HIGHLANDS | BELLEVUE

HIGHLIGHTS

COMMUNITY MAGAZINE

DECEMBER 2014 ISSUE 15



Photo: NICOLE GABERT

HIGHLIGHTS MAGAZINE

December 2014

Published quarterly by members of the Highlands/Bellevue communities in conjunction with the Highlands/Bellevue Community Leagues.

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We're trying new things at Highlights

LEANNE STROH

As the year draws to a close, we start to think of things we can do differently. Perhaps it's timely then that we are starting to explore new ideas here at Highlights.

You may notice that Nicole Gabert, our wonderful graphic designer, has been making some changes to our layout and logo. The look of the magazine isn't the only thing that has changed. Contributors have sent in information about life events, which have been included in this issue under Announcements. Allie Korpesio has dreamed up a section to showcase the beautiful homes in our neighbourhood. Take a peek inside her historic home on page 26.

The thing I love most about reading Highlights has always been hearing the voices of Highlands and Bellevue residents shine through in their stories. A variety of opinions can be found in these pages on a number of issues that affect our community; the topic of infill housing is just one example where we have heard conflicting viewpoints. In my role as editor, I may not always agree with the opinions found in these pages, but I do my best to respectfully represent all articles that come into my mailbox. If you agree or disagree with a story found here, write to me.

The December issue reflects a lot on the activities of late summer – Highlands and Bellevue's Community League Day

celebrations, movie night with Northlands at the Bellevue Hall, and the reopening of Borden Park just to name a few. Though the snow has been falling for a while now, there are still plenty of activities planned where you can meet up with your neighbours – whether cross country skiing in Borden Park, sipping a cold one at pub night, enjoying the programming at the new Highlands branch of the Edmonton Public Library, or packing up your favourite dish for the Highlands Christmas Potluck. As you may have noticed in the September issue, we have pulled all upcoming and regular events onto one page (page 28 of this issue), with the intention that you can pull this page out and tack it on your fridge for quick reference.

As a newsletter committee, we are dedicated to ensuring that this magazine suits your needs. Is there something that you used to see in these pages that you miss? Do you have ideas for new features? Is there an event happening in our area that you want to share with your neighbours? Are you a budding photographer who dreams of seeing your snaps on the front page of a big publication? Start here. Send me an email at highlights.newsletter@gmail.com and we'll work together to ensure our publication continues to reflect our vibrant community.

A FEW PHOTOS FROM THE NEIGHBOURHOOD



Students from Highlands School work on an art piece titled "Hello" at Highlands Street Festival, Photo: BRAD BURNS

Edmonton Public Library opening/ Photo: SUSAN PETRINA

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Highlanders give back to their community

SUSAN RUTTAN



I want to take the opportunity to thank several Highlanders for stepping up and helping our community. We are fortunate to live in a neighbourhood where residents often go the extra mile: special thanks go out to Tim Starchuk, Evelyn Ching, and Laurel and Murray Hoke.

Tim Starchuk stepped up. This young league member is an expert photographer who decided to share his skills with others. In October, he offered a four-week

photography class at the Highlands Community Hall, with all proceeds going to the community league.

Thank you, Tim, for all of the work you put into this excellent project. People like you who step up and get involved make Highlands a great community.



Evelyn Ching with five-year old Claudia and one-year-old Thomas

Evelyn Ching also stepped up. This Highlands mom is home with five-year-old Claudia and one-year-old Thomas. This year, Evelyn is the main organizer of the Highlands playgroup. The free drop-in program for moms and youngsters happens Tuesday mornings between 9:15 and 11:15 a.m. at our hall.

Evelyn became concerned while watching the little ones crawling around on the dirty carpet in the Highlands lounge. Since she has a steam cleaner at home, she decided to tackle the problem

with help from two Highlands board members. After she was done, the carpet was several shades lighter. Thank you, Evelyn.

The list of people who help our Highlands community league is very long, but let me mention just two more: Laurel and Murray Hoke, who for years have done the shopping to keep our hall stocked with paper towels, toilet paper, and other necessities. Thank you, Laurel and

Here's what's happening in Highlands this winter:

- The annual Highlands Christmas Potluck Dinner is Saturday, December 6 at 6 p.m. at Highlands United Church, 11305 64 Street. This is a great community gathering, so don't miss it. Bring your own plates and cutlery, in addition to a potluck offering for the table.
- The community league is applying for a provincial grant so we can hire a part-time person to finish up the work on the Abundant Community project. Highlands was the pilot neighbourhood for this project, led by the amazing Howard Lawrence, but Howard is now busy getting the initiative going in other areas of the city. We need someone to finish what Howard started - get volunteers for every block to interview their neighbours, and then use all the data we've collected to link people with similar interests, whether those interests are mountain biking or canning vegetables.
- Our rinks will be open to all from December to March, so get those skates out.
- And of course, pub night happens every third Friday of the month, at the Highlands hall, starting at 8:30 p.m. Come and see why pub night is so popular.

If you have talents and skills you can lend to the community, let me know at president@highlandscommunity.ca.

JANICE FLEMING

Janice Fleming Weeks

This year has been very busy, dealing with issues such as infill housing, parking issues with Concordia University, crime, traffic safety and residential inquiries. I'm proud of the accomplishments our board has made. Volunteers have come forward to help with various activities, excitement is building over our future wall mural project, and next year marks our 95th anniversary! Community League Day and our movie night with Northlands brought out record numbers of attendees, and we

Make a New Years resolution to get more involved in Bellevue

hosted our first Halloween potluck.

As your community league president, I appreciate hearing your concerns. I am a volunteer who does not get paid, yet I have committed to this role for the past four years. This is like another full time job with all the hours spent dealing with residential inquiries and attending community meetings. I plan programs and events for Bellevue and recently helped co-ordinate our movie night with Northlands and the grand reopening of Borden Park. I sat on an arts selection committee to choose pieces of artwork permanently installed at Borden Park. I was also involved in consultation with the Highlands transportation initiative on 112 Avenue.

I work hard for Bellevue and advocate strongly for our community. I will continue to do that. What I want from you is to become more vocal on matters that affect you. If you don't like the noise you hear at K-Days or the races that run in front of your door, if you are

affected by students parking at your residence, or if you witness crime, please report it. Call 311, the Edmonton Police Service's complaint line at 780-423-4568, or me. I can be reached at 780-474-1183 or at **bridgetjones6@hotmail.ca**. Write to your city councillor and your MLA. I encourage you to come to our board meetings and address your concerns with the Bellevue Community League Board. The community league is here to help you, but we need you to be active in helping find solutions to the issues in our community. We need your support, your commitment, and your efforts to bring resolution to neighbourhood concerns.

If you want to see a group start, such as a children's playschool, or if you have an idea of an event you want to see occur, call me. Let's chat over coffee, and I can help make your idea come to fruition. Communities become great by the efforts of everyone working together. It takes strength in numbers to make a community thrive and be a place where we can live safely and abide peacefully. We have a beautiful neighbourhood with a diverse mixture of families, seniors, and youth in a community that is warm and heartfelt. Let's work together to make 2015 a great year!

I wish all of you a blessed Christmas and want to extend my thanks to my hardworking executive, whose efforts help serve Bellevue and Virginia Park. Thanks to Anita Vivier, Denise Courteau, Ed Boraas, Grace Kelly, John Rau, Joachim Nuthack, Jose Rodrigues, Judy Nuthack and Kerry Weeks. I also would like to thank committee members LeAnn Wright, Melanie Moore and Nancy VanCamp. who are on the Bellevue Historical Art Mural Committee, and Debbie Petit, our Bellevue Newspaper Co-ordinator.

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LETTERS TO THE EDITOR

Let's work together to protect our mature trees

I've just finished reading Ben Hartt's article, "Protecting mature trees in the Highlands," and I would like to hug him for it. I live on 51 Street and, within one month, I've just suffered (yes, emotionally and physically suffered!) the pain of witnessing the cutting down of three beautiful mature trees on two private properties. I've written about it to Tony Caterina and Ben Henderson, who had started some action to protect mature trees in 2010. So far, there has not been any response.

I would like to join ranks and contribute to the efforts of saving the Highlands' and Edmonton's urban forest any way I can. So far, by myself, I'm getting zero traction appealing to my city councillor, and I feel powerless watching the aimless destruction of the environment around me. Maybe if there are more of us, we can organize a large group to pressure the city to do what Vancouver and Ottawa have done, as reported by Ben in his article.

Grace Smith 11250–51 Street Highlands

[Ed. note: Grace let Highlights know that she received a response from Ben Henderson who said that his attempts to get a bylaw to deal with the question of mature trees on private property went nowhere with the last council, but that it is time to try again to see if we can make some progress on this issue.]

Leaf load lighter due to Highlands School students

We would like to pass along our most sincere and hearty thanks to the leadership students from Highlands Junior High who raked and bagged our front-yard leaves. As the resulting mountain of orange bags attests, it was a big job, and you went at it with lots of energy and good cheer. You earned a lot of good will in this household. Living on 63 Street with all of the stately elms is wonderful, but can be daunting in the fall. Thanks to you, we're less daunted this year.

Thanks again – and if we can return a favour, do let us know.

Cheryl and Peter Mahaffy 11243–63 Street Highlands



Peter Mahaffy shows off his freshly bagged leaves.

Photo: CHERYL MAHAFFY

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Milestone birthdays for two residents in Bellevue and Virginia Park

JANICE FLEMING

Two unique individuals celebrated milestone birthdays this year. Both are energetic seniors who have lived in the neighbourhood for many years.

Marjorie Johnson

Marjorie Johnson celebrated her 80th birthday in February. One of her friends organized a surprise party at the Red Diamond Restaurant. Forty friends helped Marjorie celebrate the occasion.

Marjorie is a very active lady. She walks her dog about four times a day, and connects daily with neighbours along her way. To me, she is our neighbourhood watch. She keeps abreast of activities and people in our neighbourhood. She is a sincere, kind person, who gives a great loot of candy for Halloween. She grew up in Bellevue and has lived in the neighbourhood for her whole life. She has witnessed the changes of schools, developments, and politicians over the years. She comes to every barbeque and street party, and she knew my husband way before I even met him.



Marjorie Johnson and Nancy VanCamp at barbeque party

If you ever need anything, Marj is right there to lend a helping hand or listen when you need to chat. Her friendly smile goes a long way. When you have a bad day and see her friendly wave or hear her vivacious "hello!" your cares and worries seem to disappear. She really cares about Bellevue and its residents, and she treats everyone with the utmost respect.

I want to wish Marjorie many more years of good health, adventure, fun, and friendships. Hats off to you, Marj; you're a diamond in this neighborhood!

Grace Kelly

Grace celebrated her 85th birthday on August 21. We presented her with a homemade cake at the Bellevue Block Party this summer. The day was beautiful and sunny, just like the lady.

Grace Kelly moved into Bellevue in the 1970s. She purchased a house with her late husband across from Virginia Park School. She got involved with the Bellevue Community League Board, and was very active on the board with her husband for many years. Grace rejoined the Bellevue Community League Board in 2012. She has served as membership director, and is now in charge of Virginia Park Seniors as a director.

Grace has a bright, bubbly personality and exudes a positive outlook. Whenever you are around Grace, she makes you laugh with her witty sayings. Grace is a kind-hearted lady who is very passionate about our community and has served Virginia Park for more than 20 years with her volunteer work and service. She has



Grace Kelly at Bellevue Block Party - August 2014

an abundance of energy, and she never complains. Grace deals with her bad days in a positive manner; with a gust of getup-and-go attitude, she makes the most of her day and gets out and about.

Grace and I have a joke that she has to "Slow down, stop, and smell the roses," but Grace keeps on going – to birthday parties, barbeques, and other events in Virginia Park and Bellevue. Her involvement in the Aerobic Non Smoking Dance Club, as its vice president, keeps her even busier. I honestly don't know how she does it, but she is better than the Ever Ready battery! If they could bottle the energy Grace exudes, we would surely never encounter an energy crisis.

I wish Grace many more years of good health, abundant energy, happiness and adventure. Our Grace Kelly is not an actress or movie star, but she is a star in Bellevue's eyes!





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FEATURES FEATURES

Elizabeth Verhagen cycles 580 kilometers across Alberta

ANITA JENKINS

Longtime Highlands resident Elizabeth Verhagen took a 580-kilometre bicycle trip through north central Alberta this summer. She traveled alone for two weeks on her 18-speed racing bike from west of Legal through Fort Assiniboine, Swan Hills, Lesser Slave Lake, Athabasca, Thorhild, and back.

This level of long-distance cycling is notable in itself, but that's only part of the story. It's important to know as well that Verhagen is 70 years old, and that she has been a professional artist all her life. Almost every summer for the past 40 years, Verhagen has combined her passion for bicycling with her love of drawing in an extended Alberta tour.

Verhagen, an immigrant to Canada from Holland at age 10, loves the beauty she sees in the province of Alberta. "To be here and interpret the Alberta landscape and small towns the way I have – it would have never happened anywhere else," she says.

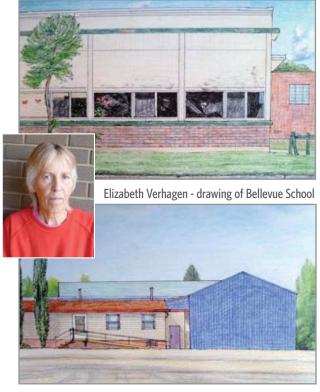
Elizabeth has traveled a total of 82,550 kilometres so far. She has cycled as far north as Peace River, as far south as Calgary, as far west as Dawson Creek, and as far east as Cold Lake.

For a long time, Verhagen carried a tent – as well as her art supplies - and set up camp for the night wherever it was most convenient. But now, although her continuing ability to cover long distances is amazing, she has accepted the necessity of sleeping in a hotel or motel. This requires a carefully planned itinerary, since some of the towns and villages don't have accommodation available. On her most recent trip, Elizabeth cycled 147 kilometres in one day to reach a suitable place to stay the night.

Inspired by Alberta's vibrant intensity of light and colour, Verhagen stops whenever something catches her fancy to draw or paint it in her sketch book. In the evening, she records her daily impressions in a journal.

Verhagen spends the winter season creating paintings and other works in her Edmonton studio. She currently has several of her works in the art rental and sales gallery at the Art Gallery of Alberta.

Ania Sleczkowska, a well-known Edmonton curator who also lives in the Highlands, has high praise for Verhagen's artistic endeavours. "Elizabeth is inspired by the strong shapes and dramatic light in Alberta landscapes. She amplifies that in her paintings and collage constructions to give them a heightened, magical, almost illustrative quality, dazzling with intense colour, from the most fiery reds to the coolest blues."



Elizabeth Verhagen - drawing of Building behind RBC Slave Lake



Elizabeth Verhagen - drawing of Thorhild coin car wash and convenience store

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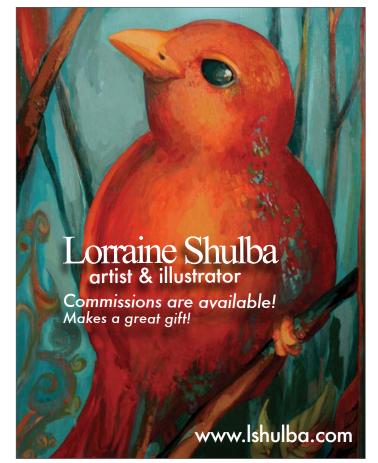
Musings of a Master Composter: minimize waste while gift giving this Christmas

HERB GALE

Gift giving can be challenging when friends and family are fortunate enough to already have a household full of clothes, knick-knacks, and so on. On top of that, shopping at big box stores, shopping centres, and malls can be frustrating.

Sarah, manager of the Reuse Centre, has suggested that people should not purchase so much stuff to satisfy holiday gift giving. Consider gift certificates related to a person's interest rather than to a big box store, coffee shop, or restaurant. For example, you could gift photography courses to a budding photographer, or art classes for the person who always wanted to draw or paint but never started. The added advantage of gifting classes is that recipients have the chance to socialize with people with similar interests before, during, and after classes.

Cooking classes are fun for both beginners and advanced cooks. Dance classes can teach everything from ballroom to square dancing. Yoga classes provide stretch exercises and a great way to relieve stress. Classes at Metro Continuing Education, NAIT, the University of Alberta's Faculty of Extension, MacEwan University, the Citadel Theatre, and the Art Gallery of Alberta teach artisan bread baking, woodworking, ballroom dance, language studies, photography, adult acting, and much more. Lee Valley also offers a wide range of courses that can appeal to males and females of all ages.



The John Janzen Nature Centre offers courses for those on your list of all ages who are interested in nature and composting. The centre offers composting courses for about \$10 with the option of purchasing a compost unit for approximately \$35 (a very good buy). For gifts related to composting, look at the Bokashi Kit available at Earth's General Store. The kit costs about \$100, and I have found this is a worthwhile way to compost in the house. You can also buy a vermicomposting (worms) kit at Earth's General Store for \$120. The kit includes worms, container, and instructions. Carbon Environmental Boutique carries the Natural Mill Ultra Composter. The unit costs a bit more at \$425, but once you add the compostable material, the machine does the rest. This unit uses a small amount of power to operate, and compost is ready in two weeks. Carbon also offers classes on how to detox your home and lifestyle.

For active friends and family members, why not gift a handful of passes to Eastglen Pool or the Clareview Recreation Centre (located at 3804-139 Avenue), which has an aquatic centre, fitness centre, arena, multicultural centre library, and 800 parking stalls: everything needed to help with physical fitness and expanding one's mind. A gift idea for bicycle enthusiasts is a yearly membership with the Edmonton Bicycle Commuters. The membership entitles a person to receive discounts at bike friendly businesses, bike-work discounts (EBC members pay \$2 per hour for shop time), plus reduced rates on mechanical workshops and road courses. Not bad for a \$20 annual membership. Are there people on your list who have restricted mobility and live in their own home? If so, make up promissory notes to shovel the sidewalk after a snow fall.

Gift certificates put less of a strain on the environment as they use a minimal amount of gift wrap, create less wear and tear on your vehicle, save time, and are less waste sent to landfill later.

If you need more ideas or assistance in locating some of the items mentioned in this article, contact me at herbmastercomposter@gmail.com.



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COMMUNITY NEWS COMMUNITY NEWS

Give the gift of volunteering this holiday season

JOSIE HAMMOND-THRASHER, COMMUNICATIONS AND MARKETING CO-ORDINATOR FOR THE CHRISTMAS BUREAU OF EDMONTON

Highlands resident Shauna Larkin describes herself as a Christmas nut. To celebrate the holiday season, she decorates seven full-size Christmas trees and displays her collection of more than 170 Santas and snowmen throughout her home. For over 10 years, Shauna has shared her love of the season with her community by volunteering with the Christmas Bureau of Edmonton.

Shauna enjoys volunteering at the Christmas Bureau, because it's a great way to meet good people and have a chance to give back at the same time. It's a feel-good thing.

Since 1940, the Christmas Bureau has worked to make sure every Edmontonian in need gets a festive meal at Christmas time. Last year alone, the Christmas Bureau provided food hampers or food gift cards for 61,000 Edmontonians with the help of more than 540 volunteers.

"Christmas should be that magical time we can all look forward to, not a time of struggle. It's important to show people that someone cares and is looking out for them." - Shauna Larkin



Shauna and mom Lynn Larkin at Kingsway

There are many ways to get involved with the Christmas Bureau, a few of which include:

- Donation Desk Ambassadors (December 2 to 24): accept donations at desks in malls throughout Edmonton
- Turkey Transfer (December 20): carry frozen turkeys from a truck to cold storage – a great way to get a light workout while giving back
- Walk-In Days (December 22 to 23): 150 volunteers are needed in a variety of roles
- Hamper stuffing (December 20): help stuff over 1,800 festive hampers



To learn more about volunteer opportunities with the Christmas Bureau, visit christmasbureau.ca/volunteer or call

Kalina Lorenz at 780-414-7682.

Your support has helped to make 2014 very special for everyone at Northlands, as well as our volunteers and the communities we're proud to be a part of. We look forward to all of the great things 2015 has in store for us and urge you to learn more about our community efforts by visiting northlands.com.



Don't miss out again on the Tour of Alberta

JANICE FLEMING

I volunteered at the Tour of Alberta race on Friday, September 5. I travelled to Edmonton Garrison, just outside of the city, where I had the most incredible volunteer experience of my life. It was absolutely thrilling to be part of the Tour of Alberta, watching the race and meeting the people behind the scenes. The tour came into Bellevue on Saturday, September 6, just around 12:30 p.m.

I helped at the VIP tent, where I met several dignitaries throughout the afternoon. I love to meet and greet people, so this was a natural fit for me. I had previously worked at the World Games at the Commonwealth Stadium, and I have volunteered at city events for most of my life, wherever I had the opportunity to do so. But this event was so different from all the rest.

When the racers started to enter the grounds on the track where I was working, I had a fantastic vantage point to see them whirl by and to hear the stepby-step commentary. The combination



Race unfolding

of hearing the announcer and seeing the bikers ride by in droves was such a rush! The excitement grew as people around me cheered the racers on.

I was also impressed when I saw the various vendors so engaged with people. The collective support of businesses and volunteers was a recipe for success.

Between the leading group of cyclists, the second group, and the last pack, cars and police on motorbikes were in such tight precision at such a fast pace. It was unlike anything I have ever seen in my life.

The winners whizzing by and the crowd erupting was quite the sight. I commend the hard work of these dedicated cyclists who have been training daily for years just to get to qualify for the Tour of Alberta.

I also commend the many volunteers who put on such a great show. I'm very thankful for the opportunity to have been part of this beautiful day. It was a hot, sunny day I will always remember. Make sure you watch it next year in 2015; bring your family and friends – it's something you will not want to miss.



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COMMUNITY NEWS

Highlands Farmers' Market Report

ARIE JOL, MARKET MANAGER

Summer season for the Highlands Farmers Market has come to an end, and we have moved into the hall behind the church. Every Thursday night we are at the St. Mary's Anglican Church Hall, on the corner of 68 Street and 112 Avenue, from 4 p.m. to 8 p.m. We will be operating all winter except in January, when we take a break.

Thank you to members of St. Mary's for supporting us, and selling hamburgers and pop throughout the summer. Now that we are inside, ladies from the church will be selling supper and a drink for \$5. So forget about cooking for a night; stop in and have a meal with your neighbours.

What does this market sell? You will find tasty home baking, including gluten free products, fresh free range eggs, naturally grown beef, pork, and chicken, honey, Epicure herbs and spices, Phil's Fudge, plus a variety of interesting crafts and homemade games.

Thank you to our faithful vendors who provide such excellent products each week. You are a pleasure to work with.

Thank you to our customers, who brighten our day and make all the work we do worthwhile. We enjoy serving you!

Highlands Gardening Club Update

JOHANNE YAKULA

Summer is always a busy time for gardeners in our neighbourhood, and it was busy for the Highlands Gardening Club as well.

In addition to maintaining their own yards, several of the members planted and maintained more than 600 annuals in the concrete containers located throughout Highlands Park. Access to a dependable source of water has been a challenge for this project from the beginning. Next spring, we intend to begin incorporating perennials that can survive periods of drought or heat.

The club also took part in the Highlands Street Festival on September 7. Members donated tried-and-true plants from their own backyards to sell at this event. Proceeds from events like this one are used to bring knowledgeable speakers to the club's monthly meetings. Our most recent presenter was horticulturalist Lorraine Taylor, who talked to the group about pests and plant disease identification.

The Highlands Gardening Club was also represented at Community League Day on September 20. We celebrated the Highlands Community League by giving away free plants to good homes. The club also donated a beautiful fairy garden that had been created by three of the club's members. The winner of the fairy garden, Sukh Panghali, is a resident of our community.

We are especially excited to announce that the club has joined the 21st century with the launch of our own blog. For information about the club and how to become a member, or to view pictures of events and read tips on gardening issues that affect us in the Highlands, visit our new online home at: **highlandsgardenclub.blogspot.com**.

Wendy McGrath to discuss Highlands historical fiction at Mandolin Books

LIANNE TRAYNOR

Santa Rosa and North East are two works of historical fiction written by local author Wendy McGrath. In January, Mandolin Books will host Wendy for a lively discussion about the themes, characters, and most importantly the neighbourhood featured in these books. We suspect that many readers of the Highlands/Bellevue Highlights will be inspired by these stories to share their memories and insights.

Copies of both books are available at Mandolin for your reading pleasure.

Sunday, January 18, 2015 2 p.m.

Mandolin Books and Coffee Company 6419-112 Avenue

See you there!

NORTH EAST WENDY MCGRATH

ABOUT THIS BOOK

In North East, Wendy McGrath expands on the story she began with Santa Rosa, as a working class couple living in 1960s Edmonton drift further apart while their young daughter tries to understand subtle shifts she senses taking place under the surface of her family and her neighbourhood. A visit to her grandparents' farm in the country reveals the abject poverty the couple came to the city to escape, and the internecine marital strife that threatens to be born anew.

McGrath's crystalline, evocative prose conjures an image of the past that defies nostalgia, conjuring images of a city that is in the midst of rewriting its own history. Through the all-seeing eyes of her child protagonist McGrath conjures indelible scenes of

harsh domesticity and small victories, of endless summertime days spent around the home and evenings at the drive-in theatre.





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COMMUNITY NEWS

100-year-old Borden Park reopens to the public

SUSAN PETRINA

Our revitalized 100-year-old Borden Park celebrated its official reopening on September 19. Many community residents joined staff from Northlands and the City of Edmonton, as well as a full slate of dignitaries, to celebrate that the park was once again open to the public.

The event was hosted by Doug Costigan, Director of Northeast District Neighbourhoods, Parks and Community Recreation. Guest speakers Linda Cochrane and Katherine Kerr spoke to the project's uniqueness both in construction and design features. Linda Cochrane, the Community Services General Manager, oversaw the project for several years from initial concept plans in 2010 through to completion. The budget was \$9.5 million, with the Government of Alberta contributing more than \$8.7 million from the Municipal Sustainability Fund.

Major upgrades include new picnic shelters and upgraded site furniture, a formal garden with interactive fountains, a revamped playground themed to respect the historical fairground and Edmonton's first zoo, more than 200 new trees, approximately two kilometres of new walkways, a new park pavilion, and a refurbished bandshell theatre.

The last remaining piece of the revitalization plan is the redevelopment of the 88-year-old outdoor pool into the Borden Natural Swimming Experience, a natural pool that will be able to be used year-round for unique recreational opportunities. The pool is expected to open in summer 2017.

Katherine Kerr, Edmonton Arts Council's Public Art Director (and a community resident), spoke about the 12 art exhibits







Photos: SUSAN PETRINA

placed throughout the park and noted the impressive – and colourful – sculpture located along 112 Avenue, Willow by Marc Fornes. Located within the new pavilion is Carousel, an abstract mural by Nicole Galellis. Both pieces were commissioned by the Edmonton Arts Council through the city's Percent for Art program; 10 other sculptures located around the park will be on display until 2016.

Long-time Highlands' resident and MLA Brian Mason, and City Councillor Tony Caterina spoke about the historic value and importance of the park to the vitality and cohesion of the surrounding communities. The park also holds value to the city as a whole, and these dignitaries emphasized the need for urban green space and places for citizens to gather.

Go for a wander and get lost in the beauty of this lovely treasure of a park that's so close to home. For more information on the revitalization and history of Borden Park, visit www.edmonton. ca/bordenparkrevitalization.

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Vision for 112 Avenue

BEN HARTT

While the reconstruction of 112 Avenue between 50 and 68 Streets is an inconvenience, the beautification of the avenue will add richly to the neighbourhood. The dug up road and boulevards are a blank slate, and present an opportunity to imagine what our neighbourhood aspires to be.

A common theme of literature on cities is that the most successful neighbourhoods provide areas for residents to live, work, and play. Neighbourhoods tend to thrive when their residents are able to live in their community, have opportunities for employment without long commutes, and are able to pursue other activities and interests close to home.

With the blank slate in front of us, one can easily imagine 112 Avenue as Highlands' main street, lined with mature trees, walkable sidewalks and patios, commercial spaces at ground level, and a range of housing types of an appropriate scale – one-to-two storey condominiums, row/townhouses, rental units, and seniors housing – enabling a better live/work/play balance for all residents. Considering the potential benefits for our community, there is significant opportunity for redevelopment along 112 Avenue that could better accommodate residents throughout the various stages of their lives.

Many of us know a senior who owns a home that has become too expensive or difficult for them to maintain. Many of our older neighbours do not want to leave the Highlands, often their home for decades. They have no choice, because the primary housing option is a single detached dwelling when a condo or apartment would be a viable choice. Similarly, younger residents moving out of their parents' home for the first time may not wish to leave the Highlands, but have little choice due to the lack of affordable housing options.

In addition to accommodating the life cycle of residents, the proposed development would benefit the community in several other ways. First, the value of real estate along and around 112 Avenue would likely increase. For example, a townhouse along 98 Avenue in Cloverdale, a much busier arterial road, is worth significantly more than most single detached houses on 112 Avenue. Second, more dense development along 112 Avenue would potentially provide an aesthetically pleasing buffer between traffic and the surrounding neighbourhood. Third, with innovative designs

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featuring commercial spaces at ground-level and residential spaces on the second and third storeys, development could provide more opportunities to live, work, and play in the neighbourhood.



112 Ave. Reconstruction / Photo: WILLIAM PRETTII

In this vision, residents could dine,

bank, visit the doctor, shop – and possibly even work – without leaving the Highlands, empowering residents who do not or cannot drive. Imagine amenities like a grocery store, pharmacy, pet food store, and medical clinic along the avenue within easy walking access to the homes. More population density in the neighbourhood would enhance the viability of businesses along the avenue.

The sort of change proposed here will not and should not happen overnight. To avoid the haphazard planning mistakes that many of Edmonton's communities have seen over the years, a vision for our community is needed, particularly with an aging and growing population, and a pressing need for infill development across the city. Striving for a greater balance between live/work/play, particularly with future development along 112 Avenue, will be key to maintaining and building on the success of the Highlands in a fast-changing city.

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Accepting registrations for September 2014



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LEAGUE NEWS

RiverWatch tour provides insight into our water resources

SUSAN PETRINA

October 1 was a fabulous day for a leisurely float down the river with friends.

Former Highlands Community League treasurer Allan Mayer and I started off at 7:30 a.m. on a quiet Wednesday morning to meet Terrie Moore, EPCOR Community Engagement Officer and our host on the RiverWatch tour. Allan and I represent our community league on the EPCOR Gold Bar Wastewater Treatment Plant Community Liaison Committee, and we were invited on the educational tour along with members of other leagues that surround the Gold Bar facility.

Our RiverWatch raft guide, Karel, shared historical and ecological information on the North Saskatchewan River, including the insight that the major contributory source is groundwater.

The river was peaceful and the quiet stillness of the valley made it difficult to believe we were surrounded by the city. "The thing that stands out for me," says Allan, "is just how relaxing and awe-inspiring the river is in such a large urban environment."

The river used to be a dumping ground. Old tires, metal fencing, and other slow-to-erode debris became embedded in the valley walls over decades. That 100-year-old garbage is now used as a soil stabilizer to slow riverbank erosion.

While our raft was filled with committee and EPCOR members, several other rafts carried Grade 9 students who participate in the



RiverWatch tour as part of science class. The students conduct water quality tests both upstream and downstream of the Gold Bar plant.

We all pulled up on the sandy island just west of the Capilano Bridge for the students to collect their control samples. My souvenirs included an old marble and a beautiful piece of petrified wood. We were all amazed to find a multitude of tomato plants growing happily on the island. They were only a few inches tall, but it was a mighty effort given the short season they must have had!

Our committee carried on down to the Gold Bar Treatment Plant where we had a walking tour of the digesters and settling tanks.

This informative tour led us through much of the extensive facility where we learned the following.

- No solids are released from the treatment process into the river.
- All wastewater filters through large digesters large round tanks that keep solids for 15-30 days based on incoming solid loading. They are emptied only if taken out of service (for cleaning or projects), otherwise they always contain solid waste; solids enter and leave the digester on a continuous basis.
- All non-biological products like plastics, sanitary products, and string are captured and collected in large slimy, stinky balls that ultimately go to the city's landfill. Solids from the digesters are later pumped to the Clover Bar lagoon.
- Bacteria and ultraviolet light are the primary means of treating the water through a series of settling tanks.
- On average, approximately 300 million litres of wastewater are treated every day, and it takes about 18 hours for liquid stream to be completely treated and released back into the river.
- The plant treats more than 100,000 million litres annually enough to fill an Olympic-size swimming pool more than 110 times a day.

For more information and news, go to: **www.epcor.com** and search for Gold Bar.







Photos: ALLAN MAYER

Dream. Plan. Build! Highlands Facilities Renewal Committee has exciting news

SUSAN PETRINA

Members of the Highlands Facilities Renewal Committee didn't take any time off this summer. Previous issues of this magazine included the public survey that met the City of Edmonton's requirement to help identify current and ideal use of space of the Highlands community centre.

The survey was open to Highlands' residents from May through July, and results were presented to the community at Highlands Community League Day. Of approximately 1,300 eligible households, 89 responses were received (both paper and online). Special thanks to Karin Nelson and Ann Parker, who collected and analyzed the survey data.

Members of the design and networking sub-committee are visiting leagues that have completed or are in the process of completing building projects. The experience of other leagues will be invaluable to us. We want to learn from others' successes and challenges to make our project go as smoothly and quickly as possible.

The facilities committee has now been working for almost one year. Our volunteers are putting in many hours to do this hard work and champion the needs of you and your neighbours. The 13 members of

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this committee are excited and committed to creating a dynamic and inspiring space that will serve the needs of all community residents, now and in the future. None of the members take their commitment and responsibility lightly.

At our meeting on November 3, members voted unanimously to recommend Highlands Community League demolish the existing building as part of our long-term envisioning process, proceed with evaluating other site components (such as the community garden and ice rink), and build a new facility as our first priority as outlined in phase 1 of the project plan that we submitted to the City of Edmonton in January 2014.

The following week, I presented the committee's recommendation, together with its reasoning and priorities, to the Highlands Community League's board of directors who voted to support the motion. Some of the reasons we gave for the league to pursue this long-term option are the public survey results, age of the existing building and required structural repairs, cost of removing the asbestos in the current building, and the fact that

the hall is not easily accessible for those unable to manage the stairs.

This is a very exciting and significant decision for all volunteer committee and board members to make. This means we can now proceed with engaging architects and designers to create concept drawings. With these concepts, we can begin applying for grants.

It is important for the community to know that we will ensure a transition plan is in place with our community partners to house the needs of our groups and clubs prior to the demolition of any facility. We will also have a solid fundraising strategy to ensure our project moves from concept to completion as quickly as possible, within our targeted five-year plan.

There will be more opportunities to get involved and share your ideas and comments on a future facility, and we look forward to hearing from you as we present information to the public through the Highlands Community League and at community events.



HFRC members include (from left): Ericka Chemko, Susan Ruttan (HCL President), Karin Nelson, Audrey Hayward, Geoff Lilge (HCL Sports & Rec), Sandy Herity, Susan Petrina (HFRC Chair & HCL Past-President), Ann Parker and Rhoda McDonough (HCL Treasurer). Committee members missing from photo: Nykie Starr (HCL Casino), John Strikwerda, Johanne Yakula, and Brad Burns.

Highlands Facilities Renewal Committee mission: The purpose of the Highlands Facilities Renewal Committee is to facilitate the design and construction of new community league facilities that will meet the ongoing needs of the Highlands community.

Highlands Facilities Renewal Committee vision: To develop an inspiring community centre that is accessible, welcoming, and engaging for the entire Highlands community.

PUBLIC SURVEY HIGHLIGHTS

- The largest age group of respondents was 40-60, with 20-39 a very close second.
 Planning for the future, more than 50 per cent of our neighbourhood will be over 50 years of age.
- An overwhelming percentage of current facility use is for social purposes.
- More than 50 per cent of respondents would like an increase in, a broader variety of, and more convenient scheduling of, some sort of exercise, fitness, and sports activities. Increased and more variety of social activities is a close second.
- Energy efficiency and sustainable design is indicated as the highest priority; followed closely by size. Respondents want a space large enough for dance events and relational and social spaces.

- Additional priority concerns are:
 - accessibility measures for seniors, persons with disabilities, and those with children
- landscaping that is designed aesthetically and maximizes use
- adequate and appropriate storage in the building
- Respondents shared overwhelming support for use of outside space for social activities.
- There was also overwhelming support for a facility to accommodate 100-150 people, with flexible and moveable components (including walls, a stage, and storage).

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LEAGUE NEWS

Volunteers make Highlands casino fundraiser a success

NYKIE STARR, CASINO DIRECTOR

The Highlands Community League completed another successful casino fundraiser. On August 21 and 22, 31 wonderful casino volunteers were on-site at Casino Edmonton on Argyll Road from 9 a.m. (morning shift) all the way through to 4 a.m. (graveyard shift).

Thank you to all the volunteers who helped make this event a success.

Abigail Bailey Daniel MacDona
Al Erickson Danielle Dean
Allan Mayer Debbie Jeannotte
Ann Blakely Helen Gillespie
Ann Parker Janice Wilson
Audrey Hayward Jonathan Lawren
Barb Nickel Judy Rieckmann
Brenda Noble Karin Nelson
Brett Farquharson Laurel Erickson
Chris Graham Lianne Traynor
Dan Rietveld Mark Van Eeken

Daniel MacDonald Melanie Olin Danielle Dean Murray Hoke Debbie Jeannotte Nykie Starr Rhoda McDonough Helen Gillespie Janice Wilson **Rob Creaser** Shauna Larkin Jonathan Lawrence Judy Rieckmann Shawna Moroz Karin Nelson Shirley Velsink Laurel Erickson Susan Ruttan Lianne Traynor

I also appreciate the casino advisors who patiently trained and guided us each step of the way through the paper maze: Cathy Bradner, Patricia Beteta, and Lily Seto.

The pool payout was deposited to the Highlands casino account in the middle of November, and included both the table games and slot machine proceeds. Together, we raised more than \$80,000 through this event.

Alberta Gaming and Liquor Commission recently notified the Highlands Community League that we will be considered for another fundraising casino in the third quarter of 2016 (July to September). We should know the exact dates for next year's event in February 2016.

I hope to see most of our volunteers again next year. If you are interested in helping our community raise money and having some fun while doing it, send me an email at casino@highlandscommunity.ca.

What you missed at Borden Park reopening and Bellevue/Northlands movie night

JANICE FLEMING

More than 300 people came together for community movie night with our Northlands neighbours. Most of the crowd came from the grand reopening of Borden Park, which was held from 5:30 to 7:30 p.m. adjacent to our hall.

Several pieces of artwork were featured inside the park – some as permanent features and others as rotational pieces. There were plenty of free activities, and goodies were given out to the kids. A scavenger hunt looking for art was featured as part of a learning component for children. I'm very excited about the new structures and art in the park, as well as the lovely outdoor furniture under the shelters, which many residents will use for birthday parties throughout the year. The glass-covered carousel area was a bit of a disappointment for me, as I felt the space was not utilized like it was in the original concept shown to the league. It would be great if the city engaged more neighbourhood residents in the design and concepts for buildings like this one in the future, to maximize the effectiveness and use of the space.

Movie night featured the movie Back to the Future, starring Edmonton-born Michael J. Fox. The entire parking lot was filled with cars, in addition to a huge crowd outside. The weather was warm at 21 degrees Celsius. We had a great concession inside the hall with popcorn, pop, coffee, chocolate bars, candy, and hot dogs. Thanks to Northlands for their donation of pop, candy, and popcorn to the league!

We hope to maintain a very good relationship with Northlands as our community and city grow. This relationship will help manage issues that arise when Northlands hosts events such as Klondike Days, Sonic Boom, and races throughout the summer. We must work effectively with our business partners in the community to voice our concerns and suggestions. As a resident, it is imperative that you also communicate any concerns or ideas you may have with Northlands. Please feel free to contact Darryl Szafranksi at 780-491-3401 or **dszafranski@northlands.com**.



Left: Kathy Kiss, Tim Reid, Janice Fleming at movie night

Photos:: JANICE FLEMING

PETER GOLDRING Member of Parliament Edmonton East

REFLECTING ON MARRIAGE

In October Lorraine and I celebrated 40 years of marriage, 40 years together through life's twists and turns to countless exhilarating heights, including the birth of daughters, Corinna and Kristina, the growth of our family with son Tom and granddaughters Katelin, Alexandra, and Eleanor.

My colleague Maurice Vellacott, Member of Parliament for Saskatoon –Wanuskewin, is a relative newlywed. He and Mary were married in 1976, 38 years ago. Maurice reflections on marriage, spoken recently in the House of Commons, bear repeating:

There is a myth out there that the divorce rate is close to 50%.

Shaunti Feldhahn found some startling and encouraging things in the research for her new book, The Good News About Marriage.

The divorce rate for first marriages is actually around 30%. Christians have between a 30% and 50% lower divorce rate than the general population. Although these are American figures, we Canucks can likely shave a few points off of that.

If people were to realize these facts and that most marriages do make it, they would be less skittish about tying the knot. When troubles come, they can say that most people have challenges in a marriage, but most people get over them and get through those problems and they will too.

As the Institute of Marriage and Family Canada pointed out in a recent study, married couples tend to live longer. They tend to be wealthier. They tend to have a much easier time getting out of poverty. Their kids do better in school, are less likely to take drugs and alcohol, and are more likely to delay sexual activity. Of course, they are also happier.

There is good news out there about marriage, and we need to spread the word. The vast majority of marriages happily thrive. Marriage is still a wonderful thing.

What do you think?

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LEAGUE NEWS

Highlanders are a gifted bunch: can you contribute, too?

HOWARD LAWRENCE

In the last issue of Highlights, I wrote that block connectors have been knocking on doors throughout the neighbourhood to ask about the skills, gifts, abilities, and experiences residents have to share. The intent of these questions is to create an inventory of residents' gifts for others to access. The intention of the Highlands Community League is to use this list to encourage helpful neighbourly connections.

If you are willing to add a gift, skill, or experience to our neighbourhood inventory, please contact me at **howardlawrence@shaw.ca**. I will contact your block connector and send them to your home. If you have not met your block connector yet, let me know.

To be connected, simply email **volunteer@highlandscommunity.ca** and make your request known. Neighbours who have self-identified with the gifts you are seeking will be notified, and they will contact you if they are willing or able to help. For example, maybe you or a loved one is looking for someone to shovel snow from your sidewalk. Someone who has offered to shovel snow in the inventory will be notified and they will be in touch with you to see if their services are a match with your need.

Some skills, gifts, and experiences may be paid arrangements, such as if you're looking for a babysitter. We are glad to know how our neighbours are making a living and support them when possible. However, the majority of gifts offered up during our neighbour conversation process are offered for free from neighbours looking to help create a caring and connected neighbourhood.

Residents have identified skills and knowledge in these areas:

animal health, animal care, antiques, appliance repair, architecture, art design, arts management, babysitting, baking, bridge, building maintenance, canning, career path, carpentry, casino, catering, children's programs, community resources, computer/tech skills, construction, cooking, wood carving, data input, yard design, dog training, dog care, dog walking, drawing, giving rides to seniors, drywall, neighborhood patrol, editing, electrical, event organizing, face painting, financial planning, fitness, French translation, fundraising, landscape design, gardening, senior care, graphic design, grief counseling, guitar, handyman, developmental disabilities, Highlands history or culture, house painting, interior design, drums, knitting, labor relations, landscaping, lawn care, life skills, literacy, bicycle care, board coach, mental illness care, business mentoring, youth mentoring, lawn mowing, negotiation, Commissioner of Oaths, occupational therapy, personal organization, outdoor education, parenting, pastoral care, photography, baking, pool maintenance, project management, public speaking, seniors care, sexual exploitation, sound tech, auto appraisal, speech therapy, stained glass, tax help, travel advisor, victim assistance, video production, vintage cars, woodworking, vard maintenance

HOLIDAY SEASON HIGHLANDS POTLUCK Saturday, December 6 Highlands United Church • 11305 64 Street Highlands' popular Holiday Season Potluck returns as always, complete with Santa. Please join us for some or all of the festivities. 5 pm — Crafts and fun for children • 6 pm — Dinner After Dinner — Santa! And a draw for a \$50 Superstore gift certificate. For the potluck • Bring a ready to serve dish to feed 2+-times your family. • Libel your dish in case it gets left behind! • Bring your own re-usable plates, cutlery and cups. • Parents, bring your cameras so you can capture your kids on Santa's knee.

Highlands Community League Day highlights sustainability

SUSAN PETRINA

Highlands joined many other leagues in celebrating the city-wide Community League Day on September 20. It was a lovely, warm day filled with both new and familiar faces. Your Highlands Community League board members ensured everyone was well-fed and entertained, and Mandolin Books kept everyone highly caffeinated (thanks to new owners Lianne and Cam Traynor for providing coffee!). A novel and enthusiastically received addition to our food/beverage offering included a people-powered generator for making smoothies, care of Jan Przysiezniak.

This year, we tried to foster a discussion of what it takes to make a community sustainable – the people, the places, and the facilities and amenities unique to each community. As we know, it takes a collective and sustained effort for a community to thrive. Anne Harvey and two of our neighbourhood block connectors spoke about the success of the Abundant Community Initiative and the rewards of getting to know your neighbours. Other guest speakers included Johanne Yakula from the Highlands Historical Society, Robyn Webb from the City of Edmonton's Sustainable Development Department, and Chris Buyze from the Battle Lake Design Group. Very special thanks to all of you for spending the day with us and sharing your gifts of time, knowledge, and experience.

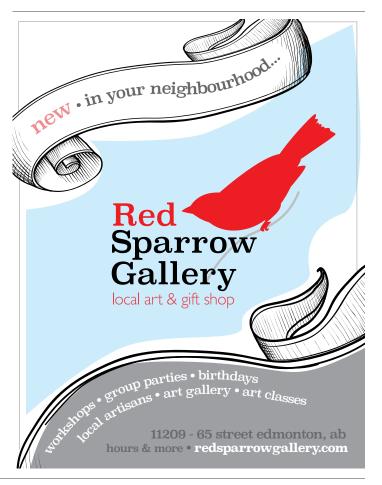
The Highlands Facilities Renewal Committee also presented the findings of the public survey on the current and ideal use of space for the Highlands community centre. We were grateful to have the opportunity to share information and discuss this future project with neighbour and MLA Brian Mason and Councillor Tony Caterina, who both made time to sit and talk with their constituents.

It was great to have members of the Highlands Social Club, Garden Club, Bridge Club and Lawn Bowling Club in attendance to share information, and we were thrilled to have several of our community friends and neighbourhood partners also join in the fun. Not only did Reverend John Burrill of Highlands United Church spend the day with us, but our friends and community contacts from Northlands (Darryl Szafranski), Concordia (Brett Farquharson), and EPCOR (Terrie Moore) were present and contributed prizes (and water for the event). We're so happy you could join us, and your gifts were gratefully appreciated!

While the annual event had a smaller attendance than in previous years, Highlands Community League still garnered more than \$160 in donations. Thank you friends and neighbours for continuing to show your appreciation for all the hard work that your volunteer community league board members contribute to this community. Great big thanks to all of them and the other community volunteers who ensured it was a successful – and fun – day!







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LEAGUE NEWS LEAGUE NEWS

Bellevue celebrates 94 years during Community League Day

JANICE FLEMING

On Saturday, September 6, 2014, Bellevue held its annual Community League Day and show and shine. Approximately 200 people attended our event this year. We had several new vendors, including the Duke and Duchess Dog Rescue, Front Yard Blooms, Seniors Association of Greater Edmonton (Snow Shovelling Program), Vicky's Before & After School Care, Highlands Nursery School, Bloom (Fitness Instructor Gail Rogers, who teaches at the Neighborhood Community Church), Concordia Bells Choir (which performs at our hall in November each year as part of the Bellevue Bright Lights concert), The Thistle Farm Petting Zoo, and a Fire Prevention display.

We also had our first people's choice judging for the Car Show and Shine, which Gerry Foster organized for us with the car clubs. This year we had 20 entries. The winners were:

- First prize: Sid Braaksma's mint green 1958 Pontiac Hardtop
- Second prize: Kevin Presisniuk's red 1965 Dodge Tolarra
- Third prize: Art Gawryluk's burgundy and yellow 1957 Ford truck
- · Gerry Foster's white and black 1955 Oldsmobile tied for third, so we felt he should be given a consolation prize.

All entrants received a goodie bag. First, second, and third prizes each received a set of hanging mud flaps from Waterloo Ford and a ball hat. We awarded Gerry a folding chair. Thank you to Waterloo Ford for your generous donation. We were happy everyone got involved so enthusiastically, and we look forward to another viewers' choice judging next year.

This year was a special year for us as the Tour of Alberta raced by our hall near the noon hour. Inside the hall, our cooks Melanie Moore, Denise Courteau, and Shane Murphy did a great job preparing hot dogs, chicken burgers, hamburgers and all the fixings for lunch. We celebrated Bellevue's 94th birthday with cake from the Portuguese Bakery located on 118 Avenue and 55 street. Mark your calendar for the first Saturday in September next year, as Bellevue will be having a big celebration to mark 95 years.

Grace Kelly, Ed Boraas, and Teresa Bendick worked away on membership renewals. Thanks team, for keeping the front area flowing for draws and memberships! Cory Seibel helped with the front outdoor tent, and John Rau looked after the car clubs and set-up. Thanks to everyone for their volunteer work - we made it a very successful, fun day!

All Photos: JANICE FLEMING









Complaints from residents - what you can do to help

JANICE FLEMING

As I mentioned in my president's message, I hear many concerns about various ongoing activities in our community. Below is a list of some of the issues that have been brought to my attention recently.

Concordia Parking Parking overflow from the university has been a huge issue to residents. Bellevue offered to help resolve the issue by allowing parking for students with the university, with an agreement to have our parking lot cleaned for snow removal. Students often use our parking lot at the Bellevue hall. We receive no compensation, but students are charged for parking by Concordia's administration.

I keep hearing from residents about Concordia University students parking illegally (after parking time restrictions) in front of residential homes. Some students use vulgar language when confronted by homeowners in Virginia Park and Bellevue who complain about their parking. Homeowners often deal with garbage thrown on their property or boulevards after these conversations take place. The City of Edmonton's parking enforcement program responds to parking complaints from Edmonton Police Service's dispatch. Call the complaint line at 780-423-4567 to ensure your complaints are heard.

Illegal Activities I've also heard of drug deals and "john" activity in vehicles on Ada Boulevard, as well as other unwanted criminal activity occurring at night in our communities. Borden Park is also apparently a preferred location for johns in our neighbourhood to find what they are looking for. Concerns have been brought forward about the lack of lighting and not enough police presence in these areas. If you see suspicious activity happening in our neighbourhood, call the Edmonton Police Service Complaint Line at: 780-423-4567. You can also report john activity on the Edmonton Police Service's website at www.edmontonpolice.ca/communitypolicing.

Infill Housing Infill Housing has been a hot button issue in Bellevue, Highlands, Virginia Park, and other mature neighborhoods in the City of Edmonton. Infill housing is designed by the city to increase our density and accommodate our growing population. I have heard concerns about infill housing destroying the mature neighbourhood overlay. Beautiful, historic homes in Virginia Park, Bellevue, and Highlands are not being preserved. People and contractors are buying homes in these areas, tearing down houses, and building homes that really don't fit in with the character of our neighbourhoods. Developers must contact neighbours and community leagues, but some of the results from the infill projects are grossly oversized homes; loss of old beautiful trees, plants and shrubs; loss of sunlight on neighbouring vards; hostility and animosity among neighbors, and resentment which only grows with time. These new homes also contribute to fire hazards, as the guidelines currently in place allow for these homes to be situated too close to an existing home. This spring, a newly constructed house across from Eastglen High School was set on fire, and this damaged the mature homes on both sides of the building. Alberta Municipal Affairs and the City of Edmonton need to come together to change the current way infill housing is being conducted - sooner rather than later. If you share these concerns, I urge you to contact your MLA or city councillor.

Races in Virginia Park I interviewed and spoke with organizers of the last race in Virginia Park recently. These organizers and the city

have no idea how the neighbourhood feels about races that occur early in the morning from spring through to fall each year. During the Color Me Rad race, we were awakened to loud shouting megaphones at 7 a.m. on a Sunday morning. Pink baking soda was thrown at racers and subsequently strewn on vehicles and all over the road. This race in particular was organized by an American-based for-profit company, which donated only a small portion of the proceeds to the Stollery.

Races like this one not only affect the residents of Virginia Park and Parkdale Cromdale, they affect traffic on 112 Avenue and parts of 82 street. Edmontonians love to run through our neighbourhoods, because we have a great river valley view. However, let's spread the fun and love and have them run in other parts of the city. Not one group, including the Running Room, has ever asked our community league for permission. Not one group has ever approached us to ask how our neighbourhood can benefit from this run and how they can engage neighbourhood residents.

I am all for fitness and fun events. What I don't like are events that are imposed upon our neighbourhood without the proper consultation of neighbourhood residents and the community league. My opinion is that we should have the option of deciding if we want this race, concert, or event occurring in our backyard. If you agree, I urge you to share your concerns with the Running Room and the organizers of races like Color Me Rad.



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Highlands welcomes Lorraine Shulba

ALLIE KORPESIO

The Codega building has a new tenant, and the centre – located at 11209-65 Street – couldn't be in more colourful hands.

Lorraine Shulba, artist, designer, and illustrator, is making the space her own. Smelling pleasantly of the mediums used to create her pieces, the area will encompass a gallery, a studio, and a classroom where students can learn everything from painting, sketching and clay to mosaic. Make sure to visit **www.redsparrowgallery.com** for up to-the-minute class dates and times.

Lorraine has been a professional artist for more than 15 years and is a firm believer of the saying "Slow and steady wins the race." During her time as an artist, she has met many wonderful people and loves when she meets someone to whom her work speaks. She favours painting in blue, red, and green, and she particularly enjoys compositions that include landscapes and greenery.

Among her works, Lorraine has done quite a few murals including installations at Infinity Dental and St. Joseph's school. Ms. Shulba's murals also grace the walls of nurseries and children's rooms in private homes. With four pieces currently on the go, she also loves completing private commissions such as drawings or paintings of your home or garden, creating a piece for someone's retirement, or interpreting your thoughts and ideas.

Her most recent commission was for a newlywed couple whose brother had a painting of a lush tropical scene representative of Hawaii done for his wife for mother's day, as the locale is their favourite destination. The newlyweds loved the piece so much that they were gifted with a commission as a wedding present. Lorraine met with the couple, chatted about a few different ideas, and after a few sketches – voila! – the perfect custom painting was created utilizing colours and schemes found in a rug located in the newlyweds' home.

Drawing and painting are only one aspect of Lorraine's incredible talent; she is also a graphic designer and children's book illustrator. Whether designing an independently published book cover, to mass identity development, Little Blue Bug Studios has helped clients of all shapes, sizes, and budgets. Clients include Neodox Consulting, Natural Health Practitioners of Canada, Avenue Initiative Revitalization, and the City of Edmonton. Pop over to www.bluebugstudios. com to take a peek at this lady's genius.

Red Sparrow Gallery officially opens its doors on December 6 and will host its "Holly Jolly Pop Up Christmas Sale" on the weekend of December 12 to 14. Be sure to stop in, say hello to Lorraine, and consider some custom art for the people on your holiday list.

Are you interested in learning more about Lorraine? Check out her website at **www.lshulba.com** or give her a call at 780-919-9627.



Lorraine Shulba

Photo: ALLIE KORPESION



One of Ms. Shulba's paintings

Photo: LORRAINE SHULBA





My family and I moved to the Highlands area in 2012. I'm a long-time resident of Edmonton, value community, and can see the benefits of living in any part of the city and surrounding areas. I'm eager to help my neighbors and friends meet their real estate needs!



CHRIS LAFRANCE, BCOMM



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Highlands artists featured at Art for Art

CHERYL MAHAFFY

You didn't have to look hard to find Highlanders among the artists featured at Art for Art, a fundraiser for Keiskamma Trust in South Africa on October 25. Nancy Van Driel, Ted Smith, Hannah Gelderman, and William Prettie (who just recently relocated to Ontario) were among the artists who donated works for the event, which raised more than \$25,000 for work in remote African villages.

Those dollars will help expand grassroots health outreach, organic gardens, ceramics, education, music, grandmother groups, and an art-focused employment project that provides the primary income for about 100 households in dozens of scattered villages.

If you missed Art for Art but would like to donate or purchase items made by the award-winning Keiskamma Art Project, just click on keiskammacanada.com.







Top Right: Hannah Gelderman, dressed to match her whimsical creature asking, "Lola! Is That You?"

Above: Ted Smith with a stained glass garden stake, one of two items donated to raise funds for Keiskamma Trust.

At left: After Hokusai by William Prettie, created from an intricate interplay of letraset letters.

Photos: STEPHEN WREAKES



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ARTS, ENTERTAINMENT & LIFESTYLE
ARTS, ENTERTAINMENT & LIFESTYLE

Historic Highlands home purchased from a Sears catalogue?

ALLIE KORPESIO

The home at 11146-66 Street may look like many others in the Highlands, but it harbours a secret.

On August 8, 1928, George Francis Jeffery registered for a new building permit which included frame construction, plans by Sears, Roebuck and Company, and his own name as the contractor. A certificate of title was issued on Dec. 21, 1928, after Jeffrey paid his \$2677.07. Jeffery, a carpenter living in the neighbourhood, would complete the work himself with the help of plans purchased out of a magazine.

The magazine in question was the Sears, Roebuck 1926 House Catalogue, and Jeffrey found his future home on

page 89. The Columbine featured amenities such as a large amount of wall space in the living room with room for a piano, and space for an icebox on the landing with shelves directly above that boasted saving the homeowner "many a step to the basement." The home also featured three bedrooms with closets that had shelves and wardrobe poles. A selling point for the home was noted as "special divided lights in the upper sashes of the windows."

Between 1908 and 1940, Sears, Roebuck, and Company sold approximately 70,000-75,000 homes in 447 different styles through its mail order Modern Homes program. Depending on the customers' tastes and financial means, they could choose from the following three lines in the Modern Homes catalogue: Honor Built, Standard Built, or Simplex Sectional. Everything from lumber, plumbing, heating, window, doors, outside cladding, and nails could be ordered, brought to

THE COLUMBINE, a unique creation by covering the property of t

your city by rail, and collected by you or a contractor. Your new home would arrive in one to three rail cars ready to be built.

The interior doors and some fixtures that were originally found in the Modern Homes catalogue can still be found in use at 11146-66 Street.

Jeffery did make a few changes, and the Modern Homes folks encouraged customization. Choosing brick instead of wood siding, reversing floor plans, adding in a dormer or plumbing all may appear in homes built from plans purchased from Sears, Roebuck and Company, but not in the catalogue. The home on 66 Street does have a few customization items: the front porch was enclosed (we do live in northern Alberta), the three front windows were exchanged for two windows, and a single large window was added in the dining room to mimic the windows that flank the fireplace. Speaking of the fireplace, this feature at 11146 was made

using clinker brick, remnants of a home Jeffrey built on 62 Street. Customization of these kit homes did not stop there, customers were advised that to save even more money, smaller items that weren't part of the basic kit should be purchased closer to home.

Identifying a Sears and Roebuck kit home is difficult. Characteristics of these homes have often been covered, destroyed, or changed right from the factory according to the homeowners' tastes. Since most kit homes were assembled like a giant paint-by-number, numbers and letters were either stamped or handwritten on the lumber. If you suspect your home may have been built in this way, look for stamped lumber, which is most easily found in unfinished basements or attics. We found stamped lumber in the attic at 11146. Also, look for shipping labels on the back of millwork and mouldings. Plumbing, electrical, and heating - although not part of the basic kit – could also be purchased from Sears and will often have the stamp "S" or "SR." Check pedestal and kitchen sinks on the underside, near the front. Sears homes may have square blocks on molding joints at stair landings and other complex joints. This made construction much easier for the novice home builder.

The owners of the home on 66 Street have the benefit of having a copy of the Register of Permits from the City of Edmonton with SR clearly listed in the plans section. Finding city records or building permits will cement a Sears kit home's identity. Some experts on homes by Sears, Roebuck, and Company say that if the floor plan of your home is not exact to the catalogue picture, it is a deal killer. I say nonsense. Between owner customization, building and construction regulations in different cities, and the use of different materials, the kit homes became much more than just a house you could purchase from a catalogue, and much more difficult to identify.

A few years ago, these kit homes were not thought to exist in Canada. Now a few have been verified. Are you living in a kit house? Do you have an old home with a colourful past? Know someone who does? Contact me at **allison@modernrelicdesigns.ca**, and help bring homes with history to life for other Highlights readers.











Photos: ALLIE KORPESIO

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Students at Highlands School give back

BRAD BURNS, PRINCIPAL



Students are happy to take a break from raking leaves.

It has been a busy start at Highlands School this fall. When we opened the doors, the students came and they kept on coming. Our enrolment increased over 50 per cent from last year at the same time. A lot of families in the neighbourhood have said yes to a walkable Junior High and an ArtsCore Program.

We had the opportunity to say hello to many members of the community during the Highlands Street Festival. We spent

the day painting in the rain, inviting passersby to contribute to a large piece that is still being worked on by the students under the guidance of Assistant Principal Mary Ann Dobson. The piece is titled "Hello," and will be proudly displayed in the gallery hall of the school when it is finished, along with our growing collection of amazing works.

Our student leadership class has built a plan to give back to the community. As part of their plan, they have been doing random acts of raking. One or two afternoons each week, a group of students head out into the neighbourhood with rakes and leaf bags, pick a front yard, and begin raking up leaves. Once finished, they leave a note behind for the lucky recipient. They are not looking for payment, just to spread good will. As the leaves disappear and the snow begins to fly, the students plan to retire the rakes and employ shovels instead.

If you happen to be a recipient this season, just smile and know that the students of Highlands care about their community.

We are seeking more community involvement at the school. If you have creative thoughts about ways for the school and community to work in partnership, please drop me a line at **brad.burns@epsb.ca**.

New school for Highlands still a possibility?

SUSAN RUTTAN

Another round of discussions about public school consolidation is now underway.

The Edmonton Public School Board established a steering committee from the Greater Highlands Area in October to talk about replacing or modernizing schools in our area – Highlands Junior High and Mount Royal Elementary in the Highlands neighbourhood, plus Montrose and Virginia Park elementary schools nearby.

The committee is scheduled to have six meetings between October 27 and early February. Each affected school and community league has been invited to send one person to represent them – as league president, I am the representative for Highlands.

The talks come in a year when our schools are doing very well. Highlands Junior High had an official enrolment this fall of 163, a jump of approximately 40 students

from last year. Mount Royal had an enrolment of 220, up from 204 in 2013. We will make sure those rising numbers are part of the discussion.

This new consultation is not a surprise. Last spring, the Highlands area was considered for school consolidation – replacing three smaller schools with a new larger elementary-junior high school. That proposal produced a huge amount of debate, with some residents loving the idea of a new school and others fearing the loss of our smaller elementary school.

What we did agree on was that any consolidated larger school in our neighbourhood should use the 100-year-old Highlands Junior High building, which is a city treasure.

In the end, the new consolidated school for 2016 will be built in the Beverly-Abbotsfield area, but clearly the school board is not finished with consolidation. The school board

says the job of the steering committee is to act as an advisory body in the development of options for wider public consultation, probably around late February 2015.

I will keep you informed as these talks progress. Stay tuned.



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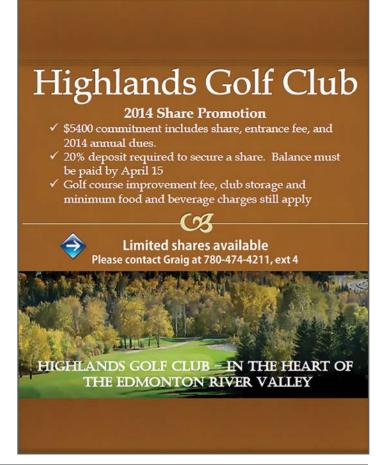
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Highlands Library Programming: December 2014 and January 2015

ANNE BECHARD

Baby Laptime

Enjoy stories, songs, books, rhymes, finger plays and more. Cuddle your baby and connect with other caregivers.

For ages up to 12 months old. Drop in. Participation limit: 30.

10:30 a.m. on Thursdays from December 4 to December 18.

The program will start again on Thursday, January 8, 2015.

Family Storytime

Share stories, songs, and games for the whole family.

For all ages. Drop in. Participation limit: 30.

11 a.m. on Saturdays from December 6 to December 20.

This program will start again on Saturday, January 10, 2015.

Sing, Sign, Laugh and Learn

Join us for singing, rhyming, and signing. Parents will learn strategies to engage their children and enhance their communication and development through repetition, visuals, and movement. Offered in collaboration with the Edmonton Early Intervention Program. Siblings are welcome. Note: this is not a signing course.

For children up to three years old. Drop in. Participation limit: 40.

11 a.m. on Wednesdays from December 3 to December 17.

This program will start again on Wednesday, January 7, 2015.

Pop-up Makerspace

Join us for robot challenges, DIY music, art and 3-D design, and more at this popup maker event. Drop-in, hang out, bring friends, try things and make fun stuff.

For all ages. Drop in. Participation limit: 25.

1 to 2 p.m. on the third Saturday of each month, starting January 17, 2015.



Photo: William Prettie

Tween Lounge

Join other kids in the program room to play video games, make a DIY project, meet friends, or just hang out.

For ages eight to 13 years old. Drop in. Participation limit: 30.

3:30 to 5 p.m. on Thursdays from December 4 to December 18.

This program will start again on Thursday, January 8, 2015.

Teen Drop-in

Join other teens once a month to play video games, make a DIY project, meet friends, or just hang out.

For ages 13-17 years old. Tickets will be available starting at 4 p.m. on the day of the program. Participation limit: 25.

6:30 to 8:30 p.m. on the fourth Friday of each month, starting Friday, January 23, 2015.

Tech Help at EPL

Have a tech question? Drop by one of these sessions, where friendly library staff will help you find an answer in a relaxed group atmosphere. Learn about topics like computer basics, email, iPads, eBooks, and more. Learn how to access and play with EPL's fabulous eCollection, including eBooks, eReaders, audiobooks, databases, and the library catalogue. You're welcome to bring your own tablet, laptop, or phone.

For adults.

Drop in. Participation limit: 30.

10:30 to 11:30 a.m. on Tuesdays from December 2 to December 16.

This program will start again on Tuesday, January 6, 2015.

NFB Film Club

This monthly film series brings you the best in animated and documentary films from the National Film Board of Canada. Featuring stories from home and around the world, NFB Film Club is your window to issues shaping our world. From geopolitics to animatic frolics, there's something for everyone.

Drop in. Participation limit: 30.

1:30 to 3:30 p.m. on Saturday, January 31, 2015.



Emergency Medical Services



Cold Weather Safety



Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes may help keep you warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes;
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch:
- When treated promptly, frostnipped skin will heal without complication;
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze;
- It may look white and waxy and will feel hard to the touch;
- Treatment begins with removal from the cold environment and placing the affected area in warm, not hot, water, until rewarmed:
- Seek further medical attention as required.

Hypothermia

- Hypothermia is an abnormally low body temperature less than 34°C (as compared to normal body temperature of about 37°C):
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower;
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and/or death;
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Gentle re-warming should start as quickly as possible, including: removal of wet, or constrictive clothing; covering with blankets, or sleeping bags; and protecting the person from further heat loss (wind, moisture and contact with cold surfaces);
- Dress in layers it's easier to remove layers, when warm, rather than not having enough layers, when cold.

Having access to a survival/first-aid kit within your vehicle is also advised.

www.albertahealthservices.ca



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Church Listings

Highlands United Church

Sunday Service 10:30 a.m. 11305-64 Street NW Rev. John Burrell 780-479-1565 www.highlandsunitedchurch.ca

St. Mary Anglican Church

Sunday Service 10:30 a.m. 11203-68 Street NW Rev. Elizabeth Metcalfe 780-477-5458

Orthodox Cathedral of All Saints

Sunday Service 10:00 a.m. Sunday School every second Sunday (check with the church) 5824-118 Avenue NW Most Rev. Archbishop Joseph (Royer) 780-471-2781 www.allsaintsorthodox.net

St. Clare Roman Catholic Church

6310-118 Avenue NW Saturday 4:00 p.m. Sunday 9:30 a.m. Sudanese 1:00 p.m. Father Bob Kasun 780-471-2353 www3.telus.net/stclare

The Neighbourhood Church

Sunday Service: 10:00 a.m. (SE corner of 112 Ave 55 St. NW) 5347-112 Avenue NW Rev. Kevin Green 780-479-4348

Potter's House Christian Fellowship Church

Sunday Services: 11:00 a.m. & 6 p.m. Sunday School up to 12 yrs of age at 11:00 a.m. Wednesday: 7:30 p.m. Bible study: Call 780-904-9049 for details. 11816-66 Street NW Pastor Les. Theiss 780-423-1267

For church history:

Visit www.highlandscommunity.ca and look at the left side bar, scroll down to 'Places of Interest.'

Neighbours say goodbye to Catherine Gunter

ANITA JENKINS



Catherine Gunter Photo: RUTH CARR

to 30-year Highlands resident Catherine (Hogg) Gunter at the Highlands United Church on Saturday, September 6, 2014. Catherine passed away in Ottawa on July 12. Catherine's immediate family includes her husband Bill and their two children, Andrew and Heather, as well as two grandchildren.

Our community paid its respects

Catherine pursued a career in nursing and nursing education. Family was everything to her. Catherine was a caring mother and dedicated advocate for her children. The Gunter family lived across the U.S. and Canada, and in Switzerland before making Highlands their home. Catherine

and her family spent many summers at the cottage in eastern Ontario, visiting her mother and other family members.

Highlands residents may have come across Catherine and the Gunters' golden retriever Nugget during their walks through the neighbourhood.

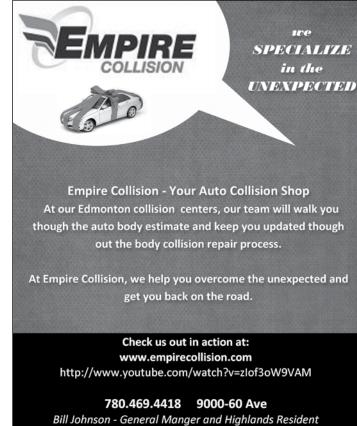
Catherine played the bass clarinet with the Cosmopolitan Music Society. She persisted through the "getting over the break" challenge – a difficult technique required to move over octaves on the 3.5-octave instrument– and played in the Monday band, the most skilled of the four Cosmopolitan bands. Because of her love for the bass clarinet, Catherine's family has asked that donations in Catherine's memory be sent to the Cosmopolitan Music Society.

Congratulations Renata and Ryan



Photo: SLIPPLIED

Renata Fauvel and Rvan Krov were married at the corner of Ada Boulevard and 75 Street on September 12, 2014, in a small wedding ceremony attended by 25 family members and close friends.



Brian Mason, MLA

EDMONTON-HIGHLANDS-NORWOOD



On behalf of the Alberta Legislature, I wish my neighbours and constituents in the Highlands, Bellevue and Virginia Park communities a very Merry Christmas and a safe and Happy New Year!

—///_

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

Connect with Brian!

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Mandolin Books and Coffee Company

(see display ad on page 23) 780-479-4050 6419-112 Ave. www.mandolinbooks.com

Medicine Shoppe #315

(see display ad on page 35) 780-479-2077 6525-118 Ave.

Modern Relic Designs

(see display ad on page 32) 780-902-3095/780-902-4010 www.modernrelicdesigns.ca

Mundare Sausage House & Deli/ **Uncle Ed's Restaurant**

(see display ad on page 29) 780-471-1010 4824-118 Ave. www.mundaresausage.com

Northlands

(see display ad on page 10) www.northlands.com

Peter Goldring, MP

(see display ad on page 19) 780-495-3261 9111-118 Ave. www.petergoldring.ca

Pug City Euroworks

(see display ad on page 5) 780-757-7844 9912-72 Ave. www.pugcityeuroworks.ca

Red Sparrow Gallery (see display ad on page 21)

11209-65 St. www.redsparrowgallery.com

Sabrina Butterfly Designs

(see display ad on page 27) 780-482-6460 6421-112 Ave www.sabrinabutterflydesigns.ca

Sterling Real Estate

(see display ad on page 25) 780-406-0099 11155-65 St. www.sterlingedmonton.ca

Tony Caterina

(see display ad on page 22) 780-496-8333 1 Sir Winston Churchill Square www.edmonton.ca

Vicky's Before & After **School Care**

(see display ad on page 7) 780-757-0159 5347-112 Ave. www.vickvschildcare.ca

Wayne Moen Re/Max Real Estate, Central Branch

(see display ad on page 14) 780-488-4000 10805-120 St. www.waynemoen.com



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Bridge Club

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Highlands Historical Society

Laurel Erickson

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Director

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Director, **Virginia Park Seniors**

Grace Kelly 780-757-1669

Director, Graffiti Kerry Weeks

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& Safety

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John Rau

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Upcoming Events

Saturday, December 6, 5 p.m.

Highlands Christmas Potluck Dinner Highlands United Church 11305 64 Street See ad on page 20 for details.

Saturday, December 20, 1 to 3 p.m.

Bellevue Kids Program Bellevue Hall

Ongoing Events

Women's Bridge Club

Open to all female bridge players and those interested in learning. Mondays at 12:30 p.m. Highlands Lounge, Second Floor Call Vivien for more info: 780-471-4119

Highlands Playgroup

Tuesdays from 9:15 to 11:15 a.m. Highlands Community Hall

Tech Help at EPL

Tuesdays from 10:30 to 11:30 a.m. Edmonton Public Library See page 30 for details.

Open Alcoholics Anonymous Meeting

Tuesdays at 8 p.m. 6329 118 Street (downstairs)

Open Narcotics Anonymous Meeting

Tuesdays at 8 p.m. 6329 118 Street (top floor)

Sing, Sign, Laugh and Learn

Wednesdays at 11 a.m. **Edmonton Public Library** See page 30 for details.

Friday, January 16, 8:30 p.m.

Highlands Pub Night Highlands Community Hall

Saturday, January 17, 1 to 2 p.m.

Pop-up Makerspace Edmonton Public Library See page 30 for details.

Saturday, January 17, 1 to 3 p.m.

Bellevue Kids Program Bellevue Hall

interested in learning.

Wednesdays at noon.

Drop-in Indoor Tennis

at Bellevue Hall

to learn basic skills

increase skill level

Thursdays at 10:30 a.m.

See page 30 for details.

Edmonton Public Library

Thursdays from 3:30 to 5 p.m.

Edmonton Public Library

See page 30 for details.

Baby Laptime

Tween Lounge

Highlands Lounge, Second Floor

Call Paul for more info: 780-474-4076

Wednesdays beginning on January 22,

5:30 to 6:30 p.m. for children aged four

6:30 to 7:30 p.m. for children aged nine to 13

who have taken tennis before and want to

to eight who are beginners and want

Sunday, January 18, 2 p.m.

Book chat with Wendy McGrath Mandolin Books 6419 112 Avenue

Saturday, January 31, 1:30 to 3 p.m.

NFB Film Club Edmonton Public Library See page 30 for details.

Highlands Farmers' Market

St. Mary's Anglican Church: 11203-68 Street See page 12 for details.

Open to all bridge players and those interested in learning. Thursdays at 7 p.m. Highlands Lounge, Second Floor Call Murray or Laurel Hoke for more info: 780-474-5408

Family Storytime

Saturdays at 11 a.m. Edmonton Public Library See page 30 for details.

Drop-in Cross Country Skiing

Group ski through Borden Park, warm up after with coffee and hot chocolate. Sundays at 1 p.m., starting in January. Meet outside of Bellevue Hall.

All non-aggressive dogs are welcome

Wednesday Afternoon Bridge Club Open to all bridge players and those

Thursdays, from 4 to 8 p.m.

Thursday Evening Bridge Club

Canine Drop In

to come play. Sundays from 4 to 5 p.m. Highlands South Tennis Court Call Samantha for more info: 780-975-5950

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HIGHLIGHTS

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Contact Shauna Larkin for more information.

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Egg shells: the cheap fertilizer

HERB GALE

Christmas and cooking with eggs go together: eggnog, baking, breakfasts, and so on. Don't toss those shells into the garbage! Egg shells are a very valuable fertilizer.

A trick I am using is to place the egg shells into a pan and toss in the oven at the same time as my holiday baking. Otherwise, bake for 40 minutes at 300F degrees. Shells become brittle, and easy to crush; you can throw them in a bag and crush them by hand. For a finer mix, pulverize the shells in a blender. Place a small amount into houseplant soil or your kitchen garden, or toss into compost units.



Breakfast Strata Recipe

WWW.ALLRECIPES.COM

INGREDIENTS:

1 pound sausage, casings removed 2 cups sliced fresh mushrooms 8 eggs, beaten

10 cups cubed, day-old bread

3 cups whole milk 2 cups shredded Cheddar cheese

1 ½ cups cubed Black Forest ham

1 (10 ounce) package frozen chopped spinach, thawed and drained

2 tablespoons all-purpose flour 2 tablespoons mustard powder

1 teaspoon salt

2 teaspoons butter, melted

2 teaspoons dried basil

DIRECTIONS:

- 1. Generously grease a 9x13-inch casserole dish.
- 2. Heat a skillet over medium heat; cook and stir sausage until crumbly and completely browned, about 10 minutes. Transfer cooked sausage to the prepared casserole dish.
- Cook and stir mushrooms in the same skillet over medium heat until liquid has been released and mushrooms are lightly browned, 5 to 10 minutes: drain.
- 4. Mix mushrooms, eggs, bread, milk, Cheddar cheese, ham, spinach, flour, mustard powder, salt, butter, and basil together in a large bowl; pour over sausage. Cover casserole dish and refrigerate, 2 hours to overnight.
- 5. Preheat oven to 350 degrees F (175 degrees C).
- 6. Bake in the preheated oven until a knife inserted into the center of the strata comes out clean, 60 to 70 minutes.



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