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That Bloomin' Garden Show: inspiration to green (and not-so-green!) thumbs

Saturday, May 8, 2010

9:00-9:45 am	IT'SY BITSY TINY WEENY, WORMY, SQUIRMY, GARBAGE EATERS! Worm Composting Workshop – Mark Stumpf-Allen <i>Registration required judy.allan@edmonton.ca</i>
10:00-10:45 am	BOUNTIFUL BLOOMS FOR 2010 NEW SEEDS McKenzie Seeds – Laura Prins
11:15-11:45 am	GREENER GREENS: GROWING THE ORGANIC WAY InstaGrowth, Ken Campbell (Agronomist)
12:00-12:45 pm	A BUSY BLONDE AND HER BUZZY BEES Lola Canola – Bees and the Garden
1:00-1:45 pm	TO SQUASH OR NOT TO SQUASH Beneficial Bugs in your yard – Mike Jenkins
2:00-2:45 pm	NO MORE WEED AND FEED !! NOW WHAT????!! Panel of Specialists
9:00 am-3:00 pm	BLUEBIRD HOUSE CREATIONS – Andrew Stiles For everyone!
9:00 am-3:00 pm	GRANDMA WILLOW'S ART & PLANTING WORKSHOPS Free all day fun!

MARI SASANO

Anyone who has seen the changes in our neighbourhood in the last few years knows that there is tremendous potential here for a healthy community. According to master composer Mark Stumpf-Allen, that potential is literally under our feet:

“Absolutely! Edmonton was built on top-quality agricultural soil, and older neighbourhoods are right on top of it. Newer areas are built on compacted clay— they take away the topsoil and sell it.”

The beginning of a wonderful garden is just waiting for us, right in our backyards. But it was back alleys— an often neglected and unsightly part of our properties— that inspired the Avenue Initiative and Arts on the Ave to start That Bloomin' Garden Show, held this year on May 8 at the Alberta Avenue Community Hall (9210 118 Ave).

“The idea was to encourage people to spruce up their back alleys and by educating them about gardening; the first event was called Those Bloomin' Back Alleys. It took off and people loved it. Since then it's grown to an event that

celebrates what we receive from the earth, and creativity in general,” says organizer Christy Morin.

The show promises to be a complete experience, with plants, art, and classical music. You'll have a chance to enjoy complimentary tea and snacks, swap seeds, perennials and gardening magazines. Local horticultural organizations will be on hand to answer your questions, or you can take part in workshops that go on all day. Grandma Willow will be there to help kids plant their first plants. Or you can shop at a garden market for fresh produce and crafts, right in time for Mother's Day.

But most of all, it's a chance to meet your neighbours and share in a simple pastime that is enjoyable to all, says Morin.

“You don't have to have any level of experience; we try to meet different levels. That's one of the great things about gardening: the earth is such an equalizer. It's a chance to come and ask questions and learn.”

Gardening, she explains, is a great way for people to unwind in our busy lives. We have no choice but to slow down, when we are forced to

meet nature at her own pace. For Stumpf-Allen, it's a way to literally reconnect with the earth.

“We've lost a lot of knowledge from the olden times, how to keep the soil fertile. At the garden show, we address how to turn the soil into a quality growing medium. It's all from the ground up, starting with the soil to discover a healthy way of growing things and create beauty in our environment— not just in the garden, but the arts as well.

“My passion is the soil. It's the way my being connects to the earth; it's a link to my spirituality.”

And in this age of pesticides and contaminated food scares, it doesn't sound like a terrible idea to return to your own garden. The best thing is, it's economical and kind to the environment.

“I really hope people find one or two small things they can do around their home to connect with the soil, to art and beauty. Find a way to change to a healthier, greener, sustainable way of living. I hope that people can find peace in their gardens, and connect with other people who share the same passion.”



Judy Allan



Judy Allan



Judy Allan

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Editorial meeting

Are you interested in writing for the Rat Creek Press? Come meet with the team at the editorial meeting on Tuesday May 4, 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.

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More board members welcome.

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

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

Want to get involved with your community? Start in your backyard.

EDITORIAL WITH MARI SASANO

Gardening is one of the most popular of pastimes, and it's easy to see why. Most people, at some time or another, are put in charge of mowing a lawn or clearing weeds from a young age. It's a chore that easily becomes a peaceful break from a hectic life, and there is so much to enjoy from even the simplest garden.

Who can resist a sun-warmed raspberry patch in the height of summer? What's more cheering than a vase of mixed blossoms cut from the yard? There is something very satisfying about seeing the results of a season's worth of effort come into bloom—literally, the fruits of your labour. And anyone who has plunked a tomato plant into their back yard marvels at the

superior flavour of a home-grown fruit over the tough, watery produce from the store.

These are the pleasures, but there are more profound implications. Gardening puts you, in the most elemental kind of way, in touch with you community. It's the ultimate in local living. When you garden, you literally get in touch with where you live, from the ground up.

It gets you in sync with the seasons, the peculiarities of your climate—even a backyard has more than a few different micro-climates, areas of variable shade/sun, moisture, and temperature. Plants that work in one yard fail to grow in another; it's nothing personal. You just get what you get, and you have to learn to love it, nurture it, and make it your own.

There are as many different kinds of gardens and techniques as gardeners, but it's forgiving: as an activity, it can accommodate youth,

age, physical ability, knowledge. Plants want to grow and thrive; they evolved over millennia to survive in their specific environment. And though our environment is often harsh with our cold winters and hot summers, even here there are plants that prefer the extremes

as guidelines. Besides, if you talk to any gardener, you'll hear the same thing over and over: there is no such thing as failure, just learning experiences. The rest is patience, rain and sun.

You'll also notice that the people most passionate about the environment are farmers and gardeners. If anyone has a vested interest in clean air and water and stable climate, it's the ones who understand and see the impact that human activity has on the simple things that make—or prevent—things grow. That's because gardening teaches us that we are a part of a greater ecosystem, and that we don't dictate the limits of what that ecosystem is capable of doing. We only coax things out of the ground, with respect and hope. We are at nature's mercy, but we are also nature's guardians. It's humbling, and we need to be humbled once in a while.

“there is no such thing as failure, just learning experiences. The rest is patience, rain and sun.”

over a more temperate climate.

But there are always surprises and exceptions. That's another thing: you won't know until you try. After all, it's a long-term project, a never-ending experiment that doesn't see rules as the law, but rather

Edmonton Meals on Wheels' Grow a Row program seeks your garden excess

MARI SASANO

At the end of a growing season, many gardeners face the challenge of what to do with that extra several pounds of veggies. Rather than it go to waste, Edmonton Meals on Wheels would like to take them off your hands and turn them into part of a healthy meals for their clients.

“It's a call to action for local gardeners and farmers to donate their excess produce to us. If you have any spare time and space, we're asking you to dedicate a row of herbs, vegetables, or fruit and bring it over,” says Katherine Dalusong Fund Development & Recruitment Coordinator for Edmonton Meals on Wheels.

In exchange, Meals on

Wheels is offering gardeners compost produced from kitchen scraps.

Last year, gardeners, farmers and U-picks provided 1860 lbs of fresh fruit and vegetables, and one local egg farmer donated fresh eggs. This harvest goes into the 200 to 400 meals a day that the organization delivers to the elderly and housebound.

“Every little bit counts, and our clients love to have fresh, seasonal vegetables. Meals on Wheels promotes healthy eating, and locally-grown, seasonal produce is part of that.”

Interested gardeners should call 780-429-2020 for more information, or drop in at the Meals on Wheels offices at 11111 103 Ave.

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Parkdale-Cromdale community league news

Spring BBQ at Parkdale-Cromdale

Join us May 2 from 1 to 4 pm at Parkdale-Cromdale Community Hall at 11335 85 st. for our spring BBQ and to support our community's Capital City Clean Up volunteers. BBQ, crafts, games and more! Come meet your neighbours and say hello to spring. If you would like more information on either event or would like to volunteer, please contact info@parkdalecromdale.org or 780-471-4410.

Playgroup

Parkdale-Cromdale Community League is starting up a playgroup. Please join us at the hall Fridays from 10 am to 12 pm starting May 7, 2010. Bring your kids, snacks and ideas, and make friends while sharing in activities, adventure and fun! Contact infor@parkdalecromdale.org or 780-471-4410 for more information. We are also looking for donations to help set up the playroom. Gently used toys (big and small), books, music, craft items, paints, paper... anything to add to the fun!

Community Garden Committee

Parkdale-Cromdale Community League is starting a community garden committee. The committee will start the planning process to begin a garden for 2011 and also plan other activities such as seed and plant exchanges, workshops, and activities for kids, as well as updating the flower beds around the Parkdale-Cromdale Community Hall. Contact infor@parkdalecromdale.org or 780-471-4410 for more information or to be involved in the next issue. New Board members are always welcome!

Calling all artists: the Avenue wants YOU!

MARI SASANO

The Avenue Initiative is seeking artists for a new program to help beautify 118 Avenue.

"We're looking to partner young artists with more experienced artists to paint the electrical boxes along the Ave," says Judy Allan, the Avenue Initiative Revitalization Coordinator. Youth artists will be paired with established artists for the project, which will begin in June.

Interested artists should contact Judy Allan, 780-496-1913 or email Judy.Allan@edmonton.ca

CRUD Annual General Meeting

Community Response to Urban Disorder (CRUD) is a not-for-profit community building organization that supplies a framework of new and proven methods to help community members enjoy, treasure, and use their public space.

CRUD will be hosting its 2010 annual general meeting (AGM) on Sunday, June 6th at 1:30 pm-3:30 pm, at the Carrot Coffeehouse (9351 118 Ave). Light refreshments and snacks will be served.

<http://crudedmonton.org>

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JAN BUTERMAN

Local parent Sherri Stephens never expected to become an activist until plans to close local schools changed everything.

She first heard about possible closures through Parkdale School's Parent Council. "I think if I wasn't involved with Parent Council, I wouldn't have realized the importance of this issue. Council helped me feel like I was on the inside track."

Starting small, Stephens wrote a letter, sending it to everyone she thought could help. She talked to people in person, through email and on Facebook, learning about more people she should contact. She received responses from only a few people. "But that made me feel really good," she said. "I didn't really expect to hear back from anyone." Stephens describes herself as green, or new, at activism. "I hadn't done this before, and my perception was that if they were read, they were read and filed," she said seriously, then grinned and added, "And I don't mean filed in a file folder."

Stephens claimed connecting with others was crucial. "A lot of people I talked

Growing an activist

to were very encouraging," she said. "They reminded me that if we didn't try, nothing could change." Stephens said that email and Facebook were two particularly good ways of connecting, making it easy to ask questions or clarify information quickly. She even chose to join the online discussion at the *Edmonton Journal* by commenting on some of the stories carried there. "Without the Internet, I would have thrown up my hands," she said, using the example of designing a good rally sign. "I read a few articles from different places about rallies and researched slogans other people used at school closure protests before making my own signs."

Attending her first school board meeting was an eye opener. Thanks to the school closure struggle, Stephens says she is more aware of the process. "I know now that people can be involved," she said. "I just wasn't aware that anything that went on in the Blue Building was a matter of public record—anyone can go there and see what's going on."

Her daughter Carlee, grade five, was also inspired to get involved. Without prompting from her parents, Carlee wrote a letter to

Minister of Education Dave Hancock, helped make posters with her Out of School Care classmates and posted them along 118 Avenue, and even participated in a dance performance at one of the two rallies she attended.

Stephens found the timelines for school closure meetings frustrating. "It felt like they weren't listening," she said of the Board. "The process was so rushed. How could we have gotten our game plan together in that time?" Still, she was impressed by how many parents still come to board meetings even after their schools closed in years past. "That encourages me," she said, "because they're people still willing to be involved even though they already lost."

By the end of the seven-plus hour school board meeting in the early hours of April 14, Stephens had had enough of activism, but a couple of nights' rest saw her enthusiasm return. Knowing more closures are in the works, she plans to continue attending board meetings to keep an eye on things and stay involved. "I set my Facebook status to say that though we lost this battle, we certainly haven't lost the war."

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AABA
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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

It's Large Item Pick Up time!

DAWN FREEMAN

The City starts its Big Bin season in May (go to www.edmonton.ca/waste for details), and that means Large Item Pick Up time!

The Avenue Initiative Safe Streets Working Group is once again organizing a Large Item Pick Up for Saturday, June 19. Community volunteers will rent trucks and collect registered large items from their neighbours to drop off at the Big Bin site located that weekend at Northlands.

This service is for large items only; no renovation debris, garbage, garden waste or building supplies will be collected. All items need to be beside the alley before 8am of pick up morning and clearly labeled.

Residents will be charged \$10 per item, or \$20 for 3 items to be paid in advance of pick up day. For more than 3 items an additional \$5 per item will be charged. This is an increase in price from last year, say organizers, but they feel it is still an excellent price for getting unwanted large items taken away. People need to live in one of the following communities to take advantage of this event: Spruce Ave, Westwood, Alberta Ave, Eastwood, Parkdale-Cromdale, Delton and Elmwood Park.

Registration will only be taken this year in person with payment collected at the same time at the dates and times listed below. Registration is first come-first serve and may be closed early.

If you have questions please contact Dawn at safeststreets118@gmail.com or call and leave a message at the Rat Creek Press phone, 780 479-6285. Registration will not be taken over the phone or by email however – this is for questions only.

Large Item Pick Up registration and payment days:

The Carrot Arts Coffeehouse (9351 118 Ave)

Tuesdays June 1, 8, 15 from 10am to noon

Wednesdays, June 2, 9, 16 from 6pm-8pm

Saturdays, June 5, 12 from 2pm-4pm

1 large item: \$10

3 large items: \$20

Additional items over 3: \$5 each

Cash Payment Only

Car sharing an option for eco-conscious drivers

GRAHAM WATT

Not long ago I decided to buy a car. I knew what kind, how much cargo space, and what fuel efficiency I wanted. I was still calculating how much I could afford when I came across the advertisement from a local auto dealer: "YOUR CAR IS STEALING FROM YOU." That stopped me cold.

What if I didn't really need a car? I changed gears. Instead of learning how to buy a car, I researched how to live without one. According to the Canadian Automobile Association, an average auto user in Canada would spend between \$6500 and \$8600 per year depending on the type of car, location, and amount of driving.

Those numbers seemed a bit high for me. I ride my bike to work and for errands most days. Now and then I rent a vehicle for out of town meetings or to carry big purchases. But once I added the cost of insurance, depreciation, servicing, fuel, and other costs, even my minimal usage would put my costs over \$5000!

Looking into alternatives, I found the website of the Car Sharing Co-operative of Edmonton. Soon after I went to a social event for existing and potential members, where I asked Co-operative board members Doug Bailie, Myles Kitagawa and Anna Vesala questions I needed answered before I joined.

My first question was, "So how much does this cost?"

Initial application and administration fees add up to \$80, and refundable "shares" cost the first person in a household \$400. After that, monthly access is maintained with \$10 per month, and vehicles cost only \$2.50 per daytime hour plus 40 cents per kilometre (including gas). I did the math: my amount of use would cost less than \$900 per year, with much of that use paid for by work—"instant savings" of over \$4000.

My second question is "Will it work for me?" Are there cars available in my neighborhood when I need them?

Not quite yet. Currently, the Car Sharing Co-operative has one vehicle in the Oliver area and another in Garneau. Not too far for me to bike or take transit. However, they are planning on expanding their fleet to new areas and would like to put one or more cars in the Alberta Avenue area as interest grows, so it will become increasingly convenient here.

For those who live near the existing cars, it works quite well. Even busiest members have access to a car 95 per cent of the time when booking with the online calendar shortly ahead of use. It is also ideal for families who have one car but need a second car occasionally when the first one is busy.

In other cities, car sharing co-operatives work for businesses, colleges and city employees. For example, the Co-operative Auto Network (CAN) of Vancouver now manages the regular fleet for the City of

Vancouver at a much lower cost than the city could, according to Tanya Paz, CAN Director of Client Relations and Development.

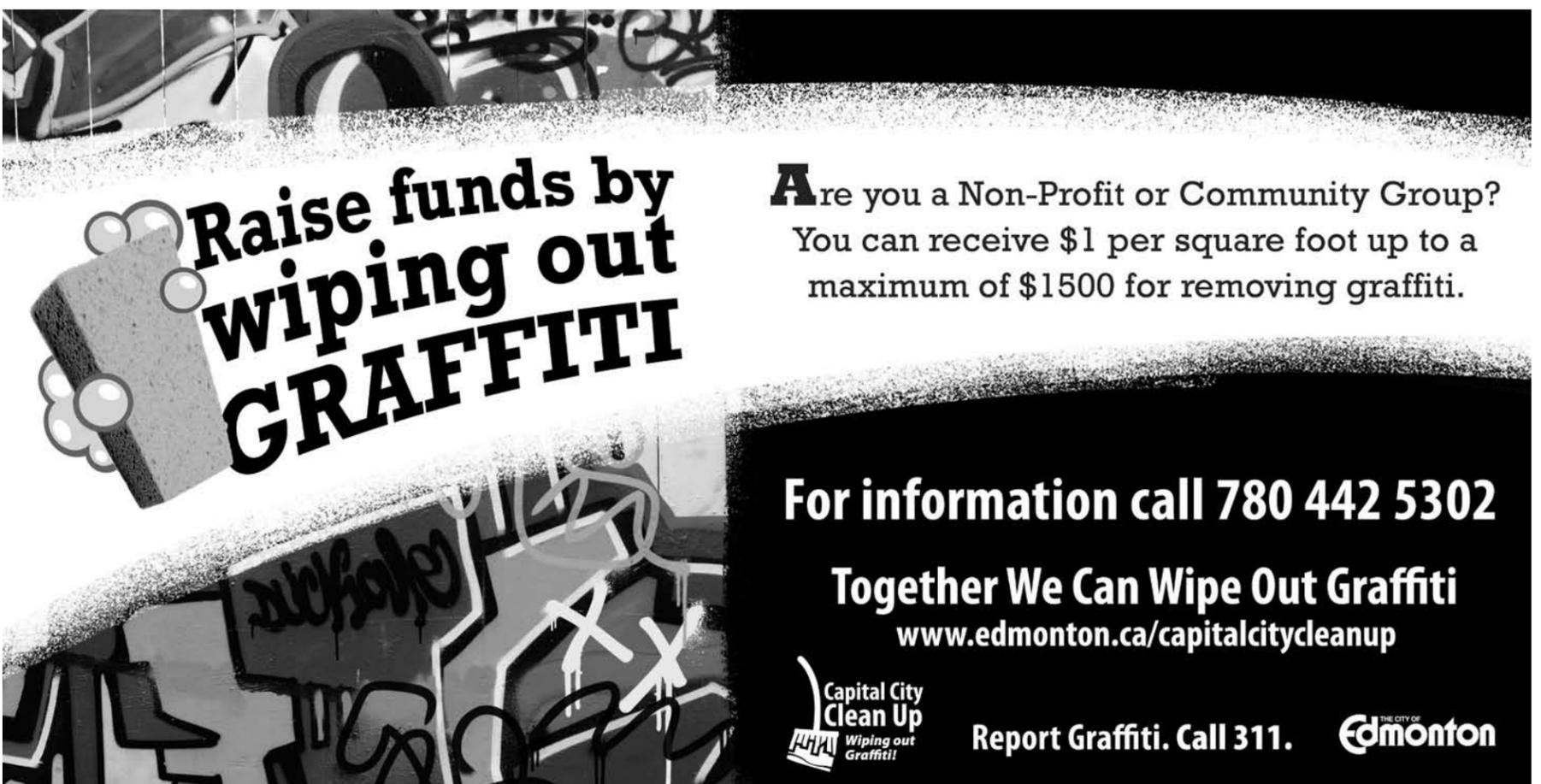
Car sharing also works to build community, reduce car use, and reduce carbon dioxide emissions while filling a gap in people's transportation options. "What we realized, early on, was that people don't need a car, they need access to a car as part of a suite of transportation options," explained Rick Hutchinson of San Francisco's City Carshare.

"What will I be driving?" Right now, the Co-operative has a Toyota Tercel and a Mazda 626. New purchases will depend on the members' interests. In other cities popular choices include the Toyota Prius, Toyota Yaris, Mazda 3 and 5, and Ford Ranger/Mazda B-Series trucks.

As you can probably tell, my questions were answered, and I'm joining the Car Sharing Co-operative of Edmonton. I even went to a car-sharing conference on their behalf and will be leading the charge for establishing vehicles in the Alberta Avenue area. There will be a meeting for anybody interested on Tuesday, May 11 (location to be determined). You can visit the Car Sharing Co-operative Website (<http://www.CarShareEdmonton.ca/>), email them (info@carshareedmonton.com) or contact me (graham.watt@nswa.ab.ca) for more details.



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www.edmonton.ca/capitalcitycleanup

Capital City Clean Up
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Report Graffiti. Call 311. 

BUSINESS SPOTLIGHT

Herb's Gardening

Laurie Tod

Is your yard in need of some maintenance? Tired of cutting your grass? Do you need flower beds dug? Does your garden need to be rototilled? If you answered yes to any of the above, let Herbs Gardening to take care of your yard and garden needs.

Herbs Gardening is owned and operated by local resident Alan Inkster. Alan has been offering lawn care for over 10 years. He moved into the community about four years ago and says he loves the neighborhood.

Herbs Gardening offers a Spring Cleaning Service that includes power raking, sidewalk

edging, cleaning out flower beds, first cut and fertilizing of your lawn.

Basic yard maintenance such as lawn cutting is also available weekly, bi-weekly or monthly. Alan also offers snow removal services, not that we want to talk about that at this time of the year! He services the Edmonton area. Call or email for standard quotes on your yard today!

Herb's Gardening
herbsgardening@shaw.ca

780-966-3424



Sab-Ty Construction Inc.

Laurie Tod

Sab-Ty Construction is a new business in the Parkdale Community that has been operating since December 2009. It is owned and operated by local resident John Martin. John is a finishing carpenter and brings 15 years of construction skills and knowledge with him. He has worked on custom homes and older homes, from pouring concrete to inside finishing, framing, and much more.

John is a general contractor specializing in custom carpentry, and hardwood and laminate flooring. Some of the contracting services Sab-Ty Construction offers for the exterior of your home are window and door replacement, fences, and decks. John said they will take on all jobs and he is connected with great subcontractors to ensure every aspect of the project is done right the first time.

When I asked John what he likes about the neighborhood



he said knowing all of his neighbors. He has lived in the community for 10 years and likes the sense of family it offers. He has noticed positive changes over the last few years.

John's business philosophy at Sab-Ty Constructions is simple, "Work on every house like it is your own." And when completing a job he said he thinks to himself, "Can I live with this?" What a great work ethic!

Sab-Ty Construction Inc.
sab-ty@hotmail.com

780-906-7754

GOT COMMUNITY NEWS?!

CALL US!
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Theatre Prospero Presents William Shakespeare's

A Midsummer Night's Dream

May 22, 2010 at 7:30 pm
The Alberta Avenue Community Centre 9210-118 Ave.
Tickets \$12 (+GST) *Group Rates Available*
Call 780-477-2773 ext. 107 to book!

that **Bloomin'** garden show & art sale

Saturday, May 8, 2010
9:00 am - 3:00 pm 9210-118 avenue
Alberta Avenue Community Centre

Workshops, Plant & Gift Sale
Kids Activities

All events are free! Donations welcome

9:00-9:45 am	IT'SY BITSY TINY WEENY, WORMY, SQUIRMY, GARBAGE EATERS! Worm Composting Workshop - Mark Stumpf-Allen <i>Registration required judy.allan@edmonton.ca</i>
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PLANT SALE
INFORMATION BOOTHS BY LOCAL HORTICULTURAL ORGANIZATIONS
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Heart of the City bring inner city artists together

MARI SASANO

Several years ago, the Bissell Centre released Patchwork, a compilation of music performed by some of the musicians that played at its open mic nights. The success of that inspired a few people to create an event to showcase the talent that would show up at those open mics: the Heart of the City festival.

"It was an outlet for musicians, so a group started the festival to give musicians of the inner city the opportunity to access some stage time. Out of that, we've expanded our boundaries to include the downtown core, and for the first time this year we're a two-day event," says organizer Katrina Bray.

The free, family-friendly

festival includes music of all genres by musicians living east of 124 Street, west of Wayne Gretzky Drive, south of the Yellowhead and north of the river valley. The festival runs June 5 and 6 at Giovanni Caboto Park in Little Italy (95 Street and 108 Avenue).

Visual artists will be showing and selling their work in tents, and this year there will be workshops so that festival goers can have a try at making art themselves. Artstart will provide activities for kids as well.

Musicians are selected through auditions, which are meant to be inclusive of a range of styles and abilities. However, the festival is also a chance to see some professional musicians who live within the boundaries.

Bray hopes that Edmontonians not familiar with our area will appreciate the variety.

"There are a lot of professional musicians living here, which helps to dispel the preconceptions about the inner city. It's a diversity of experience and backgrounds."

The location should also encourage people to check out local businesses in the McCauley area.

"We'd like people to come away having celebrated art in our community. It's really grassroots; a chance for artists to get exposure, for audiences to enjoy the music and art, and for everyone around the city to know that there's this great vibrant community."



BETH HOTLBY BAND PERFORMS AT LAST YEAR'S HEART OF THE CITY FESTIVAL

The curtain rises on Caught in the Act

MARI SASANO

It's no secret that there is a growing concentration of artists in our area, but until now there have been few opportunities outside of the festivals to showcase live theatre. That has changed, with Caught in the Act, a series of plays taking place in the neighbourhood this spring and summer.

"Because of the bubbling cauldron of theatre genius in this area, there were a lot of people who wanted to create plays up here," says actor/writer/director Jeff Page.

"Scott (Peters) last year brought the Fringe across the river, and that's how it really

started, with *Songs from the Ave.*"

"Strictly speaking of the Fringe last year, it was an experiment and it was successful," says Peters. "Everyone made money and had a good time. And it's something that the Fringe wants to do too, to see it expand city-wide. We're actually doing their work for them."

Together, they approached Avenue Revitalization's Judy Allan and Arts on the Ave's Christy Morin, seeking support for their idea with space, advertising and "various things that usually get in the way of independent production."

The first show, Theatre Prospero's *King Lear*, took place

at the end of April, with the remainder taking place at the Alberta Cycle building.

"Part of the idea was that this will segue into the Cycle building, and so there's this idea to create a temporary theatre back there as a way of getting people in there, making it alive to kickstart the process for getting the whole building going."

Each month will feature a new play, beginning with *The Gift*, an original work set in this area and created especially for this series by Page and co-writer Collin Doyle. Theatre Prospero returns with *Serca*, a festival of Irish theatre, followed by *St. Aggie's 84*, a new play by Captain Tractor's Chris

Wynters.

"Chris Wynters is working with Strathcona High School to take it to the Edinburgh Fringe, so this is going to be a trial run for them. And then we're going to take the Edmonton Fringe across the river again— this year we have six shows. It's huge!"

Then, in the fall, the Cycle building will host The Kaleido Festival. After then, Page hopes to see more companies using the space year-round.

"That's the plan, to be running something all the time. This actually will become not just a theatre series, but just a theatre location in town. It's perfect for it, it's here and there's parking."

CAUGHT IN THE ACT: THE THEATRE SERIES ON 118 AVENUE

APRIL 30- MAY 9: THE GIFT
JUNE 22-27: SERCA, FESTIVAL OF IRISH THEATRE
JULY 16-25: ST. AGGIE'S 84
AUGUST 11-22: FRINGE BYOV
SEPTEMBER 9-11: KALEIDO

All shows take place in the Alberta Cycle Building, 118 Avenue and 92 Street. For more information or to buy tickets, call Tix on the Square at 780-420-1757.

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McCauley
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Kitchen Capers
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	Week 1 July 5-9	Week 2 July 12-16	Week 3 July 19-23	Week 4 July 26-30	Week 5 Aug 3-6	Week 6 Aug 9-13	Week 7 Aug 16-20	Week 8 Aug 23-27
Children's Morning Programs 9-11:30 am	Hop To It Ages 3-5 \$17 355529 Westwood	Kinder Sports Ages 4-6 \$15 355536 Sacred Heart			ABC & 123 Ages 3-5 \$12 355541 Sprucewood Library			T-Rex & Friends Ages 3-5 \$15 355548 Spruce Ave.
Children's Afternoon Programs 1:30-4 pm	Move & Groove Ages 6-10 \$15 355532 Westwood	Little Heroes Ages 3-5 \$15 355853 Queen Mary Park		Wee Adventurers Ages 5-7 \$17 355534 Eastwood	Sports Stars Ages 6-9 \$11 355543 Queen Mary Park		Sports Stars Ages 6-9 \$14 355544 Spruce Avenue	Kinder Sports Ages 4-6 \$15 355537 Elmwood Park Kitchen Capers Ages 6-9 \$15 355547 Spruce Ave.
Children's Full day camps 9 am-4 pm		Extreme Action Ages 9-12 \$44 355486 Westwood	Dragon Tales Ages 6-10 \$27 355490 Westwood	Surviving Summer Ages 7-12 \$28 355794 Riverdale		Outbound Adventure Ages 9-12 \$32 355503 Queen Mary Park	Multi Sports Ages 7-10 \$28 355502 Oliver	
				Games Galore Ages 6-12 \$27 355791 AB Ave.		Multi Sports Ages 7-10 \$28 355501 AB Ave.	Adventure Us Ages 6-12 \$28 355498 AB Ave.	

A Bible crossword

with Deanna Cox

ACROSS

2. What was Nehemiah's occupation?
4. What hour was it when Jesus sat down at Jacob's well?
5. A characteristic God used to describe Moses.
6. Who predicted Elijah would precede the Lord?
8. The _____ man leads a blameless life; blessed are his children after him.
10. The valley of Jehoshaphat refers to a valley of _____?
11. Who wrongly thought that Abrahams' and Isaacs' wives were their sisters?
13. Son born to Hagar and Abram.
14. How many books of the bible are named for women?
17. In which book of the bible is God not mentioned?
18. Cephas is the Aramaic

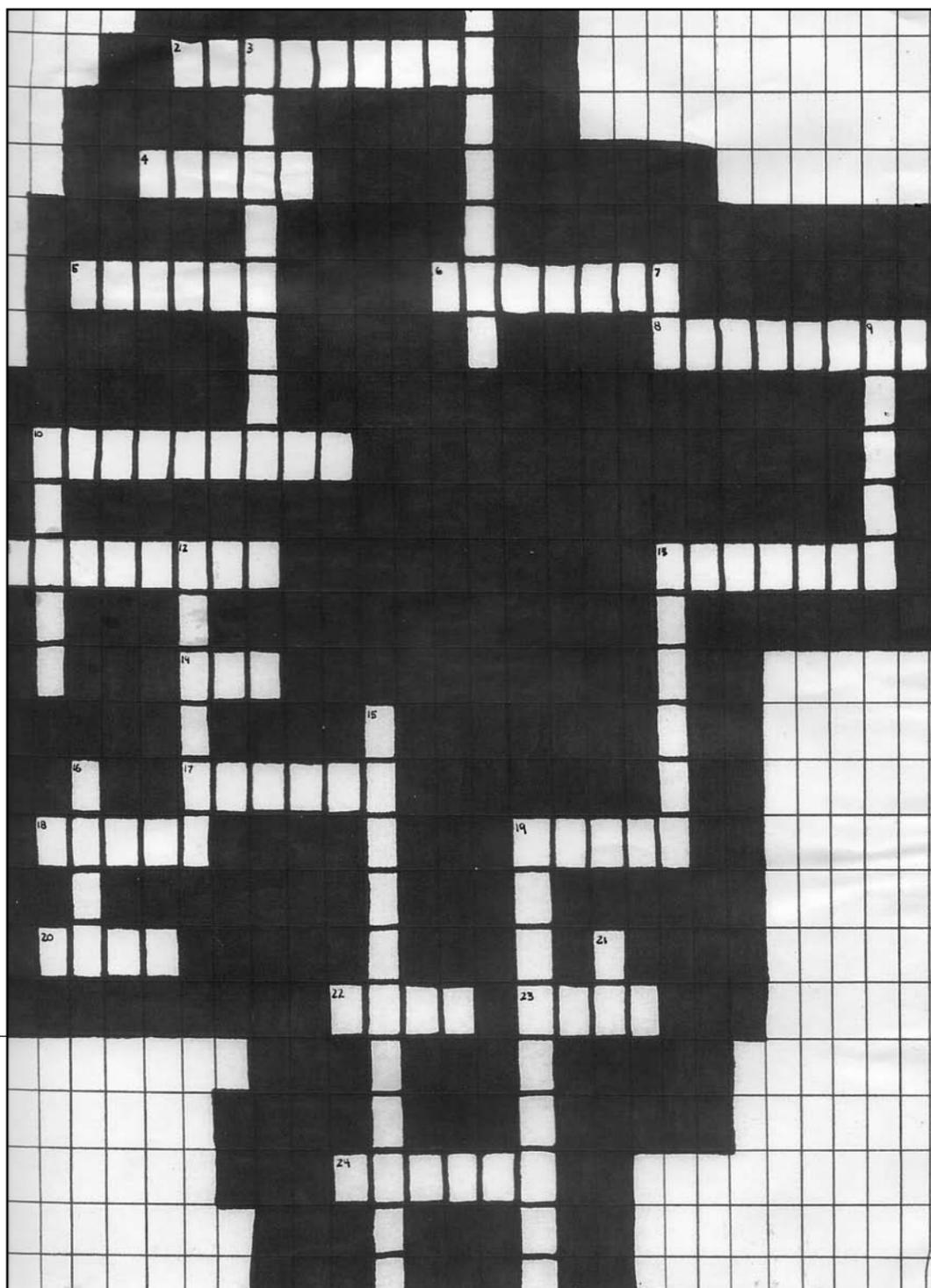
- equivalent of what?
19. Father of all who play the harp and flute.
 20. According to Proverbs, what kind of "head" is like a crown of glory?
 22. To what tribe did Barnabus belong to?
 23. Who was killed for touching the ark?
 24. Who was David's first wife?

DOWN

1. The river of life in described in Revelations was as clear as what?
3. According to Romans, what do tribulations produce?
7. The Shuppites and Huppites were descendents of _____.
9. Jotham, who did what was right in the sight of the Lord, built the high gate of

- the house of the Lord and on the wall of _____ he built much.
10. Who was the father of such that dwell in tents?
 12. What does the word "epistle" mean?
 13. "But my people would not listen to me; _____ would not follow my ways."
 15. Pelatiah, son of Benaiah died while Ezekial was doing this.
 16. Another word used in the old testament for prophet.
 19. In Zechariah's vision, what was the man with the measuring stick sent to Measure?
 21. In what land did Job live?

ANSWERS NEXT ISSUE!



Can an old dog learn new tricks: a conclusion

JUDY LOVEDA

Have you ever searched for hope and knowledge to turn the health challenges of yourself and your loved ones around? The final segment of The Saga of Sandy the 14 year old dachshund may give you some insights into how to do so.

As you may recall, Sandy had only two teeth in her mouth, arthritis in her hip, was 20 pounds overweight, had a tumor, a grey muzzle, her breath stank, and she was being prepared (by my parents) for euthanasia. They did not have the energy, the motivation, or the time to do what it would take to have her become like a frisky, young puppy again.

After 15 days into the Great Transformation, the only indication that Sandy had been sick and obese was the flabby belly skin hanging down. She sat up pertly, her eyes were alert and she was always eager for her daily walk to the river.

She had become so frisky that one day when we went to check up on her at her old log cabin dog house, she was gone! Hurriedly, we began to search the area. Fortunately, we quickly found her playing with the next door neighbour's chihuahua!

From that moment, I no longer let her stay outside on her own as I didn't wish to lose her before my parents could see how healthy she had become. She was frisky and acted like a young puppy again!

In the third week, instead of walking her to the river, we went to the main street of our small village. Going into the local variety store, I left my four year old and the dog outside on the street where I could see them. Within a few minutes I returned to find an elderly woman standing beside them.

As I approached them she said, "Dear, your daughter and dog looked so sweet I stopped for a visit but when I reached down to pet your dog, she bit me and my finger won't stop bleeding."

Immediately, I replied, "Can you walk one block to the doctor's office?"

"Oh yes," she answered.

When the doctor learned the story he asked, "Does Sandy have rabies?"

"No," I replied. "She just had her rabies shot."

Upon hearing about the Great Health experiment I was doing with her, he laughed and said, "Good luck!"

I definitely needed that, and never let her out of my sight for a moment!

On the 39th day, when my parents came to pick her up, they were amazed. My stepmom scooped her into her arms and exclaimed, "She looks like a young puppy, except for the grey muzzle and flabby skin." They couldn't believe it!

When it came time for them to return to Toronto, my stepmom placed Sandy on a soft, large cushion on the back seat of the car. Right then, I knew I better give them specific instructions about how to maintain her health program so the miracle could continue.

Sandy had become a beloved member of our family and we felt sad at her leaving, but were thrilled that we had accomplished our mission to turn her into a frisky young puppy! So, it was especially difficult to learn a month later that Sandy was dying.

On questioning my parents, I learned they had not followed the food, water, exercise and play instructions given for her. She had been relegated to her old routines that had caused her initial problems. What a tragedy!

To become alive and well again, at any age, requires certain understandings and practices, which once begun must be continued. Otherwise, illness and aging will regain the upper hand.

These are:

- knowledge to create the belief it can be done;
- a decision to do whatever it takes;

- a consistent daily commitment to take the action steps to make it happen, even when you don't feel like it;

- to associate with like minded individuals (a support group); and

- to be grateful every day!

If you have enjoyed the Saga of Sandy, the 14 year old dachshund, you may continue to follow the "Take Charge of Your Health" series where you can learn more about natural methods of healing, without possible drugs or surgery. And do invite your friends to read the series by taking out a free membership at: www.JudyLoveda.com

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Give me organic every day: Pastor Redekop's garden

SYLVIA HAFERMEHL

I have been so fortunate to have enjoyed the view of my neighbour's yard for the last two years. There are few of us that can actually follow this daily. It has always fascinated me as to how the backyard was totally planted into fruits and vegetables. This garden oasis is a beautiful sight for our community.

Pastor Gerri Redekop was very receptive when I asked for a few minutes of his time to talk about his garden. I could not help but notice his pleasure as he recalled how his Grandma had taught him the love of gardening and the importance of weeding. Home-grown was the key word.

Pastor Gerri works full-time at Braemar Baptist as the lead pastor. When asked about his occupation, he recalled that once a friend said, "Oh, that's why your garden has no weeds. You work only on Sundays." Nothing could be further from the truth. He spends many hours a week visiting people in hospitals and working with his congregation at the church.

The Redekop family were also missionaries in Brazil a few years ago, so I

asked about a garden there. "They had fruit trees, papa and oranges." In Brazil, vegetation was all around them in massive amounts. Brazil will always be a part of their lives; two of their children married people from Brazil and one still lives there. But here in Edmonton, they have created their own green haven.

"I find gardening therapeutic," says Gerri.

"Part of the pleasure comes in trying new things, and watching the variety and characteristic of each plant develop," he says. Teaching the grandkids how to enjoy the garden is also high priority. He also states that as neighbours go by, they often stop and admire the garden so he gets to know them better. When asked if he liked the neighbourhood, Gerri replies, "We have lived here over seven years and it is our home."

He talks about his sunflowers that grew over 10 feet tall two years ago. The young apple tree has been a bit disappointing as it only produced two apples last year. Patience seems to be the key word as the tree gets older.

Other challenges seem to be the big rabbits that

also live in the community and need to be barricaded from his plants, and the magpies that dive directly at him when working in the garden. The answer to the challenge was not clear. Despite this, there have been successes.

"Raspberries are abundant and the grandkids love to pick them," he says. One of his granddaughters wants blueberries this year, so you guessed it: a new blueberry bush will be planted soon. Last year the newest addition was a small herb garden. Composting was also an added feature.

"Gardening is something my wife Rita and I can enjoy together," he shared. They both love to eat natural-grown food and process a lot of tomatoes into relish, mincemeat and salsa. Canning beets and carrots also happen in the fall. "Eating healthy is a necessity," he shares. Traditional, mouth-watering family dinners are often held in this home. The family gardening is not limited only to fruit and vegetables, but also flowers.

As we close our conversation I see the passion of sharing nature, one of God's greatest gifts with others.



GERRI AND HIS GRANDSON LEO ENJOY A HOME-GROWN SNACK

Be patient, spring will come

RITCHIE VELTHUIS

An avid gardener, I always look forward to spring. But spring in Edmonton requires patience. After enduring over six months of winter, the snow seems to disappear overnight in March, and the first week of double digit temperatures in April leave me giddy with anticipation of the upcoming season.

Fighting the urge to dig out my garden tools, I dig out my rubber boots instead and do my initial inspection of my garden. A lazy gardener, I save garden clean up for the spring. I peek under the dead vegetation of last season to view the tender shoots of perennials that have survived the winter, and I begin to plan the coming season.

Taking into account the plants that might have re-seeded themselves during their long season in the garden (another reason to be a lazy gardener) my mind fills with planting strategies. Sun-tolerant begonias under the apple tree have become a favourite in our garden. The drought-tolerant phlox that showed such promise last year ultimately disappointed, so they will be replaced with livingstone daisies in the rock garden. Woolly thyme and more ornamental grasses will replace even more of the lawn. The sedum and creeping jenny need to be thinned and or moved to other areas of the garden, maybe to a neighbor's yard.

So many possibilities, so little time. "You need to get started today!" my avid gardener shouts enthusiastically. "Not so fast!" my

lazy gardener replies. My avid gardener has a predisposition to rose-coloured glasses and forgets it is only the middle of April. We have at least one or two more snow falls and many a frosty night before spring firmly establishes itself. The dead vegetation and leaves serve as a mulch to protect the perennials and preserve moisture for when the really growing season starts. So I wait until the beginning of May to prepare the garden.

April and the beginning of May are my least favourite times of year. It seems as if the post-apocalyptic landscape will never end and we will be forced to live in a monochromatic world of dirty grey brown forever. I impatiently watch the garden re-emerge as bits of green slowly change the drabness of early spring in Edmonton, Alberta. My only solace is to enjoy the clay sculptures in my yard—I can only see them in early spring, soon to disappear under lush layers of vegetation of summer and reemerge the following spring. On warm spring days, I sit on the deck and visualize my upcoming garden. On cool days, I review pictures of last year's garden or take a field trip to a local garden centre for inspiration.

So here I sit, anxiously awaiting spring to come, fighting the urge to start too early and knowing in a few short weeks the garden perennials will abundantly reappear and swelling buds on the trees today will be an explosion of vibrant green over night. And I say to myself over and over. "Be patient, spring will come."



IT'S ONLY A MATTER OF TIME BEFORE WE CAN FINALLY HAVE SOME SPRING COLOUR!



RITCHIE VELTHUIS' AWARD-WINNING GARDEN



AS SPRING EMERGES, SO DOES THE SUMMER BEAUTY IN OUR FRONT YARDS

Grandma's wisdom grows on in community gardens

BENJAMIN RYDER

My first experience with gardening, like so many other children, was born from the love my grandmother had for food. As with other women from her time, hardship was a permanent fixture of life. Food security for herself and her family was equally as important as family itself. I will never forget the promise that only a grandmother can make, "I will not have one of my children go hungry, ever!" As every member of my family can attest, she kept that promise.

At Grandma's house we had ample room to enjoy our childhood and she had a garden to match. As early as I can remember my grandmother without fail would plant this amazing bounty of vegetables. She never bought anything from the store she could grow or find herself. Although she managed to provide a large amount of produce herself we were not confined to the limited variety of her particular garden. Although it contained the most hardy root vegetables one can imagine, it lacked much in the way for fruit.

FORAGING FOR URBAN FRUIT

However, being the resourceful lady she was, Grandma knew where to gather apples that no one wanted, or every kind of berry you could imagine. There was somewhere she knew to pick them. I have fond memories of day-long apple peeling sessions in which my reward for not interrupting her was a slice of amazing home-made apple pie. I also remember the days in which I would be recruited for splitting peas, or picking berries. No matter what task I seemed to become involved in, they all shared an unmistakable sense of family and belonging.

These are simply the way grandmothers are. I'm not sure how they do it, but they sure do seem to know a thing or two. Sadly I realize now, that I never fully appreciated the wisdom and experience my grandmother had. The things I could have learned if only I asked. As it happens with all grandmothers, age set in. Slowly her garden was tended to less and less. Eventually my family moved to Edmonton and any thought of gardening was frozen solid for over a decade.

GRANDMOTHER'S THRIFT INSTILLS SELF-RELIANCE

My grandmother used to talk about when she was a little girl, and how hard life was. Although I didn't realize it as a young toddler, she instilled in me the idea of being able to provide for myself. Like any good seed it took a long time to mature into a worthy fruit. It's only now as an adult that I realize the importance of providing for myself and my loved ones. With all the talk lately about the recession and global warming, I've had to take a closer look at the world I'm a part of. I don't profess to know how to solve such wide-scale global problems, but I am aware of how to change my own environment to suit the changing needs of my own life.

I was curious to know what Canadian consumers spent on providing for themselves. According to Statistics Canada, the average Canadian spent almost \$1,927 on food and non-alcoholic beverages in

2001. In 2005, this number increased to \$2,198 (remember, this is five years out of date so the amount people spend today has likely increased). These figures were achieved through the participation of retail grocery stores so therefore we can assume that the money recorded was spent entirely on imported produce. So where is this food coming from? And worse yet how much fuel are we spending to produce and ship it to Canadian markets?

A study in Iowa found that food items traveled an average of 1500 miles (2400 km) from farm to plate. For those who are unaware, Iowa is located 1984 km from Edmonton, so we can only use this study as a reference. If food is traveling so far what are we bringing in? I was amazed to learn that in 2006 Canadians imported 54 per cent of their vegetables while fruits were at 97 per cent. I might be crazy to think this, but don't we have the climate to grow a lot of this stuff ourselves?

NUMBERS DON'T LIE

I've never really been all that interested in math, in fact it's one of my least favorite subjects, but numbers don't lie. When you take a step back and realize the significance of statistics like these you have to start asking questions about your current life choices, about your impact on the environment, and about the change that you as an individual can contribute to the world.

Let's take a look at some numbers a little closer to home shall we? The 2008 Edmonton census claims that there are 125 470 people living within the boundary that is Ward 6. For the sake of math, let's assume that in 2010 Canadian consumers spent \$3000 per year on food and non-alcoholic beverages, that means that per person, we are spending \$250 per month at the grocery store. Or you could look at it like this: per month, Ward 6 spends \$31 367 500. Again, let's be reminded that this money doesn't stay within the local Edmonton economy. It leaves our city to satisfy the hunger of profit-driven corporate chains.

LIVE LOCAL; SAVE MORE THAN MONEY

But this article isn't about the economy, it's about you and the food you eat. It's about the impact you can have in your own life as well as the impact you can have within your community. Now I understand Edmonton doesn't have a climate to grow any significant amount of fruit, but we have an excellent climate for vegetables. Every year across Canada we consume 79.5 kg of vegetables – fresh as well as processed – per person. With the amount we eat and the amount we spend, doesn't it make sense to try to grow a little something ourselves? I mean it's the wisdom of grandmothers across the nation: don't buy what you can grow.

I'm reminded of an article I read where author Rosalind Creasy grew in her 100-square-foot garden a total value of \$683.43 in vegetables. Now again, this is only an example since she lived in a California climate and we do have to factor in currency. But the point still remains that in as little as a 10 foot by 10 foot plot of land we can seriously affect our yearly cost of food.

The majority of people living in Ward 6 have both a front and back lawn (62.9 per cent of the population to be exact). Many of these residents have the space to start providing some sort of substitute to their current food intake. However I understand that not everyone has the time, nor does everyone wish to dig up the beautiful lawn they've worked so hard to maintain. And what about the remaining 37 per cent of the population who don't have the room? What are they to do?

WHAT CAN YOU DO?

Well, the good news is if this humble little article has inspired you to become just a smidgen more conscious of your relationship with your food, then I challenge you to take the next step. Incorporate this new found desire with your community, because you are not alone. In fact, believe it or not, there are thousands of people across Edmonton who have pioneered the way for normal people here in the city to have access to the some of the oldest tricks and techniques in the books. What's best is that they're doing so with such a sense of community that it's hard not to be caught up in the momentum.

"People join community gardens for a variety of reasons," says Susan Penstone, a representative of the Community Garden Network. "Some just want to grow their own food. For seniors and shut-ins it's an opportunity to meet their neighbours and make new friends. It's a wonderful way to beautify an area. There's opportunity to gain skills in gardening, cooking and even child rearing. And it's a wonderful place to share. For many people they come to the garden to enjoy the health benefits both physical and mental."

The Community Garden Network is "the voice that promotes and supports community gardening in Edmonton and area," a non-profit organization that assists communi-

ties and citizens in creating their own community gardens.

COMMUNITY GARDENS MAKE AN IMPACT

In 2001 more than 835 families increased their consumption of fresh, organic fruits and vegetables by growing their own food in community gardens. In 2002 and 2003, over one hundred youth and children accessed programming hosted at three community gardens: growing their own food, caring for plants, and observing wildlife. On average, a community garden plot grows about \$100 worth of fresh produce each year which makes for an approximate \$287,000 contribution to food self-reliance in the city. The Community Garden Network has existed for over a decade and has assisted with the development of 65 different community garden projects.

According to Susan Penstone, "Community gardening is not really about growing food, though that's what you'd think; it's about growing people." Penstone has been with the Community Garden Network for almost as long as they've existed; she is an expert on helping communities make their dreams of community gardens come true. But it takes more than good intentions to begin such projects as many garden coordinators around the city can attest. "It takes 9 to 12 dedicated individuals to make this work," Susan adds.

YOU CAN GET INVOLVED!

For those residents interested in an Alberta Avenue Community Garden, a meeting is being held at the community league (9210 118 Avenue) on May 27 at 7 pm. If you have any questions please contact Benjamin at 780-994-4229. Those outside of Alberta Avenue who are interested in gardening should check out www.edmcommunitygardens.org and find out where they might be able to join in the growing garden movement.

Full of Life From Its Roots Sylvia Hafermehl

I am a oak tree
Big and Strong
A strength to be admired.
I was not always
this way
in fact I was a very weak
spindly little tree.

I had nearly given up
but along came some people
who believed in me.
people who provided water
and yes even sunshine.
They could see strength within.
They believed in me
when I could not.
They encouraged me to grow.

I know I have many branches
and facets of my life.
I am focused and
growing towards the beautiful
blue sky that I now see.
My branches provide nests
for the birds.
Happy children sing and climb
up into my arms.
I share life with many.
I can see the big picture
which grows
as I get taller.

My favourite restaurant



The Daring Diner
WITH ANGIE KLEIN

As winter's chill gives way to springs blossoms, my heart (and stomach) yearns for the taste of garden fresh produce. With this month's theme of Gardening and my love of flowers, I've combined my love of great tasting food with flowers you can eat. I couldn't think of one restaurant that would be serving flowers at this time of year (or any time of year for that matter), so I once again turned to my favorite restaurant, conveniently located right in the hub of our home: the Kitchen.

There wasn't anything blooming in my yard. Even the dandelions had yet to rear their ugly heads. I was kind of hoping they had—I do love a good dandelion salad made from the tender young leaves. But when I headed to the garden centre, there they were: in full bloom, baskets and baskets of beautiful pansies, trays of happy little violas calling out, "EAT ME!"

Pansies are a perfect treat to garnish sweet creamy fruit flans. Their sweet peppery taste and firm flesh add so

much more than just great looks. Soon I should be able to find fresh chamomile growing among the weeds in my neighbor's empty lot. DO NOT plant these as they are considered a noxious weed, but they do make great tea!

Nasturtiums are very prolific bloomers and easy to grow. Used in salads or desserts, their bright colors match their bold but not bitter taste. Try them with fresh picked raspberries; they are in season at the same time.

Never be afraid to plant too much zucchini. I know it grows like mad and can produce too much, but for every squash, there was once a flower. Stuffed zucchini blossoms are amazing! It doesn't matter what you stuff them with, any recipe will do. You can fry them, or BBQ them—just try them!

Toss a few rose petals in with a garden salad. It's so pretty and summery. Freeze the petals into ice cubes for punch. This also works with violas. Grow scarlet runner beans—the flowers aren't any good, but they sure are pretty to look at until the veggies start to form. Don't get me started on the many things to do with poppy seeds. Chives have

pretty blooms; use them to garnish soups. Make sure you know what you are eating and do not eat anything that has been sprayed with pesticides or herbicides.

As you plan your gardens, keep in mind beauty can be functional and tasty too. From the table by the window in my favorite restaurant, I sit and watch the soil. I whisper out to it: "Grow."

Until next time ... Happy Eating!



Requiem for a spruce

the Garden Diva
WITH CHERYL WALKER

Dear readers, when The Garden Diva (TGD) and the Très Wonderful Garden Diva Husband purchased Chez Grand Garden five years ago, it came with a very large tree. The large tree, a Colorado Blue Spruce, came with a story.

And this spruce? Well, it's very large. Indeed, one TGD's first encounters with her neighbours was a conversation about chopping it down—it shades their yard as well. Frankly, the tree is out of proportion to the house; it's a water hog, stealing the water from plants; it has killed the grass around it, and it just takes up so much space.

And yet.

The tree was planted by a little boy in the late forties as his arbour day tree, and while it has been planted too close to the house, it has grown these last 70 years. It now stands around 60 feet tall.

When TGD thought of cutting down this tree, she thought of all the summers and winters it has known, and she can hear another neighbour from down the way talking about this little boy, now with grandchildren of his own. She thinks of how he loved to fly model airplanes in the school field, and how all the girls had a crush on him. It seems like this is really his tree, and TGD is only caretaking it.

So, dear readers, TGD cleans up the needles and the pine cones, and she has surrendered about growing—well, really anything that needs sun—and the Très Wonderful Garden Diva Husband prunes the odd branch, and that is all there is to it. There are some things that even TGD will not dispute. Some things exist

and you owe them a certain amount of fealty, if only because they were here first.

This last spring, right after the new tips came out, they turned red. And the spruce cones started falling, heavily. In the language of trees, this is not good news—these things are harbingers of spruce mites and gall and stress. The truth is, the tree is dying. TGD has pleaded with arborists, she has researched, and it is just possible that the tree could be treated successfully. But equally, it is almost at the end of its life. An arborist came by the house last weekend, and TGD and the Non Gardening Husband have a quote to remove the tree, a feat which will give her the front garden of her dream.

And yet.

She is just sad. She looks out from her windows, she wishes to walk into the front yard and press her hands against its trunk.

"I am sorry, but it is not reasonable to fix you, and the odds are not good, given all the things wrong with you. We must be sensible about these things, and I cannot justify the expense and the chemicals and the time, to merely buy you another five years. I have been glad of you, I have been glad that you have shaded, I have been glad of the birds in your branches and the smell of spruce. I am sorry it should come to this."

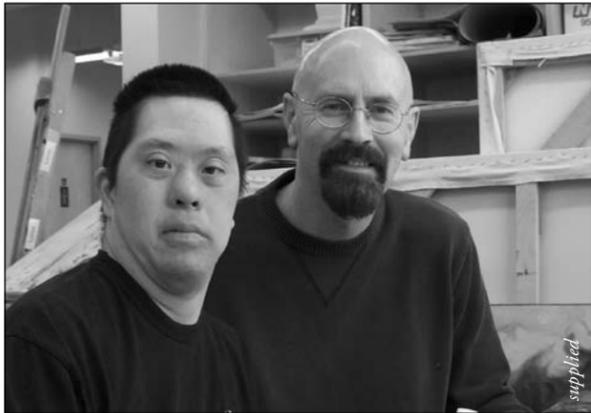
TGD lives and gardens in Parkdale, with the très wonderful garden diva husband and the non-gardening dogs. She likes gardening, and writing about gardening. She also likes reading seed catalogues. Next month she will vilify the petunia, the geranium and the dracaena, using only her razor sharp wit.

Selected collages at the Stollery Gallery

Hans Rasmussen and Leo Wong have joined forces to bring 'Selected Collages' to the Stollery Gallery.

For three years Hans has been coming to the Nina Haggerty Centre every Monday and Thursday as a support worker with artists from the Robin Hood Foundation. During his time at the centre, Hans has compiled a collection of collages created from magazines, scraps of paper, and delicate lines of pencil and ink. Trained in graphic design and fine art, Hans enjoys the process of combining elements to create a diagrammatic journal of his daily mental meanderings. Hans emphasizes design elements purloined from various media sources as well as

his own enigmatic drawn figures. In 2009 he approached Leo Wong, a member of the collective of artists at the Nina Haggerty Centre who's work he strongly admires, about



HANS RASMUSSEN AND LEO WONG AT THE NINA HAGGERTY CENTRE

presenting a tag-team exhibition in the Stollery Gallery. Leo agreed and together they have been working towards 'Selected Collages'.

Leo Wong's paintings have been exhibited in the

past, but this is the first time his work will feature a stronger collage element. Leo's collages are created out of colorful construction paper. Mixed media are applied to the surface, as the collage is formed. The artwork is finished with accents of acrylic paint. Leo is inspired by nature, buildings, animals, people, and culture. He hopes 200 people will come to the opening to buy his artwork so that he can eat out!

Selected Collages runs May 3 – 22 at the Stollery Gallery, 9225 118 Avenue. Please join us for a free reception with refreshments and live music Thursday, May 6, from 5-7 pm.

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CSAs allow urbanites to live off the land

AN AVENUE HOMESTEADER WITH CARISSA HALTON

Last month I was visiting rainy Vancouver when, almost by accident, I found myself at an urban homesteader's dream potluck. There were meals full of stored garden potatoes, leeks and carrots; dishes rich with the flavour of fresh dried herbs; desserts of preserved pear and blackberries. It was a feast held in celebration to mark the end of a nine-week, winter Community Supported Agriculture (CSA).

The food distributed at this CSA had been grown (or found), harvested and preserved by three guys who recognized how much food there was available to glean from their own urban neighbourhood. They harvested, then throughout the fall, they canned, dried, froze, and bottled.

"At one point, we counted over 2000 preserved items," said Ryan Weemhoff, one of the organizers.

These items were as diverse as quince jam, apple butter, dried plums, canned pears, wild grape vinegar, and blackberry wine. Most of the food that was preserved was harvested from derelict yards, forgotten lots, or along tracks and roadways. Weemhoff and his partners walked the neighbourhood looking for edible fruit and even grains—they harvested about 200 cups of flax seed from along the Skytrain line. On finding a seemingly neglected fruit tree, they approached the homeowner (if available) for

permission to harvest it. Most people were happy not to have the fruit rot in their yards.

But you don't have to move to Vancouver to find a CSA. There are a number of them in and around Edmonton. Each one is set up slightly different, however almost always the intention is:

1. To share the risk and harvest of farming with a broad group of supportive people in order to help small farms become more sustainable,

2. To connect people to educational opportunities regarding sustainable, local food sources.

Getting involved in a CSA usually means you:

1. Buy a "share" at the beginning of the growing season. If the initial price seems too much, partner with a friend or family members.

2. Receive a weekly allotment of varying produce throughout the growing season. Often you must pick up the food at a central location, though there are some with services that drop off at your door.

3. Contribute a small amount of labour throughout the season—the number of hours vary, but generally averages four hour per month. Some CSAs sell non-working shares, others have work-only shares for a very small number of people.

While CSAs tend to connect urbanites to rural farmers (producing a range of veggies, fruit, and meat products), CSAs aren't

always connected to a rural business. In Vancouver, the 35 members paid a suggested donation of around \$440 per share, with some people paying more and others less. This capital then supported two of the organizers who recovered and preserved the food from the alleys, lots and yards.

bers sign up, she borrows and plants more gardens.

"For the first year I have a garden, I usually plant potatoes and beets which break up the soil and don't need as much compost as other vegetables. In every garden I use responsible methods of crop rotation and companion

easy it is to grow your own food. Joining a CSA and working alongside experienced gardeners or farmers can inspire members to do it on their small plot of urban yard or balcony," says Gregoire.

Her inspiration is evident in her neighbourhood. Since she's planted her Duggan front, back yards, and alley with fruits and vegetables, her neighbours have followed her example. One woman replaced her front lawn with pumpkins and squash. Another planted her back alley with raspberries. One man, who spent thousands on grass in his front yard, ripped it out and planted flowers that were easier to maintain. She says, "If we all start [creative ways of growing food], it's going to catch on!"

Each garden will grow different things. In one garden she has greens and tomatoes, another patch has potatoes. Last year, the raspberries in her alley provided berries

for the entire CSA.

The hours of work that the organizers of these CSAs put in is incredible. But when you ask them why they do it, their motivation often comes down to the health of people and the earth, as well as advocacy about sustainably growing or raising local food.

"People don't realize how



HOMESTEADER: THE GARDEN OF ANITA GREGOIRE

In Edmonton, there is the urban-based CSA, On Borrowed Ground. This will be the second season that Anita Gregoire has organized this CSA. She currently grows veggies and fruit in six gardens; five of these would otherwise lie fallow. Some gardens are located close to her home in Duggan, others are in Capilano and Jasper Place. As more mem-

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dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

When Karma was just a puppy, I awoke Sunday morning and her head was, well, puffy. Within a few hours her head was totally round like a soccer ball, she was so swollen. I was so scared. Off to the emergency vet! After several agonizing hours, the swelling had reduced and she could come home. They thought it was a bee sting, but she has been stung by both wasps and bees with no allergic reaction. Perhaps it was either another type of insect or even a plant that she had gotten into the day before?

Some signs of poisoning in both cats and dogs are:

- Pain
- Excitability or lethargy
- Lack of coordination
- Convulsions or seizures
- Vomiting and/or diarrhea
- Ulcers around mouth, face or paws
- Weakness
- Signs of shock
- Excessive drooling
- Unconsciousness
- Respiratory arrest
- Irritation of the eyes
- Noticeable peculiar substance on the coat

Poisoning can occur by contact/absorption, inhalation, injection (sting) as well as ingestion. If you suspect poisoning you can:

- Call your veterinarian (you should have a copy of your vet-

Passions or poisons for pets

erinarian's hours)

- If after hours, call the emergency veterinarian: North side 780-433-9505, South side 780-436-5880.
- Pet Poison Helpline 1-800-213-6680 \$35 US payable by credit card (www.petpoisonhelpline.com)
- ASPCA Animal Poison Control Center 1-888-426-4435 \$65 US (www.aspc.org/pet-care/poison-control/)

You can also call the human poison control centre, you may have to call several times to get an operator that can help with animal poisoning.

There is an extensive and detailed listing of plants, foods, poisons, symptoms and what to do on the ASPCA website. There is some excellent advice on how to handle yourself and what to have ready when you call them.

Here is just a small sampling of some plants from their website and what they can do to your pet.

Chrysanthemum

These popular blooms are part of the Compositae family, which contain pyrethrins that may produce gastrointestinal upset, including drooling, vomiting and diarrhea, if eaten. In certain cases depression and loss of coordination may also develop if enough of any part of the plant is consumed.

Azalea/Rhododendron

Members of the

Rhododendron species contain substances known as grayantoxins, which can produce vomiting, drooling, diarrhea, weakness and depression of the central nervous system in animals. Severe azalea poisoning could ultimately lead to coma and death from cardiovascular collapse.

Lilies

Members of the Liliaceae species are considered to be highly toxic to cats. While the poisonous component has not yet been identified, it is clear that with even ingestion of very small amounts of the plant, severe kidney damage could result.

Tulip/Narcissus bulbs

The bulb portions of Tulipa/Narcissus contain toxins that can cause intense gastrointestinal irritation, drooling, loss of appetite, depression of the central nervous system, convulsions and cardiac abnormalities.

Marijuana

Ingestion of Cannabis sativa by companion animals can result in depression of the central nervous system and in-coordination, as well as vomiting, diarrhea, drooling, increased heart rate, and even seizures and coma.

Have a safe and happy summer.

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



PETER GOLDRING
Member of Parliament
Edmonton East

O CANADA "IN ALL THY SONS COMMAND"

Changing our national anthem to render the line "in all thy sons command" seemingly more gender neutral is grammatically unnecessary. "O Canada" is already gender neutral. We can check the dictionary or recall our historical precedents to see there is no need to make changes out of some sense of political correctness.

The word "son" has more than one definition; it does not necessarily refer to a male offspring. This is particularly true when referencing nationhood.

Take Merriam Webster's Collegiate Dictionary, tenth edition. A son is defined as: "a **person** closely associated with or deriving from a formative agent (as a nation, school, or race)." Or the Concise Oxford, ninth edition, which includes in its definition: "a **person** regarded as inheriting an occupation, quality etc. or associated with a particular attribute (sons of freedom, sons of the soil)." Hence, sons in this context can be seen as **persons**.

The 1929 "Person's Case" contested and won by the "Famous Five," which included well-known Albertan Emily Murphy, concluded that women are indeed persons.

Therefore, if sons are **persons** in the national context, then the word "sons" in our national anthem "O Canada" is gender neutral and indeed means both male and female persons.

The version of "O Canada" on which the official English lyrics are based was written in 1908 by Justice Robert Stanley Weir. Today's English version includes changes recommended by a Special Joint Committee of the Senate and the House of Commons, which reviewed the anthem word for word for its appropriateness.

"O Canada" was proclaimed Canada's national anthem on July 1, 1980, one hundred years after it was first sung on June 24, 1880.

I see no reason to change the anthem's lyrics. The current anthem wording is politically correct and is gender neutral.

What do you think?

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Sprucewords

WITH PATRICIA FOUFAS

There is something profound and elemental about growing. Many urbanites have become alienated from the excitement of watching a seedling grow and produce food. The ingredients in the food we eat have become increasingly synthetic and mysterious; there is something to be said for going back to the basics with our food.

Community gardening is one of the many ideas gaining ground in inner city communities and is one of the ways that communities can begin to participate in growing their own food. Gardening locally in challenging neighborhoods is being found to represent much more than environmental awareness, but can also be a way for people to empower and organize themselves while becoming involved in local food production.

At the Sprucewood Library,

books about the joys and challenges of gardening are among our most popular materials. Books such as *Food Not Lawns: How to Turn Your Yard into A Garden* and *Your Neighborhood into a Community* by H.C. Flores are a good place to start for an introduction to extreme eco-friendly gardening in an urban environment. For a more basic treatment, you might want to check out *How to Make a Garden: The 7 Essential Steps for the Canadian Gardener* by Marjorie Harris.

If you are already convinced of the benefits of gardening but have been having problems with your technique, you can get help with a book such as *Rodale's Vegetable Garden Problem Solver* which addresses what to do about pests and diseases and increasing your yield. For the organic enthusiast,

Grow Organic, Cook Organic by Ysanne Spevack has tips not only on garden design and know-how, but also includes delicious recipes for what to do with your harvest.

In a community garden, planting seeds is really about community building. With recent efforts by groups such as Habitat for Humanity, Norwood has become a part of this new initiative. Whether it is creating a community garden in your area, or growing your own food, at EPL, we have the gardening books to help you get growing.

Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia is determined to break with tradition and start planting veggies early.



The Rat Pack

I SUGGEST YOU GO TO BANFF BY GALA, AGE 9

If you are looking for a nice restful vacation then you should go to Banff, because of its relaxing hot springs. If you like exploring you should also go there to go hiking in Johnsons Canyon and go up the gondola. I know this because I've been there. Make sure to take your camera so you can get some beautiful pictures of the forests, mountains and animals. It's worth the long drive.

GET GROWING! BY ELLISON, AGE 10

It's springtime and that means that it's time to start gardening. This is a really nice time of year because if you don't have time yourself to plant a garden then just take a walk and look at the other nice flowers and shrubs and all kinds of plants. Spring opens up lots of beauty and nature that I enjoy looking at. It's getting about the time of year to hear more birds and see more animals around. I think that spring is my favourite season.

"Til next time, Ellison

SO LITTLE TIME! BY GIER, AGE 12

Gardening in Canada can only be done four months of the year. Some things that can affect your garden in Canada are frost, wind, hail, drought, flood, and even snow. Depending on where you are in Canada, your four months change to different months. Why bother trying to grow something when you have so little time and good weather to do it?

Flowers are very nice, but instead of planting only annuals it's also nice to plant perennials to save you the work for next year. Strawberries are really good to plant because they have so many seeds that they always grow back and they're tasty too—just watch out for the slugs, they will kill your plants.



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Bent out of shape? Maybe it's time to call Grandma Willow



Resident Profile
WITH HARVEY VOOGD

Are you getting bent out of shape at the state of your garden? Do you find yourself wondering what to do to create a whimsical and natural yard? Maybe it's time to think about garden furniture, trellises, arbors and décor items. Maybe it's time to call Grandma Willow.

Marie Butler, aka Grandma Willow, lives in Delton and 13 years ago made the decision to share what had become her passion and start a business called Return to Rustic. In the interests of full disclosure, that was also the time she became my wife.

Marie creates bent willow, birch and driftwood chairs, benches, tables; bird feeders; arbors to walk under, trellises for plants like clematis to grow up on; and décor like angels and decorative willow Christmas trees.

Her work also involves creating living sculptures where you plant willow trees and then shape them as they grow into a living garden archway.

"I love creating a welcoming look and a place for people to retreat and find respite," says Marie. "In our chaotic world we don't have enough time to rejuvenate ourselves, and the garden is one place to do so."

She was introduced to the art of willow making at a teacher's convention in 1993. According to Marie, "The attraction was immediate and after attending a Bent Willow Chair Workshop I spent many weekends tromping through the bush and exploring the techniques of building."

"The more I learned about the willow tree, the more amazing it became. It is a hybrid tree that grows back after harvesting with the bark giving pain relief (aspirin) for both humans and animals."

"After a forest fire, willow is the first tree to return and is extremely flexible due to its high water content. Willow became for me a metaphor for human life and our will to both survive and thrive."

Marie welcomes custom requests for rustic home and garden furniture, but also teaches people to make their own. From harvesting the willow to the

end product, a person can build their own bent willow chair in two days.

Willow is 80% water so very flexible. If cared for properly, willow décor can last a life time.

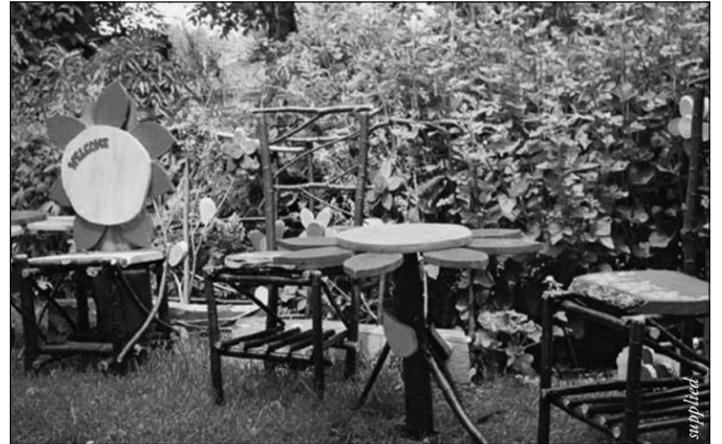
"After construction I treat the willow with a double boiled linseed oil and turpentine mix," she says. "Once dry, I put a water sealant on top. Because of the cold and winds it should be covered during winter."

Marie calls herself an eco-harvester because she only uses wood that is recyclable, such as old fence boards or barn boards, or regenerative, trees that will sprout new growth.

"Willow grows back up off the stem of the branch I cut down," says Marie. "It starts new shoots. With birch the larger pieces will choke out smaller ones. So I take the smaller ones that would otherwise die."

"Drift wood is totally eco because it is wood buried up out of lakes and rivers. It already has been preserved by nature so you don't have to treat it with anything. It will last forever."

Marie started with creating home and garden décor. But with a degree in education, she



WILLOW'S LOVELY GARDEN FURNITURE

naturally bent towards workshops with both adults and children.

Today she share stories with groups of children as Grandma Willow and then they create a craft as a physical manifestation of the stories' message.

"I have been witness to the play and delight in thousands of children and adults over the years as they explore their creativity," says Marie. "I experience these creative times to build self-esteem, open pathways to their imagination and provide a greater sense of self-awareness."

For the last five years she has performed at the St. Albert

Children's Festival, blending storytelling with creativity as Grandma Willow.

"My work is about my heartfelt desire for others to receive the numerous gifts from Mother Earth," she says. "While engaging our hands with our hearts we can experience our uniqueness and wonder in being a person who is both loved by and belonging to Creation Itself."

Go to http://returntorustic.com/Treehouse_Studio/Home.html for more information on Grandma Willow.

Nice Neighbour Recognition Award for March

CHRIS HAYDUK

It is time to announce the March winner of the CRUD Nice Neighbour Recognition Awards. CRUD is pleased to introduce a deserving winner for March, Luisa Magnan.

Luisa was nominated for this month's award for her numerous contributions in the community. Luisa lives in the Parkdale community and is an active member of the Parkdale/Cromdale Community League, currently holding the position of membership director. Luisa is a Red Seal Chef who puts those skills to work, by doing wonderful things for the community, like helping to make over 300 cabbage rolls for the Deep Freeze festival. Whenever Luisa hears that a family might be in need, she has been known to bake a casserole or two to help them out.

Recently Luisa has organized a collective kitchen that will be starting up in the Parkdale Community Hall, and in the past she has helped run the collective kitchen at St. Faith's Church. She has donated clothes to families, and always seems to go the extra mile to help her neighbours. Luisa is on the parent advisory committee at the Norwood Family Resource Centre, she participates with CRUD events, with Safe Streets, vol-



MARCH'S NICE NEIGHBOUR RECIPIENT, LUISA MAGNAN

unteers at local festivals and events.

Luisa has a reputation for giving people a hand with anything they need; she will always lend a hand. If this is not enough, she is always the first person out to shovel the walks, and will watch over neighbour's houses while they are away. Luisa's focus is on safe and healthy communities and she is doing a great job representing our communities and moving us forward. Congratulations Luisa, you are well deserving of this award!

CRUD would also like to thank all of the contributors that make this monthly award possible. The prize pack spon-

sors for March are: Habesha and El Rancho Spanish restaurants, Councillor Tony Caterina and ETS, Safeway, and The Carrot Coffeehouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit www.crudedmonton.org. Nominations can be made at info@crudedmonton.ca or by phone at 780-996-4728. Please include your name and contact information, the nominee's contact name and information, plus details on what makes your neighbour so great. Let's work together and try to recognize all of the great people in our neighbourhood.

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A brush stroke in thrifty cell phone plans

Without a phone it's difficult to get a job, rent an apartment, or just be able to take care of the nitty gritty on a daily basis. Having a phone is a major asset and today more and more people are carrying cellphones with them.

When shopping for a cellphone it's important to know how much you can afford to pay each month and what your wants and needs are. Canada's Office of Consumer Affairs at <http://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/ca02270.html> has a guide called "Cellphone Choices for Canadians – Get a grip on your cellphone costs," as well as a checklist you can take with you when you're shopping for a cellphone. After going through the guide and checklist, # taking a tally and

knowing what you can afford each month, you're ready to buy a cellphone. Here's some of the hot spots selling cellphones around town:

Speak out Wireless (www.speakout7eleven.ca) has a Nokia 1661 phone you can buy outright for \$59 (no internet capabilities). If you buy \$50 of air time when you make any cellphone purchase, they will knock \$20 off the phone and also give you an additional 20 minutes of free air time. It's 25 cents a minute for \$25 and \$50 top-ups, or 20 cents a minute for \$75.00 and \$100.00 top-ups. The minutes are available for 365 days from the time of purchase. Texts are five to 10 cents per minute, and incoming texts are free. You do not have to pay for voice mail, caller ID,

or call waiting.

With Bell Mobility, you can buy your phone or sign a three-year contract and make monthly payments. If you have a prepaid plan you can have call waiting, call forwarding, conference calling, call display and message centre for free. There is a \$50 credit when you buy an LG Rumour, Lg Rumour 2, Samsung Link or Samsung Vice. The top-up plan is 30 cents per minute. But if you pay \$30 a month and the one-time activation fee of \$35 a month, you get up to 100 minutes a month with unlimited nights and weekends. Ask about student specials.

Koodo—get a credit check on the spot and if it's good, they will give you a tab by putting 10% of your bill towards

your phone. Combos range from \$15 to \$65 a month and then there are add-ons such as call forwarding, call display, and voice mail. For \$50 a month you can have 350 minutes nation wide, call display, with evening and weekends free. Only \$15 in the budget? You get 50 minutes of air time and 50 text messages.

Those are just a few choices. Look in on other companies: Telus, Fido, Rogers, and the new player in the game, Wind.

Get the most bang for your buck out of your cellphone. Ask your own questions. Be careful about contracts. If you sign a two-year contract and are late with a payment, there is a penalty fee. If you do not pay the penalty fee it will go to

collections and appear on your credit report. Check to make sure your really wants add-ons like cellphone ringtones, video games, and fancy-shmancy answering services. Watch out for add-on fees. For some people, conference calling is the only way to go. Do the research and then add the depth and layers to make it a full on painting.

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.

Spotlight on Edmonton Crossroad Community Church

SPOTLIGHT on the Churches WITH DEANNA COX

There are two things that come to mind when I see the word "Crossroads" – an awesome music collection put together by Eric Clapton, and also a Canadian family that has been the major communication of Christian broadcasting here since the 70's: Crossroads Christian Communications, which airs

the famed 100 Huntley Street. Crossroads church embodies both of the above. Pastor Murray Jaster and friends offer music that is simply the best of the best. Their love of Christ combined with their love of music has lifted up lives and inspired so many. They have indeed reached far beyond our community and city with the release of their CDs such as "Risen from the Ashes" or "Transformed."

Their music tells stories; you can feel such great emotions

as the grace and glory just pours out in words of praise. They're found not only in the heart of our community at 11661 95 St., but their love reflects the heart of our community. Since his move from Grande Cache with wife Annetta in the summer of 2000, the ministry has grown and the music has bloomed. The planting of a church with the Salvation Army over a decade ago brought together a group who formed a band and they are simply flourishing.

Music aside, Captain

Murray Jaster and partner Captain Annetta Jaster have really made a difference, from serving warm drinks on the coldest of nights to opening their doors to the homeless in freezing temperatures. They lead by example; there is not a hint of judgment given to those they serve, and this respect is returned by people of all income levels.

They are humble and kind-spirited folk that have that extra twinkle in their eyes. They are proud parents and grandparents, just all-round joyful. It's a contagious kind of joy to be around and one is left smiling after listening to them speak. I invite you to drop in any Sunday at 3 pm and see for yourself. If you want to help out their ministry, give them a shout at 780-474-4324 and see what you can be a part of!

I have some exciting information to share as well about the other Crossroads, Crossroads Christian Communications. Part of their family of ministry is one of the most known camping experi-

ences offered to kids, "the Circle Square Ranch Experience." They are now announcing the 500 Faces campaign as an opportunity for caring people to do more. Circle Square Ranch will hold five hundred spaces across the country to be filled through gifts from churches, businesses and individuals who want to help a young person go to camp. The program enables the sponsorship of a week of camp at any of the Circle Square Ranches at no charge to the sponsored family. To register campers online, or for more information on the Circle Square Ranch experience and the 500 faces campaign call toll free at 1-800-539-5958 or visit www.csranch.ca.

Please join with me in June as we visit St. Faith's Anglican Church located at 11725 93 St. Service starts at 11 am – hope to see you there! Thank you for journeying with me each month whether by reading or traveling alongside, it's truly a pleasure to share this experience.
dlc@astelier.com

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Free preschool program for families with low income

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- Free transportation and nutritional snack
- Family support
- Sites across the city including Francophone
- Children must be 3 1/2 by September 1

To start program in September
Apply now at 780-461-5353
www.abcheadstart.org

25 Years!
ABC HEAD START

* Check our website for ways to celebrate our 25th Anniversary

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.

FAMILY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making! All skill levels welcome. There is no fee required, just an interest in art. FREE! Families of children 16 and under. Limited space so please phone ahead to register: 780-474-7611. Thursday evenings from 6:30 - 8:30 PM at 9225 - 118 Avenue.

MUSIC

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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: Sat7-9 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 Luetha 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 pm 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 - 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

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

MILE ZERO DANCE-A-THON

Can you keep up with Mile Zero Dance? Those who do can win fabulous prizes at the Dance-a-thon fundraiser, May 29 at Riverdale Hall, 9321 100 Ave. Featuring DJ's wetspot, Campos, and smallcaps. Collect pledges to support MZD, or just come out to dance. Admission is \$10 or \$8 for Mile Zero Dance society members. Doors at 7 pm. Call 780-424-1573 for more information or to register.

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

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. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

FARMERS' MARKET

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

CRUD AVENUE DOG WALKING GROUP

The Dog Walking Group meets at 6:30 pm every Monday in front of St. Alphonsus Church (11828-85 Street), then walks west towards 95 Street. For more info contact CRUD at info@crudedmonton.org.

CRUD COMMUNITY DINNER CLUB

Every month the group discovers a new flavor and restaurant. Please visit www.crudedmonton.org or call 780.996.4728 to find out the time and location of this month's feast.

CRUD'S NICE NEIGHBOUR RECOGNITION AWARD

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 visit www.crudedmonton.org or call 780.996.4728.

CARROT GIFT CERTIFICATES

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

CHURCH SERVICES

AVENUE VINEYARD

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

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 for more program details

Children

Aboriginal Family Storytime
11:30 am Fridays until May 28, 2010

Presented by Bent Arrow Traditional Healing Society
Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Silly Saturdays
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 until 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
Participation limit: 12
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. Use basic material that you may already have at home. Participants are expected to come for each week of the session they register for.

SRC 2010 - Opening Ceremony:
Destination Jungle
2 pm Saturday, June 26, 2010
Ages: 3 - 12 years
Register in Person beginning June 1, 2010 or call 780-496-7099
Soar into a jungle adventure at the library! Join the TD Summer Reading Club and take part in our opening day

celebration. Come in and register for the Summer Reading Club 2010.

Sprucewood Library will be kicking things off with a fun Puppet Show! Registration goes on all day!

SRC 2010 - Tigers and Lions, Oh My!
2 pm Wednesday, June 30, 2010
Ages: 2 - 6 years
Register in Person beginning June 12, 2010 or call 780-496-7099
Join us for some jungle-cat fun. Crawl in for stories and activities.

Teens

Teen Gaming
6:30 pm Fridays until May 28, 2010
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 until May 31, 2010
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 until May 26, 2010
This women's community group comes together every Wednesday to enjoy some crafting and practice their English conversation skills. Come for some fun chats and stitch, knit or even paint! If you have something you're working on, feel free to bring it along.

English Conversation Circle (LACE Program)
10:30 am Saturdays until June 26, 2010
Free of Charge

Drop-In.

Practice your English at the library. Drop in and join others who also want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. For more information contact Biviana from Catholic Social Services at 780-424-3545.

Stories from the Heart of the City
1:30 pm Thursday, May 20, 2010
1:30 pm Thursday, June 17, 2010
Drop-in, Free of Charge
All are Welcome!
Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years

Neighbourhood Events

STICK IT TO THE MAN AT THE APRIL 10 PENNY CARNIVAL SPONSORED BY AVENUE VINEYARD CHURCH



CCEP STUDENTS AND FRIENDS RALLY TOGETHER TO SAVE THEIR SCHOOLS ON THE EVENING OF APRIL 13, 2010. EDMONTON PUBLIC SCHOOLS BOARD OF TRUSTEES VOTED IN FAVOUR OF CLOSING EASTWOOD, MCCAULEY, PARKDALE, FULTON, AND CAPILANO SCHOOLS, AS WELL AS CLOSING THE ELEMENTARY PROGRAM AT SPRUCE AVENUE.

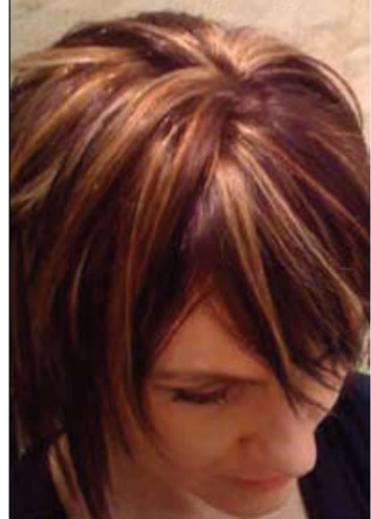


timothie hill

Spasation 780.406.7272

Bring in this ad to hair stylist Timothie Hill and receive a **complimentary haircut** with color service.

Valid Monday-Friday



valid until May 31



HOLE IN ONE AT THE APRIL 10 PENNY CARNIVAL SPONSORED BY AVENUE VINEYARD CHURCH.

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
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www.crudedmonton.org

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Hello Highlands-Norwood!

I would like to take this opportunity to thank everyone involved in the "We Believe in 118" campaign. It is a wonderful initiative which aims to make our neighborhoods safer by eliminating the sale of drug paraphernalia and weapons at shops on our Avenue. This is yet another great step toward revitalization. I am happy to support this initiative and enjoyed attending and speaking at the "We Believe in 118" gathering back in March. I continue to be impressed by the wonderful people doing wonderful things for our neighborhoods. For more information on how to get involved please call me at: 780.414.0682

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