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RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 12,500

PH: 479.6285 EMAIL: info@ratcreek.org

Making our communities bloom

JESSICA KIMMERLY

They work in the sun for hours. They dig in the dirt, fight bugs and lug water hoses around. And they have a fantastic time. If you identify with the above description, you are probably a gardener and will be pleased to hear that the Avenue's next big event is dedicated to you.

The "Ave in Bloom": Garden Show and Art Sale is on May 10 from 10 a.m. to 4 p.m. at the Alberta Avenue Community League Hall (9210 118th Ave.). It's an all ages event, "for anybody interested in gardening," says Christy Morin, organizer with the Avenue Initiative Programming and Beautification Working Group.

The Ave in Bloom is the second gardening event hosted by the Avenue Initiative. "We're jumping off from last year, which was 'Those Blooming Back Alleys Gardening Show' for people who wanted to beautify their back alleys. And then we said we want more than just back alleys. People want to beautify their entire yard," says Morin. The event has expanded, but the premise will remain the same—a gathering of gardeners in the community to learn more about gardening in a friendly, creative setting. Morin says, "It's not just an event. It's an experience."

If you have never picked up a spade in your life, or don't know the difference between a perennial and a weed, you can still feel comfortable and welcome at this gardening event. "We have something for all levels of gardeners," says Morin. "You don't have to be a pro gardener; you can be a novice gardener. It meets people at all levels."

There are five workshops run by professional horticulturists in Edmonton. Cherry

Dodd has a session on naturalist gardening, Greg Polkosnik on "the cheapskate gardener" (gardening for less) and Mark Stumpf-Allan has environmental gardening workshops. Pam North, a writer from the gardening section of the *Edmonton Journal*, will have a class, as will our community's own Stuart Ballah and Ritchie Velthuis, who have a hands-on planting session. (Bring your own potting container, maximum 18 inches round.) Ballah and Velthuis are multi-year nominees for the citywide Communities in Bloom competition.

Other activities running during the event include a bedding plants sale, seed and perennial swap, free refreshments, educational booths, musician performances and a large art sale featuring the work of over ten artists. "It's a great place to come buy Mother's Day gifts," says Morin. "There's everything from paintings to glassware, prints, cards, jewelry, beadwork and textiles made with vintage fabric." And since the event takes place over Mother's Day weekend, every mom will walk away with a special little gift.

For the children, there is an art workshop as well as readings presented by the Edmonton Public Library. The Library is a partner in this year's event, along with Hole's Greenhouse, Prairie Gardens, Northlands, McKenzie Seeds and B & F Greenhouse. And of course,

Arts on the Ave is running the art sale. Lorraine Shulba, who is in charge of the art sale, says, "You get to meet the artist and make that personal connection and see who your purchase comes from, and can ask how they make it and why. More of a personal and special gift!" The

cost of art pieces ranges from five to 900 dollars, and among those items are landscapes, flora, fauna and even art items for your yard.

Whether you are a seasoned gardener or simply enjoying smelling the roses, The Ave in Bloom is a vibrant place to be on Mother's Day weekend. Come join the community as we prepare to brighten the streets with nature's own form of revitalization. Blooming gardens!

For more information about The Ave in Bloom and other Avenue Initiative events—visit www.avenueinitiative.ca.

the "ave in bloom" garden show & art sale

These events are free!

- gardening workshops
- plant experts on site
- seed & perennial swap
- refreshments & music
- childrens gardening & art workshops

may 10, 2008
Saturday 10:00am - 4:00pm
9210 - 118th avenue

Art show & gift sale!
Bedding plant sale!
www.avenueinitiative.ca

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ReUse Centre
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arts on the ave
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The Ave in Bloom Itinerary

10:30 a.m.

Priceless Plants:
Stretching Your Dollar with Cost-Cutting Cultivars with Greg Polkosnik

12 p.m. **Healthy Soils**
with Pam North

1:30 p.m.
Bugs in Bondage
with Mark Stumpf-Allen

3 p.m. **Gardening with Alberta Wildflowers**
with Cherry Dodd

All day planting
Bring your own container (not larger than 18") and learn to plant in containers with Stuart Ballah and Ritchie Velthuis

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Improv At The Carrot Café
May 1st at 8 p.m.
See page 6 for details

Alberta Avenue Community League Annual General Meeting
Thursday, May 29 at 7 p.m.
9210 118 Avenue

Interested in architecture or historical buildings?

Join the RCP at these special events:

Wednesday, May 7 from 6:30 - 8pm
Tour and introduction to the City of Edmonton Archives

Thursday, May 22 at 7pm
Talk on local heritage buildings and architecture by the experts

RSVP to editor@ratcreek.org or call 479-6285

PHONE 780.479.6285

WEB www.ratcreek.org

MANAGING EDITOR
Karen Mykietka
info@ratcreek.org

EDITOR
Jessica Kimmerly
editor@ratcreek.org

GRAPHIC DESIGN Leanne McBean

ADVERTISING
Dagmar Lofts
ads@ratcreek.org

DISTRIBUTION Canada Post

BOARD MEMBERS

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RAT CREEK PRESS ASSOCIATION

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OUR MISSION

The mission of the Rat Creek Press Association is to highlight community news, activities, and recreational opportunities as well as local residents and businesses to support the growth of a strong, vibrant, well-connected community.

OUR FINANCIAL SUPPORTERS

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Spruce Avenue Community League
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Alberta Avenue Business Association
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EDITORIAL
WITH JESSICA KIMMERLY

Memory savour – Why food isn't just for eating

After a discussion on the gluttonous excess of food in our culture, one of my friends stated, "Why doesn't God just give us all manna and be done with it?" If everyone had the same, perfect nutrition every day and didn't have to worry about what to eat, how to prepare it and how much it costs, certainly life would be easier.

The Bureau of Labor Statistics 2003 estimates say that individuals 15 and over spend more than an hour a day eating and drinking. (67.2 minutes for men and 63.6 minutes for women.) Spending an hour a day eating may seem like a terrible waste of life when we think of all the things we could be doing instead. Yet when we share our most vivid memories, there is almost always a role for food in the story.

As a child, I was proud of

the fact that I had been a flower girl for my aunt and uncle's wedding. I don't remember getting dolled up, walking down the aisle or watching the ceremony. What I remember is being with the wedding party in the morning while they ate breakfast—sausages and strawberries. I refused to touch the sausages, but my fingers would slyly capture another strawberry when nobody was looking. The bride told me the fried sausages were tasty, and sliced one up into circles for me to try. But the salty, slippery meat was offensive to my young taste buds. All I wanted were the strawberries—bright, cool and sweetly quenching.

Food memories get more complex as we get older. Suddenly food is more than just sustenance, it is a way of life and an indicator of the kind of life you lead. My boyfriend did a work practicum in a small

town last summer. The work placement was unpaid, so he had to live out of his savings for those four months. He recalled what his evening meals were like during that time. "I would sit there, drinking my cup of tea and eating toast and cheese, sometimes a can of soup, thinking to myself how thrifty and resourceful I was. Then one day I faced the truth; this isn't resourcefulness—this is poverty."

Sometimes flavours simply accompany our memories. One morning when I was in South Africa, I decided to get up to watch the sun rise. In the dark, I squeezed juice from a fresh ripe lemon, grown nearby, into a mug along with some locally made honey and boiling water.

With my lemon drink nuzzled in my hands and a blanket around my shoulders, I sat on the floor in front of my window facing east. Unfortunately, there was a much taller house in my way and I ended up watching my neighbour enjoy the sunrise from his superior view on his

"Sometimes flavours simply accompany our memories"

balcony. But the pure, honeyed taste of the lemon mingling with the peaches and oranges of the African

sunrise brightening the sky to blue was pleasant enough that I didn't care.

So I suppose this is the answer to why God didn't just "give us all manna and be done with it." Our many flavours, textures and aromas are a gift. A gift to be remembered, a gift to be valued and a gift to be savoured.

The next Rat Creek Press open editorial meeting is on Thursday May 22, 7 p.m. at the Carrot Community Arts Coffeehouse (9351 118th Ave.). Everyone is welcome to attend. If you can't make it but have an idea for an upcoming issue, please send an e-mail to editor@ratcreek.org.

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RAT CREEK PRESS
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- June: Going Green/Organic Food**
- July: Urban Architecture**
- August: Great Gardens/Beautiful Backyards**
- September: Local Talent/Arts Alive Festival**

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Volunteers flex their muscles to clean up the community

3rd annual large item pick on Saturday, May 24

BEAUTIFICATION & PROGRAMS WORKING GROUP

Community volunteers will once again be operating a pick up service to help their neighbours get large items to the City of Edmonton's Big Bins on Saturday, May 24th. "The Big Bin Events are great, but if you don't have a truck then your large garbage items are going to end up staying in your house, yard or alley," says Judy Allan, Avenue Initiative Coordinator.

The Beautification & Programs Working Group is seeking volunteers to help with this year's event.

Last spring, around 30 volunteers picked up 80 pick-up truck loads of junk. "You don't need a truck or have to be He-Man to help out," says Karen Mykietka, event coordinator.

"It's a great idea," says Allan Wickem, one of last year's volunteers. "Anybody and everybody should be out helping. It's always nice to



ALLAN WICKEM WORKED HARD DURING LAST YEAR'S LARGE ITEM PICK UP AND HOPES TO BE ABLE TO HELP AGAIN THIS YEAR

clean up the neighbourhood and make it look good."

This year the pick up service, which has been free the past two years, will have a small fee. "There is a \$5 per item charge," says Mykietka. "This will help cover some of the costs and hopefully prevent abuse. The volunteers are not out there to do your entire yard clean up, haul off construction

debris, or clean junk yards."

Residents in any of the seven neighbourhoods served by the Rat Creek Press (111 Avenue to Yellowhead from Northlands to NAIT) can request pick up. You can pre-pay or phone in your information and pay on pick up day. All items for pick up must be in the back alley by 9am on May 24.

Purchase Large Item Pick Up stickers on Tuesday, May 6, 13 or 20 at The Carrot Café between the hours of 10:30am to 12:30pm or 6:30pm and 8:30pm. Stickers will also be available at the May 10 gardening event at Albata Ave hall from 10am to 4pm. Cash only.

You can also call 479-6285 or email pickup@ratcreek.org and request a pick up. No one will be answering the phone, leave a message with your name, address, phone number, and items for pick up. You will either have to make payment arrangements or be home on May 24 to pay.

To volunteer contact Karen at info@ratcreek.org or leave a message at 479-6285.

CAPITAL CITY CLEAN UP BIG BIN EVENTS

For disposal of large items too big to put out with the household garbage.

Saturday & Sunday from 9am to 5pm

May 24 & 25 Commonwealth Stadium (112 Ave & 90 St)

June 21 & 22 Northlands (112 Ave & 73 St)

Sept 20 & 21 Commonwealth Stadium (112 Ave & 90 St)

Be sure to visit www.edmonton.ca/capitalcitycleanup and click on "Litter" then "Big Bin Events" from the menu on the left side for all the 2008 locations and dates.

These events do not accept household hazardous waste or yard waste. Residents are encouraged to take these items to an Eco Station. Commercial and business items are not accepted.

In 2007, one and a quarter million kilograms of material was collected around the city. The events helped to reduce improper disposal of materials in the river valley, parks and neighbourhoods.

LARGE ITEM PICK UP

Pre-pay
Tuesday, May 6, 13, 20
10:30am-12:30pm
6:00pm-8:00pm
The Carrot (9351 118 Ave)
OR
Saturday, May 10
10am - 4pm
Alberta Ave hall (9210 118 Ave)

Pay on May 24
Leave a message at 479-6285
pickup@ratcreek.org

EDMONTON

Clean up your act!



Help keep your neighbourhood and your City a great place to live. When everyone does their part by keeping their property clean and tidy - we all win.

Under the City's Community Standards Bylaw it is up to property owners to keep their property and adjacent boulevards clean and safe. This mean you must:

- ◆ remove all trash items like old appliances and mattresses,
- ◆ keep garbage areas tidy
- ◆ cut your lawn and control weeds
- ◆ keep structures in good repair
- ◆ and store item neatly, and safely

Here's your chance to clean up your act.

The City will be holding a Big Bin event for Alberta Avenue on **May 24**. This gives you a chance to dispose of any large items cluttering your property. For item pick up information call (780) 479-6285

As part of Capital City Clean-up, Big Bin events will be held in different neighbourhoods throughout the City every Saturday and Sunday all summer. For more info check out www.edmonton.ca/capitalcitycleanup. Remember fines for a messy property start at \$250. So take part and clean up your act.

Register messy property concerns by contacting the City of Edmonton at (780) 496-3100 or visit www.edmonton.ca/bylaws.



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BUSINESS BRIEFS

WITH DAGMAR LOFTS

Popular Bakery bistro expansion

Popular Bakery has expanded. Popular Bakery, a mainstay on Alberta Avenue for 14 years, has opened up a tasty Portuguese Flame Grilled Chicken eat-in or take-out bistro to complement their bakery. The bistro is open from 11 a.m.

till 5 p.m., five days a week and is closed on Thursday and Sunday. Pick or choose your favorite meal from their simple yet delicious menu.

A few of your choices will include the savory whole or half chicken, open-flame grilled to perfection with a special piri-piri sauce, and the ribs, rice and potatoes combo. Many meals are accompanied by a lovely green salad. Next time you need to pick up bread or buns, treat yourself to a meal with Popular Bakery's new Portuguese Flame Grilled Chicken bistro. Or, call their take-out line at 471-1770 and order a meal for dinner.

Portuguese Flame Grilled Chicken Bistro is located on the

east side of Popular Bakery at 9307-118th Ave. To discover the spicy world of the famous Portuguese Flame Grilled Chicken, go to nandos.com.

Coliseum Steaks, Ribs & Pizza

Coliseum Steak and Pizza has become a fixture on Alberta Avenue. Days after the owner and president Chris Varvis heard about the opening of the Edmonton arena, the current Rexall Place, he and his brother decided to open a restaurant at the corner of

80th St & 118th Ave. Coliseum Steak & Pizza has been going strong since 1975 and when you taste the food, you know why.

Coliseum Steak & Pizza is a restaurant to suit everyone's palette. The lunch menu consists of pizzas, burgers, Greek & Caesar salads, ribs, a few steaks and even Cuban lobster tails. The evening menu offers a greater variety of steaks including filet mignon. The food is delicious and the staff is

extremely knowledgeable and helpful. The majority of kitchen and wait staff have been at the establishment for over ten years. Staff and customer loyalty along with great food are some of the reasons that Mr. Vargis has weathered the economic fluctuations of the Edmonton economy. Yet, he'll say it is because of "a little bit of luck."

Mr. Vargis has had the privilege of serving some of the great Edmonton legends such as former Premier Lougheed and Premier Klein, and the Edmonton Oilers of the Glory Days. At the entrance to Coliseum Steak & Pizza is a wall adorned with pictures of the Stanley Cup Oilers and there are even a few select pictures of Mr. Varvis with Dave Semenko.

At 89 years of age, Mr. Varvis is proud of his accomplishments. He and his wife, Barbara, have raised their family alongside their restaurant and they feel that life has blessed them.

Next time you are in the mood for a lovely meal in one of the established restaurants on Alberta Avenue, visit Coliseum Steak & Pizza, open seven days a week.

Introducing M&L Safety Runners

M&L Safety Runners is a new business endeavour for Margaret and Laverne. Tired of seeing people drive home with blood alcohol levels above the legal limit, Margaret and Laverne decided they would help make a difference by aiding drivers, bringing them home safely in their own vehicles.

M&L Safety Runners have only been in business for a few months and yet they can already sense the urgency for their service. These two ladies work as a tag team, one driving the client's vehicle and one following behind to make sure everything runs smoothly. The two ladies ask for

graduations, BBQs, Christmas parties, almost any occasion where you plan to consume alcoholic beverages.

Call M&L Safety Runners at 289-5420 when planning your party or when consuming over the legal alcoholic limit and they will be happy to assist you with a safe way home for both you and your vehicle.

Closure of Renato's Restaurant

The landscape on Alberta Avenue has been altered with last month's closure of Renato's Italian Kitchen at 9515-118th Ave. Renato's has been a part of the Avenue for the last five years, yet, after the loss of Mara, Renato's mother, in 2004, the restaurant was no longer a labour of love. Renato and his father tried to regain their energy to continue running their restaurant, yet, without the influence and zest of Mara, it was no longer the same.

Renato's has had many loyal customers that enjoyed their delicious homemade Italian tomato sauce entrees. However, Renato no longer desired to put in the long hours and dedication needed to continue his restaurant success. The Alberta Avenue residents wish Renato and his father all the best. If you have walked by the Renato's storefront lately, you will have noticed the "For Lease" signs have been removed and another restaurant will be opening shortly. Stay tuned.



POPULAR BAKERY'S NEW BISTRO



COLISEUM STEAK & PIZZA RESTAURANT

NEWS BRIEFS



Trolley Bus Opinions Survey

The City of Edmonton has been testing new trolleybuses in our community. You may have seen or traveled down 118th Avenue on the low floor electric trolleybuses that Edmonton leased from Vancouver.

City Council must now decide whether to purchase these trolleybuses or if a different type of vehicle should be used in this area. The

Edmonton Trolley Coalition, a non-profit volunteer organization, would like to hear your feedback about the trolleybus service in the community.

If you would like to share your opinions about the trolleybus system, please go online to the following address and follow the instructions.

www.trolleycoalition.org/survey/E2

—JK

Construction on the Ave begins May

JESSICA KIMMERLY

Phase one of the 118th Avenue Streetscape has been approved, and construction will begin early this May.

The streetscape project for the Avenue Initiative is 27 blocks in length, running from NAIT to Northlands (78th Street to 106th Street). It should be completed in five to six block segments

over five years. Phase one includes the area between 82nd and 87th streets.

The improvements listed in the project were within the \$6.8 million approved by City Council, which means all elements will be included in the Streetscape Plan. Components include wider sidewalks, trees, marked pedestrian crossings, pedestrian lighting and organization

of side street parking.

The focus of the Avenue Initiative Streetscape plan is to create an attractive, safe and pedestrian-friendly street that will provide a solid foundation for vibrant commercial development. The Streetscape Working Group is also focusing on the design of amenities such as bus shelters, waste receptacles and bike racks.



2008 RCP Connect Award Recipients

CHERYL WALKER AND KAREN MYKIETKA

The Rat Creek Press wanted a way to recognize and honour the many other individuals, organizations and businesses that help to support the growth of a strong, vibrant, well-connected community. So we created three Connect Awards: Building Community, Encouraging Communication and Increasing Capacity.

On April 20, we presented these 2008 Connect Awards during a celebration at The Carrot Coffeehouse. Thank you to everyone who attended to honour the recipients. A special thank you

to: Brian Mason, Highland-Norwood MLA, for attending and addressing the group; Angie Klein from Petals on the Trail for providing flowers; and

Spruce Avenue Community League for lending their dishes.

2008 Connect Award Recipients:

Building community – Arts on the Ave

We feel there is no other person or group who has done as



CHRISTY MORIN RECEIVING THE "BUILDING COMMUNITY" AWARD ON BEHALF OF ARTS ON THE AVE

much as Arts on the Ave to create and build community. This ever growing coalition and the great festival they started – Arts Alive! – is amazing in itself but

it doesn't stop there. They took building community to the next level. They opened The Carrot Community Arts Coffeehouse last June creating a space where residents could come together and mingle with each other as well as local artists. This one very brave act from a newly formed coalition of artists has truly spurred community building around 118 Avenue. See www.artsontheave.org.

Increasing Capacity – Nina Haggerty Centre for the Arts

It's really quite fitting that the Nina Haggerty Centre for the Arts receive this award that recognizes a group or person that helps individuals learn new skills and acquire new experiences. Using art as the medium, individuals participating in the programs at Nina Haggerty experience growth and development. The community has also been invited into the art experience through Nina Haggerty's community art nights and their annual art exhibit

of children's art from the our local public schools. See www.ninahaggertyart.ca.

Encouraging Communication – Yoko Sekiya

It takes more than a talent with words to encourage communication; it takes an open heart like that of Yoko Sekiya. Yoko has lived in our community for six years. And she's one of those great, friendly neighbours who make sure she knows everyone on her block. She is a very social person who is very comfortable in situations that require her to just walk up to people and start chatting. She is assertive, speaks clearly and uses a lot of humor. She is genuine in her approach, dependable and a great organizer.



YOKO SEKIYA RECEIVING THE "ENCOURAGING COMMUNICATION" AWARD

2009 Connect Awards

The Rat Creek Press will be seeking nominations for the 2009 Connect Awards in just over eight months so be ready to nominate all those great individuals, organizations and businesses working in our community.

City of Edmonton Play and Save Summer Programs

ABC's and 1,2,3's

3 - 5 years
Learn your ABC's and 123's, colors, tones, and other fun stuff. Through a variety of songs, games, stories and crafts, children will get a head start on the new school year.

Sprucewood Library
11555 - 95 Street
July 14 - 18 9:00 - 11:30 am
Cost: \$14
Code: 284386

Kinder Art

3 - 5 years
It's never too early to start with art! Young artists will love creating their own masterpieces by molding clay, smearing paint, and squishing dough.

Alberta Avenue Hall
9210 - 118 Avenue
July 2 - 4 9:00 - 11:30 am
Cost: \$9
Code: 284359

Spruce Avenue Hall
10240 - 115 Avenue
August 11-15 1:30 - 4:00 pm
Cost: \$16
Code: 284380

Puppet Theatre

3 - 5 years
Come join us for a week of puppet making, story telling and crazy, zany games. Take part in a puppet show and take your own puppet home.

Eastwood Hall
8524 - 118 Avenue
August 5 - 8 9:00 - 11:30 am
Cost: \$11
Code: 284430

Rhyme Time

3 - 5 years
Would you like to go on a Teddy Bear Picnic? How about join the Ants as they

Go Marching or explore Old MacDonald's Farm? Each day of this exciting imagination filled camp will be based on a popular children's song or rhyme!

Alberta Avenue Hall
9210 - 118 Avenue
August 18-22 9:00 - 11:30 am
Cost: \$16
Code: 284440

Kitchen Kapers

6 - 9 years
Mix, measure, cook and eat. You will make special treats in the kitchen or over a fire in the outdoors. Children will create their own personal recipe book to take home.

Spruce Avenue Hall
10240 - 115 Avenue
July 7 - 11 1:30 - 4:00 pm
Cost: \$15
Code: 284383

Parkdale-Cromdale Hall
11335 - 85 Street
July 21 - 25 1:30 - 4:00 pm
Cost: \$15
Code: 284384

Move and Groove

6 - 10 years
Explore basic movement through various dance forms like jazz, line dancing and ethnic dance. Your new groove will be highlighted in a performance for parents at the end.

Alberta Avenue Hall
9210 - 118 Avenue
July 2 - 4 1:30 - 4:00 pm
Cost: \$9
Code: 284361

Arts Galore

6 - 12 years
Let your imagination soar and create a masterpiece! Try a variety of amazing arts, crazy crafts and goofy games. Top it all off

with a field trip to an art gallery.

Eastwood Hall
8524 - 118 Avenue
July 28 - August 1
9:00 am - 4:00 pm
Cost: \$30
Code: 284372

Multi-Sports

7 - 10 years
Grab your sneakers for an exciting week filled with all your favorite sports! Test your skills and be prepared to learn some new ones with awesome cooperative games like soccer, flag football, basketball and others Refresh yourself with a walk to your neighbourhood pool for a dip!

Spruce Avenue Hall
10240 - 115 Avenue
Aug. 18-22 9:00 am - 4:00 pm
Cost: \$27
Code: 284364

Science Discovery

8 - 12 years
Conduct your own experiments and answer the questions that have always made you wonder why. You can ask the experts on a field trip to the Telus World of Science.

Alberta Avenue Hall
9210 - 118 Avenue
July 7-11 9:00 am - 4:00 pm
Cost: \$27
Code: 284363

On Broadway

8 - 12 years
Are you Broadway Bound? Two full weeks will introduce you to the lifestyle of musical theatre Learn the triple threat - song, drama and dance from an experienced drama and dance specialist This unique experience will culminate in a musical performance for friends and family

A field trip is also included.

Alberta Avenue Hall
9210 - 118 Avenue
(1 Week Only!)
Aug. 11-15 9:00 am-4:00 pm
Cost: \$31
Code: 284376

Artventure

(Sports & Arts Camp)
8 - 12 years
Use your creative skills through paint, clay, paper mache, drawing, crafts and a variety of art activities. A half day of various sport adventures will complement the art activities. Also, enjoy one afternoon of swimming to refresh those creative juices.

Parkdale-Cromdale Hall
11335 - 85 Street
July 14-18 9:00 am - 4:00 pm
Cost: \$30
Code: 284443

Encore! Encore!

9 - 12 years
So, you think you are a star? Here is where you show that you are. Put on plays, act, dance, and play theatre sports in this drama camp.

Spruce Avenue Hall
10240 - 115 Avenue
July 28-Aug. 1 9:00am-4:00 pm
Cost: \$30
Code: 284371

Creative Campers

9 - 12 years
Put on your creative cap, it's time to get busy! If you like building, assembling and creating then this camp is for you! Each day you will go home with an item you have built Model kits, kites, birdhouses, cool recycle creations and more - learn some new skills and have fun!

Alberta Avenue Hall
9210 - 118 Avenue
August 18-22 1:30-4:00 pm
Cost: \$15
Code: 284441

Rock On!

9 - 12 years
Spend a week becoming your favorite rock star! Air bands, dance routines, costume design and other fun games! Rock on!

Alberta Avenue Hall
9210 - 118 Avenue
July 21-25 9:00 am-4:00 pm
Cost: \$24
Code: 284442

Registration Starting May 1

- Registrations will be accepted on a first-come, first-served basis.
- Program fees must be paid in full at the time of registration.
- When registering by mail/fax, complete one registration form per participant and mail/fax it to Circle Square.

Note: Registration by mail or fax does not confirm your space in the program.

Phone: 496-4999 press #2

Fax: 496-2955

Mail:
City of Edmonton
Circle Square
11808 St Albert Trail
Edmonton, Alberta T5L 4G4

Walk in to:
Any City of Edmonton Leisure Centre or 11808 St Albert Trail, Circle Square, main floor.

Improv group performing live shows at the Carrot

JESSICA KIMMERLY

The first Thursday of every month, People in Pants can be seen at the Carrot Community Arts Coffeehouse. But these aren't just any people in pants. They are a group of actors there to put on an improvised show, called "Improv."

"Improv is creating something out of just the spark of an idea," says team organizer Jana O'Connor. "It is letting go of your inhibitions and your inner critic and censor." And because of Improv's spontaneity and honesty, audience members can't tear their eyes away from the scene.

"You never really know what you're going to get," says O'Connor. "I think that's what draws the audience members. It's that element of 'what's going to happen?'"

Chris Bullough, fellow Person in Pants and O'Connor's husband, explains how Improv is the theatrical version of improvised jazz or freestyle dance. "This is theatre improv. It's about creating characters, scenes and stories on the fly." O'Connor adds, "What people often think of [improv] is what they see on TV—*Whose line is it anyway?* and Theatre Sports. That's definitely one huge part of Improv, but there are also tonnes of different ways of exploring Improv."

A People in Pants show has two parts. First is the warm-up, in which audience members join the team. After

getting both the performers and audience members hyped up, the People in Pants are ready to start.

The group has no set format and hopes to introduce more elements into the show, such as improv musicians. Right now, their favourite format is called "Long Form Improv." In this format, "you can do full-length plays, or a series on scenes based on themes suggested by the audience," says O'Connor. During their April performance, they

improvised on the theme of "jealousy."

So if you are tired of passively watching stale, predictable television shows, come to the Carrot (9351 118th Ave.) the first Thursday of any month. (May 1, June 5, etc.) The show starts at 8 p.m. and the cover charge is only \$5. You are guaranteed some laughs, as Bullough promises that you don't need a specific sense of humour to enjoy Improv. There's something for everyone.



BETH GRAHAM, JANA O'CONNOR AND CHRIS BULLOUGH PERFORM AS "PEOPLE IN PANTS." COME SEE THEM 8 P.M. AT THE CARROT THE FIRST THURSDAY OF EVERY MONTH



Band name: pre/post

Genre: Indie/Hip Hop/Soul

Show time: The Carrot (9351 118 Ave.) on Friday May 16. Doors at 7 p.m., cover is \$5.00. All ages.

Inspiration: Thematically, pre/post is about advocacy for youth. The band's leader, Mat Halton, is a Child and Youth Care worker, and Mat's music is a platform to tell of their strength and resilience. Pre/post's urban feel is a shout-out to the teens that have changed his life.



Learning Together: not your average preschool program!

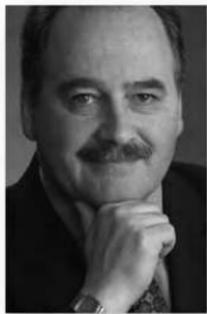
What is Learning Together?

The program is designed to support both adult and children's literacy skills.

- 36 week program: September 16, 2008 – June 24, 2009 (same holidays as school year)
- Two afternoons a week at St. Gerard Catholic Elementary School (12415-85 St.)
- Parents and children have separate sessions for part of the program and then come together to share materials prepared in class in a joint parent/child sessions
- Transportation and/or babysitting subsidies are available
- Children must be between 3 and 5 years old.
- Parents must have sufficient English speaking for group discussions. Some writing is involved as part of the parents' aim of boosting their own reading and writing skills.

Call 421-7323 for more information.

Hello Highlands-Norwood!



It is an absolute honour to be back in the Alberta Legislature standing up for our community; I would like to thank you for your continued support.

Please do not hesitate to contact my constituency office with any questions, comments or concerns you may have.

6519 - 112 Avenue
Your MLA, Brian Mason
Edmonton Highlands-Norwood
www.brianmason.ca
ph: 780.414.0682

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Try one of our great ethnic restaurants

123 Restaurant Thai & Lao Noodle House
9420 – 118 Avenue
479-1350

Banaadiri African Restaurant
11732 – 95 Street
474-6655

El Rancho Spanish Restaurant
11810 – 87 Street
471-4930

Maria's Place
11739 – 83 Street
474.4059

Safron Caribbean Delights
8307-118 Avenue
474.9005

Spago Restaurante Portugues
12433 – 97 Street
479.0328

Szechuan Garden Restaurant
8907 – 118 Avenue
479.8938

Szechuan Village
7906 – 118 Avenue
474.1919

Tony's Pizzeria & Ristorante
9603 111 Avenue
424-8769

123 Restaurant Thai & Lao Noodle House

"Many great dishes and the price is right! We had dinner for 2 for under \$20. But usually we have our children with us who are less adventurous eaters, thankfully they love the Cashew Chicken."
-Peter Mykietka



123 Restaurant Thai & Lao Noodle House

"I like the Green Chile Curry. It comes with fresh basil and pepper shoots and is only medium spicy. And the coconut rice – yummy."
-Carrissa Halton

Banaadiri African Restaurant

"You'll find traditional Somalian recipes at this friendly, welcoming restaurant. I loved the stewed goat which was fall-off-the-bone tender and spiced to perfection. The basmati rice with saffron was beautiful and

delicious. The meal also came with mixed vegetables including okra, red and green peppers, green beans, carrots and spinach. Oh and a jug of mango juice."
-Anglie Klein

El Rancho Spanish Restaurant

"One of my favourite restaurants on the Avenue, and there are a few, is El Rancho. El Rancho is a Latin restaurant famous for their pupusas. Pupusas are made from a thick, hand-made corn tortilla that is stuffed with one or more of the following: cheese, fried pork or chicken, refried beans. It is served with a home made salsa and a wonderful Latin type of cole slaw. Mmmm. El Rancho is a delightful family run business that I feel at home in, whether meeting for business over lunch or just catching up with the local businesses and residents. Dora, the owner, takes a great pride in her food and the atmosphere she has created. Everything is made fresh so don't rush the experience. Enjoy."
-Ed Gibbons, City Councillor, Ward 3

Maria's Place

"All the grandkids love their perogies. My 10 year old ate Borscht here for the first time and

thought it was good. Their homemade pies are to die for."

-Alice Greenshields

Safron Caribbean Delights

"I love the Oxtail

Stew. It is tender and the spices are awesome. The rice is great and the prices are good. The food is slow cooked all day – that's Caribbean cooking – and it's very flavourful. They may run out of some menu items later in the day so going earlier is better."

-Luisa Magnon

Spago Restaurante Portugues

"My daughter loves the mussels. The Wor Wonton soup is excellent."

-Jennifer Sparling

Spago Restaurante Portugues

"They serve pastas, seafood (a fantastic platter for two: the perfect date meal), meat, potatoes and an array of salads and appetizers. The desserts are great, too. Oh, and so is the wine. Recently, I tried the potatoes and cod baked in a clay dish. It was so tasty! They also have a salad with figs and prosciutto, which is wonderful, but rich—be prepared. The prices here are mid to

high. Salads are \$10-\$12. Meals are \$15 and up, way up. I think desserts are \$7 and up. But the food here is worth it."

-Gina Gariano

Szechuan Village

"Kim & Dennis operate this family restaurant. They have a great weekend buffet and excellent take-out."

-Alice Greenshields

Tony's Pizzeria & Ristorante

"The pizza is good with thin crust, great sauce, and yummy toppings. Salads are simple and fresh meal starters. Prices are very reasonable for pizza. They usually have games on a



A PLATE OF YUMMY SZECHUAN

screen in one section of the restaurant, but you can sit in the other part for a bit more quiet. The service has always been really good."

-Gina Gariano



GAVIN CURTIS ENJOYING A SLICE OF HAWAIIAN PIZZA FROM HOLLYWOOD PIZZA. VERY CHEESY!

Don't miss these two great eats!

Absolutely Edibles Café
10406 – 118 Avenue 424-6823

"The Black Bean Burger (vegetarian) is thick, moist and really nicely spiced served on a big Kaiser bun. It's always served with amazing sides and fresh veggies."

-Carrissa Halton

"Absolutely Edibles is a great cosy little restaurant with unbelievable prices for gourmet food. I had the best chicken fajita ever and it came with rice and salad."

-Karen Mykietka

Coliseum Steak & Pizza
8015 – 118 Avenue 474-1640

"My parents and I have gone several times. The pizza is great and I've had some excellent steak dinners there as well. It's one of those classic community restaurants that consistently makes good food. Its interior is definitely dated – but it will never die as long as it has hockey games and lacross games to sustain it."
-Erin McClarty



Rat Creek Press pub crawl

Contributors and friends of the Rat Creek Press visit five local pubs in one night

Bartenders and waitresses perk up as they see us, a group of ten, charging into their establishment. Charging is indeed the correct word, as we had a schedule to stick to—five pubs in one night.

The goal of the pub crawl, or pub run as we later agreed, was to visit the community pubs we had seen for years but into which we never ventured. We brought along voice recorders and documented our findings. The ambiance, the decor, the food, the prices, the overall enjoyment level at each pub. Here we share our thoughts, and hope they are of some use to you next time you decide to go out for a night on the Ave.

Green Frogs

- Lots of screens for a tiny little place - one small, one medium and one large.
- Pool table near front entrance
- Karaoke on Saturdays starting at 9:30 p.m.

"The place is very narrow and deep. It seems like you're walking down a hallway with small tables on each side to get to the bar way at the back. It's not well set up for groups larger than four people." -Karen



GREEN FROGS NEIGHBOURHOOD PUB
9349 118 AVE

"I liked it. It reminded me of an old country bar. Friendly patrons. Cheap beer." -Richie

"Calvin [the owner] is a friendly man." -Christy

"I enjoyed the copper crafts, sculpture decorations on the wall." -Darey

"There's still a discernable smell of cigarettes in the air." -Owen

"We had some friendly patrons who cleared out to let us sit together." -Owen



MANAGER SANDY RICHARDSON INSIDE GREEN FROGS NEIGHBOURHOOD PUB

Final Thoughts:

The draft was fine. It was a typical cheap draft. [Alberta Geniune Draft]. The place was fairly clean. Not really much for food—chip bags and apparently sandwiches.

Mona Lisa's

- Karaoke Thu, Fri, Sat from 9:30 p.m. to 2 a.m.
- Two pool tables

"I was so excited to see there was karaoke. Everybody there seemed to be having fun." -Jessica



MONA LISA'S PUB 9606 118 AVE

"We walked through a cloud of marijuana when we came through the door. Didn't like it. Saw things going on outside that made me uncomfortable. Singing was fun." -Christy

"Davinci wasn't there?" -Cheryl

"The karaoke was interesting (I may never see Ritchie the same way). It was bright, clean. The bathrooms were pretty revolting. The staff was nice, better than expected." -Cheryl

"The karaoke was very loud making it hard to talk with each other. I felt safe with our group but I would say there was some questionable activity happening around the place." -Karen

Final Thoughts:

Friendly karaoke, receptive crowd, nice atmosphere inside. The host was welcoming and outgoing. It was a lot better than we were expecting. It's large and bright.



RITCHIE VELTHUIS AND CHRISTY MORIN SINGING "RESPECT" DURING KARAOKE AT MONA LISA'S

Blind Duck Pub

- Serves food during the day but not in the evenings.
- DJ doesn't set up until 11 p.m. or later. Sometimes there is live music.
- Has a dance floor.

"I liked the wood." -Christy

"It seemed like a cozy enough atmosphere." -Richie

"I was not inspired to go there again." -Richie

"This was the first place that had whiskey so I was excited. They served it neat in a shooter glass though—I've never seen that before, normally they'd at least have a tumbler. But maybe blind ducks can't see the glasses they're giving." -Owen

"Interesting decor with graffiti all over the wood paneling. The hallway to the bathroom is not close to three feet wide at all." -Owen

"The waitress was helpful in explaining drink selections. I took her recommendation and tried the porn star, which I enjoyed." -Karen.

Final Thoughts:

It was a pretty dark bar. After midnight till two is when everybody shows up, apparently. There were only two other patrons besides us when we left at 11:30 p.m. A DJ was setting up in the corner as we were leaving. We were too early and missed the party it seems.



THE BLIND DUCK BAR & GRILL 10416 118 AVE

"It smelled like a cabin." -Stuart M.

"Remember when you were at camp and used to sneak liquor into your cabin? It's like that except there is no sneaking and probably no sleeping." -combined comments of Stuart M. and Cheryl.

"My whiskey sour was watered." -Cheryl



OUR MANAGING EDITOR, KAREN, ENJOYS A BEVERAGE AT THE BLIND DUCK WHILE TAKING NOTES FOR THIS ARTICLE

End Zone Pub

- A very large screen for watching games
- Two pool tables
- Dance floor
- 35 cent wings on Wednesday, Karaoke on Thursdays, Live band on Fridays, DJ on Saturdays

"Getting in and out of the parking lot is a little interesting." -Karen

"I would go back there." -Darey

"I was surprised it was nice inside because I always thought it looked a little yucky from the outside." -Karen

"I found it lacking in atmosphere." -Stuart B.

"It was pretty sparse. It was clean. It was nice. The music was good. It has a good sound system. It just needs to be a little cozier." -Richie

"The food and its presentation could have been better." -Peter

"The wings were different. A good different mind you." -Peter

"Not the typical hot wing—not just Frank's hot sauce. The batter has got



END ZONE PUB 8604 112 AVE

some good stuff in there." -Darey.
"A little pricey though. Twelve wings for \$7.45." -Christy

"The service was quite slow. I thought it peculiar that they brought the nachos out, then ten to 15 minutes later they brought out the wings." -Stuart M.



NACHOS AT END ZONE PUB

Final Thoughts:

Everyone enjoyed the wings, though the nachos were uninspired. There was a projector and big screen for watching sports games, an area for dancing and even a small disco ball. A clean, open place that is much nicer inside than it appears on the outside.

Um . . . is there any meat in that?

REBECCA LIPIATT-LONG AND
DAWN FREEMAN

Don't eat meat? Or dairy either? It's hard to know where to go when you want to eat out, but prefer a menu other than good ole Alberta beef. Here are a few places to add to your eating out list.

Absolutely Edibles Catering and Café (10406-118 Avenue) has an extensive vegetarian and vegan menu both in the café and for catered events. These professional chefs use fresh ingredients and minimize preservatives in their cooking. The menu choices span the globe from the Creole Jambalaya to Greek Moussaka, several Italian dishes and hearty Vegetarian Stew and Chili. If you have a non-vegetarian partner, there also is a wide selection

the Hors d'oeuvre (appetizer plate) which contains five different kinds of vegetarian "meat". Chili Green Beans with soya sauce and the Veggie Curry Chicken with potatoes, served with a side order of coconut or steamed rice is a wonderful meal with the perfect balance of spicy, sweet and salty. Padmanadi also has a great dessert menu with many vegan options.

We would be remiss not to mention the **Blue Plate Diner** (10145-104 Street). While the building is out of the Rat Creek district, it is owned by long time Norwood residents. The Blue Plate has a delicious variety of unique vegetarian and vegan options on its menu. Good-for-you never tasted so good—from comfort food (Mac-n-Cheese made with cheddar, mozzarella

and asiago cheeses) to their Veggie Burger (made with beets, turnips, zucchini, carrots, sunflower seeds and rice, and served with sweet potato fries) to more exotic dinner choices like the Red Bell Pepper stuffed with curried bean ragout and roasted vegetables.

fried beans or the Enchilada Mexicana with tofu served with rice and salad. You might want to order two and take one home for later!

Al Bert's Donair and Shawermah (9715-118 Ave) has some excellent Mediterranean



HOME MADE FALAFEL AT AL BERT'S

vegetarian options on their eat-in or take-out menu. Try the homemade falafel in pita, stuffed to overflowing with falafel, tomatoes, onions, pickles and sauces. This is a whole meal. If you want a smaller snack, order the hummus, tabouleh and other salads. Or just get a few pieces of falafel. Delicious.

These are just a few options around the neighbourhood for good vegetarian food. If you own, work or eat at a local vegetarian-friendly restaurant that is not included in this article, please feel free to contact the *Rat Creek Press* to share your vegetarian and vegan menu items for all of us to share.



VEGAN AND VEGETARIAN FOOD AT ORIENTAL VEGGIE HOUSE

of meat dishes on their menu. While most vegetarians rarely miss eating meat, there are things we do miss – like a good wonton soup, or spring rolls with no fish-sauce dip. **The Oriental Veggie House** (10586-100 Street) is a perfect choice when you're in the mood for Chinese food. Most menu items are vegan, and all are vegetarian. There is a good selection of appetizers and soups to start your meal, and several pages of main course dishes from the steaming Hot Pots (the Veggie Seafood Hot Pot is a favourite) to stir-fried vegetable dishes and many tofu, rice and noodle dishes.

If you're craving something a little spicier, **Padmanadi** (10626-97 Street) serves up excellent Indonesian vegetarian and vegan food. If you're new to Asian-vegetarian food, try

the Red Bell Pepper stuffed with curried bean ragout and roasted vegetables.

If you enjoy the style of food from south of the border—the US border that is—then you have to try the Salvadorean delights at **El Rancho** (11810-87 St). For appetizers, the flautos, tacos and quezadillas can all be made with tofu instead of beef or chicken. For a main dish, try the Burrito al Carbon with tofu and



TRY SOMETHING SPICY AT PADMANADI

Chicago Joe's

- Fairly extensive food menu.
- Tuesday Wing Night 35 cents/wing (baskets of 10, 20, or 30)
- Television screen

"The main floor used to be a family restaurant but now we can't bring our kids because it's a no minors pub." -Karen

"The food was okay." -Richie

"The pizza is outstanding, but we didn't order pizza." -Alan

"The waitress was pretty nice. I liked her." -Richie

"Pretty clean. Pretty nice." -Peter

"But the toilet in the ladies bathroom wouldn't flush." -Karen

"And it looked as though someone was shaving in the bathrooms earlier. There were chin hairs in the sink." -Stuart M.

"Ewww! Bad bathrooms!" -Everyone

"I'd like to point out the antique pictures and photographs on the wall and the paintings on the wall. It sets an atmosphere." -Alan

"I wish they had a different pick on tap." -Richie [Canadian and Rickards Red]



AIR BRUSH MURAL AT CHICAGO JOE'S

"There wasn't a drink special at Chicago Joe's." -Richie

"We were the life of the bar, and that's saying something." -Owen

"The hot wings weren't hot." -Owen

"I loved the decor of the place—I'm a big fan of air brushed artwork, and this place has it in spades." -Stuart M.

Final Thoughts:

We probably should have ordered pizza instead of the party platter. The potato skins were snatched up pretty quickly, but the other items were not especially appetizing. The place felt comfortable (except for the bathrooms). The overall vibe was pleasant.

In Summary

Our recommendations:

Food selection: Chicago Joe's

Karaoke: Mona Lisa's

Sporting event viewing: End Zone

Best deals on beer: Green Frogs

Best dance floor: Blind Duck

You will always encounter people in various degrees of sobriety in pubs. If this makes you uncomfortable, don't go to them.

Salad Rolls Recipe

Courtesy of 1 2 3 Thai Restaurant

Ingredients:

circular rice paper	shrimp
vermicelli noodles	cilantro
lettuce	carrot
mint	cucumber

Soak the whole surface of the rice paper in hot water.

Place rice paper flat and spread out on surface.

Add a little of each ingredient and roll the wrap as tightly as possible.

Italy meets Mexico in a simple pasta dish



BACKYARD BISTRO
WITH SHAWN BAERT

This one is an old favorite with an added zip from the strong, deep flavored Mexican oregano that I recently discovered right here on Alberta Avenue. It's so easy and delicious you will want

to pass it on to friends. Mexican oregano is available at Paraiso Tropical Latin American Imports, 9136-118 Avenue.

Easy Chicken Manicotti

Filling:

1 beaten egg
1 10 oz package frozen chopped spinach, thawed and well drained
1 cup chopped cooked chicken
1/2 cup cream-style cottage cheese, drained
1/4 cup grated parmesan cheese 1/2 teaspoon, oregano, thyme, basil
1 pack of manicotti shells 10 to 14

In a mixing bowl combine all ingredients except shells. Fill each uncooked manicotti shell with mixture. Arrange shells in a 13"-9x2-inch baking dish so they are not touching each other.

Sauce:

1 10 oz can cream of chicken soup
8 oz of sour cream
1 cup milk
1 teaspoon Italian seasoning
1 cup boiling water
1 cup shredded cheddar cheese
2 tablespoons parsley

Combine soup, sour cream, milk, and Italian seasoning. Pour sauce over manicotti, spreading to cover shells. Slowly pour the boiling water into the dish around the edge. Cover dish tightly with foil. Bake in a 350 degree oven for 60 to 65 minutes or till the pasta is tender. Sprinkle with cheese and, if desired, parsley. Let stand 10 minutes before serving.



EASY CHICKEN MANICOTTI

In which she makes her list of bedding plant needs

the Gardening Diva
WITH CHERYL WALKER

Dear Readers, it is here! The month of May, when all is blissful, all is green, and gardens are finally planted.

So then, you are all off to the local store to buy your bedding plants? Not quite so quickly, dear readers. Learn from The Garden Diva's (TGD) folly and read some of her mistakes so you don't have to make your own.

Over the years, TGD has often found herself promising the tres wonderful garden diva husband that she would only purchase a certain dollar value of bedding plants. (No dear reader, you don't want to know how much. Sufficed to say that there were zeros and decimal points.) After many sad reckonings, TGD now takes her garden plans, carefully calculates the number of bedding plants she requires, and makes a list. Here is the important part—she only purchases what is on the list. (Honestly dear reader, why are you snickering? Have you been talking to the garden diva husband again?)

Next, consider when you want to plant. Remember, the average last frost date is May 7th. (TGD plants all her garden seeds around this time, if not earlier). It is often best to wait a bit until putting your bedding plants out—many people go to their local garden centre or store on the first day of the May long weekend. TGD tends to go

before this, to ensure that she has the absolute best selection, and the healthiest plants. Often she will go on the Friday night. This is when the veteran gardeners go. Wear comfortable shoes and have a list. You will need them.

Perhaps the most important thing to consider when buying bedding plants is the health of the plant. Choose good sized plants with healthy leaves. Examine the plants closely. The soil should be moist. Avoid plants that are very dry (the plant will feel very light and the dirt will be light brown and hard) or plants that are very wet (water drips out of the soil when squeezed, or there is evidence of moss or mould).

Check for sun damage—yellow or brown spots on leaves. Also for insects—small portions of the leaves looking chewed, holes in the leaves, bugs on the undersides of plants or rolled up leaves.

Look at the roots. They should not be coming out of the bottom of the plant cell. Carefully grasp a seedling at its base and pull it out of the plant cell. You should be able to see a good root system, but avoid roots that are spiralled around the plant—these are root bound and may not transplant well.

Choose plants that are a good size, and quite bushy. You don't want spindly little seedlings that will die in full sun. Review TGD's columns from May 2007

regarding planting, and the April 2007 column on getting your dirt ready. (These issues are still available online at www.ratcreek.org.)

Finally dear reader, a note about where to buy your plants—feel free to purchase your geraniums, your petunias and your pansies from wherever



you can find them on sale (just get healthy ones). If you are purchasing more expensive and exotic bedding plants, or if you are purchasing perennials, do not purchase them from anything other than a garden centre. A garden center can provide you with good information about the location to plant your new darling, any extra soil amendments, and if necessary, any overwintering measures to take. A knowledgeable garden centre is a gardener's greatest asset.

TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. She believes that tree is a wish for the future and that we should plant more. Next month she shall talk about your front lawn.

avenue initiative revitalization

The Avenue Initiative is a community-based revitalization of 118th from NAIT to Northlands. The community has come together to work with the City to create a council approved strategy that will create a safe, walkable community for everyone.

Large Item Pick Up

Spring is here & the Community is cleaning up!

Saturday May 24th

Pick Up available in Avenue Initiative Area \$5 an item

To arrange for pick up: call: 479-6285

email: pickup@ratcreek.org Pay in advance at The Carrot Café (9351 - 118th Ave)

Tuesday May 6th, 13th, 20th, 10:30 - 12:30 & 6 - 8pm



**For information call
Judy Allan 496-1913**

Block Captain Training

Be a part of keeping your neighbourhood safe!

The role of a Block Captain is establish a friendly network of neighbours who watch out for one another and report problems occurring on their block. This has proven to one of the most effective ways to create a safe neighbourhood. We hope to have a Block Captain on each block.

Tuesday May 27th 7:00 - 9pm

Location: St. Faith's Church Hall (rear door) 11725-93 street. Call 496-1913 to register.

Sign up for the Citizen's Police Academy



LAW AND ORDER
WITH CST. MIKE RUSSELL

From January 15 to March 25, 2008, approximately 30 members of our community attended the Edmonton Police Service Citizen's Police Academy (C.P.A.) This is an intensive 11-week course that runs for three hours every Tuesday night. Students are taught various skills that help them answer the often-asked question, "What can I do in my community to make it a safer place to live?"

Citizens Police Academy strives to achieve an increased awareness of Community Policing Initiatives, to enhance the image of the EPS with citizens through education about policing and to provide an opportunity for communities, along with the EPS, to discuss sustainable crime prevention and public safety programs.

Citizens play a vital role in making our city safe by reporting anything they see or hear that is unlawful, unsafe or suspicious; this is useful in identifying trends in crime and disorder. Tracking these trends allow the EPS to divert resources to specific areas (Hotspot Policing) in order to solve ongoing problems. Citizens are also shown how they can take proactive steps to prevent becoming a victim of crime and how they can volunteer their time with such programs as Neighbourhood Watch, Safe Parent, Block Captains or Community Patrols. One of the most important objectives of Citizens Police Academy is it gives a chance for citizens to offer their feedback on how the EPS is doing as a whole.

A variety of presentations are made throughout the 11 weeks. These presentations are

on various topics such as:

1. Community Policing: What programs and actions the EPS and Community are putting in place to combat crime.

2. Managing Patrol Performance (the M.P.P. model of the EPS): How the EPS utilizes every call for service to manage our resources to better serve our community.

3. Crime Prevention Through Environmental Design: How to effectively target harden your house, car, self. Target Hardening involves the use of devices and strategies that Detect, Deny, Delay or Deter the criminal away from the intended target e.g. vehicle clubs, motion lighting and video surveillance. Remember criminals don't want to be seen, heard or noticed.

4. Drugs and Gangs: Showing how these two are tied together and how lower level criminal networks actually have organized crime connections.

5. Graffiti: Showing the seriousness of graffiti and the importance of clean up and removal. Graffiti could mean various things—it could be gang related sending messages where to meet, where to fight, etc. Remember the importance of the 3 R's; Record, Remove and Report.

6. Prostitution: How the actual scale of victims of prostitution is quite large and showing who it affects.

And many more.

The course focuses on opening dialogue with citizens and empowering them to work

together with the EPS. If you think you could make a difference to your neighbourhood, feel free to apply to the Edmonton Police Citizens Police Academy through the following website or talk to your EPS Community Liaison Constable (Cst. Mike Russell @ 421-2602) <http://www.police.edmonton.ab.ca/Pages/Citizenspolice/CPAmain.asp>

I would like to thank Robert & Alice Greenshields, Robin Stocks and Arlene Kemble (of our most recent Citizens Police Academy class) for coming up with the content for this month's article.

Contact Info You Need To Know

Police Complaint Line
423-4567

Report - A - John 421-2656

Report a Drug House 426-2889

Crime Stoppers
1-800-222-TIPS

By-Law complaint
496-3100

Report a derelict house
496-6031

Contact CAP (Community Action Project) at 474-8318 for help mobilizing a block.

Contact the Avenue Initiative Safe Streets Committee at 496-1913 for information on getting a block together (Block Party and Resource Kit).

The History of Borden Park: Part Two



OUR HISTORY
WITH ALAN KAUSY

In 1906, two years after Edmonton was officially proclaimed a city, council established [this tract of land] as East End City Park. This area of Edmonton was considered remote from the downtown core at the time. Soon afterwards, streetcar tracks were laid and the park became accessible to everyone. In 1914, the Prime Minister of Canada, Sir Robert Laird Borden, made a visit to Edmonton. Mr. Borden was Prime Minister from 1911 to 1920 and his strong leadership through World War One ensured his status as one of our country's most influential leaders. It was in honor of his visit to Edmonton, that East End City Park was renamed Borden Park.

By the following year, city council was strategizing how to increase traffic flow to the park. It was W.J. Stark, then manager of the Exhibition Association, who suggested that the city build a roller coaster within Borden Park. Construction quickly commenced and "The Green Rattler" roller coaster was completed the same year at a cost of \$15 000. This was not the only attraction though. Around the same time, the city's first carousel was built and installed in the park. Under the guidance of Tim Covell from Ottawa, this outstanding carousel was designed by the Philadelphia Toboggan Company and consisted of 32 horses and two chariots over three rows. It was operated by Johnny Jones. If anyone is interested, there exists a replica of this carousel at the Fort

Edmonton Foundation.

As well, Mr. Covell constructed a well-equipped swimming pool, several games tents, a dining hall and "The Old Mill" boat ride. The latter attraction, commonly referred to as "The Tunnel of Love", was a ride with a series of boats that each held six passengers. The boats were magnetically powered through a wooden shed where skeletons and ghosts lit up from out of the walls while emitting eerie sounds. The boat continued into the daylight of the park, and back through the shed again. The only slight downside during weekend activities was that the park was not allowed to serve food on Sundays, the Sabbath day. Families simply packed their own lunches and still headed out for the day.

By the mid 1920s, the park was immensely popular. George Grant, an *Edmonton Journal* reporter at the time, visited the park and composed a lengthy article regarding the scene and activities. The point made most evident by Grant was how much happiness Borden Park brought to the children, their parents, grandparents and even the teenagers who played games, swam and walked around. The pool remained affordable, as admission was 25 cents for adults and 15 cents for children. The swimming pool superintendent had the wonderful responsibility of living on the premises with his family during the entire summer. Imagine what fun that would have been for his children! No doubt the kids embarked on endless exploratory excursions during the hours when the park was closed, and I'm certain there would be many stories of them getting into some mischief as a result.



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PETER GOLDRING
Member of Parliament
Edmonton East

Boyle Institution?

There has been much discussion recently about the city's so-called "Boyle Renaissance Plan," a plan that under closer scrutiny should perhaps be called the "Boyle Institutional Plan."

A concerning scenario is occurring once again between the planned development of the Quarters Downtown, and an adjacent multi-block, re-institutionalizing shelter project called the Boyle Renaissance Project. The plan is to add immediately seven new transitional social shelter housing projects to an area that already has fourteen such facilities. The seven buildings with more than 600 transitional, supportive or assisted living social units would be complemented by another 300 units in even more buildings in the future. This would create a block on block, social welfare project that soon will be the "Boyle Institute." Concerns being raised by residents of the Boyle-McCauley area must be addressed.

In today's society it is commonly believed that the disadvantaged, the handicapped, if at all possible, are best to be fully integrated in the community, throughout the city, not in social re-institutional facilities such as the Boyle project.

While there certainly are circumstances and the need for some social institutions, excessive shelter-centric planning is largely the result of a lack of affordable rental market housing.

In summary, there are both societal and cultural reasons why the Boyle Renaissance should be questioned: it inhibits the rights of our aboriginal seniors and handicapped to live in normal, mixed community settings and the heavy concentration of shelters is a recipe to have a negative effect on local economic development. It is for these important reasons that this project should be reconsidered.

What do you think?

495-3261

www.petergoldring.ca

The Dog Good Neighbour



dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

As one walks through our communities, almost every other house has a dog, and for those that don't have a dog (or cat or other pet) there are those homes with two or three dogs. Some of these dogs have earned the reputation as good, if not exceptional, neighbours. Many stop thieves by barking and can still play with the neighbourhood children. Some are official or unofficial service dogs and others bring joy to seniors and help promote literacy to children as therapy dogs. Dogs continue to earn the mantle of man's best friend. But what makes a canine good neighbour?

To borrow from the Canadian Kennel Club's Canine Good Neighbour Program, and the Canadian Canine Good Citizen Test™ by Human Animal Bond Association of Canada, trainers begin by teaching dogs how to be handled and greeted by "strangers." Whether you want your dog to be touched by others or not, it is necessary for dogs to respond well to touching by family, by veterinarians or groomers, in case of emergency and for daily care.

Let's start with a courtesy greeting. Rather than letting the dog approach others, or in the instance of the young puppy lunging and jumping in

excitement at the concept of greeting a new friend, why not shorten up the leash and have the dog sit beside or in front of you. If the dog is very excited, then run the leash under your foot to help restrain the dog. This manoeuvre will also help you keep control—you will have a hand free to hook into the collar under the dog's chin. Soon your dog will learn that sitting as others approach is more acceptable. Even if someone you meet on the street has no interest in interacting with the dog, he or she will appreciate your efforts to keep control. (Tip: For people who do not like to be greeted by a

dog excited and interested in you.)

When taking the dog to the vet, an easy way to distract your pet is to bring treats, biscuits or a toy (especially a favourite one that squeaks or makes noise). The distraction can easily keep the dog's attention on you and the toy instead of the vet.

Physically examine your dog on a regular basis. The dog should be used to you, and eventually strangers, picking up his feet, examining his nails, teeth and whole body. Hugging your dog can actually be good—this goes along with restricting or restraining the



dog on the street—turn your head away from the dog avoiding direct or challenging eye contact, keep your arms close to your body, and either say nothing or keep your voice low and calm. High pitched voices or yelling will get almost any

dog in case you ever have to wrap the dog in case of injury and holding him while he is being bandaged, x-rayed or groomed.

These are just a few ideas to get started on having a dog who is a good neighbour.

Hot and Spicy at the Library

Sprucewords

WITH CONNIE HARGREAVES

Here at the library, we enjoy our chili hot and our books spicy! This recipe won the Edmonton Public Library second place at the 16th Annual Downtown Business Association Chili Cook-Off.

Chili Royale

2 pounds of hamburger
1 tbsp of red pepper flakes
2 tsps of black pepper
1 onion chopped roughly
2 celery sticks chopped
1 small can of chili peppers

1 large can of hunts italian tomato sauce
1/2 cup of chili powder
2 cans of red chili beans
1 handful of brown sugar
2 capfuls of vinegar

Brown ground beef.

Add red pepper flakes and pepper.

Cook until no red shows. Drain off fat.

Throw in onions, celery, chili pepper, and tomato sauce.

Stir.

Add chili powder.

Simmer.

Open chili beans and throw them in.
Simmer.

Toss in brown sugar and vinegar

Taste. It should be a little sweet with hot hitting after. If not adjust to your palate... and ENJOY!

Connie Hargreaves is the manger of the Sprucewood Library. Email her at chargreaves@epl.ca. For more recipes and cookbooks, browse our collection or visit us online at www.epl.ca

Keeping mom's culinary legacy hot



Resident Profile
WITH HARVEY VOOGD

You don't have to take a cooking course when talent runs in the family.

"My mom is a really creative cook," says Craig Stumpf-Allen. "She served curry chicken and tofu before anyone else I knew ate it . . . My mom's mother is also a good cook, but not as adventurous. She doesn't use as many spices or unusual ingredients. But grandma's trifle, that dessert with cream, cake and fruit, is very good."

Stumpf-Allen moved to Delton in August 1997. "My partner Mark and I were looking for an affordable house that didn't need massive renovations, with a big yard. We liked the neighbourhood because it is central and quiet, with a nice diversity of people."

The yard was important because Stumpf-Allen does a lot of canning, a skill he also inherited from his mom.

"I get a big sense of accomplishment when I've canned or preserved something, especially if we've grown the food," says Stumpf-Allen. "There is a lot of comfort in knowing exactly what I'm eating. Canning

also means I can flavour food exactly like I want to. Plus, they always make nice gifts for friends and family."

Stumpf-Allen has a garden, an apple tree and many different fruit bushes and berries that grow in the yard. "I usually make apple butter and mincemeat from the apples. The cherries, currents, saskatoons, strawberries and raspberries become jams. I also make green tomato relish and a lot of different salsas and chutneys."

Learning how to bake was Stumpf-Allen's first culinary experience. "My mom said if you want cookies, you bake them. So sometime in elementary school, I became a baker."

He still bakes. "I have a breadmaker which I love. I can either bake bread or use it to make dough for buns and cookies. I never really learned how to make pies, but I like to make cakes."

In high school, Stumpf-Allen learned to cook from his mom. "Mom is a frustrating

cook to learn from because she does it out of her head. She'll open the fridge and make incredible soups from leftovers



CRAIG STUMPF-ALLEN, A DELTON RESIDENT, CREDITS HIS PASSION FOR COOKING TO HIS MOM

that you can't recreate because she makes it up as she goes."

"I remember being shocked the first time I had Kraft dinner," says Stumpf-Allen. "It was nothing like the macaroni & cheese at home. Mom combined pasta with tomatoes and onions and then baked it in the oven with real cheese and bread crumbs on top. Now that was

delicious."

Stumpf-Allen describes his cooking as fusion without any particular geographic origin. "I like to eat a wide variety of food and love to use fennel, cilantro and lemons. I don't cook a lot with meat, so I focus on vegetarian recipes."

"My favourite food countries are Greece, India and Japan," admits Stumpf-Allen. "Indian and Greek foods have a great variety of flavours and they blend flavours in such interesting ways. And Japan – it's all about sushi."

Grocery shopping is a skill no chef should be without. "I'm an impulsive shopper, but I always make sure I have a good stock of fruit, vegetables, cheese and dry goods like rice and pasta at home. I like to shop at farmers' markets, but otherwise start in the organic section and try to buy local food."

And of course, being a fantastic chef with a love of food has its pitfalls. "When Mark and I first started seeing each other, we both put on a lot of weight," Craig remembers. "We both liked to cook a lot with cream sauces – dishes like chicken with a mushroom cream sauce. Now we eat a lot more fresh food and less cream

and cheese."

Being on the guest list for a meal at the Stumpf-Allen's is sure to be a treat. "If there's just the two of us, we'll eat wraps, stir fry, poached chicken or enchiladas. If friends come over, I get extravagant. I try to create something that they are not going to have elsewhere. I'll cook from scratch and make multiple courses with a wide variety of flavours. I have a fabulous vegetarian cookbook which is a great resource. And of course there is always mom!"

Mom's Summer Salad

- 1 head lettuce
- 1 red pepper
- 3 oranges
- 2 cups grapes
- 1 clove crushed garlic
- 1 Tbsp sugar
- 2 Tbsp chopped mint
- 2 Tbsp dried coconut
- 2 Tbsp chopped parsley
- 1/4 cup olive oil
- 1/4 tsp. salt
- 1 Tbsp. sugar
- Juice of 2 lemons

New graffiti and litter bylaws



NEW GRAFFITI BYLAWS PUT THE PRESSURE ON BUSINESS OWNERS TO KEEP THEIR BUILDINGS CLEAN

JESSICA KIMMERLY

In February, the City of Edmonton consolidated some new bylaws into the existing Community Standards Bylaw. These new bylaws were effective April first and the fine for violation is \$250.

The new rules do not allow for "any loose litter, garbage or refuse whether located in a stor-

age area, collection area or elsewhere on the land." This is a simple matter of cleaning up litter. However, business owners will have a more difficult time maintaining the new building standard, which states property owners must remove "any graffiti displayed on the building that is visible from any surrounding property."

Fortunately, the cost of graffiti removal can be less expensive than the city fine. Tony Chang of FCS Solutions Ltd. says, "The starting price of removing graffiti can range from \$150 to \$200. Also, the price can be greatly reduced if the wall has a protection system (anti-graffiti

coating)."

FCS carries an anti-graffiti coating called Acryli-Master. It will increase the chances of being able to remove all graffiti and will protect walls from environmental stains.

For those concerned about chemicals in graffiti removal products, Chang says, "All of the products are environmentally friendly. They are manufactured out of California and contain little to no V.O.C.s (Volatile Organic Compounds)."

"In fact, the graffiti removers are biodegradable, have low odor and neutralize immediately with water."

If you are interested in graffiti removal products by FCS Solutions Ltd., feel free to visit their website (www.fcs-solutionsltd.com) or call (780) 487-3787.

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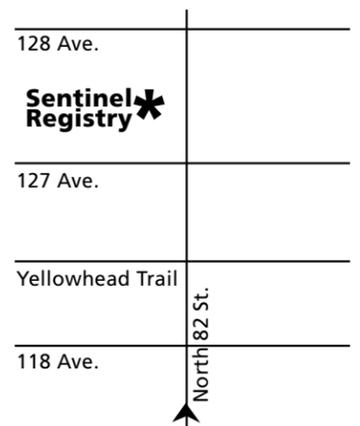
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Downtown to NAIT LRT Study

A study is underway to develop a concept plan for the LRT to travel from Downtown to NAIT. You are invited to take part in upcoming public involvement to get more information on:

- Track and station locations;
- Traffic, bicycle and pedestrian circulation; and
- Neighbourhood integration.

You will also be invited to share your feedback on how the project has responded to what was heard in previous consultation.

Tell us what you think

- Get involved
- Be heard
- Complete the online questionnaire at www.edmonton.ca/LRTprojects, beginning May 5, 2008.
- Attend the Open House:
Date: Tuesday, May 13, 2008
Time: 4 p.m. to 8 p.m. at the Polish Hall (10960 104 Street).

For more information, visit www.edmonton.ca/LRTprojects, e-mail at nlrt@edmonton.ca, or call the LRT Projects information line at 780.496.4874.



ABC HEAD START

Register your preschooler for a **free preschool program** at ABC Head Start!

We are taking registrations at our 12 sites, including Eastwood, St. Alphonsus and St. Francis, for the 2008-2009 school year.

The program is for children aged 3.6 to 5 years from families currently experiencing a lower income. It runs four half-days a week. Bussing and snacks are free. **Call 461-5353.**

The view from a dance class

MARIANN SINKOVICS

A miniature garden of footwear from every walk of women's styles grows patiently on the second floor of St. Patrick's school. One harvest of shoes will be plucked as a set of tingle-footed dancers leave, to be quickly re-grown by a new crop. To join the class, one removes her shoes and sidles into the classroom past 20 feet of draped closet space. The rest of the mirror-lined room reflects the movements of students isolating and moving their bodies. The presence of engaged women makes it impossible not to feel slinky in kind. Embellished scarves grace the bases of their exposed midriffs. The odd exhausted coin winks from the floor before being skidded against the wall with the other bits of decorative shrapnel.

The music snaps off like a broken bloom and the silence hangs in its place for a second until a clear yet incredulous voice, "Ladies! Arms arms arms!" The original instructor and Artistic Director of edVenture Arts Academy is Aurora Ongaro, masterful and merciless in orientale dance presentation, dancing blissfully in pink. She frequently reminds students that the first dance prerequisite is to want to have fun.

Register for Shake What Your Mamma Gave Ya! This workshop is designed to be a relaxed, yet fun and interactive occasion for women of all ages and skill level. More info available at: www.danceaurora.com.

To register for Shake

What Your Momma Gave Ya! call Trisha at (780) 984-8408. The workshop fee is \$50 for a mother and daughter pair, with a portion of the proceeds being donated to

the Canadian Breast Cancer Foundation at St. Patrick's School at 121 Ave and 95A Street, on May 10, 2008 from 10 a.m. to 1 p.m.



Supplied

AURORA ONGARO, DIRECTOR OF EDVENTURE ARTS ACADEMY, SHOWS OFF HER BELLY-DANCING MOVES

Ukrainian Dance With Cheremosh!

From the Internationally acclaimed Cheremosh Ukrainian Dance Company to the School of Dance for children, Cheremosh offers an exceptional level of Ukrainian dance for all ages. Cheremosh performing ensembles are directed by distinguished Artistic Director and Ballet Master Mykola Kanevets.



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Cheremosh Ukrainian Dance Company Auditions

CHEREMOSH 16+ (OR GRADE 10)
Thursday, June 19, 2008 — 7:30 - 9:00 pm

Cheremosh School of Ukrainian Dance Auditions

Performing Ensembles Auditions

CHEREMSHYNA (AGES 14+)

Thursday, June 19, 2008 — 6:00 - 7:30 pm

CHUMAK I (AGES 9 - 11)

Friday, June 20, 2008 — 6:00 - 7:00 pm

CHUMAK II (Ages 12 - 14)

Friday, June 20, 2008 — 7:00 - 8:00 pm

Novice Classes Registration (During Auditions)

(Ages 4 - 12)

Thursday, June 19, 2008 — 6:00 - 9:00 pm

Friday, June 20, 2008 — 6:00 - 9:00 pm

Saturday, June 21, 2008 —

10:00 am - 3:00 pm

Coming this Fall!
Ballet Technique to Complement
Ukrainian Dance



What's happening in Spruce Avenue Community

13th Annual Spruce Avenue Community Garage Sale and Bottle Drive

10240 - 115 avenue

Thursday, May 1 - 10 a.m. to 8 p.m.

Friday, May 2 - 9 a.m. to 8 p.m.

Saturday, May 3 - 9 a.m. to 5 p.m.

This is a huge sale of household items, furniture, collectibles, tools and more. The Bottle Drive will be held Saturday, May 3 with proceeds going to the Spruce Avenue Park Redevelopment. Spruce Avenue residents may leave their bottles on their front door step for pick-up between 10 a.m. and 12 noon or deliver your bottles to the community hall before 4 p.m. on Saturday. A concession will be held during this three day event.

Spruce Avenue Free Swim

Free swim for Spruce Ave community league members at Grant MacEwan pool, Sundays, 2-5 p.m. Show your current community league membership to get in. Memberships are available by calling Ray @ 474-5354.

Public Meeting re. Extension of the LRT to NAIT

Monday, May 12 - 7 p.m.
Spruce Avenue Community Hall
10240 - 115 avenue

Spruce Avenue residents are invited to attend a meeting with representatives from Gray Scott Consulting Group and the City of Edmonton Transit Projects to get an update and to answer questions you may have about this project.

Meetings: Second Monday of the month at 7pm

Hall address: 10240 115 Avenue Hall phone: 471-1932

League boundaries: 97 St to 106 St from 111 Ave to 118 Ave

COMMUNITY CALENDAR

SEND US YOUR EVENTS & NOTICES - IT'S FREE!

Email editor@ratcreek.org or call 479-6285. Events & notices printed in the paper as deemed appropriate by the editorial team and as space permits.

ONLINE COMMUNITY CALENDARS

All our community events & meetings are also on google calendars. Go to www.ratcreek.org/calendar. Scroll down to view one of the four different calendars. Click on an event to get the details.

ART & MUSIC



ARTIST TRADING CARDS

Saturday, May 17 from 12pm to 3pm at The Carrot (9351 118 Ave). Artist Trading Cards are miniature works of art created on 2.5 X 3.5 inch card stock or mat board. They are originals, small editions, and, most importantly, self-produced. Anybody can produce them. The idea is that you trade them with other people who produce cards at the sessions. The workshop will include samples, ideas on how to get started and some materials (but please feel free to bring some of your own to keep costs down.) To register call Becky 435-3499.

ART SHOW & SALE

Saturday, May 10 from 10am to 4pm at the Ave in Bloom Gardening Day at Alberta Avenue hall (9210 118 Ave).

ARTISAN MARKET

1st and 3rd Saturdays, 11am-4pm at The Carrot Arts Coffeeshouse (9351 118 Ave) All creations are made in Edmonton by local artists and artisans. Jewelry, woodwork, textiles and more! If you are interested in selling your wares at the market, please contact Lorraine at 919-9627.

PIANO LESSONS IN YOUR HOME

All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 490-1922. Must live within the Rat Creek Press boundaries.

MUSIC LESSONS

Professional musician and qualified music teacher, with degrees in Music and Education. Sax, flute, clarinet, piano, keyboards, guitar, bass, theory. All styles. Neil: 477-9232.

MUSICAL NOTES

Extremely affordable piano lessons for beginners 5 to 11 years. Using the John Thompson series only. References available. Call 479-4054.

DROP-IN GROUPS & PROGRAMS

RHYMES THAT BIND

Wednesdays, 11:45-12:30 from Apr 9 to Jun 11 at Norwood Family Centre 9516 114 Ave. Songs & rhymes for children between newborn and age 3 and their caregivers. Lunch is provided.

SENIORS DROP-IN

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8718 118 Ave).

MOMS & TOTS

Tuesdays and Thursdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8718 118 Ave).

BABES IN ARMS

Fridays, 10am-noon at The Carrot (9351 118 Ave). Come and connect with other parents in the community. Call 471-1580 for more info.

SUMMER PROGRAM

The Child & Youth Program at the Norwood Child & Family Resource Centre is now taking registrations for the summer program. Children must be between the ages of 5 - 13 to register for this program. Please call 471-3737 for more information.

FALL HEAD START

The Head Start Program at the Norwood Child & Family Resource Centre is now taking registrations for 2008 - 09 school year. Children must be 3 1/2 by September 1st 2008. Please call 471-3737 for more information.

EDMONTON URBAN NATIVE MINISTRY

Drop In from Tuesdays to Fridays, 10am - 4pm at St Andrews church (8715 118 Ave). Coffee and snacks are available.

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 11661 95 St, Ph 474-4324 Tue, Wed, Thur from noon to 4pm Fri from 7:30-10:30pm

ST. FAITH'S

Community Collective Kitchen meets at St. Faith's Church on the 2nd Wednesday of the month. There is currently space. If you are interested, please call 477-5931.

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 479-5283 Youth program (ages 6-17): Mon, Tue, Wed 3-8pm, Thur 2:30-8pm, Fri 3-10pm, and Sat 1-5pm.

ENTERTAINMENT

COMMUNITY BOOK CLUB

Wednesday, May 21 at The Carrot

(9351 118 Ave). Read the book "Three Day Road" By Joseph Boyden.

CAMPFIRE & WIENER ROAST

Sunday, May 18 from 5:30pm to 8:30pm at Eastwood Park (86 St and 118 Ave). Sponsored by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 660-0334.

PEOPLE IN PANTS IMPROV

First Thursday of the month at 8pm (May 1st, June 5th) at The Carrot (9351 118 Ave). Cost: \$5.

THE CARROT COFFEEHOUSE

9351 - 118 Avenue FRIDAYS: Live music, 7:30pm-9:30pm

\$5 cover charge
May 2 Marty & Lil Siltanen
May 9 Layah Jane
May 16 Matt Halton
May 23 Brock Skywalker
Ted Ani

SATURDAYS: Open mic 7:30pm-10:00pm
Music, spoken word, comedy

SPORTS & REC



FAMILY FUN RUN

Sunday, May 25. See info on back page.

ALBERTA AVE FREE SWIM

Free swim for Alberta Ave community league members at Eastglen pool, Sundays, 12-2pm. Show your current community league membership to get in.

FREE TAE KWON DO CLASSES

Mondays and Wednesdays, 6-6:45pm for beginners. New students must be aboriginal or metis. Call Reverend Kim at 477-1769 or at hoosik@hotmail.com for more info.

VOLUNTEER



NINA HAGGERTY CENTRE FOR THE ARTS

Do you love art and people? Then the Nina Haggerty Centre for the Arts can use you! Come volunteer and show off your talents and passion. www.ninahaggertyart.ca or 474-7611

FESTIVALS AND EVENTS

Gardening Day (May 10), Large item pick up (May 24), Avenue goes to the Dogs (June 14) and Arts Alive (September 26-28) will be needing numerous volunteers to make them a success again this year. You can be involved in the planning or give a few hours on the event day. Contact Karen at 479-4812/info@ratcreek.org or Judy Allan at 496-1913/judy.allan@edmonton.ca.

THE CARROT COFFEEHOUSE

Learn how to make lattes and other coffees, then hang out at a cool coffee shop for 3 or 4 hours and visit with the interesting people who stop in. Stop in at 9351 118 Ave, call 471-1580 or visit www.thecarrot.ca.

SPRUCE AVENUE COMMUNITY RE-DEVELOPMENT PROJECT

Volunteers are needed! Please contact Laurie Cote at 474-5354 for more details.

NOTICES

PART-TIME CAREGIVER NEEDED

Urgently needed, part-time caregiver for disabled adult. Weekdays. Please call Sheila at 479-0778.

SPRING TEA, BAZAAR & BAKE SALE

Sat. May 3, 1:30 to 3:30 p.m. Adults: \$4, children 6-12: \$2, children 5 and under: free. St. Andrew's Presbyterian Church, 8715 - 118 Ave.

GARAGE SALE

Fri. May 30 4 p.m. to 9 p.m. and Sat. May 31, 10 a.m. to 4 p.m. St. Andrew's Presbyterian Church, 8715 - 118 Ave.

CHILDCARE COOP MEETING

Local parents are meeting on the first Thursday of every month to get to know each other and discuss their interest in sharing childcare. Next get together: the evening of May 1. For more info contact Pam at 426-4783.

COMMUNITY GARAGE SALE

Thursday, May 1 from 10am to 8pm, Friday, May 2 from 9am to 8pm, and Saturday May 3 from 9am to 5pm at Spruce Avenue Community hall (115 Ave & 102 St).

RCP EDITORIAL MEETING

Thursday, May 22, 7pm at The Carrot. We meet monthly to plan our upcoming issue. Stop in and share your thoughts and ideas or share something you've written or would like to write. Contact us if you'd like to be on our editorial email list: editor@ratcreek.org or 479-6285.

NNA AGM

Norwood Neighbourhood Association will hold its AGM on Wednesday, May 14 at 7:00 PM at the Norwood Child and Family Resource Centre 9516 - 114 Ave. To gain access ring the bell high up on the right side of the door. Come out and get involved, we are always interested in what you have to say.

DESCSA - BRINGING SKILLS TO LIFE!

Are you an Alberta resident, 18 years of age or older, unemployed

or marginally employed and ready for a quick entry or re-entry into the labour market within a three to six week timeframe? Are you legally entitled to work in Canada? Labour Force Solutions is an employment placement program that:

- Identifies employment opportunities of interest by matching job seekers with potential employers to find the best job placement fit

- Provides ongoing individualized and high quality customer service utilizing a variety of methods to meet specific job seeker needs

- Works with employers to develop supports and strategies to improve employee work performance and job retention

For more information or to make an appointment contact: (780) 471-9627 Website: www.decsa.com

ALBERTA MONITORING FOR HEALTH PROGRAM

Seeking people living with diabetes on limited incomes willing to discuss the Alberta Monitoring for Health (AMFH) program, a funding program for diabetic supplies. If you are receiving AMFH funding, or may qualify to receive it, please join us for a discussion 6:30 - 7:30 May 14 at the Sprucewood Library 11555 - 95 Street. There will be free refreshments. For more information call Rosanne at 436-0659.

CASINO WORKERS NEEDED

Rat Creek Press is raising operational funding through a casino. We need numerous volunteers for Sat and Sun, Sept 27 & 28. Day and evening shifts. Call Verna at 479-8019 or email verna.stainthorp@shaw.ca.

GRAFFITI REMOVAL KIT

A graffiti removal kit is available for residents to borrow free of charge. Call Joe at the Alberta Avenue Business Association at 471-2602.

CHURCH SERVICES

ST. FAITH'S ANGLICAN CHURCH

11725 - 93 St. Ph. 477 - 5931
Sundays 8:30 am and 11 am
Sunday School at 11 am
Hall available for Rentals 477-5931

AVENUE VINEYARD

2nd Fl, 11726 95 St
Sundays, 10:30 am
Monthly Community FUNtime
www.avenuevineyard.com

ST ANDREWS PRESBYTERIAN

8715 118 Ave, Ph 477-8677
Regular service, Sundays, 11 am



Edmonton Public Library

SPRUCEWOOD BRANCH

11555 - 95 Street Call 496-7099 to register
Go to www.epl.ca for more program details

CHILDREN

Aboriginal Family Story Time

11 a.m. Fridays, February 8 to May 30
Participation limit: 15
Presented by Bent Arrow Traditional Healing Society. Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

TEENS

Teen Advisory Group

6:30 p.m. Friday, May 9
6:30 p.m. Friday, May 23
Ages: 12 - 17 years
Make your voice heard. Join a Teen Advisory Group. Share your ideas for teen programs, books, music and movies. You will also have fun, meet other teens and gain valuable volunteer experience.

ADULTS

Seniors' Spring Tea

2 p.m. Thursday, May 22
Come and celebrate Seniors Week and the arrival of spring. Join us for coffee, tea and goodies. Meet fellow seniors, neighbours and some of Edmonton's most dynamic citizens.

Stories from the Heart of the City

- with Linda Goyette
1:30 p.m. Thursday, May 22
Drop-in, Free of Charge
All are welcome! Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years. Writer Linda Goyette will host this session for story-lovers of all ages.

ALL AGES

National Aboriginal Day

2 p.m. Friday, June 20
Participation limit: 100
In Partnership with Bent Arrow Healing Society
Join us at the Library as we partner with friends from Bent Arrow Healing Society for an afternoon of bannock and tea along with a lots of other fun and exciting events.

The Nina Haggerty Centre for the Arts

Family Arts Night

9704 - 111 Avenue

The Nina Haggerty Centre for the Arts is a non-profit artist studio that provides a supportive, non-competitive environment in which to make art.
Starting May 8th 2008 we will be offering family art classes every Thursday evening from 6:30 to 8:00 PM. These classes are FREE! Instructor: Lorraine Shulba

May 8th- By using torn paper, string and other mediums create a funky landscape all from your own imagination.

May 15th- Creations made out of beans and pasta? Who would have thought you could make a mosaic out of what you eat!

May 22nd- Discover what happens when you mix primary colors together to make an abstract painting.

May 29th- Still life! Set up your own still life and use charcoal and conte to draw from it!

For more information or to register, please call 919-9627. Children must be ages 5-12, and be accompanied by at least one adult. All classes are free!
www.ninahaggertyart.ca

events at the Carrot!

Performances every Friday night!

\$5 cover at door

May 2 - MARTY AND LIL SILTANEN

May 9 - LAYAH JANE

May 16 - MATT HALTON

May 4th, Sunday - "Creative Nonfiction Cabaret" 7-9:30pm!

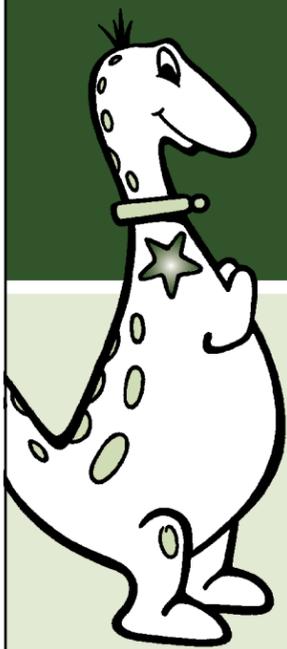
Join authors: Myrna Kostash, Rob Pruden, Karen Virag, Fil Fraser & many more. \$5 cover.



Please bring in this ad and **Buy one Latte, get one free!**

Coupon Expires June 28, 2008

Arts Market 1st and 3rd of the Month! **9351-118ave** www.thecarrot.ca



Delton Elementary School

A City Centre Education Project school

12126 - 89 Street, Edmonton, AB

Phone: (780) 477-8742

<http://delton.epsb.ca>

Delton School is a proud member of the City Center Education Project. Seven schools in the heart of Edmonton have joined together to ensure that all of our students succeed.

At Delton, we believe that individuals in our school community should feel safe, confident, and be committed to excellence. As an educational team of parents, community and staff we endeavor to foster a caring, supportive and creative learning environment encouraging responsible citizenship and academic achievement.

We offer:

- Focus on literacy
- Full day Kindergarten
- Half day Early Learning Program for 3-4 year olds
- Small class sizes
- Programs tailored to meet academic and behavioral needs
- Reading recovery and literacy support
- Access to speech and language services
- French as a Second Language instruction
- Aboriginal cultural awareness programming
- Community health nurse on site
- Teacher librarian
- Counselling support for students and families
- Dedicated Children's Services support
- Positive social programming
- In-school mentoring program
- Cultural and visual arts programs
- High quality music program including City Centre choir
- Subsidized field trips and extracurricular opportunities
- Intramural sports
- Student recognition and rewards
- Daily snack
- Free school supplies

Contact our school for more information!

Delton School partners and supporters include Rotoaract, University of Alberta, GWL and Indigo Books and Music Inc.



Bright futures
begin here

EDMONTON PUBLIC SCHOOLS

Tour your community at the Action Dash

JESSICA KIMMERLY

On Sunday May 25th, people will support their community by walking (or running) through it. Action for Healthy Communities and Healthy Alberta Communities have organized the second annual Community Action Dash, a five kilometre walk or 10 kilometre run from 9 a.m. until noon.

The Action Dash is an awareness event to encourage a healthy interest in both physical health and the well being of the community. It is also a fundraiser to support Action for Healthy Communities. The cost is \$15 per person, \$10 each if you register in a group over 15 people. Children 12 and under are free.

The walk begins at Giovanni Caboto Park, and the route travels through McAuley, Alberta Avenue and Parkdale. Health and community project information booths will be set up, and there will be live entertainment. Raq-a-Belly dance will be present to promote health, celebrate diversity and put on a fun show.

"We really want to see community members getting out in their communities, seeing what's available out there and meeting their neighbours," says Brooks Hanewich, this year's race director. "We're promoting this area that doesn't get a lot of promotion. It's a run for the commu-

2nd Annual COMMUNITY ACTION DASH 2008
MAY 25TH 9AM-NOON
Giovanni Caboto Park
94-95 St. And 107-109 Avenue
Great food, music and Fun!

10 KM RUN OR 5 KM WALK
COST: \$15 PER PERSON
CHILDREN 12 AND UNDER GO FOR FREE
GROUPS OVER 15 PEOPLE: \$10 PER PERSON
FOR MORE INFORMATION VISIT WWW.A4HC.CA

nity, in the community."

Last year's walk had around 50 participants, and Hanewich is hoping this year's numbers will be even higher. He says, "This is almost more than a fundraiser, because it's happening in the area that people live and work." There are still volunteer positions open, so be sure to call if you are interested.

To register, volunteer or get more information, call Brooks at 944-4687. You can also register online at www.runningroom.com or on the day of the race at Caboto Park before 8 a.m.

Proud to Live In Ward 3



Councilor Tony Caterina
2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton, AB
T5J 2R7

Phone: (780) 496-8333
Email: tony.caterina@edmonton.ca
Web: www.edmonton.ca



Congratulations to all the volunteers and residents who have given their time and imagination to make the 118 Avenue streetscape a reality.

ED GIBBONS
City Councillor, Ward 3

phone: 780.496.8138 email: ed.gibbons@edmonton.ca