

your free **COMMUNITY** newspaper

ALBERTA AVENUE
DELTON
EASTWOOD
ELMWOOD PARK
PARKDALE
SPRUCE AVENUE
WESTWOOD

RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 13,000

PH: 479.6285 EMAIL: info@ratcreek.org

Reclaiming Eastwood Park

JESSICA KIMMERLY

How do you take a park that has been dominated by disorder, and return it to neighbourhood children and families? It takes some attention, an intentional landscape design and a lot of familiar faces, say the residents of Eastwood.

Eastwood Park is located directly behind the community league building at 11803 – 86 Street. For years, crime levels inside the park were rising due to the location’s well-concealed spaces. There were tall trees, a hill and no street for vehicle traffic on the Avenue behind the community hall.

“We’ve put the hammer down pretty hard in the past few years,” says Constable Mike Russell. He emphasizes the importance of calling in with information after observing criminal activity (423-4567). When a specific area receives many complaints, eventually more resources are provided to help solve the issues. The biggest issues? “Drug dealing and drinking,” says Russell.

In 2005, Eastwood Park received a \$342,000 facelift. Passers-by can now hear the

day. The Park has been transformed using principles from “CPTED.” (Crime Prevention Through Environmental Design.)

One significant change was the removal of the hill. “Before they took the big hill out of there, there were lots of people hanging out behind the hill,” says resident Jo-Ann Siebert. “It does seem a lot better than before. I see lots of children playing there, and families.” Keeping the area open and clearly visible is CPTED’s first crime prevention concept, called “Natural Surveillance.” Natural surveillance ensures people are easily observable.

The community is taking further steps to make the Park’s natural surveillance even better. “During daylight hours, it’s been reclaimed by the community. But there’s a gang of kids that hang out there after hours,” says Jill Thomson, a neighbourhood Block Captain. “We’re working with the police and we’re trying to get the trees trimmed down so



DELIA GONZALEZ AND HER CHILDREN— DANIEL, BIBIANA, ADRIAN AND BABY DAVID. THE GONZALEZ FAMILY LIVES IN THE EASTWOOD NEIGHBOURHOOD AND ENJOYS SPENDING SUNNY DAYS AT THE PARK

people won’t hide under the trees. And we’re trying to get the lights from the ice rink to shine into the park. Hopefully that would deter people from being out there [at night].”

Perhaps the most successful strategy to reclaiming the Park and making the neighbourhood friendly has been Eastwood’s rapidly growing network, headed by the Block Captains. “We’ve got a really strong block group and it just keeps on growing,” says Block Captain Brenda Kuzio. Within two and a half blocks, she has a contact list of 20 families who attend her block parties. “I make it a point to meet people. We watch out for each other and each other’s yards. For me, that’s the best security we can have now,” says Kuzio.

Thomson’s block par-

ties have also been growing. “We’ve built a few pretty solid relationships. It makes it so you feel you can call someone and share your concerns,” she says. Becoming familiar with property owners makes it easier to notice when something in the neighbourhood is not right.

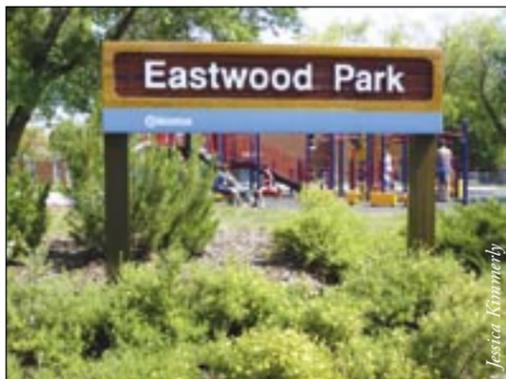
The Eastwood community has the right idea—if we want the Park, let’s use it. “The more involvement the better. Get out here and have picnics,” advises Russell.

Kuzio, who loves her house, her neighbours and the beauty of her neighbourhood, is filled with pride when she hears kids squealing with laughter in the park and playing in the



UNUSED, OPEN SPACES BEHIND EASTWOOD COMMUNITY LEAGUE HALL AND THE PLAY PARK ARE MORE SUSCEPTIBLE TO CRIMES RELATED TO DRUG ABUSE AND DRINKING

water. “When I see kids playing in the park and playing soccer—that’s what makes me feel good. That’s what parks are for.”



sounds of children playing in the brightly coloured playground and splashing in the water park on a warm summer

CONTENTS

Editorial.....	2
Community News.....	3
Local Business.....	4
Stompin’ the Hood.....	6
Edmonton Mennonite Centre for Newcomers.....	7-9
Columns.....	10-14
Community Calendar.....	15

Join us for Eastwoodfest!

August 9, 2008 • 11 am - 3pm

Eastwood Community League (11803 - 86 St.)

Come to Eastwood for:

performers

hotdogs & hamburgers

live band

kids activities

waterpark

puppet show

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
design@ratcreek.org
ADVERTISING
ads@ratcreek.org
DISTRIBUTION Canada Post

BOARD MEMBERS
Debbie Cronkhite, Alberta Avenue
Joanne Siebert, Eastwood
Gina Gariano, Delton
Cheryl Walker, Parkdale
Cath Jackel, Alberta Avenue
Dawn Freeman, Alberta Avenue
More board members welcome.

RAT CREEK PRESS ASSOCIATION
2006 Recipient of the Solicitor General
Crime Prevention Award
Box 39024 RPO Norwood
Edmonton, Alberta T5B 4T8

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
Norwood Neighbourhood Association
Spruce Avenue Community League
Eastwood Community League
Elmwood Park Community League
Alberta Avenue Business Association
PAAFE - Prostitution Awareness &
Action Foundation of Edmonton



EDITORIAL
WITH JESSICA KIMMERLY

Remember your rock collection? Or maybe it was stamps, or porcelain dolls, or foreign coins. As a child, I had at least three "collections" at any given time. And most of these collections were gathered on impulse for the sake of comparing to a neighbour or friend's impressive stock.

I believe the desire to have a collection of some sort never really disappears completely—even if the accumulated items of choice cannot be mounted for display.

My current collection? Well, for quite some time now I've been picking up words that fall from people's mouths, lie scattered on pages and hide within big fat dictionaries.

A few of my favourite things

Some words are bright and shiny, some words are old and forgotten, and some words just don't belong in circulation.

A few of my favourites:

Infantine

No, not infantile, though it means the same thing. Infantine is an archaic term, but since it is no longer in common use, it doesn't have the same negative connotations of being "infantile." I used "infantine" in a poem assigned in grade eleven English class, thinking it a precious, rare gem of a word. The poem was returned to me with red pen slashing the "n," replacing it with an "l". I thought my word was the prettiest thing in the poem, so I ignored the correction.

Pulchritudinous

Would you believe this hideous word means "beautiful"? I don't remember where I found it, but the only place I've been able to use it was in a creative writing experiment—a short farce of the Cinderella story. As you might imagine, the princess arrived at the ball a heavenly image of sparkling pulchritude.

Oriente

I've been trying to get rid of this word ever since I first heard it, but the little gremlin just seems to multiply and

sneak into the English language all over the world. "Orient" was working just fine until someone let this one slip, a backformation of "orientation"

no doubt. I have nothing against new words, but this one just isn't necessary. And it sounds weird.

So there you have it—a few treasured pieces from my collection.

I hope you haven't abandoned the joy of collecting things—things you see, things you find, things people give away. If you're strapped for cash, or storage space, you can always start your own word collection like mine . . . then I'll have someone to trade with.

Some words are bright and shiny, some words are old and forgotten, and some words just don't belong in circulation.

Correction

In the July 2008 issue, the article "Heavenly Habesha" (page 13) states that the restaurant's decor is "Greek" when in fact the art is Italian—not Greek. We apologize for any confusion or vexation this error may have caused.

Advertise with us!

Download our ad rate sheet from our website at www.ratcreek.org or call us at 780-479-6258 for more information

Check out our revamped website! www.ratcreek.org

- Download electronic copies and back issues of the paper
- Stay updated on community events
- Become a member - it's free!
- View an online community directory
- Start a topic or post your comments in our discussion forum

Need custom sewing or alterations?

Call Marion Swanson, a seamstress with 30 years experience, for quality work at a reasonable price.

Specializing in Plus Sizes, native ribbon shirts and Leather Work industrial Machine available

phone 477-0778
email marionswanson@msn.com



RAT CREEK PRESS

Upcoming Features:

September:
Local Artists / Arts Alive!

October:
Communities in Bloom

El Rancho Spanish Restaurant

Salvadorean & Mexican Cuisine

Family Celebrations
Catering Service Available
(pick up only)



HOURS

Sunday	11:00 - 8:00
Monday	Closed
Tuesday	4:30 - 8:00
Wednesday	12:00 - 8:00
Thursday	11:30 - 8:00
Friday	11:30 - 9:00
Saturday	11:30 - 9:00

11810-87 St. (780) 471-4930

Dine-in or Dine-out • www.elranchocuisine.com

Taste the Difference Quality Makes



- MENU**
- Jerk Chicken
 - Jamaican Patties
 - Curry Chicken
 - Oxtail
 - Sweet Potato
 - Pudding and More....

HOURS: Mon-Thurs : Noon-9pm
Fri-Sat : Noon-10pm

8307 - 118 Avenue Telephone: 474-9005

PETALS

ON THE TRAIL

TRENDY TO TRADITIONAL DESIGN
SPECIALTY GIFT AND FRUIT BASKETS
BEARS AND BALLOONS

HIGH END DESIGN

AT
ROCK BOTTOM PRICES

SAME DAY SERVICE
SERVING THE GREATER EDMONTON AREA

482-7673

11807 ST. ALBERT TR.



10643 - 123 Street, Edmonton, Alberta | Ph: (780) 482-7178 | www.thebluepear.com
owned and operated by Darcy & Jessie Radlins, residents of Norwood community

All welcome at SOLID ROCK EVANGEL CHURCH

Sundays at 11 am
Wednesdays at 7 pm

Colosseum B&B Chapel
11827 - 85 Street

Pastor Stanley Burdett
Ph: 463-5950



Butte The Travel Experts!
477-3561
TOLL FREE 1-800-661-8906
11733 - 95 Street, Edmonton, Alberta
Henry Woudstra, Manager

K9 Behave

1-on-1 In-Home Dog Training
Darlene Taylor

- ◆ Reward-based
- ◆ Flexible & Versatile
- ◆ Customized
- ◆ Problem Solving
- ◆ Start right away
- ◆ Experienced
- ◆ Obedience, Rally O, Freestyle, CGN

915-0213 k9trainer@shaw.ca



“A Roomful of Missing Women” brings powerful message to Edmonton



BETTY KOVACIC, THE ARTIST WHO PAINTED INDIVIDUAL PORTRAITS OF THE 50 WOMEN WHO WENT MISSING FROM VANCOUVER'S DOWNTOWN EASTSIDE, STANDS AMID THE 50 SHROUDED BLOW-UP DOLLS IN HER EXHIBIT, “A ROOMFUL OF MISSING WOMEN.”

JESSICA KIMMERLY

The Prostitution Awareness and Action Foundation of Edmonton (PAAFE) helped bring a powerful message about the need for social change to “The Works” Art and Design Festival this year. (June 20th to 30th.)

In the Edmonton Room at the Stanley Milner Library, fifty portraits lined the walls. Each portrait presented one woman who went missing from Vancouver's Downtown Eastside. Each woman also has a short audio clip of music, composed for the project by Brock Bosma, which were played through hand-held audio guides at the exhibit.

Fifty blow-up dolls were

suspended from the ceiling—each doll shrouded in black with a beauty-queen style sash reading, “As a child I dreamed of . . .” Each phrase was completed with a childhood dream, such “being a ballerina,” or “being held and loved.”

“A child does not go up to their mom or dad and say ‘I want to be a sex worker,’” says the artist, Betty Kovacic. She started the project, titled “A Roomful of Missing Women,” because she feels the women were not being treated as individual humans by the news media. “I just wanted to paint them and show how beautiful they are—and that they're real,” Kovacic says.

Jim Morrissey, Vice

Detective with the Edmonton Police Service, says there must be a social change that causes people to acknowledge human beings cannot be rented. This attitude shift has been happening among the police service. “We don't see [sex workers] as criminals—we see them as somebody's daughter,” says Morrissey.

“Only as a society that honours everyone's intrinsic human value can we provide safety for all and try to prevent something like this from ever occurring again,” says Kovacic. The message is for everyone—if we want to prevent such terrible crimes against humanity, we must treat all people with dignity by both our words and actions.

118th Ave driving school closed on alleged criminal activity

JESSICA KIMMERLY

The driving school on 118th Avenue near 82 Street has been suspended of its business and driving instructor licenses. The owner of the Alberta Defensive Driving School—Vishva Juneja, 63—has been criminally charged with three counts of procuring female driving students to work in his downtown massage parlours.

Juneja also owns Hustler's Men's Massage (106 Avenue and 105 Street) and Just For Men (101 Street and 107 Avenue). Both businesses are massage parlours that are alleged fronts for common bawdy houses. Police claim Juneja was using his position as a driving instructor to recruit young women to work at his parlours. An undercover officer (posing as a driving student) recorded Juneja's alleged attempt to procure female students.

Juneja's license to teach was revoked Feb. 28, but Alberta Transportation reopened the investigation after alleged evidence that Juneja was still accepting students. Students who receive training from him will not be rewarded official certificates or lower insurance rates, since Juneja's forms were removed when he lost his license.

Juneja says he was “set up” and that his businesses are lawful. His next court appearance is on Aug. 14.

Arcade Flooring and Supplies

Over 30 years flooring experience

WE STOCK:

- ceramic tile
- hardwood flooring
- laminate
- berber
- plush carpeting
- environmentally friendly Marmoleum

**Free Estimate within
Rat Creek area and
a guaranteed quality
installation!**

DOMCO • Kraus • Tarkett • Congoleum • Armstrong

780-477-5526 11714 – 82 Street
Hours: Mon. - Sat. 8am to 5pm



CHEREMOSH STUDIO

4005 – 115 Avenue Telephone 780. 466. 0089
Edmonton, AB Email contact@cheremosh.ca
T5W 0V5 www.cheremosh.ca

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.

Cheremosh Ukrainian Dance Company Auditions

CHEREMOSH 16+ (OR GRADE 10)
Thursday, Sept 4, 2008
7:30 pm - 9:00 pm

Cheremosh School of Ukrainian Dance Auditions

Performing Ensembles Auditions

CHEREMSHYNA (AGES 14+)
Thursday, Sept 4, 2008 ■ 6:00 – 7:30 pm
CHUMAK I (AGES 9 – 11)
Friday, Sept 5, 2008 ■ 6:00 – 7:00 pm
CHUMAK II (AGES 12 – 14)
Friday, Sept 5, 2008 ■ 7:00 – 8:00 pm

Novice Classes Registration (During Auditions) (Ages 4 – 12)

Thursday, Sept 4, 2008 ■ 6:00 – 9:00 pm
Friday, Sept 5, 2008 ■ 6:00 – 9:00 pm
Saturday, Sept 6, 2008 ■ 10:00 am – 3:00 pm



Coming this Fall!
Ballet Technique to Complement
Ukrainian Dance

**GOT
COMMUNITY
NEWS?!**



**CALL US!
780-479-6285**

Higher Standards Agents... Higher Results!

HomeLife Guaranteed Realty

780.267.1159
cboulter@homelife.com
www.HomelifeGuaranteed.com

Christy Boulter
supporting sustainable lifestyles

Multi-use building under construction on 118th Ave and 93 Street

JESSICA KIMMERLY

The lot under construction across from the Alberta Avenue Community League hall will soon be a combined arts facility and condo complex.

“ArtsHub 118” is a project partnered by the Nina Haggerty Centre for the Arts and the Edmonton Inner City Housing Society (EICHS). In this new building, designed by Rockliff Piertzchajlo Architects & Planners, the main floor is to be Nina Haggerty’s new arts facility. The main floor plan is filled with studios and galleries—perfect for a community where 200 artists live and work. The second and third floors will contain 16 condos aimed at first-time homeowners.

“With the addition of the Nina Haggerty Centre and the new residences, Alberta Avenue is becoming another exciting focal point in the Capital City,” says Mayor Stephen Mandel, who attended the ground breaking ceremony on July ninth. Mayor Mandel credits the positive changes and revitalization of Alberta Ave to the residents. “It’s their love of the community that’s really changing things,” he says.

The six million dollar project should be complete by 2010. Details, such as the purchasing price of the condos, are still being solidified. The ArtsHub 118 condominiums are all one bedroom plus den. Those interested may leave a name and phone number at the EICHS office (780-423-1339). The condos are estimated be worth anywhere between \$235,000 and \$243,000.



African Beauty Supply sells beauty products for both body and home

BUSINESS SPOTLIGHT WITH CASSANDRA HORTON

As you walk into the African Beauty Supply you really get a sense of Somalia on the Avenue. There are some familiar scents in the air, as well as some unfamiliar ones, and it works well for this small business. There is soothing and inviting music playing in the background.

Although this business has changed ownership a few times, the new owners (who have only been working at the store for a couple of months) are continuing to see success. The business sees a lot of different customers,

as African Beauty Supply caters to all types of customers from inside and outside the area. The store carries everything from area carpets, dressers and decorations to beauty products, jewelry and clothing. There are pretty sarongs and skirts, as well as smart looking outfits for men.

The decorations would be an excellent addition to any living room, as they have a simple design that is individual and stands out, unlike what people can buy in any department store. The artwork is especially beautiful, and will ensure you have a one-of-a-kind piece for any living room—an excellent way to make a statement.

The range of beauty products African Beauty Supply carries is also rather astonishing—everything from hair products to soaps and lotions to perfumes. They are also an agent for the Qaran Express, a money transfer provider to over 30 different countries. The business also sells some phone cards to different areas of the world.

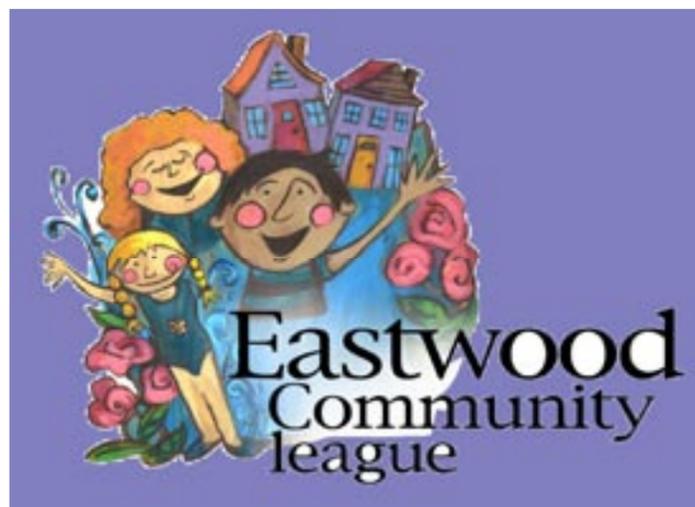
Everyone is invited to stop at the African Beauty Supply to see Kadija Nur, the owner, for your home décor and beauty product needs. They are located at 11748 – 95 Street, and they open at 11 a.m. until 8 p.m. weeknights and 11 a.m. to 10 p.m. Friday and Saturday nights.



AFRICAN BEAUTY SUPPLY ON 11748 – 95 STREET SELLS BEAUTY PRODUCTS AS WELL AS CLOTHING AND ACCESSORIES FOR YOUR HOME



MAYOR MANDEL SPEAKING ON JULY NINTH AT THE GROUNDBREAKING CEREMONY FOR THE NEW NINA HAGGERTY FACILITY



Eastwoodfest '08

Saturday August 09, 08 11:00 to 3:00 pm
Summer Celebration in Eastwood Community



Outdoor Stage
Games & Prizes
Balloon Clown Artist
Airbrush Tattoo Artist
Horse Drawn Carriage Rides
Strolling Magician & Acrobat



Making films and shattering stereotypes

Rob Armstrong shares his vision of the world with help from Nina Haggerty and FAVA

LISA TARA EDEN

Rainy, grey—ooh this rain. Rob Armstrong's mom has driven through some menacing areas on her way from Red Deer to Nina Haggerty Arts Society this morning. The Nina Haggerty Arts Society, a place where people who have disabilities can create art and collaborate with other artists, is particularly illustrious on this dark day: from the kaleidoscope painted on the comfy couch in the lobby, to the art studio filled with small plastic tubs of peacock blue, pomegranate red and hyacinth purple—to earthy red clay—to wide open space in the Stollery gallery where lovely paintings hang on cream painted walls. Writer, artist,

and now, film maker Rob Armstrong is meeting with lead artist Paul Freeman of Nina Haggerty and program coordinator Deanna Kayne at Film and Video Arts Society (FAVA).

Armstrong's wish is coming true with the help of Freeman and Kayne. "I'm not brain dead. Most people assume that because I'm in a wheelchair that I am," Armstrong pokes out the words on his paper. The film he is making, a short comedy about "a group of friends trying to break up this couple who make trouble for their drama teacher" will be finished this August.

Armstrong's mom leans over his wheelchair and acts as liaison to expedite communication when he uses his large rectangular laminated paper

larly for the last few months at Nina Haggerty. "We are working through the steps



writer Rob Armstrong to FAVA helps him to have access to equipment, technology, and support to translate his short story into film. The most difficult aspect of making this film for Armstrong will be operating the equipment. FAVA has a pivoting tripod, adaptive equipment, and a digital camera.

When the meeting comes

with alphabet and symbols or laptop computer.

Armstrong has been a writer for many years. In high school, he wrote a column for his newspaper called "Life on Wheels" and he has written many short stories. To make his short story into a film culminates Armstrong's ability to share his vision with the world.

"I've wanted to make it into a film since I wrote it in 2003," Armstrong says and then giggles, makes sounds, pokes keys on his laptop computer. He types character descriptions: "Sarah; This lady's tall. Bill; He is 6 ft. tall. Mr. Tigerson; Just tall."

Kayne, excited to make FAVA available for everyone, has been meeting with Armstrong and Freeman regu-

of making a film. Armstrong has illustrated story boards and is making a screen play in the same way anyone else would," Kayne savs.

Freeman says, "Rob was pretty frustrated when he first came to Nina Haggerty last March. He was able to unleash some of that frustration through art,

but it was really film making that most fascinated him. I put in a call to FAVA and Deanna was the first one to answer the phone."

Connecting artist and

to an end, Armstrong lifts his arms wide up, smiles as brilliant as a morning star unfurling, and pokes, "I've started a fire to get other handicaps out doing things."





Email: info@albertaave.org
 Phone: 780-477-2773
 Website: www.albertaave.org
 President: Karen Mykietka
 Cell phone: 780-278-4812
 See website for full board list or check newsletter.

2008-09 Membership now available

Cost: Individual \$10; Family \$20

Benefits: Free swim on Sundays from 12pm to 2pm at Eastglen Pool, discounts at City of Edmonton Leisure facilities, facility rental discounts, program discounts and more.

Open House & General meeting: Tuesday, Sept 23

www.albertaave.org



Canwest Housing
Innovative, Affordable Housing

Ken Nichol, ChEng, MBA
 Director, Project Development
 Tel: 780-443-3953 Cell: 919-7189
www.canwestcorp.com
canwesthousing@hotmail.com



Dragonfly Photography
 artistic portraits by
Rebecca Lippatt-Long

641-9417
www.dragonflyphotography.ca
 wedding, family and business

FOR YOUR BANKING, LOAN, MORTGAGE AND INVESTMENT NEEDS

We look forward to hearing from you!

Kindy Deleeuw • Personal Banking Specialist • 780-427-3219
Daphne Newell • Personal Banking Specialist • 780-427-3218
Kevin Mauthe • Personal Banking Specialist • 780-408-7735

8804-118th Ave

ATB Financial
Where there's a way

If you want to be in

BUSINESS you have to

have a **LICENCE.**

Running a business without a City of Edmonton licence is illegal. Fines for unlicensed businesses start at \$400. Getting an annual licence is easy and inexpensive, simply call **496-3100** or go online at www.edmonton.ca

Show your customers you really mean business - get a licence today.

**NO LICENCE...
NO BUSINESS**

THE CITY OF


Stompin' the hood

On July 10th, the Carrot hosted a "Social art experience" in the alley. "STOMP the Hood" was a percussion workshop that invited people of all ages to make "organized sound" by banging on everyday items found in kitchen, the garden, the street. These musicians will never look at normal objects the same way again!



BELLARE
The Paint & Wood Finishing Store

SICO STAIN
\$26.99
PER 4LITRE

SICO EXPERT
INTERIOR EGGSHELL
LATEX
Sale \$17.99
Reg. \$28.99

SICO Paints are environmentally friendly paints

780-471-6160
Hours: Mon-Fri 8 am - 5 pm

BELLARE INDUSTRIAL COATINGS INC.
12253 Fort Road N.W.

Supplier of Sico and Pittsburg paint • All your painting supplies at an everyday low price

The Ave welcomes Mennonite Centre for Newcomers

JESSICA KIMMERLY

August 2008 is the grand opening of a new home for the Edmonton Mennonite Centre for Newcomers (EMCN). The "82 Street Building" on 117th Avenue used to stand unoccupied, but is now renovated and poised to serve as EMCN's new headquarters.

Executive Director Jim Gurnett says the Alberta Avenue community was a purposeful choice for relocation. "We're always looking at where people are living when they come [to Edmonton], and it's been quite noticeable in the last few years that there are more and more people making their home here [in Alberta Avenue]."

There are many advantages to being stationed on Alberta Avenue—one of them being close proximity to the LRT. Gurnett also explains how "there was something exciting about the

whole Initiative to re-energize that part of the city and see what could be created there." EMCN's vision is in line with the Avenue Initiative's in taking "a little more intentional effort to say 'how do we have

healthy communities?"

Obstacles to working in Canada

The purpose of the EMCN is to support people who are immigrants and refugees. One aspect of the EMCN is helping people stay in their professional careers. "Bridging Programs are for people who have already been working in a profession and have their training in it before they come to Canada, and haven't been able to get work in their profession when they get here," says Gurnett. The Bridging Programs are a partnership with NAIT, and is offered to engineers, accountants and bankers.

Before there was a shortage of workers here in Alberta and Canada, professionals immigrating to Canada were often told to return to university and start again. "People were coming to Canada with five, 10, 15

years of excellent professional experience, and Canada was losing that—we were just flushing it away," says Gurnett. He quotes the Conference Board of Canada, which states that we've lost billions of dollars in

skilled experience coming here from other parts of the world.

Why don't university degrees transfer to Canada? "I think part of it is the laziness of the professional associations in Canada to really try to figure out what the equivalencies are . . . It's quite doable to find out what the content of any course at any university in the world—that's available information," explains Gurnett. "We've been trying to break a new trail in that area."

"Inter-cultural" not "multi-cultural"

Another great aspect of the EMCN is their inter-cultural child centre. (Which has a specially designed area spanning half the main floor at the 82 Street Building.) Its purpose is to give parents, especially mothers, a chance to study English while their children are in safe, trusted hands.

Staff members at the EMCN use the term "inter-cultural" instead of "multi-cultural." "Multi-cultural carries the idea that there are lots of cultures, but they stay separate from each other," says Gurnett. Being inter-cultural means that we live and work together—not side-by-side, but together.

This message of inter-



EMCN'S PROFESSIONAL BRIDGING PROGRAMS HELP ACCOUNTANTS, ENGINEERS, BANKERS AND PAYROLL CLERKS WITH THE TRAINING AND EDUCATION THEY NEED TO RESUME THEIR CAREERS IN CANADA

culturalism is captured in the mural that is now displayed on the north side of the 82 Street Building. Seven international artists worked with Edmonton artist, Ian Mulder, to assemble a single piece of art. All of these artists, each from a different country, brought their artistic philosophies together to express their beliefs in a truly inter-cultural mural.

Renovated to fit the community

It's not just the outside of the 82 Street Building that received attention. The whole interior is completely transformed. Since the building is from the 1970s, it was not energy efficient. The old windows were swapped for energy efficient windows, the building was re-insulated, and the rooms were re-designed accord-

ing to the requests of the staff. "It's all designed to exactly fit our work," says Gurnett.

The EMCN is excited to be involved in the community. For individuals who would like to get involved with EMCN, there are many opportunities. There is always a need for people to tutor children struggling in school with language skills, and giving newcomers a chance to practice their English. If you are interested, give them a call or simply stop by the Centre on 117th Avenue and 82 Street.

Gurnett says it is EMCN's goal "to be part of the life of the community." Their presence will be an exciting addition to our area. To all the staff and students of the Mennonite Centre for Newcomers: Welcome to the Ave!



THE INTERCULTURAL CHILDREN'S CENTRE PROVIDES FREE CHILDCARE TO ENGLISH STUDENTS

CAMEL TOW

FOR THE TRULY WRECKED



964-8440 OR 293-3596

UNWANTED VEHICLES
REMOVED & RECYCLED
FOR FREE

HOBBY ALLEY

RC Cars & Trucks • Planes • Helicopters
Trains • Rockets • Models

(780) 477-0101

Located south of Yellowhead on 97th Street

12451 - 97 Street
Edmonton, Alberta
T5G-1Z6

www.HobbyAlley.com
Email: sales@HobbyAlley.com

Go to

www.ratcreek.org
and download our
new ad rate sheet!

Hello Highlands-Norwood!



As the summer season sets upon us, I would like to remind all constituents to be safe and have fun!

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

GOT
COMMUNITY
NEWS?!

CALL US!
479-6285



XL Furniture

FAMILY BUSINESS SINCE 1952

11349 - 95 STREET

EDMONTON, AB T5G 1L2

780 477-2213

780 477-2245 FAX

www.xlfurniture.com

"We'll Keep You Happy for Life"

Flexsteel.
GALLERY
LA-Z-BOY
SIMMONS
Beautyrest

Ed Struzynski
PRESIDENT

Keynote Music

Reg Taylor
Guitar Instructor

1-on-1 in your home lessons
In Home Group also available
Electric—Acoustic—Classical



Popular
Rock
Classical
Royal Conservatory
More . . .

Phone: 780-915-1241
E-mail: Reg@presplus.onza.net
<http://presplus.onza.net/km/>

Certificate program helps new Canadian work as an accountant

JESSICA KIMMERLY

Hesham Hassan is a recent graduate of the Edmonton Mennonite Centre for Newcomers (EMCN) and the Northern Alberta Institute of Technology (NAIT). Hassan studied hard and within one year, earned his certificate to work as an accountant in Canada.

Hassan discovered the EMCN by coincidence. "I was there to figure out if they had classes in English to help me improve my language, and I told them 'I am an accountant and I have good experience,' so they recommended the program."

The Accounting program that Hassan completed starts with three months of courses at the EMCN. These courses focused on English and computer skills. "I had many books in English, so I became familiar with the expressions," says Hassan. After completing the EMCN portion of the program, Hassan transferred to NAIT where he and his classmates worked through a rigor-

ous accounting curriculum.

"They assume you have a background in accounting and have studied it before, so it's just a quick review, but intensive," says Hassan. He received a Bachelor Degree in Accounting in 1991, when he lived in Egypt. Hassan moved to Canada in 2006 with his wife, Laura Beaudin.

The education systems in Egypt and Canada are similar, but Hassan explains that the cultures are quite different. "The life here is fast. No time to sit with friends and talk. Even when people visit each other, they say 'Hi how are you' for 10, 15 minutes, then leave."

The fast-paced Western culture is reflected in the certificate program Hassan and his classmates completed. "Normally you study one subject in three months. We study four in one and a half months," he explains. Hassan suggests that extending the NAIT session of study by another month would be helpful in relieving stress for students finishing the program.

"I think the program at the Mennonite Centre helped me to improve my English a bit, and it wasn't long—I studied many subjects at the same time," says Hassan.

"Every subject is another step to put you on track." Hassan's advice for other immigrating to Canada is to "collect more than enough information, before coming, about the situation—about how you plan to live here." He adds, "not to come randomly and say, 'I will look for work and I will find a job.' That will not be okay. We have to plan."



HESHAM HASSAN STUDIED AT THE MENNONITE CENTRE FOR NEWCOMERS AND TRANSFERRED TO NAIT TO RECEIVE HIS ACCOUNTING CERTIFICATE



ARTS AND MUSIC ARE A POPULAR ASPECT OF EMCN'S ACTIVITIES

Edmonton Mennonite Centre for Newcomers Services

English as an Additional Language (EAL)

- Classes offered during the day or evening
- Free language instruction and child-minding (mornings) for qualified immigrants
- Reading, writing and grammar classes for permanent residence adults
- Conversation classes

Employment Services

- Individualized assistance finding immediate employment
- Workshops in resume/cover letter writing, interviewing, career research and other skills
- Job clubs for a supportive team environment and identifying areas for development
- Employment Resource Centres provide access to computers, copiers, Internet and job listings

Settlement and Integration Supports

- Assistance with housing, transportation, health care, etc.
- Support regarding schooling for children
- Help with translation/interpretation and government forms and offices
- Commissioner of Oaths services

EMCN also offers:

Professional Bridging Programs
 Career Counseling Services
 Centre for Survivors of Torture and Trauma
 Trinity Manor
 Family/Youth/Children Services
 Advice for Refugee Claimants

For more information, call 780-424-7709 or e-mail at info@emcn.ab.ca

LFC Sports Team celebrates in Borden Park



Our year-round sports team plays everything from soccer, to baseball, to football. On June 28th, the LFC team had their wrap-up party at Borden Park. The coaches awarded leadership trophies to older team members, and everyone received a participation trophy.





PETER GOLDRING
Member of Parliament
Edmonton East

C-51 Facts Not Fiction

The federal government has introduced Bill C-51, An Act to Amend the Food and Drugs Act, to help modernize the regulation of health products and food. It provides new tools to more quickly and effectively protect Canadians and provides better information to allow Canadians to play a more active role in their own health and safety.

These are worthy goals. Recently however, a number of misconceptions have been raised regarding the impact of Bill C-51 upon the regulation of, and access to, Natural Health Products (NHPs).

Simply put, Bill C-51 is not focussed on NHPs and will not affect the manner in which these products are regulated in Canada. Under Bill C-51 Canadians will continue to have access to NHPs that are safe, effective and of high quality.

A regulatory framework specific to natural health products has been in place since January 1, 2004. The Natural Health Products Regulations establish pre-market requirements for the safety, efficacy and quality of the products and require a site licence as evidence of compliance with good manufacturing practices in sites where these products are manufactured, packaged, or labelled.

There is misconception that this Bill will remove the majority of natural health products from the market. The Bill specifically recognizes that different product classes have different standards of evidence. The standards of evidence for NHPs, which allow for a full range of evidence from traditional use to full clinical trials, will remain unchanged.

Bill C-51 is intended to allow for the flexibility of individual product lines (such as NHPs) to continue to be regulated proportional to their risk and accounting for their unique product profiles.

I think Bill C-51 is a step forward that allows you to know the products you buy are safe to use. What do you think?

780-495-3261 www.petergoldring.ca

Stirring for Spring

MICHELLE EARL

The snows melt, and the weather warms
Warms and the earth's blood runs
Runs through the veins of trees and flowers
Flowers of different types and beauty

Beauty blossoms from bud to flower's color
Color of green budding forward
Forward into summer's heat
Heat we are all longing to feel

Feel the bud
Bud, prelude to blossom bright
Bright hopes stirring
Stirring for spring



Beauties Canine

MICHELLE EARL

I have walked two dogs today,
Today in the beautiful sunshine,
Sunshine on leaves, they crunch beneath
our feet,
Feet both canine and human.

Human and canines walking along,
Along a street in front of a flea market,
Market where a friend works,
Works at selling computers.

Computers I like, but not tonight,
Tonight I'm so tired,
Tired because of walking the beauties,
Beauties Canine.

Canine beauties, you are on my tired mind,
Mind so tired, like putty,
Putty, or mush,
Mush like porridge.

Porridge-filled mind, I sit here,
Here at my computer,
Computer that houses my poetry that tells
of those,
Those dear animals without homes.

The Brave Shoe

GALA FP, GRADE 2, VIRGINIA PARK SCHOOL



Hi, my name is Hawaii. I am a yellow and white flip-flop. One day, my owner wanted to go swimming at the lake. Soon I was propped up on the side.

Oh, no! A beaver is heading straight for me! The beaver pushed me into the lake. I am not suited for water! He started to bring me to his dam. As I got closer to the dam, the current swept me away.

When I got to dry land, an owl picked me up and took me to its nest. That night when the owl took off, I fell out of the nest and back into the river! I thought it was the end of my life, until I got stuck in the beaver's dam. The beaver wasn't too pleased; he chewed at me until I got free.

A fox, hunting for fish, saw me. She thought I was a fish. She brought me to her den and gave me to her cubs, but they didn't like how I tasted. The mommy fox put me back in the river. I floated until I got back to the lake, then my owner found me!

"How did you get so tattered?" she said. Then she went home and put me on the heating vent to dry.

Her mother told her to take better care of her shoes. If only she knew it wasn't her fault! This story should be published one day. Tee hee!

Kids 'R' Us Daycare

(Accredited Daycare)



Raj Lothi
Director & Owner

10504 - 118 Ave.
Edmonton, AB T5G 0P8

Ph / Fax: (780) 471-5437
Cell: (780) 938-6758
Email: rjwndlthothi@yahoo.ca

Sentinel registry

- VEHICLE REGISTRY
- DRIVER LICENSING
- CORPORATE SERVICES

- VITAL STATISTICS
- LAND TITLES
- LIENS & SEARCHES



12818 82 St. Edmonton AB, T5E 2T2 www.sentinelregistry.com

Phone: (780) 478-8832 Fax: (780) 476-5887

A Norwood resident's story of adventure, travel, romance and Canada



Resident Profile WITH HARVEY VOOGD

Be careful what you wish for—it may not only come true, but also lead to a new life in another country.

Karina Hurtado was born and raised in Peru, but now lives in Norwood because of a “pretend” marriage.

“I fell in love with my husband Doug Piquette while working together for 12 days on a team visiting rural communities,” remembers Hurtado. “Doug was working in Peru on behalf of CUSO and I was a Project Manager for one of the largest non-profits in South America.”

“I had no idea what the countryside was like. Seeing the poverty outside the city was a life changing experience. For 12 days I ate only potatoes and beans. I slept on the floors of schools which had no windows and where students sat on bricks for chairs. For the first time I started respecting campesinos or farmers.”

“During the 12 days, we went to a sacred pilgrimage site where your wishes can come true,” says Hurtado. “I asked God for someone to marry. I wasn’t thinking of Doug as I was dating another guy at the time.”

“As part of the wish I had to do a pretend marriage. Doug was my pretend husband. For the rest of the trip, the other team members teased me and Doug, asking how’s the honeymoon? And to my surprise, I found myself falling in love with him.”

After the June 1999 trip, Piquette and Hurtado started dating in August. In 2001, they

moved together to Bolivia to both work for CUSO.

“Before I got married, I wanted to make sure it would work,” says Hurtado. “Going to a neutral country like Bolivia, which was new for both of us, was a good test. It worked and so we got married in February 2003.”

In June 2004, they moved to Canada, to Piquette’s hometown of Lac La Biche, Alberta. “Lac La Biche was a good place to transition as Doug had worked for eight years in South America,” says Hurtado. After one year it was time to move to Edmonton.

“I grew up in a city of 300,000, called Cusco, which was the historic capital of the Inca Empire. It is four hours from Machu Picchu, the World Heritage Site often referred to as the lost city of the Incas. I also lived six years in Lima, a city of nine million, while going to university. I like big cities. Cities are also a good place for opportunities and I wanted to study English.”

Hurtado studied English for five months at NorQuest College. “NorQuest was the best thing to happen to me because I was able to meet people from all over the world and learn about issues from around the globe. I learned English and connected with other immigrants. It was like giving birth to a whole new life.”

NorQuest was good for Hurtado, and she clearly left an impact on the college. This past spring, Hurtado was nominated by NorQuest College for the 2008 PACE Awards in the category of Outstanding Alumnus. The PACE (Provincial Awards Celebrating Excellence) program acknowledges the social and economic contributions

made by graduates of Alberta Public Colleges and Technical Institutes to the fabric of Alberta.

Since June 2006, Karina Hurtado has worked for Vibrant Communities Edmonton (VCE). “I was looking for a volunteer opportunity and someone referred me to VCE,” Hurtado recalls. “I had a 15 minute interview and was told I could start on Monday as a part-time paid office assistant.”

Hurtado and Piquette moved to Norwood in July 2006. “We moved here because it was the only place we could afford,” says Hurtado. “We also liked the trees, old houses and had heard that this area would be the next great place to live – like Old Strathcona.”

“Now I also appreciate the fact I know all my neighbours. We have block parties and I feel secure because I feel like I have family here. I also like the strong sense of community in this neighbourhood.”

Hurtado misses her mother and two brothers back home,

but loves Canada. “I like the multiculturalism, including access to different kinds of food and restaurant. There is lots of tolerance for different races and cultures. You feel welcome, not excluded.”

One of the biggest differences between Peruvians

and Canadians is our attitudes towards weather. Hurtado explains, “Peruvians don’t complain about the weather like Canadians. In Canada, it is always too hot, too cold, too dry or too wet. I know I’m a real Canadian because I sound the same now!”



KARINA HURTADO MOVED INTO THE NORWOOD COMMUNITY IN 2006 AFTER LIVING IN PERU AND BOLIVIA



What's happening in Spruce Avenue Community

The 2008-2009 Spruce Avenue Community League memberships are now available for residents living within the boundaries of the Spruce Avenue community. (North to 118 Ave; south to 111 Ave. and Kingsway; west to 109 St. and Princess Elizabeth Ave. and east to the west side of 97 St.) A membership will give you and your family:

- * Access to programs, including sports programs offered by Spruce Avenue Community League and other leagues.
- * Access to free swimming at the MacEwan Centre for Sports & Wellness on Sundays from 2 p.m. to 5 p.m.
- * A voice on community issues and future planning.
- * Discounts on hall rentals at Spruce Avenue Hall.
- * Access to community rinks.

Memberships are:

Family – \$15.00 Single – \$ 7.00 Senior – \$ 7.00 or No charge with volunteer hours. Call Verna @ 780-479-8019

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

Call Me 1st



Thinking of Selling?
Thinking of Buying?
Call Roxanne Litwyn

439-7000

Your neighbourhood Realtor
Serving Central Edmonton Since 1990

FREE MARKET EVALUATION

List of homes for sale
(some restrictions apply)



www.roxannehomes.com

Not intended to solicit properties already listed for sale.

Two great things you can do with corn this summer



BACKYARD BISTRO
WITH SHAWN BAERT

Barbequed Corn on the Cob

Barbequed corn on the cob is an all time favorite made even better by the August appearance of Taber corn. Fresh-off-the-truck Taber corn cooked unhusked to retain all its freshness and flavor simply can't be beat.

Ingredients

6 or more ears of unhusked corn

Instructions

Soak unhusked corn for at least one hour in the sink under cold water, then transfer to a hot grill and cook for 20 to 30 minutes, turning frequently until the husks are charred and the corn is done to your liking. Remember every barbeque cooks differently.

Of course any type of fresh corn can be barbequed with this method and be sure you barbeque enough so that you have leftovers. My next recipe is for an excellent Chili Corn Chowder which put those leftover slightly smoky ears to a great use.

Chili Corn Chowder

This hearty chowder is great on cool August evenings and should be served with buttered corn bread or fresh buns available from one of our excellent bakeries on the avenue.

Ingredients

1/2 cup butter
2 cups sliced fresh mushrooms
1 onion, chopped
1 jalapeno chili, stem and seeds removed, chopped
1/2 cup chopped New Mexican green chili
3 teaspoon cumin seed
1/2 cup flour
2 teaspoon ground red chili powder
2 teaspoons liquid smoke
3 1/2 cups chicken broth
3/4 cup half-and-half
1/4 cup whipping cream
1 cup grated cheddar cheese
2 1/2 cups whole-kernel corn, barbequed in the husk then cut off, or frozen and thawed. (Soak the corn in cold water 1 hour before barbequing)
1/2 cup drained and chopped pimiento
parsley or cilantro chopped (for garnish)

Instructions

In a soup kettle, heat two tablespoons of the butter and cook the mushrooms until brown. Remove and set aside. Add the remaining butter to the kettle and cook the onion, jalapeno, green chili, and cumin seed until the onion is soft add the flour and chili powder and cook, stirring constantly, for three minutes to make a roux. Stir in the liquid smoke, broth and the half-and-half with the whipping cream. Cook the mixture, stirring constantly, until it is smooth and thick. Add the reserved mushrooms, half the cheese, the corn, and the pimiento, and salt n pepper to taste. Cook and stir for two or three minutes.

Garnish with the cheese, parsley or cilantro.



Doggie freedom off leash



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

- Basic training such as “sit” and “come” are invaluable when traveling. Test these commands often.

Summer is in full swing and many are out and about with their pets—off to the beach, the cabin, far away places, off leash parks and campgrounds. I'm sure you've heard it a hundred times before; make sure the place you are taking your dog is dog-friendly. Many cities across North America now have dog-friendly places to stay and parks in that allow our dogs to run. I remember going to a dog-friendly beach in San Diego, California where my older dog experienced the ocean for the very first time.

Some rules that apply everywhere:

- Identification for the dog, whether dog tags with the name and contact information, microchips (registered with the 1-800 number) and/or a tattoo. Have current photo and all this information to hand, especially if traveling.
- Pick up after your dog, not only to keep our areas green or so no one steps in the droppings but also to keep dogs healthy by limiting the spread of disease. Even our beloved pet can be a carrier and cause someone's new puppy to become deathly ill.
- Watch your dog, watch your children. It can be said in the same breath—keep an eye to prevent issues either way. Not every dog loves every other dog. Like people, dogs can have dislikes as well.

Here are a few ideas to help convince your dog that coming when called is more fun than whatever tempts him. Too often we call the dog to end his fun—this must be balanced out so that coming leads to more fun more often than not. Pair this with calling your dog only if you are ninety percent sure he will respond. Every time the dog is called and he finds out that “come” is only an option—well, he won't. Why should he?

Start by having the dog on a 6 or ten foot lead and call your dog. Once you have a 100% response then lengthen the lead to ten or fifteen feet. Then even longer. Practice in the house, in the yard, on the street, at the local park or any parking lot (keep safety in mind). Just a few repetitions each time, rewarding the dog for coming, and then sending him off to play again. If he doesn't leave that's okay. Separate each call at about one minute—soon you'll find the dog will play then about every minute automatically comes to you—he's done it so often now that it's programmed so he does it without thinking. The lead is only so the dog cannot run away. Do not use it to reel him in. Remember this exercise is so he comes automatically whether on lead, or more importantly, off!

Let us know how it works out for you. Have a great summer and enjoy those sunny days.

Sprucewood Library—50 years in the neighbourhood

The following article, titled "Sprucewood Library Opened," is reprinted from the Edmonton Journal, Thursday, October 9, 1958.

Ald. Mrs. E. Wilson, a library board member, officially opened the new one-storey Sprucewood branch of the Edmonton Public Library at 11555 - 95 St. at a dedication ceremony Wednesday evening.

Mrs. Wilson commended the East Edmonton's Businessmen's Association for their efforts in bringing about the construction of the library building. The association members were instrumental in beginning the first Sprucewood branch library in a former church at 11824 - 85 St. in 1953.

Morton Coburn, chief librarian of the Edmonton Public Library, also thanked the businessmen for their work. "We owe them a great debt of gratitude," he said.

E. J. Holmgren, superintendent of public libraries for the provincial government, A. Dubensky, library board chairman, and H. E. Mildon, president of the East Edmonton Businessmen's Association, also spoke at the ceremony.

Asks Support

Mr. Holmgren said the opening of the library was another milestone in the extension of the library service in Edmonton.

"Your task and mine," he said, "is to get behind the library in the development of library service to bring education, science and culture to our community."

Mr. Dubensky said the opening of the Sprucewood library represented the first phase of a long range plan of branch libraries in Edmonton.

He said the library is strategically located to serve the greatest number of people. Mr. Dubensky said that during the month of September, 1957, when the library was located on the old premises, the branch circulated 9,000 books.

Circulation

The new library, which was opened to the public Sept. 4 after a move from its former home, circulated 15,000 volumes in September of this year.

Mr. Mildon said Cliff Walker, past president of the East Edmonton's Businessmen's Association should be commended because "he worked hard to start a branch library in the north-east Edmonton area."

Mr. Coburn later introduced Miss Winifred Wallace, chief librarian at Sprucewood, to 100 persons at the ceremony.

The library, constructed by R. H. Rae and Sons, is situated in a densely populated area with 36,000 residents and 12 schools within a one mile radius.

Books for All

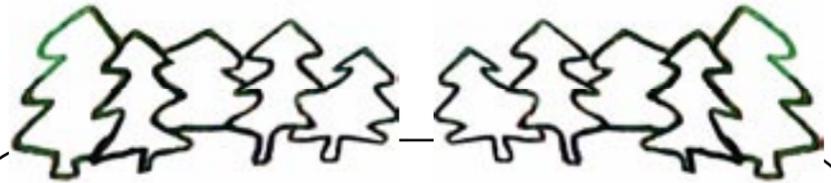
There are books for pre-school and elementary school children,

youths and adults in the spacious interior. A large bookcase separates the children's section from the adult section. The entire interior can be supervised from the main desk.

The library, one of three branch libraries in the city, has a permanent staff of four and three part time employees. It

is the first library building to be erected in the city since the central library was opened in the 1920's.

William Castell, chief librarian of the Calgary Public Library, was a guest at the ceremony. G. R. Ascher of Blakey, Blakey, and Ascher, architects of the building, also attended.



Sprucewood Library Celebrates 50 years in the neighbourhood

*Bring the family to reminisce and celebrate.
There will be hot dogs, fun, and of course....cake!*

Friday, September 5, 2008

5:00 p.m. - 6:00 p.m. community BBQ
6:30 p.m. - 7:30 p.m. live entertainment

11555-95 Street NW
Edmonton, AB T5G 1L5
Phone: 780-496-7099



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.

Open House

Mark September 18th on your Calendar!

An Open House will be held to unveil and get input on Phase II of the Streetscape.

**Alberta Avenue Community Hall 7:00 pm
9210 - 118th avenue**



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

Neighbourhood Matching Grant

We are looking for projects that will enhance, beautify, create a sense of community or improve safety. The Neighborhood Matching Fund will match your volunteer time or donations in kind to make your project a reality. You can apply for up to \$20,000 for large community projects.

SMALL SPARKS funds up to \$250.00 for local neighborhood events such as block parties or fence painting. For an application and more information go to www.ratcreek.org or email judy.allan@edmonton.ca www.avenueinitiative.ca Submission deadlines are the 15th of each month.

Paula Simons' five favourite Edmonton-area daytrips

1. The Ukrainian Cultural Heritage Village

40 minute drive; pioneer; authentic train station, hotel, blacksmith shop, one-room school house, and fully-functioning grain elevator; actors in character.

2. Devonian Botanic Gardens

80 acre facility operated by U of A is a horticultural research centre and public park, alpin garden, a native people's garden, sensory garden where you can touch and smell and even taste the flowers, and an indoor butterfly pavillion, Kurimoto Japanese Garden, zen-style garden.

3. Lacombe

Finest collection of Edwardian-era brick buildings in the province; main street restore to 1907 glory; blacksmithing museum and an historic interpretive centre; famous Friday farmer's market.

4. Bon Accord

Tam Andersen's Prairie Gardens – buy bedding plants, pick own peas and strawberries and pumpkins; petting farm, corn maze and variety of festivals (The Fairy Berry Festival on August long weekend; Haunted Pumpkin Festival in October).

Lola Canola aka Patti Milligan – local beekeeper who does live bee demonstrations, harvest own honey; do beewax crafts.

5. The David Thompson Highway 11

Not the destination but the journey; most beautiful drive in Alberta; connects Red Deer to Rocky Mountain House to the Jasper-Banff Highway; beautiful lakes, rugged mountains; Abraham Lake.

Elk Island National Park

45 km from Edmonton; aspen parkland; 44 mammal species including free roaming bison, moose, deer and elk and 250+ bird species.

Five things you can do for free

1. Get all wet at the Alberta Legislature
2. Crunch & munch at a farmer's market
3. Flip a disc at Rundle Park
4. Applaud a parade
5. Ride the North Saskatchewan

CONTACT INFO YOU NEED TO KNOW

To report crime and to give information, call the EPS Complaint Line at 780-423-4567.

To report a crime-in-progress, call Police/Emergency at 911.

To report prostitution or details about john's and their vehicles, call EPS at 780-421-2656.

To report drug houses or drug related activity, call EPS at 780-426-2889.

Information about any criminal activity can be made on-line to EPS on their website at www.police.edmonton.ab.ca.

If you wish to remain anonymous, contact Crime Stoppers at 1-800-222-TIPS

(84770, or go on-line to www.tipsubmit.com.

To make a by-law complaint, call the City's Planning and Development at 780-496-3100. By-law complaints can be made on-line at www.edmonton.ca.

To report a derelict house, call the City's Derelict Housing dept. at 780-496-6031.

Contact CAP (Community Action Project) at 780-474-8318 for help mobilizing a block.

Contact the Avenue Initiative Safe Streets Committee at 780-496-1913 for information on getting a block together (Block Party and Resource Kit).

About Happiness and Community

ALAR H. AKSBERG

What can I do to create a Great, Happy Community? Yes, that "I" means all of us from our own point of view. Perhaps Gandhi put it best when he said, "Be the change you wish to see in the world". We all desire a happy and safe community. What does "happy" mean?

What does "Happy" in Happy New Year mean? Are we spreading empty slogans, or do we actually mean what we say when we wish somebody Happy New Year? We sense life on three different levels; Physical, Mental and Spiritual. Happiness is a Spiritual Experience and can therefore not be explained in words. Spiritual matters have no language.

Happiness is a reward. Happiness cannot be achieved, only received. An exotic holiday may provide us with a great physical and mental experience. The holiday itself will not do anything for our sense of Happiness. It is possible that the memory of the holiday may contribute

to our Happiness. Winning some contest is a physical and mental achievement, but does nothing for our sense of Happiness. The memory of the achievement has a possibility to add to our Happiness.

Is Happiness our most important motivator? Closer examination of the "standard" motivators, Fear and Pleasure, show they are only symptoms of our real, bottom line motivator, Happiness. Fear is a threat against Happiness. Fun and Pleasure are misguided attempts to find Happiness directly.

Intense desire for Happiness drives some individuals to rather destructive behaviors. I think most addictions are misguided attempts to find instant Happiness. Most addictive behaviors and substance abuse provide some instant relief. The hope for a possible increase in such "feeling good" from the initial impact inevitably leads such individuals to an unhappy misery.

There is an emerging field of scientific research about Happiness. It is not

surprising that Gratitude is the leading factor in our creation of Happiness. Gratitude, of course, is a reawakening of positive memories about something enjoyable. Gratitude, memories and Happiness are directly related.

Our memories make us well primed for Happiness. It is well proven that we quickly forget what we did not like in the past, and tend to enrich the positive, further enhancing our sense of how good the past was. This makes us even more prone to be rewarded by Happiness by Gratitude.

The good news in this is that we are actually in charge of our own Happiness. All we need to do is to appreciate what we already are good at. We can celebrate our successes, in a wholesome way, even if modest in a global setting. The only person we have any real control over is ourselves. Every "I" has the choice to be a happy, grateful member of our own community. The bitterly cold weather has prepared our soil, plants and trees for a bountiful return.

Check out our revamped website!
www.ratcreek.org

EDMONTON

This began with just one weed...

Don't let your property become a refuge for weeds and trash.

By doing your part to remove noxious weeds from yards, alleyways and boulevards, you will help keep Edmonton clean and avoid fines of \$250.

For more information about community standards, visit www.edmonton.ca/bylaws or call us at 780-496-3100.

Clean up today for a better tomorrow.

THE CITY OF **Edmonton** PLANNING AND DEVELOPMENT

COMMUNITY CALENDAR

ART & MUSIC



EDMONTON'S QUEER ARTS AND CULTURE FESTIVAL

Be a part of Exposure: Edmonton's Queer Arts and Culture Festival. Open Call for artists at www.exposurefestival.ca. Looking to curate or put on a show and want to partner with Exposure? Contact Program Chair Todd Janes at todd@exposurefestival.ca or Producer Ted Kerr at ted@exposurefestival.ca

ARTIST TRADING CARDS

Saturday, August 16 will be a planning meeting for the upcoming artist trading card art show at the Arts Alive Festival in September. For more info call Becky 780-435-3499.

PIN HOLE PHOTOGRAPHY - SOCIAL ART EXPERIENCE

Saturday, September 6 from 12pm to 4pm at Alberta Avenue Community Centre (9210 118 Avenue). For more info or to register call Becky at 780-435-3499.

ARTISAN MARKET

1st and 3rd Saturdays, 11am-4pm at The Carrot Arts Coffeehouse (9351 118 Ave)

All creations are made in Edmonton by local artists and artisans. Jewellery, woodwork, textiles and more! If you are interested in selling your wares at the market, please contact Lorraine at 780-919-9627.

PIANO LESSONS IN YOUR HOME

All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 780-490-1922. 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: 780-477-9232.

MUSICAL NOTES

Extremely affordable piano lessons for beginners 5 to 11 years. Using the John Thompson series only. References available. Call 780-479-4054.

LOTUS QIGONG + LOTUS DANCE

Everyone on the Avenue welcome. Thursdays from 7pm to 8pm. Cost: donation optional. For more details call Astrid at 780-477-0683.

DROP-IN GROUPS & PROGRAMS

POWER LAB VACATION BIBLE SCHOOL

Zion Baptist Church, 11908-132 Ave, is presenting Power Lab Vacation Bible School, discovering Jesus' miraculous power. Starting Tuesday August 5th to Saturday August 9th, 9 am to noon, Preschool to Gr. 6. Join the fun, games, crafts and activities! Call Christine 780-454-1347

ABC HEAD START PRESCHOOL

ABC Head Start is seeking children

and families for its St. Alphonsus, Eastwood and Ecole Nord school site programs. This free head start preschool, which includes transportation and nutritious snacks, is for children who will be 3 1/2 by September first. Call 780 461-5353 to apply.

WRITERS' CIRCLE

The Carrot Writers' Circle meets every Thursday morning at 10 am at The Carrot (9351 118 Ave). Writers of all ages, genres and levels of experience are welcome to join. Call Anna Marie Sewell at 780-432-6711 or email her at prairiepomes@yahoo.ca for more information. Or, just come on Thursday with your favourite pen and writing paper.

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).

SCRAPBOOKING

Thursdays from 6 pm to 8 pm at Ben Cafe Robe Society (12046 77 St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Childcare is available. Call 780-477-6648 for more info.

BABES IN ARMS

Fridays, 10am to 12pm at The Carrot (9351 118 Ave). Come and connect with other parents in the community. Call 780-471-1580 for more info.

PARENT SUPPORT GROUP

Fridays from 1 pm to 4:15 pm at Ben Cafe Robe Society (12046 77 St). Join us for crafts, coffee, snacks and great conversation. Call 780-477-6648 for more info.

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 780-471-3737 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 780-474-4324 Mon, Tue, Wed, Thur., noon to 4pm Fri., 7pm - 10pm

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 780-477-5931.

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283

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

ENTERTAINMENT

THE CARROT COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge
August 15 - Winnipeg Folk-Roots Duo Jacob and Lily, hot off their summer folk-fest tour
August 22 - CE Jeffrey
SATURDAYS: Open mic 7:30pm-10:00pm
Music, spoken word, comedy

OUTDOOR MOVIE

Thursday, August 21 at 8:30 pm at Alberta Avenue Park (92 St and 118 Ave). Don't miss this outdoor family movie event on a three story screen! The selected movie will be posted at www.avenuevineyard.com. This is a Community FUNtime event brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more information call Wayne at 780-660-0334.

SPORTS & REC



PICK UP SOCCER

Saturdays from 10am to 11am at Alberta Ave Community League soccer field (118 Ave and 92 St). Join us to play some fun, informal soccer on Saturday mornings throughout the summer. Kids of all ages welcome; parents are required to stay and play too! Call Dawn for more details at 780-454-7809.

ALBERTA AVE FREE SWIM

Sundays from 12-2pm a free swim for Alberta Ave community league members at Eastglen pool (11410 68 Street). Show your current community league membership to get in.

VOLUNTEER



GIRLS NIGHT OUT!

Help disabled women get out in the community and participate in recreation and social activities. Female volunteers are needed 2-3 hours, twice a month, evenings or week-ends. Delton area. Staff assistance provided. Contact Leslie @ 780-432-1137, ext 357.

ARTS ALIVE 2008 NEEDS YOU

Arts Alive (September 26-28) will be needing numerous volunteers to make it a success again this year. You can be involved in the planning or give a few hours on the event day. Contact Jennifer Herrick, the volunteer coordinator, at 780-903-9984 or jherrick@shaw.ca.

ABORIGINAL ROUND DANCE HELPERS

Volunteers needed to help at an Aboriginal Round Dance on Saturday, August 30 from 4 p.m. to 10 p.m. on Alberta Avenue. Volunteers needed for 2 hour shifts helping with greeting, concession sales, set-up, clean-up, 50/50 ticket sales, security, food servers. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholic

socialservices.ab.ca

WALKING CLUB VOLUNTEER

Accompany disabled adults as they walk the mall for fitness and socializing. Every 2nd Friday; 5:30 pm to 7:30 pm, at Westmount Mall. Staff support on-site. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholic-socialservices.ab.ca

IMMIGRANT/REFUGEE SETTLEMENT MENTORS

Mentor new immigrants/refugees in a formalized friendship; assist newcomers to practice English, develop social networks, learn about Canadian culture, and acquire life skills to facilitate successful integration into Canadian society. 8 hours/month. Training and support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholic-socialservices.ab.ca

CHILDREN AND YOUTH MENTORS

Be a positive role model to abused/neglected children and youth, aged 5 to 17 who live in group care. Participate in supervised leisure and educational activities; share your interests, hobbies, talents. 2 hours/week. Orientation and staff support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholic-socialservices.ab.ca

CASINO WORKERS NEEDED

Alberta Avenue Community League casino on Sunday, Sept 7 and Monday, Sept 8. Day and evening shifts. Contact Nancy Martin 780-479-5764 or email info@albertaave.org.

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 780-479-8019 or email verna.stainthorp@shaw.ca.

VOLUNTEER DRIVERS NEEDED

Do you know what a Volunteer Driver is? It's a community member who can spare 3-4 hours once a month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 780-732-1221.

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 780-474-7611

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 780-471-1580 or visit www.thecarrot.ca.

SPRUCE AVENUE COMMUNITY RE-DEVELOPMENT PROJECT

Volunteers are needed! Please contact Laurie Cote at 780-474-5354 for more details.

NOTICES

A JOB AT THE CARROT

The Carrot Community Arts Coffeehouse is currently accepting applications for an Operational Coordinator. This contract managerial position looks after the day-to-day operations of the coffeehouse and handles; volunteer and event scheduling, customer satisfaction, product quality and inventory, financial performance, and facility maintenance. This position requires progressively responsible retail or food service experience with some supervisory or management experience, and must have own vehicle. The Carrot offers a competitive wage for a 30 hour work week. For further information go to www.thecarrot.ca. Please submit resumes to Christy at christythetheatre@shaw.ca and note only those applicants selected for interviews will be contacted.

HAVE YOU LIVED HERE FOR 50 OR MORE YEARS?

Calling all residents! The Sprucewood Library wants to hear from those who have lived in the area for 50 or more years. Call Barb or Connie at 780-496-3678 before August 30.

ALBERTA AVE GENERAL MEETING

On Tuesday, September 23, the Alberta Avenue Community League will be holding an open house and general meeting. Come tour the facility and share your ideas on uses and upgrades. Buy your 2008/2009 community league membership and participate in the membership meeting. More details to come in the September League Newsletter or check the website at www.albertaave.org. Contact the league at 780-477-2773 or info@albertaave.org.

RCP EDITORIAL MEETINGS

We will be planning our editorial via email over the summer. Contact us if you'd like to be on our editorial email list or just want to share your thoughts and ideas or something you've written or would like to write: editor@ratcreek.org or 780-479-6285.

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 780-471-2602.

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 780-477-5931

AVENUE VINEYARD

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

ST ANDREWS PRESBYTERIAN

8715 118 Ave, Ph 780-477-8677
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 Storytime

11 a.m. Fridays, July 4 to Dec 19

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.

Summer Reading Club - Crazy Cartoons

2 p.m. Saturday, August 2

Ages: 6 - 12 years
Participation limit: 20
Calling all fans of cartoons and comic books. Come to our "animated" program.

Summer Reading Club - Monkeying Around

2 p.m. Saturday, August 9

Ages: 6 - 12 years

Participation limit: 20
Monkeys are loose at the library. Come join us for a swinging good time.

Summer Reading Club - Jokers, Jesters and Tricksters

2 p.m. Saturday, August 16

Ages: 6 - 12 years
Participation limit: 20
Learn about some funny folks from past times.

Summer Reading Club - Closing

2 p.m. Saturday, August 23

Ages: 4 - 12 years
Participation limit: 40
We have saved the best laughs for last. Check with your local branch for details on closing our wackiest Summer Reading

Club ever. Be entertained and amazed by balloon artist, M&M the Clown.

Amphibians in Crisis

2 p.m. Thursday, August 28

Ages: 5 - 10 years
Participation limit: 30
Biologists say a third to half of all amphibians could go extinct in our lifetime. This will be the largest extinction since the loss of the dinosaurs. Meet an amphibian. Learn about different types. Find out about the threats they face, what they need to survive and what you can do for them. The Valley Zoo has kindly donated staff and time to put this program on for the Edmonton Public Library.

ADULTS

Stories from the Heart of the City - with Linda Goyette

1:30 p.m. Thursday, August 21

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.

FREE! family-friendly
Outdoor Movie
on a three
story screen

Thursday, August 21
approx. 9pm • Alberta Avenue
Park
118 Avenue and 93 Street

- Concession on site
- Movie selection to be announced



This Community FUNtime event is brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 780-660-0334.

Live Music
at the **Carrot**

August 15, 2008 JACOB AND LILY
August 22, 2008 CE JEFFREY
Friday nights! \$5 cover at the door
Saturday nights-Open mic, Free!



Arts Market

1st and 3rd Saturday of the month
11:00am - 3:00pm

The market will feature artists and artisans from the community and beyond! You'll find unique gifts with a truly local flavor made in Edmonton!

People in Pants Improv;
First Thursday of the month (\$5 cover)

9351-118ave www.thecarrot.ca

**GOT
COMMUNITY
NEWS?!**



**CALL US!
780-479-6285**

*Proud to Live
In Ward 3*



Councillor 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



Start Pre-school

- FREE pre-school program
- 4 half days per week
- FREE transportation and nutritious daily snack
- For children born between Mar 2, 2004 to Mar 1, 2005
- For families of low income
- Opportunities for family involvement

in September!

ABC
HEAD START



VOLUNTEERS NEEDED!

If you want a great volunteer experience, have 3 hours a week, and love being with kids consider volunteering with us. For more information about our volunteer program :

- visit our website at www.abheadstart.org
- Call or email annb@abheadstart.org