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RAT CREEK PRESS

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Rescuing perfect little houses a labour of love

MARI SASANO

Joe Clare loves the little houses of Norwood. The realtor has lived there for three years, knows his neighbours, and wants everyone to see the beauty of the homes in the Alberta Avenue area. But after a century of so, sometimes in order to reveal those good looks, a house needs a makeover. That's what he thought when he spotted a little house on 96 Street earlier this year, and with some TLC, what was once a hopeless case is now waiting for another hundred years of turning heads.

"I always have an eye for what I think is good design. Thoughtfulness in design," he says. "This house was terribly neglected and destined for the wrecking ball. I use my intuition—I love this house, but it was a mess. They used 125 gallons of paint stripper to remove all the peeling paint."

The two bedroom bungalow is now a real looker—hardwood floors have been polished, and all the original details that made the house unique when it was built 90 years ago have been restored.

"It was painstaking atten-

tion to detail. It's about respect. We rescued this house," he says.

What attracted Clare and his investors—pharmacist Daniel Cyr and Stephan Veilleux of Boreal Construction—was the obvious care of the man who built it. According to neighbours, a Mr. Miller built this house, as well a couple more on the block. You notice right away the beautiful architectural details on the doors and hardware, the original cedar siding, and the way the light streams in from the original glass windows.

But the point of this project wasn't turning a quick profit—around \$55,000 was sunk into the home, going into a rebuilt foundation, insulation,

plumbing, electrical, and interior design.

"This was the nastiest, stinkiest house. It's not a flip, it's a restoration—you have to understand it's going to cost you, but it was a fun project to work on. People who flip properties tend to put as little in as possible, and don't care about the neighbourhood. For us, this is about caring for the community. The neighbours love this little house."

To cap the project, a smudge ceremony was performed by elder Leonard Cardinal, in order to mark a new beginning for the home.

"He said he felt a presence of somebody still living in the house, and felt the sense of neglect. But after smudging the house, everybody was smiling."

This is Clare's twentieth project like this, and it took around 90 days to complete it, from top to bottom. For everyone involved from the investors to the day workers hired from the Bissell Centre, to the professional craftspeople, it was a labour of love. And it's their hope that their labour will bring further good karma into

the area.

"I choose to live here. I'm a patron of the arts. This is a great neighbourhood—there are single people, families, immigrants. And still a lot of Portuguese, Italians. I'm impressed with what the city is doing in this area. This neighbourhood is changing. We really want nice people to live here, someone thoughtful and intelligent and cares about the community. We have to invest in people."

"There are a lot of condos downtown, for a lot more money. But you won't get such a charming house. This house can live another 100 years, no problem."



LIVINGROOM OF RESTORED HOUSE ON 96 ST. PHOTO:



RESTORED HOME ON 96 ST.

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You are invited to the Rat Creek Press' 10th Anniversary

The Rat Creek Press will celebrate its 10th Anniversary on Sunday, November 8, 2009 beginning at 3 p.m.

Please come and join past volunteers, writers, editors and your neighbours as we celebrate the 10th birthday of our community newspaper.

You are also invited to attend the Rat Creek Press' Annual General Meeting which will be held at 2:30 p.m. the same day.



Hey Kids!

Wanna be published in the newspaper? Join the Rat Pack! Send in your stories, photos, and drawings to editor@ratcreek.org with your name and age.

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More board members welcome.

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

Norwood Neighbourhood Association
Spruce Avenue Community League
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The Rat Creek Press: a decade of communicating with the community

EDITORIAL WITH MARI SASANO

This year, we all have something to celebrate: *The Rat Creek Press* has been publishing for a full decade. This entire issue is devoted to looking back on our history, and also the history of the Rat Creek area. We revisit some of the people who have helped along the way and take a look at old headlines. It's amazing how much things have changed, and especially how much the paper has grown in 10 years.

At the same time, I am celebrating a personal milestone at the *Rat Creek Press*—this is my sixth issue! It's been such a pleasure to be part of the *Rat Creek Press*, because prior to being the editor I was a reader like everyone else. As a community member, I always looked forward to hearing news about what was happening in the neighbourhood,

and to learn about the kinds of people who lived here.

As someone fairly new to the area, it was always amazing to find out how many things there were to do, places to visit, and incredible people who work hard to make things better. I found it very easy to get involved with volunteering and meeting people. In fact, I was planning on writing for the *Rat Creek* when the job of editor opened up—and so thrilled when they offered me the position!

I am so proud to be part of the *Rat Creek Press*. There are so many factors that go into the revitalization of this area: business, art, grassroots organization. And I feel like we are able to bring people

together, keeping everyone informed on the activity of all the fantastic people who are working every day to improve the standard of life here. Part of that is to allow residents to express their thoughts and to connect with like-minded individuals and groups. I've had new writers tell me how nervous

they are, writing sometimes for the very first time. But more often than not, they're not as terrible as they think, and I'm impressed at how hard they work to get things just right. Some of them aren't so keen on deadlines, but hey—they're volunteers, so I have to cut them some slack!

No other neighbourhood in Edmonton has anything like

it, and we should all be very proud of the energy and passion that people in this area, your neighbours, have put into our very own newspaper. And it would not exist were it not for the dedication and passion of the many volunteers, board members and former staff—many of whom have never really “quit,” but continue to be involved as invaluable resources for Jan and me. Dawn Freeman, for example, is now our advertising representative after filling the managing editor, board member and editor role over the years. And former editor Karen Mykietka still makes contributions, from the sidelines.

I'm hoping to continue seeing the growth of the *Rat Creek Press*, as our community continues to change. This is your paper, so don't be shy! Get involved. People before you took that step, and now look! Imagine what the next decade will bring, with your help.

“This is your paper, so don't be shy! Get involved.”

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ANNUAL GENERAL MEETING**

Date: October 21, 2009
Time: 7:00pm
Location: Eastwood Hall (11803 86 St.)

*** Please note memberships will only be sold only until 6:30 pm on night of AGM***

To obtain a membership please call 780-477-2354

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CRUD leaves its mark on 118 Avenue

TRISHA ESTABROOKS

The woman rolled down her window and yelled, "Hey you, what are you doing on the Avenue?"

"I live here," I said, bouncing my daughter with one hand, holding my dog's leash in the other.

With the flip of a finger, she then suggested I wasn't welcome, that the legion of volunteers— old, young, some with families, others just out for a walk along the Avenue— weren't welcome.

"You're welcome to join us," I yelled, as she drove away. Admittedly, both of us were a little pissed off. Our territories met, but I remember thinking, surely we can share the same space.

That was a year ago. It's been a year since Community Response to Urban Disorder (CRUD) held one of its biggest and most successful "take-over" actions on 118 Avenue, designed to discourage criminal activity such as prostitution and drug trafficking, and to empower the law-abiding majority of citizens who require a safe Avenue for themselves and their families.

This fall CRUD continues to plan takeover events, where people who believe in our neighbourhood reclaim our streets.

CRUD: the name says it all. Urban grit meets community-minded people who say, "Enough, no more, this is where I live and I love it."

Next month marks the first anniversary for the CRUD Board's inception.

"CRUD works hard to send a positive message about our communities and encourage people to be out in the public space, using the space for its intended purpose," says co-founder Chris Hayduk.

Since its humble beginnings, CRUD has grown to include more than 100 volunteer members. The group exists because people believe in its mission: cleaning up the Avenue and making our neighbourhood a great place to work, live and play.

CRUD's success has caught on. Other communities, including Beacon Heights and Clareview, are keen to know what we're doing right and how they can set up similar groups in their communities.

CRUD is focusing on working with the City of Edmonton and Avenue residents to find a solution to cleaning up the Cromdale Hotel at 118 Ave. and 82 St. The building has been an eyesore in our community for far too long and CRUD believes it's time for the owner to take responsibility for the building

and its negative impact on our community.

"Even if we disrupt illegal activity on the Avenue for a little while, that's still an accomplishment," says CRUD board member Alice Greenshields.

CRUD will also continue to coordinate weekly fitness walks. The walks are held every Saturday morning at 9 am, with the group meeting at the Alberta Avenue Community Hall. Everyone is welcome.

In the spirit of making our neighbourhood a more family friendly place, CRUD hosts family park crawls every Sunday at 3 pm. The group meets at a different park each week and then crawls, walks, skips or jumps to another park. Please log on to www.crudedmonton.org to find out where CRUD will be crawling to next.

And then there's the dog walkers. The four-footers and their two-legged companions meet each Monday night at 6:30 at St. Alphonse's church on 118 Avenue.

CRUD is only as strong as its members. If you're interested in joining or finding out more you can email info@crudedmonton.org or find us on Facebook or Twitter.

And hey—to the woman who drove by in the Dodge pickup last year: you're still welcome to join us.



TRISHA ESTABROOKS, GRAEME MCELHERAN AND FIVE-MONTH-OLD ELLA KEEP WARM TOGETHER AT AN AVENUE TAKE OVER EVENT

Community engagement expert Jim Diers is coming to Edmonton in November!

What does it take to get residents, businesses, non-governmental organizations and city government to work together to make their communities great? How has the City of Seattle been so successful at practising neighbourhood engagement since 1988?

The City of Edmonton's Office of Great Neighbourhoods has invited community engagement expert Jim Diers to meet with Edmontonians on November 17, 18 and 19, 2009.

This is your chance to

hear from someone who has dedicated more than 30 years of his life to inspiring people to get involved with their communities and with decisions that affect their lives.

EAST Community Evening with Jim—November 17, 2009, at the Santa Maria Goretti Centre (11050 90 Street), from 5 to 9 pm. Food and refreshments will be provided. No cost. Registration is required.

Seating is limited, so please contact 780- 442- 4972 for more information.

—MS

avenue initiative revitalization

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



For information call Judy Allan 780-496-1913

Last Chance!

The deadline for matching grants is November 15, 2009

Do you have an idea that would make a difference in your neighborhood? 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.avenueinitiative.ca or email judy.allan@edmonton.ca

Think About Joining a Working Group!

Groups meet on a monthly basis to implement the Avenue Initiative. To get involved call Judy at 496-1913 or email judy.allan@edmonton.ca

1) Streetscape-- 1st Tuesday of the month

Working on details of the streetscape.

2) Development and Revitalization-- 1st Wednesday of the month

Responsible for planning and zoning issues.

3) Beautification & Cleanliness-- 2nd Wednesday of the month

Works on special events, community clean ups and beautification projects.

4) Safe Streets-- 2nd Thursday of the month

Works with EPS, Bylaw & Safe Housing to create a safe community.

Spruce Avenue Park: a dream come true

KAREN GILSON

Dreams often take time to become a reality. This has been the case with the Spruce Avenue Park Redevelopment, but the dream is coming true. Grant applications are in to CFEP (Community Facility Enhancement Program) and the Federal Government R.I.N.C. (Recreational Infrastructure Canada) program. If these grants are approved, construction will begin in the spring of 2010. If these grants are not received, then construction will still begin but in phases spread over a few years.

It has been a long process for a small but dedicated group of volunteers. This team consists of Verna Stainthorp from the Spruce Avenue Community League, Bruce Rooney from Spruce Avenue School, Ludveke Kowall from St. Basil's Catholic School and Lee

Richardson from the Glenrose Hospital. These people have been with the project from its conception. This has been a huge commitment of time and on behalf of the community I would like to express our gratitude to them.

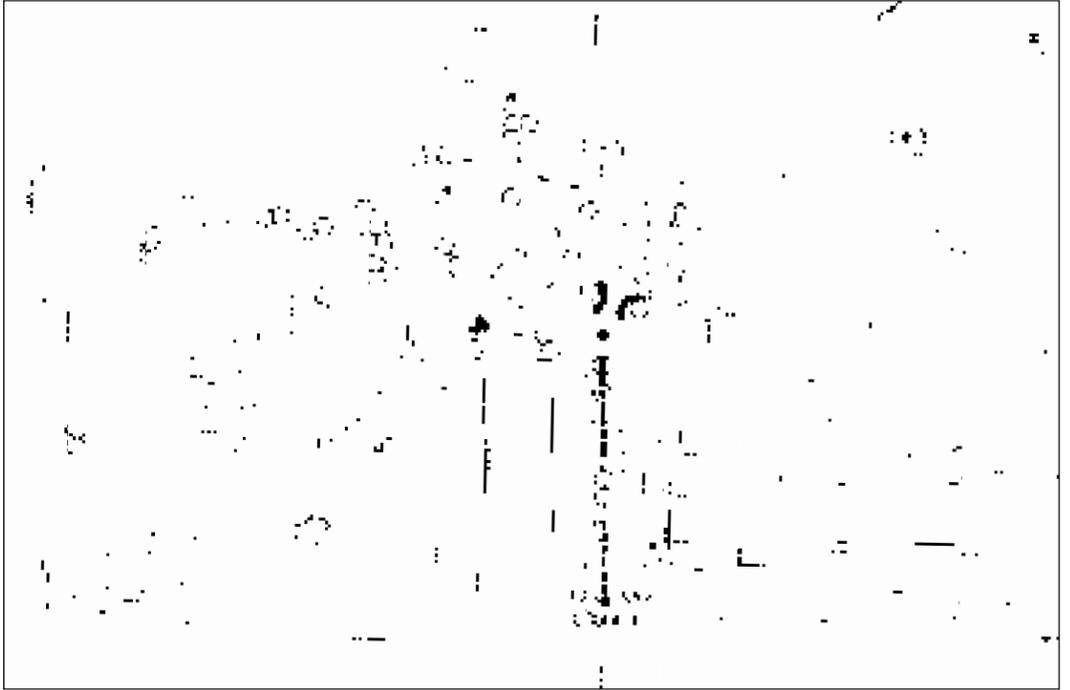
Over the past few years we have held youth dances, garage sales, bottle drives, and operated concession stands and hosted a silent auction. We have been graced with the assistance of community volunteers, family and friends to make these fundraising events successful. To all those who have aided our efforts, THANK YOU. The team has applied to various groups and completed applications to local programs all in an effort to meet our financial commitments to the project. Dreams really do take time to become a reality.

If you have not had an opportunity to view the plans, they are on display at

the hall. We have an upcoming AGM on October 19, 2009 at 7 pm. The plans

will be available for viewing before the meeting. We encourage all residents of

Spruce Avenue to come out and attend.



CONCEPT MASTER PLAN OF PROPOSED PLAYGROUND, SUBJECT TO CHANGES AS THE PROJECT PROGRESSES

Want to help out the Rat Creek Press? Pick up a book!

MARI SASANO

The *Rat Creek Press* is having a sale—a book sale, that is, as a fundraiser that will take place on October 15 and 17 at the Alberta Avenue Community Hall, 9210 118 Ave.

Cheryl Walker, board member for the Rat Creek Press and Gardening Diva, explains the rationale behind the event.

“We did think about it—we’re about words, and it’s a nice way for words to support

words. This is our first book sale, but it will eventually be an annual event.”

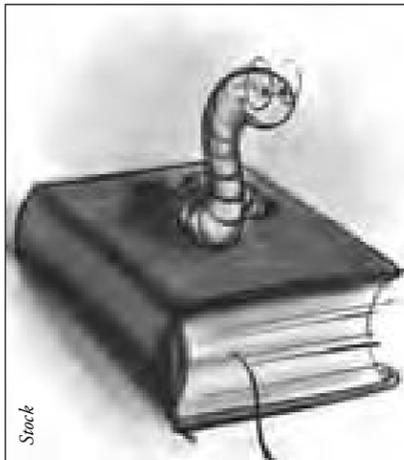
Eager readers should expect a wide range of titles fresh off the shelves of their neighbours—all books are donations to the *Rat Creek Press*, with proceeds going towards the odds and ends that aren’t covered by other funding.

“I know there’ll be a copy of *Modern Sewer Design!* I’ve been waiting to get rid of that one for years. But it will be a

total hodge-podge. You’ll probably be able to find a good number of older bestsellers, classics, and mystery novels.”

Hardcovers will be sold for \$2, paperbacks for \$1, and children’s books will be priced at 50 cents. The sale will accept cash only. For those with already heaving bookshelves, Walker also suggests other ways to contribute:

“We’re asking for donations—if you happen to be cleaning up your book shelves, you can drop off your donations at the Carrot Cafe (9351 118 Ave.) or the Dogfather on 118 Avenue. Or if you have more than 50, you can call the Rat Creek Press and we’ll send someone to pick them up. We also could use some volunteers to set up Thursday morning.” The phone number for the Rat Creek Press is 780-479-6285.



Creepy Urban Tales take up residence at Avenue Theatre

Northern Light Theatre’s annual Urban Tales opens at the Avenue Theatre (9030 118 Ave.) on October 23, and 24. This year’s title is *Motel*, which is a favourite spot for ne’er-do-wells on a spooky autumn night!

Urban Tales is a Halloween tradition for Northern Light, and this year is its 12th incarnation of bone-chilling horror stories written by Darrin Hagen, James Hamilton and Trevor Schmidt. The evening matches the experienced playwrights with emerging artists Bohdan Tarasenko (Senior Intern) and Faye Stollery (Junior Intern), who will be directing actors Nancy McAlear, Michael Peng, Karen Cogan, Adam Beauchesne in three thrilling tales. Matt Schuurman, Paul Bezaire, Carrie Howard and Ian Jackson will create video and animation to add to the dark-and-stormy-night ambiance.

Saturday night’s performance has an added a high-tech twist—audiences around the world can experience Edmonton’s finest theatre and multimedia artists at work.

Performances on both nights start at 7:30, tickets are available by calling 780-471-1586 or online at www.northernlighttheatre.com —MS



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Business owners: Get listed in the 2010 business and community directory

Work has begun on the 2010 directory. Please check your listing and notify of any errors or changes. If you run a home-based business, contact us with listing details – it’s free!. The directory is sponsored by the Alberta Avenue Business Association (AABA). Copies can be picked up at the AABA office 11770 95 St., The Carrot, or Sprucewood Library.

BUSINESS SPOTLIGHT

WITH DAWN FREEMAN

Stained glass is not just for churches anymore

Cloud Nine Gallery

10404 118 Ave
780-474-4466

www.cloudninegallery.ca

The endless paperwork of setting up a new business is a painful process, but Wayne Tomlinson still has a smile on his face. His new space is just as bright and welcoming, even if the work-tables and display

is a master at his art—he only uses his own designs and can adapt any of his artwork to meet a customer's needs. And still he manages to have the best prices in town.

There are so many places stained glass can go in a home. Of course windows are a favorite, as are door panels. But think about it: in an entrance feature, kitchen cabinet doors, privacy windows and even ceilings – yes, ceilings! Look at the

images on the Cloud Nine website for visual proof. And of course there doesn't need to be a practical reason to hang a piece of stained glass as art. You can have one just because it is beautiful.

For custom-made or off-the-rack, one of a-

kind designed, stained glass art, go talk to Wayne Tomlinson at Cloud Nine Gallery, open Monday through Friday, from 9am to 5pm.

And for those looking to create something of their own, Wayne is planning to offer lessons starting sometime in the fall.



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ROB N' JONES EAGLES STAINED GLASS PIECE IS THE BIGGEST WAYNE HAS EVER CREATED – 6' 4 FEET!

shelves are not quite built yet.

With over 15 years experience in stained glass creation, what started out as a hobby quickly became a life. Wayne

glad he did!

The sausages are traditionally made, and like the meats he prepares, contain no preservatives, instead spices that have anti-bacterial properties are added. Some of the recipes used are over 300 years old. On Saturdays, Bjelic offers lamb and pork barbequed on a spit and barbeque chicken is also available if preordered. The store also carries a variety of ethnic groceries.

Bjelic is always willing to help customers unfamiliar with his sausages and other meats and to translate the writing on

the grocery items!

Things haven't changed much since Joy wrote this business brief back in '06 – Balkan Style Sausage still makes some of the best tasting sausage and meats in the city. Sadly however it is uncertain how much longer they will be at their present location.

Store hours at present are still listed as Fridays and Saturdays from 11am to 6pm. If you wish to order barbeque meats, please call 780-378-0253 and leave a message.

Balkan Style Sausage, Deli & Barbeque House

9403 118 Ave
780-378-0253

Reprinted from Rat Creek Press January 2006 issue, by Joy Dyck

When Vladimir Bjelic originally came to Canada from Serbia 11 years ago he decided to continue the business that had been in his family for over 50 years, and are we ever



ALBERTA



Doug Elniski
MLA Edmonton Calder

The Power of Experience

Most able-bodied people probably don't fully understand the difficulties the disabled face, especially when it comes to things like enjoying the great outdoors. The highlight of my summer occurred in August, when I attended the Alberta Access Challenge 2009 in Kananaskis.

My wife Barb and I had the privilege of working with a fantastic group of volunteers to create memorable experiences for people with disabilities. These volunteers are so dedicated to making the outdoors accessible to persons with disabilities. It is truly commendable.

Imagine being wheelchair bound and having people take you on an overnight hike in the high country, or go for a ride in a sea kayak, or a three wheel recumbent bicycle.

When a six inch change in elevation with no ramp can be the end of a journey for you, it is important to make sure that our communities, our facilities, and even our outdoors are accessible to everyone. It used to be called "barrier-free design" and now it is simply called, "good design."

The amazing people at Alberta Parks have done a tremendous amount of work to identify barriers and remove these barriers where possible to make things easier for people with limited mobility. Alberta is truly leading the way in ensuring that everyone has an equal opportunity to get outside and experience the natural beauty of this province.

If you would like more information on 'Push to Open,' please visit their website www.albertaparks.ca/pushtoopen.

-Doug

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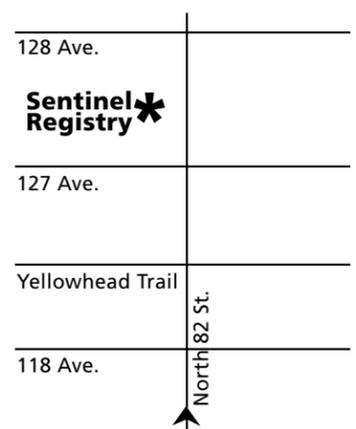
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Rat Creek retrospect

JAN BUTERMAN

Since we are looking back at the history of *The Rat Creek Press*, you may be wondering about our namesake. Though largely unknown outside of our community today, Rat Creek has not always been such. Googling through local history sites and references brings many glimpses of our humble waterway through times past.

Rat Creek itself owes its name not to the unpleasant creatures of plague and pestilence fame but to muskrats, a wetland mammal native to North America and still seen in Edmonton and its environs. The creek was paved over some years ago, becoming Norwood Boulevard, also known as 111 Ave.

In the late 1800s, North West Mounted Police member Sam Steele camped along Rat Creek after a grueling trek through sloughs and bush on his way to Fort Edmonton. Steele camped at a site near what is now Norwood School. Shortly thereafter, one of the two routes between Fort Edmonton and Fort Saskatchewan involved crossing Rat Creek, hints of which are still visible even in modern times by the aptly-named Fort Road.

When Strathcona tried to consolidate its power by

convincing the government to move the local Land Titles Office out of Edmonton, Edmonton's then-Mayor McCauley had the Home Guard prevent the Land Titles Office agent from moving the office's records across the river to Strathcona. According to albertajasper.com, "Strathcona appealed to the police to stop this uprising against authority. The Edmonton Home Guard sent a detachment to Rat Creek to intercept the Mounted Police, who were headed to Fort Saskatchewan, with instructions to shoot their horses if they tried to interfere." This event was recently immortalized in the local CD, *Songs From The Ave*.

Online records from the *Edmonton Bulletin* note that Mayor McCauley presided at a public meeting for taxpayers to "... express their grievances if they were dissatisfied with the actions of the old council." During that 1893 meeting, "The bridge across the Rat creek was discussed to[o] so at some length, when [McCauley] said that it was built and that he thought it was a good bridge, so he signed the cheques ...".

In spring of 1906, the *Edmonton Journal* reported the tragic death of Mary Fortier of Rat Creek by suicide from poison. According to writer Lawrence Herzog,

in 1907 the Norwood School basement was dug the following spring "by men using picks and shovels." Dumptrucks and earthmovers were yet to be invented, so "horse-drawn wagons hauled the earth away." The school cost just under \$90,000, "the most expensive in the province to that time" and included newfangled features such as water fountains and indoor toilets. It was one of the first to obtain the Smartboards of the day, "green lithoplate black boards."

Herzog noted that the area's transportation at the time was limited to "wagon trails and paths through the bush." The area boasted more than a school—it was also "home to the Decarie Incinerator, Rat Creek Dump and the Williamson (Burns) Slaughter House." According to his research, the incinerator was the source of much local concern, particularly when the facility took to burning manure.

The Rat Creek dump site eventually became part of the site of the Commonwealth Stadium, a site which has attracted well-known visitors to Rat Creek and environs ranging from Queen Elizabeth to Mick Jagger, not to mention the home field of the Edmonton Eskimos football team.

ARLENE KEMBLE

Wow! Where have the years gone? It is almost like yesterday the little paper started and has evolved into something full of all sorts of info.

Things have changed in the whole area over the years. I have lived in Eastwood since November 1975, and anyone else who has lived here longer than I have seen many more changes.

The Cromdale Hotel which is the eyesore of the community used to be the hub of the community. Now wait a minute—before the negativity, there is history here! The second floor was a banquet hall that held many weddings. The restaurant was a cozy place to meet your neighbor and have lunch or just coffee. This piece of history was in the making long before it became a derelict piece of property, which is still making history.

Community Leagues have changed for various reasons. Community sports aren't like they used to be nor are the outdoor rinks when hockey teams played outdoors, remember when?

The Avenue has undergone many changes and change is good. For example, I want to congratulate all the hard working people who had

the vision of The Carrot. The Carrot has caused change and brought in many different venues and all the local artists. Where did they come from? Many probably moved here in the last few years, but many have lived here longer than we even know. Thanks for being involved in the community.

My involvement with The Rat Creek Press began when I was Treasurer of Eastwood Community League and when I saw the paper I approached Jacqueline who created the paper for Alberta Avenue and inquired if Eastwood could become part of the paper. She indicated we would have to do our own delivery. As it was, when we did a newsletter we had to deliver it ourselves and only did one every few months whereas the Rat Creek was every month. I approached our League and they agreed to try it, and thus Eastwood League had part of a page. It would be nice to see that again. Delivery has been my bag for the last few years—I do "drop offs" to various locations.

It helps me keep in touch with faces and facilities. Over the years I did many years of volunteer work and have stepped aside so others picked up the pace.

Well done to everyone!

Going through The Box: a romp through Rat Creek back issues

MARI SASANO

Looking back over the last 10 years of the *Rat Creek Press* is as simple as going through *The Box*. *The Box* is nothing to look at. It's just a cardboard box. But despite its ordinary appearance, it's a goldmine—it contains an archive of the *Rat Creek Press*, going back to its beginnings. Or, precisely, to July 2000, which is the oldest remaining paper from the early days. What ever became of the 1999 press run? Unfortunately, unless you've saved copies, they are gone into the mists of time. Luckily, we do have a more or less complete set of papers since then. Let's have a look at a sampling of the *Rat Creek Press* over the years:

July 2000, 8 pages:

Cover stories written by Marie Renaud are about prostitution and crime. The Eastwood and Alberta Avenue community leagues and the Norwood Neighbourhood Association each have a page for their programs and events. Features include "Mlke at the Movies," with a review of a David Duchovny film called *Return to Me*, gardening tips (possibly plagiarized from Mark Cullen), a joke taken from Graham Hicks from the *Edmonton Sun*, an opinion piece on Robert Latimer, and a poem called Indian Prayer.



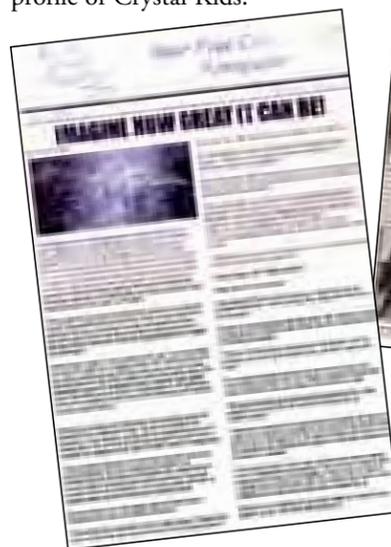
April 2001, 12 pages

Marie Renaud's cover story profiles Timothie Hill Hairdressing, outlining some of the building's history and a brief description of the business' makeover into a hair salon. New community group pages include CAP and the Women's Economic and Business Solutions Society, Norwood Child and Family Resource Centre, the Alberta Avenue Neighbourhood Patrol, and PAAFE. Features include a feisty opinion piece about equality in marriage by Alyzza Hopfe, an article on stain removal by Jackie Ryan, and a makeover by Timothie Hill, an advice column called Go Ask Basil, and the Ratroscope—Rat Creek's own horoscope page!



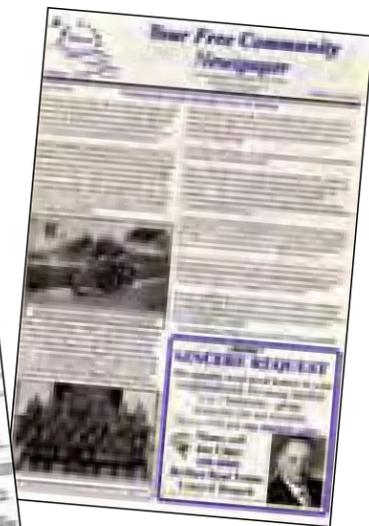
April 2002, 8 pages

Cover story: "Imagine how great it can be," by Michael Walters is a blue-sky wish list of things the author wishes to see on the Avenue—"What kind of neighbourhood can our neighbourhood be?" Ideas include restoring the historic character of the community, "coffee shops, not pawn shops," a revitalization of the Avenue Theatre, and yearly festivals celebrating the diversity of the area. Inside, recycling tips and a profile of Crystal Kids.



October 2003, 8 pages

On the cover, Ryan Kelly profiles Norwood resident Stuart Ballah, who found a box of old photos from his grandparents' era in his home in Norwood. Spruce Avenue Community League joins the other community groups with a page of programming info.



A rat tale, or how it all began

HARVEY VOOGD

The idea of a community newspaper came out of a conversation between two concerned residents. René was the President of the Alberta Avenue Community League. Marie was the President of the Norwood Neighbourhood Association (NNA) and Executive Director of Women's Economic Business Solutions (WEBS) which owned a building on the northeast corner of 118 Avenue and 92 Street. Together, they decided that the area needed to band together to begin what was to become the *Rat Creek Press*.

Newsletter Needed

"René mentioned that a number of community organizations couldn't afford to put out their own newsletter and were talking about doing something jointly," remembers Marie. "The idea was everyone would put in the same amount of money and get one page."

"This conversation may have been the seed from which the paper grew, but Marie made it come to fruition," says former editor Jackie Ryan. "She made others passionate about the paper."

First Issues

The first issue of the *Rat Creek Press* was printed in May 1999 with Jacquelyn Vandeborn as editor. The *Rat Creek Press* was produced at WEBS and Jackie became involved through her volunteer work with WEBS.

"I was a volunteer with WEBS helping women

entrepRéneurs," says Jackie. "I helped them build a commercial kitchen and incubated 12 women over two years."

"Jackie was there early on," says Marie. "She ended up taking over and doing most of the work. She became the head grunt."

Supporters

The paper was financed by organizational contributions. Some of the first contributors included Alberta Avenue Community League, Alberta Avenue Business Association, Norwood Neighbourhood Association, WEBS and Success By Six. Other key individuals early on were Kate Quinn of the Prostitution Awareness and Action Foundation of Edmonton (PAAFE) and Arlene Kemble. As its Executive Director, Kate brought PAAFE on board as a financial partner, sharing a page with the Alberta Avenue Neighbourhood Patrol. Arlene got the Eastwood Community League involved as a financial partner and became in charge of delivery.

"Everyone was so willing and accommodating," says Marie. "Each organization provided either full or half page support. We also had some common pages which we tried to fill with stories and advertising."

Volunteer

"The paper was all volunteer and this often created lots of problems and could be a nightmare," says Marie. "I remember being up really late, in the middle of the night, manually

scotch-taping the layout of the paper."

"When it was printed, I was roping neighbourhood kids into delivering the paper. But as we got more organized, work got assigned."

"Arlene Kemble was critical," says Kate Quinn. "She got it delivered to your door when there was little involvement by the partners and very few reliable volunteers." Jackie Ryan was the next incredible woman to take up the Herculean task of editing and producing the paper.

"I produced it from my basement at home for a couple of years," says Jackie. "I was not computer literate, did not know anything about the media and did not aspire ever to do it, but I'm not a quitter. I took it personally and did the best job I good. I'm still very proud of the paper."

Page Sponsorship

Sponsorship was critical as money from advertising could not even pay for the paper to be printed.

Sponsors not only paid for their page, but were supposed to provide the stories. This did not always happen.

"I was not always friendly with writers who were late," says Jackie. "My response was, what is your problem? I don't know what people thought of me at the time. One writer, who worked with my husband, told him I was brutal."

Creating Content

"If content was not provided, I would have to make things up," says Jackie. "I wrote stories on

things I know like food, business and life."

"Food columns covered issues like how to shop, cook on a budget, stretch meals, feed your family and nutritious cooking."

Adding Color

Being able to afford to put colour in the paper was a high-light.

"It was the Christmas issue and we had enough money from advertising for colour," remembers Jackie. "The hard job was deciding what colour to use and where to use it."

Neighbourhood Knowledge

Learning about the neighbourhood was a fringe benefit of editing the paper.

"I learned about St. Patrick's Catholic church at 11811 96 St., because a writer with a disability needed me to help," says Jackie. "I met Father Stemple who has served that parish at least four different times in his work as a priest. It is almost unheard of for a priest to be placed repeatedly in a former parish."

"He put me in touch with his niece who wanted to start a catering business. That contact led to a new friend."

"Would I do it again?" asks Jackie. "Not on your life. Not for money. But it was a great experience for me personally and professionally."

Rebuilding

In 2004, the *Rat Creek Press* lacked both funding and volunteers and shut down for a few months while the part-

ners discussed their options. Former managing editor Karen Mykietka came forward at that time and offered to work on rebuilding the paper and making it financially viable. The paper today is a result of that commitment.

Constant Belief in Paper's Value

Despite problems and ups and downs, what has remained constant is the belief in the value of a community newspaper.

"The area was changing and I believed the paper could be part of community building," says Marie Renaud.

"The paper was a place to meet interesting people, different businesses and learn about fun things going on in the area. We also took risks such as printing the license plates of suspected johns that residents phoned in."

"I remember we covered local athletes who were successful. I remember a story on a young person who was competing for a spot on Canada's Olympic Tae Kwon Do team."

Dedication

And that's what makes the *Rat Creek Press* so important to the community- it allows us to know the amazing people who live in our area. The past ten years has seen many people dedicate their time to fill a need in the community, to share information and to bring people together in making our neighbourhoods better. Thank you to all the editors, writers, volunteers, and board members for making the *Rat Creek Press* what it is today.

**Nov/Dec 2004,
8 pages**

The *Rat Creek Press* begins to resemble a real newspaper. Cover stories are on the fall elections and the beat officers, Constables Brad Pearce and Kurt Martin. Managing editor Karen Mykietka writes an editorial on the re-launch of the *Rat Creek Press*: "I heard some of you noticed [the paper's hiatus] and were even upset about its absence. Good!" Editor Dawn Freeman contributes a profile on community sports coordinator Brad MacCallum. The usual community organizations have their spot, but it is better laid-out and easier to read.



**May 2005,
16 pages**

Layout of the paper has improved dramatically. Cover stories are on the demolition of The Cloisters, a notorious drug house, and coverage of a community meeting about redesigning the Avenue: "It will take time, effort, and tenacity, but it is possible and working together we can make it happen." There are two full pages of news, a resident profile of community volunteers Verna and Henry Stainthorp. Pet Corner, Business Briefs and Spotlight, a nutrition column, fashion and a two feature pages on gardening make this a very full issue!



**October 2006,
8 pages,
circulation 8500**

The *Rat Creek Press* receives a redesign with the current orange logo. On the cover: "Arts Alive kickin' on the Avenue!" The first Arts Alive Festival is announced. An anonymous letter to the editor by a prostitute runs on page 2. The feature is called "Haunted," and includes ghost stories by Cindy Burgess and Joan Youngman, a Halloween poem by Sharon Riley, as well as trick or treating safety tips. Current managing editor Jan Buterman profiles Paul Dagg, a resident who is known for his elaborate Halloween decorations.



**June 2007,
16 pages,
circulation 8500**

First appearance of colour pages! Cover stories are on the first Avenue Goes to the Dogs festival and the Blooming Back Alleys event. The theme is on Housing and Development, covering issues like affordable housing, zoning, and high density development. Karen Mykietka does some reporting on crime statistics in our neighbourhoods. New columns such as The Gardening Diva, Homegrown Renos, and Live From the Ave appear.



**December 2008,
16 pages,
circulation 13,000**

Jessica Kimmerly writes the cover story on the Avenue Take Over, some of the first activities organized by CRUD (Community Response to Urban Disorder). Karen Mykietka writes the editorial, which is a farewell as she steps down from being the managing editor. Feature articles profile the Ben Calf Robe society, Theatre Prospero, crafts, and food security. The theme is Good Neighbours, featuring a beautiful full-colour illustration by Maria Pace-Wynters. Two pages are dedicated to small profiles of local residents who make a difference in the community. Harvey Voogd writes a piece on Walter Gurba, longtime volunteer and president of the Delton Community League. Other columns on decorating, shopping, crime prevention, cooking, dogs, and arts appear.



**And October
2009,**

dear readers, is now in your hands. Here's to many more years of great, local reporting!

Party like it's 1999

MATTHEW BOUDREAU

It really doesn't take a lot of creativity to put together something that is individual yet wearable without having to be theatrical and over the top. Coordinating textures together in monochromatic tones or bringing like colors together is quite possibly the easiest way to bring your ensemble together. If you are brave enough, clash colors by either mixing patterns up with prints and vice versa—you can achieve a high-end party look without breaking the bank.

Take inspiration from the best of all decades. Put piece by piece of authentic vintage accessories and clothing with new store-bought items for a sense of style that is truly eclectic. I oftentimes find myself shopping in the most unexpected aisles in Value Village or Goodwill, trying to find the most unique pieces imaginable that allow for wearable versatility with other clothing items.

For this month's inspiration I thought I would celebrate the tenth year anniversary of the *Rat Creek Press* with a bit of a crazy, madcap Fall Solstice tea party in my yard. I called upon some friends and some community acquaintances to celebrate the end of Summer with a bit of fun. An 80's Glam Girl, a Mod Rocker and two Flapper Ladies all attended in their best attire for a bit of vintage-inspired fun showing off some of their greatest thrift store finds. Thankfully there were no creepy lawn gnomes invited to tea.



CHRISTY BOULTER,
FLAPPER # 1 MODELLING
A THRIFTED SPARKLY
GREEN GOWN



ROXANNE ULANICKI, FLAPPER # 2 MODELLING
A THRIFTED PURPLE GOWN & HAT



BRENDAN HALAMA, MOD ROCKER MODELLING A THRIFTED HAT



JESSICA DEVERILL, 80S GLAM GIRL
MODELLING A VINTAGE 80S DRESS



The Rat Pack

TEN YEARS BY ELLISON, AGE 10

The has been writing about local events for ten years now! That means us writers and reporters etc. etc. have survived the hardships of journalism, but what about the rest of you? If you think that being a writer is easy and just for pencil pushers, then just compare us to the federal government. Ask yourself: how many elections have we had in the past ten years, and how many have they had? Now I wonder, in the past ten years how many hours did you spend reading one copy or another of the *Rat Creek Press*? It could be a rather long time for some of you, couldn't it? I wish you another fabulous ten years of reading but I also hope you don't read for ten years non-stop.

Til' next time,
Ellison

A WORD ON CATS BY GALA, AGE 9

Hi. I'm here to talk about strays. There are way too many and they are mistreated. That is why I want to make a holiday called Adopt a Stray Day on September 18, which is also my birthday! But you can adopt a stray any day! Remember be kind to your pet and keep it happy!

HALLOWEEN BY GIER, AGE 12

One of the most fun holidays is Halloween but it is not the safest because everyone is usually wearing black. During crossing the street, most of the time cars can't see you. Wearing glow in the dark "Trick Or Treat" bags will help, along with bright jewelry or flashing lights.

Also the most fun part of Halloween is eating the candy that you have received. Though before you eat the candy, it is important to let your parents look thoroughly through it to make sure the candy has not been tampered with. If it has, throw it out immediately.

WHAT'S LOVE GOT TO DO WITH IT... MUSIC, I MEAN BY THORIN, AGE 6

Why is love the biggest subject in songs? It annoys me when I hear all the songs talking about it. I think people are tied up in love too much. There are better subjects to talk about like money, sadness and the weather. When I write songs I am going to write about what really happens to me. If I fall in love though, I won't write about that.

The once-upon-a-time Alberta Ave volunteer militia

AYDAN DUNNIGAN

Parkdale-Cromdale Troops. Attenhut!

Seven valiant soldiers to be, standing in single file in Parkdale Community Hall. A motley crew comprised of one lactating mother, two post-middle-agers, two pushing middle-age and two others just pushing middles.

In front stood two stood former army officers: young, bruising bucks, high on discipline and other army traditions like pain and humiliation.

Whose bright idea was this? And what was I doing signing up for boot camp at age 50 plus, when to this point in my life I had successfully avoided anything to do with authority – and exercise?

Turned out it was Karen, the then-editor of the *Rat Creek Press*, who arranged for someone come to teach us some self-defense techniques (living in this high-risk neighbourhood and all). So she contacted the Soldiers of Fitness, whose idea of self-defense training is army boot-camp. Their philosophy distilled down to two succinct precepts: #1 They can't hurt you if they can't catch you (The bad guys that is. Not the army. Turns out the army can both catch you and hurt you.), and #2 You don't know pain until you know army pain.

So on the initial command, Attennhutt!, we all fell in and stood rigidly while the rules of engagement were shouted in our faces, namely stand up, shut up, and listen up. We were then ordered to start running frantically around the auditorium. After ten minutes of over-zealous "encouragement" to run faster and faster (known as verbal harassment in other context,) our stamina and attitude was depleted. And as any army officer will tell you, attitude is everything.

Next minute we were down on the floor in push-up formation, ready for the

command to start counting out ten reps. The routine of pushing-up and counting proved to be a little too complicated for Patricia at this point who repeatedly miscounted, which meant that we all had to start over until we got it right. This is when Patricia got the giggles, which made counting and push-ups impossible, which made the officers yell even louder, which caused Patricia to giggle even more. When we had all collapsed on the floor in hysterics, the officers gave up and moved us on to the next segment.

The official routine was something like this: 10 push-ups followed by 10 jumping jacks followed immediately by 10 scissor kicks followed by 10 sit-ups followed by several laps around the track followed by an ingenious and brutal exercise designed especially for gigglers and her company. This involved carrying one 220 lb. officer around four city blocks on a stretcher. This apparently is a very useful skill if you are in battle overseas. Which we weren't, but there was no telling them that. Thank God we never once dropped him. We would have had to start over.

For the last ten minutes of the class we actually did something that resembled self-defense, which, if I recall, was the reason why we signed up for the course. We got to practice head punches and crotch kicks, and elbow jabs and all kinds of fun stuff. On the officers. This was, for some strange reason, exhilarating.

It is to our credit that after the first session we all made it home on our own steam. This was the last unassisted movement that anyone did for the next five days. By the sixth day we were back to bending over and tying up our shoes again and by the seventh day the pain had subsided enough that we decided that we should give it one more go. Besides, no one wanted to be an army deserter – other than Karen,

who quickly bailed when she realized what she had conned us into and sent her husband in as a sub. Fortunately, Peter at least was fit and could do double duty on the push-ups.

The second week differed from the first week in two small points. We actually did complete the ten push-ups and it only took five days' recovery before we were able to bend down and tie our shoelaces. By the end of the third week we were relatively mobile by the end of the fourth day.

Which brings me to the very amazing, and dare I say, miraculous fourth and final session. This was our test and time trial: graduation day. For this drill the sergeants had devised a particularly diabolical regime. We were given 45 minutes in which we were, as a group of five, to complete 1000 units (!), a combination of push-ups, jumping jacks, scissor kicks, sit-ups, and burpees (those are too weird to even try to explain), plus one lap around the block each.

The math is quite simple. It meant that each person had to complete 200 units plus a lap around the block in 45 minutes! That's 40 push-ups, 40 jumping jacks, 40 sit-ups, 40 scissor kicks, 40 burpees EACH! And then run around the block! This is a group that a few weeks earlier didn't know a push-up from a jumping jack!

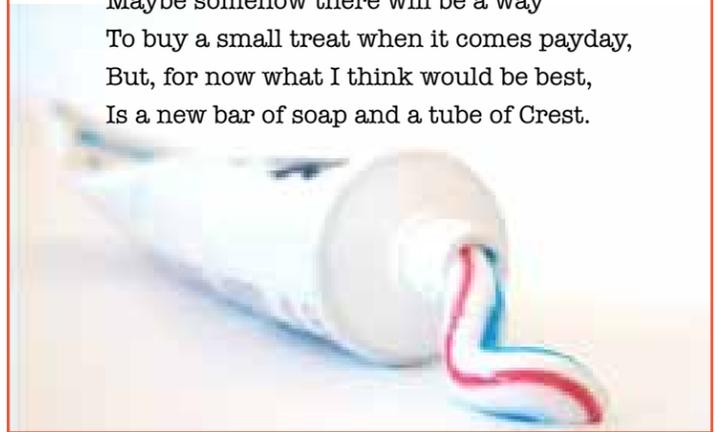
And we did it! It was frantic and frenzied but at the end we were all standing proud.

All this seems so long ago. I don't think I have done 40 sit-ups since, and certainly no burpees. In fact I would have forgotten the entire episode except for the sore hip that bothers me to this day. And for the lesson learned through all that sweat and pain, that in life, as in the army, a right attitude is everything, along with team work. Apparently, if only on that particular day, we had both.

Poverty

By Sharon Riley

Beans and macaroni, potatoes too,
All starting to taste like a worn out shoe.
Reheated potatoes, leftover beans,
Another hole in my one pair of jeans.
Where do I turn to? What should I do?
The month is only three quarters through.
Maybe somehow there will be a way
To buy a small treat when it comes payday,
But, for now what I think would be best,
Is a new bar of soap and a tube of Crest.



Financial literacy

LISA TARA EDEN

Why do I make the same mistakes again and again? Do I really need to know my history with money?

Our past stories about how we grew up with (or without) money is one step to a deeper understanding of our relationship with money in our present lives. Every person's story is unique and relevant. To look at one's past, we can find out where our beliefs about money come from and where the root is regarding any obstacles we have with money. Economics, world events, racism, immigration, opportunities, and setbacks may play major roles in whether someone is impoverished or wealthy. By writing and telling our story about our relationship with money we are better able to avoid pitfalls that can happen when money comes into our lives and gain insight in how to build a more secure financial life.

Writing Your Story:

What is your earliest memory about money?

When you were a child how did your caregivers (parents, foster parents, aunts, uncles) view money?

What did you think and/or feel about money as a child?

Entrepreneur Jim Hole says in an article he wrote about his mom, the late Lois Hole (a successful gardener and Lieutenant Governor of Alberta), published January of 2005 in *Enjoy Gardening*.

"Mom showed me – and everyone else whose life she touched – that great things often have humble beginnings, even if it's just a patch of soil and a few vegetable seeds."

Lois Hole demonstrated prosperity of spirit through gardening, and because of her successful business was able to give back to the community as Lieutenant Governor. She showed compassion for others by donating her vegetables because she believed there was a fine line

between being comfortable and the synergy of making a bad decision and losing a job.

By knowing our story about money, we have more discernment which helps us set boundaries with people we care about, become aware of predators like cheque cashing stores, credit cards, rent-to-own stores, and cell phone companies. We can then build assets that help us to be prosperous mentally, physically, emotionally, and spiritually.

Without balance, no amount of money is going to fundamentally make us happy. There are many wealthy people who are not happy and there are many poor people who are happy and vice versa. By putting the emphasis on what we can control instead of what we can't, we build prosperity mentally, physically, emotionally, and spiritually.

Mentally, there are wonderful books we can read at the Edmonton Public Library. Physically, we can go for a walk in our neighbourhood or eat foods that nourish us. Emotionally, we can love, laugh, cry and release our anger in healthy ways such as journaling or throwing rocks in the river valley. Spiritually, we can observe what is beautiful around us – the honking of Canada geese flying south for the winter or a huge vibrant horse chestnut tree next to a laundromat and dumpster in an alley of downtown Edmonton.

When we spend within our means or are coping with having enough money for basic survival, we must remember that no matter how difficult our financial situation may seem, our most important asset is ourselves.

Lisa Tara Eden is the Financial Literacy Coordinator for the Elizabeth Fry Society of Edmonton. To find out more about Elizabeth Fry's Me and Money workshops call Tara at (780) 421-1175 Ext. 25



Spotlight on Cornerstone Baptist Church

SPOTLIGHT
on the Churches
WITH DEANNA COX

Cornerstone Baptist church finds its home at Spruce Avenue Community Centre, 10240 115 Ave. Pastor Brian Rice has led this congregation for the last four years. It could be said that what surrounds his life at home also encompasses his church: joy, grace and faith. And I mean that quite literally, figuratively and spiritually! Joy, Grace and Faith are the middle names of his three precious daughters. They also best describe the atmosphere at Cornerstone Baptist Church (www.cbcedmonton.org.)

Three Bible verses help me to give a better definition. Acts 2:28: 'You have made known to me the paths of life; you will fill me with joy in your presence.' Yes! There is definitely a joy radiating from this congregation! Perhaps then it is due to grace. A grace that led Pastor Brian Rice and his wife, Carrie, to our community from Indiana, USA.

Exodus 33:13 represents that journey: "Now therefore, I pray, if I have found grace in Your sight, show me now Your way, that I may know You and that I may find grace in Your sight. And consider that this nation is Your people." It was in his junior year at college that the pastor felt that tug in

his heart to serve in Alberta. It was a bold move but a move done in faith. Which brings me to the final word, faith. If you live in or near this community it is likely you have met some of the faithful congregation. They eagerly go out into the neighborhood and introduce themselves and their church. They are well educated in scripture and will answer any queries you may have. They leave an open invitation without pressure. I was happy to finally attend church with them, it seemed an easy step to take as I knew that friendly faces awaited. It is not always an easy job to go out into the community but I believe there is a reward in it. The reward is in a blossoming church as Acts 16:5 notes, 'So the churches were strengthened in the faith, and increased in number daily'.

Would you like to learn more? There are many links on their website listed above – Native ministries, faith for the family, and much more! Or better yet stop in and check it out yourself! You will find a solid foundation to grow with.

Next month I will be spotlighting Buchanan Eastwood United Church at 11905 82 St. I'd love for you to join me. I enjoy hearing from you and make sure to send me any prayer requests. Thank you for the prayers given for Penny last month – www.pennysfight.blogspot.com/. She is seeing good results and our continued support in prayers are welcomed. This month I would



PASTOR RICE AND HIS FAMILY PHOTO:

like to ask for prayer for all of our children in the community as they return to school. May they be blessed with under-

standing, gifted with talent and protected in God's great hand.

dlc@astelier.com

EDMONTON



Derelict vehicles wreck the neighbourhood

It's a fact that wrecked vehicles don't help a neighbourhood look clean and tidy. Residential private property is not intended for the long-term storage of damaged, dismantled or discarded vehicles. And, removing these vehicles is a lot easier than you think!

Many disposal companies or charities will pick up these vehicles for no cost at all provided they are legally registered. In return, the owner gets a tax-deductible charitable donation receipt. Go on line to this handy Reuse and Recycling Directory to find out a listing of charities, businesses and City services that can reuse, recycle or dispose of your unwanted vehicles.

<http://webproxy.edmonton.ca:20050/external/recycling/default.aspx>

The bottom line...if you wish to keep or restore a derelict vehicle, you must store it in your garage or a paid storage facility. Allowing your property to become a nuisance is not in keeping with acceptable community standards and could land you a costly fine. Keep your property tidy and get rid of wrecked, dismantled, abandoned, unregistered or uninsured vehicles.

To register a derelict vehicle concern or to inquire about a nuisance property in your neighbourhood contact 311.



A fall harvest ends the gardening season

AN AVENUE HOMESTEADER WITH CARISSA HALTON

The squash have been beckoning me. I've never had such a large spaghetti squash or butternut squash grow in my yard and I'm eager to eat 'em. So while the coming frost doesn't thrill me, picking my squash may help me tolerate it.

The first season of using Square Foot gardening (a type of raised bed gardening that Mel Bartholomew has advocated in his book by the same name) is behind me. If you remember, in my May article I outlined how we set up the gardens on our otherwise useless backyard cement pad. I planted a variety of things, some I had tried before in my traditional garden while others were new, then I stepped back and waited for the miracle of huge, organic vegetables to emerge. Mel Bartholomew had promised this, as well as the elimination of weeding, fertilizing and tilling. Here's a short review of the method:

- The square foot pattern of planting, instead of rows, made it easier to keep track of how many plants I had, as well as easier to companion plant. I also think I was able to design my veggie garden better than in years past; the aesthetic was much prettier.

- While Mel promised weeding would be a thing of the past with Square Foot Gardening, I didn't experience that! Sure there are less weeds, but perhaps thanks to my weedy alley, I still had to get on my knees and yank out chickweed.

- More frequent waterings were required (case in point, I haven't harvested a single

cucumber from my growing vine because I can't keep up with the watering). Reflected heat from the cement pad has no doubt added to this problem. Others might suggest it's the drought!



- A strange mold also grew in only one of the beds. After one week with lots of rain, there appeared some dark, hard piles of what looked like cat puke. I dug into them and they were the consistency of Styrofoam with a couple different layers of colour and consistency. My girlfriend, who works at Telus World of Science, did some sleuthing and emailed me back with the verdict: Dog Vomit Slime Mold.

Overall, there was less work and more yields from my garden boxes—if only because my gardens were more organized and I could keep track of produce and replant as needed (I have my third planting of spinach now growing). I am excited that I 'reclaimed' the wasted space of my cement pad. Now as the frost comes, I guess I can occupy my time with next year's planting design; that and cooking up some buttercup squash. Check out more pictures or comment about your experience at: <http://avenuehomesteader.blogspot.com/>

And a little extra bit... As the number of apple and rhubarb harvest days dwindle, here's a Spicy Rhubarb Chutney recipe. Partner it with pork or chicken, or try it on toast for a savory jam!

Combine in saucepan:

- 4 C chopped rhubarb
- 1C sugar
- 1/3 C white vinegar
- 2 apples
- 1/2 C raisins
- 1/4 C chopped onion
- 1T minced gingerroot

Cook, covered, on medium heat for 10 minutes or until thickened and fruit is soft, stirring occasionally.

- Add: • 1 t cinnamon
- 1t salt
- 1/4 t ground cloves

Cook a few minutes longer, stirring frequently.

Freeze or can. If canning, allow 10 minutes of processing for 250 ml jars, 15 minutes for 500 ml. Makes 4 cups.

Adapted From *Put a Lid on It!* By Ellie Topp and Margaret Howard. Pick it up at the Sprucewood Library for more great recipes.

He can't protect her.
She can't be saved.

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PETER GOLDRING
Member of Parliament
Edmonton East

Local Television Fairness

Private broadcasters have been portraying the so-called "fee for carriage" issue as one that must be addressed to ensure their financial survival, but there are other aspects to the topic.

The first is the simple fairness involved in the matter. Profitability is not the issue. More pertinent is that the cable companies are taking the product these broadcasters produce and are deriving income from it, without having to compensate the local broadcasters. The majority of television channels carried on cable systems receive revenue not only from paid advertising but also from the cable systems themselves. To have the cable companies pay for some but not all of the channels they make money from does not seem fair, especially since local stations are usually the most-watched channels on the cable system.

Another issue is which channels cable companies choose to carry. While local channels do still use traditional over the air broadcast methods, the overwhelming majority of consumers subscribe to cable and do not watch over-the-air broadcasts. I feel that local cable companies should be required to carry local channels as a condition of licensing. For example CHCA, in Red Deer (Global), the only local station, is not available on Shaw Cable in Red Deer, which instead carries the Global outlet from Edmonton. This means less local news coverage available to cable subscribers, and could also have an unnecessary negative financial impact on CHCA.

It would seem to me therefore, since cable companies have a near monopoly, that it would make sense that they be required to carry all local stations as part of their basic package. As a matter of fairness and equal treatment it would also seem that they should be required to arrange fair compensation for all channels they carry.

What do you think?

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dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

One of the most common requests from my clients is, "How do I get my dog to tell me he has to go outside?" I've worked with clients to get the dog to ring bells, or press buzzers when they want to go out. Many people have learned what signs to watch for that indicate the dog needs to visit outdoors. Often scheduled outings are the last resort.

But – what if the dog could actually walk up to you and "tell" you that he wanted to go out? Or better yet, if they were thirsty or even in pain? What if the dog told you that your child was locked in the bathroom? What if search and rescue dogs could tell their handlers how many people they found an if they were living or injured? There is no end to the possibilities.

Humans have been using sign language for a long time. I was fascinated when I heard that mothers were teaching their new babies sign language allowing young to communicate their needs and problems before they were able to talk. Many of us were interested when researchers taught primates such as the gorilla, chimpanzee, and orangutan to sign. Some have a vocabulary of over one thousand words!



Well, Sean Senechal is teaching horses, dogs and even cats to sign! She has developed a sign language especially designed for the abilities and body structure of our four legged. To quote her website, www.animalsign.org:

"The AnimalSigner, Sean Senechal, combines a strong intuition and curiosity, with a practical and scientific perspective. She is the founder of the AnimalSign Center, a college instructor, and author. At the Center she explores and teaches humans and animals how to enhance communication with each other, by teaching both (humans and animals) to sign (gesture, point, choose, or vocalize) using languages she made up

for the animal body."

She is the author of two books, *AnimalSign To You and Dogs Can Sign, Too!* So I've ordered some books and I've joined in the online discussions with the author on her new book. My interest intensified with her notes from the Canadian Association of Professional Pet Dog Trainers conference earlier this year and when the opportunity to actually discuss her book online came up I got hooked. Soon I'll be able to offer new alternatives to the question – how can I teach my dog to ask to go out?

Darlene Taylor, K9 Behave
780-915-0213, k9behave@presplus.onza.net



health & wellness
WITH JENNA HOFF

Little steps to better health

So often when we think of making positive changes to our health, we think of taking big, drastic steps. We envision training for a marathon, taking a vow to swear off dessert for an entire year, losing two hundred pounds, or awaking daily before dawn to practice yoga.

While each of these things are certainly admirable pursuits, for those of us regular folks (whose time is already crunched to the max, and who have a naughty penchant for chocolate), they can seem insurmountable. If you're like me, you've probably started a million diets or exercise programs, only to see your enthusiasm wane after a few days or weeks.

Perhaps a better approach to improving your health is to start slowly, with manageable goals. Doing so will make it easier for you to stick with healthy changes, especially if you incorporate them into your daily routines. As you start to see success with the small changes, it will be easier to set progressively larger health goals. Who knows? Maybe in a few years running that marathon

might not seem so hard after all!

Here are a few tips for small and easy ways that you can start to change your health for the better:

Hot-footing it when possible. I'm sure we've all heard the idea to park at the end of the parking lot, or to take the stairs whenever possible. But are there other areas in your life that you could walk instead of driving? Instead of driving two blocks to the grocery store to pick up some milk, could you walk instead? How about waking up a few minutes early each morning, and walking your kids to school? (Provided their school is close to home)?

Eat a fruit (or veggie) at the beginning of every meal. This will not only increase the amount of produce that you consume daily, but may decrease your eating of less healthy foods as well.

Take time for one fun activity a day. Doing one thing a day that you really enjoy will increase your happiness, and improve your emotional health. Drink enough water. A

large percentage of the population is chronically dehydrated, which can lead to health woes such as headaches, muscle aches and worse. Along with fruit, try to start each meal with a glass of water.

See a doctor or other health care provider early. Sadly, most of us have known someone who dismissed an aching back, a chronic cough, or other malady as nothing to worry about until it was too late. If you have any nagging symptoms in any area of your health (physical, emotional or otherwise) please get it checked out by the appropriate professional. If the doctor doesn't take your symptoms seriously, listen to your gut and seek a second opinion. It could make the difference between life and death.

Jenna Hoff is a former pediatric Physical Therapist turned freelance writer. Contact her at physiowriter@yahoo.com with health questions, or with suggestions for health topics that you would like to see addressed in a future column.

Drug Houses: How to spot them and what you can do to get rid of them



LAW AND ORDER
WITH CST. ANDREW LARSON

For many years now, drug houses have been a major problem in the Alberta Avenue, Eastwood, Parkdale and Norwood communities. A drug house is a house that is actively involved in drug activity, prostitution or general crime and disorder. Having a drug house on your block can lower your quality of life and reduce your sense of safety and security. Often, we (the police) find that there is a higher crime rate in the areas directly surrounding a drug house. Often drug users will commit crimes such as break and enters and thefts and then use the drug house as a venue to trade the recently stolen goods for drugs. You can spot a drug house in a variety of ways including the following: a lot of foot and vehicle traffic during the day and night, poorly groomed yards, attendance of sketchy looking people to the address, broken windows, uncared- for property, regular police attendance, and general disorder.

I get many calls about drug houses within the district. Sometimes these houses are very easy to deal with. Often I will

attend the residence, introduce myself and discuss the complaint with the tenant. They will either cease the activity or continue after I attend. If they continue the drug activity, I will speak with the landlord and convince them to evict the tenant. With my assistance at landlord/tenant court the drug tenants are evicted and the problem is solved.

Unfortunately though, many times it becomes more difficult. I have dealt with many landlords who are resistant to evicting their drug type tenants. They are either friends with the tenant, feel sorry for the tenant, or do not care about the problems the tenants are creating in the neighbourhood as long as they are getting rent money. On one occasion I spoke to a landlord and advised them that the tenants of their residence were members of a criminal gang and that they had been involved in a gang battle in the middle of the street in front of the other neighbours. The landlord said to me, "They are paying the rent so that doesn't matter to me!"

These landlords are to blame for the problems that have been brought to the neighborhood. There are many things you, the resident, can do to both assist police with drug houses as well as help yourselves to bring peace back to your block.

1. Pull the land title – anyone can pull land title for any property in Edmonton to find out who the owner is. I have seen many people do this and found it very successful. Once everyone on the block begins contacting the owner about the problems the tenants of their residence are bringing to the area, then often the landlord will evict the tenants to save on the headaches and phone calls.

2. Contact Bylaw – often tenants of drug houses will not take care of their property and have many bylaw complaints. Contact bylaw through 311 and the landlord will receive the fines for any issues with their property. Receiving fines will likely convince the landlord to bring in good tenants

3. Contact SCAN – Safer Communities and Neighbourhoods – This is a branch of the Alberta Sheriffs that deals directly with drug houses. Their phone number is 1-866-960-SCAN (7226).

4. Contact EPS Report a Drug House at 780-426-8229. We can work together to get rid of the drug houses in our community. Till next time, have a safe and enjoyable fall season.

EPS Neighbourhood Empowerment Team, the Alberta Avenue Community League and Sprucewood Library hosts an end of summer Youth Event on Aug 28.



Morris Chirka



Morris Chirka



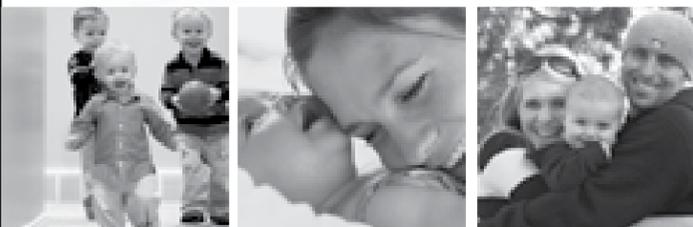
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The Dawg Father makes you an offer you can't refuse



The Daring Diner
WITH ANGIE KLEIN

I didn't think of a hot dog joint as the kind of place I'd want you all to know about, but when 10 year old Ellison told me that, "They are so good they don't need ketchup," I changed my mind. Outside the restaurant, a sun-basking diner set the tone; Dawg Fathers had a hold on me before we walked through the door. Our waitress Sharmila cemented that good feeling with friendly service and a quick smile. We were going to share a dog and get a side of beans(\$6.75), but it had been very busy and there wasn't much left so she offered them to us free! Jeff decided to have a Coney Island Dog(\$7.50) and I opted for the Kansas City Dog(\$7.50).

All dogs are served with spiced, hand cut Ruby fries, homemade coleslaw and a pickle wedge. Nine customers nearly filled the clean, New York-themed eatery, and all but four arrived at the same time, so our food took a while. That's O.K., everybody knows that good food takes time. When at last our food arrived, the servings were huge! Jeff's entrée was overflowing with delicious chili that was so tasty it should

be a meal in itself, topped off with loads of freshly grated cheddar cheese. My dog was piled high with sauerkraut, crispy bacon and a large slice of Swiss cheese. I think it's awesome that all of their 100% beef wieners are lovingly wrapped in a freshly baked bun from the Handy Bakery next door. And you will fall in love with the beans.

Sweet and smoky with bits of onion and ground beef... Oh so yummy!!! Owner and Chef Tom Stefura (the ultimate "Dawg Father") who is from Newark, New Jersey, keeps his roots close to his heart. I commented on the size of his dogs and he replied "It's the American way. Everything's bigger in the USA." And here I



ANGIE KLEIN
DAWG FATHER AMERICAN STYLE HOT DOGS

thought that was only in Texas. Just as we were about to leave I noticed that they served fudge for desert. Tom wouldn't take our money, but sent us away with two big chunks that would sate even the worst chocolate craving. We spent under \$20.00 and took half of mine home!

The Dawg Father is open 11-7 Tues – Sat. at 118 Ave. & 86 St., Cash only.

Until next time ...
Happy eating.

Sprucewood ♥'s the Rat Creek Press

Sprucewords
WITH PATRICIA FOUFAS

It is fair to say that not everyone sees the same thing when they come to Norwood. Some see the challenges of an area in transition, and others see an area that is capable of big things. To many families, young and old, our community is home. It is the place that community members work, shop, meet friends, educate their children, and hang hat at the end of the day. In the last ten years, the *Rat Creek Press* has become a solid part of the communities it represents, because a group of committed people cared enough to make it happen.

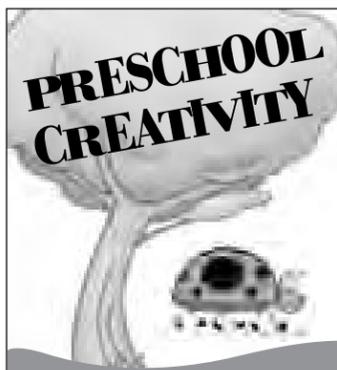
Community organizing is what creates the difference between simply living in a place and being a part of that place. Community helps mend the disconnect we often feel between modern life and the folks next door. Our community is the reality that confronts us when we turn off the television and look out the window. It is important to see our communities, however small, reflected back at us when we pick up a local paper.

Representing the grassroots of the communities of North Central Edmonton is the mission that the editors and volunteers at the *Rat Creek Press* have set for themselves. The *Rat Creek Press* has continued to build and grow through the years, becoming part of the backbone of our area.

An independent community newspaper is much more than a place for budding wordsmiths to hone their craft, it is a challenge to the community to represent themselves. We are proud to support the efforts of the editors and volunteers who have worked hard to give the communities of North Central Edmonton a voice.

We at the Sprucewood Branch of the Edmonton Public Library would like to take a minute to thank the *Rat Creek Press* and the excellent work that they do in promoting our branch and our programs. Please stop by the library for extra copies and stay for one of our programs.

Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia is seldom seen without a copy of her favorite local paper.



Music, movement, creative play, craft & story time with the amazing Grandma Willow!

Fridays from Oct 16 to Nov 13
10am to 11am for 3.5 to 5 year olds
11:15 to 12:15 for 1 to 3 years
at the Alberta Avenue Community Centre (9210 118 Ave).
Parent participation required.
Instructor: Marie Bulter (www.returntorustic.com).
Cost: \$35/child. Call 477-2773 to register.



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SEPTEMBER 24 CORN ROAST

CORRECTION

We apologise that the ad in the Sept issue for our Yoga classes listed incorrect days & times.

The correct times are:

Mom and Baby Yoga – Wednesdays at 1:30PM

Pre-natal Yoga – Thursdays at 5:30PM



11805-94 Street, Edmonton, AB T5G 1J3
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COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

2nd Wednesday of the month at 7pm at The Carrot (9351 118 Ave). Drop in, have a coffee, discuss visual art related topics. For more info contact: Michael Germann, mikalow@shaw.ca, 780-909-7027, www.meetup.com/Carrot-visual-artists-collective

CALL FOR SUBMISSIONS: NINA HAGGERTY CENTRE

The Nina Haggerty Centre for the Arts provides a studio where a collective of artists who have developmental disabilities can explore their creative potential and contribute to Edmonton's art community. The Stollery Gallery, located at the Nina Haggerty Centre, is accepting submissions for exhibitions throughout the year. Priority will be given to artists or organizations that experience barriers to the conventional art world, such as artists with disabilities, mental health issues, low-income or self-taught artists. For more information, please phone 780-474-7611, email info@ninahaggertyart.ca www.ninahaggertyart.ca

COMMUNITY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making ranging from clay building to printmaking and everything in between. There is no fee required, just an interest in art. 18+ Limited space so please phone ahead to register: 780-474-7611. Tuesday evenings from 6:30 - 8:30 PM at 9225 - 118 Avenue.

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All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 780-490-1922. Must live within the Rat Creek Press boundaries.

PIANO LESSONS FOR BEGINNERS

5 to 9 years. In my home using the John Thompson series only. A low rate at \$50 a month, includes books. Taking bookings now for September 2009 start. Excellent references available. Call Sharon Riley at 780-479-4054 between 1pm-4pm or evenings.

GUITAR LESSONS

All styles, all ages. Experienced and tailored to you. Call Reg at 780-915-1241.

DROP-IN GROUPS & PROGRAMS

PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234

YouthSpace (Youth under 25) Drop-In: Tues to Fri 3-7 pm, Sat 2-7 pm
Youth Movie: Fri 6:30-8:30 pm
Community Drop in: Tues to Fri 1-10

pm, Sat 2-6:30

Seniors Drop-In: Tues and Thurs 1-5pm
TTIQ (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm
Community Potluck: last Tues of every month, 6-8:30 pm
Drop in Counseling: Mon to Fri 7-9 pm
Cocaine Anonymous: Thurs 7-8 pm
AA Big Book Study: Sat 12-1 pm, open to everyone
Youth Understanding Youth: Sat 7-9 pm
Gay Men's HIV Support: Second Mon of the month 7-9 pm
Free School: Second Sun of the month 11 am-5 pm

AVENUE PLAYGROUP

Tuesdays, 10am to 12pm at the Alberta Avenue Community Centre (9210 118 Ave). Come visit with other parents while the children enjoying playing together. Interested in being a host? It's very easy. You just greet people and make coffee! Call 477-2773.

COMBO WORKOUT

Drop-in Tuesdays, 7:15 to 8:30pm at the Alberta Avenue Community Centre (9210 118 Ave). Stretching, movement and Lotus Qigong for balance, harmony, and to open our hearts. This is a non-strenuous, lift-the-spirits combo which peaks your sense of exploration. Drop-in fee: \$5.00 (Seniors, Students, Unemployed \$3.00). For more info call instructor Astrid Lueth 780-477-0683.

PRESCHOOL CREATIVITY

5 Fridays from Oct 16 to Nov 13; 10am to 11am for 3.5 to 5 year olds and 11:15 to 12:15 for 1 to 3 years at the Alberta Avenue Community Centre (9210 118 Ave). Music, movement, creative play, craft & story time with the amazing Grandma Willow! Parent participation required. Instructor: Marie Bulter (www.returntorustic.com). Cost: \$35/child. Register at www.albertaave.org.

CARROT WRITERS' GROUP

Every Tuesdays at 7pm-9pm at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

MOMS & TOTS

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

SENIORS DROP-IN

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

STITCH AND CHAT

Every second Wednesdays, 7pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave) Meet other fibre artists from the neighbourhood. Knit, crochet, cross-stitch, sew.

SENIORS DROP-IN

Thursdays, from 12pm to 2pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play shuffleboard or have a game of cards and enjoy lunch together. Then peruse the farmers' market when it opens at 2pm.

BABES IN ARMS

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3), 2nd floor, 11726 95 St, Ph 780-474-4324. Summer drop-in hours: Monday through Thursday 10am - 4pm.

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 to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm. The drop-in is closed July 6-10, Aug 21-23 and Aug 25-27.

SLING MAKING WORKSHOP

Have a baby? Want to free up your hands while keeping babe close? Parents have been carrying their babies in slings for hundreds of years and you can too! Come learn how to make and wear a baby sling. Leave the workshop with a sling and a pattern to make more. No sewing or baby-wearing expertise is required. Child care and materials provided. Limit 6 participants per session (one partner/spouse/friend welcome to attend with participant), please RSVP early to Carissa at halton7@telus.net. Oct 4 or Nov 1 from 2pm to 5pm at The Carrot. Free! Many thanks to City of Edmonton SPARK Grant for funding this community project.

BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on Wednesday evenings from 7PM to 9PM for Book Club! Lively discussions, humor, and enlightenment! We will begin monthly gatherings starting September 9. For more info, call Ann @ 780-752-4867.

ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3rd), 10:00- 11:30 AM at Bethel Chapel, 95 St. @115 Ave. Free child care provided.

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge
SATURDAYS: Open mic 7:30pm-9:30pm
Music, spoken word, comedy

SPORTS & REC

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street).

GIRL GUIDES AND BROWNIES

If you're a girl looking for fun, friendships, and new challenges, Girl

Guides of Canada - Norwood District has a spot for you! Sparks (girls aged 5 and 6 or in Kindergarten or Grade 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7 and 8 or in Grades 2 and 3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9 to 12 or in Grades 4 to 6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more information, call Jean at 780-469-4487 or Angel at 780-642-0879.

VOLUNTEER

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 COMMUNITY ARTS 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.

THE LEARNING CENTRE

LITERACY ASSOCIATION is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall. Contact: Denis Lapierre Coordinator at 780-429-0675 or email: dl.learningcentre@shaw.ca

NOTICES & UPCOMING EVENTS

ALBERTA AVENUE COMMUNITY LEAGUE GENERAL MEETING

Monday, November 9 at 7pm. Topics: Bylaw Enforcement, Community Gardening, Community Centre upgrades. More info go to www.albertaave.org or call 477-2773.

YOU ARE INVITED TO THE RAT CREEK PRESS' 10TH ANNIVERSARY

The Rat Creek Press will celebrate its 10th Anniversary on Sunday, November 8, 2009 beginning at 3 p.m. Please come and join past volunteers, writers, editors and your neighbours as we celebrate the 10th birthday of our community newspaper. You are also invited to attend the Rat Creek Press' Annual General Meeting which will be held at 2:30 p.m. the same day.

BE LISTED IN THE 2010 BUSINESS & COMMUNITY DIRECTORY

Work has begun on the 2010 directory. Please check your listing and notify of any errors or changes.

If you run a home-based business, contact Karen at 278-4812 with listing details - it's free! The directory is sponsored by the Alberta Avenue Business Association (AABA). Copies can be picked up at the AABA office 11770 - 95 Street or The Carrot or Sprucewood Library.

FARMERS' MARKET CONTINUES INDOORS

Every Thursday from 2pm to 7pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Buy fresh veggies, meat, eggs and various artisans goods. Vendors listed at www.albertaave.org/market.

CHRISTMAS CRAFT & GIFT SALE

Friday & Saturday November 13 & 14 from 10am to 6pm at the Alberta Avenue Community Centre (9210 118 Avenue). For more info or to be a vendor call Marlene at 447-2513.

CRUD AVENUE DOG WALKING

Meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), and walks west towards 95 Street. The second dog walk begins at 7:30 pm at the Nova Plaza (118 Ave & 89 St) and heads west towards 95 Street. Contact CRUD at info@crudedmonton.org.

EATING MADE EASY: HEALTHY EATING FOR A HEALTHY YOU

Edmonton Meals on Wheels (1111 103 Ave) First Tuesday of the month from Noon to 12:45pm Monthly discussions about healthy eating with a registered dietician. First Tuesday of the month from Noon to 12:45pm Oct 6 Label Reading Nov 3 What's the fuss about fibre? Dec 1 What's on your menu? Bring your own lunch or enjoy the meal of the day for only \$2.25. To register, or for more information, please call 780 429-2020

CARROT GIFT CERTIFICATES

Buy your friends an original gift: tickets to Friday Night For Two at the Carrot (evening performance) or gift certificates.

CHURCH SERVICES

AVENUE VINEYARD

8718 118 Ave (Crystal Kids) Sundays, 10:30 am www.avenuevineyard.com

BETHEL GOSPEL CHAPEL

95 St. @115 Ave. (780-477-3341) Sundays 9:30 AM - Communion; 11:00 AM - Family Bible Hour

ST. ALPHONSUS CATHOLIC CHURCH

11828 - 85 St. 780-474-5434. Mass every Sunday at 10 a.m. Saturday mass at 4 p.m. Morning mass from Tuesday to Friday at 7:30 a.m.

ST ANDREWS PRESBYTERIAN

8715 118 Ave, Ph 780-477-8677 Regular service, Sundays, 11 am

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 11661 95 Street, Ph 780-474-4324 Sunday 3:00 pm and Wednesday 7:00 pm

ST FAITH'S ANGLICAN CHURCH

11725 93 St, 780 477-5931 Sundays 11 am Holy Communion & Christian Education for children



Edmonton
Public Library

SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to www.epl.ca for more program details

YOUTH

Aboriginal Family Storytime

11:30 a.m. Fridays until December 18, 2009
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.

Claymation Workshop

2 p.m. Saturdays, October 3 to 17, 2009
Ages: 8 - 14 years
Participation limit: 12
This workshop will introduce you to the basics of animating with clay. Create a character and make it come alive with stop-motion animation.

Use basic material that you may already have at home. Participants are expected to come for each week of the session they register for.

Calling All Homeschoolers

2 p.m. Tuesdays, October 6 to November 10, 2009
Ages: 5 - 12 years
Participation limit: 12
Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.

Teen Gaming

6:30 p.m. Fridays until December 18, 2009
Ages: 12 - 17 years
Come to the library to play some great games!

ADULTS

Cafe Anglais - English Conversation Club for Newcomers

6:30 p.m. Mondays until December 21, 2009
FREE of Charge
Learning English? Join the club at Cafe Anglais where you can chat in English, meet new friends, and use our vast resources!

Women's Afternoon Out

1 p.m. Wednesdays
This women's community group comes together every Wednesday to enjoy some crafting and practice their English conversation skills. Come for some fun chats and

stitch, knit or even paint! If you have something you're working on, feel free to bring it along.

Stories from the Heart of the City

1:30 p.m. Thursday, October 15, 2009
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. NOTE: November Meeting will be on TUESDAY, November 10 in conjunction with our Seniors Tea and Remembrance Day

commemorations.

English Conversation Circle (LACE Program)

10:30 a.m. Saturdays until December 19, 2009
Free of Charge
Drop-In.
Practice your English at the library. Drop in and join others who also want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. For more information contact Biviana from Catholic Social Services at 780-424-3545.



MURAL ON NORWOOD LEGION HONOURS OUR SOLDIERS

Check out www.ratcreek.org for advertising rates!

We look at our **streets** and see **potential** instead of problems.

SAFE, HEALTHY COMMUNITIES THROUGH COMMUNITY PARTICIPATION

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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
www.edmonton.ca

Hello Highlands-Norwood!

Friends, I am once again looking forward to the Fall sitting of the Legislature at the end of the month. I have heard from many of you about your concerns over everything from health care, seniors, education, crime and our children. I assure you I will continue to stand up for our community and for the issues that matter to you.

I would appreciate hearing from you on your thoughts and concerns you would like to see raised this Fall.

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

Christmas Craft & Gift Sale

Friday & Saturday
November 13 & 14

10am to 6pm

Alberta Avenue
Community Centre
9210 118 Avenue

For more info or to be a vendor call
Marlene at
780-447-2513

The Carrot Book Club
7-9pm 2nd Wednesday of the month

New at The Carrot!
Love in the Time of Cholera-book selection
For info: Ann 780-752-4867 windsorhouse@shaw.ca

Open Mic for Zoomers
Boomers With Zip!
Calling for performers, singers, musicians, storytellers etc...

Come join us every Thurs. afternoon 1-4pm starting Oct4th
For info: Ann 780-752-4867 windsorhouse@shaw.ca

9351-118ave www.thecarrot.ca 780-471-1580

October 16, 17 & 18
Northlands Agricom

Family Halloween Howl
Friday, October 16 starting at 6:30 p.m.
Tickets \$75 Adults, \$35 Under 14

www.scarecrowfestival.org The 17th Annual

Scarecrow Festival

Proceeds support the children and families of ABC Head Start.