

your free **COMMUNITY** newspaper

ALBERTA AVENUE  
DELTON  
EASTWOOD  
ELMWOOD PARK  
PARKDALE  
SPRUCE AVENUE  
WESTWOOD

# RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 13,000

PH: 780.479.6285 EMAIL: info@ratcreek.org

## City election roundup: meet your candidates

MARI SASANO

Edmontonians will go to the polls to elect a new municipal government on Monday, October 18. To help residents of Ward 2 and Ward 7 make their selection, we've talked to the candidates running as of September 15. In their own words, they talk about reasons why they are running, the issues they identify specifically for our neighbourhoods, and what they would like to see happen in the future.

### Ward 7 (Alberta Avenue, Delton, Eastwood, Parkdale, Elmwood Park)

Note: interviews with Grant David Pullishy and Terry Rolls were not available at press time.



**Tony Caterina**

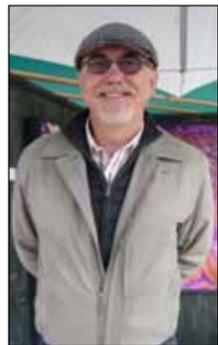
"The first three years I've been very pleased with the amount of work and projects we've managed to address, especially in the older neighbourhoods, and that certainly has been good for the community and I want to make sure we continue with some of these initiatives."

"What has come up is the amount of non-market housing, whether it's Alberta Avenue or Norwood or McCauley where it continues to grow. I don't think that's healthy for any community. This area of the city has been very accepting of all types of mixed housing and now it's time for other parts of the city to accept some of their share."

"There are safety concerns, and that's to do with the

police, and the NET team has done a good job in the area, we need to continue that social programming. But what needs to happen is that the residents, they have to appeal a project over and over. One in our area is Safe Harbours, is coming up again for its third appeal. That is certainly not beneficial to people in the area."

"The whole area there, it's one of the most eclectic neighbourhood with a diverse mix of people and one of the most supportive from the community involvement aspect from any area of the city. I can say that as a fact because many of those areas are looking at us right now and asking how did you do that? It was done by the community. Money was a catalyst, but the community was prepared to do the hard work with planning, suggestions and being involved and they are still involved. It has to continue to be long-lasting and motivated."



**Scott McKeen**

"I've been asked a number of times, often as a joke: 'If you're so smart, why don't you join city council?' But I'm not running to become a politician. I want to be an advocate for that area and work with the people of that area. That excites me."

"It's about safe, clean neighbourhoods. On 118th, you have the NET team, social agencies working with the police. I love problem solving policing, not just responsive policing. I know that funding for NET has been

frozen, but I'd love to get more NET teams in more areas."

"I don't think our neighbourhoods should be the red light district of Edmonton. We'll need to be creative and to empower the community to deal with those issues, through neighbourhood patrols and eyes on the street, like what CRUD has been doing. It's people hiding behind closed doors that create a haven for criminals."

"With the Italian Centre and Alberta Avenue nearby, this will be a hotspot in a few years. People who rent tend to move on, but what we need are people who are going to stay and become involved in the community. Why not set aside some space for condos? I'm not a snob, but we could use some people with some disposable income. It's about the mix, not about not wanting a certain type of person."

"I think I bring that, the combination of experience and a heartfelt passion. I'm a good researcher, a good listener and can communicate clearly on behalf of Ward 7. And I have a good rapport with council; I know that if you go around alienating the other councillors, you might not have a shot at getting things done. Getting things done for Ward 7 would be a privilege and delight."

"A lot of it is Edmonton is a very sprawled out city. The city really can't afford to expand services outward: the roads, water, transit. We need to maintain things like schools and adequate services in the core, so there needs to be a shift if we're going to grow in a sustainable way. I think Ward 7 is really well positioned for a renaissance for that, and there's a lot of young families moving into Alberta Avenue, Beverly, Highlands. There's a lot of room for infill development, things like row houses and low-rise apartments."



**Brendan Van Alstine**

"I'm a social worker, and the more I thought about it, the more I saw a similarity with what social workers should ideally be doing and what an elected representative should

ideally doing. Social workers work with people, advocate for them, and help connect them to services, and that's a big part of what our elected representatives should be doing. On top of that, I see particularly this area but Ward 7 as a whole, being at a turning point in terms of sustainable growth and transit and all these key issues. I want to be part of the discussion for that."

"A big part of the safety part of the platform is funding agencies that work on the root causes, like addictions and after-school programs so that kids would have things to do. Giving people housing. With policing, we need more beat cops. The more we get police out of their cars and walking the streets getting to know people— not only will they get to know the issues, but the people here, they'll get to know the officers and will be less reluctant to approach them for help."

"When I was working for Larry Langley, we would get calls on community concerns about bars. The biggest complaint was that there was a pass-the-buck problem with the city and the police, and people would get frustrated. So we looked at what we could do with these jurisdictional enforcements. So in 2004, pulled together the AGLC, planning, fire, police and post-secondary schools and asked, how do we deal with this as a team? The end result was the Public Safety Compliance Team and it has been a huge success."

"Older neighbourhoods need to make sure they are attractive to young people moving in. I'm excited about a new initiative which I am working on with Ben Henderson, working with the Edmonton Horticultural Society for Communities in Bloom. It's a way to beautify the city. When people are driving around looking for a house, an older area with beautiful yards shows care and curb appeal."

### Ward 2 (Spruce Avenue, Westwood)

Note: interviews with Thomas Hinderks, Shelley Tupper and Michael Waddy were not available at press time



**Kim Krushell**

"We track our constituent inquiries, so to provide some continuity, I will work

with Wards 3 and 7 to make sure that those concerns from the old Ward are still looked after during the transition."

"As far as policing, our area is served by downtown, or the west end. That's not adequate, given our population base. We need beat cops working with the new 107th Avenue BRZ."

CONTINUED ON PAGE 3 . . .

### CONTENTS

Editorial.....	2
News Briefs.....	3-4
Business Spotlight.....	5
Invest in Your Community .....	6
Technology .....	8-9
Columns.....	10-14
Community Calendar.....	15

### Write for the Rat Creek Press

Do you have a news tip or an idea for an article? Come to the next editorial meeting on October 5, 7 pm at the Carrot Cafe or email editor@ratcreek.org

Upcoming Themes:

November: Small Business (deadline October 11)

December: Home (deadline November 15)

### Rat Creek Press Annual General Meeting

Please join us for our AGM at the Carrot on Sunday November 7 at 3 pm. We will be holding elections for the 2010-2011 board; please come out if you are interested in giving your input on our community's newspaper.

### Be a friend of Rat Creek!

We know how much you love receiving your community newspaper every month. Funding for the Rat Creek Press comes largely from casino money, grants, and donations. If you love your neighbourhood paper, please contribute what you can!

Donations can be mailed to: The Rat Creek Press Box 39024 RPO Norwood Edmonton AB, T5B 4T8

PHONE 780.479.6285

WEB [www.ratcreek.org](http://www.ratcreek.org)

**EDITOR**

Mari Sasano  
[editor@ratcreek.org](mailto:editor@ratcreek.org)

**GRAPHIC DESIGN**

Leanne McBean  
[design@ratcreek.org](mailto:design@ratcreek.org)

**ADVERTISING**

Laurie Tod  
[ads@ratcreek.org](mailto:ads@ratcreek.org)

**DISTRIBUTION** Canada Post

**BOARD MEMBERS**

Jordan Batty, Westwood  
Patricia Foufas, Alberta Avenue  
Angie Klein, Sprucewood  
Karen Mykietka  
Joanne Siebert, Eastwood  
Harvey Voogd, Delton  
Lori Youngman, Alberta Avenue  
*More board members welcome.*

**RAT CREEK PRESS ASSOCIATION**

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

**OUR MISSION**

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

**OUR FINANCIAL SUPPORTERS**

Norwood Neighbourhood Association  
Spruce Avenue Community League  
Alberta Avenue Business Association  
PAAFE - Prostitution Awareness &  
Action Foundation of Edmonton  
Alberta Lottery Fund

# Intimacy or popularity: know the difference in the online world

**EDITORIAL**  
WITH MARI SASANO

I just got an iPhone 4. I don't think of myself as a gearhead, but I guess I rely on gadgets more than most: as someone who works from home, I need to stay connected! I've carried a cellphone for 10 years, and gave up a landline for nearly as many. And every editor I have ever had prefers to communicate over email—must be a writer thing!

But these technologies have a double edge. Some days, the only human contact I have is electronic. There seems to be something unhealthy about the amount of time we are expected to sit in front of a screen these days. My typing has improved, but if it weren't for the dog, I'd likely never see the light of day.

I do get things done, though. It's a 24 hour world.

On the plus side (yes, there is one!) I've managed to connect to the world virtually that just would not be possible in any other age.

Through the internet, I've found a community of Boston terrier owners (woofboard.com, check it out if you love BT's!), other freelance writers to share notes with, and images of places and people who can instantaneously share their world with us. Some of my Facebook and Twitter friends have become better in-person friends due to our daily

status updates. It's like running into someone on the street or dropping in to visit; something we do less and less these days. Amazing!

And cellphones are a real-life social lifesaver in this hurry-up-and-wait society. You do need to be able to maintain some rules: don't answer the phone or Tweet during dinner or meetings, turn the ringer off at night, disregard calls from unfamiliar

phone numbers. No one appreciates someone checking their texts while on a date. But aside from that, it can be a real social boon. Remember running into

people on the street? You can make that happen, at whim. Voila! Face-to-face socialization.

As animals, human beings aren't particularly gifted physically. Our strength has always been the ability to manipulate tools, to find ways to augment our frail, naked bodies with new innovations. But just as technology can be a wonder, it can also lead to our ruin. While I was growing up, a kid could lead a life unknown to almost everyone in the world except for the dozen or so family and friends hanging out at home, at playgrounds, and video arcades. Nowadays, someone posting online can be seen by millions, but chances are those posts are made in isolation.

Let's try and use what we know and what we do to make our lives better, simpler, and more connected, rather than just being widely exposed.

**“Some days,  
the only human  
contact I have  
is electronic.”**

## The Rat Creek Press is lucky to have you!

KAREN MYKIETKA

On September 16 and 17, the Rat Creek Press worked the Baccarat Casino as a major part of its fundraising. We thank our amazing volunteers for their time, expertise, and good cheer! We couldn't do it without you!

Jo-Ann Siebert  
Aaron Macri  
Yvonne Reid  
Mari Sasano  
Arlene Kemble  
Vivian Giese  
Vicky Beauchamp  
Gerry Beauchamp  
Shama Noone

Jordan Batty  
Lori Youngman  
Harvey Voogd  
Brenda Richardson  
Ken Johnston  
Bea Johnston  
Dawn Freeman  
Steven Michos  
Doug Thompson

Ollie Pawlow  
Caitlin Crawshaw  
Laurie Robinson  
Helen Meeks  
Karen Mykietka  
Peter Mykietka  
Verna Stainthorp

**PETALS**

**ON THE TRAIL**  
TRENDY TO TRADITIONAL DESIGN  
SPECIALTY GIFT AND FRUIT BASKETS  
BEARS AND BALLOONS

**HIGH END DESIGN**  
**AT**  
**ROCK BOTTOM PRICES**  
SAME DAY SERVICE  
SERVING THE GREATER EDMONTON AREA  
**482-7673**  
**11807 ST. ALBERT TR.**

10% discount to residents of the Rat Creek Press neighbourhoods. Just show your community league membership or proof of address.

**K9 Behave**  
CAP PDT ~ APDT ~ MDSA ~ CKC  
In-Home Dog Training  
Darlene Taylor

- ◆ Reward-based
- ◆ Flexible & Versatile
- ◆ Customized
- ◆ Problem Solving
- ◆ All the basics plus more
- ◆ Start right away
- ◆ Experienced
- ◆ All Breeds, all ages

780-915-0213 [k9behave@presplus.onza.net](mailto:k9behave@presplus.onza.net)

**the blue pear** simplecreativefood

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

**ORTHODOX REFORMED CHURCH OF EDMONTON**

11610 - 95A Street  
Edmonton AB T5G 1P8  
**Church Ph: 780-474-5091**  
**Pastor Ph: 780-487-7189**  
[www.orcurc.org](http://www.orcurc.org)

**SUNDAY WORSHIP TIMES**  
10:00 am & 6:00 pm

Listen to our radio broadcast of the White Horse Inn every Sunday at 8:30 a.m. on 930 CJCA AM or anytime at [www.whitehorseinn.org](http://www.whitehorseinn.org)

**“Do you believe in..  
the Son of God?”**

**“Who is He, Lord, that  
I may believe in Him?”**

John 9:35 - 36 NKJV

**INTERESTED IN  
ADVERTISING?  
CHECK OUT OUR  
AD RATES AND  
INFORMATION  
AT  
WWW.RATCREEK.ORG**

**Rat Creek Press seeks board members**

Want to get involved with your community newspaper? Join the Rat Creek Press board. We are seeking enthusiastic community members to govern the Press as well as engage in fundraising, administration, and promotion for the Rat Creek Press. Individuals with board experience would be great, but anyone with some know-how and energy are welcome to apply! Contact [info@ratcreek.org](mailto:info@ratcreek.org) for more information.

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

# Who's your mayor?

MARI SASANO

Once you've decided on your Ward representative, have some thought to who you would like to vote for mayor. Again, in alphabetical order and in their own words:



## Daryl Bonar

"In the last election, there was a low voter turnout, largely because there were no credible candidates. I thought it was wrong that there was no challenge to Stephen Mandel. And there has never been a more pivotal time in our city: there are several major issues that will have a long lasting impact, and I disagree with the incumbent's direction."

"I would like to bring a totally different approach to leadership; true leadership. The mayor is inaccessible and very difficult to get in a meeting. I will institutionalize a policy to get direct access to the mayor. There are 157 neighbourhoods. I would like representatives from each neighbourhood to meet once a month in a town hall meeting. And I would like to open up ward offices, 12 in the city, to be staffed by volunteers and councillors so that constituents can have access to their elected officials."

"My plan for crime reduction is community policing, to have a constable in every single neighbourhood, to empower residents to take back their neighbourhood. We should not tolerate social disorder. We need four or five beat cops on Alberta Avenue at any given time."

"I would put a moratorium on social housing and disburse affordable living throughout the city. It doesn't work. There are negative lifestyles and it creates ghettos."

"When it comes to revitalization, that's just a buzzword. What I would do is pay attention to detail. My approach is having grass on the boulevards, to foster places to gather and walkable communities. I'm a big proponent of the arts and it must be given support by the city. There are an abundance of talented artists and we are not doing our best to showcase it. We should embrace street performers, and I would like the city to acquire local art."

## David Dorward

"My priority is not to put the city into more debt on the taxpayer's back. My platform is based on fiscal responsibility. Not increasing garbage fees, utilities and taxes."

I don't believe there will be sacrifices. I'm a chartered accountant and CMA, so we'll just go through the numbers and find where the fluff is. It's about holding the line and not spending money. For example, why did we spend \$90 million on consultants last year? We need to review that."

"I want Edmonton to be a friendly place where we look after each other, where we can find jobs. The City needs to provide the core services, not any fancy-dancy stuff. For example, the redevelopment of the airport land goes beyond what they city should be engaged in."

"I'm very much in favour of supporting and empowering the community leagues. We need to fund them so they can build a force of volunteers. They need to be able to have more activities, reaching out to families."

"Crime statistics show that they're going down, but the average citizen does not feel safe. Property crime is going up, and I don't feel safe on public transit. We need to respond to that. It's best addressed by the police commission how they are going to do that, to come up with a plan. I'm not a policing expert."

## Dave Dowling

"I, Dave Dowling am standing up for Election as Mayor, the other candidates run. In the last nine long years, much could have been done to solve the issues of north central Edmonton, and the rest of Edmonton faces. Instead poverty is still there, as are the homeless and other such issues like enviro-destruction. In those nine long years taxes have gone up, council's wages have gone up, council's office budgets and gas allowances have gone up, as have taxes, 100 per cent in some areas. North central Edmonton, and the rest of Edmonton could be an enviro-vision city, where people have excellent quality of life. All it takes is leadership. Some candidates have it, and other Candidates have to raise \$582,817.00 mostly from corporations to give to the media to con the voter into thinking they have it. Soon you will be able to vote, you will get to do so again in 3 years."

## Andrew Lineker

"I'm thinking in terms of democracy. I would like to see our citizens voice their opinions. I think that part of the issue is that there people don't have enough faith in their politicians, so the voter turnout is low. Edmontonians feel their city is great, but they don't believe in politicians. By including the voice of the citizens, we would bring it up."

"I'm interested in bringing an unbiased opinion. We need to know about the behind-the-scenes that the citizens don't know about and show that we value their opinion. Right now it seems they don't have a voice."

"I think crime is an issue, and the bottom line is adding more officers on the road, not cutting them back. We need to revitalize the economy. And there seems to be a recycling problem. We need Edmonton Transit to be more efficient and streamlined."



## Stephen Mandel

"I think we need to finish what we started, and do the thing we need to do to solidify some of the things we've put into place. In particular, things like our Aboriginal Strategy, and our neighbourhood infrastructure program and the reinvestment into neighbourhoods like 118th Avenue, which has come an infinite distance since I was first elected mayor."

"One of the visions we've had for the area is an arts community, to create the opportunity to have studios and to have artists live there and act as the foundation for the area."

"The other thing that helps re-establish neighbourhoods is main streets. One of the problems in any area is when it starts to go downhill, businesses start to leave. So I think about rebuilding the businesses along 118th, coming up with incentive programs. And we have had more

businesses move in. We will make the Avenue vibrant, and that will push out some of the problems."

"It comes down to the fact that the neighbourhood has become very engaged. It's our role as politicians to encourage these things, but it's up to the community; they're the ones in the trenches. When I go down there, I see great support. I see a community that cares deeply about their future. And it's a fun community. When you have that kind of commitment, you're going to succeed. We've put up the financial side of it, and we'll continue to do what we need to do, but in the end it depends on great neighbours."

KIM KRUSHHELL  
CONTINUED FROM PAGE 1...

## City election roundup: meet your candidates

"We are holding an international design competition for an environmentally sustainable development incorporating solar and net zero design that is family oriented. We'll see new innovations in drainage, energy, and LEED standards. NAIT can expand onto that area, and running the LRT through there will save us around \$200 million. And specifically fro Spruce Avenue and Westwood, they'll work with the team to consult what they would like to see in terms of a transit-oriented development. There is a lot of opportunity for that area, some beautifully designed houses, not just on airport lands, but as infill."

## Don Koziak

"What I bring to the table is intelligence from my engineering background. My biggest criticism is that they currently take a political solution to most problems, rather than a correct solution. For example, with

the smoking bylaw, the political solution is to create a bylaw for blanket enforcement on a ban on indoor smoking. An engineering solution is to create ventilation standards for indoor air quality."

"My feeling is that crime is a huge issue. When everyone calls for more policing, the typical response is to crack down on speeding. We get more policing of our personal liberties and freedoms with red light cameras and photoradar. Instead I want more boots on the street. I want someone to show up when the neighbours are fighting at 4 am."

"I believe that if we are successful, we can contribute to the arts. I don't know if it's the city's responsibility to make those decisions. I prefer that the artist is the one creating the appeal that makes him successful."

"I'm concerned about the long term debt over the last decade. Services have to be sac-

rificed. A lot of the money is earmarked for the LRT expansion. A lot of businesses have demonstrated that they have concerns for the route. I'm not sure if we can afford that expansion."

"I'm a fiscal conservative. I see the benefit of low taxes. If we can create a tax advantage, that brings business and people to the city. And I think low taxes leads to a quality of life, since it creates the financial ability to make decisions on recreation and whatnot."



## Roxie Malone-Richards

"The airport issue is the reason why I've decided to run. It doesn't

matter what side you're on, but what I hear is that city council has eliminated our right to vote."

"It seems there are less services and more taxes."

"We need strong infrastructure. It's the best bang for the buck. We could have pride in our city if we had great roadways and sidewalks. And we need to stop urban sprawl. We need to infill the spots we have now, filling up the empty buildings. But I'm not willing to give up the airport for that. And I'm prepared to budget for snow removal. We need our residential roads ploughed more than once a year. We need to change the criteria for when we send the graders out."

"We need better lighting in high-crime areas. The orange lights are a magnet for crime. It's mood lighting for criminals. And we need less photoradar and

more enforcement. Right now photoradar is making a tonne of money, but it's not making our streets safer. It's not creating a deterrent when people are getting a ticket a week later. The money should be used in real-life police work, and I am prepared to give the Edmonton Police a whack of cash to do so. More police everywhere. We need one police officer in every neighbourhood."

"I am a handicapped person, so I would be bringing a unique perspective to city council in terms of those issues, and accessibility."

For more information, check online at:  
[http://www.edmonton.ca/city\\_government/edmontonelections.aspx](http://www.edmonton.ca/city_government/edmontonelections.aspx)  
Call 780-442-VOTE (8683)  
or Email  
[elections@edmonton.ca](mailto:elections@edmonton.ca)

# Dave Colburn, public school board trustee candidate

JAN BUTERMAN

*Note: Ward D candidate Dave Colburn has been an Edmonton Public School Board trustee since 2004. Colburn has been declared elected by acclamation for public school board trustee in Ward D. The municipal election, where citizens vote for the mayor, city councillors, and school board trustees, will be held on October 18, 2010.*

**RCP:** Why do you believe running for school board trustee is important?

**DC:** Our ability as a society to successfully educate our children is the foundation of the well-being—the emotional, intellectual, and commercial well-being—of this country for the next generation of adults. The challenges of education in the 21st Century are profound. The world of change is proceeding at laser-like speed. It's enormously interesting and challenging to determine what education should look like in the 21st Century. If we don't get a handle on it, we won't be able to compete.

I'm determined to do what I can to respond to the complex challenges of education and ensure the children within Edmonton Public are

successfully educated whatever their level of ability and work ethic.

**RCP:** Why have you focused on Ward D as a trustee and candidate?

**DC:** I have lived in Ward D since 1989. Since I've been a trustee for six years, I've come to appreciate the challenges of Ward D being significantly an inner-city ward and I've come to believe that many students coming from the inner-city—many, certainly not all—many students require additional supports. I'm determined that additional resources should be made available for our most vulnerable students and finding the funds, convincing my colleagues of the need to distribute additional resources to our high-need students is important work that I'm intent on pursuing. It's become a bit of a passion of mine: to ensure that we can level the playing field as much as possible for inner-city students.

**RCP:** What issues do you anticipate facing as a public school board trustee if you win the seat for Ward D in 2010?

**DC:** We always face funding issues. I'm not satisfied that

we're funded as well as we should be or could be in our province. I'm concerned with the fundraising that goes on in our district. I'm particularly concerned that the fundraising done in our inner-city neighbourhoods isn't at all comparable to other areas in terms of raising funds to support education in their respective schools. I think we need to look at special needs education. I've made great progress promoting the health of our students in Edmonton Public but I think we can do more, including supporting physical activity and being able to make healthy food choices in our schools. Aboriginal education will be seen as an enormous challenge within our schools and we need to roll up our sleeves to meet these needs for student success.

**RCP:** If you could have one wish granted in your role as trustee, what would it be?

**DC:** A dream that I've had for most of my six years as a trustee, if I had limitless powers it would be that every voter would be aware of every word and action of every trustee, and then come election time would be able to determine on an electoral basis whether that trustee was worthy of their

electoral support. Too many of the public are unaware of the work of trustees and too many are elected because their names are familiar.

**RCP:** Ward D experienced several school closures in 2010. What are your hopes for the future of inner-city school properties? What are your hopes for the inner-city schools that remain open?

**DC:** My hope and expectation is that the schools that were closed will find a use that is central to supporting the viability of those communities. I expect nothing less than the Edmonton Public District will authentically work with the communities that have lost their schools to find appropriate uses for those buildings. I look forward to finding uses for those buildings that will be enthusiastically supported by their communities. I would not like to see any of those buildings torn down—they are historic buildings and it would be a great loss to the architectural heritage of Edmonton to lose them.

In terms of the remaining schools, one of my platform issues is calling for a moratorium on school closures. I'm deeply concerned about the aggressive level of

school closures. School closure is no longer the last resort but the first choice.

I'm encouraged by our Board's recent decision to initiate tri-level consultations with the province and city. I truly believe that those conversations have potential for unprecedented results.

## Catholic School Board Candidates for Ward 73 are:

Cynthia Bossmin-Davis

Jennifer Chahal

Cindy Olsen

**“COMMUNITIES TO BE PROUD OF”**

**RE-ELECT  
TONY  
CATERINA**



**“YOUR CHOICE FOR COUNCILLOR - WARD 7”**

**Remember to vote on October 18th. Thank you for your continued support.**

**A new business with a new concept**

**First Free Store**

**8405 118 Ave**

**Open 7 days a week from  
10am - 5pm**

The First Free Store opened on the Ave in mid-September. The founders, Brian Tyson, Benjamin Ryder and Russ Armstrong, created the concept to reduce consumer waste and landfills.

I went to the store to see what it was all about. Simple: you take in your unwanted household, personal, or outdoor items for a small drop off fee. The fee is \$2 per bag or box. As a shopper of the store, everything is free. Well, not everything: they do have a common space, and the furniture is off limits! A few higher priced items are separated and clearly

marked for auction.

I asked Brian why the Ave and why the Store. He is following the concept started by Russ Armstrong in BC. Russ had great success in BC, and Brian wanted to bring it to Alberta. They are passionate about reducing waste and making sure what isn't needed by you is used by someone else so it stays out of the landfill.

They started here in Edmonton and on the Ave because this is where he could network, since his central connections in Edmonton are in this area. Makes sense! While talking to Brian, he mentioned many times the mission of the store is to help social, economical, and environmental issues. After talking to him, I agree wholeheartedly! They have set the large goal of opening several stores and a central

warehouse in the Edmonton area. And if you need help getting your stuff to the store, they also offer a

pickup service with a fee of \$15 plus the \$2 per bag/box. So if you have some unused

items wanting a new home, or you love free things, come and check it out!

**avenue initiative revitalization**

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



**For information call  
Judy Allan 780-496-1913**

**Construction set to run smoothly for third year**

Another summer of construction on 118th Avenue is quickly coming to an end. Due to the rainy summer construction is behind, crews will continue to work until the snow arrives. Completion of the project including trees, flowers and crosswalks will happen next year. An expansion to the Streetscape plan was approved by the Streetscape Working group and the City to include 95 St to the 117 Avenue intersection. Thank you to everyone for their patience and continued support of the 118th Avenue revitalization. And a BIG thanks to the construction crews who have worked hard all summer.



# Put your money where your feet are... invest in your community

KAREN MYKIETKA

I've always been one to enjoy what Edmonton has to offer – the river valley, the numerous festivals, the free publications letting me know what's happening. Over the 12 years I've lived in this area, I've been involved in many different areas of community work. I became a producer rather than just a consumer. And I learned how much time and effort goes into everything as well as how rewarding it is to be involved in positive change. Here are some ways you can help in our community:

## Kaleido Festival

In September, our community hosted a fantastic family festival which hosted 12,000 people – the Kaleido Family Arts Festival is organized by Arts on the Ave. This amazing festival spread over four blocks in over 12 different venues. A steady stream of people wandered the site and took in unique expressions of music, art, theatre, dance and more. Attendees did not have to pay admission to anything, nor were they constantly being asked by performers to donate money. There were, however, donation tubes around the site and the festival was advertised as "Pay what you can".

It is awesome how this unique arts experience was open to everyone regardless of their financial situation,

and how people could enjoy it without having to constantly pull out their wallets. Festivals like this bring enormous positive impact to our community, so if you live here you benefit whether you attended or not.

## Festivals aren't really free

While you may not have paid to attend the Kaleido festival, it definitely wasn't free. A festival the size of Kaleido, with that amount of performers and programming, does not come cheap nor does it come together without a lot of hard work from a dedicated core of people and over 110 volunteers. Planning starts almost a year in advance with writing numerous grants. Grant writing is a lot of work and you don't always get what you need. The production team works hundreds of hours all year and insane hours leading up to the festival, but have no guarantee they will receive a cent for all their hard work. If there is money left after paying performers and other festival costs, they receive an honorarium. There is no way volunteers could be paid what their expertise and time is worth.

At the end of the Kaleido weekend, the donation money added up to about 2.5 per cent of the cost of the performers, which is only one of the festival expenses. There's still the cost of rentals, street closure, security, first aid and

on and on. It was an exciting, but exhausting time for those involved in production. But now it's over and they can rest. WRONG! Many of the same people are already starting to plan for the next community festival, Deep Freeze, which happens every January. And again, they will be scrambling to find enough money to pull off a fantastic "free" family festival. You can help out by putting money in those donation tubes when you attend, or instead, writing a donation cheque now.

## The Rat Creek Press

Festivals aren't the only ones struggling to be viable and sustainable. The community newspaper you are reading constantly struggles to generate enough revenue to cover expenses. The paper runs off advertising sales, casino funds, and a few donations. Again the community as a whole benefits from having a free local paper – the residents, businesses and not-for-profit organizations, many of whom have their information printed in the paper as a free service to the community. I hear over and over again how important this newspaper is to the community, how people love reading it. Well, if it really is important than you may want to think about how you can support it, perhaps by joining the board in November or giving a donation.

## Community Leagues

This newspaper goes out to seven neighbourhoods, each of which has a community league and community hall. Community leagues are another volunteer non-profit organization working hard to raise enough money to maintain and repair buildings, offer programs, run skating rinks, start community gardens, do park developments and so on. None of this is cheap, and the city gives leagues very little funding. Again, it takes volunteers to write grants and work casinos. Often, you put in hours writing a grant and get turned down. The last two grants I wrote for Alberta Avenue Community League were denied because of lack of provincial funds. We have a roof that has been leaking for 25 years that will take \$45,000 to fix. We have hopes for a façade facelift and landscaping which could be over \$100,000. We have hopes for a community garden. Eastwood Community League is also working on a new façade and community garden.

## Invest in your community

These are our community assets. These are the people and organizations contributing to the revitalization of our neighbourhoods, yet they often get little support from the people who live here. The neighbourhood of Alberta Avenue has 2500 homes. Our

goal this year is to sell 300 memberships, even that would only be a pathetic 12 per cent. But we may be hard pressed to get more than the 150 members we had last year. Every other league is in a similar or even worse situation.

Everyone wants to live in a great community, but a community is only great if the people who live there invest in it. There is no excuse not to invest something into our community, whether it is your money or your time. Even if half the residents did something as simple as buying their league membership and volunteering a handful of hours a year, the impact would be amazing.

## What you can do:

- Buy a community league membership
- Join a local non-profit board
- Donate money to a local non-profit\*
- Volunteer at a festival

\*Any money donated to non-profits by individuals can be used to apply for a provincial donation grant so your money gives more than once!

*Karen Mykietka is a professional volunteer and currently is president of the Alberta Avenue Community League. If you have any time or money to invest in the community, she will be happy to steer you in the right direction. Contact her at mykietka@gmail.com*



A COUPLE OF CASUAL SCARECROWS AT THE PARKDALE CROMDALE HARVEST FESTIVAL

## Parkdale memories: a principal looks back, part 2

MARLENE HANSON

My mother's 1936 report card, from Grade 1, shows an honour student in the making. It reads, "Martha should be promoted to Grade 2, and even to Grade 3, if there is room in the class!" Only seven years later, she would receive her grade nine certificate, from "Parkdale Intermediate School." I guess there must have been room in the class! The McCoy parents, Frank and Florence, had been trained as teachers in "Normal School" in the Eastern townships of Quebec. Later, when raising their own family, the grandchildren were often reminded of this fact, as the grammar lessons continued at the dinner table.

The family could be seen at Delwood Road Baptist Church every Sunday, where Frank sometimes preached the sermon. A sense of duty and service to community were mingled with a desire to nurture their children with a delightful sense of play.

Being the local Scoutmaster in the Alberta Avenue neighbourhood, Frank could be seen building kayaks and launching them down under the Dawson Bridge, a point the family has endearingly named "Frank's Landing." He pioneered wilder-

ness camping in the scouting movement in Western Canada, and continued as a well respected scoutmaster in the area, for 36 years, right into his eighties!

During his many adventures, he mentored not only many local area boys, but his own grandchildren, toward a love of the outdoors.

In my seven years as principal of Parkdale School, I've often sat quietly working in my office on a weekend morning, listening to the rattling of the pipes, and wondering what stories the walls might tell, about those earlier times. Often when registering a new family at the school, we'd smile as they'd ask if their children still had to line up at the front entrances, according to the signs that read, "Girls" and "Boys." Imagine if they did! My Aunt Gladys also

chuckled, when I commented on the crisp 'uniforms' the boys were wearing in a 1941 photo of Parkdale School, from our family archives. "Those aren't uniforms,



Marlene," she laughed. "That was just how all the boys dressed back then!"

*Marlene Hanson, granddaughter to Frank and Florence McCoy, served as principal of Parkdale School, from 2003 to 2010. Martha Hanson (McCoy) passed away in 2006. This is the second of a four part memoir of her family's history in the Parkdale area.*

## You know someone in the business.

Professional & personable, rely on Nandi Young for compassionate, expert guidance on all aspects of cemetery and funeral planning. At your family's time of need or when thinking ahead, call for a FREE consultation.

Ask Nandi Young about a **FREE Legal Will Kit!** Get organized today with this step-by-step guide... part of your complete plan for family security.

**(780) 422-1141**



HOWARD & MCBRIDE CHAPEL OF CHIMES FUNERAL HOME  
Funeral Home, Crematorium and Reception Centre  
10179 -108 Street, Edmonton • www.chapelofchimes.com

Serving Edmonton and the surrounding communities since 1921

## Norwood Family Centre: A great place to connect

CARISSA HALTON

"Every community needs a 'Norwood Centre'," laughs Bev Parks, Executive Director of Norwood Child and Family Resource Centre. Many parents and kids in the community would agree.

Norwood Child and Family Resource Centre is a non-profit organization that has worked with families and children in the Rat Creek Press communities for 47 years. Their strength-based programming is creative and flexible to the needs of the kids and the neighbourhood. They offer a variety of classes and services.

Early Start is a child-directed, learn through play program where children 0 to 6 years old can explore, learn and problem-solve in a safe, nurturing environment. Children may be registered for one full day or two half-days per week.

Head Start is a program for 3.5 to 5 year olds that aims to increase social, emotional, cognitive, gross and fine motor skills in young children.

Meals are provided, as well as connections with health and support services as required. This program aims specifically to assist children in their transition to kindergarten.

The Child and Youth program is an after-school drop-in for 5 to 13 year olds. They focus on arts and crafts, social skills, team building and recreational activities. This program is offered Monday, Tuesday and Wednesdays from 3 to 6 pm, Thursdays from 12 to 6 pm and Fridays from 3 to 7 pm.

Parent Groups and Workshops are offered throughout the year and are a great way for parents to meet each other and further develop their parenting skills. Parent-Child Literacy programs are also offered where parents and kids can together learn songs, stories, and rhymes.

Many families can attest to the positive role of NCFRC in their lives. One mother shared, "Initially it was a much-needed break for me as I dealt with post-partum depression... it was amazing how my son responded to

the teachers there. He was so excited, nearly bursting to try to tell/show us what he had done that day... It's given some consistency to his week and has become a central part of it. He has formed strong attachments to his teachers."

Another parent shared how much they have enjoyed meeting families from the neighbourhood that otherwise they would not connect with: "It's a real hub."

Kerrie Miller's sons attend NCFRC, and when asked what comes to mind when she thinks about Norwood, she says, "Happiness. I know it sounds cheesy, but seriously, I walk into the place and it's just happy."

While every community may need a Child and Family Resource Centre, imagine the luck that we are the community that has it!

For further information on Norwood Child and Family Resource Centre, to register a child or donate, please contact the office (780)471-3737 or visit their website at: [www.norwoodcentre.com](http://www.norwoodcentre.com).

## Is there a ghost?

SHARON E. RILEY

*The man standing there, with a silent prayer,  
Said, Sir, do you have a quarter to spare?  
The man that he asked stepped back with a sneer,  
And barked out, "What do you want it for, Beer?  
The first man shook his head in disgust,  
And said, Sir why do you make such a fuss?  
It's only a quarter I asked you for.  
I didn't ask for anything more"  
He sidestepped the punch that was aimed at his face,  
And tripped over his old untied shoelace.  
He went down in a pile.  
He scrambled back up.  
He saw that punch coming, but couldn't duck.  
The punch landed squarely,  
And he fell down dead.  
The other man felt for his heartbeat in dread.  
There was none. He turned and ran the other way,  
And no one knows who he is to this day.*

I stared at the page in front of me with complete shock and bewilderment. I had written quite a bit of poetry before, but nothing with dialogue and never without having to do a rewrite. This poem had come to me from somewhere beyond. It was some kind of communication. I read the poem again and gave it the title, Lament. I firmly believe that these men once lived. The feeling persists that the man who had died had once lived in our house.

Other unexplainable events have happened in our home since that time. Once a cup tipped over and spilled its contents on the kitchen table. No one was touching it, and three of us witnessed that event.

Another time a cup that was empty refused to budge from the table. I pulled on it three times before it finally came up, light as a feather. My husband and I checked the table and the bottom of the cup for something sticky, but there was nothing. I had never had experiences like that before. It all began with that poem. We truly believe that someone has contacted us from beyond.

### Conclusion

Although this story began a long time ago, I now feel that it is necessary to add a bit on. I need to mention the sounds of creaking footsteps going down to our basement and then coming back up again.

I need to mention the water running out of our kitchen taps when my husband and I were both standing there in stunned bewilderment, because the taps were turned off. It kept up for a minute or so and then just quit.

I need to mention the kick my husband felt on the back of the sofa while he was watching TV, and I need to mention the times our back doorbell rang, with its one ding, when there is no longer any doorbell there.

This has been going on for years. Now, at last, the happenings have stopped. The doorbell no longer rings, and we know that somehow, somewhere, our ghost has found his peace. Maybe he was waiting for me to write this story!



### Invest in the community and get a 50% tax credit!!

Make a donation to Alberta Avenue Community League before December 31, 2010 and receive a charitable tax receipt.

Donate to the league's general fund, capital fund or program/festival fund.

9210 118 Avenue, Edmonton, AB T5G 0N2  
Email: [info@albertaave.org](mailto:info@albertaave.org) Phone: 780-477-2773

## JOIN THE RAT PACK!

### HEY KIDS!

Do you want to write for  
the Rat Creek Press?

Are you an artistic  
talent? Send your  
stories, poems, photos,  
or art to the Rat Pack!

Email  
[editor@ratcreek.org](mailto:editor@ratcreek.org)  
by October 11.



## CARISMA CHURCH

Come as You Are!

**Sunday 10:00am**

Experience a Multicultural Environment

8401 - 114 Ave. - 780.477-1235

www.Kim  
**KRUSHELL**  
.com

Re-Elect

RE-ELECT KIM ON OCTOBER 18, 2010  
FOR COUNCILLOR - WARD 2

780.938.4668  
[kim@kimkrushell.com](mailto:kim@kimkrushell.com)

It's about **common sense.**  
Working for **you** in Ward 2.



## Call Me 1st



Thinking of Selling?

Thinking of Buying?

Call Roxanne Litwyn

**780-439-7000**

Your neighbourhood Realtor  
Serving Central Edmonton Since 1990

### FREE MARKET EVALUATION

List of homes for sale

(some restrictions apply)

[www.roxannehomes.com](http://www.roxannehomes.com)

Not intended to solicit properties already listed for sale.



CLINTON CAREW OPERATING HIS LOVE SEAT PERFORMANCE DURING KALEIDO

## Technology can be the driver in art

CLINTON J. CAREW

I think George Orwell said it best when he said, “Two legs good, rocket pants fantastic!” Although I haven’t had a chance to ask him in person, I’m confident that what he meant by that was this:

There are few, if any, human endeavours that can’t be made better with the indiscriminate application of technology.

Gadgets and theatre have gone together since the very beginning. As early as 800 BCE, Greek theatricians used complex mechanical devices to change the scenery, to provide unexpected resolutions and to

make the audience believe that evil women could fly. These days everything from iPods to electric toothbrushes have become an important, integrated part of theatrical practice.

Theatre on Wheels, a project that I have been involved in for two years running at the Kaleido festival, is an extension of this tradition. Not only does it use wheels—my favorite technology by far—but also audio/video playback devices, tinfoil hats, and miniature tree replicas. Last year, the audience was driven around the festival grounds in a 2001 Mazda Tribute while actors, controlled by randomized, pre-recorded soundtracks,

performed scenes that they had never read or rehearsed.

This year, we shifted gears, using a couch on wheels as the primary mode of movement for the spectators. I think it’s fair to say that the audience was moved by each and every performance, though perhaps not deeply.

Why wheels? Because magnetic levitation devices are too expensive. Because I can’t afford to put the audience on a rocket ship. The truth is, I would shrink the audience to a microscopic size and inject them into Dennis Quaid’s bloodstream if I could. And someday I might.

Theatre has an ability

to mix and match technologies without losing its basic theatre-ness. That’s partly why I reject the idea that machines and inorganic tools infringe on some imaginary purity of theatre.

Besides, it’s impossible to remove technology from theatre. It’s not really worth trying. Some theatrical practitioners like to limit the era of the tech that they use, but it is impossible to separate it entirely. Take Theatre on Wheels. If we remove the wheels, it’s still Theatre on Couch, and a couch is certainly a wonder of designed luxuriant comfort. We could remove the couch and have

Theatre on the Floor, but the floor is poured concrete. So we could take the show outside, sitting on the ground, and have Theatre in the Dirt, but sitting is such an elegant bit of information technology. In the end, even with Theatre Crumpled in a Random Pile in the Brush, we would bump up against the singularity of theatre itself. And theatre itself is already a wonderful and primal human technology.

Theatre and technology, in the end, are inseparable. But that doesn’t mean you should put a video projection in your next play. Remote controlled robot monkeys? Yes.

## Technology: A “Window” on education

ERIN THACKERAY

Personally, the most exciting lens through which to view technology and the way it’s changing how we live is most certainly Education. It is happening here in Edmonton, as well as around the world.

A straightforward example is the way the Edmonton Public School Board website is integrating “Cloud Computing” allowing students and teachers to share, collaborate on and read homework assignments online, stored in the “cloud” of Google

docs and their ilk. So, theoretically, a junior high student with a Google/EPsB app on their I Phone or I Touch may actually be doing homework.

More widespread is the concept of web video, most notably, YouTube. You can find You Tube tutorials on everything from cross stitch to crunk dance moves. But these aren’t just limited to the esoteric. You can learn from the world’s leading experts on politics, finance, social policy, physics, and science and more all at the click of a mouse. This is more and more

where true learning is taking place because YouTube and its sister sites are student-driven. You, the seeker, search out a topic of interest and take your own personal time to watch videos on it. Since we here in North America are a very visual culture this appeals to us, and I believe that, soon all learning will be of this type.

An Anglo-Indian educational researcher named Surgata Mitra took this concept and tried to prove it with his “Hole in the Wall” experiments. He installed computers the walls of

Calcutta’s slums, and watched as uneducated slum children took interest. Then he gave them challenges involving the computer. Things they had to learn for themselves, in English. He would challenge them, leave, and come back a few months later to find that an informal kid-run “school” had sprung up around the computer, and that kids who months ago knew no English, were detailing to him the answers to his challenges with college level English vocabulary. This happened in Italy, England, and other parts

of Asia as well. This clearly demonstrates the power that the internet has as a tool, teacher, and resource.

We as a people realize that true learning only comes about when there is desire. Whether it is a teen here in Edmonton, itching to learn the latest skate trick, or a slum girl in India, thirsty for a challenge, a chance to prove herself; technology has left its footprint on the way we meet or educational needs, and if the current school system doesn’t keep up, then it will be let behind.

# Social media: more than making “friends”

ERI RIOT

Your fingers hover over the keyboard, ready to type – something profound, you hope, because it will instantly be read by dozens, hundreds, or thousands of people. This is the ever-expanding world of social media, where everyone has a voice, and anyone can be a somebody. Even a few years ago, if you wanted to make your voice heard on the internet, you'd have to pay for web hosting, build a website, and attract visitors. Now it's simply a matter of signing up for MySpace, Facebook or Twitter, and being connected to communities around the world that share your interests. Twitter in particular has been growing by leaps and bounds among all age groups and demographics.

Social media isn't just helpful for connections on a global scale, either. Right here in Edmonton, Twitter has become a popular tool for making connections of all kinds! If you check out the thriving Edmonton community (known in Twitter parlance as #yeg, from the Edmonton International Airport code) on Twitter, you'll find people starting clubs, organizing fundraisers, recruiting volunteers, looking for employees, or just chatting and making friends. Local businesses are also using Twitter with great success, offering discounts or promotions, or even just listing their new products and daily specials.

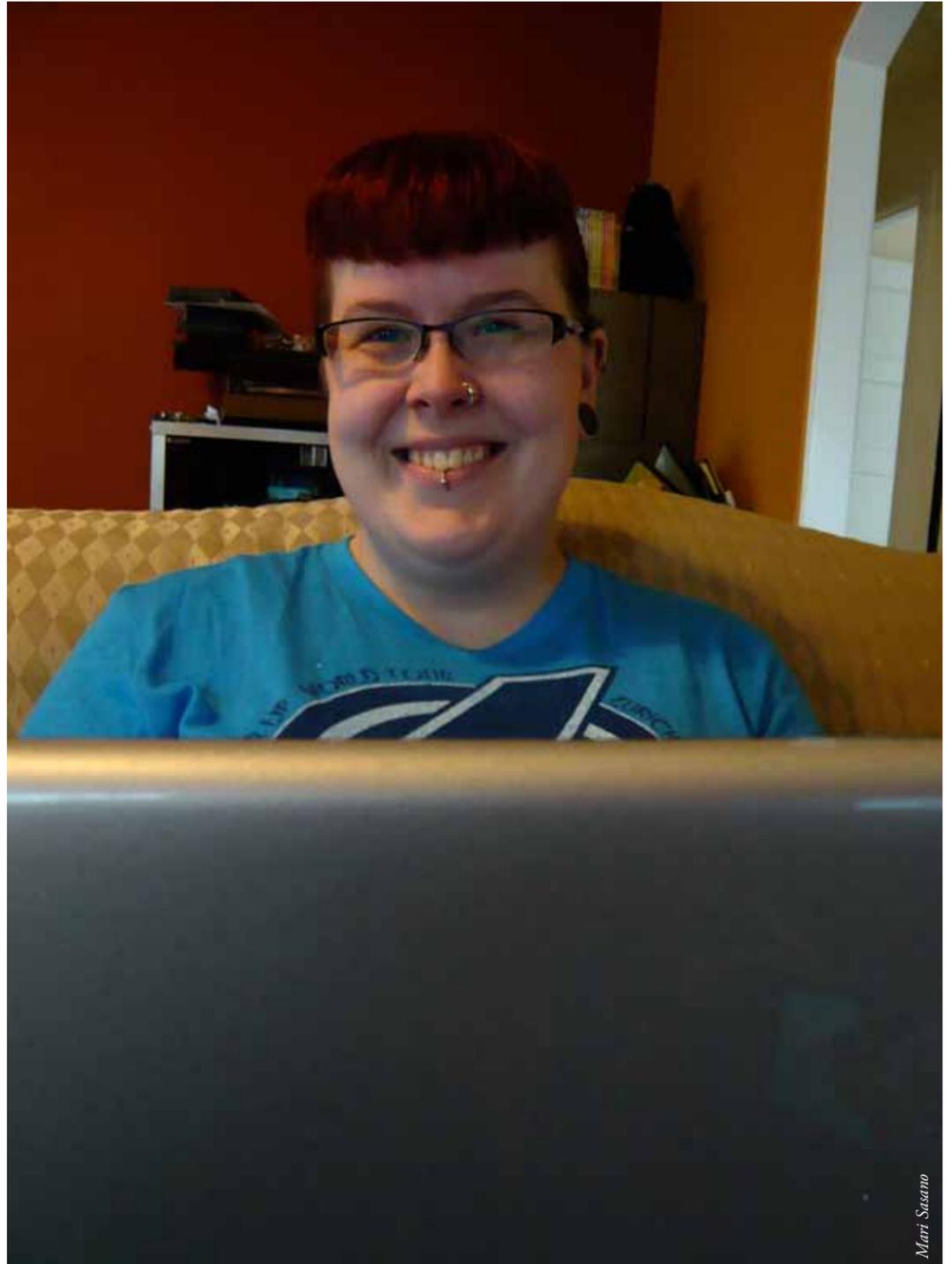
One local business, Eva Sweet Waffles (@evasweet-waffles on Twitter), runs a mobile restaurant out of a van that makes amazing waffles. They use Twitter to keep their clients informed of where their truck is that day, so that even if there is a last minute change for them, all you have to do is glance at Twitter to know where they'll be. As the “waffle truck” builds up a well-deserved fol-

lowing in Edmonton, their Twitter followers have grown to number over 400 – that's a lot of waffle addicts who know exactly how to get their fix!

With a civic election coming up in October, new candidates and incumbents for city council and school board positions are taking to Twitter to connect with their constituents and make their plans known. After seeing how heavily Twitter conversations have influenced the debate over the City Centre Airport, politicians are starting to realize the value of connecting with people instantly, on a level where they can actually converse with potential voters, as opposed to just advertising through lawn signs, interviews, and other traditional methods. Of particular interest to Rat Creek Press readers may be the Twitter account of Brendan Van Alstine (@BVanAlstine), and Scott McKeen (@Scott\_McKeen), who are running against Tony Caterina in Ward 7 this fall. As well, for Ward 2, KimKrushell maintain a Twitter account, as do mayoral candidates Stephen Mandel (@MandelforMayor) and Daryl Bonar (@daryl-4mayor).

Charities in Edmonton have also made good use of this platform for getting their message out, and connecting with supporters, donors and other interested parties. Dog rescues HART (@HARTedmonton) and CaliCan (@CaliCanRescue) use Twitter posts to tell potential adopters about available dogs, upcoming events, and fundraising opportunities. Similarly, the Edmonton Humane Society (@edmontonhumane) advertises their adoption promotions, and the Edmonton Food Bank (@yeg-foodbank) lets Edmontonians know what foods are most needed at the time and how to donate them.

Of course, one of the main uses of Twitter is much



SOCIAL MEDIA MAVEN ERI RIOT AT HER LAPTOP

simpler – it's a great place to chatter and make friends in your community and around the world! If you're intrigued by any of this, you can become a part of the Edmonton Twitter community yourself. The first step is signing up for Twitter

at [www.twitter.com](http://www.twitter.com). Pick a username, fill in your information, and you're ready to go! If you'd like to get jump-started into what's going on in Edmonton, use the search bar on the homepage to search “#yeg”, and you'll instantly see what's going on right here in

your city. You can also look up any of the organizations in this article by their usernames. Get your fingers on the keyboard, because it's time for everyone to see what you have to say!

## Hope you brought your backpack— you're gonna need it in this gadget-happy world

LAURA BEAUDIN

There was a day when going outside meant grabbing your purse or wallet, your car keys, then dashing out the door and to your destination. Things have definitely changed. These days, leaving home means going through a mental checklist of all the paraphernalia you need to bring along in order to “stay connected.”

The first item on anyone's list is a cell phone. God forbid someone might want to speak

to you and you're not around to answer the phone! This could easily cause a chain of events leading up to the end of the world.

Purchasing said cellphone requires a university degree in itself. You first need to choose a wireless carrier, and in the past three or four years, these carriers have been springing up like mushrooms on a manure pile. Among others, Rogers, Telus, Koodoo, Bell, Fido, Virgin, and Wind Mobile all constantly compete for your loyalty and your money.

Do you want a free phone with a three-year contract, or do you prefer paying the money for the full price of the phone, but be free of the shackles of a contract? Do you want a prepaid or post-paid arrangement? You need a lawyer to go through the fine print.

Let's not forget our handy GPS! Enter a tiny address, then like magic, the little genie in the box tells you exactly how to get there. No need to remember road names and directions—the GPS does it all

for you! How did our home-steady ancestors ever manage without it?

An iPod is vital for your subsequent trip to the gym, where you can jog on the treadmill while listening to your favourite tunes.

Going for coffee afterward at Starbucks as well? You'll need your laptop (or iPad if you've been lucky enough to get one) to catch up on you're 150+ emails that arrived since you last checked your Gmail account two hours before. Then, after sitting down with

your venti latte and getting set up, you discover that your battery is out of power and you forgot to bring the adapter.

Technological advances have made life easier. Thanks to these breakthroughs in many fields such as electronics or medicine, our lives are easier than ever. The negative side is that this technology changes so quickly that by the time you've mastered one element, it's obsolete. Beware of the avalanche that has entered our lives and don't let it pull you down.

## Finding Community as a New Mom

C. MORRISSEY

Being a new mom has been a spiritually dazzling experience for me. I found amazement in small miracles, weaving the sleep-deprived hours of those first few months from feeling the softest skin imaginable, to hours of cuddling and connecting with this living, breathing miracle that I had a part in creating. I am still in awe, looking back. But these memories are tempered with other memories of baby crying, constant questioning and self-doubt. After the shock and the euphoric, dazed feeling cleared, I knew I had to build a whole new life.

People told me that having kids flipped your life upside down and changed everything, but one thing I noticed is how it changes everything. My life, since I had moved to Alberta for work, had been just that – about work. All of the social connections I had made were work-related. After I entered this new world of motherhood, the reality of it set in: I realized I had to make an effort to connect with other moms and people in ways I had never had to before. In essence, I needed to quell the sense of isolation that was developing and basically make some new friends, or at least just have some adult conversation, as well as socialize my baby.

I am not the only mom, new or old, to feel this way. A survey of 1,300 moms out of the United States found that 67% of moms experience loneliness when their children are age 0-5, and 61% want to make new friends. Also, only 19% of moms surveyed are raising their children in the community in which they were raised, and less than 50% live near family members.

More and more moms (including myself) are turning to the internet to make new connections. The same study found that 70% of moms talk to other moms online in forums or communities. There is a rich community of moms' groups online, local or internationally based. We have had great experiences with them and attended activities and attractions all over the city that otherwise we never would have. We've met lots of great moms, babies and children and even made a few friends.

But I have wondered about what is available in my own community, as often these gatherings require lengthy drives to different parts of the city. After looking into it I have found:

For very new moms with babies less than six months, there is a program run through Alberta Health Services called the New Moms Network. This is series of six weekly group sessions where information on the health and development of your baby is provided, and often the moms form a group afterward. We had a great experience with

this.

There is a wealth of library programs to attend. We do Sing, Sign, Laugh and Learn programs which have provided great opportunities for learning, socializing and playing for both me and my little one.

The local Parent Link has some programs available such as Baby Buds, Parent to Parent, and Creative Play programs. We have tried some of these and found them to be very worthwhile.

Another chance to connect with parents in the community is offered at the Carrot on Friday mornings from 10 to 12 pm. As well there is a Parkdale-Cromdale Lil' Sprouts playgroup on Fridays at the same time. We haven't tried these, but would look forward to doing so.

And then there are the everyday opportunities that getting out and being in the community can offer. I have met some friends and had some great conversations just going for a walks along our tree-lined streets or taking my little guy to the park.

The internet is a great resource for new parents, but I wonder if many of us— as I have been guilty of— have neglected our own communities in place of these larger internet communities. Moms are reaching out to other moms to make a connection, which is wonderful, but let's not forget the opportunities to meet people right outside our doorsteps and within our local communities.

**Kara Family Resource Center is the designated Parent Link centre for Edmonton North East.**

**Phone 780-478-5396.**

**The phone number to register for the new moms network is: (780) 413-7980**

**All locations of the library offer lots of different programs like:**

**Sprucewood: 780-496-7099**

**Highlands: 780-496-1806**

**Woodcroft: 780-496-1830.**

**The website is epl.ca**

**Number to contact the Parkdale-Cromdale Lil Sprouts play group is 780-471-4410**

## City centre airport a proud part of Edmonton's aviation history



**Resident Profile**  
WITH HARVEY VOOGD

This summer, Edmontonians were faced with blue-shirted canvassers at various events, asking citizens to support a plebiscite to keep the City Centre Airport open as a general aviation airport.

The petition was spearheaded by a group called Envision Edmonton ([www.demandthevote.ca](http://www.demandthevote.ca)), and the signatures were submitted in response to the City's plan to redevelop the site to create a major new green neighbourhood.

Yes4Edmonton ([www.yes4edmonton.ca](http://www.yes4edmonton.ca)) supports the city's plan. Spokesperson Michael Phair says, "The redevelopment of 600 acres within 10 minutes of downtown is a once in a lifetime opportunity for Edmonton to grow a stronger more sustainable city."

Regardless of what side you are on, the history of the airport is long and storied. The city centre airport's history began in 1919.

According to the book, *Edmonton The Way It Was*, "From the first, the Americans used Edmonton as the main point in their line of air communication with Alaska, and in 1919 their air force used Martin Haggmann's farm as a landing strip.

**Improved facilities became a necessity**

Kenneth Blatchford, Mayor and MP for Edmonton East, persuaded City Council to buy Haggmann's farm which was converted into a proper air strip. First named Blatchford

Field, it became in 1927 the first licensed municipal airport in Canada.

According to Edmonton Airports, "It opened in 1927 to house a flying school, became the city's primary scheduled airport and an important military airfield during the Second World War."

However, it didn't take long for aviation and the city of Edmonton to outgrow the airport. With a city all around, there was no room to extend its less than 6,000-foot-long propeller-age runways.

By 1955, it was obvious that the downtown airport was inadequate.

A site for a new airport was selected near Leduc, and on November 15, 1960, Edmonton International Airport opened for passenger service.

Though the municipal airport continued to operate, the two-airport system was increasingly seen as having many disadvantages.

In the 1995 city election, 77 per cent of Edmontonians voted to consolidate commercial flights at the International Airport.

**Today the municipal airport serves private and general aviation**

According to the book, *Edmonton In Our Own Words*, the City Centre airport's most memorable story is also the city's most famous radio report: "The hour-by-hour account of a mercy flight in the winter of 1929 enthralled audiences across North America."

The story began when a fur trader named Alfred Logan died of diphtheria in remote Little Red River four

days before Christmas. His wife, a nurse, sent for help, knowing the community had been exposed to the virus. Dr. Harold Hamman wrote out the terse message: Diphtheria. Fear Epidemic. Send Anti-Toxin.

Two northerners, Willie Lambert and Joe Lafleur, traveled by horse and sleigh and dog team through wilderness for 12 days to bring the message to the nearest telegraph office in Peace River.

**Edmonton answered the call**

Flying north in an open biplane for two terrifying days, without instruments or radio contact, Wop May and Vic Horner carried the vaccines to Fort Vermillion through strong headwinds, blinding snow and -33C temperatures. Radio bulletins alerted northerners up ahead to clear landing strips on lakes. Trappers lit smudge fires along riverbanks to show the pilots the way.

Up above, May and Horner coped with two threats of fire, an engine that quit three times, and frostbite. They carried the vaccine supply inside their trousers to keep it from freezing. At Peace River they swooped under the railway bridge as the townspeople waved goodbye.

When they delivered the serum to Dr. Hamman and turned around for the return trip, the news flashed across the continent. An estimated 10,000 citizens welcomed the bush pilots home to Edmonton with delirious enthusiasm.

Edmonton's promoters dusted off a booster slogan—always spelled with capital letters—and declared the city the Gateway to the North.

**GOT COMMUNITY NEWS?!**

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

**FAST, FLEXIBLE, ENVIRONMENTALLY FRIENDLY**

**digital printing & finishing**

**Books & Booklets:** paperback, coil, wire, saddle stitched...

**Art:** 42" archival canvas, digital capture, art prints...

**Cards:** art, business, rack, post, greeting, invitation...

**Newsletters & Flyers:** B&W, full colour, electronic...

**Collateral:** sell sheets, brochures, sales material...

**More:** posters, data merge, wide-format, CD inserts...

**full creative services for publishing**

**PageMaster** 780-425-9303  
PUBLICATION SERVICES INC.  
[www.pagemaster.ca](http://www.pagemaster.ca)

1-877-855-9303 ■ 10180-105 Street Edmonton T5J 1C9  
OWNED AND OPERATED BY 13 YEAR ALBERTA AVENUE RESIDENT

# The Garden Diva bids adieu

the Garden Diva  
WITH CHERYL WALKER

Years ago, I was explaining to Dawn Freeman, the former Editor and Managing Editor of Rat Creek Press, how I started my plants from seed. I gesticulated madly and loudly proclaimed about soil and light and water, and she said, "You should write a gardening column."

I expected I would write one or two articles and that would be that. One or two articles turned into an entire

season and I discovered that I enjoyed writing the column. I wrote for that first season and I was as surprised as anyone when I was asked to write again.

Four years is a long time. The Garden Diva (TGD) has covered everything from aphids to zinnias. She's told you what to plant and how to plant it, and she's had a marvelous time doing it. TGD allowed me to be opinionated and wildly ridiculous and it was a treat to write the columns. I have often remarked that even when the weather was terrible and rainy or all of my lilies died or that stupid bug ate my columbine again,

I could at least write about gardening.

I was surprised at how much I liked writing, enough to start a blog. I wrote about happy times and some sad times as well. TGD's readers listened about fresh tomatoes and the tree that marked the life and death of our baby son. Gardens, like lives, are always changing. Bigger changes are happening and I need to reduce some of my commitments. TGD columns take time, and time is in short supply these days. It is with regret that I decided at the end of August, TGD had to retire.

It has been my great

good pleasure to write these columns. Gardening and life are always bittersweet and it's been an honour to share all of those moments with you. I have been delighted when people asked me questions and when they told me I inspired them to plant a flower or two. I thank you for reading, for listening and for digging in the dirt with me.

I remain, yours in solidarity against the bug that eats the columbine,  
The Garden Diva

*Cheryl Walker lives in Parkdale and she writes daily at [www.mrsspit.ca](http://www.mrsspit.ca). She writes about gardening sometimes too.*

**INTERESTED IN  
ADVERTISING?**

**CHECK OUT OUR**

**AD RATES AND**

**INFORMATION AT**

**[WWW.RATCREEK.ORG](http://WWW.RATCREEK.ORG)**



## Eastwood Community League Annual General Meeting Wednesday October 20

**6:00 pm - Doors Open for Membership Sales**

**7:00 pm - Meeting Begins**

Memberships are \$5.00 single and \$15.00 family

Tea, Coffee and Snacks will be served

**Do you want to see change in your community?**

**Join the Board, we are looking for dynamic new board members!**

**Calling all of you with:**

- People skills
- Maintenance skills
- Planning skills
- Design skills
- Organizational skills
- Financial skills

**Come join us. Help us create a better community!**

**We are known to have fun!**

**11803 - 86 Street**

**phone: 780.477.2354**

# Open Decisive Fair

**Re-elect**

**Stephen Mandel**

**for a greater Edmonton**

**[MandelforMayor.org](http://MandelforMayor.org) | 780.425.2010**



**KARA-LOT**  
SECOND HAND STORE

Stop  
in and  
check us  
out!



COME VISIT US AT:  
12034 Fort Road  
Edmonton, AB T5B 4H1  
Phone: 780.472.0610  
Website: www.kara-frc.ca  
Store Hours:  
Monday to Saturday:  
10 AM—5 PM  
Sundays & Holidays: Closed  
CUSTOMER PARKING IS  
AVAILABLE BEHIND THE STORE

25% OFF

Bring this coupon into KARA-Lot  
Second-hand Store and receive  
25% OFF entire purchase.

Valid until October 31, 2010



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## Affordable Rental Housing

I have been an advocate for affordable housing since first being elected to the House of Commons in 1997. I have written two books about the plight of the homeless and the lack of affordable rental housing and was the Official Opposition Party Critic for the Homeless and Affordable Housing. I have visited some 120 shelters and housing projects in Canada and the United States, seeing first-hand what does and does not work effectively.

With that experience, I was unanimously chosen by the Edmonton Area Parliamentary Caucus to be the federal government representative on the City of Edmonton Committee to End Homelessness, which issued its report in January 2009.

Over the years I have differed with some as to what approach would best achieve results, to serve the need for housing and help the greatest number of people. There is no one solution that fits all circumstances, but there is agreement on the great need. To be effective in dealing with the issue we need governments at all levels to equally incent both the private sector and the social sector to get involved. Safe, secure affordable housing, a home to return to at night, a place from which to grow confidence and nurture aspirations is one of the most elementary aspects of human existence.

It is encouraging that private sector developers such as Edmonton's ProCura, are once again, after a long absence, being considered by governments looking for solutions to the affordable rental housing crisis. For too long this area of expertise has been actively discouraged.

In all regions across Canada, especially here in Edmonton, the challenges of homelessness are complex. They are best addressed through strong support and cooperation between all levels of government, as well as the private and non-profit sectors.

What do you think?

780-495-3261

www.petergoldring.ca



"Openings Available"

4 mo – 12 years

780-757-4340

12050 – 95A Street Edmonton, Alberta T5G 1R7



## dog talk

WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

Though smart phones and netbooks seem a world away from tennis balls and kibble, more and more information is becoming available to tech-savvy dog people. In fact, we have a lot to choose from, online or on-the-go!

One of my first downloads to my HTC Hero Smart Phone last Christmas was an "app" called Dog Clicker Lite. Clicker is also available (which I'm downloading as I write this article) and, for a price, Dog Trainer. There is also Dog Whistle which has a variety of pitches and options for those of us who cannot whistle – and no, you do not "blow" into the phone to make it work, just a tap of the screen. I think if someone has asthma or has difficulty with blowing into a whistle this makes the option available.

The Pet Age Calculator app contains the age of your pet to the month, calculates the age of your pets in human years, stores a photo and microchip number for each dog or cat. For example, at this writing, Dogma is 14 years 9 months. In human years, that's 73 years and 0 months.

Of course there are several virtual pet (or plant) apps available for your phone. This option is so great for understanding the responsibility and time commitment involved in providing a forever home to a pet.

While many "dog" people



DOGMA CHECKS HER DOGBOOK

and professionals are only now creating a presence on the web, others saw the opportunity and offer newsletters, information, chat groups and online training! This doesn't even touch on what is available through YouTube on training, grooming, how-to and other information.

I'm currently taking part in an online workshop with the Musical Dog Sport Association where we match music to a dog's gait. I will then be able to choreograph a routine to the music and submit a video online or through the mail to

begin titling my dogs in musical freestyle all without the expense of travel.

So, my web page is a bit outdated, I occasionally post to Facebook, and I refuse to text message or Twitter (so far), BUT I handle tons of emails a day and could not imagine being without my smart phone, Yahoo groups, YouTube and internet. Hunt around—you'll find something for you and your dog.

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

## Technology for the Technophobe

*Sprucewords*

WITH SHANNON CLARKE

Technology does not make my top-ten-list of favorite aspects of life in the 21st century. I haven't gotten on board with Facebook, Twitter, or e-book readers, and I tend to avoid anything remote-controlled. I would rather make bread without a bread machine and listen to music live rather than purchased off iTunes. However, during my first couple weeks as the new Community Librarian at the Sprucewood branch of Edmonton Public Library, I have put my technophobic tendencies aside and found several really fun and exciting virtual resources available to the public through the library website (www.epl.ca). I would like to highlight Press Display and TumbleBooks as the two virtual resources that have gotten me most excited with their easy-to-use, intuitive nature.

### Press Display: Newspapers from around the world

Between the ages of 12 and 16, I lived in Jakarta, Indonesia and was always entertained by the Jakarta Post, the city's

daily English newspaper. Since repatriating to Canada at the turn of the millennium, I have greatly missed my morning routine of reading the often hilarious Jakarta Post column, "This Odd World" (a condensed Ripley's Believe it or Not like selection of wacky headlines from around the world). While spending some time browsing the library website and checking out some of the numerous subscription databases available to the public, I discovered that the Jakarta Post is available through Press Display.

Press Display is a database of over 800 newspapers. One can view every page of each of these papers, exactly as they appear on newsstands around the world (complete with colour images and classified ads). You can imagine my delight when I discovered I could once again read headlines from "This Odd World" on topics ranging from "Men lucky to be alive after driving under semi," to "Long-lived Dutch might be bad news for insurers." Hooray for technology! In addition to reading these strange and random news snippets, I can browse the rest of the newspaper to find out what's happening in a faraway city where I used to

live. With newspapers from over 80 countries available in 38 languages on Press Display, chances are you'll be able to read whatever news your heart desires.

### TumbleBooks: e-books for e-kids

I am often amazed by the technological capabilities of children. One of my favorite virtual resources for kids who love computers is TumbleBooks. This easy-to-navigate selection of digital books, games and puzzles (available in six languages) is entirely web-based (no downloading) and can be accessed anytime, anywhere. The way it works is simple – select a story by clicking on it, and then press play. The book will read itself and highlight the text as each sentence is spoken. There are tons of story books, chapter books, young adult books, and non-fiction titles. What a fun way to practice reading!

Edmonton Public Library has virtual resources for people of all ages, technological comfort levels, languages and interests. Take a moment to check them out at epl.ca. Whether you are a technophobe or technophile, I'm sure you'll find something neat!

## AN AVENUE HOMESTEADER

WITH CARISSA HALTON

**Quick quiz:** What do you do when something black and yellow buzzes by your head? If you're with Parkdale resident Cora McLachlan, you better not swat at it—McLachlan is a beekeeper and keeps four hives on a Camrose area farm. The hives face a field of golden yellow canola. It is a short commute to work for the worker bees.

Last month I had the opportunity to watch thousands of her busy honeybees. Standing in their flight path from their hive to the field was surreal; the bees, like lazy house cats, didn't give me a moment's notice. "Things to do and flowers to see," they buzzed.

Their homes are innocuous, simple wooden boxes stacked two to five high. Each one houses an average of 60,000 bees. Their door is a narrow, horizontal entrance at the base of the stack.

This year, only two of McLachlan's colonies are strong. One of the weak hives had been overexposed to winter gusts and most of the bees starved to death, huddled together at the base of the hive, too cold to venture to the food in the box above. The other colony has mites. These tiny parasitic creatures are wreaking havoc on Canadian bee colonies and in some areas are threatening the beekeeping industry. McLachlan doesn't like medicating, but this year she must do it or face an extinguished colony in the spring. Prevention is her main interest in combating the mites and she is experimenting with a variety of methods.

Most honeybee colonies in Alberta travel from New Zealand in a capped tube,

narrow in diameter and as long as a small car is wide. Eight to ten thousand bees are in this tube; there is one queen. This lucky lady will spend her life laying eggs in cells and secreting a pheromone that ensures all other females remain sterile. In the larger cells she lays drones (the males), who are minor characters in our story. The virgin queen will mate once in her life, mating with multiple drones. After the festivities, the lucky guys romantically, literally, drop dead.

From the smaller cells, females will hatch. As a beekeeper, you hope that most of the eggs laid are females because it's the ladies who do all the work. In fact, too many guys can seriously weaken your colony by eating food the females spend their life collecting. In their short life span of about six months, the females will cycle through most roles in the hive. The queen must be cared for: she will outlive her compatriots ten times! Then there are the drones to run out and keep from the hive, the combs to build, the colony to defend, the collection of pollen and nectar from the field, and the honey to make. Most of their life will be spent in the fields.

To peek at these combs, I suited up like a real beekeeper—white coveralls (which smelled deliciously sweet), elasticized elbow-high gloves and a safari hat surrounded by netting that was tied securely around my collar. McLachlan suited up as well. She has kept bees for two years and has never been stung in that time. She's careful, but the bees are also very docile when she opens their hive, thanks to the (legal) smoke she

puffs into the top box a minute before entry.

Inside the boxes, plastic combs hang like file folders in a drawer. The combs fit tightly together to ease the bees' work filling the cells with nectar (their carbs) and pollen (their protein). When the time is right, they cover it all with a preserving layer of wax. One box can hold 75 pounds of honey. As one box is filled and capped, they work their way up. McLachlan's September's harvest was slim considering the number of stacked boxes, garnering her just over 100 pounds of fresh, free flowing honey.

While McLachlan keeps her bees outside the city, an urban bee movement is gaining momentum. Many cities including New York and Vancouver have overturned bylaws restricting beekeeping in the city limits. In Edmonton, Patti Milligan, AKA Lola Canola, told the Edmonton Journal, "My feeling is, if we go the way of most cities that have had this discussion, the bylaw will be changed."

My trip to McLachlan's bees was a reminder to think a little differently about buzzing creatures. Wasps and hornets are important predators in our gardens. Honeybees not only produce their sweetener, they and other pollinators are critical for apples, squash, strawberries and other plants to fruit. The makings and mysteries of life are in the hands and feet of much smaller creatures than I.

Their gift is a miraculous one to our incessantly swatting race.

Check out video of Cora opening the hive at Carissa's blog: <http://lavenuehomesteader.blogspot.com>.

# What's the buzz?



## XL Furniture

FAMILY BUSINESS SINCE 1952

11349 - 95 STREET  
EDMONTON, AB T5G 1L2  
780 477-2213  
780 477-2245 FAX  
[www.xlfurniture.com](http://www.xlfurniture.com)

"We'll Keep You Happy for Life"

Flexsteel  
GALLERY

LA-Z-BOY

SIMMONS  
Beautyrest

## ERIC PAINTING & HANDYMAN SERVICES



780-447-2992

## D.M.F. Oliver Enterprises

Eavestrough + Components Specialist  
20 plus years experience  
Reasonable Rates

Ph David @ 780.497.7091

## 310-DUMP®

### JUNK REMOVAL

RESIDENTIAL & COMMERCIAL

JUNK REMOVAL  
RUBBISH TO HAUL...  
GIVE US A CALL!

JUNK REMOVAL  
& DUMPSTER RENTALS

For a Free Estimate:  
Call 310-3867  
Email: [Bookme@310-dump.com](mailto:Bookme@310-dump.com)  
[www.310-DUMP.com](http://www.310-DUMP.com)

REALTY  
EXECUTIVES

Challenge

### Thinking of Buying or Selling?

Call Michelle, living and working in our community.  
To view homes for sale visit: [www.michellenipp.com](http://www.michellenipp.com)  
or call (780) 483-4848

Not intended to solicit properties already listed for sale

Michelle Patterson Nipp  
Realtor®



LAW AND ORDER  
WITH CST. REID NICHOL

## Prevention measures

Members of the Edmonton Police Service are dispatched to numerous complaints about property theft each and every day. These thefts include, but are not limited to: break and enters, theft of vehicles, theft from vehicles, and office thefts.

Common target items include computers, jewelry, personal documents, electronics, GPS units, bikes, and other valuable but identifiable items. Investigators often face a difficult task in recovering items that have been stolen. However, there are simple things that you can do to help recover your property prior to it being taken. Almost every electronic item, as well as numerous other items, have serial numbers or very identifiable markings. These serial numbers can be found in the instruction manuals, or on the actual items. Many items can also be registered with the manufacturing company. These serial numbers are documented in police reports and are also logged on a national database, and can be searched by police officers across

the country.

Here are some simple tips that you can do to help you recover your property, if you are the victim of a property crime:

- Make a log of your valuable items – computers, GPS, gaming systems, TV's. Keep that log somewhere safe.
- Record the serial numbers of your valuables on a document that you keep in a safe place.
- For any item without a serial number, document any identifiable markings in detail (e.g. engravings).
- Keep your receipts – most businesses print the serial number of the item on the receipt.
- Register your electronics online via the company's registration system – they will likely have the serial number.
- Take photographs of your items and store them in a safe place.
- Make copies of your personal identification, documents, credit cards, and debit cards – a simple photocopy will suffice.
- Make a copy of your insurance and registration docu-

ments for your vehicle. They will have you VIN (Vehicle Identification Number) on them.

Although these steps will not ensure that your property will be recovered, taking the time to record the serial numbers, or have pictures of your valuables, will help the investigators identify your property, and, in some cases, return your property to you. In many cases, property is recovered in search warrants or in pawn shops, and remains unidentified, as the serial number is not documented. In situations like this, the property cannot be returned, as the owner cannot be identified. However, if the property can be identified, the property can then be returned to the rightful owner – often, the victim of a property crime.

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

CHRIS HAYDUK

When I received August's Nice Neighbour Nomination for Jeannette Lindsay, I was amazed at how busy she seems to be. The list of different things that she does was substantial and finished with the words, "If you want more details let me know." Prior to receiving the nomination I had talked with Jeannette on a couple of occasions, about her Commissionaire for Oaths status and how she works in the community offering this service for a very desirable rate. But as we spoke she started to tell me about the different ways that she volunteers for a variety of organizations in Edmonton. I was pleased to receive the nomination for Jeannette and to recognize her for her contributions to community.

Jeannette currently volunteers with the Edmonton Sabres Marching Band, and was formerly their co-uniform director. The Edmonton Sabres are an award-winning marching band who works with kids six to sixteen years old providing music skills, self-discipline and a chance to travel. Jeannette also volunteers as a worker at several bingos to help with fundraising for numerous organizations, some of which include Crystal Kids Youth Centre, Dogs with Wings, Operation Friendship Seniors Centre, Edmonton Public Library, and Cariwest. Jeannette has a reputation for volunteer-



PICTURED IS CHRIS, BERT & JEANNETTE LINDSAY

ing and has helped out various organizations with their casinos. She is a hard worker who is willing to commit her time to help organizations raise funds so they can succeed. Jeannette has also volunteered through the 1990's and early 2000's for the Bissell Centre in a variety of roles, including donating different hand-made needle point projects for their annual silent auctions.

I have been told that Jeannette is very personable and well liked by people who meet her. I have confirmed this through my own conversations with her. She takes the time to pet sit for her neighbours when they are away working out of town. Additionally, I have learned that she was the recipient of the Western Union's Eagle Eye Award for being aware of and protecting people from possible scams. Jeannette is well deserving of CRUD's Nice

Neighbour Recognition Award for August. Congratulations Jeannette!

CRUD would also like to thank all of the contributors that make this monthly award possible. The prize pack sponsors for August are: Habesha and Donair Express restaurants, Paraiso Tropical, Safeway, and The Carrot Coffeehouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit [www.crudedmonton.org](http://www.crudedmonton.org). Nominations can be made at [info@crudedmonton.ca](mailto: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 recognize all of the great people in our neighbourhood.

## Make way for the king



The Daring Diner  
WITH ANGIE KLEIN

The Rat Creek Press received a generous donation from local resident and "Friend of the Rat Creek" Keith Dyer while I was registering Tyra for indoor soccer. I was lamenting the financial situation the paper is in, and while I babbled on, he wrote us a cheque. Full of gratitude, I wondered was there something the Rat Creek could do for him. I asked him what his favorite place to eat along 118 was and he replied, without hesitation... Pho King. So, having not done any research for my column and with a deadline looming we made our way there. What an awesome tip! Thanks Keith.

We were fortunate to go on a Saturday afternoon during Kaleido. The place was very busy but the guys in the front ran a very tight ship so things ran smoothly. My daughter and I shared Vegetarian Spring Rolls (\$2.95), Yam Tempura (\$4.95), Grilled Beef Skewers on Vermicelli and Vietnamese

salad (\$7.95), and Teriyaki Grilled Vegetables on Noodles (\$7.95). The food was super fresh, and attention to detail was evident in all the preparation. Tyra really liked the Tempura Yams which were actually sweet potatoes (white... not orange) but I'll let it slide. It's a common mistake and usually made the other way around. I was impressed with the beef skewers. Tenderized flank steak skewered on a stick and marinated with lemon grass and other interesting flavors.

I usually don't like meat with Asian food, but this was tenderized by hand and not chemicals!! I will return again and again to Pho King. This is just the kind of place we need to have on the Ave. Authentic food, efficient service, great prices and a relaxing inviting atmosphere. Our bill came to around \$20 and we were full to the brim!

If you have a tip on a restaurant or want to become a "Friend of the Rat Creek" Drop us a line to [editor@ratcreek.org](mailto:editor@ratcreek.org).

Until next time... Happy Eating!

### ATTENTION SHUTTERBUGS!

Love taking pictures? Send your shots of community events or interesting local features to [editor@ratcreek.org](mailto:editor@ratcreek.org)

# Brendan

# Van Alstine

## For Ward 7

As a proud resident of Alberta Avenue, I have had a front-row seat to Ward 7's inspiring rebirth. As a board member of my community league, local social worker, regular volunteer at The Carrot, and transit advocate, I have worked with you to make our neighbourhood and city a better place to live.

We've come a long way, but to go further Ward 7 needs a councillor who lives in and understands our community - someone with a positive and proactive vision and the courage to move forward. On October 18, I hope you'll lend me your vote. My name is Brendan, and I believe in:

### ✓ Strong Communities

Supporting local businesses and organizations  
Championing local festivals and artists  
Promoting safe, inclusive, welcoming communities

### ✓ Improved Urban Form

Revitalizing Ward 7's historic character neighbourhoods  
Supporting compact and area-appropriate in-fill  
Reducing sprawl and protecting heritage buildings

### ✓ Multi-Modal Transportation

Prioritizing people in transportation decisions  
Overhauling ETS to dramatically improve transit  
Encouraging transit oriented development

### ✓ Public Safety

Addressing the root causes of crime and homelessness  
Creating more walkable, more secure communities  
Improving relationships between communities and EPS

Visit [BrendanVanAlstine.ca](http://BrendanVanAlstine.ca) for more campaign information and photo credits (CC BY-NC-SA 2.0)

# COMMUNITY CALENDAR

## ART & THEATRE

### 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.

### ARTS NIGHTS AT THE NINA HAGGERTY

Come out for a FREE evening of art making ranging from clay building to printmaking and everything in between. Community Night: Tuesday from 6:30-8:30 PM and Family Night: Thursdays from 6:30-8:30PM at 9225 - 118 Avenue. Limited space so please phone ahead to register: 780-474-7611.

## MUSIC



### GUITAR LESSONS

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

## DROP-IN GROUPS & PROGRAMS

### PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234  
YouthSpace (Youth under 25)  
Drop-In: Tues to Fri 3-7 pm, Sat 2-7 pm  
Youth Movie: Fri 6:30-8:30 pm  
Community Drop in: Tues to Fri 1-10 pm, Sat 2-6:30  
Seniors Drop-In: Tues and Thurs 1-5pm  
TTIQ (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition):  
Second Tues of the month 7:30-9:30 pm  
Community Potluck: last Tues of every month, 6-8:30 pm  
Drop in Counseling: by appointment and drop in (if available) Wednesdays 7-10 pm, except the first Wednesday of the month.  
Cocaine Anonymous: Thurs 7-8 pm  
AA Big Book Study: Sat 12-1 pm, open to everyone  
Youth Understanding Youth: Sat 7-9 pm  
Gay Men's HIV Support: Second Mon of the month 7-9 pm  
Free School: Second Sun of the month 11 am-5 pm

### SENIORS DROP-IN

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

### 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. More info: 780-471-1580.

### 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. Lively discussions, humor, and enlightenment! More info: Ann 780-752-4867.

### STITCH AND CHAT

Looking to restart. Contact info@artsontheave.org if interested.

### COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for open and direct access to the EPS members working in your community. Bring your questions and comments or come in for a visit and coffee.!

### ENGLISH CONVERSATION CAFE

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

### PARKDALE-CROMDALE LIL SPROUTS PLAYGROUP

Fridays from 10 am to 12 pm. Come join our playgroup! A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure! For more information, email info@parkdalecromdale.org or phone 780-471-4410

## ENTERTAINMENT

### THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue  
**THURSDAYS:** Zoomers (Boomers with Zip!) Open mic 1-4 pm  
**FRIDAYS:** Live music, 7:30pm-9:30pm \$5 cover charge  
**Oct 1** - Paul Bromley  
**Oct 8** - Songs of Fortune/Roxanne Nesbitt  
**Oct 15** - Doc McLean  
**Oct 22** - Douglas Mitchell  
**Oct 29** - Etoroma Trio  
**SATURDAYS:** Open mic 7:30pm-9:30pm  
Music, spoken word, comedy.

## SPORTS & REC



### PRESCHOOL GYM CLASS

Burn off some of your preschoolers energy and preserve your sanity! The class will focus on gross motor activity, cooperative play and building confidence in children. 6 Saturdays 10am to 10:45am from Oct 16 to Nov 20 for ages 2 1/2 to 5 years at Alberta Avenue hall. Instructor: Sara Hendricks, Phys Ed Teacher and mother of three little ones. Cost: \$30 plus any League membership. Call 780-477-2773.

### BOOTCAMP

Tuesdays & Thursdays 6pm to 7pm from Sept 7 to Dec 21 in the small gym. Drop-in for \$15/class or \$280/person. Contact Candace Taha Ph: 780-445-5191 or E-mail: candacetaha@yahoo.ca

### SPORTS THURSDAYS

The Alberta Avenue Community League has a gym, basketball hoops, floor hockey equipment and more. We need people interested in using the space. Get some friends together and book some time. If you are from our community and the activity is open to the community, it's free! Do a one off or plan a regular get together. Call Karen at 780-278-4812.

### FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Eastglen Pool will be closed for maintenance from Sept to Nov. During that time our community swim will be at Hardisty Pool (10535 65 St) on Sundays from 1:15 to 2:45pm.

### 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 5-6 or in K-Gr 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7-8 or in Gr 2-3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9-12 or in Gr 4-6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more info, call Jean 780-469-4487 or Angel 780-642-0879.

## VOLUNTEER



### NINA HAGGERTY CENTRE FOR THE ARTS

We are 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 info, 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. Drop by: 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

## NOTICES & UPCOMING EVENTS

### AVENUE COMMUNITY GARDEN MEETING

We're making plans for gardening next summer, join us on Monday, October 25 at 6pm at the Alberta Avenue Community Centre (9210 118 Ave). We'll share a harvest soup, fill in a survey, talk about our gardening needs and dreams and start making plans. Please RSVP to garden@albertaave.org or 780-477-2773.

### CARROT CHRISTMAS ARTS BAZAAR

November 26 & 27. Contact info@artsontheave.org if you are interested in being a part.

### CRUD DOG WALKING GROUPS

An excellent opportunity to meet your neighbours (and their canine companions) as well as spend some quality time walking around the neighbourhood. Monday evenings: 6:30pm in front of St. Alphonsus Church (118 Ave and 84 St.) Wednesday mornings: 4:45 am (yes, you read that correctly), in front of the Parkdale Community League (11335 85 St.) Thursday evenings: 7:30pm in front of the Telus building (118 Ave and 89 St.)

### CRUD COMMUNITY DINNER CLUB

Meet neighbours and friends while exploring a variety of wonderful cuisine along Alberta Avenue. Every month the group discovers a new flavor and restaurant. Please visit www.crudemontion.org or call 780.996.4728 to find out the time and location of this month's feast.

## 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 a.m.

### ST ANDREWS PRESBYTERIAN

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

### SALVATION ARMY

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

### ST FAITH'S ANGLICAN CHURCH

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

### BETHEL GOSPEL CHAPEL

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

**Sprucewood Branch**

**Edmonton Public Library**

---

11555 - 95 Street  
780-496-7099 www.epl.ca

---

**Upcoming programs:**

**English Conversation Circle**  
10 am Mondays

**Explore! Your Library**  
10:30 am weekdays.  
Please register.

**Practice English @ Your Library**  
6:30 pm Mondays

**Sing, Sign, Laugh and Learn**  
10:30 am Tuesdays  
For children birth to 3 years

**Story Stop: 15 min story time**  
10:30 am Thursdays

**Aboriginal Family Storytime**  
11:30 am Fridays

**Teen Gaming**  
6:30 pm Fridays  
For ages 12 to 17

**Stories from the Heart of the City**  
1:30pm October 21

# Alberta Avenue Farmers' Market

Home made • Home baked • Home grown

Thursdays 2pm - 7pm

Year-round!

93 St & 118 Avenue

www.albertaave.org



PAUL FREEMAN'S LAMP POST DRAGON LOOMS OVER PASSERSBY AT KALEIDO



DOUBLE RAINBOW ALL THE WAY, FRIDAY EVENING AT KALEIDO!



HOOPS AND LANTERNS AGLOW DURING THE LANTERN PARADE AT KALEIDO



MLA BRIAN MASON, MAYOR STEPHEN MANDEL, AND KALEIDO ORGANIZER CHRISTY MORIN OPEN 2010'S KALEIDO FEST

**CRUD**  
COMMUNITY RESPONSE TO URBAN DISORDER

**SAFE, HEALTHY COMMUNITIES THROUGH COMMUNITY PARTICIPATION**

Active community involvement is the foundation to a strong and healthy neighbourhood. Join your neighbours and friends, and work together for a vibrant community.

**CRUD'S COMMUNITY BUILDING INITIATIVES:**

- Avenue Dog Walking Group
- Community Dinner Club
- Addressing Problem Properties
- Community Gatherings
- Family Park Crawl / Drumming Circle
- Nice Neighbour Recognition Awards

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

**Hello Highlands-Norwood!**

Hello friends,

Congratulations on a successful Community League Day on September 18th! It was great to see so many of you taking part in events in our vibrant neighbourhoods. As we head into this fall season, I will continue to stand with you to protect our schools and our public healthcare. Please feel free to contact my office with any questions, comments, or concerns.

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

**GOT COMMUNITY NEWS?!**

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