately we're all still in this together. As it's grown into a staple of the city calendar — and the most important membership drive for leagues city-wide — it's become proof that coming together never really goes out of style.

"We have had mayors come out of the community league movement, councillors, MLAs and a whole lot of community builders of all stripes, and they all started that journey just by getting to know the people who lived in their community," says Cunningham-Shpeley. "There's so much we can accomplish just by meeting each other and having some fun together."



LEARN MORE

You can find out what your League has planned for Community League Day by visiting the Edmonton Federation of Community Leagues website (efcl.org).

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NORWOOD
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Safety and connection in Eastwood

League kicks off outreach and engagement initiative

KAREN MYKIETKA

On May 30, Eastwood Community League held a public safety meeting and annual general meeting (AGM). For the second year, they struggled to reach the minimum 12 members required for their AGM. The business was postponed and Edmonton Neighbourhood Watch, Councillor Ashley Salvador, MLA Janis Irwin, and Edmonton Police shared information and answered questions about community safety.



Then Lenn Wheatley stepped to the front and introduced himself as the new engagement coordinator for Eastwood. He shared a video and ideas from a previous engagement project he worked on in Alberta Avenue. Attendees showed signs of excitement and interest in the possibilities he was sharing.

Wheatley, who was the president of Eastwood from 2017-2019, will work part-time leading an outreach and engagement project aimed at revitalizing the community league. The main goal of the initiative is growth.

“It takes a community of people to raise a community,” says Wheatley. “If you want to have a community as a place that is safe, supportive, and vibrant, connecting as neighbours is the first step towards making

that vision possible.”

The league is also seeking five outgoing youth (under 30 years) to work with Wheatley on an outreach and engagement team for the summer. The team will assist neighbours in conducting a variety of block socials and community events. The project is funded by City of Edmonton and Canada Summer Jobs grants.

“If you want to have a community as a place that is safe, supportive, and vibrant, connecting as neighbours is the first step towards making that vision possible.”

After the presentations enough members were present to conduct the business meeting and board elections. Two new people volunteered to be directors with the three returning board members.

Growth has started already!

Are you under 30 and interested in joining the summer

team? Email: engage@eastwoodhub.org

EASTWOOD COMMUNITY LEAGUE

11803 86 St
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eastwoodcommunity.org

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Stay informed: Subscribe to the newsletter



From left to right: Lenn Wheatley (engagement coordinator), Rahul Sharma (president), Brenda Richardson (treasurer), Andrew Altimas (director), Vanessa Farn (director), Linda Burns (director), Bronwen Thompson (facility manager) | Karen Mykietka



CASINO VOLUNTEERS NEEDED FOR JULY 11 & 12

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NEIGHBORHOOD WIDE GARAGE SALE

1. Call 780-479-1035 to register your garage sale (set up your sale at your home)
2. Stop by the league on June 22 to grab a map of garage sales in the community 10 am - 2 pm
3. Enjoy Shopping!

**10 AM TO 2 PM (HOURS MAY VARY)
ELMWOOD PARK COMMUNITY**

THIS SUMMER AT EASTWOOD

Our engagement coordinators will personally help you in meeting your neighbours, connect with your community and share your ideas for a vibrant Eastwood neighbourhood.

WHY?

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A birthday bash full of art

You're invited to Chalk It Up and The Carrot's birthday

REBEKAH BRUNHAM

On July 13, The Carrot Community Arts Coffeehouse is celebrating its 17th birthday with Chalk It Up! Featuring live music, food, and six chalk artists, the Carrot's birthday bash will not be something you want to miss. The event will take over Jazz Alley to The Carrot's street.

"We decorate the side street as well. We have the flags going, we have picnic tables, we have folding chairs. And we wanted to invite the community, the kids especially, to come and participate and chalk," says Mary Ann Roa, operations manager for The Carrot Community Arts Coffeehouse. "We have around six featured artists — professional chalk artists — that will come and do some work. But we want the kids to be taking one area there and start drawing things on the [ground]."

The birthday bash will feature two stages — one for youth on the Jazz Alley, and the ATCO community stage. In addition to the music and chalk artists, there will be a free pancake breakfast at 9 am and a barbeque in the afternoon. Attendees will be able to admire and buy the work of youth artists.

The barbeque is part of the Saturday Street Eats at The Carrot. The menu changes every week to offer residents something new to try!

Performers can apply online before June 29 to participate. On The Carrot's birthday, performers are given 45-minute slots throughout the day. There are a few options for musicians to play: Street stage performance, busking, or street stage performance and busking. Due to space, limited spots will be available. Additionally,

selected artists will receive compensation.

Chalk artists are also encouraged to apply. They will be required to create unique chalk artworks between 10 am and 8 pm and will receive an honorarium, social media coverage, and professional documentation of their final artwork.

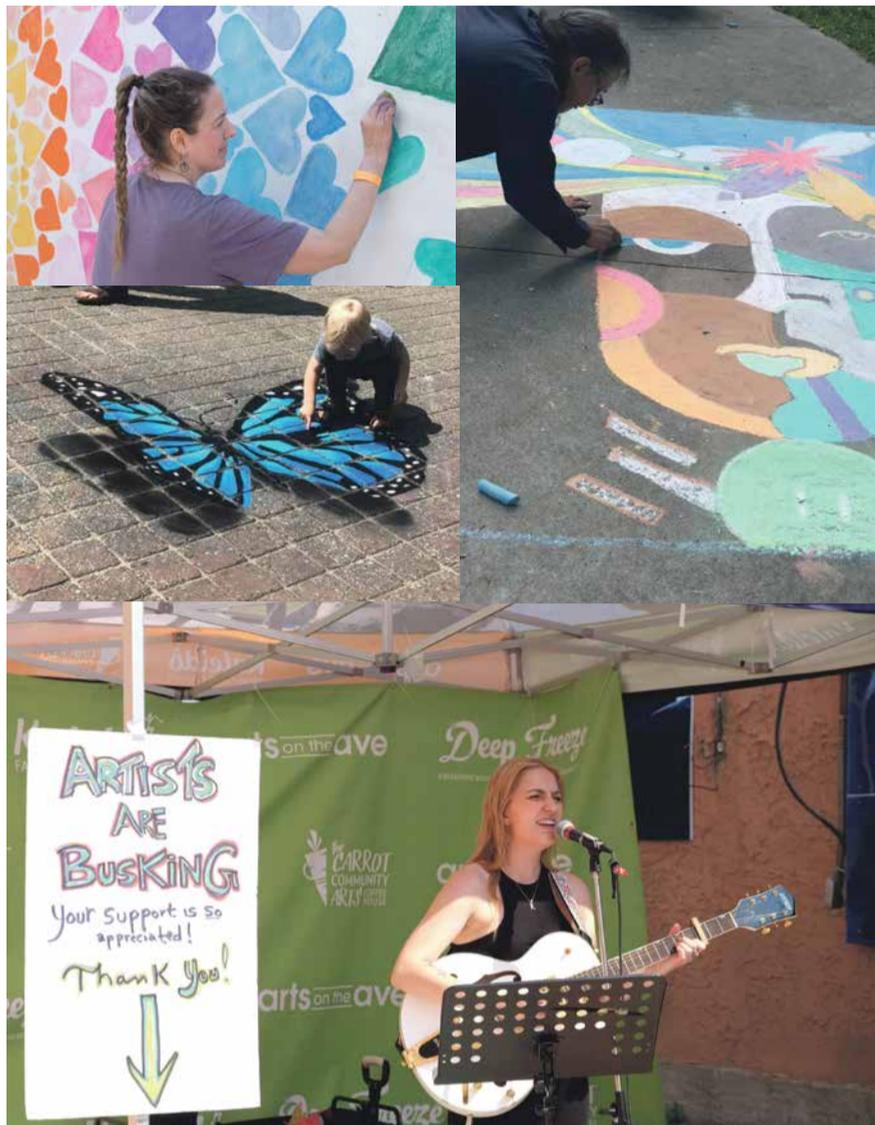
Additionally, young artists are invited to have their first art sale outside The Carrot! Youth (18 years old and younger) can book a table to sell and exhibit paintings, drawings, photography, sculptures, collages, textile art, and ceramics. Table fee is \$10 and a parent or guardian attendance is required.

Volunteers are also welcome. Roa says, "We're encouraging the community to be a part of it by helping us to set it up." She credits most of the work to volunteers that help keep these events running. All applications are available on The Carrot's website.

Abimbola Iyan, Community Outreach and Volunteer Coordinator for The Carrot, sees this event as an opportunity to come together and support the art community.

"It's all beautiful. It's kind of representative of Edmonton, the diversity, and how various people see art."

CHALK IT UP AND CELEBRATE
July 13 starting at 9 am
The Carrot Community Arts Coffeehouse (9351 118 Ave)
thecarrot.ca/
carrot-bday-2024



Chalk It Up | Supplied

SUNDAY, AUGUST 25
1PM - 3PM | BORDEN PARK SITE 2

FREE BBQ 2024
in Borden Park



BLAKE DESJARLAIS
 MP EDMONTON GRIESBACH

JANIS IRWIN
 MLA EDMONTON-HIGHLANDS-NORWOOD

ASHLEY SALVADOR
 CITY COUNCILLOR WARD MÉTIS

TRISHA ESTABROOKS
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MEET YOUR ELECTED REPRESENTATIVES!

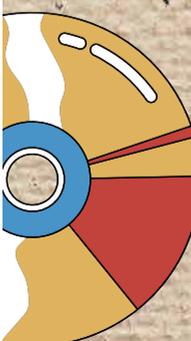
SPRUCE AVENUE
FIRST ANNUAL



SOCK HOP

JUNE 15th
6:00 PM - 9:00 PM

Dress in your favorite 50's style and join us for a fun evening of music and dancing. ***ALL AGES***
 Spruce Avenue Community Hall

Anthem of Life: Part 1

A Zulu Inspired Play

REBEKAH BRUNHAM

“The Gods create humans, but some insist it was not wise, and that the new creations must be destroyed!” reads the introduction of Anthem of Life. Opening on June 19 in Alberta Avenue, the first play of the Anthem of Life trilogy follows humanity’s struggle of belonging on Earth.

Eight years in the making, Anthem of Life Part 1 is an adaptation of a Zulu epic poem, brought into an epic play by Edmonton playwright Tololwa Mollel. It interweaves African-style storytelling with Odissi dance, live Hindustani music, choral speech, and animation of Zulu-style God-masks and creatures, to create an unforgettable story.

At its centre, this play is a Zulu creation myth. Featuring a back-and-forth debate of whether they should empower or destroy humanity, it shows the trials and triumphs humans experience because of this cosmic debate.

The epic poem that inspired the play, titled Anthem of the Decades, was written by Mazisi Kunene. “My fascination with Anthem of the Decades, and inspiration decades later to adapt it, grew out of my introduction, eons ago, to contemporary African literature and oral literature and poetry,” says Mollel, “its narrative and poetic power and Kunene’s incredible facility with language captured me.”

“I found in it a union of the best aspects of Shakespeare and the Mahabharata, with a cosmic scope worthy of the best science fiction,” adds Mark Henderson, artistic director.

This play is African-centred with universal messages for everyone:

following the trials and triumphs of the human condition. “The [Anthem of the Decades] story’s universality within a very specific Zulu nature, inspired me to see Anthem of Life on the stage,” says Henderson.

“The storyteller’s art and that of the actor-performer” helps influence Tololwa Mollel’s performances, as described on Theatre Prospero’s website. He also uses audience engagement, acting, and purposeful use of props, costumes, movement, and song to aid in his storytelling.

Production will be done by Theatre Prospero and the stage will be welcoming the Anthem of Life Part 1 with a rainbow ensemble to perform this inclusive piece of “new Canadian Classical Theatre,” (Theatre Prospero). A rainbow ensemble is a diverse cast from different cultural backgrounds. This play is performed by a cast of local, national, and international performers.

“In preparation for Part 2 and 3? A wonderful journey, despite – or perhaps on account of – not knowing the destination,” says Mollel. Currently, there has been no announcement on the rest of the trilogy.

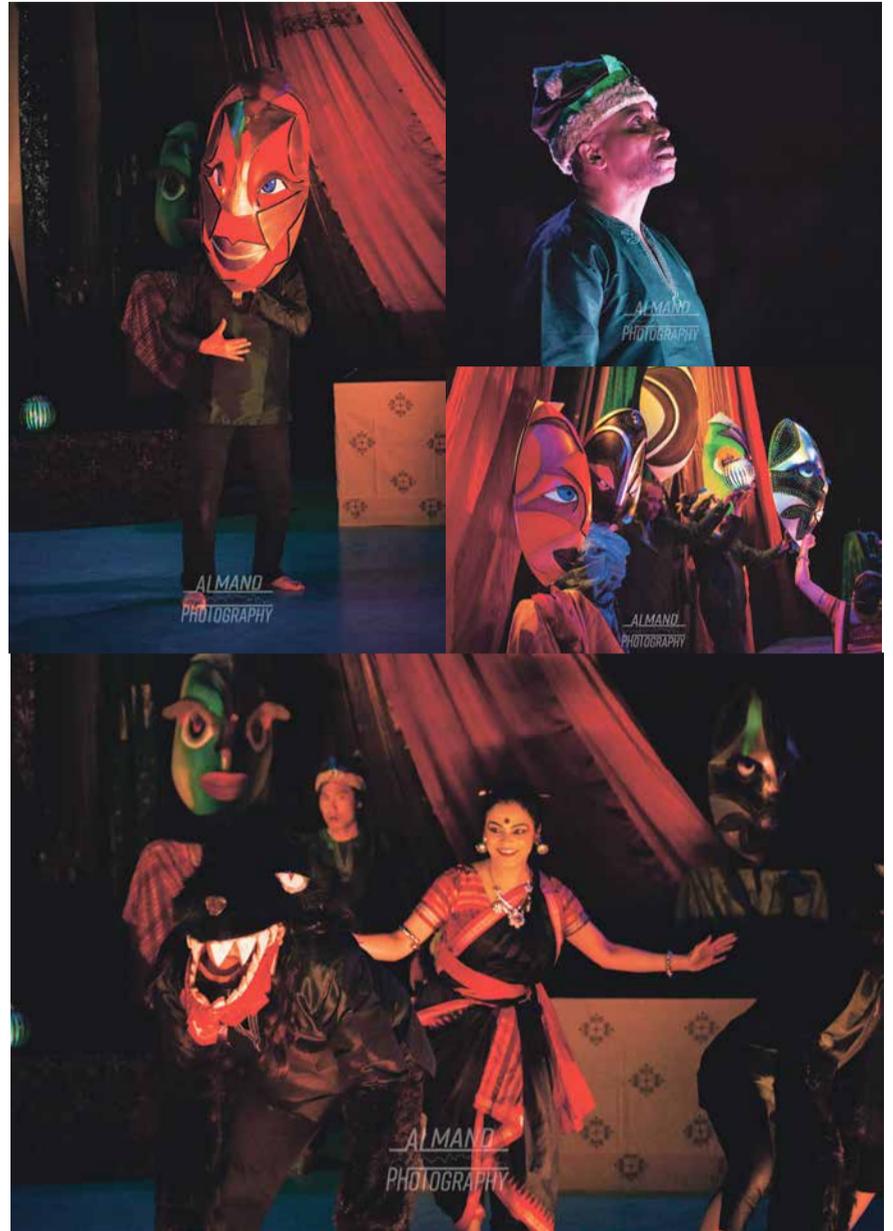
ANTHEM OF LIFE

June 19 to July 6

**Alberta Avenue
Community Centre**

Tickets: theatreprospero.ca

**Pay-what-you-can: 7:30 pm
on June 26 & July 2**



Captured scenes from the play Anthem of Life | Almand Photography



**Alberta Avenue
Night Markets
are Back!**

Starting in June

Visit **Alberta-Avenue.com**
for Dates, Locations
and Vendors

Festival Round Up

REBEKAH BRUNHAM

HEART OF THE CITY FESTIVAL

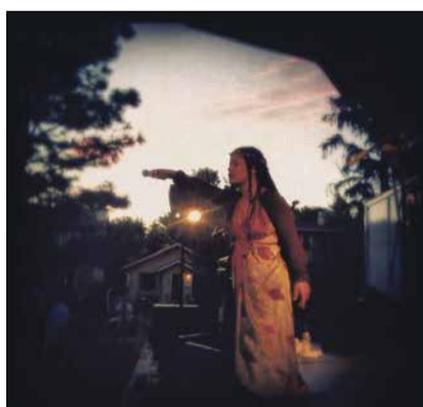
June 8 and 9, Giovanni Caboto Park



Two days of live performances and artist showcases to celebrate its 20th anniversary. There will be three stages: one for live musicians; a “youth stage” for musicians under the age of 25; and a Beat Spoken Word stage for poetry, stand-up comedy, and storytelling. Enjoy art installations throughout the park, live talent like Chubby Cree and Billie Zizi, and an Indigenous Fashion show. On June 9 at 4:30 pm, there will be a Story Slam to honor James Jarvis, who passed away in October of 2023. Storytellers will have an allotted five minutes to tell a clean story—the festival will remain family-friendly—to impress judges and have a chance to win \$300.

HIGHLANDIA

June 15 from 2 to 11 pm, Henry Martell Park



A neighbourhood music festival hosted by the Highlands Community League. A

free celebration featuring live music, food, and family fun. There will also be crafts and food vendors — for sure, Fox Burger Food Truck, Highlands Golf Course, and Likke Lemon Lemonade stand — and a dance party at the end of the night. Welcoming people of all ages, Highlandia seeks to encourage belonging and deepen connections in the community.

EDMONTON CARNAVAL

July 20-21, Alberta Avenue Community Centre



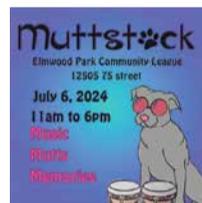
Celebrate at the best Latin carnival of Alberta with activities for the whole family. Edmonton Carnival will have games, Latin-inspired food, drinks, and music. Shop local vendors, enjoy snacks from food trucks, or check out the kids fun area. Don't miss the opportunity to experience the vibrant Latin culture and enjoy time with your friends and family!

MUTTSTOCK

July 6, 11 am – 6 pm, Elmwood Park Community League



Lovers of dogs are encouraged to attend the ninth annual dog and music festival. Gather with rescues and animal welfare organizations for a day of music, demos, and nail trims (for the dogs!). Muttstock, a group that raises money for rescues and non-profits, hosts this festival. Most activities are either free or low cost. This event is friendly for all ages, so bring the whole family — including your pets!



Bingo Night

Get ready to shout "BINGO!" and win some amazing prizes at this fun-filled event. First card is free and a dollar for additional cards. Also a 50/50 final game for \$2 entry!

Friday June 28th
Spruce Avenue Hall

Bring your friends and family for a night of laughter and excitement. Prizes will be awarded to the lucky Bingo winners!



Father's Day Breakfast

June 16, 2024
10-1pm
\$5 cash per person



RSVP to president@deltoncommunity.com
Delton Community League 12325 88 street

designed by Chelsea Boos

PARKDALE CROMDALE COMMUNITY LEAGUE PRESENTS

BBQ

Father's Day



Yard Games & More!

SUNDAY JUNE 16 12PM - 2PM

PCCL PATIO @ 11335 85 STREET NW



Parkdale Cromdale
Community League

The Thousand Faces Festival

A weekend of mythic tales and live music

REBEKAH BRUNHAM

From July 12 to 14, Edmontonians have the chance to experience a diverse selection of multicultural, multidisciplinary, and mythically-inspired performances during The Thousand Faces Festival. Hosted at the Alberta Avenue Community Centre, the festival will have 20 hours of programming over the course of that weekend. There will be lots to see!

This year, the festival will have an expanded outdoor area, and will feature a Myth Country Fair, Mythic Treasures Cabaret and Feast, as well as a New Mythic Works Series. There's a wide variety of performances to enjoy — from South Asian Classical dance, to a roving dragon, and African drumming. Families can dance on a giant inflatable pyramid or see a movie outdoors.

The Mythic Treasures Cabaret and Feast is the headline event! On Friday and Saturday evening, the event will feature a variety of different performances and samplings of food from Alberta Avenue restaurants.

The Myth Country Fair will have a combination of short performances, both indoors and outdoors. There will also be activities for children and vendors across the entire festival.

Saturday and Sunday afternoon will have five new mythologically-inspired plays written by Edmonton's own playwrights, and will be performed by the Thousand Faces Ensemble.

The cost of going to these events is based on a "pay-what-you-can"

donation, but there will be suggested amounts for each event.

Since the COVID-19 pandemic, the expansion of the festival is one of their biggest steps forward. "The increased presence on Alberta Avenue will allow us to share with Edmontonians the many cultural treasures of our diverse communities," says festival producer Aidan McBride. "[We're] showcasing the artists, stories, food, and businesses that help deepen cultural understanding and appreciation."

The festival has been running for 12 years. These past years have helped bring together artists from diverse cultures to help create magical stories from their mythical worlds.

The Thousand Faces Festival is an unforgettable cultural experience, and with three days of performances and activities, it's an event that should not be missed.

Keep an eye out for The Thousand Faces Festival website, Instagram, and Facebook for more updates on the festival.

THE THOUSAND FACE FESTIVAL
 July 12 to 14
 Alberta Avenue Community Centre, 9210 118 Ave NW
 Tickets: Pay-what-you-can donation (but there will be suggested amounts for each event)



Credit: Top | Idelin Almalexia, Centre | Matt Simpson, Bottom | Mark Chalifoux

NOW OPEN!

MAKERS HIVE

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 SAT - SUN 12-5

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FREE WORKSHOP ON HOW TO DRAW ILLUSTRATIONS! WITH ILLUSTRATOR GERRY RASMUSSEN!

AGE 6 MINIMUM

JUNE 16 2:00-3:00
 JUNE 23 2:00-3:00

ALBERTA AVE COMMUNITY LEAGUE
 9210 118 AVE

REGISTER AT WWW.ALBERTA.AVE.ORG

edmonton arts council

young alberta book society

The Best of Summer

It's time to get outside, explore, and enjoy places near and far

AN RCP COLLABORATIVE

Here are some ideas for you to create your perfect summer day!

Enjoy food with friends on a local patio

Chico's Taverna (8656 118 Ave) has authentic Portuguese cuisine featuring clams in white wine sauce and spicy prawns, plus much more. And they are hiding a great, quiet outdoor space behind the building.

The Carrot Community Arts Coffeehouse (9351 118 Ave) has a small seating area outside. You can also enjoy a casual Friday date night with a \$5 cover



Friday nights at The Carrot offer musical performers such as Paula E. Kirman for a \$5 cover charge per person. | Dan Hempel

charge and 90 minutes of local musicians.

OTTO Food and Drink (11405 95 St) offers house-made sausages with (or without) a craft beer or glass of wine, which are a summer treat. Enjoy street-side, with the garage door up, or in the fantastic garden patio next to the building.

Mona Lisa Pub (9606 118 Ave) has a beautiful new patio in the parking lot. Wednesday is half price wings and they are tasty! Mona Lisa Pub's also offers karaoke, unless there's football.

Go for a picnic

Borden Park: Groups of many sizes enjoy the sun and ample shade. Add a swim in the outdoor pool, and you have a full day of low-cost activity.

Rundle Park: You can book a BBQ and it has a great playground for kids. – Lauren Panaro

Cool off with some ice cream

Kind Ice Cream in Highlands (6507 112 Ave) has more than 16 ultra-delicious flavours on tap with three new flavours every month.

Gelato at Spinelli's Bar Italia at the Italian Centre (10878 95 St) features Italian gelato delights with single scoop, double scoop, and Caffè Affogato at great prices.

Check out our local festivals & events

Heart of the City: June 8 - 9 in Giovanni Caboto Park

Edmonton Jazz Alley: various Thursdays June 13 to Sep. 26 near The Carrot

Highlandia Festival: June 15 at Henry Martell Park in Highlands

Theatre Prospero presents Anthem of Life Part 1: June 19 to July 6 at Alberta Avenue Community Centre

Muttstock: July 6 at Elmwood Park Hall

Chalk It Up: July 13 at The Carrot

Thousand Faces: July 12 - 14 at Alberta Avenue Community Centre

Edmonton Carnival: July 20 - 21 at Alberta Avenue Community Centre

Get moving

Kinnaird Ravine: A nature oasis right in our community. Enjoy a peaceful walk through a beautiful treed path and check out the murals. You come out by the river and can head back up the path along the ridge for a great view of downtown. - Karen Mykietka



Miquelon Lake: Remote, but only one hour southeast of Edmonton, Miquelon Lake is a walkable park. The trails are not rugged at all. It's an easy way to get in touch with nature. – Derek



Birding is a popular activity at Miquelon Lake. | Derek Quittenton

Quittenton

Rundle Park: Lots of easy parking to set you up for strolls along the North

Saskatchewan River. Watch for eagles, owls, and woodpeckers. – Constance Brissenden

Highlands neighbourhood walks: Promenade along the river beside Ada Boulevard, followed up with ice cream at Kind Ice Cream or a burger at Foxx Burger. Enjoy a quaint, leafy neighbourhood reflecting on the history of Edmonton. Watch for historic designation plaques. – Larry Ellis

Alberta Avenue Cycle Nights: Join local residents on Wednesdays at 7 pm for a bike ride. Starts at the corner of 114 Ave and 95 St by OTTO. Join the Facebook group to get the latest updates.

Rundle Park Golf Course: Play 9 or 18 holes for City of Edmonton affordable prices. Ask about seniors' mornings, family activities, and much more. Great for beginners with shade, shade, shade as an added advantage. – Constance Brissenden

Summer activities

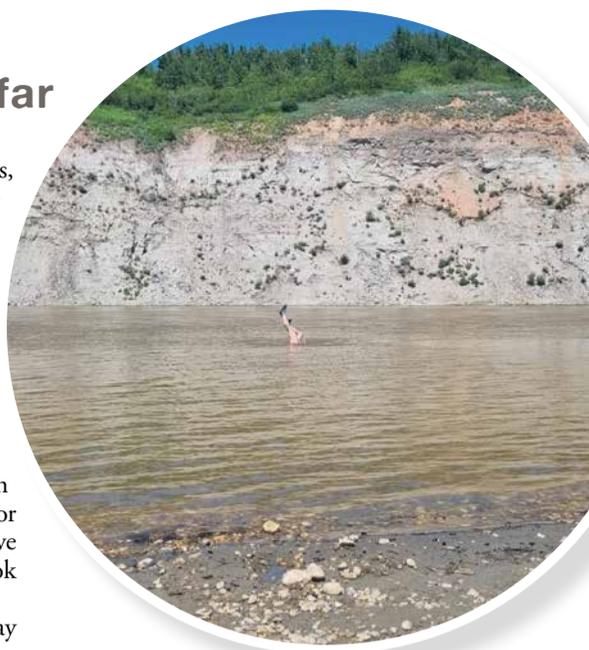
The Downtown Farmers Market has moved back outside to 104 Street, between Jasper and 102 Avenues! Every Saturday, from June 15 to Oct. 24, the Farmers Market will have over 75 vendors, many of them from the old location. Restaurants, cafes and bars along the street will have extended patios.

Isn't summer a wonderful time of year in

Fort Edmonton Park had a complete revamp. It's a wonderful opportunity to get together and spend time with family. It's historic and affordable and, best of all, it's easily accessible by public transit.

A little road trip to get out of the city. See some nature. Summer is the perfect season for a drive with the windows down, enjoying Alberta.
– Larry Ellis

Edmonton? Except for the heat and smoke, it's perfect. I enjoy camping at nearby Metis Crossing, of the many sites available. Try swimming in the North Saskatchewan River or, further afield, the Red Deer River (safety vests always recommended for any outdoor swim). Our outdoor pools are refreshing, too. – Constance Brissenden



Having fun and cooling off in the North Saskatchewan River near Devon. | Alita Rickards

A perfect Edmonton summer day for me would start with a coffee and breakfast sandwich on the Italian Centre patio, where I would also pick up a picnic lunch of one of their great shareable sandwiches, some pastries and fruit. Next, I'd drive out to Devon to go for a walk along the beach, lay on the sand reading a book, and paddle around in the North Saskatchewan River before it enters the city. I'd head back in for a non-alcoholic craft beer on the patio at OTTO under the cherry trees, and split some of their delectable creamy mac and cheese, a salad, a sausage, and a creme brulee with a friend. Then walk over to The Aviary to catch a band and dance the night away!
– Alita Rickards



Kind Ice Cream has a flavour for nearly every dietary restriction. | Supplied



Things I Find While Walking My Dog

A neighbourhood photo essay

JULIE MCCREA

Since 2018, Julie McCrea has been documenting her walks with her dogs. Photographing the beautiful area filled with people's underwear, discarded clothing, graffiti, and a toilet paper roll, McCrea uses her light-hearted commentary and photography skills to draw attention to the... eye-catching views of Edmonton.

May 13, 2024



This episode of "Things I Find While Walking My Dog" comes courtesy of my lovely neighbor, Tannis Fong. She notified me of this solitary roll of toilet paper in the middle of our street. Do you think this is a sign of our hubris, carelessly casting aside a once precious and rare resource? Or could it be a sincere sacrifice to the gods to ensure that the toilet paper harvests are always bountiful and we never return to the lawless and paperless days of old?

October 27, 2023



On today's episode of "Things I Find While Walking My Dog," I don't know what this discarded dog toy has been through, but I can relate.

October 23, 2023



I am pleased to be able to announce the resurgence of "Things I Find While Walking My Dog." Someone's Halloween decorations are giving off Lord Of The Flies vibes .

December 20, 2020



On today's episode of "Things I Find While Walking My Dog," I think Pennywise is regretting his decision to relocate to Canada.

April 15, 2019



Today's installment of "Things You Find While Walking Your Dog" is a special one. On the weekend, I came across an aspiring artist tree displaying its work. It was a little simplistic and lacked the sophistication I usually like to see in a piece. However, props to him for doing it with branches instead of hands!

November 17, 2018



On today's episode of "Things You Find When Walking Your Dog", Valley and I have encountered the Devil's fire hydrant! Question, if you try to use it to put out a fire, does the thing on fire just... become more on fire?



This is only a snapshot of her commentary. If you'd like to see more, visit RatCreekPress.substack.com.

Thirty years strong

Bent Arrow Celebrates Milestone with Cultural Events

BENT ARROW

It's been 30 years since the Bent Arrow Traditional Healing Society first opened its doors as a non-profit organization with a mission to support Indigenous youth.

Originally created to empower youth to walk proudly in both Indigenous and Western worlds, it has since grown into an all-encompassing organization that welcomes anyone who walks through its doors. With a holistic approach, they honour the diversity of Indigenous cultures and traditions to provide access to culture within Edmonton. From housing support to children's development, Bent Arrow nourishes the entire family to become resilient, strong, and healthy.

"We see first hand the significant hurdles our community encounters in accessing essential supports and cultural services," says Caleb Jacko, Cultural Connector at Bent Arrow. "There's still a long way to go, but our goal of increasing the health of the community is vital to improving outcomes for youth, families, and individuals."

To signify three decades of operations, Bent Arrow will be holding the following events for the community to come and celebrate:

Grand Opening of Ceremonial Building / Sweat lodge - June 18

This site will provide a safe space to hold ceremonies within the city. Sweat lodges are a way for people to heal, and healing is vital for future generations to have access to their culture and stand as a testament to reconciliation in action. For Indigenous Peoples, it represents the reclamation of ceremony — no longer hidden in secrecy, but proudly practiced.

Annual National Indigenous Peoples Day and Culture Camp - June 21-22

These two days will feature performances, teachings, activities, and crafts meant to strengthen community and educate all participants on Indigenous culture in a meaningful way.

Truth and Reconciliation Day - September 30

Truth and Reconciliation Day is dedicated to honouring the survivors of



Top: Bent Arrow operates out of the former Parkdale School on 86 St and 116 Ave. Middle: Cheryl Whiskeyjack, Executive Director of Bent Arrow Traditional Healing Society, Bottom: The Sweat Lodge will be opening June 18. | Supplied

residential schools and acknowledging the historical and ongoing injustices that Indigenous communities face. To learn more on the details for this day, stay tuned for updates being released on Bent Arrow Traditional Healing Society's website and on their social media pages (@BentArrowYeg).

Beyond these events, Bent Arrow offers a wide range of services to support Indigenous families and the community at large. The success of its growth is deeply rooted in meaningful community

involvement, partnerships, and the success of its participants.

Bent Arrow continues to grow and evolve. Its commitment to cultural connection, community support, and reconciliation remains unwavering. The opening of the Sweat lodge, National Indigenous Peoples Day and Culture Camp celebrations, and the observance of Truth and Reconciliation Day are a stark reminder that the ongoing efforts to uplift and empower Indigenous communities remain at the heart of the organization.

EVENTS

GRAND OPENING OF SWEAT LODGE:
June 18, 1-2 pm

ANNUAL NATIONAL INDIGENOUS PEOPLES DAY AND CULTURE CAMP:
June 21 & 22, 10 am - 1:30 pm

TRUTH AND RECONCILIATION DAY:
September 30

IN THE GARDEN

AT ALBERTA AVENUE COMMUNITY LEAGUE
CHECK OUT OUR LINEUP OF SUMMER PROGRAMMING



**INCLUDING YOGA,
ART SESSIONS,
FAMILY
ACTIVITIES AND
GARDEN TALKS
DURING THE DAY**

**AND MUSIC,
CAMPFIRES,
FREE REFRESHMENTS
AND A CASH BAR
IN THE EVENINGS**



JUNE 15
JULY 6
AUG 10

ALBERTAAVE.ORG FOR MORE INFORMATION



Enjoy learning land acknowledgements

Cheryl Whiskeyjack's approach to understanding Indigenous culture encourages connection

CONSTANCE BRISSENDEN

When Cheryl Whiskeyjack talks, it's easy to listen. The executive director of Bent Arrow Traditional Healing Society brought her open and informed style to a recent community league workshop on creating land acknowledgements.

Eight board members from Parkdale Cromdale Community League learned and laughed with Whiskeyjack. We left behind the fear of saying or doing the wrong thing. To create a land acknowledgement, we chose respect instead of rules and regulations.

We breathed a sigh of relief that such an acknowledgement should come from our hearts, spoken with sincerity.

Whiskeyjack moved to Alberta's Treaty 6 territory in 1979. She identifies as an Indigenous settler after leaving her family's traditional Anishinaabeg territory in Ontario as a child.

"What I realize, as a newcomer to Alberta, is that we all express appreciation of this land every day," observes Whiskeyjack. "When we enjoy the city's river valley and parks, we say, 'How fortunate we are to live in such a setting.'"

For her, this is also a land acknowledgement.

When she first travelled to Germany, she was welcomed in German. "It was the first time that I realized 'I'm not on my land.' As travellers on this planet, anywhere we go, we always acknowledge whose territory we are on. We don't think, we just do it."

Relax and enjoy learning about the First Peoples of Canada, she encourages. Don't be afraid to enjoy the process.

One board member asked about a special decorated jacket she received decades ago while working in a Northern community. Ever since, it sat in her closet because she was afraid of being seen as appropriating Indigenous culture.

Cheryl Whiskeyjack encouraged the board member to wear her jacket anytime and anywhere. "It was a gift from the women of the community and

shows their creativity. Wear it with pride. Share the generosity of these women with anyone who asks. Honour them by doing so." This could apply to any item of clothing, such as a ribbon shirt or ribbon skirt. "Wear it with sincerity and respect," she added.

Another important lesson revolved around "rules and regulations." One day at work, Whiskeyjack was in the kitchen with a group of women who were learning how to cook soup. A visitor dropped by and studied their

progress. "You are not stirring the soup properly," he said. "You should only stir it in one direction."

Within seconds, the visitor was hustled out of the kitchen. As Whiskeyjack emphatically recalled, "I told him there were many, many ways to stir a soup." As a participant, this summed up what I learned.

To quote Cheryl Whiskeyjack, "Reconciliation is a big word, a big task. But it is a process. We are all in a different place in this process."

Bent Arrow Traditional Healing Society aims to call all people in and create a safe space for all. "This is our calling-in culture. No one ever learns by being called out."

Afterwards, our board meeting began. Kristina Palmer, president of Parkdale Cromdale Community League, spoke her own personal version of a land acknowledgement. It was heartfelt and sincere — just the way that Cheryl Whiskeyjack encouraged us.



Cheryl Whiskeyjack led an informative land acknowledgment discussion at Parkdale Cromdale Community League. | Constance Brissenden



Bent Arrow Traditional healing Society

We offer a space for everyone to grow and connect. Get involved and make a difference!



JOIN US AND DISCOVER THE SPIRIT OF COMMUNITY.

30th ANNIVERSARY

Bent Arrow Traditional Healing Society is dedicated to strengthening Indigenous families and communities through cultural, educational, and community-driven programs. For more information, scan our QR code or visit our website.

SERVICES INCLUDE

- Cultural Camps
- Youth Programs
- Family Support Services
- Educational Initiatives
- Community Events
- Housing Assistance
- Employment Services

BENTARROW.CA

IT'S LIFE-CHANGING.

Finally! A local Doctor is helping cancer survivors live free from the constant pain and suffering associated with **Peripheral Neuropathy.**



Irreversible is not a word you want to hear from your Doctor, but it's a common one if you've been diagnosed with Chemotherapy-induced Peripheral Neuropathy or CIPN.

Elliott S. of Edmonton, AB survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound.

Nearly half of the patients who undergo chemotherapy will develop Chemotherapy-induced Peripheral Neuropathy or CIPN.

Chemotherapy meds travel throughout the body and attack cancer cells, sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. A high number of really unfortunate people will be forced to endure the symptoms associated with CIPN for months, or even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, Elliot responded **"It was difficult to even walk up and down stairs and do other things we usually take for granted."**

The most common symptoms include:

- Pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet
- Sudden, sharp, stabbing or shocking pain sensations
- Loss of touch sensation
- Clumsiness and trouble using hand to pick up objects or fasten clothing
- Loss of balance or falling

For some, their nerves will recover over time. For most, the nerve damage is **'irreversible'**. Elliott had been told just that by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Then Elliot made a call to Dr. Melanie Morrill Ac. of Accessible Acupuncture in Edmonton. Dr. Morrill Ac. is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride.

We have a split-level house and it has a lot of stairs. "This morning I walked down the stairs and made breakfast." Elliott shared.

"I remember thinking 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have this mobility back!"

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Dr. Morrill Ac.'s treatments are now living lives free from pain and suffering. For over 5 years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

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Heart, tenacity and Portuguese flavour

Chico's Taverna reinvents itself as a new local gem

CHRIS NICHOL

If you've travelled or lived in Europe, you'll know that one of the hallmarks of the continent are the cozy cafes and bistros that can be found in every small town. Quality ingredients, sincere and efficient service, and an atmosphere suitable for both quick visits and longer interludes of lounging with companions. It's undeniably true that Europe just wouldn't be the same without these keystones of the community. To my delight, there is one such gem in Edmonton named Chico's Taverna.

Handy Bakery was a beloved local Portuguese bakery that unfortunately was damaged by a fire near the end of 2022. The loss of the bakery was a shot to the heart for many local residents and businesses who have been working diligently to revive Alberta Avenue. But in February 2024, through hard work and tenacity, the owners operators Yvonne and Francisco (Chico himself) brought

forth a new and exciting offering for our "villages" along the Avenue.

Chico's Taverna is everything one would expect from a similar European eatery. Cozy and simple, yet serious about what they do. Discerning in what they offer, yet unassuming when they welcome their guests. The one difference? Amongst a solid line-up of traditional and uniquely Portuguese dishes, their menu has a sprinkling of familiar Canadian options — there truly is something for everyone.

On my first visit, I ordered the spicy Portuguese prawns as an appetizer, followed by Bacalhau à Brás as a main. I must confess I am pathetically inept when it comes to eating prawns. When they have sauce on them, then that ineptness ends up all over my face. These prawns were plump, meaty, bathed in a flavourful sauce, and the spices were nicely balanced. The Bacalhau à Brás was something new to me, and I enjoyed every morsel. One of the most popular

dishes at Chico's Taverna, it is shredded cod nicely blended with matchstick potatoes, egg, and onion, accompanied by a side of salad greens. It's one of those healthy and hearty meals that I could easily enjoy a few times a month. I finished off with their flan and the delightful Portuguese liqueur Beirão.

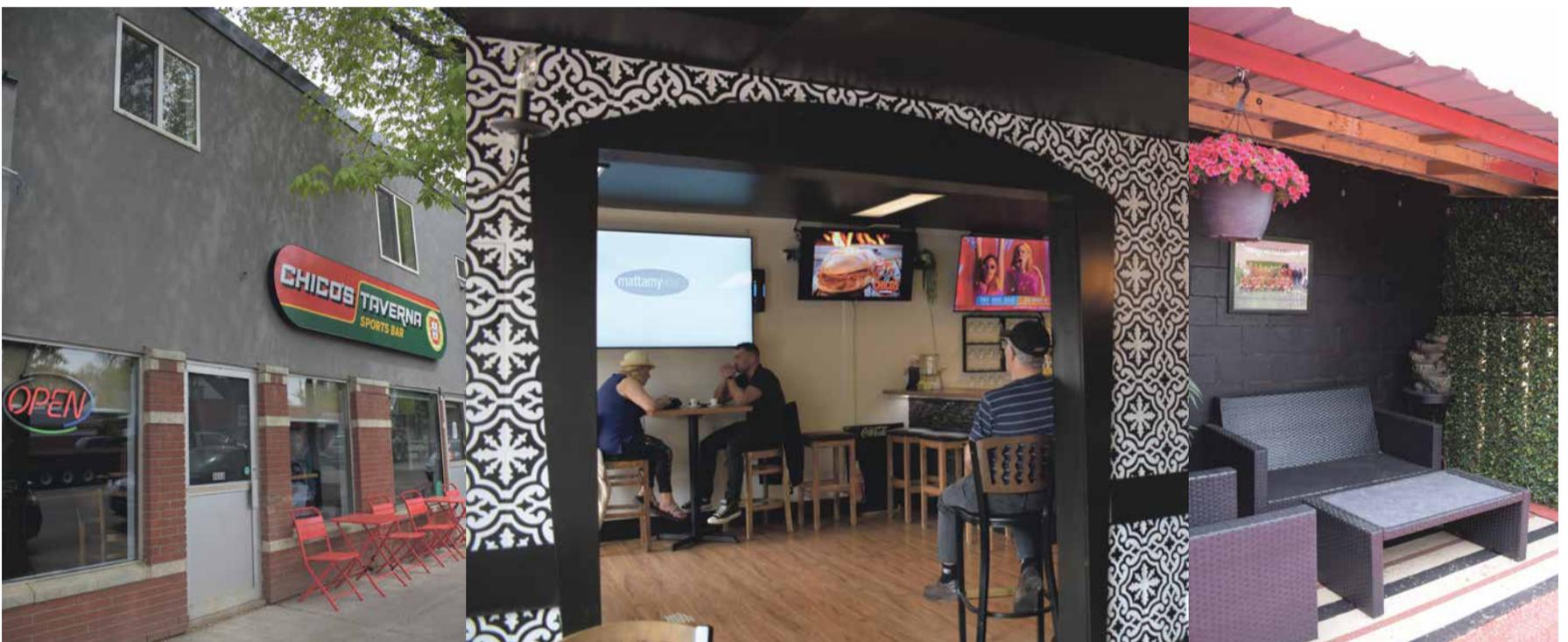
My second visit was for breakfast. I kept it simple, since I'm a firm believer that how a person prepares the humble eggs and bacon says a lot about their skillset. It's so easy to get wrong, even if just slightly. The Good Morning Breakfast was done just right in my humble opinion, and that's when I decided I should add Chico's Taverna to my regular circuit of breakfast joints.

Finally, I had to go back one more time to try the venerable Francesinha. This is truly a fantastic sandwich. Layers of tender beef, ham, and sausage between bread, generously covered in melted mozzarella, and then drenched in their stunningly delicious secret sauce. This

was such a rich and satisfying dish, worthy of the best comfort foods. I didn't stop there. On the side I had their fava beans in wine sauce, which I thoroughly enjoyed. My dining experience for the evening was capped off with their tiramisu cheesecake, helping me realize by this point that their desserts rival the best that Handy Bakery had to offer.

Chico's Taverna is a local small business that deserves our love and attention. Francisco mans the front bar while Yvonne runs the kitchen, and they both double up as servers. It is clear that each of them loves bringing their Portuguese roots to the neighbourhood, pouring their hearts into this important Alberta Avenue keystone.

CHICO'S TAVERNA
8656 118 Ave
Tuesday to Sunday, 9
am to 7 pm



Credit: Rebekah Brunham

Join us for our
2024 ANNUAL GENERAL MEETING
THURSDAY JUNE 27 @ PCCL HALL - 11335 85 ST NW
BBQ FROM 5:30PM TO 6:30PM | | MEETING BEGINS AT 7:00PM

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 Parkdale Cromdale Community League

New delicious donuts on the Ave

Corpuz Bakeshop expands with location in Eastwood

KEVIN BLAKEMAN

The smell of fresh-baked donuts now wafts through the streets of Eastwood, drawing in visitors to a new dessert shop. Located on 86 street just north of 118 Ave, Corpuz Bakeshop is captivating taste buds with its selection of artisanal Asian fusion donuts.

Founded by entrepreneur Manilyn Corpuz and her husband, Jayson, this new location which opened at the end of April is an exciting expansion of their business. After considerable success at the Bountiful Farmers Market, they wanted to find a permanent location as a home to help them grow.

Corpuz trained in baking and pastry arts in the Philippines, and she is proud to share her skills and culinary influences with the people of Edmonton. With the help of her husband — who has been a professional chef for 18 years — Corpuz Bakeshop produces specialties like Thai Pandan Kaya Donuts, topped with egg roll crackers. Their Asian fusion donuts are made from scratch using a process that takes three days, and each filling takes between four and five hours to mix.

Manilyn says that another key is the polvorón they use in the donuts, which is a kind of milky, crumbly shortbread: “Polvorón is a delicacy from Spain and unlike commercialized powdered sugar it is less sweet and more flavourful”.

A glance at their menu reveals a mouthwatering array of options. Fan-favourite flavours such as raspberry, Oreo, mascarpone, and even biscoff are given an innovative twist with the unique Corpuz style. For the more adventurous,

there are flavours like durian, pandan kaya and ube. The ube, or purple yam donut, was one of her first creations and is still one of their most popular. The bright purple colour contradicts its flavour: It is sweet, but not so sweet you can't taste everything else. That subtlety is what sets these donuts apart.

It's not just the tantalizing donut flavours that keep people coming back. Louis Heydari returned to Corpuz Bakeshop multiple times in their opening week because he just loved their French vanilla coffee. It is a new addition to their menu since they opened at this location, but Manilyn says this is just the start. She plans to expand to cakes, ice creams, and to hopefully add some outdoor seating. With its location overlooking Eastwood Park, Corpuz Bakeshop certainly has the potential to be a popular spot.

In an age of mass-production, this local bakeshop feels like a rare example of authenticity and craftsmanship. Sometimes, you don't have to go far from home to find flavours that are out of this world.



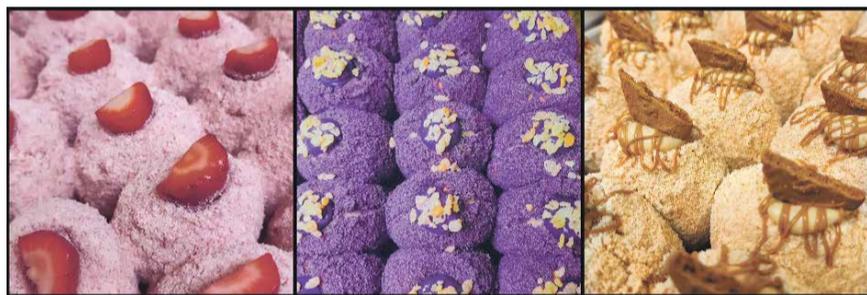
Jayson & Manilyn Corpuz opened their Eastwood location of Corpuz Donuts in April. | Kevin Blakeman

CORPUZ BAKESHOP

11812 86 St

Hours:
Thu to Sun 10 am to 6 pm

[instagram.com/corpuzbakeshop/](https://www.instagram.com/corpuzbakeshop/)



Corpuz Bakeshop serves premium handcrafted Brioche donut donuts. They are a rainbow of colours and filled with tasty goodness. | Supplied

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Community League**

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Delton
Elmwood Park
Parkdale
Spruce Avenue

2 PM TO 5:30 PM

Alberta Avenue
Eastwood
Sheriff Robertson
Westwood

Mega Meat Store feeds families

Opening a new store took time but it's worth it, says owner



Solomon Olumola-Davies stands proudly outside his meat and fish store on 82 Street. | Constance Brissenden



Owner Solomon Olumola-Davies and staffer Ian Barnes inside the newly opened Mega Meat Store. Some of the products offered are halal. | Constance Brissenden

CONSTANCE BRISSENDEN

Solomon Olumola-Davies started in the meat business in Winnipeg and moved to Edmonton to open his own store two years ago. He and his wife, Moyosore Olumola-Davies, are now co-owners of Mega Meat Store, located in the red building behind Shoppers Drug Mart on 82 Street.

Mega Meat Store has its premises next to Cromdale Liquor Store. Plenty of free parking for customers is one of the major draws to the location. Getting permits to open took more than a year to accomplish, which was frustrating. Now that everything is in place, the owners are looking ahead.

“We wanted to provide foods that would benefit families looking for cheaper alternatives to the big grocery stores,” says Solomon. “We are determined that the quality is right, and that the price is kept low. All our meat, of course, is inspected and approved.”

The couple discovered that the 118 Avenue neighborhood was the perfect fit. Solomon and his wife are from Nigeria, and saw that area residents came from many parts of the world. They are familiar with the meats and fish at Mega Meat Store, and know how to cook delicious soups and stews, as well as braised and barbecued dishes.

“If you love food and want to save money, we offer options,” says Ian Barnes.

He has worked with Mega Meat Store since April and shares helpful knowledge about the products.

As people get to know the store, sales are rising. Recently, a restaurant owner bought 20 cases of light fowl, and ordered another 20 cases for pickup. Barnes explains that light fowl requires less cooking time than heavy fowl, even though it still needs to be cooked longer. “There are countless ways to cook with our products,” he adds.

Frequent customers can sign up for a discount of 10 per cent, which is automatically applied when they pay. Turkey wings and drumsticks can be purchased at \$4.50 per kilogram. Whole light fowl is \$3.50 per kilogram. Cow feet, tripe, and skin plus burnt skin goat are

among the many offerings available.

Whole fish such as catfish, mackerel, and tilapia are sold. Barnes recommends cooking tilapia with bright peppers to add colour and flavour to your dining creation.

Drop by to find a variety of foods and create new taste sensations at a lower price.

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Rob's Famous Fried Chicken now open

A new business that's cluckin' hot



Owner Tony Caruso with assistant manager Sa'diya Sumra at Rob's Famous Fried Chicken. The new family-owned business is tucked in beside Panini's on Jasper Avenue. | Constance Brissenden



Rob Caruso launched a chicken outlet with his brothers on March 1 to instant popularity. | Constance Brissenden

CONSTANCE BRISSENDEN

Is there really a Rob? Yes, dear readers, Rob's Famous Fried Chicken is named after Rob Caruso. The local man is part of a family business that successfully launched Panini's Italian Cucina back in 2016. The new chicken take-out hot spot is next door to Panini's, with sufficient parking nearby. Pop into Rob's Famous Fried Chicken to meet brothers Rob, Tony, and James Caruso. The three restaurateurs are often on the scene, when not working on other dining projects. In addition to Panini's Sherwood Park and the fried chicken outlet on Jasper Avenue that opened March 1, the Carusos are preparing to launch another Panini's in Edmonton's West End.

The brothers opened Panini's with their

father Roberto Caruso as their guide. In the late 1980s and early 1990s, Roberto Caruso ran a pizza franchise. The sons worked part-time with their father.

Opening their own outlet was a different story. "To be honest," says Tony Caruso, "I didn't even know how to make a cappuccino when we started up."

Many know Panini's as a restaurant dedicated to the community. As Tony Caruso explains, "We prefer to hire local, including immigrants and newcomers to Edmonton." As he says this, Tony nods to a newly arrived customer in the fried chicken outlet. "Take this guy, for instance," he says, pointing at the young man. "I want him to work for me, but he's got a job. I did manage to hire his cousin." Between the two restaurants, the staff number more than 50 individuals.

Back to Rob Caruso and his famous fried chicken. The first claim to fame, he says, is that it is Nashville-style hot chicken. "You won't find Nashville style hot chicken that often in Edmonton."

Nashville style is typically spicy, combining cayenne pepper, paprika, garlic powder, onion powder, and other "secret ingredients."

Being the coward that I am, I chose an order of two jumbo strips in the "Plain Jane" version, with only a hint of heat. Perfect for those who prefer a gentle nudge of spice.

The white chicken at the centre was perfectly cooked; the coating, crispy but not greasy. The two pieces, served with Hollywood sauce and a tote of slaw, were a satisfying snack while I watched an Oilers game. For tongue-twisting fired-up flavour,

head up to the Cluckin' Hot level, notable for a rating of four chili peppers.

Prices start at \$15.50 for the two jumbo strips with complimentary extras. Orders of up to six jumbo strips, party packs, 12 chicken sandwiches, and Rob's famous wedge-cut fries are among the menu items.

ROB'S FAMOUS FRIED CHICKEN
8540 Jasper Ave, next to Panini's Italian Cucina
11 am to 11 pm daily
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A spot for jewelry and handmade goods

Makers Hive makes its debut in Little Italy earlier this year

SHAREE ALUKO

If you like to accessorize, what better way to do it than to add some jewelry to your personal collection? Located in Little Italy in the Piazza, the Makers Hive offers a one-stop solution to your jewelry needs and other essential items. After opening its doors to customers

in February, the Makers Hive has welcomed a collective of local creators.

“We are a family run business by three generations of girls: Me, my 69-year-old mother, and my 13-year-old daughter,” says the Hive’s owner, Vanda Costa.

Costa, who was raised between Portugal and Edmonton, has been a jewelry maker for over 20 years. For

the past 10 years, she’s been organizing craft shows in Edmonton and Fort Saskatchewan.

The store carries a wide selection of items including art, jewelry, home goods, pet supplies, clothing, and bath and body items. Shoppers can definitely find something to purchase within their budget because prices range from as low

as \$3 to \$2,200.

The dream of opening Makers Hive has been long standing. Costa says, “We have been wanting to open the store for many years but something always happened that would set us back. In 2020, it was COVID. But in 2023, we finally started actively looking for a space to open.”

Shopping at your local stores is a great way to contribute to your community. Supporting entrepreneurship also produces a thriving business community. According to Key Small Business Statistics 2022 by Innovation, Science and Economic Development Canada, 97 per cent of businesses in Canada are small businesses and Alberta has the second highest number of businesses. Without small businesses, Canada’s vibrant economy would be non-existent.

“Shopping locally ensures most of the money you spend remains within the community,” says Costa. “And, honestly, Amazon doesn’t support your local softball team, or your kid’s Taekwondo tournament. It’s the small local shops that buy the uniform and support your raffles.”



Vanda Costa recently opened Maker’s Hive in McCauley. | Rebekah Brunham

MAKER’S HIVE

10815 95 street

Hours: Tuesdays to Fridays
10 am to 7 pm, Saturdays &
Sundays noon to 5 pm. The
store is closed on Mondays.
makershiveyeg.ca

Parents are their child’s first teacher

The first five years are the foundation for brain development

NORWOOD CHILD AND FAMILY RESOURCE CENTRE

Did you know that 90 per cent of the pathways in the brain are developed by the age of 5?

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The brain development that happens in the first five years sets the foundation for all future learning, development, and well-being. We know that children develop best when they have consistent, supportive, and loving adult influences in their lives.

The lessons start from the very beginning: When a baby cries and their caregiver responds, the baby learns that their needs matter. When a baby smiles or babbles and their caregiver responds with smiles, coos and little words, the baby begins to understand that the caregiver is watching and listening.

With consistency from the caregiver, a child will start to feel safe in the world, and when children feel safe, they will explore bravely and learn more quickly. As they explore and grow, children watch their caregivers closely and rely on them to make sense of the world. Every interaction and activity is an opportunity to learn.

For example, if you are out for a walk and see a dog, you can support

your child’s learning by pointing at the dog and saying, “That is a dog. A dog says ‘ruff, ruff.’” Your child learns that this four-legged thing is a dog, and it can speak — the way it speaks might be loud and strange, but this is how dogs communicate.

Positive relationships between caregivers and children are the foundation for their future social and emotional well-being.

The best ways to create positive interactions with a child are to be present, respond appropriately, and use reflective listening. Focus on what the child is saying or doing, use pleasant, calm, and simple language with clear instructions when responding to a child, and mirror a child’s words back to them. Show them that their anxieties are understood and addressed in a positive manner.

For example, instead of saying “be quiet” one could say “can you please use a softer voice?”

Of course, no one is perfect, and you may not respond in the best way every time. The most important part of being a parent and a child’s first teacher is showing children they are loved and lovable. When children are accepted as they are, and when a caregiver shows interest in what they do and what they like, they become more confident and self-assured.

For more information about parenting and early childhood development, visit our blog at norwood-centre.com.



Parents are their child’s first and most important teacher. Positive relationships between parents and children are their foundation for future social and emotional well-being. | Supplied

Pollinators need food, shelter and water

This was a core message at the Climate Action workshops in March



Mark Stumph-Allen with the materials for bee hotels. | Patty Milligan

GAIL SILVIUS

As we slowly transitioned into spring, we gathered for new sessions of the Climate Action workshops at Delton Community League. The main lesson: Turn to nature to help pollinators in their mission.

The Tuesday evening course, led by Marty Springstead and Mark Stumpf-Allen, opened with an introduction of

the role of native plants, trees, and shrubs as part of a web of biodiversity. Their advice: “Take a look around your yard and make a little inventory. Pay attention to when the flowers or shrubs come into bloom. Make a little map (and remember where you put it) when you are planting.”

Last year, with the help of some kind people from the Edmonton Native

Plant Society, I started a small pollinator garden outside the apartment buildings where I live. I was feeling pretty good about providing food for pollinators, but the presenters had a lot more to teach me about shelter and water.

Marty and Mark shared their knowledge of woody plants (think about the stalk of daylily) and soil health as part of creating the habitat (shelter and water) that pollinators need. “Leaving leaf litter in the yard or on the garden over winter helps retain moisture and provides shelter for insects and bees to create nests.”

Another tip was to ensure that there are at least three types of blossoms in each month of the growing season. For example, red osier dogwood, lily of the valley, and beardtongue flower in May, produce a variety of colours and shapes to satisfy the different pollinators who feed on the pollen and nectar.

At the Saturday session, Patty Milligan from Edmonton Urban Farm gave a comprehensive talk about bees. “Your eyes will change once you start looking at bees,” she promised.

For many of us, “bees” means hives, honey, and beekeepers. We learned that this doesn’t begin to describe the range of bees that live in the wild. Most native bees in Alberta (there are 300 species in our province) are solitary and don’t make a lot of honey. We were treated to slides showing us why bees have that fuzzy look to them — which is a way to trap the pollen and drag it around — and explaining some of the structures found in nature.

Patty, a beekeeper and educator, emphasized that we need to look to nature when we are planning a habitat for native pollinators. She brought samples of nesting materials and detailed instructions of how to build a home for the solitary bees. We were encouraged to use natural materials that will decompose and return to the soil.

“Fancy ‘bee hotels’ don’t suit the native bees and can spread disease,” she explained. “If we follow nature, we learn that the native bees make their homes, go through a life cycle and die. So the

next generation is off looking for a new home.”

Some of the non-native plants Patty recommends for a pollinator-friendly garden are cosmos and the humble and delicious chives.

We had time at both sessions to get our hands dirty. While putting some seeds in pots to take home, we shared ideas about gardens and community news. Participant Jennie Gurnett stated that it was good to know there are others in our neighbourhood who are creating gardens that support biodiversity. Other attendees were drilling holes in wood for solitary bee nesting sites, talking about rain gardens to prepare for a season of drought or sharing resources and ideas for kids’ activities.

At every session of Delton’s Climate Action Series, these conversations allow us to build connections, and share our hopes for the health of our communities and the planet that provides us with food, shelter, and water.

GREEN DELTON

Future presentations will be Home Composting (Tuesday April 16, 7 pm and Saturday April 20, 10 am) and Regenerative Lawn Care (Tuesday May 21, 7 pm and Saturday May 25, 10 am). You can RSVP to GreenDeltonCommunity@gmail.com.

The Alberta Native Plant Council has a Pollinator Challenge toolkit.

Check the Agroforestry and Woodlot Extension Society’s guide “Recommended Native Pollinator Friendly Plants for the Aspen Parkland Region of Alberta.”



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www.118radio.com

Cooking for peace and the environment

Patricia Downing set the tone at St. Faith's community kitchen

CONSTANCE BRISSENDEN

Since 2013, Patricia Downing has helped many of us learn how to cook. A formidable force with a reassuring smile, Downing has organized more than 110 community kitchens at St. Faith's Anglican Church.

"My goal was to encourage cooking from scratch and how to stretch food dollars," says Downing, affectionately known as Trish. At 78 years, she is retiring with fond memories. "Above all, I enjoyed seeing the pleasure that interesting and lively people derived from the monthly cooking bees."

Supported with donations from the church — including the use of a professional kitchen, and often fresh produce from Downing's own garden — upwards of a dozen participants cooked together once a month.

After each community kitchen, we left

with food (plenty of it) and a feeling of community that drove away feelings of isolation. Over the years, some of us lost family members or beloved pets. Others experienced bad health, injury, job loss, or financial difficulties. But when we left a cooking session, we all felt encouraged hearing Downing's cheerful voice bidding us goodbye.

Downing's volunteer role was to choose the recipes, gather the ingredients for each recipe, measure the amounts of each ingredient, arrange them at our cooking stations, and contact the participants to show up on the second Tuesday of every month. She supervised our efforts as we chopped and mixed, boiled and baked. Finally, she carefully divided up the three main courses and one dessert into our containers, so that each of us felt fairly treated. All for a basic donation of four dollars.

Over the years, participants came and

went. Many were introduced to the potential of home cooking for the first time. I learned the best way to chop vegetables from Mary, and how to run the steam washer from Sherien. We learned "Trish Tricks" such as scooping out the last kernel of rice from a cooking pot and the last bit of egg white from a shell.

Downing was all about being environmentally careful. Scraps were composted. Lower-priced cuts of meat were introduced with the best ways to cook them. Seasonal produce was preferable. One portion of a chicken cacciatore (or some such recipe) could be divided up at home and boosted with pasta or rice to make it go further.

All of this was surface stuff for a program that had much deeper meaning.

At a goodbye lunch for Downing's retirement, Reverend Travis Enright spoke of his goals from 2013 — his first year at St. Faith's. "The community

kitchen represented everything we were trying to do in the neighborhood," he recalled. It was an anchor, showing the way for caring and community. At the centre was Trish, who never wavered for more than a decade."

Downing helped bring more volunteers to St. Faith's Anglican Church, and Tara's involvement goes back to the beginning. At the time, Downing was Tara's occupational therapist and invited her to join. A friendly cat-lover, Tara sums up her life philosophy with the phrase, "To live is to love."

That certainly embodies Patricia Downing's community kitchen.

St. Faith's is looking for a new volunteer coordinator to restart the community kitchen in September. If you are interested in helping or being on the list of participants, email rector@stfaiths-anglican.org.



A fond farewell to Patricia Downing at St. Faith's Anglican Church after 11 years of cooking. Left right, Tara, David, Patricia, Sherien. | Constance Brissenden

SAVE THE DATE

Sept. 7

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edmonton.ca/bigbinevents

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Earn your Urban Beekeeping Certification in the 8 hour course! This course will teach you beekeeping basics-- if you are hoping to become a backyard beekeeper or want to learn more about honeybees, this course is right for you!

Course Dates Available
June 22 9:00-5:00
Sept 8 9:00-5:00

Cost \$150, \$100 with AACL Membership
Register at albertaave.org

For more information email thehiveuca@gmail.com