

Rat Creek Press

Alberta Avenue • Delton • Eastwood • Elmwood Park • Parkdale-Cromdale • Spruce Avenue • Westwood



BY THE COMMUNITY—FOR THE COMMUNITY

FALL 2025

Celebrating the joy of feeling welcome

Join your Community League Day event on Sept. 20



PHOTOS: credit Edmonton Federation of Community Leagues

DAVID BERRY, EFCL

A neighbourhood might be where you live, but a community is a place where you belong. Whether it's walking down your street and seeing familiar faces, stepping into a park to relax and play with your neighbours or just finding a place where people know your name and you know your presence matters, community is about the things that make us feel connected, that make us feel at home.

On September 20, Edmonton's annual Community League Day returns with a message for everyone, old or new: You're welcome here.

From pancake breakfasts and outdoor movie nights to block parties and barbecues, leagues across Edmonton host a variety of events every year that highlight the energy and diversity of their neighbourhoods. No two Community League Day events are exactly the same, but they all share the same goal: making sure every

Edmontonian knows they have a place to belong.

"For over 100 years, Edmontonians have known the best way to get to know your neighbours, the best way to explore what the city has to offer, the way to get the most out of your neighbourhood, is to be a part of their community league," says Laura Cunningham-Shpeley, Executive Director of the Edmonton Federation of Community Leagues (EFCL). "We really want everyone to have that experience. We want to tell them that, no matter what you're here for — whether you want to sit on the board or just share a cold drink with your community — we're here, and you're welcome to join us."

Founded in 1921, the EFCL supports



Edmonton's 163 community leagues — volunteer-run organizations that help make Edmonton's neighbourhoods such vibrant, connected, inclusive places. This year, the EFCL is hoping to underscore the importance of reaching out to Edmontonians who may not yet know about the league in their area, and encouraging them to become card-carrying members of their community league.

Edmonton has welcomed hundreds of thousands of new residents in the past few years from outside the country, the province, or just outside of city limits. They might not be familiar with community leagues, which are a one-of-a-kind, made-in-Edmonton institution for fostering community.

"Community League Day is our chance to say, 'This is for you,' our chance

to show them who their neighbours are, what their neighbourhood is like, and how amazing this city can be when we all get together," says Cunningham-Shpeley. "I think one of the really amazing things about community leagues is that you shape them as you participate in them — they're all a reflection of their communities, which means all you need to do is show up, and you're a part of it."

As Edmonton continues to grow and change, community leagues and Community League Day offer a chance to strengthen the roots that hold it together: neighbourliness, participation, and the simple joy of feeling welcome.

You can find more information, including a map of Community League Day events and how to find your local League, @ CLDay.ca.



arts on the ave

Kaleido

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● Breaking News.

A man is sitting on a white metal chair, reading a newspaper. He is wearing a dark jacket and jeans. The background is a plain, light-colored wall.

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 to the community
 Arabic إلى المجتمع
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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.

Summer 2025

Constance Brissenden 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.

Gail Silvius recently moved back to McCauley after living in Delton.

Jacob Ulickij is a writer and craft beer professional living on Alberta Avenue with his three talkative chickens.

Mikayla Pohl is a Journalism and Professional Communication student at MacEwan University. She also enjoys event videography and photography.

Rebekah Brunham A recent graduate of MacEwan's Bachelor of Communications degree, she has written many articles for class, the Griff Magazine, and the Rat Creek Press. Outside of school and work, she enjoys reading, embroidering, and photography.

Sherridon Routley is a friend of the community who enjoys urban exploring every corner of the city by bicycle. Although he had previously owned a house south of the RCP district and understands the challenges of the area, he now resides in East Glenora.

Terence J. Fougere is an Edmonton-based journalist studying for a Bachelor of Communications in Journalism at MacEwan University. His dream is to make you think deeper with the power connection.

RAT CREEK PRESS ASSOC. 9210 118 AVE, EDMONTON, AB T5G 0N2 T: 780.479.6285

ABOUT US

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

GOALS

GOALS

Build Community, Encourage Communication, Increase Capacity.

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PUBLISHER Karen Mykietka info@ratcreek.org
GUEST EDITOR Laura Vega
DESIGNER Sherridon Routley design@ratcreek.org
ADVERTISING ads@ratcreek.org

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CIRCULATION

CIRCULATION
Serving 12,000 community members.

DELIVERY

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.

Kaleido Fest celebrates 20 years

Explore streets, alleys, and artsy stalls from September 5 to 7



Photos | Kaleido festival

JACOB ULICKIJ

Alberta Avenue is celebrating 20 fantastic years of connections and community with the annual Kaleido Festival — **this time with the theme of “Hearts a-glowin’.”** As always, this event is all ages and free for anyone to explore.

Much like **Deep Freeze: A Byzantine Festival**, Kaleido Festival will take advantage of street closures from 90 to 95 Street to host vendors, workshops, public art, live music, beer gardens, and more. Families can expect free, inclusive fun from morning to night while celebrating everything that make Northeast Edmonton the thriving community it has become.

For **Arts on the Ave** Executive Director Christy Morin, the concept behind “Hearts-a-glowin’” is wrapped in meaning.

“It’s about lighting up the avenue and welcoming people to our porch,” Morin explains. “Twenty candles for 20 years means seeing all of our work coming together. It’s about shapes, colours, and light — how you can’t see the beauty without the presence of light.”

Morin is most excited to showcase this year’s **lantern parade**. Starting at 7 pm on Friday night, the street will be illuminated by a record-setting number of lanterns. Visitors are encouraged to arrive early at the **Nina Haggerty Centre for the Arts** (9225 118 Ave NW) to build their very own lantern for flying later in

the evening.

Whether you’re stopping by in the morning or night, you’re going to find something to do, eat, or marvel — usually all three. Kids areas, arts workshops, and concert stages are at the forefront, with public art walks, lesser-known shops, and Indigenous performance circles filling out the background. Beyond being a spectacle of street art and collective efforts, Kaleido Festival is a living, breathing depiction of the dynamic lifestyle that Northeast Edmonton offers.

Like every Arts on the Ave program, volunteers are the lifeblood of bringing a collaborative vision to life and this year calls for over 400!

Whether you have skills in sound equipment, food service, or arts and crafts, apply online to find the perfect

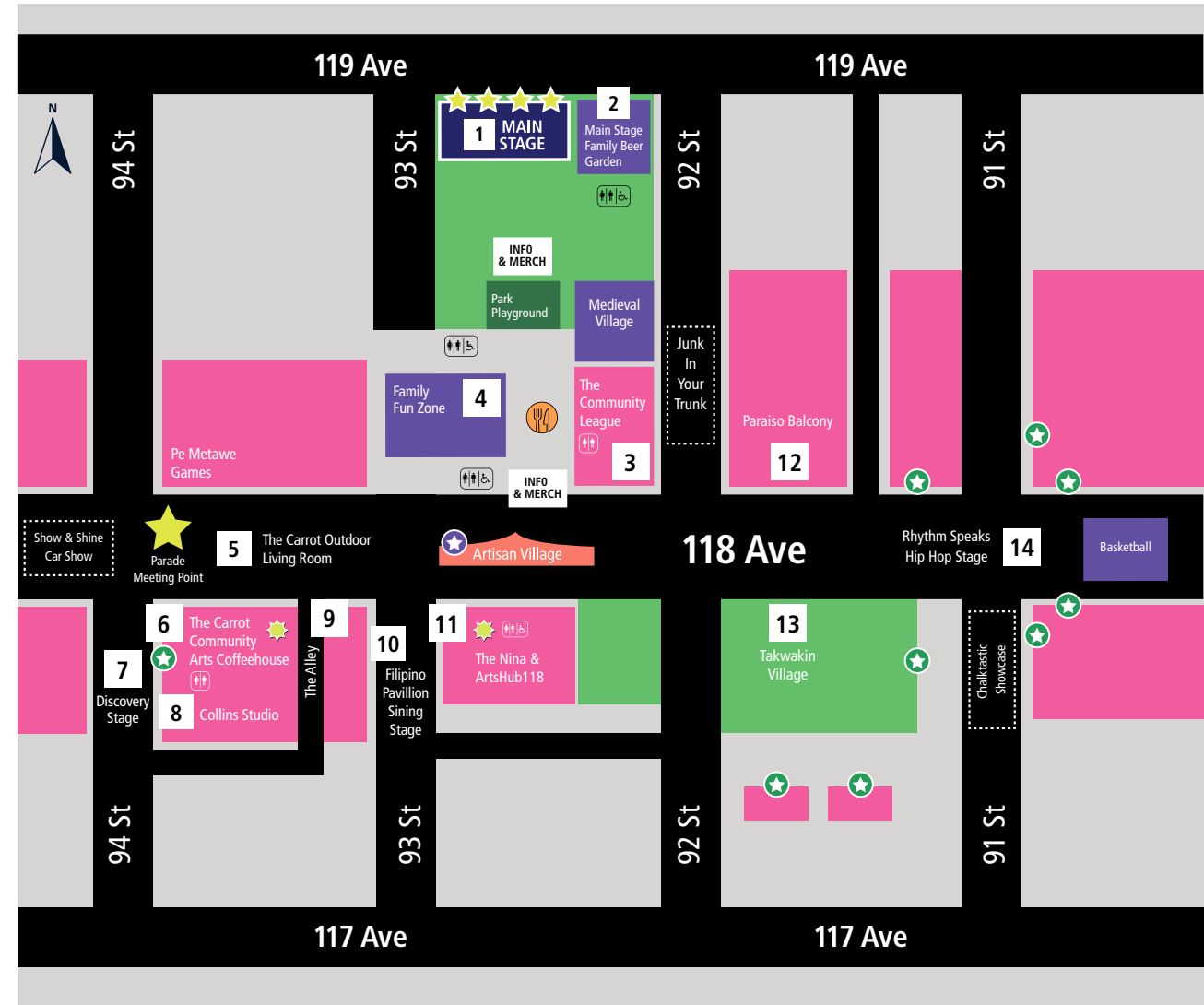
crew for you.

Local residents are advised of road closures and bus detours during the festival, setup, and takedown. With more visitors to the area comes a shared opportunity to invite and accommodate, so put your best foot forward in making space for families who are unfamiliar with our streets, avenues, and traffic flow. Parking enforcement will continue as normal.

“We’re celebrating by light,” Morin reminds us. “After 20 years, this year is a big homecoming for those who have been a part of our past.”

“After 20 years, this year is a big homecoming for those who have been a part of our past.”
-Christy Morin

Friday, Sept. 5: 6 – 10 pm
Kaleido After Dark Improv Show (Indoors) - 10 - 11 pm
Saturday, Sept. 6: 10am – 10pm
Sunday, Sept 7: 12 – 6 pm
Kaleidofest.ca



- 1. Main Stage
119 Ave & 93 St
- 2. Family Beer Gardens
119 Ave & 93 St
- 3. Alberta Avenue Community League
9210 – 118 Ave
- 4. Family Fun Zone
In the parking lot 9210 – 118 Ave
- 5. The Carrot Outdoor Living Room
94 St & 118 Ave (Northside of 118)
- 6. The Carrot Community Arts Coffeehouse
9351 – 118 Ave
- 7. Discovery Stage
94 St & 118 Ave (Southside of 118)
- 8. Collins Studio
11741 – 94 St
- 9. The Alley
9321 – 118 Ave
- 10. Filipino Pavilion (Sining Stage)
93 St (Southside of 118 Ave)
- 11. Nina Haggerty Centre for the Arts
9225 – 118 Ave
- 12. Paraiso Balcony
9136 – 118 Ave
- 13. Takwakin Village
91 St & 118 Ave
- 14. Rhythm Speaks Hip Hop Stage
118 Ave & 91 St
- ★ Artisan Village
9210 – 118 Ave
- ★ Public Art Murals
- ★ Visual Art Galleries

Sherrif Robinson Park anniversary

The neighbourhood initiative continues to flourish after 25 years



Neighbors Luiza Saakova (left) and her children and Judi Cantelon celebrate the playground's 25th year. | Constance Brissenden | Mikayla Pohl

CONSTANCE BRISSENDEN

The small Sheriff Robertson Park at the corner of 82 Street and 111 Avenue is easy to overlook. But for the Cromdale community, it's a patch of happiness and hopefulness.

Twenty-five years ago, the Sheriff Robertson Playground community initiative was officially launched. In August this year, undaunted by the rain, neighbours and locals gathered to celebrate the anniversary. Showing support were summer staff at the on-site Green Shack, as well as **Katie Joosse**, representing **MLA Janice Irwin**.

The story behind the Sheriff Robertson Playground shows true community grit.

In 1990, **Donna James** moved into her grandparents' former house down the street from the park. A professional singer, James also did fundrais-

ing and charity work. Both her neighbours, **Maureen Konrad** and **Sharlene Stayberg**, had young children. They were determined to establish a safe and attractive play space for local children. Sheriff Robertson Park, a somewhat neglected area, looked like an ideal spot.

Before long, the three formed "a small, fierce group of women," recalls James. They raised money for playground equipment from many sources, such as the Edmonton Foundation and private funding. "It seemed to take forever," says James, "but it really wasn't that long. Within a year, we had enough money to set up the playground."

The Sheriff Robertson Playground was launched in 2000. "So many people pitched in to prepare the ground in readiness," says neighbour Kevin Cantelon. Since then, he and his wife Judi have continued to care about the park. Using the City of Edmonton's 311 app, they

report any issues that may arise. Foot and bike traffic can be heavy as the entrance to the Kinnaird Ravine is by way of the Sheriff Robertson Park.

For Cantelon, staying involved hearsens back to his childhood. "Many years ago, as a child, I lived near a wild ravine. With our mother's permission, my brother and I would go down there to play. We had all sorts of adventures. My hope is that one day, kids will be able to safely play once again in the Kinnaird Ravine."

Many don't know about the childhood freedoms of yesteryear, says Cantelon. "It's called generational amnesia. Younger people don't know what it was like. I hope that if we keep caring, we can 'heal back.'" The 25th anniversary playground event was definitely part of the process, he says.

The City of Edmonton's Green Shack, he adds, was a wonderful addition after

the playground was established.

"When our daughter was still in elementary school, she would watch every summer for the launch of the Green Shack. We never saw her when the Green Shack was open."

Even newcomers to Edmonton have developed a bond with the park and the playground. Luiza Saakova recently arrived from New Brunswick. The mother and educator saw the poster for the 25th anniversary party and made it her first time attending an event, along with her three children.

The success of the park and the Sheriff Robertson Playground is remarkable, adds Donna James. "It has done nothing but flourish, mostly through word of mouth. It's heartfelt in these times. It has found its audience and is even more viable within our growing multicultural city."



Maureen Konrad (left), Sharlene Stayberg, and Donna James made their playground goal a reality. | Constance Brissenden | Mikayla Pohl

RE-ELECT

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for Ward O-day'min

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On October 20, join me in continuing to build O-day'min stronger, smarter, together.

Get involved at AnneStevenson.ca

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It's Sumo celebrates first anniversary

Japanese fusion gem blends tradition with popular twists

SHERRIDON ROUTLEY

In a city where good sushi or Japanese restaurants are scarce, one local establishment reaches its first anniversary this month with a growing devoted following.

When I arrived at It's Sumo, regular customer Natasha spoke enthusiastically about what keeps drawing her back week after week. "The fresh ingredients are well presented and well prepared every time. Edmonton has few great sushi restaurants, and this is one that's right in the neighborhood," she observed, highlighting the convenience factor that makes it particularly appealing to residents near 118 Avenue.

When I asked what her go-to dishes were, Natasha said it's been her mission to explore the full range of offerings. She recommended the Alaskan Roll, the Sumo Supreme, the Takoyaki (small dumplings with a piece of octopus in the middle and crispy on the outside), and the Yakiudon for a noodle dish. She advised ordering in advance as "good food takes preparation," but the results are well worth the wait.

I sat down with owner **Reggie Cambay** — who runs the restaurant full time alongside his wife **Maria-anna** — over one of their fragrant, specially blended ice teas. The restaurant's name itself reflects the owners' philosophy toward food and hospitality. "It's Sumo"

is a play on the Japanese phrase itsumo, meaning 'always and more,'" Reggie explains, capturing the welcoming, abundance-focused spirit they want to cultivate for their customers.

The Japanese fusion menu features creative interpretations like tom yum ramen, bringing Thai flavours into a Japanese noodle framework. Even dishes from neighbouring cuisines get the Japanese treatment – their popular Bibimbap, traditionally a Korean dish, receives what Reggie calls "a Japanese twist."

When it comes to sushi, the restaurant's Supreme rolls have emerged as clear bestsellers. These substantial creations feature tempura, crabstick, and avocado as base ingredients, then get loaded with salmon, additional crabstick, and the restaurant's special sauce. "It's a great way to introduce sushi to the uninitiated," Reggie notes.

Reggie cites their success due to organic word of mouth and, as much as the online ordering services have helped, the owner recommends a dine-in experience to enjoy the dishes at the height of their presentation and freshness. It is open much later than other restaurants in the area, making it popular for a well-prepared late night snack.

Maria-anna had prepared a sample of their popular It's Sumo Supreme roll and, true to their word, it was presented impeccably and with care. In a dining landscape where finding authentic, well-executed Japanese food can be challeng-

ing, It's Sumo appears to have struck the right balance of quality and consistency that keeps customers like Natasha returning week after week.

Visit the restaurant at the 118 Avenue and 82 Street stripmall or view the menu online at itssumo.ca.



Alaska Roll & Gyoza Ramen | Photo Natasha (customer)

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FOR WARD D TRUSTEE

ON OCTOBER 20TH

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Upcoming Event | Saturday, September 20, 2025
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The battle for Edmonton’s political future

New legislation brings party politics to Edmonton’s council chambers



On October 20, 2025, Edmontonians will head to the polls to elect a mayor and 12 city councillors, who will debate issues and make decisions that shape the city’s future. | Mikayla Poh



Doug Main, co-founder of PACE, at one of the party’s information sessions. | provided by PACE

MIKAYLA POHL

For the first time in Edmonton’s history, political parties will officially be on the ballot for the upcoming municipal election in October. This change prompts debate about whether local democracy will be strengthened or challenged.

The introduction of political parties at a municipal level is a result of a new piece of legislation, **Bill 20**, which came into force on October 31, 2024. The bill amends the *Local Authorities Elections Act* and the *Municipal Government Act*, allowing for the registration of political parties in Calgary and Edmonton during the 2025 local election.

The Government of Alberta says the amendment is intended to strengthen accountability and improve the transparency of local councils. However, others say the changes may jeopardize local autonomy.

Ashley Salvador, an independent city councillor running for re-election, says she’s concerned that party affiliation could compromise independent decision-making at the local level.

“Is there a party whip?” she questions. “I don’t know who will be going around and trying to influence the way that certain councillors vote, and does that influence their ability to effectively bring the voices of community members in their area to the table?”

Doug Main, co-founder of **Principled Accountable Coalition for Edmonton (PACE)** – Edmonton’s first municipal political party – disagrees with the notion that party influence dictates councillors’ decisions.

“It’s local representation, local accountability, not party dictates.”
- Doug Main

“The councillors elected by the people in the ward have the final say, the councillor is not dictated to by some people in a back room somewhere,” Main says. “It’s local representation, local accountability, not party dictates.”

PACE was officially registered on January 27, 2025, after gathering over 1,000 signatures from Edmontonians in support of the party. They currently have six candidates, but hope to have representation in every ward by election day.

“[Candidates] go through a pretty rigorous vetting and screening nomination process,” Main says.

PACE is one of two political parties in Edmonton. The other, **Better Edmonton**, registered on May 28, 2025 and represents one mayoral candidate and 12 council candidates.

According to Main, having support from a political party improves voter clarity and helps define what a candidate stands for.

Salvador, however, points to the financial implications of the new system, arguing that non-party-affiliated candidates are at a monetary disadvantage.

“The way that this legislation change has been made really favours candidates who are running with parties from a financial perspective,” she says. “That’s really a game changer.”

Salvador worries the funding structure may discourage everyday Edmontonians from running in the election.

According to the current campaign expense regulations, independent candidates have a per-capita spending limit. Political parties are also allowed to spend the same amount per person in each ward where they have endorsed a candidate.

Alberta Municipalities released a statement that reads, “Candidates running under a political party will have a significant financial advantage over independent candidates because political party candidates can use their entire expense limit, plus benefit from hundreds of thousands of additional dollars spent by the political party.”

While Main acknowledges that party affiliation comes with certain advantages, he argues that it can actually lower the barriers for everyday residents and first-time candidates with resources like media training, policy briefings, regular meetings, and guidance from people with political experience.

“When you’re part of a team, it’s a big help to the candidates,” he says.

Beyond financial concerns, Salvador says the shift raises deeper concerns about the future of democracy. She says many Edmontonians have expressed their concern to her about keeping municipal elections local and maintaining direct lines of communication with

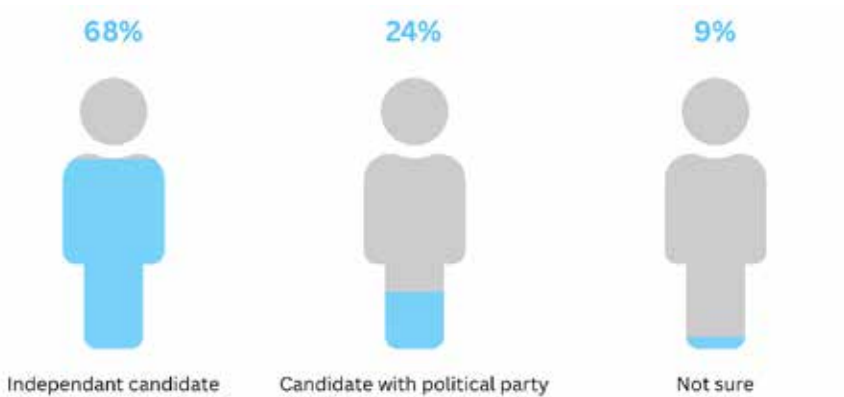
their representatives.

“They also feel like it is an overstep from the provincial government to be reaching down and making these kinds of changes when the vast majority of people did not want them. So there’s absolutely concern,” she adds.

A survey conducted for Alberta Municipalities in September 2023 found that more than two in three Albertans would prefer to see municipal candidates run as individuals.

From Main’s perspective, the public has responded positively to PACE and its values. “We’ve been very, very encouraged,” he says.

As Edmonton approaches its next municipal election, voters must decide whether the introduction of political parties strengthens local democracy or threatens its independence. With competing visions for how city council should function, the October vote won’t just determine who holds office; it will shape the future of Edmonton’s political identity



68 per cent of respondents prefer to vote for independent candidates, while 24 per cent prefer to vote for candidates who are affiliated with a political party, and 9 per cent are not sure. | data source: Alberta Municipalities

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from 6pm – 9pm

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Things I find while walking my dog: part 7

JULIE R MCCREA



May 12, 2025 - There is a speed bump on the road of one of mine and Jani's main walking routes. However, it has been altered to look more like a bump on speed...with a jaunty little derby hat.

May 20, 2025 - Does anyone remember Fraggie Rock? I think I found Trash Heap. They are trying to clean up their act and break into the local music scene. I think they are still lacking a bit of confidence,



May 13, 2025 - Today I would like to remind you all that it is officially the beginning of tiny random garage/yard sale season.

May 14, 2025 - Today' is low key creeping me out. I don't know what it used to be, but the single disembodied eye is staring at me in impotent rage!!



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Connecting colour, land, and community

Bent Arrow unveiled a new mural to remind us the importance of living in Treaty land.

TERENCE J. FOUGERE

A vibrant new mural made its debut at **Bent Arrow Traditional Healing Society**, located inside of **Parkdale School**, bringing bold and memorable visuals to the Parkdale and Rat Creek communities for all to enjoy during their day-to-day adventures. This latest public art piece was unveiled on June 30 and is a welcome addition to celebrate culture, community, and connection to land.

The artist behind the mural, **Jamelle Davis** — known professionally as JD Art on social media — is a local Edmonton artist who has left his mark on many institutions, such as **The Art Gallery of Alberta**, **MAAYA Berlin**, and the **City of Edmonton**. The piece was part of a mural thread for the **Islamic Family, Africa Centre**, and **Bent Arrow**. These murals, crafted by local artists, highlight the organizations’ recognition of our connection to the land.

This mural thread was a part of a larger initiative with **Cheryl Whiskeyjack**, executive director of Bent Arrow, and **Omar Yaqub**, who serves the social services charity IslamicFamily. Whiskeyjack and Yaqub were serving their terms as Historian Laureates, which is a title given to individuals by the City of Edmonton seeking more participation from residents in different cultural heritage through a variety of initiatives and

activities. Whiskeyjack says, “We aimed to get Edmontonians thinking about what it means to live in Treaty. To bring the promises of Treaty 6 into the contemporary.”

The Bent Arrow mural is a perfect example of this vision, having public artwork spark conversation about understanding the importance of the people, land, and culture all around us.

For Davis, this mural was one of his most meaningful projects in Edmonton. “Created as a tribute to healing, culture, and community” as Davis puts it, these values are deeply aligned with Bent Arrow’s mission. Davis had an interesting approach for this project — rather than

painting directly onto the wall, he painted on large wooden panels that were installed onto the wall prior to painting. This makes the art portable if Bent Arrow

has to relocate in the future.

The piece focuses on the Indigenous-inspired elements in honour of the land and people the organization serves, but it is also intertwined with motifs from Davis’ Afro-Caribbean heritage. The result is a visual bridge that symbolizes unity, respect, and shared healing across identities and generations.

“Every mural I create is rooted in purpose,” Davis shared. “And this one felt especially collaborative, not just with the organization, but with the spirit of the space itself.”

When the call for proposals was put out for the mural, Davis responded and was ultimately chosen and welcomed to paint both the Bent Arrow and the African Center mural. Many recognize Davis for his art’s bold expression in colour and layered symbolism. It is overall emotional resonance; one can see the story of Davis’ three-day painting process of the Bent Arrow mural on his Instagram page (**@itsjdart**), offering

a behind-the-scenes look at his artistic process and personal journey with this project.

Next time you walk past the Bent Arrow, wander the grounds and admire the stunning mural, which represents the amazing culture in our Rat Creek community. Take a moment to reflect on the importance of honouring the stories we are all connected by on this land.

“Every mural I create is rooted in purpose, and this one felt especially collaborative”
- Jamelle Davis



Painting community into Norwood

A new mural unites the community



Artist Lorraine Shulba and Norwood Child & Family Centre staff prepare for a community painting event. | Terence J. Fougere

TERENCE J. FOUGERE

A new community mural has begun to sprawl across the pavement, located in front of the **Norwood Child and Family Resource Center**, and has provided a new connection to the crossing on 95A Street.

Everyone is welcome to participate. “It’s for the community’s enjoyment, and it’s painted by the community,” said one organizer. Initiated by the Norwood Child and Family Resource Centre and local artist **Lorraine Shulba**, with financial support from The City of Edmonton, they exe-

The mural will be a landmark in Norwood — not just something nice to look at, but something with meaning

cuted a mural initiative to bring colour and life to the Norwood neighborhood.

Why a ground mural? It provides ease and accessibility to painters so everyone can collaborate. Residents of all ages were welcomed to participate in the project—kids, parents, new and old residents, and everyone in between. While people were painting, Shulba supported them, and shared her vision.

The courtyard space at 95A Street was the perfect canvas. Known as a common crossing point in the community, it now acts as a literal and symbolic intersection of cre-

ativity, culture, and connection.

Days before, Shulba laid the groundwork by painting a base coat of a light blue and sketching the design, but she left the colouring to the community. “It’s like a giant community colouring book,” Shulba said. “I wanted people in Norwood to be able to make it theirs.”

The energy during painting days was something special. Getting to see neighbours meeting for the first time, all creating together, is a feeling like no other. Relationships, memories, and a sense of community were all strengthened for this project.

The artwork itself is a symbol of Norwood’s vibrancy and diversity. While Shulba drew the foundation, “the community makes it vibrant,” said Norwood Child and Family Resource Center Executive Director **Laurie Fagan**. For the majority of the residents, it was their first exposure to a public art project. Parents participated but would often stand by with cameras in hand, snapping pictures of their kids as they proudly put colour on something that would endure. For others, it was a chance to connect with neighbours creatively.

The mural will be a landmark in Norwood — not just something nice to look at, but something with meaning. It will be walked on daily by the very people who made it possible. It invites interaction, it sparks conversation, and it tells stories.

The Norwood ground mural stands as proof that, sometimes, all it takes is a bit of paint, a shared space and a willingness to create something together to do something special in our community.



Community members get a chance to help create a beautiful ground mural next to Norwood Square Park. | Terence J. Fougere.

McCauley resident launches book

Local author publishes Cree educational resource



Author, reuben quinn, with his spirit marker chart. | Gail Silvius

GAIL SILVIUS

Great-grandson to ᐱᕐᕐᕐᕐᕐᕐ pah-pâstêw and long-time resident of Boyle Street and McCauley ᐅᕐᕐᕐᕐᕐᕐ reuben quinn is publishing a new resource for teaching and learning ᐅᕐᕐᕐᕐᕐᕐ nêhîyawewin (Cree).
ᐅᕐᕐᕐᕐᕐᕐ kiskisomitok: ᐅᕐᕐᕐᕐᕐᕐ to remind each and one another launched at **Paper Birch Books** (10825 95 St) on July 24, accompanied by a pipe ceremony and feast.
Born in St. Paul, Alberta, quinn was a Day Scholar at Blue Quills University. He had learned his mother tongue in his home community.

He experienced severe hearing loss as a child, later corrected by surgery. This hearing loss, which he terms “fortune from misfortune,” meant he did not lose his ability to articulate nêhîyawewin (Cree) as a native speaker.
As a young man he worked with young offenders, and was tasked with including culture in their programs. At that time, he began to develop his teaching method, using spirit marker writing system as a foundation for teaching ᐅᕐᕐᕐᕐᕐᕐ nêhîyawewin (Cree).
For a time, quinn taught language classes with the **Centre for Race and Culture** in Edmonton. He was promised

that his intellectual property would be respected, returned, and compensated. He says that this promise is unfulfilled to this day, which reuben states “is another act of colonialism.”
At the University of Alberta, he co-taught the *Poetics of Treaty Six* with Dr. Christine Stewart. The two collaborated in getting this latest book to print. quinn emphasises, “without her [Dr. Stewart], there is no book. That’s the truth of it.”
quinn has been a ceremony person and Lodge Keeper, and points out that he does not consider himself a fluent speaker. Many words have been lost and the language lexicon has shrunk significantly.
The book, he hopes, can serve as a “beacon for young Indigenous people” many of whom have lost language and culture from the “vestiges of colonialism” including the legacy of residential schools, the Sixties Scoop, and even earlier government policies that outlawed spiritual and religious ceremonies.
“In order to destroy culture, belief systems need to be undermined, separating people from their spiritual foundations. You will see Catholic or Protestant churches in communities, and some people are not aware of their traditional religions and have lost the words that relate to their Creator. This colonial practice was not isolated to North America, it has been used on both sides of the water,” he says.
According to the description on the publisher’s (Talon Books) website: “Each spirit marker holds a law. These laws are

meant to guide us in ways that support us in life. They are meant to guide us in ways of living well with the elements: fire, land, water, and air. The spirit markers remind us that these elements form the foundations of all relationships on earth.”
reuben welcomes all to use this resource for learning nêhîyawewin (Cree) language grounded in culture. “Learning this way (through the spirit markers) can create a shift in our understanding of ourselves, and our relationships.”
(Editor’s Note: reuben quinn prefers his name to be presented in lower case as an act of sovereignty.)



Book cover from TalonBooks.

SEPTEMBER 6TH 12PM-4PM

EXTRAVAGANZA

Ninja Course

Face Painting & Bouncy House

Petting Zoo

EPS & EFRS On Site

Elmwood Park Community League

12505 75 Street

ALBERTA AVENUE community league DAY IS SEPT 20TH TWO EVENTS! 9210 118 AVE

PANCAKE BREAKFAST from 9:30am - 12pm PLUS KID'S GAMES & ENTERTAINMENT

GARDEN CAMPFIRE NIGHT 7-10PM

LIVE MUSIC GAMES, FOOD

Pathways of healing

kisêwâtisiwin invites all to walk in honour of Missing and Murdered Exploited Indigenous People



Elders Elsie Paul (front left) and Russel Auger (right) with supporters at the kisêwâtisiwin naming ceremony. | Liz John-West.

CONSTANCE BRISSENDEN

Begin with the simple act of walking five blocks between 95 Street and 90 Street, along or near 121 Avenue. The pathway is there now, moving past small parks.

Continue to walk this pathway over the next few years. You will see it transform into a path of remembrance to honour **Missing and Murdered Exploited Indigenous People (MMEIP)** in Canada. Accessible in either direction, signs and symbols will appear to teach about the four stages of life from an Indigenous perspective, including awâsis (child), oskinîkiw (youth), kîsohpikiwin (adult), and kihtehayah (Elder).\\

This project, known as **kisêwâtisiwin pathway**, was first envisioned at **Alberta Avenue Community League (AACL)**

in June 2019. Now entering Phase 1 on the road to fruition, it is supported by ACCL and the City of Edmonton. Also involved are activist groups such as CEASE, Stolen Sisters & Brothers, Stephanie Harpe, and Missing Cara.

The anchor, mikiwâm or “Home,” is a park across from **Delton School at 121 Avenue and 90 Street**. Here, a medicine wheel and seating will provide a quiet place for reflection on those lost and what we can do as allies.

It has been a long journey to the creation of this compassionate pathway.

First came the Truth and Reconciliation Commission in 2008, searching for answers about residential schools. Next came a National Inquiry

into Missing and Murdered Indigenous Women and Girls (MMIWG), formed in September 2016. After interviewing thousands of victims and family members, the MMIWG inquiry issued 231 Calls for Justice in April 2019.

By June 2019, a committed AACL group began searching for a way to recognize all Indigenous people tragically taken from the community. The focus now includes men, boys, and 2SLGBTQIA people with a new name, Missing and Murdered Exploited Indigenous People (MMEIP).

The group responded to Section 15.4 of the Calls for Justice:

“ U s i n g what you have learned and some of the resources suggested, become a strong ally. Being a strong ally involves more than just tolerance; it means actively working to break down barriers and to support others in every relationship and encounter in which you participate.”

The pathways project was named kisêwâtisiwin by Edmonton Elder **Elsie Paul** in a naming ceremony with

Elder **Russel Auger** in August 2023. Pronounced ki-se-wat-si-win, the Cree word, as the Elders explain, “speaks to how one strives to apply the principles of gentle, loving kindness into all areas of life.”

Stephanie Harpe, activist and public speaker from Fort McKay First Nation, is co-chair of kisêwâtisiwin. Dedicated to awareness of MMEIP, Harpe had a vision that inspired her.

In her vision, Harpe saw a child walking the path, not knowing who they were or their community. By the time they

Proud Cree women, Roberta Loyie (left) and Rosie Boskoyous. | Constance Brissenden



become Elders, “they are the ones teaching and celebrating at kisêwâtisiwin.” Describing the outcome, Harpe writes, “People of other creeds and cultures come to seek truth and knowledge. Once they learn the truth, they experience a change of heart and come together in unity. In the end, everyone is more unified, more truth is revealed, and more identity is recognized. Consequently, they are safer, as everyone looks out for each other.

Continued on next page.



ADULT kîsohpikiwin

By nurturing personal well-being, adults become beacons of inspiration for the youth, illuminating the way forward. This journey, guided by the healing power of medicines, opens the door to transformative conversations and explorations. At its core lies the principle that nurturing one's well-being fosters the ability to serve the family and community.

CHILD awâsis

This vibrant space warmly invites children and all individuals to engage in joyful physical expression, fostering play and exploration while learning about MMEIP. It artfully celebrates the family unit, its role as a sanctuary of love and protection for all.



Embedded within one's very being, is the wisdom of Elders, an ancestral legacy etched in one's DNA. It's through the art of storytelling that the story of MMEIP comes to light for all to hear and learn.

ELDER kihtehayah

Embracing the core of who they are, the youth stand resilient and strong, a testament to their unique identity. As the youth journey towards independence, they remember they belong, possess remarkable talents, and hold within them the power to make a meaningful impact.

YOUTH oskinîkiw

Land acknowledgements

Meaningful acknowledgments - featuring David Plamondon

Pathways to healing continued:

Now that the pathway and parks have been determined, Phase 1 will begin. **Liz John-West**, co-chair, as well as CEASE executive director, calls it “boots to the ground.” The goal is to enhance the mikiwâm (Home) park across from Delton School. In addition to a symbolic medicine wheel and new seating, the park will include a plaque honoring Elder Elsie Paul. “These items will create an inviting space for people to come and enjoy the park,” says John-West, who is also on the AACL board. “This will rejuvenate and revitalize that space across from the school. Visitors will learn about the issue and have a place for reflection.”

The project is deeply meaningful for Cree youth worker Roberta Loyie.

Later in life, Loyie learned that her grandmother, Marie Twin Loyie had been murdered by a non-family assailant. “What really pisses me off is that the perpetrator got away with it. It was called an accident. But circumstances say otherwise. No one’s life deserves to be taken away.” The idea of the kisêwâtisiwin pathway feels good, says Loyie. “It acknowledges that we are important to society. Indigenous culture is strong and we have good intentions. I’m happy that men, boys, and others will also be honoured.” As an avid gardener, Loyie hopes to help beautify the park near Delton School over the next few years. Donations to this outstanding community project are invited. All donations can be made on the Alberta Avenue Community League website. You will receive a tax receipt for your donation.



The central hub of MMEIP rallies, this main gathering space bears profound significance, particularly as a tribute to the women who tragically vanished from this very neighborhood. Adding depth, the Medicine Wheel quietly envelops the entire area, each adorned with an element symbolizing its unique essence.

HOME mîkiwâm

TERENCE J. FOUGERE

If you ever get to speak with **David Plamondon**, you will instantly be swept away by the passion and knowledge he truly feels and delivers for land acknowledgements. Plamondon, owner of Pe Metawe Games on Alberta Avenue, is very actively involved in the community, helping support various marginalized groups such as Indigenous Peoples and the LGBTQ+ community — especially young members of those groups. When asked why land acknowledgements are essential to him and what he hopes people will understand from them, Plamondon said, “I want them to come from a place of truth.” He elaborates that too often they just serve as a “corporate check mark,” which loses its original purpose. The corporatization of land acknowledgments is “when it’s just a sheet of paper handed to someone to read off before a play or sporting event, that stuff, there’s no soul in it.” Plamondon advocates for some simple but powerful changes for land acknowledgements. He feels that, to make a meaningful acknowledgement towards the land and the Indigenous Peoples of that land, the recognition should avoid a few common faults:

- “We need to stop acting like the struggles of Indigenous Peoples’ problems are only in the past.”
- Many land acknowledgements

- bring awareness to the stolen land and mistreatment by colonial powers, as if that is the only racial persecution that Indigenous peoples ever faced. It is just as (if not more) important to bring up the issues of the modern Indigenous people that were brought upon by these colonial powers, and continue in a post-colonial world: economic, health, education, and well-being disparities, felt all over the continent.
- “Make it personal.”
- Plamondon explains, “Everyone has a connection to this land — whether their family has been here for thousands of years, or they immigrated here last night.” He stresses that everyone and anyone can show their respect for the land we call home.
- “Don’t just read off a pamphlet.”
- One thing Plamondon and others who hold his views on land acknowledgements advocacy is that an individual should prioritize “speaking from your heart, not just saying what someone else expects you to say.”
- “Humanize each other.”
- When asked what our readers’ most significant takeaway should be, Plamondon said, “Look at Indigenous Peoples with respect and care, as they are victims of an intolerant society.” He went on to say, “I’m not advocating for Indigenous rights; I’m advocating for human rights, which is the most

Indigenous attitude I can have — to take care of all people.”

What does your presence on this land mean to you?

This question is something to sit with and truly ponder. What the land has given us and will continue to give us is essential, and we should acknowledge it and be thankful for it. So next time you hear or deliver a land acknowledgement, try to speak from your heart and be grateful for the land you are given.



David Plamondon, in front of Pe Metawe Games | David Plamondon



ALBERTA AVENUE
community league



Edmonton



Delton School

121 Av.

90 St.

Alley

Listening
Crying
Teaching
Singing
Dancing

Feasting
Drumming
Learning
Laughing
Praying

The central hub of MMEIP rallies, this main gathering space bears profound significance, particularly as a tribute to the women who tragically vanished from this very neighborhood. Adding depth, the Medicine Wheel quietly envelops the entire area, each adorned with an element symbolizing its unique essence.

HOME mîkiwâm

Check out the
**Rat
Creeks
Press**

**STORIES IN
MOTION**

Step by Step
New “Slo Mo Tango” program
launches this summer



Walls That Speak
Local artist expands
community mural





Janis Irwin
MLA FOR EDMONTON-HIGHLANDS-NORWOOD



780.414.0682 6519 112 AVENUE NW
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destruction of
Alberta's
healthcare**

We need to send a message loud and clear to our leaders: it's time to rebuild Alberta's public health care system. RebuildOurHealthcare.ca



Spot the bot

Learning digital literacy in an AI world



This viral video and others, fooled many people into thinking raccoons can trampoline

REBEKAH BRUNHAM

If I were to show you a video, would you be able to spot if it's generative artificial intelligence (AI)?

Even the most tech-savvy people are having a harder time catching AI unless it's labelled. With growing online presence and the approaching Edmonton municipal election, how can people identify when something is generative AI? And is there anything good coming out of AI models?

Generative AI creates new content, like videos, text or photos, while other AI models are reactive or predictive.

"We're in [an] AI bubble right now," says **Matthew Guzdial**, computing science associate professor at the University of Alberta and a Canada CIFAR AI Chair with the **Alberta Machine Intelligence Institute**. "We're unfortunately in a situation where the legislation and control around these things isn't really keeping up with industry."

The Canadian Government's most recent development in AI legislation is a strategy and legal framework. There is also a spot AI content resource on the Canadian government website. Ultimately, AI content is developing faster than governments can regulate, so it's up to the average citizen to become AI literate.

Catching AI

Ultimately, it's best to know your source.

According to Guzdial, the best way to avoid being 'fooled' by AI is "trusting the people that you know and really recognizing your local community."

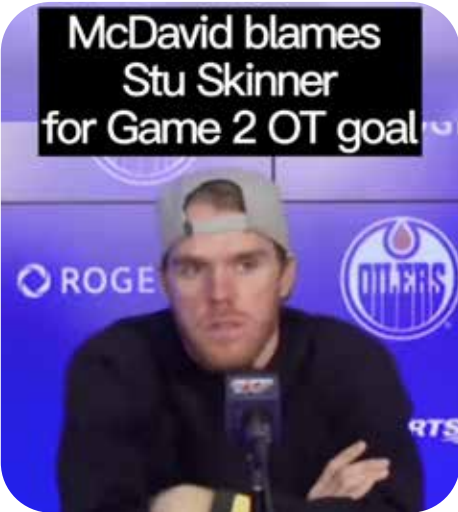
If you know how the person looks, how they write, then you can usually spot if it's AI-generated. Exercise caution and look over most things across your online spheres with a critical eye. Not everything being shared online is factual.

For photos and videos, AI sometimes generates extra body parts like extra fingers. People in these videos look overly smooth, even plastic-like. If it looks too perfect to be real, it probably is. The other catch is proportions: check if someone is partially blocked, and if the rest of their body makes sense. AI also loves

hard contrast for lighting, and Guzdial explains that objects will likely have an "aura of light around it, as if somebody is being lit from all possible angles." However, it can still be difficult to detect.

AI text is difficult to identify. AI creates its own sources, or sources nonfactual information, so you can check any external links. There are also AI detectors like **CopyLeaks**, **QuillBot**, **Sapling Undetectable AI**, and **wordtune**, but Guzdial cautions against text automated detectors because it's easy to get false positives.

Many news sites will have AI use guidelines for their journalists, so it's important to check what their rules are. For example, CBC will never publish anything without human oversight. Postmedia, a corporation that runs local newspapers such as the Edmonton Journal, the Edmonton Sun, Sherwood Park News, Beaumont News, and many other small newspapers across Canada, has AI guidelines.



Other videos can replace a persons entire speech including lip syncing and voice.

AI Resources

AI can be difficult to identify for misinformation, but it also has positive uses and can streamline different processes.

Free sources like **Khan Academy** help to teach AI to students and how to approach it. There are also countless free AI tools that can help anyone create a photo, video, and text. In an **Amii Podcast episode**, Guzdial mentions that one of his goals is to create an AI program that can allow someone without coding knowledge to create their own personal video games, similar to how people can create their own movies.

AI is also used in the medical field. Guzdial is working with other researchers to use AI for predicting pre-term birth risk and organ transplant failure

risk, with an AI model trained on a single laptop.

Future of AI

The AI growth we see today is not going to stay the same. "That bubble is going to pop at some point," says Guzdial.

Guzdial explains that AI has a summer and a winter. AI summer brings lots of funding and interest, while AI winter is where all funding goes away.

"I'm very concerned because the reason why we had AI winters in the past is because of people overhyping what is possible with AI," says Guzdial. "There's really important and good things we could do with this technology, [we] just unfortunately have bad actors that are overhyping it right now."

The free tools will eventually become expensive and investors are going to dwindle, but some AI tools will remain.

"We're not going to see these massive investments that we do right now, but I do think that we're going to see real things that are really benefiting people's day-to-day lives."



This convincing person AI generated image could easily be used to promote a non-existent business



Eastwood Community League

Eastwood Neighbours, you are invited to

MEET YOUR LEAGUE

Sunday, Sept 21 from 2-4 pm

11803 86 St

Join us for games, face painting & snacks.

Tour the facility. Tell us about your interests.

CLAIM YOUR FREE MEMBERSHIP



Ask a vet: nail trimming

Can you hear your pet’s nails? Don’t worry, it happens to me too



Groomer cutting nails of a yorkshire terrier | Tima Miroshnichenko on Pexels

DR. NATASHA P. RUSSELL

One of the easiest clues that your pet’s nails are overdue for a trim is the telltale “click-click-click” sound of claws on hard floors. Any increase in slipping or loss of traction on smooth surfaces is another clue to pay close attention.

As a veterinarian, I often find myself marveling at the little details that make our pets so extraordinary. Among those are their paws, those cute toe beans, those magical velcro pads... and then there are THOSE claws. Unfortunately, our pet’s feet often go overlooked. Hair mats between the pads can cause inflam-

mation and infection, prickly foreign bodies can get into the skin and cause sores. The nails, if left untamed, can become persistent adversaries, threatening the comfort and well-being of our beloved companions for years to come.

Regular nail trims (every two or three weeks) definitely matter. If your pet doesn’t already have a regime for this, now’s the time to start! Best case scenario, this new routine becomes a working point for connection (positive training leads to positive connections, which leads to increased trust/bonding, which makes future training even easier).

Pet groomers are great at nail trims, but because we’re supposed to be doing it every two weeks (for each pet), you can imagine how this cost will add up quickly and become another deterrent — which our pets will ultimately pay for. As much as I love to support locally owned and operated grooming studios, biweekly visits just aren’t sustainable for me and most of the pet families I help coach and care for.

Plus, when you’re really rocking & rolling and doing your pet’s own nail trims regularly, you can also work in a full body scan (remember you’re just checking for left vs. right side symmetry). Help your family vet out, people! note changes on your pets early and report them.

The benefits of keeping our pet’s nails trimmed extend far beyond alleviating that annoying clicking. Long nails cause discomfort, pain, and even long-term irreversible tissue damage. Overgrown

nails alter the way our pets walk, forcing them to shift their weight unnaturally and straining soft tissues. This can lead to joint strain, arthritis, and debilitating chronic pain. Imagine walking in shoes with rocks under your toes! No, thanks.

Preventing injury

Long nails are prone to splitting or breaking, which can be painful and may lead to more trauma and infection. Overgrown nails also increase the risk of snagging on carpets, furniture, or outdoor terrain, causing unnecessary distress and expensive vet bills.

Non-Slip living

Non-slip flooring and stairs are a must, in my opinion. When nails grow too long, they prevent pets from gaining proper traction on smooth surfaces. This is especially problematic for older or overweight pets, and/or those with pre-existing mobility issues, as slipping can exacerbate joint problems and other health conditions. Non-slip flooring, such as area rugs, carpet runners, or yoga mats, can help mitigate this, but trimming nails AT LEAST monthly remains as a primary preventative tool.

DIY scratching boards for the reluctant pup

Not all pets are thrilled by the prospect of sitting still for a nail trim. For those feisty, fidgety friends who simply cannot handle restraint, DIY scratching boards

can be a workaround. These boards allow your pet to naturally wear down their nails through play. Alternatively, a DIY nail friendly digging box can also help wear down the nails in a more natural/fun, engaging way!

Don’t forget the dewclaws. These won’t wear down like the others. Overlooked dewclaws over time will continue to curl and grow and eventually puncture the skin.

So start training as soon as possible and use plenty of treats and praise to make it ALL a positive experience. Invest in the right tools: A high-quality nail clipper or grinder designed for pets can make all the difference.

Don’t forget to utilize distraction techniques such as lick mats (I use **A LOT** of KONG® Easy Treat™ liver flavoured) and give chin scratches and words of encouragement! When your pet backs away or wants to leave, their consent has expired and it means your training session is over. Make sure to end on a good note.

In the grand tapestry of pet care, nail trims may seem like a small detail, but their impact on your pet’s quality of life is immeasurable. We’re not just caring for our pet’s paws — we’re ensuring ongoing wellness and comfort for years to come. So, the next time you hear that “click-click-click” on the floor, remember: It’s not just a sound; it’s a call to action.

Until next time!

Your Community Vet

Want to hear more: check out our new podcast ‘Your Idea Caused My Idea’ on Spotify.

Cooking local and on a budget: pulses

Overlooked staple to combat food inflation and promote health

SHERRIDON ROUTLEY

What’s cheap, nutritious, good for the environment, and grown locally? It’s pulses, the wonder food group that includes beans, lentils, and field peas. Canada is the world’s second-largest pulse producer and the world’s largest pulse exporter, accounting for 35 per cent of the global pulse export volume. Alberta’s favourable growing climate produces around 1.6 million metric tonnes of pulses annually!

Environmental benefits

Pulses require significantly less water than animal proteins. They fix nitrogen in the soil through a symbiotic relationship with soil bacteria called Rhizobium, reducing the need for synthetic fertilizers that contribute to greenhouse gas emissions. Pulse crops can grow in challenging climates and provide nutrient-dense food sources for vulnerable populations. They improve soil fertility for subsequent harvests and reduce farmers’ dependence on chemical inputs, supporting regenerative farming practices.

Health benefits

While pulses cost a fraction of their meat counterparts, they are packed with healthy proteins, iron, and folate. The high fibre and protein combination promotes feelings of fullness and supports healthy weight maintenance. They help stabilize blood sugar levels to counter diabetes and lower cholesterol due to their soluble fibre and potassium content. Recent studies have shown that eating pulses

regularly increases growth of beneficial gut bacteria and significantly enhances the production of short-chain fatty acids in the colon.

Cooking with pulses

Despite being key players in the ‘flexitarian’ (vegetable centric diet) movement and plant-based food industry, pulses are often overlooked as a go-to for fast, easy meal preparation. Don’t despair, in addition to the lovely suggestions from the Alberta Pulse Growers website, I present one of my favourite cheap and quick recipes:

Mom’s red lentil dahl

This aromatic recipe makes about eight servings on rice and costs around \$10 (not including spices). The initial investment in spices may seem daunting but, spaced over many meals, the costs are much less significant. I also price-shop at alternative grocers and pay much less for some ingredients than my local chain.



Ingredients:

- 4 tablespoons oil
- 1 medium yellow onion, finely diced
- 1 fresh ginger, peeled and minced (at least the size of 2-3 fingers)
- 6 garlic cloves, minced (or much more)
- 1 tablespoon fine sea salt
- 2 teaspoons black mustard seeds
- 1 teaspoons cumin seeds
- 1 teaspoon of cumin powder
- 1 teaspoon of garam masala
- 2 green cardamom pods - whole (optional)
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- ¼ teaspoon ground cayenne (or to taste ... I add pickled hot peppers or hot sauce at end)
- 1 teaspoon freshly ground black pepper
- 1-2 cups water
- 1 can of tomatoes or ½ can of tomato paste
- 1 13.5 ounce can of coconut milk (luxury option)
- 2 cups dry red lentils double rinsed
- ½ cup chopped fresh cilantro (not for me but...)
- 1 or 2 fresh lemons for serving
- Feel free to add other pulses like canned chickpeas or tubers like potatoes

Instructions:

- Preheat the oil over medium-high heat in a large pan with a lid.
- Add the mustard and cumin seeds and cardamom pods and cook for 1-2 minutes (mustard seeds should begin to pop).
- Add the onion, garlic, and ginger, sprinkle with the salt, stir for 30 seconds
- Add the spices, stirring constantly, until the onion is softening for about 3 minutes.
- Add the water, tomato paste, and coconut milk and stir to combine.
- Cook simmering on low for 30 to 45 minutes covered (depending on what kind of tomatoes you added as you want it all soft and mushy in the end).
- Meanwhile, get lentils heated in another large pot to a medium boil and stop short of them getting soft (10 minutes). I add water about an inch above. Lightly drain and set aside.
- After about half an hour of sauce cooking, I add optional potatoes or chickpeas and cook for another 10 minutes.
- Add sauce to lentils in pot and let simmer together for 10 minutes, scraping the bottom occasionally to prevent sticking. If you taste your sauce and you think it’s too strong, you can always just make some more lentils and add them. Stop heating.
- Stir in the cilantro, optional hot sauce, or diced pickled jalapeños.
- Let it rest for at least 10 minutes before serving over rice. Squeeze a slice of lemon on each serving.

Save our character and heritage

Mature neighbourhoods are losing historically-significant properties



MacTaggart Residence, a designated Municipal Historic Resource built in 1922 (11530 95A St.). | Supplied



John McNeill Residence (11217 97 St.), another Municipal Historic Resource built in 1908. | Supplied



Norwood School, built in 1912. It is not a designated MHR and has no legal protection from demolition | Supplied

HARRISON SHEREMETA

The neighbourhoods of Rat Creek are some of the city’s oldest. Due to their age, they have many properties with historical significance. Sadly, as can be seen in many other mature neighbourhoods in Edmonton, many of these historical buildings have been neglected or even demolished over the past few years. When we lose these original structures, neighbourhoods’ sense of place deteriorates.

As a resident of Alberta Avenue and the **Chair of the Edmonton Historical Board (EHB)** — an advisory board for City Council that provides information and recommendations relating to Edmonton’s history and the city’s built heritage — I have been building awareness in our communities around this loss. One effective way to tackle this issue of neighbourhood character erosion is the City of Edmonton’s **Historic Resources Management Program (HRMP)**.

The HRMP empowers owners of historically-significant property to protect their building in perpetuity through designation as a Municipal Historic Resource (MHR) where City Council passes a bylaw that prevents its demolition in perpetuity and requires the building owner to maintain it to a reasonable standard. In exchange for protecting the building, the city will install an interpretive

plaque that provides information on the building and also offers financial incentives that can be used to rehabilitate exterior ‘character-defining elements’ of the building.

To be eligible for designation as a MHR, the property first needs to be listed on the city’s Inventory of Historic Resources, a list of buildings in Edmonton that have been deemed to have sufficient historical significance and integrity from both architectural and cultural standpoints to be eligible for designation as a MHR. Buildings on the Inventory have no legal protection from demolition. Over the last few years, there have been more buildings lost from the Inventory due to demolition than have been added. This is an extremely concerning trend that needs to be addressed.

If you own, or are contemplating owning, a property that you think is historically significant, please consider applying to add it to the Inventory. If it is already listed, consider a MHR designation to protect it so that it may be appreciated by future generations of Edmontonians.

You can reach out to the city’s heritage team at heritageplanners@edmonton.ca for details on either process.

Save a life with first aid training

Having the right skills fights the panic of emergencies

CONSTANCE BRISSENDEN

I thought I was calm, cool, and collected in any emergency. That didn’t last long when the pickup truck coming toward us mistook a curve and blew off the highway. Rolling three times across a farmer’s field, it came to a stop. I pulled over; my mind was blank. What should I do? Then I jumped out of my car, screaming to my partner, “Get a blanket!”

In an unbelievable moment, a young man climbed out of the truck’s back window and staggered away from his crumpled vehicle. Before I could rush across the highway, another car stopped. Soon, two people were by his side. They wrapped a blanket around him. They obviously took charge.

I went back to my car, breathing heavily. I realized I had panicked. Beyond the blanket, I had no idea of what to do next.

You always hope a medical emergency will never happen. Until it does.

Panic is the enemy in emergency situations. It was my first response. I wanted to know more so I signed up for first aid training.

Since the roadside incident, I’ve taken several first aid-related courses. Recently, I attended a Heart and Stroke HeartSaver course offered by MacEwan University at the **Alberta Avenue Community League**. The course was free, part of the university’s Building Capacity/Building Community (BCBC) Initiative.

According to **Heather Hutchinson**, BCBC project coordinator, “Offering HeartSaver skills to members of the

Edmonton community is an important part of MacEwan’s School of Continuing Education mandate. We are happy Alberta Avenue was able to be part of it.”

I was one of seven students in the first class for the 2025 endeavour. We even got a pat on the back from Hutchinson. “We feel our first class was a resounding success!” she reported.

During the half-day life support training course, we learned important basic skills from instructor **Maria Malik**. We practiced cardiopulmonary resuscitation (CPR) and learned how to use an automated external defibrillator (AED) on in-class dummies.

Among other emergency techniques, I now know how to stop a human being (of any age) from choking, what to do if a person is in cardiac arrest due to drowning, and how to use Naloxone on an adult in an opioid-associated life-threatening emergency.

“Life support training gives you the skills to act,” explains instructor Malik. “It covers more than just first aid. You learn skills that give you confidence.”

Several times, the students were required to act out emergency scenarios. And once again, even in the classroom, I felt panic. Our instructor encouraged us to keep learning. “Learning helps control panic,” she advised. “Review the student workbook often. Know what to look for and what to do next.”

CPR and AED are responses to specific cardiac issues. CPR is started when a person is unresponsive and not breathing normally. The following steps should be followed:

- 1. Make sure the scene is safe.**
- 2. Tap and shout. If the person is responsive, ask, “Do you need help?” If unresponsive, go to the next step.**
- 3. Shout for help.**
- 4. Have someone call 9-1-1 and get an AED. If you are alone, call 9-1-1 and get an AED yourself.**
- 5. Check for breathing. If the person is breathing normally, stay with the person until advanced help arrives.**
- 6. If the person is not breathing normally or is only gasping, assume they are in cardiac arrest. Begin CPR and also use the AED when it arrives.**

Now that you have a start on saving a life, it makes sense to continue learning. For anyone experiencing cardiac arrest, immediate treatment is crucial or the heart begins to die. Every minute without CPR results in a 10 per cent drop in the survival rate.

I’m keeping my first aid and life support training books by my bedside. A few minutes of daily review gives me confidence. I hope that I never have to use these skills, but stuff happens. And when it does, I want to have the knowledge and the courage to try and save a precious life.

Life support training, first aid, and CPR courses are available from a number of sources, including MacEwan, Heart and Stroke, and Canadian Red Cross.



Students practice chest compression on dummies provided by the course, while instructor Marie Malik looks on. | Constance Brissenden

Problem properties initiative

Update on recent action in the Avenue District

Problem properties can have significant harmful impacts on the surrounding community and those living in them. The City of Edmonton's **Problem Property Initiative** (PPI) features sev-

eral teams to address the different issues related to problem properties.

While problem properties exist across the Avenue District, they are found in the largest numbers in Alberta Avenue,

Eastwood and Parkdale.

PPI personnel attend the monthly **Coffee with Cops at the Carrot** (9351 118 Avenue), please feel free to drop by and exchange information with them.

Visit thecarrot.ca for meeting dates and times.



Problem Property Initiative

addresses the external conditions at seriously neglected private properties



Fire Prevention

secure and hold property owners accountable for unsecured vacant buildings that pose a **fire risk** to the surrounding community



Multi-agency Team

provides a wraparound approach to complex residential living situations involving vulnerable individuals, families and places.



Derelict Residential Tax Subclass

allows the City to triple the tax rate for owners of residential properties that show serious signs of neglect, are dilapidated, are falling into significant disrepair, or are unliveable.



Infographics | Sherridon Routley

Examples of properties addressed by the PPI in the Avenue District.

To learn more about the Problem Property Initiative or sign up for the PPI newsletter, visit edmonton.ca/ProblemProperties.

To report a problem property

call 311, visit 311 online, or use the confidential reporting form at edmonton.ca/ProblemProperties.

To report an unsecured vacant property

email communitypropertysafetyteam@edmonton.ca or call 311.

Information provided by the City of Edmonton



Election day: Monday, October 20, 2025
Advance voting: Tuesday to Saturday,
October 7-11,

Find out if you are registered to vote by checking your status on Voterlink.ab.ca.
If needed, you can update your information in person at your assigned voting station during advanced voting or on Election Day, or when voting by special ballot



To vote, electors must provide proof of their identity and current residential address through one of the following:

- **Government-issued photo identification.**
- **One piece of identification authorized by the Chief Electoral Officer** that establishes both the name and residential address.

Electors who don't have identification with their current residential address can provide government-issued identification that shows a mailing address (e.g. post office box) or have another elector vouch for their address.
The information presented here is from the City of Edmonton's Elections Edmonton website
edmonton.ca/elections

SAVE THE DATE!
OCTOBER 25TH

HALLOWEEN PARTY

Delton Hall 12325 88 St

Games
Pumpkin Carving
Candy Toss
Dance-off
Snacks and Drinks

Join us on Facebook
or visit our website for details
deltoncommunity.com

COMMUNITY LEAGUE DAY

Party

Free BBQ

Meet & Greet

Live Entertainment

FREE BBQ, Get ready to fire up your taste buds and soak up the sun at our unforgettable Community League Day
Let's celebrate! Enjoy LIVE Band (Andanzas) & DJ Maxwell
Free dance lessons from Caribbean Touch

SAT, 20
SEPT

PCCL
11335 - 85 ST

05.00-
11.00 PM

780-471-4410
www.parkdalecromdale.org

VOTE OCTOBER 20

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Read Ashley's full platform and track record online.
ashleysalvador.com

For an Edmonton where everyday people can build extraordinary lives.

- ✓ Tackling **problem properties** with 300+ demolitions and a 31% reduction in fires
- ✓ Refocusing on key **city services**: transit, snow clearing, parks, libraries, maintenance
- ✓ Secured \$88M to redevelop **Northlands**
- ✓ Record \$200M invested in **affordable housing**
- ✓ Your community voice to **protect City Hall** from party politics and provincial interference

RE-ELECT

ASHLEY
SALVADOR

FOR CITY COUNCIL WARD METIS

Fall Events
2025

Programs

WEEKLY BENEFITS

Tango: Mondays. 6:45p.m.-10p.m.

Latin Dance Classes: Tuesdays 6:00p.m.-7:00p.m.

Playwright Club for Teens: Tuesdays. 4:30p.m.-5:30p.m.

Yoga with Jesse: All levels. Tuesdays 7:00p.m.-8:00p.m.

Norwood Family Centre Stay and Play: Thursdays 10:00a.m.-12:00p.m.

Freeart music: Saturdays. 10:00a.m.-1:00p.m.
(mural painting on weekends check website createdmonton.com for details)

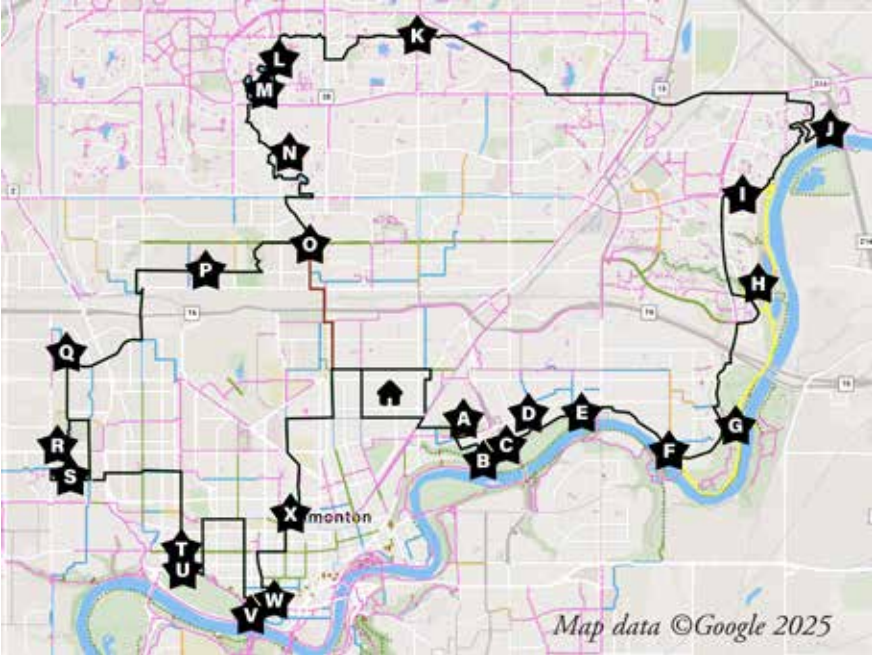
League Swim at Commonwealth Rec Centre:
Saturdays 3:00p.m.-5:00p.m.
Sundays 1:00p.m.-3:00p.m.

Contact us
programs@parkdalecromdale.org

Join our community
www.parkdalecromdale.org/membership

Let's cycle together - northeast route

A half-day tour to explore Edmonton's connected bike-friendly routes



Follow my map online by using the QR code at the end of this article

SHERRIDON ROUTLEY

Here is one of my regular routes around Edmonton that always reminds me what a great city we live in. The full tour is approximately 50 kilometers and can be cut short at the 'O' marker. **Follow along using Google Maps by using the QR code** at the bottom (note inconsistencies between lettered destinations)

Try and set aside a good **four hours** for this one, give or take time spent at rest stops. The terrain is mostly flat, with some gradual hills. Most of this route is on bike paths, shared walks, and lightly trafficked streets so I recommend this route for any age.

If you don't feel good about any part of this route, you can consult the bike paths on Google Maps for alternatives — at the bottom you will find the option to turn cycling routes on (highlighted in pink in the above map). Have your water bottle, proper attire, and charged phone?

Then, let's Go!

We're starting out in the Alberta Avenue area, heading Southeast to cross 82nd Ave. at 114th St.

A. **Borden Park** is filled with engaging art, well shaded picnic spots, natural pool and playgrounds. Follow the winding pathways to your leisure,



A beautiful view along the east side of the city. | Sherridon Routley

but ride on the grass if there are pedestrians. There is also a great washroom facility, open for limited daytime hours.

B. **Crossing 112 Avenue**, there are a couple options. Whatever you choose, navigating towards **Ada Boulevard** is generally low-trafficked. I love to stop and get some sun at the lookout point at the beginning of the boulevard.

C. Continuing down Ava Blvd. to the east is a well-treed affair that blocks out much of the river valley but, after crossing the bridge over **Wayne Gretzky Drive**, you will find a great selfie spot around the **Betty Stanhope Cole Park** area with a



Beaumaris Lake offers lovely views and wildlife features. | Sherridon Routley

beautiful view of the Highlands Golf Club and the river valley.
D. Alternatively, detour up to the business section of the **Highlands** to have a beer, burger, coffee, or ice cream at one of the charming storefronts.
E. You can also venture down the hill to have a view from the **Capilano**

I. The next stretch around this area is one of the most overlooked paths in the city, featuring gorgeous views of the winding river and lands to the east.
J. We turn back here at this **vista point** on what was formerly the city limits. There is an amazing continuation of the **trail into Sturgeon County**, with a future pedestrian bridge that will cross the North Saskatchewan river and join up with the Trans Canada Trail!
K. A bit of a rough route along **153 Avenue** by sidewalk — if you want, you can always backtrack a bit to 137 Avenue. Either way, you will be heading to Edmonton's longest uninterrupted pedestrian shared pathway. Using the **electrical line corridor**, this path can stretch 6 km depending where you start and makes a great place for training.
L. **Lorelei Park** is usually bustling with a variety of soccer games. We start our southern journey here.
M. **Beaumaris Lake** is a treasure of the city and recently renovated, an absolutely stunning location for birds and humans alike. Make sure you have a bell to alert pedestrians as this area can get busy. Check out the attached park and hills for sliding and biking. It's always heartwarming to see children of all backgrounds still sliding down a hill together like we did in past generations.
N. **Griesbach** and the area have under-

gone a population explosion and offer many amenities. Maybe have a coffee from the local shops as you sit at the top of one of Edmonton's best views, Griesbach hill. My favourite place to watch the sun set.
O. This is the best place to **cut your ride short** and head back home to the Alberta Avenue area.
P. Cutting through **Grand Trunk Park** and towards the dog park, we will follow the newly renovated 129 Avenue shared use sidewalk. There is a lovely coffee shop here around 120 Street in a beautiful reflective building.
Q. I like to sit on top of the **Dovercourt School** hill and watch the sun set... Mileage will vary.
R. Although it is under renovation, **Coronation Park** hosts many features including the Telus World of Science. Check out the new Olympic style velodrome or stop by the Royal Astronomical Society of Canada (RASC) Observatory.
S. **North Glenora Community Playground**.
T. We cut across Groat Rd. at the 109 Street crossing and head to the path alongside the Westmount off-leash area to then continue south to **Paul Kane Park**. There are many breweries in the area, all popular end-of-ride destinations with cyclists. People watch in the park! Grab an ice cream.
U. The **Boardwalk** offers stunning views of the river valley.
V. To get to **Ezio Faraone Park** it is quicker to ride on the road in traffic, but if you really want to stay on the bike path you will **hop north to the 102 Avenue bike lane**. The park is usually filled with athletes doing stairs, strength trainers, and even slackline enthusiasts.
W. The other jewel of Edmonton is the newly renovated **Parliament Grounds** with water features, floral gardens, and classic architecture.
X. Heading home! There are many routes to take but this one would take you through the impressive **Ice District** where events take place year round.



The lookout point at Griesbach is a beautiful place to watch the sun set. | Sherridon



What's a Community League?



It's a group of people who come together to make their neighbourhood better. A League is not-for-profit and led by a board of volunteers. Leagues are open to everyone in the neighbourhood and help connect people.

Community Leagues
are unique to
Edmonton

They're similar to community
centres and neighbourhood
associations.

Every neighbourhood in Edmonton has access to a League.

www.efcl.org

Community Leagues are open to everyone who lives in the neighbourhood. How can you get involved?

- 1 Find your neighbourhood's Community League.
You can look for yours at efcl.org/league-search
- 2 Buy a membership. Memberships come with perks such as:
 - a. Discounts at City of Edmonton facilities
 - b. Free skating at outdoor rinks all over the city
 - c. Connecting with your neighbours
- 3 Use your membership to attend events, register for programs and so much more.
- 4 You can volunteer for your League by joining the board or by helping out at events or on certain projects.

Watch RCP's
community
league video
here!



What do Leagues do?

They build local amenities: → Parks → Community halls → Community gardens → Basketball courts and tennis courts	They provide local recreation and programming → Skating rinks → Soccer programs → Senior drop-ins → Yoga	They bring people together in the neighbourhood → BBQs → Garage sales → Coffee drop-ins → Movie nights	They provide people with a platform to have their voice heard at City Hall → Leagues will bring issues to Council that affect their neighbourhoods → Leagues are consulted about developments in the neighbourhood and engage in community consultation
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Eastwood Neighbours, you are invited to

MEET YOUR LEAGUE

Sunday, Sept 21 from 2-4 pm

11803 86 St

Join us for games, face painting & snacks.
Tour the facility. Tell us about your interests.

CLAIM YOUR FREE MEMBERSHIP



Coffee with Cops: communicating with EPS

The emergency response starts with your call

SHERRIDON ROUTLEY

I joined the large group at The Carrot Community Arts Coffeeshouse for the monthly neighbourhood engagement session. Two familiar beat officers led this talk backed up by bylaw liaison Dawn Freeman, Edmonton Police Service (EPS) community coordinator **Lawrence Jansen**, and a civilian representative from the Emergency Communications and Operations Management Branch (**ECOMB**). An expansion on the **Make the Call initiative** for the area, this meeting served to give a behind-the-scenes look into how calls are handled and answer concerns the community may have as to call priority and response.

Emergency Response

The ECOMB representative walked us through what goes on in our call centres. We learned a 911 call centre can have 25 operators working at a time and handles around 2,000 calls a day. If you have never called 911, you should expect the first operator to direct the call to the appropriate response team based on the nature of the emergency. At this level, they don't need detailed info as that will be gathered by the next level of communication, so it's best to get to the point. Don't be surprised if you are asked to repeat the details to the next operator; your issue is already in the system being addressed as an emergency. They shared many tips with the group: When making the call, be ready with an address or local landmark for where the response is needed. If there is a suspect

involved, note the direction of travel, a description and, if possible, a licence plate. You can find more guidance on reporting a crime on the **EPS website**. EPS said there are many factors affecting response time, with immediate threats from weapons or large-scale damage, to persons or property being ones at the top. Situations that are not immediately life-threatening — such as theft, vandalism, noise complaints, or providing information on past incidents — should be handled by dialing **780-423-4567 or #377**.

Scenarios

A member of the community described a situation in which a problem dog had bitten a lady the day before and it was now out of its yard again roaming the streets; should they call 911? The response from ECOMB was that it is always a good idea to call 911 if you perceive there to be a situation where the danger to the public is imminent. If the dog owner knows and is taking care of the situation, then it is better to call 311 and get directed to the appropriate response team. Another member representing the immigrant community asked how well the emergency communication operators were able to handle calls from people who spoke English as an additional language, or not at all. The EPS responded that there are services for many languages available at the 911 centre, but your call may be handled slower. I asked the protocol regarding calling

911 back if you feel the response time is slow. The officers recommended this would be appropriate if the situation has escalated or that there are still people in imminent danger. You could also call 911 again if there is important information on the situation that has emerged. It was also asked at what point a person on the street that is possibly experiencing mental distress or having a substance-related episode should be reported to 911 when vocally threatening people. The EPS reiterated that only situations of immediate danger or crimes in progress should be dealt with by 911, and to call 211 instead where services like REACH Edmonton can better assist. If the person is damaging property or using violence, reach out to **780-423-**

4567 or #377.
Other Issues

There were a couple complaints about the rotational 'catch and release' nature of repeat offenders and why obvious drug dealers are not dealt with. Although the officers had opinions about the system, ultimately they were only enforcement and had nothing to do with the legal outcomes. Their most important action in making arrests is to obey legal procedures to the letter since it is the only way criminals can be prosecuted in the current system. As for the volume of drugs on the streets, the officers explained that the sheer amount of drugs and low level dealers is not easily dealt with by incarceration alone.



A full house at The Carrot | Sherridon Routley

NORWOOD NEIGHBOURHOOD ASSOCIATION

SMALL COMMUNITY GRANTS



Eligibility: Residents and non-profits* in or serving the Norwood community (Alberta Avenue, Delton, Eastwood, Elmwood, Parkdale/Cromdale, Spruce Avenue Westwood)

Types of projects may include:

- Community events & public art
- Education & training
- Intercultural celebrations
- Projects supporting families & seniors
- Capacity building projects





Application Deadline:
October 1, 2025

Email NorwoodNNA@gmail.com to request your application package

*individuals and non-registered organisations must ensure they have a registered non-profit to act as a fiscal agent (manage the funds on behalf of applicant)

Dreams and homes go hand in hand

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12325 88 STREET

deltoncommunity.com

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CANDY BAGS!

HOT DOG ROAST!

MARSHMALLOW ROASTING!

DJ PARTY!

NEIGHBOURHOOD CELEBRATION!

Friday, October 31

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the CARROT
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AABA PRESENTS

ALBERTA AVENUE NIGHT MARKET & ALBERTA AVENUE BEATS

IT'S HERE!

at The
Parkdale
Square

FRESH CO IN COLLAB WITH: **EDMONTON POLICE SERVICE**

Scotiabank **NEIGHBOURHOOD Empowerment Team** **REACH EDMONTON**

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PERFORMANCES

The party starts **6 pm - 10 pm**

**26th
SEPTEMBER**

The Parkdale Square
8118 118 Ave NW

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EDMONTON**

Mid Autumn Festival

September 19th, 2025

Join Us for a Magical Mid-Autumn Festival!
Celebrate with us under the moonlight with tasty food, fun activities, and cultural traditions. Bring your family and enjoy a beautiful evening connecting with the Asian traditions on Alberta Avenue!

September 19, 2025
5 pm - 10 pm

9035 118 Ave NW,
Edmonton, AB

Apply to be a vendor

ALBERTA-AVENUE.COM/NIGHT-MARKET-VENDOR-INFORMATION

