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# RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 13,000

PH: 780.479.6285 EMAIL: info@ratcreek.org

## Rat Creek writer's workshop: the heart of your community newspaper



PATRICIA TELLS A STORY

**MARI SASANO**

One of the mandates of the *Rat Creek Press* is to "increase capacity," which means we are here to help community members learn how to become involved in the creation of this newspaper. To that end, we hold writing workshops in the spring and fall to encourage interested individuals to share what they know with their neighbours through the medium of print.

Journalist/poet/editor Alexis Kienlen led a small group of enthusiastic writers on March 7- some established *Rat Creek* contributors, others who have taken some time off. Participants were walked through the basics of reporting: interviewing, research, and writing. But what came up again and again was the fundamental importance of allowing the reader to understand the experience of someone in their community; that the stories of regular people need to be respected.

"You get to tell the stories of people who might not necessarily be able to tell for themselves," says Kienlen. "Someone is doing me a favour when they give me an interview and I have to protect them."

Workshop participant Patricia Dunnigan, who wrote about yoga in the *Rat Creek Press* last May, believes that journalism is a way to help people understand each other. "A good writer is a critical thinker and challenges my world view, who draws me in with their insight—even those I passionately disagree with," she says.

But as the discussion progressed, "good writing" had less to do with the mechanical nuts-and-bolts of grammar and composition than three things: passion; the ability to get the information; and making sure that it's clear. Most of all, it's about having the curiosity to ask questions and to be able to see where that information becomes relevant to the reader. Asking questions, in fact, is the best part about being a journalist, according to Kienlen.

"I was talking to a friend who is also a journalist, and we both said it's asking questions—you get to find out all kinds of stuff."

And that they did: each participant was asked to interview another. Some of their work is excerpted on this page, and there is a chance you will see more of their writing in months to come.

### Writer profile: Darlene Taylor

**PATRICIA DUNNIGAN**

Darlene fell in love with dogs fourteen years ago. Her passion was sparked when she and her husband bought their first house in Alberta Avenue and adopted their English Springer Spaniel Dogma.

"That dog put me on a journey" said Darlene. The animal had been previously abused. She soon learned that in order to be able to deal with Dogma she needed to learn

everything she could about training methods that were not force-based.

What started as a survival tool for responsible dog ownership has since turned into what she dubs a "professional hobby." She keeps her day job as a paper pusher to meet her survival needs. This means she can choose the clients she will work with very carefully, something she couldn't do if her business was her sole support. Dogma now has two sib-

lings, a second Springer and an Irish Terrier. Darlene shows a picture of these three beauties spread regally on the floor under her proud gaze.

She is clear about her mission and values in the animal care world. You can read her regular column in the RCP or if you want more details, invite her to the Carrot Café for a large cup of tea. You'll need lots of time though. I could have listened to her for hours.

### Writer profile: Sylvia Hafermehl

**JAN BUTERMAN**

Sylvia Hafermehl knows a few things about life's lessons. A grandmother of 10, Sylvia recently agreed to try parasailing in Mexico, despite a deep fear of water.

The beautiful, peaceful experience of soaring through the sky was grounded by engine problems on the jet boat. Landing in water too far to swim to shore, Sylvia learned lots about herself, lessons she wants to share through her upcoming book.

"I've wanted to do this [writing] for years, so now I'm

getting out there and trying it," Sylvia said.

Sylvia is getting out there a lot, from studying painting at art school to taking weekend jaunts with her grandchildren in what she describes as her "little holiday trailer."

Sylvia finds balance with her work in the high-stress environment of addictions treatment through her travels, her painting, and her writing.

"I'm looking forward to



SYLVIA LISTENS AS ALEXIS DISCUSSES WRITING USING EXAMPLES FROM SEVERAL DIFFERENT NEWSPAPERS SPREAD ACROSS A CARROT TABLE DURING THE RAT CREEK PRESS SPRING WRITERS' WORKSHOP ON MARCH 7, 2010.

writing for *Rat Creek Press*," she said.

### Writer profile: Patricia Dunnigan

**DARLENE TAYLOR**

How do you leave predictable research in human relations to resolving the unpredictable conflicts arising in the workplace?

Patricia Dunnigan is a seven-year resident of Alberta Avenue; mother, outdoor enthusiast and Director of Water and Stone Consulting. Her active spirit counterbalances personal development, writing, home life and rebuilding of workplace relationships.

The Vision of Water and Stone Consulting is:

Human service practitioners who recover their vitality, passion, sense of purpose, and rediscover joy in their work.

People and communities that thrive following trauma.

Since 2000, she has offered training and consulting in the areas of cultural competency, suicide prevention, compassion fatigue and its treatment, leadership coaching and conflict resolution. Patricia has taken advantage

of life in her travels, experiences, education and work.

Patricia is a mother of two daughters, four sons and thirteen (soon to be fifteen) grandchildren. At home are husband Ayden, two stepchildren and a dog named Sport. She looks for life "treats" that inspire her writing about places and experiences. Creativity seems to drive this lady whose every word contains knowledge and experience that makes me want to know more about her.

#### CONTENTS

Editorial.....	2
News Briefs.....	3-4
Business Spotlight.....	5
Neighbour Notes.....	6
Writing Feature.....	8-9
Columns.....	10-14
Community Calendar.....	15

### Editorial meeting

Are you interested in writing for the *Rat Creek Press*? Come meet with the team at the editorial meeting on Tuesday April 6, 7 pm at the Carrot or email editor@ratcreek.org

### Have a home to sell?

Whether you're a realtor or a private seller, put an ad in the *Rat Creek Press* to show off your property. Contact Laurie at ads@ratcreek.org

### Garage sales classified

Garage sale season is coming! If you have a garage sale planned, you can reach the people in the neighbourhood with an ad in the *Rat Creek Press*. Contact ads@ratcreek.org for more information.

# For the love of the written word

## EDITORIAL WITH MARI SASANO

Writing is the heart of a newspaper. It's pretty obvious. You're reading it. But aside from the purely functional need for writing, writers love to do it. It's obvious. Look at how many regular writers and columnists we have! They are all volunteers, but every month they come up with great new ideas to fill these pages.

I've been writing all of my life. My mom still has notebooks from when I was in elementary school. It never occurred to me not to write. It's not even a question of love or hate for me; it's what I do. Some people feel most com-

fortable expressing themselves verbally, others are very physical; some use music or visual art. This is my element.

Why? I'm pretty forgetful, so it's helpful to remember things if I write them down. And anyone who's spoken to me in person knows that I'm no smooth talker. I'm the Queen of Awkward Pauses. But there are no awkward pauses on the page. I have complete control over what you read. I can write—and rewrite—until it's done.

Not always perfect, but done. So I'm sorry, this is as witty as I will get.

Your *Rat Creek* writers have varying degrees of experience. Some are professional writers who do this on the side. Some have no background in writing at all. But what I know is this: everyone who writes for your neighbourhood paper has something they want to share.

Maybe there's a spelling mistake or an awkward sentence here or there, but all of them, regardless of experience, are able to commu-

nicate the things that they care the most about. Really, if you compared the raw copy I get every month with what gets printed, sometimes I feel bad that there's an editor at all! (Other months? That's another story...)

We don't let all the work fall on me, though. In the spring and fall, we run a free writing workshop that covers the basics of newspaper writing. We've had one at the beginning of March, and this month we're printing some work by brand-new writers, published for the first time! So if you're out there reading and thinking that you have some ideas to share, you don't need to let lack of experience get in your way. Give us a shout, we'd love to have you.

“everyone who writes for your neighbourhood paper has something they want to share.”

## Nominate your neighbour, business or organization for a Connect Award

The Rat Creek Press' annual Connect Awards recognize contributions that support the growth of a strong, vibrant and well-connected community.

Three awards are given; for Building Community, Encouraging Communication and Increasing Capacity.

The Building Community award is given to the individual, organization or business that creates networks for individuals and groups to connect within the community, supports local businesses and promotes what is happening in the community.

Edmonton Inner City Housing Society was honoured with the 2009 Building Community Award.

The Encouraging Communication award is given to the individual, organization or business that acts as an advocate for the com-

munity and all its citizens, shares information with residents and non-residents of the community and provides opportunities to exchange ideas for the betterment of the community.

Brenda Kuzio received the 2009 Encouraging Communication Award.

The Increasing Capacity award is given to the individual, organization or business that helps individuals learn new skills or acquire experience, encourages participation in the community from residents and non-residents and fosters leadership development.

Tracy Patience won the 2009 Increasing Capacity Award.

For information on how to nominate your neighbour, a business or an organization, go to [www.ratcreek.org](http://www.ratcreek.org). This year's deadline is April 21st.

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**WWW.RATCREEK.ORG**

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Saturday, April 10  
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9210 118 Avenue

Bring your pennies and loose change and come enjoy an afternoon of games, challenges, food & fun. Change will be donated to a Haiti relief project.

Sponsored by Avenue Vineyard Community Church [www.avenuevineyard.com](http://www.avenuevineyard.com)  
For more info call 780-716-6823.

**INNER CITY SCHOOL CLOSURES**  
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Henry Woudstra, Manager

## NNA Vision and Funding Opportunities for the Norwood Community

Dear Community members,

The Norwood Neighbourhood Association (NNA) recently reviewed its operating and funding processes to ensure it is maximizing its contribution to the community.

The vision for the NNA is to support projects, services and activities that benefit the neighbourhood. Its mission is to be a funding organization that supports this vision. We aim to provide transparent and clear rules to all groups that might apply for financial aid. We are currently developing funding criteria and an application form to make the process easier for everyone.

The NNA will advertise funding request opportunities twice a year, in April and September. The Board will meet and assess applications after the close of submission dates and will grant funding based upon the established criteria, at its discretion.

Funding for the NNA comes from the Alberta Lottery Fund, by which the NNA provides volunteers to work a casino every two years.

2010 will be a year of learning and transition for the NNA and we welcome your comments. For more information, please contact us at [nnaedmonton@gmail.com](mailto:nnaedmonton@gmail.com) and watch for our ads in the *Rat Creek Press* (RCP). New contact information will be available in the next issue. New Board members are always welcome!

## A touch of green comes to Eastwood

MARI SASANO

Eastwood residents will find another great reason to celebrate the coming of spring this year with the establishment of a community garden, says Eastwood Community League president Norm Aldi.

"We've found the perfect area - it started as a joke, actually. It's an alley, which the City claims is ours. So Christy Morin said we should dig it up and start a garden. We looked at each other and said, 'Why not?'"

"This will be our first foray into community gardening. The idea is to have people come and get together and grow vegetables and putter in the garden."

The project is now in the planning stage, with the League currently consulting with an organization that specializes in starting community gardens. The hope is to turn a disused property into a raised garden, which will allow seniors and others who aren't able to bend to work the soil.

Interested residents should contact the community league at 780-477-2354 or email [ewcl@telus.net](mailto:ewcl@telus.net). A meeting will take place later in the spring.

"It's another way to bring people together; we can always use another reason to do that! And I hope to get some fresh vegetables out of it."

## Heart of the City seeks local artists

Heart of the City Festival is seeking visual artists and musicians for June 5-6, 2010. Display work, facilitate an art workshop, or perform on stage! To participate you must live, work, volunteer, or go to school within our boundaries: North of the river, South of Yellowhead Trail, East of 124 street, and West of Wayne Gretzky Drive. Email: [kbray@ualberta.ca](mailto:kbray@ualberta.ca)

## Coalition invites all concerned to support local schools

CHRISTOPHER SPENCER,  
COMMUNITY SCHOOLS  
COALITION

On April 13th, Edmonton Public School Board Trustees will consider closing three and a half schools in the heart of the city along with two others in the Hardisty area.

Various groups supportive of community connectiveness, child welfare, revitalization and sustainability are combining to organize an event to show trustees that the administration's plan is not sup-

ported by Edmontonians.

Our vision is to host a rally near the EPSB headquarters at One Kingsway Avenue (the Blue Building) starting an hour or so before the beginning of the closure meeting (currently set for 6 pm on April 13.) The MLAs for Highlands-Norwood and Goldbar will be attending, but the event is intended to be non-partisan. There may also be a march starting at McCauley School, the threatened site closest to the Blue Building, although logistics

may not make this possible. We are hoping to build a broad coalition — and that's why you are invited.

Please contact me if you'd like more information. We welcome participation in the organizing committee (weekly meetings at the Carrot Coffeehouse on 118th Avenue) — or perhaps you'd just like to receive updates about the event as more details are finalized.

For more information, contact Christopher Spencer at: [info@community-schools.org](mailto:info@community-schools.org).

## Collective Kitchen to streamline meals for families in Parkdale-Cromdale

MARI SASANO

With our busy lives, it's often a challenge to whip up a healthy meal for our families at the end of the day: money is tight, we don't often have the right ingredients, or we just plain can't think of something to make because darn it, we're tired!

One of the solutions is to band together and work it out as a group. Luisa Magnan is a journeyman cook from our area who is starting a collective kitchen at the Parkdale-Cromdale community league hall (11335 85 St). The idea is to help out families who want to save time and money, as well as learn a thing or two to help things get easier in our home kitchens, she says.

"A collective kitchen is where a group of people get together to make food and learn recipes. It's economical and saves time; for a nominal fee, they take home four meals,

enough for our families."

There is room for 10 families in the program; it's open to Parkdale-Cromdale residents, with preference to those with a community league membership. She plans to meet once a month, most likely the last Wednesday of the month at the community league hall. A fee of \$2 per family member will be charged - for example, a family of four will pay \$8. Magnan, together with everyone's input, plans the dishes. She then goes grocery shopping for the group.

"Then they show up with an apron and containers. It's not a cooking class; everyone makes food together and we get it done collectively. We make four different meals, which won't last a whole month, but it will help makes ends meet at the end of the month."

Not only is this a way to bring home some food,

Magnan also believes that it's a way to share her knowledge, to empower families to learn about what they are eating.

"We try to make meals as complete as possible according to the Canada Food Guide, all from scratch. I believe in healthy families! With cooking, people need to be aware of nutrition, the equipment they need at home, and it's a great way to see how to make a dollar stretch."

And of course, there are other benefits when neighbours meet.

"It's also a nice way to get together. I get to do what I love, and we're doing something that we'd do anyways at home. And these 10 families, maybe they'll come back and become involved with the community in another capacity. That's great."

Those interested in participating in the collective kitchen should phone Luisa at 780-479-7192.

**AABA**  
Alberta Avenue  
Business Association

## AABANOTES

### New Development Incentive Program

There will be an OPEN HOUSE held on May 27, from 5pm to 8pm at the Eastwood Community Hall providing information on a new Development Incentive Program, a grant funding program designed for revitalizing and reinvesting in the special needs of main street commercial areas such as Alberta Avenue. This will be of particular interest to owners of commercial properties on 118 Avenue between 95 Street and 82 Street and the south side between 82 Street and 81 Street. Real estate developers and investors are also welcome to attend.

### Looking for Commercial Space on the Avenue?

Call our office at 780-471-2602 as we have a list of vacant properties that may meet your needs.

### Streetscape Construction Phase 3

The next phase of the city's streetscape construction between 92 Street and 97 Street along 118 Avenue is expected to start in early May, weather permitting. For more information please call our office.

### Storefront Façade Improvement

The response this year has been overwhelming. To date, our zone is ahead of everyone else with nine submitted applications to the City.

### Great Student Project

All is proceeding well on the joint AABA/NAIT Marketing Student Project. Groups of students are working with several businesses and our AABA office on a number of marketing/communications plans. Our business association and NAIT working together!

### Wrecking Ball Closing In On The Cromdale!

On March 12, a city council committee upheld a demolition order for the Cromdale Hotel. We are getting one step closer each time. From our association's perspective, all we want is for the owner or owners of this derelict and rundown property to appreciate the value of (local) revitalization and have this building removed.

Alberta Avenue Business Association 11770 – 95 Street Edmonton  
780.471.2602 [www.alberta-avenue.com](http://www.alberta-avenue.com)

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# NEWSBRIEFS

## Arts on the Ave Annual General Meeting

Arts on the Ave (AOTA) announces that its 2010 annual general meeting (AGM) will be held on Sunday, April 18, 2-4 pm, at the Carrot. Members must be current (2009/10) members in order to vote.

This year, the well-known Alberta writer Myrna Kostash will be a guest speaker. Light refreshments and snacks will be served.

To become a member of AOTA, you can visit the following link to download the application form. Complete the form and mail it or deliver it to the Carrot. Forms are also available at the Carrot. A yearly membership is \$5.

<http://artsontheave.org/about-us/become-a-member/>

## Welcome aboard: Parkdale-Cromdale Community League elects new board

A diverse and energetic group of volunteers has been elected to the 2010 Parkdale-Cromdale Community League board after a near-record turnout to the January 31 meeting.

Almost 50 community members elected 13 volunteers to support community efforts and interests. Committed to re-energizing the historic community of Parkdale-Cromdale, the board plans to bring forward some exciting new initiatives, while maintaining open and constructive communication with neighbours and city representatives.

The first order of business was to flood the Parkdale-Cromdale ice rink, which wasn't in use this past winter, despite being approved in last year's budget. Several board members enlisted the help of their families to clear the rink of snow and debris to make room for the skating surface.

Unfortunately, after only a few days of enjoyment, Mother Nature decided she had tired of winter and the unseasonably warm rays melted the ice. Although the ice didn't last long, the board learned that with some creativity, dedication and volunteer elbow grease, anything is possible. Rest assured, next winter's skating season will start earlier and last longer!

There will continue to be meetings, events, and programs throughout the year, so look to the Parkdale-Cromdale Community League website at [www.parkdalecromdale.org](http://www.parkdalecromdale.org) for updates.

As a new board, there has been, and likely will continue to be, a steep learning curve. But the volunteer board has accepted this challenge and looks forward to making the community proud.

The board also looks forward to suggestions and feedback; after all, this is our community, and we all have a say in what happens here.

Two positions on the board remain open, which will hopefully be filled in the next few months – and remember, volunteers of all kinds are always welcome!

For anyone who is interested in volunteering for the board, please contact [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org)



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- ◆ Learn all the basics (sit, down, come, walking, +1)
- ◆ Handouts provided so you can continue on your own

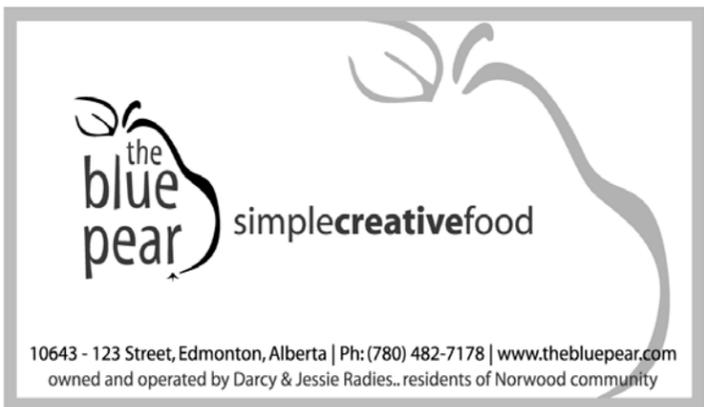
CAPPDT ~ APDT ~ MDSA ~ CKC

## Me and Money – Financial Literacy workshops for women

April 20 to July 20 from 5 – 7 pm  
Elizabeth Fry Society of Edmonton

This free enjoyable program helps women to understand money and manage money. When you pay attention to money and respect money, you are better able to transform your financial situation. After participating in this program, you will be able to keep track of your spending habits, pay your bills, reduce debt, achieve financial goals, and save money.

For more information or to register please call Tara at (780) 784-2203.



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## Habesha Cuisine

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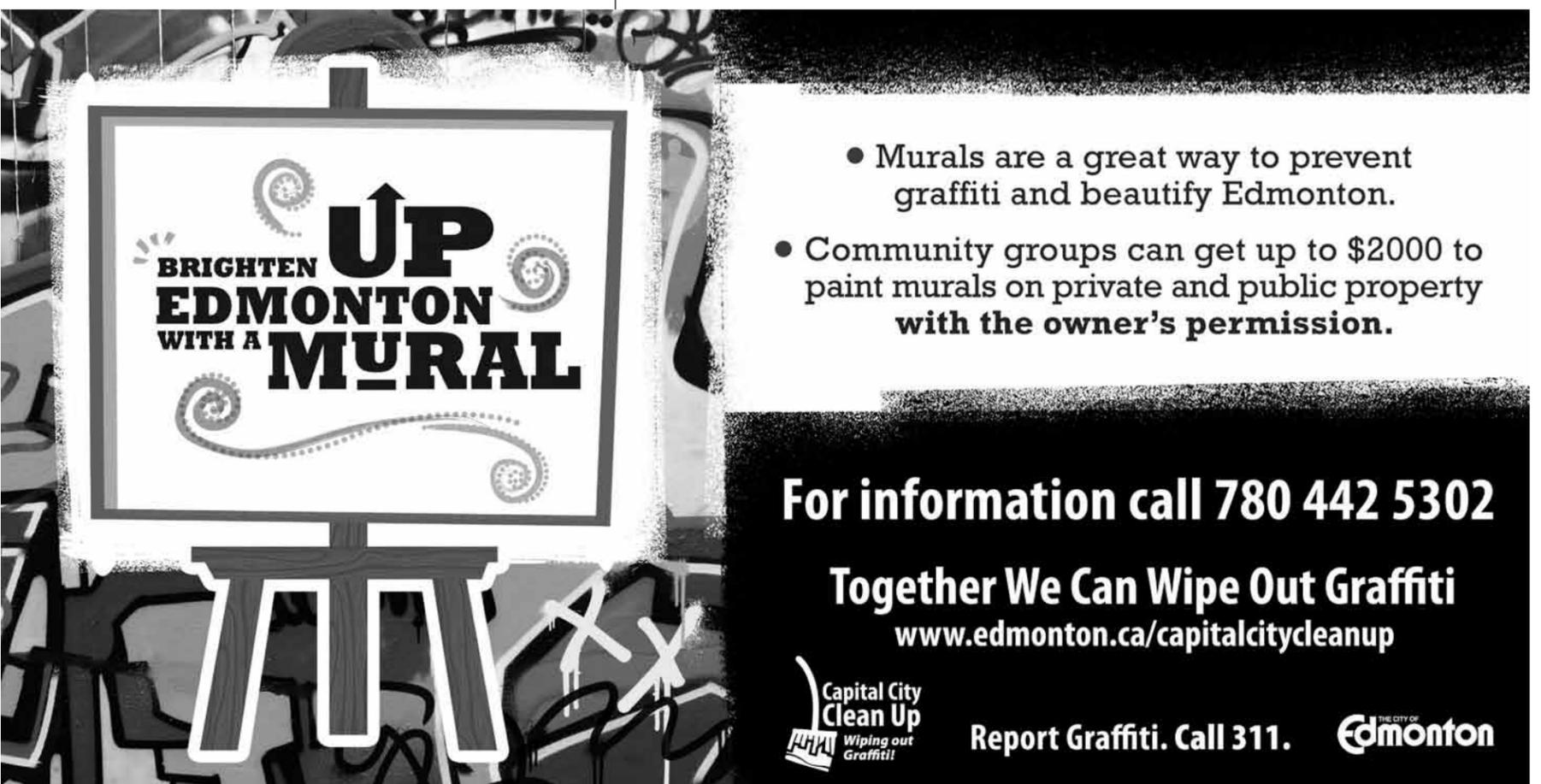
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## BRIGHTEN EDMONTON WITH A MURAL

- Murals are a great way to prevent graffiti and beautify Edmonton.
- Community groups can get up to \$2000 to paint murals on private and public property with the owner's permission.

**For information call 780 442 5302**

**Together We Can Wipe Out Graffiti**  
[www.edmonton.ca/capitalcitycleanup](http://www.edmonton.ca/capitalcitycleanup)

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Report Graffiti. Call 311. 

# BUSINESS SPOTLIGHT

## “Fast Shoe Repair: I will fix your sole, I will heel for you, I will dye for you!”

Laurie Tod

...is the motto at new owner Gino Gugliotta's Fast Shoe Repair Shop. Originally I went to see Gino about advertising, and the more he told me about himself I knew he had a great business to profile.

When I first walked into the shop Gino welcomed me with a warm, “Hello, how can I help you?” and he showed me his great sign: “I WILL FIX YOUR SOLE I WILL HEEL FOR YOU I WILL DYE FOR YOU.” He then asked, “Do you know anyone else that can do that for you?”

Immediately I was struck by the great antique, also known as the old equipment in the shop. An old Singer stitcher, finisher, and patcher fill the space. I love anything old, and was amazed that he is using the exact same equipment when the shop first opened is used today, 30 years later. I asked Gino if the technology has changed much. He told me, “Other than a few small changes, the equipment of today is the same.”

Gino has been in the shoe business for over 60 years. He

started learning the family business in Sicily, Italy at the age of five. He would help in the shop by bending and straightening nails, assisting with the shoe making process.

He moved to Eastern Canada in 1965, where he worked in the restaurant and hotel business. In 1969 he moved to Edmonton, and operated Runners Corner, a shoe repair shop on the corner of 118 Ave and 124 Street for 25 years. When the city developed, locals moved out of the area causing Gino to close the shop.

Before coming to the Avenue, Gino was part owner at the Shoe Master in Bonnie Doon Mall. He purchased Fast Shoe repair in January from a friend, and according to Gino, the shop has been on the Ave for about 30 years.

Gino is an active ballroom dancer. He belongs to the University of Alberta Dance Club, where he has fixed their dance shoes for the last 15 years. He is able to turn any pair of shoes into any dance shoe. What a great service!

I asked Gino what he thought of the changes on 118th Ave. He told me, “I am pleased



GINO FIXING SOMEONE'S SOLE ON HIS OLD SINGER PATCHER

to see 118 Ave improved. It makes for better business and creates more movement on the Ave.”

Some services offered at the shop are shoe stretching, polishing, new zippers in shoes, handbags, leather jackets, and tents. He offers new tips on heels for \$7.50, with a savings of \$2.50 a pair on Wednesday.

Gino has a great work philosophy: he believes in quality, honest work with great customer service. He would like to offer all customers mentioning this article a discount of 10 per cent off in the month of April.

**Fast Shoe Repair**  
8652 118 Ave  
780-477-2876

**Hours of Business**  
Tuesday – Friday 10-6  
Saturday 10-4  
Sun/Mon Closed

## Pho King Restaurant: variety and price, a great combination

Darlene Taylor

Familiar and tasty Tippy's has undergone remodeling, a name change, and is now serving Vietnamese and Western Cuisine. For those that enjoyed what Tippy's had to offer, they will still be able to enjoy the all-day breakfast and burgers. The Vietnamese menu rivals any of the other Vietnamese restaurants around including Nha Tran, Doan's and Pagolac.

Any Vietnamese restaurant I try for the first time I go for the Lemongrass Beef Vermicelli with spring rolls. Pho King's price comes in at a nice \$6.95 and while a very slightly smaller portion, it is still more than enough to satisfy any appetite. I really appreciate the beef on skewers; the greens are nicely chopped and fresh, and the vermicelli great. There tends to be a few different varieties of spring rolls and Pho King's are a very meaty pork spring roll. I also like that the wooden chopsticks are not those splinter break apart type.



The wide burger selection, while not fresh, is still comparatively acceptable and exceptionally well presented. The onion rings are very nicely done.

The variety of menu, the quality of food and the friendly, homey, casual atmosphere will keep us coming back. Never mind the very fair prices. I hope you will venture a visit there soon.

**Pho King**  
9103 118 Ave.  
780-757-7277

**Hours of Business**  
M-S 10-10 & Sunday 11-6  
Eat-In or Take-Out

# COMMUNITY SAFETY INITIATIVE

## Open House

Alberta Ave Community Centre 9210 118 Ave  
Saturday April 24 1:00 - 5:00pm

### Speakers

- 1.15pm: Edmonton Police Service Vice Department
- 2.30pm: Pohna-Keepers of the Fire: Working with youth and gangs
- 3.45pm: Crime Prevention Through Environmental Design (CPTED)

Come meet officers from EPS, Bylaw & Fire, as well as Community Safety Organizations.

Kids Area, Bike Safety program, Safety in the Home, make a first aid kit, library storytime. Come see the fire truck!

Bought to you by: Edmonton Police Service, Safe Streets and the 118 Crime Council.  
Working towards a vibrant, connected and safe community for all.

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.



# avenue initiative revitalization

# The truth of depression, Part 3

GEORGE TSOUKALAS

Probably the most horrifying aspect of depression is its ability to make the most ordinary person feel so worthless and helpless that it can make them turn to self-destructive behavior, including suicide. As I mentioned in Part 1, the gradual descent into the mental prison called depression can rob anyone of the tools they will need to fight off the negative thoughts and emotions that can sometimes be overpowering.

Negative thoughts will lead to negative emotions, and these can both lead to negative behaviors such as sleeping for 12 or more hours per day, or turning to substance or alcohol abuse. They can turn the forces within the human mind against your body, making "dark energy" flow through you. It is

a terrible feeling as I have felt this way on a number of occasions over 10 years ago, and I do not wish to revisit those days.

What is "dark energy," you ask? It is the opposite of life-giving force, and it is very powerful. When faced with bleak times and insurmountable odds, many who are dealing with depression can sometimes give up on life, and suicide becomes the only way for people to escape the pain they feel. This does not mean that there are no options left for the severely depressed. Professional counsellors, psychiatrists, and mental health advocates are ready to help anyone who feels that the mental prison they are in is inescapable.

I began to receive treatment in September 1994, and without the help of compas-

sionate psychologists and a dedicated psychiatrist I would likely have taken my life. I am very grateful that there are caring people in our society, and that our mental-health system has capable people who address the problems that plague our society. These mental-health professionals helped me light a candle of hope in the midst of darkness, and no matter how powerful the dark side purports to be I know that the darkness will never be able to overcome the light of hope.

*This is the last of three essays on depression by George Tsoukalas. For more information on depression and other mental illnesses, check out the Canadian Mental Health Association's website at <http://www.cmba.ca> or talk to your family doctor.*



## ABC HEAD START

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## Closure meetings share concerns, frustrations

JAN BUTERMAN

Inner-city parents and residents participated in four meetings to discuss possible school closures with Edmonton Public School Board officials in mid-March. Each meeting's format included table discussions with the top three concerns of each table shared with the entire audience. Participants voiced many concerns, with little support shown for the Board's plans.

"I think they sort of played it in their favour to let the school, parents, and students believe they were concerned but the decision was already made," said Liz Smith, homeowner and former Eastwood student, at the March 4 Eastwood meeting.

At the March 8 McCauley meeting, one woman noted that

"Middle-class solutions from the School board aren't going to work in this community." Parent and community member Eric Ible wondered, if no families were using the building as a school, "What services would the empty building provide?"

Chris Hayduk of CRUD attended the March 10 meeting at Parkdale. "School closures are important. They impact everyone in the community whether kids or not," Hayduk said, noting the revitalization and development projects in the area had contributed significantly to what he called the community's "social capital," describing the potential closures as a slap in the face to the community.

Spruce Avenue's March 11 meeting was not well-attended, possibly due to the school itself

remaining open as a junior high; only the elementary program is under consideration for closure. Elementary parent Amy Caddell shared several concerns about moving her child to Norwood school, including the lack of out-of-school care. "Without childcare, so many [single] parents are without a job," she said.

EPSB will continue to accept written submissions regarding school closures from the community until April 6. EPSB has made the contents of each meeting's discussion, including flip chart comments, submitted questions, and transcripts, available on their website at <http://planning.epsb.ca/current-plans/school-closures>. The board make its final decision at its regular meeting on the evening of April 13.



"OUR SCHOOLS ARE THE HEART OF OUR COMMUNITY" READS A HANDMADE SIGN POSTED ALONG 118 AVENUE. CHILDREN FROM CITY CENTRE EDUCATION PARTNERSHIP CREATED AND POSTED THE SIGNS THE WEEK OF MARCH 4, 2010.



QUESTIONS ARE POSED TO EDMONTON PUBLIC SCHOOL BOARD DURING A PUBLIC MEETING ABOUT THE POSSIBLE CLOSURE OF THE ELEMENTARY PROGRAM AT THE SPRUCE AVENUE CAMPUS OF EPSB'S CITY CENTRE EDUCATION PARTNERSHIP ON THURSDAY, MARCH 11, 2010.



## The Rat Pack

**WINTER WARRIOR**  
 BY GIER, AGE 12

Hi. I am a girl in junior high and lately I have been helping my neighbours with shoveling the sidewalk because for one, they have small children and it is hard for them to keep up. Two, I just want to help. One time it had snowed very hard, so all by myself I helped shovel out the cars. The snow was one metre deep that morning!

I really like helping people and I am very proud of being a good citizen! I think being a good citizen means respecting the laws, people, and property around you. I also think that a good citizen means getting an education and looking after others when they are in need. I think that a good citizen will get a job after school and start their career or volunteer or go to university because they will make life better for everyone.

A good citizen cares about the environment, like me. I use a shovel instead of salt because it is harmful to our sewers and our river. Just like Tom Lehrer sang, if we put pollution in the water "I've got a hunch, that the folks downstream will drink it for lunch."

**WORD UP**  
 BY ELLISON, AGE 10

This month's theme is writing and I find that is somewhat of a coincidence for me. Writing is a great thing and has been around for I don't know how long. Writing is everything from carvings in caves to texting on a cellphone. Writing is a powerful thing and to get something in writing can be an even more powerful thing. I think writing is great and anyone who can write a letter can get a lot of things done. I am a writer and having a great time being one. For anybody with advice, creative ideas or even a fantasy, writing is a great way to share it.

Bye for now,  
 Ellison

**PLEASE DON'T CLOSE PARKDALE SCHOOL**  
 CARLEE, AGE 10

I can remember my first day at Parkdale School knowing that I would be there until Grade nine...oops, sorry, I mean thinking I would be there until Grade nine. In Grades one and two my friends and I would talk about being there until Grade nine. That's what we expected but apparently we expect too much. In Grade 3 I kind of figured out that you could close some schools, but it wasn't until Grade 4 that I started to realize that it was possible for Parkdale School to close down. Now I am in Grade five and very upset! Here are some of the reasons why I am upset.

I have grown up at Parkdale School. I have been there since I was five years old and they have been the best years of my life. There were ups and downs, but Parkdale School helped me through them. I was planning on going to Parkdale for nine years. Though I am not here to just talk about me - there are some other kids that after you close down Parkdale will probably end up not even going to school anymore and that is going to affect their future and their education. Also, I am going to end up having to go to another school for one year and then I am going to have to change schools again for Junior High School.

The school closure has put a lot of stress on me and it is affecting my concentration in school. And that is not only me, but a lot of other kids also. I expected to walk down the aisle of the Parkdale gym for Grade nine graduation but I guess I expected wrong. So, what you are doing is damaging a lot more than you expected and you are upset a lot more people than you thought you would!

# Part Three – Can an old dog learn new tricks?

JUDY LOVEDA

Sandy, the 14 year old dachshund, had now spent all of three days and four nights at our country home in a small Northern Ontario village. It was quite an experience for Sandy as well as ourselves, especially since she had been on a three-day distilled water fast. It had been difficult to watch her sit prettily, waiting for us to feed her at every meal, but we did not give in to her begging with her big brown eyes.

Although it was hard, I never gave in to her requests for food. It was important that she become lively and frisky, like a young puppy again. After all, I wanted my parents to see that it was possible.

## A doggy diet

Thus, on the morning of the fourth day, she was given a wonderful breakfast—from my perspective, that is. It consisted of fresh fruit which I cut up into bite-sized pieces so that she could eat it. Remember, she only had about two teeth in her mouth! The vet had pulled all the other ones out, as they were rotten.

And would you believe it, she gobbled the fresh fruit right down and begged for more?

Lunch time was another new experience for Sandy. I had been a strict vegetarian and was into making my own soybean milk and freshly squeezed carrot juice on a daily basis. That is exactly what she got for her first lunch on the fourth day. It was important that it not be too heavy for her digestion, yet healthy enough that it would get her elimination organs moving more often.

You may think that she would have turned up her nose at this food, but she didn't. She was too hungry.

## Ingredients count!

When supper time arrived, I fed her a small amount of her own dog food that my parents had sent along with her. After reading the labels, I picked the one that had the least chemicals in it. My goal was to get her onto a more natural dog food without all the additives.

Regarding the matter of

her daily bathroom outings, her descending and ascending the stairs seemed to be getting a little easier for her. She really worked at keeping herself moving down them. We helped her as there were still just too many stairs for her to navigate completely on her own.

On the return trip up the stairs, she actually was beginning to take a few steps without my foot under her bottom nor my placing her front paws on the steps when going up the stairs.

She grew stronger each day, probably because of the old adage, "If you don't use it, you lose it"—and she had definitely lost it. However, with our cheering her on she was motivated to continue with the Great Transformation!

Now that she was eating more food and taking in more liquids, her bathroom outings became more frequent than twice a day. We of course didn't mind, as we were very committed to her success.

Reflecting on her progress the fourth evening, I decided that I would keep her indoors for the next two days on this food program she was following. Then I would add to her menu fresh, home-made vegetable soup for lunch.

## Change in habits

I did this as I wanted to give her something a little more substantial to build up her energy levels.

On the sixth day it appeared that she was slenderizing and becoming a little more agile but she was still too heavy to carry her own weight up and down the stairs all by herself.

With that in mind I decided to move her to an outside, dilapidated, old log cabin that we had on the property. She could come and go to the bathroom under her own steam and would not be subjected to my having to assist her up and down the stairs, except when we brought her in for the night.

Being outside would also allow her to lie in the sun and sunbathe every day for the length of time that she wanted. Plus she could go in or out of her cabin to rest or to cool off whenever she wished. Was this what a doggy vacation could be like?

With the door to the

cabin left slightly ajar and a warm, cozy bed made up for her, we moved her outside on the morning of the seventh day. Of course, my daughter and I spent time keeping an eye out for her.

My daughter made up little games to sit and play with her during the day and although Sandy wasn't really ready for all of my daughter's friskiness, she put up with her antics. It was good to have someone to be with her and pay attention to her. And as you all know, this type of caring is very necessary to the healing process of animal or human.

## Sandy gets moving

Everyday, once we moved her outside, we took her for a daily walk to a nearby river.

In the beginning of our trips, Sandy could only take a few steps and would then have to rest. But after about a week of doing this, along with her daily sunbathing, fresh air, wonderful meals, lots of distilled water and rest, she began to improve rapidly and gain strength and vitality. This was evidenced by the fact that she was walking along at a fairly good speed and she needed to take fewer and fewer rest stops so that she could keep up with us.

By the end of the second week she had lost quite a bit of her weight. Her belly that had been so humongous was now reduced to the point where it hung down like a flap of loose skin that swayed from side to side as she walked.

It was very obvious that she was becoming livelier, more alert and definitely more energized. She hadn't lost the complete twenty pounds that she needed to, nor did she run about like the frisky young puppy I expected her to become, but she was well on the way!

Will Sandy ever regain her puppy energy?

Find out in part four of the continuing Saga of Sandy, the 14 year old dachshund.

*Until the next time,  
I remain,  
Yours for Abundant Health,  
Judy Loveda*

*www.JudyLoveda.com  
E-mail: Judy@JudyLoveda.com*

# Educational Partnerships working to strengthen the Alberta Ave Community

JORGE SOUSA

Social economy is quite broad in its scope and significance, which is something that I hope becomes clearer from these articles. A key purpose of recognizing the presence of the social economy in the Alberta Ave community is that one could make sense of the different efforts that have gone on to build this community from the ground up—for an academic, that is absolutely vital. A key challenge is the use of the word "economy" because one immediately thinks that the focus is on business. Yes, business is an important feature of the Social Economy, but it is not the main one. What keeps the Social Economy strong is the presence of a diverse group of partners willing to work together to strengthen local communities.

Partners can be community members, businesses, families, or schools. All of these folks work together with a common set of values that reflect a desire to actively pursue efforts to strengthen communities. I believe that schools are an important part of the social economy. I argue that the school is not only a site for learning content, but is also a site for connecting the local community through engaging parents or as a hub of community-oriented events. The recent news that three of our community schools are on the chopping block has forced me to reflect on and argue for the importance of recognizing the role of schools in strengthening the Social Economy.

On my many treks to pick up some oranges from Safeway or a tasty custard from Handy Bakery, I always pass by the Parkdale Public School. I am always taken aback by the stunning Gothic style structure, but it is what goes on the inside that is more significant. The school is part of the City Centre Education Partnership, which is a program that encourages schools to make use of different approaches to educate kids living in the inner city. What does that mean? In the case of Parkdale, it means that the programs reflect the learning challenges that the kids face as well as offering instruction that is culturally relevant and community-minded.

Their approach to learning can be considered as a form of community development

as the efforts are grounded in a perspective that views what the kids and families bring to the learning environment as an asset rather than starting from what is missing. The school partners with community-minded organizations like E4C and Big Brothers and Big Sisters to provide valuable services that support student learning at school and at home. The school's effort has been as successful as those found across the seven schools that are part of this partnership. So, yes I am concerned about the school closure and the loss of The City Centre Education Partnership because of the damage it could do to ongoing efforts at strengthening the Alberta Ave community.

Personally, I feel the issue is not just about a school closing. From a financial perspective I have no doubt that our education system cannot function when schools are half full. However, there are options and alternatives to closing the school, and we have alternatives scattered throughout Edmonton. I believe it is time to try something new and innovative. Rather than closing a school, let us regard the school as a community asset that is built on, rather than a liability that is dealt with in a boardroom or a council chamber.

The building can be a true community hub when one looks at learning from a much broader perspective. Let the school continue to be a place for kids, but let's add to it through Adult Education programs or partner with social economy organizations to deliver different programs. The community will and leadership is here to support the school in different ways. What I wonder is whether the political will is there to help support the community's ongoing efforts to strengthen Alberta Ave by ensuring our learning institutions remain visible.

As the population demographics change across the country inner-city school closures is an unfortunate reality. However, from the perspective of the social economy alternative options are available. The City Centre Education Partnership was a terrific start at supporting learning opportunities in challenging neighbourhoods. Since the Alberta Avenue community has a vibrant Social Economy it only seems natural to explore alternatives from the ground up.



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# Myrna Kostash revisits her old 'hood

MARI SASANO

We're all aware that the Alberta Avenue area is home to many artists, but it's also attracting artists from outside of our boundaries. One such artist is multiple award-winning nonfiction writer Myrna Kostash, author of books such as *All of Baba's Children*, *No Kidding: Inside the World of Teenage Girls*, and *Frog Lake Reader*, which is a finalist for the 2010 Alberta's Reader's Choice Awards.

Luckily for us, she's also a regular at the Carrot Coffeehouse, volunteering as a barista for over two years. She doesn't live around here, but her ties to this community are decades old.

"I grew up around here, 50 years ago. 89th Street and 121 Avenue— Alberta Avenue, as we called it then. We did everything here," she says during a break in her Carrot shift.

"My cousins grew up here too, eventually my grandparents moved in. I went to school across the street at Delton School, went to Woodcroft Library. We didn't have to go far, partly because very few people had cars. There was a streetcar. I remember taking it all the way to Garneau

Theatre to go see *Treasure Island*. There was a lot of happy stuff, and absolutely no sense of threat or danger."

Kostash's family moved away from the area in the late '50s as her teacher parents' salaries allowed a more suburban life. But extended family kept her in touch with Alberta Avenue for years.

"I could see the transformation. When I was growing up, it was very Eastern European, and it has always been working class. Then it became Italian, and then it became Asian. Now it seems there are Somalis and Aboriginals, more of a mix when I was growing up. So I think now, I want to get to know what's happened in the old 'hood."

Through her observations of the Carrot and as a volunteer at other north central Edmonton events such as Deep Freeze, Kostash is beginning to piece together a portrait of a community that has seen better times, but is renewing itself as a community that resembles the close-knit neighbourhoods of her youth.

"Those elements are coming back. For example,

here at the cafe, or people's favourite bakeries, or events at the Avenue hall or the Avenue cinema. I can see that once you get to know each of the businesses, you can keep returning to a certain place for spices or something to eat. I hope they can stay long enough to become part of people's routines."

Like many residents, she has concerns about the effects of gentrification: will the revitalization push out the long-time, working-class residents? However, for the most part, she sees the changes as a positive movement that is proof of our residents' energy and creativity.

"It's extraordinary, the imagination that is now going into the Arts on the Avenue; it's really brilliant. There's a real effort to get a variety of viable things happening, not just the shopping but places you can spend time in, or look forward to community events, or with the writers' workshop. Whether over the long haul it works—it's very much a work in progress. And to know you've got the support of the city is fantastic. If it fails, it certainly it won't be from any shortage of dedication and imagination."



AUTHOR AND CARROT BARISTA MYRNA KOSTASH

## Tuesdays with Mari: The view from the middle

LORI YOUNGMAN

Have you ever wanted to be right in the thick of things, where the action was? If one wants to see what's happening, there is perhaps no better place to be. So what is the view from the middle of the *Rat Creek Press*? It can be said that newspapers are about connecting people and promoting community. So is ours?

As the chair of the Board, I knew my role was supporting and facilitating the work of the paper, promoting its vision in the greater community of Edmonton. I truly believed in the paper's role in community building. On the board, I was joined by a group of very committed people wanting to contribute to their community. They came from quite a varied background and offered expertise in many areas needed for a successful paper, fundraising, community relations, business, communications—and more importantly, they came with a whole lot of heart.

I knew what it was like to discuss the grand aspirations of our little paper and the emerging vision. But what was the view from the middle, where the editor sits? That I did not know. These past few

months, I caught a glimpse of the inner workings of the RCP and with it our community. Like a little kid, I asked things like, "What you doin?"

"Are we there yet?" and constantly, "Why?"

Week after week, as I watched our editor going about her job, the questions grew. Some times, I would find her, head down, typing away on a laptop, at others, sitting with people learning the latest news as it happened, still others, quietly taking in an event in our community. I found Tuesday mornings could be busy at the office of the RCP, busy in part because the office is at the Carrot, situated conveniently in the heart of our community.

I have come to understand why the office hours of the paper are Tuesday mornings at the Carrot. In a word: access. So many things happen

at the Carrot on Tuesday morning, everything from taste testing the food for the Deep Freeze festival to important media launches or the meetings of several key community groups. It all takes place there that morning

so in the middle of that you would find Mari, our editor, hard at work.

I really wanted to ask the paper, "What do you want to be when you grow up?" so I asked Mari, to which she replied, "It's not my paper, it's yours, it's the community's." The future of our

paper was in our hands? What a concept!

What is our collective dream for our community and in turn our paper? Have you ever dreamed for us? I began to. When I asked our editor of her aspirations for our collective future, she spoke of more, more content, more news, more writers, more us. She had a dream of more people daring to speak their minds, connecting with each other and even of their leaving a mark on the literary landscape of North East Edmonton. "There is lots of news going on here and we need to uncover those stories in our community."

On fulfilling its mandate of encouraging communication? "We have really great contributors. That is a really good sign that people want to be heard. With a local paper like the RCP, someone in Eastwood can connect with someone else in Delton. We don't have to be isolated in our corners scribbling our scribbles alone"

Building capacity, appeared close to our editor's heart. She spoke of enjoying seeing new contributors hitting their stride, people coming with new ideas and helping them develop those ideas into articles. Editing she

described as letting people's voices be heard, of cleaning up something so the voice is stronger, and that it was important to preserve the writer's voice. "I don't want to dismantle someone's work, cause it's not my newspaper, it's yours." She loves to see it all come together resulting in people having a course of action and being compelled to act.

According to Mari, a lot of people think that what they do is small, in some way insignificant. "We are small and we do small things. But it is beautiful to do these small things so people can do other small things. Together we can create something beautiful, a big pile of perhaps small, beautiful things." And what is the small thing that Mari sees herself doing? "Collecting people and stories." According to her, "It's all about finding out what people are up to, what their story is, but most importantly, about our community to seeing itself." It is a part of community building. "We can wait for someone else to do something and maybe they will—or we can create it ourselves." We are doing that! So what can we become? "It's for [the community] to decide, it should be created by them."



MARI SASANO AT HER WRITING DESK

# Entering the watershed

GRAHAM WATT

The buzz of studded tires on icy pavement gives way to crunching snow as I drop into Kinnaird Ravine at 82 Street. Diving into my daily rediscovery of the watershed within the city, I breathe deeply, my smile widening.

Every day I ride to work from my house near Commonwealth Stadium to my office on 49 Street near Capilano Mall. I do this, not only for the exercise and fresh air, but for regular glimpses of nature and reminders of my connection to, and dependence on, water. In the valley I see beavers, coyotes, and numerous birds, and find people of all ages walking their dogs, exercising, or sitting and gazing at the river. But mostly I follow water.

We are all familiar with water – we drink it, shower and cook with it, use it to water our gardens, and curse it when enters, unwanted, into our homes. It is always there when we turn on the taps and gone when we flush the toilet, but where does it come from, and where does it go when we are done with it?

A watershed can be understood as the area of land draining to a common point, such as a lake, wetland, or river. We all live in a watershed, starting with the neighbourhood-sized areas of some streams to the

continental-scale watersheds such as the Mackenzie River basin. Here in Edmonton our drinking water comes from the North Saskatchewan River, which drains the North Saskatchewan River watershed. This majestic river starts small, high in Banff and Jasper National Parks and collects water from tributary rivers and streams in forested, agricultural, and urban watersheds as it flows eastward.

Eventually the North Saskatchewan River joins the South Saskatchewan River near Prince Albert, Saskatchewan, before flowing into Lake Winnipeg then Hudson Bay via the Nelson River. That's the big watershed. Many readers of this newspaper also live in a small watershed – the area of land that once drained into Rat Creek. That historical stream once flowed along 111 Ave and into Kinnaird Ravine before it was diverted into an outfall in the river valley near Dawson Park.

I ride past the Gold Bar Wastewater Treatment Plant, which treats our sewage and an increasing amount of stormwater. Stormwater is the rapid flush of water from city streets, buildings, and yards from rain or melting snow. Because so much of our city has hard surfaces that don't let water infiltrate, stormwater moves much more quickly



WATERSHED SIGN IN EDMONTON'S RIVER VALLEY

across the landscape than runoff water in a forested or agricultural area, and needs to be handled carefully to prevent erosion and pollution of the river. Thankfully, Edmonton takes this seriously and is now treating more stormwater using constructed wetlands and wastewater treatment. The Gold Bar Plant is the new des-

tinuation for some of the flow from Rat Creek via a tunnel across the river.

Exhilarated from my ride, I arrive at work at the North Saskatchewan Watershed Alliance (NSWA), a non-profit society whose purpose is to protect and improve water quality and ecosystem functioning in the North

Saskatchewan River watershed. Right now we are working with communities across the watershed to develop an Integrated Watershed Management Plan, which will make recommendations to safeguard and improve water quality, water supply, and the aquatic ecosystems of the watershed. For more information please visit <http://nswa.ab.ca>.

## An evening at the Carrot

PAT HIDSON

The ambiance was bright and cheery, the mochaccino hot and tasty, and the poetry hilarious. Who would have thought the children's rhymes of long ago would become the jokes of today? It did, thanks to Bernice's witty manipulation of nursery rhymes such as "Old King Cole" and "Mary Had a Little Lamb."

There are the regulars at the open mic and newcomers, most local but some from as far away as Ireland.

"A Fly on the Wall," one musician called the piece he wrote... well worth the listening for both lyrics and tune. As I listen and enjoy, I glance over at the sketch-in-progress by a young male artist working industriously on his depiction of an angelic young girl. I see I am not the only patron who is interested in this young man's talent.

Surrounded by delicately painted crocuses, poppies, and others unnamed flowers on the wall, there is a painting that draws my eye and it takes a moment for me to realize what I am staring at: partially shaded by her golden tresses, the sun throwing shadow to the left and

right leaving only the bright center of her pale green eye showing through. Creative and "eye catching," to say the least.

There is more poetry and music. Tonight is a good night. Everyone is on key. Toes a-tapping, I listen with interest to the words of the next song... one of his own? No, I know this piece written by another but well sung well... "Solitary Man!"

Following this is a reading of humorous poetry: "Moon Catching Net," "Hammock," "Why Not Dry the Dishes," "Policeman," "The Sitter," and others.

A double aboriginal flute, harmonica, guitar and voices in song... I hear Phyllis' voice singing in passion, a song written for her brother who has lost his ability to dream. I can feel the agony of her brother's hardships. The second song is a story about "The Izzy Doll". The dolls are given to the poorest of the poor and children of war. Phyllis sings with David from Dublin, Ireland about the six-inch crocheted dolls, the Canadian soldiers who hand them out, and the recipients of the Izzy dolls: children in a war-torn country overseas. Google "Izzy Doll" for more

information about the dolls, the history, and how to make them.

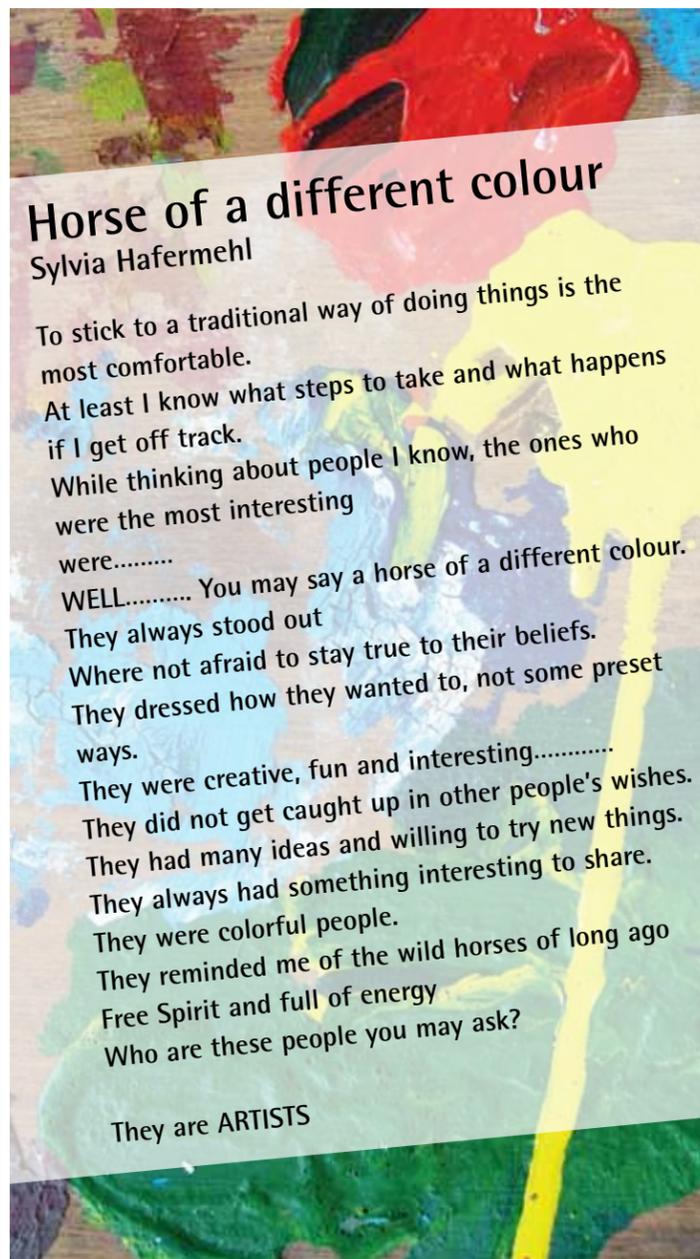
Next a young magician performs with balls under metal cups. Is the hand quicker than the eye?

Not always, but he makes it interesting and funny and, "Hey, where did that huge cabbage come from? It can't possibly have been under that hat!"

The one who sang "A Fly on the Wall" comes back to play a song about "The River." He is accompanied by George who plays bass guitar and handles the sound system at The Carrot. Another song, "The Change," he dedicates to the kindred spirits of the streets: "Hey buddy can you spare some change... because I haven't eaten yet today."

A young female guitarist and singer comes up for a second round. She began the evening of open mic and will close the evening of song and entertainment.

The volunteers at the coffee counter are still grinning as they make the final cups of coffee, happy to have been involved in this successful endeavor of bringing the community together in another Saturday night of fun and entertainment.



## “And you thought you were just having dinner!”



**The Daring Diner**  
WITH ANGIE KLEIN

That's the slogan for DINE LOCAL, a project that Blue Pear owner Jessie Radies is proud to be part of. She started Original Fare and Keep Edmonton Original—organizations that encourage people to dine and shop locally—but the concentration on supporting the local economy doesn't end there. Three local breweries are at the top of the Blue Pear's beer selection. Bars from Edmonton's Chocophilia are available to take home. (My personal favorite is the Fleur de Sel—an incredible mixture of silky rich milk chocolate and sea salt).

At the Blue Pear, a set menu changes monthly, providing ever-changing varieties of local seasonal foods for chef and co-owner Darcy Radies to create amazing dishes from. Jessie and Darcy live in our community; they advertise in our paper; they believe in what they do.

The Blue Pear's wine list is very extensive. Kimberly Theoret, sommelier (wine steward and long time friend of the Radies), was happy to educate me and offer a sample of Zinfandel Primitivo, a wine I had never tasted. They offer

wine pairings—a different wine to go with each course—with your meal, but we opted for a glass of wine each.

I chose a white wine from the Tuscan coast and Jeff had a red, full-bodied Malbec.

Our five-course meal started with fresh baked bread and butter, followed by our appetizers.

Fluffy, melt-in-my-mouth Goat Cheese Malfetti (dumplings) were perched atop a ragout of tasty mushroom along with a pungent Pecorino cheese slice, perfectly balancing the flavors of my dish. Jeffrey went for the smoked salmon: a very colorful presentation of salmon caviar, smoked salmon (incredible!), beets and gelatin that was almost too pretty to eat.

Next we were served a creamy fennel soup. I love fennel and was happy to see it put to good use in so many of Darcy's dishes. I thought the salad was a bit odd at first: taco chips and jicama, sweet clementine and roasted seeds with a feta-like cheese? Only a few bites in and I was sold! The flavors and textures complimented each other very nicely.

The courses are served at a leisurely pace. Lots of time to savour and enjoy each others' company, the food, and the wine. But it wasn't long before our main course arrived. The entrée choice was very hard for me. The beef tenderloin sound-

ed wonderful, but was a bit too safe. I love lamb, but can not stomach any organs or offal, so the lamb tongue that was served along with it took it out of the equation. I have a childhood aversion to trout, so that made the lobster dish less attractive.

I decided to have Land And Sea (confit rabbit leg and scallops), attracted by the scallops and grilled fennel, both of which I enjoyed immensely. But I was sadly disappointed by my rabbit. No fault of the chef's though; I just don't eat dark meat. The saffron spaetzle was also a bit of a disappointment; I found it rather tough and tasteless. A dab of amazing pistachio stuff and the small side of shredded carrot with balsamic and olive oil made it all better though.

Jeff enjoyed his roasted leg of lamb, grilled tongue and lamb corn dog. I shared in some of his eggplant puree and white beans... all very good. We didn't have room for desert, but our gracious hosts sent us home with the superb chocolate I mentioned before as a treat! Don't go to the Blue Pear in a hurry. This is fine dining and needs to be taken in. Expect to spend upwards of \$100/person. Not an every day dinner, but well worth every cent.

Until next time...  
Happy Eating!



CHEF DARCY RADIES FROM THE BLUE PEAR

## The Garden Diva proposes prose in the posies

*the Garden Diva*  
WITH CHERYL WALKER

Ah dear readers, we are ever closer to spring. Every night The Garden Diva (TGD) strolls out to her garden, and scolds her tulips for being such laggards. The birds are tweeting, the grass is emerging from its snow mould cocoon, and the dreadful white stuff is all but gone. In the midst of all of this, TGD is supposed to write about writing? Really dear editor, the important thing is the gardening, not the writing about it. Honestly, don't you understand that TGD is responsible for thousands of seedlings? She must purchase bare root plants and rooted herbs and she must decide what type of Saskatoon bush she is going to plant at the end of her yard (and she must anticipate the pies in the future!) She does not have time to write about writing, she is as snippy as Helena Guergis in the Charlottetown Airport.

And writing? How does TGD write about writing? She gardens. She is only given to a bit of introspection when the local establishment runs out of Tanqueray for a gin and tonic. But dear editor, and dear readers, TGD understands duty and diligence, and she will not allow it to be said that she shirked her duty. Accordingly, TGD proposes to present this column, about writing, in your garden.

It is a common failing, TGD notices, to spend so much time in our garden: weeding, planting, watering, moving and maintaining, we forget to enjoy our gardens. Dear Readers, this will not do. We have such a short space of time to enjoy our gardens, and we must Carpe Diem – or rather Garden Diem! Let it be your first plan, Dear Readers, to carve out a niche. Find a place – a small patch

of lawn, under a shady tree and sit. Lie back and look at the sky. Close your eyes and inhale deeply. Do not think about what you must still do, there will always be work in a garden. No, sit and be silent. Sit and be part of nature. Sit and write.

Purchase a patio table, a bistro style table, or live at the very height of luxury in a set of cedar muskoka chairs.



TGD procured hers from the Calgary Chair Company, and she is truly delighted with them. (The Tres Wonderful Garden Diva Husband notes you will find the assembly process greatly assisted by liberal application of Guinness. Perhaps, he also suggests, that you could skip the assembly process, drinking the Guinness in pre-assembled chairs.)

Having found this, a tiny oasis in your own back yard, proceed to enjoy it. Set aside time. Drink your morning coffee, your afternoon tea or your evening G&T. Then, if you have not finished your column for a certain little community newspaper, you should put pen to paper, and wit to world, and get on with it. Your editor is calling.

*TGD lives and gardens in Parkdale, with the très wonderful garden diva husband and the non-gardening dogs. She likes gardening, and writing about gardening. She also likes reading seed catalogues. Next month she will vilify the petunia, the geranium and the dracaena, using only her razor sharp wit.*

## EDMONTON



## Coming Soon! The City of Edmonton Animal Care and Control Centre

Construction is moving along nicely on the City's new Animal Care and Control Centre, and it could be done as early as September or October! This \$13.2 million facility will replace the City's aging Animal Services Facility to house over 8,000 lost pets each year. It will make disease control and cleaning easier and will reduce the stress on the animals in our care. Animal Control Officers will also work out of this building, streamlining the City's enforcement and animal care services.

To learn more visit our website  
[www.edmonton.ca](http://www.edmonton.ca) or call 311



# Thirty tips on thrift in the city

## AN AVENUE HOMESTEADER

WITH CARISSA HALTON

Hot and sweaty, the six of us in my family would spill out of our 12 passenger van (gas was cheap at the time) and race into the air conditioned grocery store. We often spent vacations driving and camping and this was our daily treat stop. It consisted of a two-litre box of ice cream and a box of cones. There were no options in the heat of our non-air conditioned van but to eat it all. For less than \$6, our large family would gorge and cool down.

What can I say but I come from a thrifty family. Now that I face the uncertain future of managing a one-income family, I have turned to my sister and mother for wisdom on their tried and true methods of saving money. Here are some of their tips:

1. If you like to eat out, go out for breakfast.
2. If it's yellow, let it mellow, especially if you have a 13 litre toilet tank.
3. Forget Happy Meals or other restaurant kid menus and buy one adult meal, supersized. If your kid really wants the toy, buy it separately.
4. Pre-package your own snacks. Buy bulk then snack pack them yourself while you watch a movie.
5. Superstore often will give you a \$25 gift card if you buy \$250 of stuff. To bulk up your bill, stock up on pantry or freezer items or shop with a friend.
6. Make your own cleaning and beauty care products (check out the upcoming workshops for both at <http://avenuehomesteader.blogspot.com>.)
7. Become an Alberta Avenue League member. Then you can swim for free on Sundays from 12pm to 2pm at Eastglen pool. Check out other benefits and programs at [www.albertaave.org](http://www.albertaave.org).
8. Read a great review about a book, DVD or CD? Check out the Edmonton Public Library's holdings online. If they have it, put it on hold. If not, ask them to order it as often they consider these requests.
9. Thrift and consignment stores are great resources—check out my favorites, Vespucci Consignment (women's) or My Favorite Aunt (kids).
10. Or watch for Children's Place or Superstore sales. Often t-shirts go as low as \$2. And while you're spending, buy extra and stash away for shower and birthday gifts.
11. Make your own beer and wine. Wine is easier but a little more expensive (at \$3 to 4 a bottle it won't break the bank), but try beer too for as little as 25 cents a bottle (it's harder to make good beer). An investment up front of about \$100 for equipment pays off in no time. Consider investing in equipment with a friend(s).
12. Cloth diapers require an initial investment but once you've got them you can save thousands of dollars over the course of your child's life in diapers. If you're squeamish about poop in your laundry, even just cloth

diapering your infant until he/she eats solids will save you money (newborn waste just washes away.)

13. Start a toy-lending co-op with your friends.
14. Host or attend a Clothing Swap. Bring your bag of clothes and take one away for a fresh wardrobe.
15. Pack a lunch, or stop at the grocery store and pick up a loaf, bucket of hummus, and apple. Pair with coffee to go.
16. Menu plan. Sounds overly organized and complicated? It takes our family less than 15 minutes to complete a week's menu plan and corresponding ingredient shopping list. This saves you time thinking about what to make every night. You save money on groceries because you can budget food better, you save money on going out because you know you have some easy options and all the ingredients at home. It's also allowed us to be more intentional about eating vegetarian and vegan options.
17. Occasionally cook recipes that you can double or triple. I make burritos for supper, triple the recipe and package the leftovers as 'singles' for quick lunches. My sister makes three small lasagnas from one lasagna recipe.
18. At least consider the generic items. Try them. Some are bad, some are as good or better. No-name brands can often have less sodium and chemicals, something that you wouldn't expect from the cheaper option.
19. Buy bulk meat and separate it after shopping using freezer Ziploc bags.
20. Watch for discounted meat. Often it's 30- 50 per cent off if it's near expiry- just freeze it immediately. Cheese can be frozen and is especially nice if you have the time to pre-shred it!
21. Find a friend or two and shop at Costco. You only need one membership and you can split a lot of items. Remember, not everything is cheaper, but there are good name-brand and organic options.

22. WATCH OUT! Buying from the bulk bins at Superstore and Save-on is often MORE EXPENSIVE than buying from the shelves. I've stopped buying from the bins in protest.

23. Have some "pre-packaged" meals in your pantry or freezer for the nights you really don't want to cook. Knorr and Joy of Cooking have different pastas-in-the-freezer section that will feed a family of three for under \$11, and they don't taste like a traditional TV dinner.

24. Pop popcorn!

25. Be wary of the marketing on baby and kids' foods. Kids' snacks are usually the same as the adult product, the price is just more and the product is smaller. Also, baby food jars are often the same as other products purchased for cheaper at larger quantities (like unsweetened apple sauce).

26. Think about annual passes. It's a chunk of change initially, but over the year it's a good deal—if you use it!!! Season passes at Fort Edmonton Park, the Valley Zoo, and the Telus World of Science are great options.

27. The Edmonton Public Library has so many resources, but of particular note is the Stanley Milner Library's kids' area.

28. Join Earthcycle ([www.edmontonearthcycle.org](http://www.edmontonearthcycle.org)). Check out Kijiji and Bargain Finder if you can wait for an item. But watch out for scammers who want you to send them money via Western Union... but that's another story.

29. Before building a jungle gym in your back yard, check out some of our local playgrounds like the ones at 93 Street and 118 Ave. or 95 Street and 114 Ave.

30. Invest in a travel mug or thermos and make your own coffee to go.  
So there you have it. Thirty Thrifty Tips from my family. I throw in a freebie, extensively trial tested by ten-year old me: Old jam jars will never imitate juice boxes, no matter how much plastic wrap you use as a "sealant."

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## dog talk

WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

Well, I think spring has sprung. Already people are getting out more with their dogs. The grooming shops are busy washing away the winter mud and mats, and owners have a refreshed and revitalized companion.

Our own Avenue Goes to the Dogs is coming up June 12, so watch for more details. I'm looking forward to the fourth year of demonstrations and fun.

But it doesn't stop there: dog shows, workshops and seminars abound. The Canadian Association of Professional Pet Dog Trainers (www.cappdt.ca) presents their annual event - this year it will be in Calgary - June 4 through 6 and the lineup of speakers appeals to any canine

enthusiast. Karen Pryor, scientist and author of several books is primary reading for any reinforcement training. Her work training dolphins is fascinating. Steve White trains police dogs to track and has a wonderful presentation manner. And there are more speakers packed into this three days of sharing, learning and growing.

More dog related events can be found at www.canuckdogs.com under Prairies and Seminars. Events and other news are also listed.

This might be the year that you experiment with a new activity with your dog or even rehabilitate an old one. Even a walk can be refreshing. Check out the



AVENUE GOES TO THE DOGS: ONE REASON TO BE EXCITED ABOUT SUMMER!

new Eastwood off-leash park, west of 85 Street and North of 119 Avenue.

I'm hoping to actually train my dogs how to track this year, maybe you'll want to join me. I'm hoping that, just like Lassie, they can help me keep track of my car keys.

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

# Crime Prevention - a shared partnership



## LAW AND ORDER

WITH CST. REID NICHOL

On a daily basis I am thoroughly impressed by the commitment of this community not only to improve the safety of the community as a whole, but also the commitment of the community to change the negative reputation that it has developed over the past several years to a positive one. You, as residents, are working so hard to improve the community that you live in and call home. It is reflected by the projects and groups that are involved in the community, and I am proud to be able to say that I am a part of these initiatives.

I wanted to touch on a significant issue in your neighborhood. As I discussed in my last article, this issue victimizes residents in your community and is completely preventable. Theft from vehicles is an ongoing issue for the Edmonton Police Service. The EPS has numerous strategies in place to combat this issue, however, without your commitment to solving this issue, our efforts won't curb the problem. Theft from vehicles is an opportunity-based crime and just as offenders target easy residences, they also target easy vehicles. Here are some simple tips to prevent your vehicle from being targeted:

- Remove all of your valuables: backpacks, cell phones, purses, wallets, sunglasses, GPS systems, keys, iPods, computers, loose change, radios, shopping bags, and cigarettes.
- Never leave a spare vehicle key or house key in your vehicle.
- Store your valuables in your trunk, or completely remove them from your vehicle.
- Lock your doors, and roll up your windows completely if you park on the street, or park your vehicle in your garage.
- Protect your insurance and registration documents,

as well as your garage door opener. Carry them in your wallet, or conceal them. If you have a garage door opener stolen, ensure that you change your system so that the offender cannot access your garage or home.

- Install a car alarm, or use "The Club" to lock the steering wheel.

- Use locking screws for your license plate - they are available at downtown division or any community station.

I also want to take this opportunity to invite you to attend an event which I have been a part of planning, along with numerous community members. The Community Safety Initiative (CSI) Open House is being held at the Alberta Avenue Community League (9210 118 Ave.) on Saturday April 24, 2010, from 1-5 pm. This event is a large scale, family-oriented community event. A number of community based organizations, in partnership with the Edmonton Police Service, will speak and make connections with community members. The speakers and groups invited to the event all focus on crime prevention, community safety, and the active community safety organizations in District 1. At this time three keynote speakers have confirmed their attendance: the EPS Crime Prevention Unit, EPS V.I.C.E. Unit, and POHNA (Native Counseling Services focusing on Aboriginal youth gangs). Please come join us on the 24th of April.

Finally, there is a new crime prevention group growing in the Eastwood community. N.I.C.E (Neighborhood Improvement Committee of Eastwood) is a group working to prevent crime and reduce illegal activity in the Eastwood area and improve the safety of all residents and children. If you are an Eastwood resident and are interested in becoming a part of the solution, or require further information,

the next meeting is scheduled for Tuesday April 6, 6:30 pm, at Eastwood station. You may also e-mail the group at 4NICEastwood@gmail.com.

I would like to take this opportunity to extend an open invitation to join myself and other EPS members every Tuesday morning from 9:30-11:00 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Bring your questions and comments, or come in for a visit and coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

The Edmonton Police Service is proud of its partnership in your community. If you see a police officer, take the time to stop and say "hi". We work hard in your community to make it a safer place to be 24 hours a day, 7 days a week.

### EPS partner organizations:

Alberta Avenue Business Association (AABA)

City of Edmonton Avenue Revitalization Project

POHNA (Aboriginal group dealing with youth street gangs)

City of Edmonton Bylaw

Edmonton Transit System

Edmonton Fire Department

Capital Health

Capital City Cleanup

Edmonton Police Service Cadet Program



PETER GOLDRING  
Member of Parliament  
Edmonton East

## Moving Canada Forward

Our federal Conservative Government presented its vision for Canada's future in the 2010 Throne Speech, touching on the economy, families, seniors, our military, the Arctic, our Aboriginal People and Canada's place in the world.

When we introduced Canada's Economic Action Plan in 2009, in response to the worldwide recession, our Government took decisive steps to protect incomes, create jobs, ease credit markets, and help workers and communities get back on their feet. We are seeing modest improvements in growth and employment and we will finish the work begun last year.

Jobs and growth remain our Government's top priority. We are providing support to those communities and industries most affected by the downturn. Now businesses have begun hiring again, and more than 135,000 net new jobs have been added to the economy since July 2009. That means restored incomes, confidence and hope for the future for families across the country.

However it would be a mistake to declare that the recession is completely behind us. Too many Canadians are still out of work. Events beyond our borders could yet threaten a fragile recovery.

Our top priority therefore is to complete the second year of Canada's Economic Action Plan, continuing to create jobs and growth. We will work with our partners in the provinces and territories to ensure that projects are completed during the coming year, when the stimulus is most needed.

Our Government understands the hardships experienced by Canadian families affected by job loss. Unemployment continues to cast a long shadow over the economic recovery, and our Government will continue to work on job creation and job protection.

I think our Conservative Government has shown solid leadership in dealing with the worldwide recession.

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# Award winner Tracy Patience connects issues with the experts



## Resident Profile WITH HARVEY VOOGD

Tracy Patience believes that the real experts of a neighborhood are the residents.

In all her efforts, this neighbour continually seeks input and feedback from community members on issues, often going door to door.

In recognition of her commitment, Tracy received a Connect Award in 2009 in the Increasing Capacity category. The Award honoured her years of helping individuals learn new skills, encouraging participation in the community and fostering leadership development since she moved to Parkdale 17 years ago.

"I was working at Lurana Shelter at that time and so did not have a lot of money," says Tracy. "I needed to buy a house I could afford."

She was fortunate to find a real estate agent, Bill Maloney, who understood her financial needs, was committed to finding a good house in a family area and stayed in touch after her purchase.

"When I volunteered with the neighbourhood patrol, every time Bill was in the neighbourhood showing houses, he would stop and buy us coffee. Bill was

a wonderful guy who went the extra mile," says Tracy. "He would come by every year with a calendar and cookbook."

As part of the Neighborhood Patrol, Tracy mobilized residents to take ownership of their communities and be part of the solution to the issues we faced. She regularly encouraged politicians and lawmakers to patrol the neighborhood and get a first-hand view from residents. This involvement is only one example of Tracy's contribution to community initiatives.

As part of the Parkdale Community League, she organized a community resource fair to bring residents together and encourage involvement. In response to issues created by the proximity of Commonwealth Stadium, Tracy helped create the Stadium Issues Committee to address negative impact of Stadium events and create opportunities for community members to have a voice.

She has mentored residents who were concerned about negative activities such as bad development proposals or drug houses and coached them through the process to deal with these issues. Her work included organizing a "Johns go home" rally to empower residents around the issue of street prostitution, and community

clean-ups in Parkdale, encouraging residents to clean up their streets, and provided information on safe disposal of dangerous items.

She also began a safe neighbours program which identified safe businesses children could approach if they were feeling unsafe, as well as giving presentations on the program to local schools, community groups and the Edmonton Police Service.

When asked what motivates her community involvement Tracy mentions her love of people. But one person, Sheila Bowker, a well known community activist who died in 2004, stands out.

"If I had not moved here I would not have met Sheila who I loved and treasured," says Tracy. "Sheila could disagree with people and still work with them and earn their respect.

Whenever I have a tough community decision to make, I ask myself "What would Sheila do?"

Tracy's community work continues today with the Stroll for Liver, which is important to her on a personal level:

"My 68 year old mother has been waiting 15 months for a liver transplant," says Tracy. "She needs a living donor who has the same blood type and height. As a potential donor, Tracy has lost 30 pounds in the last 15 months, working out



TRACY PATIENCE WITH HER DAUGHTER AMANDA AFTER LAST YEAR'S STROLL FOR LIVER

three times a week at NAIT.

"Your weight affects the fat content in your liver and this is also a factor in whether one can be a donor," says Tracy. So Tracy works out and volunteers with Stroll for Liver to raise money for liver research.

She is also involved in the Optimal Housing Mix committee, a creation of the McCauley Community League, Community Action Project, and other communities.

Its goal is to have policies that spread all sorts of housing, be it private, non-profit, or group homes, evenly through

neighbourhoods.

"We want to push for a city-wide policy," says Tracy. "We may have a lot of social housing, but other neighbourhoods have lots of group homes, while others have none."

*The Rat Creek Press'* annual Connect Awards recognize contributions that support the growth of a strong, vibrant and well-connected community.

*For information on how to nominate your neighbour, a business or an organization, go to [www.ratcreek.org](http://www.ratcreek.org) This year's deadline is April 21st.*

## Nice Neighbour Recognition Award for February

CHRIS HAYDUK

It is time to announce the February winner of the CRUD (Community Response to Urban Disorder) Nice Neighbour Recognition Award. CRUD is pleased to introduce a deserving winner for February, Glen Simpson.

Mr. Simpson was nominated for his wonderful and regular helpful contributions to the Elmwood Park area where he lives. When I asked what Mr. Simpson does to make the community better, I ran out of paper while writing the exhaustive list. I was told that, "Glen is very pleasant and kind, he regularly blows the snow off of both sides of the block, and he will return after that and with a gas-powered blower and blow the snow off people's steps. He continually helps people with repair jobs and he helped one neighbour cut down a dead tree. He helped build a fence and with regular repair work around the house."

Mr. Simpson watches houses and feeds pets while people are away. One neighbour stated that he prevented a fire at her place, because he checked her wiring and discovered that some was shorting



CRUD'S BERT GREENSHIELDS (LEFT) AND CHRIS HAYDUK (RIGHT) PRESENT FEBRUARY'S NICE NEIGHBOUR AWARD TO GLEN SIMPSON (CENTRE).

out and starting to burn. Mr. Simpson is also recognized for mowing people's lawn in the summer. As I mentioned, this list can go on and on! When he is not busy with that, Mr. Simpson grows a garden and shares the produce with the neighbours. Mr. Glen Simpson does all of this work and refuses to take payment in any form.

I had the opportunity to speak with Mr. Simpson about being the award recipient this month. Not only is he a great neighbour, but he is a great advocate for the neighbourhood. Mr. Simpson said to me, "I was born and raised in this community. I moved away, but when my dad passed away 10 years ago, I bought his

house and moved back into the community. Everything that I invest into the community comes back." Mr. Simpson went on to say that he is continually speaking with his friends and people that he grew up with in the community, and trying to encourage them to move back. It is an honour to award this month's award to Mr. Glen Simpson.

The Nice Neighbour Recognition Awards are awarded once per month. To nominate your Nice Neighbour or for details on our other community building initiatives visit [www.crudedmonton.org](http://www.crudedmonton.org) for details. Nominations can be made at [info@crudedmonton.ca](mailto:info@crudedmonton.ca) or by phone at 780-996-4728.

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# Yes! You can achieve a SMART goal

A couple of days ago, I flicked on the television set and watched *The Hour* with George Stroumboulopoulos. Gene Simmons, the vocalist and bassist from KISS, entrepreneur of KISS paraphernalia, Simmons Records, and featured in the popular reality show, *Family Jewels*, attributes his success to his mother.

When he showed his mother his first ten million dollar check, Gene remarks her saying, "Vonderful," because she's Hungarian, "Pyrus... gree... vonderful... Now what are you going to do?" Gene credits her for his success because she encouraged him to continue to strive and have goals after he reached his first mark of success.

Gene's lucky. Many of us do not have as wonderful mothers or reach the heights of success that Gene has. Gene elaborated more about his philosophy of life in the interview: "Isn't life about striving? ... there's no such thing as winning. Shouldn't you do better than you did before? Because once you give up, you're just waiting to die." But some-

times people are stuck and are unaware of why they are stuck, or are aware but just don't know how to get unstuck.

"What gets in the way from you having assets?" My participants in the Me and Money sessions write it down, tear it up, and I put it under the Horse Chestnut tree in an alley close to Elizabeth Fry Society of Edmonton where I work. This can help them to create SMART (Specific, Measurable, Attainable, Realistic, Timely) objectives and use Eko Nomo's Asset Map adapted from the Department for International Development Sustainable Livelihood Guidance Sheets to achieve physical, social, personal, financial, and human assets.

Knowing what stands in the way of a person having assets is helpful to reduce barriers. In a workshop I took through the Centre for Racism and Culture, I labeled myself in terms of language, race, religion, education, immigration status, occupation, ethnicity, country of origin, gender, ability/disability, sexual orientation, family status; either in an inner

circle as having more power, or in the outer circle as having less power. It's important to understand my own personal history and also of people who may be experiencing oppression.

Shirley might be effervescent, smart, compassionate, and most of all, human—but her personal history affects her. She may look Metis but she doesn't wear it on her sleeve that she was born from a single Cree mother. Shirley's mother had three children from three different fathers, one of whom was Shirley's father, an African from the Bahamas. She doesn't wear it on her sleeve that she grew up on a reserve where crack cocaine is being sold on every corner and random gun shootings are a commonality. She doesn't wear it on her sleeve that she didn't get her GED until she was in her '30s. She doesn't wear it on her sleeve that her mother was a victim of sexual and physical abuse from a residential school. It's important for Shirley to know her own personal history, to heal from oppression and create a meaningful life.

One way Shirley is doing

this is by asset mapping where she is now in terms of financial assets: what her credit rating is, her income from her job, social assets (family support, friendships, groups she belongs to), personal assets (how motivated she is, how confident she is, how she feels about herself), physical assets (having access to a bank, living in a safe, comfortable home, having healthy food to eat), human assets (having an education, being able to get a job). We map it out, set objectives, and every month look at it to see if her SMART objectives are met or if they need to be changed so that there is more balance in her life. Dreams and goals like Gene Simmon's don't come without hope and trying. Shirley also has a treasure map of her dream to be a singer.

Treasure mapping is another way of making your dreams become a reality. Dr. Maria Nemeth, who wrote *The Energy of Money*, a spiritual guide to financial and personal fulfillment, describes treasure mapping as: "a graphic, colourful representation of your heart's desire. A treasure map is your

best effort to create a comprehensive, mental visualization of how your life will look when you have attained your goal. Ancient cultures, doing pictographs and petroglyphs, call this 'bison energy.'" Maria Nemeth describes goals in two ways: there are task goals and there are juicy goals. The task goals pave the way for the juicy goals.

Treasure mapping and asset building with SMART objectives are very important; basic needs must be met before we can work on dreams. WE need to make sure we have enough money each month, secure housing, access to health care, and are in healthy relationships. It's important that we know what our dreams are and have goals for today and goals for the future.

Shirley's taking singing lessons in addition to her full time job.

*Lisa Tara Eden is the financial literacy coordinator for The Elizabeth Fry Society. To find out more about Elizabeth Fry's Me and Money workshops call Tara at (780) 784-2203.*

## Repetition reception at the Stollery Gallery!

The Nina Haggerty Centre for the Arts relies on a number of volunteers who dedicate their time as mentoring artists. They are fortunate to have been embraced by Sherri Chaba, a recent Master of Fine Art, Drawing and Intermedia graduate from the University of Alberta who brings her experience and passion for sculptural and drawing/installation practice to the NHCA.

Since moving to the new space on 118 Avenue, Sherri has been working with Nina Collective artists Scott Berry, Christine Jarock, Kenneth Hayward, and Kevin Ashton at creating three-dimensional works for "Repetition," the most recent exhibit in the Stollery Gallery. With the creative assistance of Raj Bagwe, a volunteer artist who offers a background in architecture and design, simple, found materials such as blank buttons from the Re-use Centre, tree branches, and wire have been re-purposed and embellished upon. The final result; a showcase of installation works united by the theme of repetition.

You will have an opportunity to view these engaging installations, along with the works of Raj and Sherri from April 1 to 21, as the Stollery Gallery is transformed by intricate patterns of the third dimension.

Please join the artists at a free reception Thursday, April 8 between 5 and 7 pm at the Stollery Gallery, 9225 118 Ave.



**April 1-21, 2010**  
**Opening Reception:**  
**Thursday, April 8, 5-7 PM**

## Spotlight on Evangelical Baptist Church

**SPOTLIGHT**  
*on the Churches*  
WITH DEANNA COX

The Evangelical Baptist Church is located just south of the Yellowhead at 12317 82 St. They gladly invite you to worship with them on Sundays commencing at 9:45 am for Sunday School and then at 11 am for their morning worship service. Each Wednesday at 7 pm they also join for Bible study and prayer meetings. Although they currently do not have a website, they are available for calls at 780-474-4830.

I have noticed throughout my church reviews, the various names of the churches. I found it interesting to know that "Evangelical" actually is derived from the Greek word, *euangelion*, "good news", which was an early Christian description of their message and a term for the books – gospels – in which that message was recorded.

Isn't it nice to hear "good news"? Sometimes it is difficult to watch the evening news or to pick up the newspaper in the morning. It is not often that the front page or headlining story is "good news." In fact, it becomes somewhat depressing to be blasted with all the wrongs and misfortunes of the world. It creates negativity in life by the constant bombardment of "bad news."

I am appalled at the recent signages in Edmonton that are promoting a certain radio station – is this what we want our children to read every morning on the way to school? Is this what we as proud Edmontonians want visitors to think reflects our morals? It is so important to

know that there is "good news" and there is hope and those of us who have already found this out need to step up.

When you attend Evangelical Baptist Church you will surely find this out! They are simply a hope-filled group, with warm handshakes and genuine characters. They offer this "good news" throughout their worship service and it is so important to feel this at least once a week (I say everyday, but absolutely on Sundays). Burdens tend to bear down on us throughout the week, people handle life's problems differently, Christian or not. But there is a release felt that can only be described as peace when attending service at Evangelical Baptist. Yes there are world issues that aren't so pleasant, but at this church they would rather look for a solution, give support, join in prayer and call on God's promises.

This week the *Rat Creek* is focusing on writing – in our Bible (NIV) John 8 records the only "scene" of Jesus writing. John 8:5 – 11 reads, "In the Law Moses commanded us to stone such a woman. Now what do you say?" They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her." Again, he stooped down and wrote on the ground.

At this, those who heard began to go away one at a



EVANGELICAL BAPTIST CHURCH

time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

"No one, sir," she said.

"Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

What do you think Jesus wrote that day? I'd love to hear from you! Email me at [dlc@astelier.com](mailto:dlc@astelier.com) with questions, prayer requests or just to chat.

I'd also like to share a really awesome contest from Shine FM that I know could benefit some of you. Is your backyard in extreme need of a makeover? Post photos of your unsightly yard and give an explanation as to why you need help and you could win over \$20,000 worth of backyard renovations. With the blooming of our wonderful neighborhoods this spring it would indeed be a joy to win! Visit [Shinefm.com](http://Shinefm.com) for further information and to submit your picture by April 2/10!

Please join with me next month as we journey to Edmonton Crossroads Community Church for afternoon services at 3 pm. They are located at 11661 95 St. I hope to you see you there!  
[dlc@astelier.com](mailto:dlc@astelier.com)

# COMMUNITY CALENDAR

## ART & THEATRE

### THE CARROT'S VISUAL ARTISTS COLLECTIVE

Second 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.

## MUSIC



### PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus at 780-479-1330

### PIANO LESSONS IN YOUR HOME

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

### 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 pm  
**Seniors Drop-In:** Tues and Thurs 1-5 pm  
**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 Mondays, 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.

### CARDIO SHIMMY

Every Tuesday evening 7:30 to 8:30pm at Bedouin Beats Dance School (11804 94 St). Kick your workout up a notch. This upbeat and electrifying workout combining shimmies with other basic bellydance technique is guaranteed to make you sweat. Fast footwork and fun combinations help to build core strength and endurance. \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

### BELLYDANCE FUNDAMENTALS

Tuesday evenings 8:30 to 9:30pm and Wednesday evenings 6:00 to 7:00pm at Bedouin Beats Dance School (11804 94 St). This fitness and technique class is designed for all levels, from absolute beginners through to advanced. A great way to improve your coordination, balance and flexibility, and to increase your strength and develop better bellydance technique. Drills! Drills! and more drills! \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

### TAI CHI

Sunday afternoons noon to 1:00pm at Bedouin Beats Dance School (11804 94 St). This is a general Tai Chi class meant to give you a taste for the art and the benefits of the practice. Using the Yang style short form as our basis, you will learn to loosen the waist from the upper and lower body, to move the hands and feet independently but simultaneously, to control your breathing and ultimately how to move slowly and smoothly (the art of Smoothment). \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

### CARROT WRITERS' GROUP

Every Tuesday 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 2pm to 3pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play a game or just visit over coffee and snacks. Then peruse the farmers' market.

### 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), 11661 95th St, Ph 780-474-4324. Drop-in hours: Monday through Friday 9:00am - 4:30pm and Friday night 7:00pm - 9:30pm

### ST. FAITH'S

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

### BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on second Thursday evening of each month from 7pm to 9pm for Book Club! Lively discussions, humor, and enlightenment! For more info, call Ann @ 780-752-4867.

### COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Please join us, bring your questions and comments, or come in for a visit and coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

### ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3), 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

**THURSDAYS:** Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones Ph: 780-752-4867 Email: windsorhouse@shaw.ca

**FRIDAYS:** Live music, 7:30pm-9:30pm \$5 cover charge

**SATURDAYS:** Open mic 7:30pm-9:30pm. Music, spoken word, comedy, plus every Saturday great cinnamon buns!!!

## 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

Now settled into our new home on the Ave, extended hours for the Stollery Gallery are in the works. That is where you come in! The Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more information on volunteering at the Stollery Gallery, please contact Anna at volunteer@ninahaggertyart.ca

### 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

### EASTWOOD COMMUNITY GARDEN

If there are any community members interested in starting or being involved in a community garden please email Eastwood Community at ewcl@telus.net or call the League at 780-477-2354

### INNER CITY SCHOOL CLOSURES

Keep up to date with developments on the proposed closures of three Edmonton Public inner-city schools.

Go to <http://districtseven.weebly.com>

### SATS BOARDROOM AVAILABLE FOR RENT

Seniors Assisted Transportation Society of Greater Edmonton (SATS) located at 9907 108 Ave. has a Board room for rental. SATS charges \$100 for a business to rent the board room a day and \$50 a day for non-profits and charities. A deposit of the same amount is needed to hold the space, in advance of the rental. The Board room is 380 square feet with a large Boardroom table with 12 chairs around it plus four desks and 20 chairs. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

### FARMERS' MARKET

Every Thursday from 2pm to 6pm 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](http://www.albertaave.org).

### CRUD AVENUE DOG WALKING GROUPS

CRUD's Avenue Dog Walking group meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. CRUD's second Avenue Dog Walking group meets at 7:00 pm every Wednesday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. Contact CRUD at info@crudedmonton.org. Please note: If the temperature is below 15 degrees with wind chill or pouring rain the walk will be cancelled.

### CRUD COMMUNITY DINNER CLUB

Join CRUD's monthly Community Dinner Club. Meet neighbours and friends while exploring a variety of wonderful cuisine on the Avenue. Open to all but seating is limited and RSVPs are required. April dinner location and date to be announced. Check the website for details. [www.crudedmonton.org](http://www.crudedmonton.org)

## CHURCH SERVICES

### AVENUE VINEYARD

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

### 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 am

### 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

### BETHEL GOSPEL CHAPEL

11461 95 St, 780-477-3341 Sundays 9:30 AM - Communion; 11:00am - Family Bible Hour



**SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to [www.epl.ca](http://www.epl.ca) for more program details**

## Children

### Aboriginal Family Storytime

11:30 am Fridays, January 8 to May 28, 2010 Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

### Sing, Sign, Laugh and Learn

10:15 am Tuesdays, April 6 to May 11, 2010 Call 780-496-7099 to register. For children birth to three and a grown up who loves them. Join us for singing, rhyming and signing. Parents will learn strategies to engage their child and enhance their communication and development. This program is suitable for all children including those with developmental delays.

### Silly Saturdays

2 pm Saturday, April 10, 2010 2 pm Saturday, May 8, 2010 Ages: 3 - 6 years Call 780-496-7099 to register

Kids, come to our Silly Saturdays! We'll have crafts, stories and games; lots of fun adventures for you and your friends. Information about each program will be available at the branch.

### Calling All Homeschoolers

2 pm Tuesdays, April 13 to May 18, 2010 Ages: 5 - 12 years Call 780-496-7099 to register. Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.

### Claymation Workshop

2 pm Saturdays, May 15 to 29, 2010 Ages: 8 - 14 years Please call 780-496-7099 to register This workshop will introduce you to the basics of animating with clay. Create a character and make it come alive with stop-motion animation. Participants are expected to come for each week of the session they register for.

## Teens

### Teen Gaming

6:30 pm Fridays, Ages: 12 - 17 years Please call 780-496-7099 for more information. Come to the library to play some great games!

## Adults

### Cafe Anglais - English Conversation Club for Newcomers

6:30 pm Mondays Call 780-496-7099 for more information 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 pm Wednesdays This women's community group comes together every Wednesday to enjoy some crafting and practice their English conversation skills. If you have something you're working on, feel free to

bring it along.

### English Conversation Circle (LACE Program)

10:30 am Saturdays. Free of Charge. Drop-In. Practice your English at the library. 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.

### Stories from the Heart of the City

1:30 p.m. Thursday, April 15, 2010 1:30 p.m. Thursday, May 20, 2010 1:30 p.m. Thursday, June 17, 2010 Drop-in, Free of Charge. All are Welcome! Come and tell your story, and hear stories about interesting people who lived here over the years.

### Early Literacy Information Session for Parents and Caregivers

2 pm Saturday, April 17, 2010 Ages: 18 - 50 years Call 780-496-7099 to register. Did you know that babies learn about literacy right from birth - and that you are your child's first teacher? It's never too early to help them develop literacy skills that will help them with reading, school, and more. Join us as we learn ways to incorporate early literacy skills into everyday routines through books, songs, and rhymes. Babies welcome!

### How to Choose Books for Young Children

2 pm Saturday, April 24, 2010 Call 780-496-7099 to register. Not sure how to choose age-appropriate books for young children? Library staff will present titles from '100 Books to Read to Your Child Before Starting School' and explain what qualities makes a book the perfect match for your baby, toddler or preschooler.

# I believe in 118 rally



CONCERNED RESIDENTS GATHER AT THE I BELIEVE IN 118 RALLY FOR A SAFER COMMUNITY MARCH 18

NET SUPPORTERS RAISE AWARENESS OF THEIR ANTI-DRUG PARAPHERNALIA AND WEAPON CAMPAIGN AT THE I BELIEVE IN 118 RALLY FOR A SAFER COMMUNITY MARCH 18



THE MYRHE'S ENTERTAIN THE CROWD AT THE I BELIEVE IN 118 RALLY



ARTIST LORI YOUNGMAN POSES WITH HER PAINTING-IN-PROGRESS AT THE I BELIEVE IN 118 RALLY

**nice neighbour**  
RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for the monthly **Nice Neighbour Recognition Award**.

For further details contact CRUD.

COMMUNITY RESPONSE TO URBAN DISORDER  
T: 780.996.4728 | email: info@crudedmonton.org  
www.crudedmonton.org

**Register NOW!**

**LITTLE LEAGUE BASEBALL**

**Saturday April 3. 12:00 - 4:00 p.m.**  
Ottewill Community Hall - 5920 93A Ave.

**Sunday April 18. 3:00 - 6:00 p.m.**  
Concordia High School - 7128 Ada Blvd.

[www.edmontonlittleleague.org](http://www.edmontonlittleleague.org)

**Proud to Live In Ward 3**

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

Phone : 780.496.8333  
Email: tony.caterina@edmonton.ca  
www.edmonton.ca

**David Suzuki Book Swap**  
*Swap-A-Book, Recycle-A-Book*  
for Earth Week!  
10am-6pm, Saturday, April 24

**Book Launch!**  
**"The Doctrine of Affections"**  
April 15, 7pm - 9pm  
By Paul Headrick of Vancouver

A night of compelling short stories and music.

**Hello Highlands-Norwood!**

I would like to thank all of you who were able to attend meetings at Eastwood, McCauley and Parkdale schools earlier this month. It's warming to see so many in the community come together to support our schools. Having these schools remain in our neighborhoods is integral to the revitalization efforts here and I will continue to advocate that they stay open for our kids. Please contact me at 780.414.0682 for more information on how you can get involved in saving our schools.

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

**Visual Arts Collective**  
Watercolour portrait demonstration by Henri Yauck.  
(Bring your watercolour paints, brushes and watercolour paper.)  
**April 14, 7pm - 9pm Wed. FREE!**

**Rent The Carrot!** Call Irene 780-471-1580  
780-471-1580 9351-118ave www.thecarrot.ca