

VINTAGE MOVIE NIGHT!

Take a stroll down memory lane with the original Herbie the Love Bug movie.

Open-air cinema, Friday, Sept 9 at 8pm behind the Alberta Avenue Hall - 9210 118 Avenue.

Eye catching alley art



DARREN BOISVERT

Those illegally dumping garbage in the alley behind 82 street (between 121-122 avenues) will now have the feeling that they are being watched -- and possibly reported by local residents.

In a new project that combines artwork, local activism and community policing, the 82 Street Team has put up large sized photographs on the dumpsters in the alley. On June 30, 2011, they unveiled the new work and invited the

media and residents to attend.

Called 'Eyes on the Ave', they hope that residents will take more effort to report crime and illegal dumping. Organizers are basing their work on the 'broken windows theory', which suggests that when locals monitor and maintain their environment, they can prevent vandalism, crime and disorder.

"Instead of putting up signs that read 'No dumping here'," says Edmonton Police Service Acting Sergeant Steve Sharpe. "We decided on some-

thing more memorable. We wanted to be more creative as a way of sparking a conversation around cleaning up the alley."

With illegal dumping a major concern for local residents and city staff, the 82 Street Team took pictures of local residents and placed them on the dumpsters in the area. Organizers hope that by including residents in the project, change will be sustainable and significant.

"Our future goals are to increase our education of local

residents and owners as to their rights and responsibilities to their alley and their neighbourhood." says Juliana Shulz, By-law enforcement officer with the City of Edmonton.

While 'eye-catching' is an understatement for this project, it is one of several recent initiatives by the community to improve the lives of those living in the neighbourhood. There was the 'Miracle on 82 Street' project which lit the alley up with Christmas lights for the holiday season. Also of note

was the 'Magic Lamp' idea where the Neighbourhood Empowerment Team (NET) visited residents with a lamp and asked them to rub it and identify their wish for their community.

According to Christy Morin, founder of Arts on the Ave, it's about using art to engage people, so they can solve their own problems a bit easier. "For us, ultimate success is not to stop the dumping, but to make people feel ownership to their community."



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Weapon scare closes down Ave

DARREN BOISVERT

On Friday, July 15, 2011, the Edmonton Police Service closed off 118 Avenue (between 88-89 streets) for two hours as they responded to an anonymous tip of a firearm in a local business.

Tactical officers with automatic rifles took up positions around Afro Cut and cleared

the street of bystanders. A six-year-old girl was upstairs in an apartment, and was escorted out by an officer to her anxiously waiting mother. She was unharmed, and a bit puzzled, by all the activity.

The four employees who were in the hair salon were instructed by police to exit the building one-by-one, where they were searched and

detained.

Police entered the premises and found no evidence of a weapon. No charges were laid against the men in the salon.

"We received an anonymous call of a firearm," says Edmonton Police Service Inspector Darlene Savoie. "In cases such as this, we err on the side of caution. Thankfully, there was no weapon."



Darren Boisvert

(Top photo) Responding to an anonymous tip, Edmonton Police Service Tactical Unit carefully search four men inside the building. (Right photo) In the back alley, another officer escorts a six-year-old girl to her mother. No weapon was found and no charges were laid.



Darren Boisvert

STREETERS

Q: What would you like see added to the parks in the area?



Janette Wells

This is my first time in the park. I like it. I would like to see a couple of hammocks available for us to relax on.

Tayla Esso

We need some monkey bars to play on. Oh, and a tree house.



Francis Moses

This park seems to me to be good for its size. I come here a lot with my granddaughter. She likes the water park the best, and I had to change her into her bathing suit on the picnic table. So I would like to see safe public washrooms with a change table for kids.

Watch our website albertaave.org for fall programs: Yoga, bootcamp, zumba, weekly talks at the farmers' market.

Artist CO-OP housing grand opening

DARREN BOISVERT

Local dignitaries, community activists and artists gathered on a sunny June 30th, to celebrate the grand opening of the Artist Housing Co-op built on top of the Nina Haggery Centre at 118 Avenue and 92 street.

Mayor Stephen Mandel opened the speeches by tipping his hat to the many organizations and activists who spent two years putting the project together and explained the importance of the hub.

"Artists don't get paid, unfortunately, the kind of money they should get paid," said Mandel. "So this is a way where we can create an atmosphere for them to be successful".

The project took two years to pull together, and relied on 2.4 million dollars from the Cornerstone affordable housing program. Both the City and the provincial government provided funding.

"There is no greater return on investment than community involvement," said Edmonton-Calder PC MLA Doug Elinski at the opening.

The new co-op (and art gallery below) is envisioned to be an artistic hub for the community to gather around and to provide subsidized housing for the some of the hundreds of artists who live in the community. It has 16 units, a shared balcony on the back, and insuite laundry. The apartments are well lit with large windows and have a "loft feeling" with few walls and large areas for living or creating art.

The first residents moved in May 2010. It operates as a co-operative, in that residents pay an introductory 2,000 dollar 'member share', and all tenants run the building on a non-profit basis.

Prospective artists who wish to move into the building must prove at least two years with an arts organization, a commitment to their chosen field of artwork, and to be willing to share their expertise with the greater community.

According to some organizers, completing the building was a struggle.

"It was a long, painful project," said Debbie Saidman, president of the Edmonton Inner City Housing Society. "But it was worth it to have this co-op and all the young artists who are going to benefit from it."



Mayor Stephen Mandel opens the new artist co-op to a crowd of thirty.



Inside the new housing co-op.

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Kaleido Family Arts Festival has a Free Pancake Breakfast 10 am, Sept 10 92 St & 118 Ave www.kaleidofest.ca

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EDITORIAL POLICY

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity.

Letters should be no longer than 250 words and must include the full name, location and contact information of the author.

Op-Ed columns should be 600-800 words and observe formal rules of spelling and grammar.

The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press.

Send submissions to the Rat Creek Press Editor via email editor@ratcreek.org, or 9210 - 118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

Editorial

Submissions: editor@ratcreek.org

Placing value on the arts

In the last couple of months, Sun TV, the latest all-news cable outlet in Canada, has taken to bashing the arts and artists as mosquitoes sucking the life out of the body politic.

First it was host Krista Erickson accusing internationally-renowned interpretive dancer Margie Gillis of being unpatriotic by taking government funding and depriving Canadian soldiers of needed money. This high-handed attempt to embarrass a Canadian cultural icon prompted thousands of complaints to the CRTC, so many in fact, that the agency pleaded for no more emails.

More recently, it was host Ezra Levant who decided to take a swing at our community along Alberta Avenue. Abandoning any pretense of objectivity or accuracy, Levant mocked the Arts Habitat recently opened above the Nina Haggarty Centre.

"Let's give free housing to artists or to artist bureaucrats. Believe it or not, that's what they are doing in Edmonton," said Levant. He then accused Mayor Stephen Mandel of political cynicism by using the arts community as a 'diversionary tactic', to take attention away from the murder rate in Edmonton.

It's an argument that may play well to the right-wing benches, but is utterly devoid of both accuracy and sense.

Let's establish a few facts glossed over by the ranting

Levant.

Over half-a-million Canadians work in the culture industry, generating over 40 billion dollars a year to our economy (4% of our GDP). The size of this industry is surprising when you realize that culture employs the same number of people as agriculture, forestry, fishing, mining, oil and gas and utilities combined.

One in four artists are considered 'self-employed', much higher than any other industry in Canada, and it has consistently employed more workers each year, even in the economic downturn. Only five percent of culture workers were employed in the public sector, compared to nineteen percent for all Canadian workers.

Artists create jobs, and more importantly, artists are entrepreneurs.

Here in Alberta, studies have calculated that every public dollar given to artists results in 12 dollars in revenue. Artists pay more taxes than they receive in grants. In other words, Canadians as a whole make money by subsidizing the arts.

It's true that artists make far less than workers in other industries.

According to the Canadian Council for the Arts, "average employment income in Canada was \$31,757 in 2000, actors earned \$21,597, painters and sculptors earned \$18,666 and musicians and singers earned \$16,090. In comparison, senior government managers earn \$65,020. As

Statistics Canada indicates: 'for every successful creative and performing artist there are many with earnings below those of the average Canadian worker'".

While artists do more for less, Sun TV thinks that no public dollars should be spent subsidizing

the arts. But government subsidizes each and every industry in Canada. Why should artists be considered unworthy?

It may come as some surprise to the residents at the Arts Habitat Two that they are getting "free housing". They pay around \$775 dollars a month in rent, have to pay a two thousand dollar 'collective' fee, and are in charge of the costs to maintain the building.

More importantly, the artists in our community, working with police and government

officials, have knitted together a socially frayed community. We have festivals to bring people together, organizations that work with youth, and a cleaner and safer community for citizens.

Contrary to Levant's premise that supporting the arts is a cynical political ploy, government support for the arts in this community has resulted in real social change and an improved economic reality for both locals and Albertans as a whole.

The only cynical ploy at work here is the one being used by Levant and Sun TV. Similar to the tactics employed by Rupert Murdoch in the UK where his news outlets have constantly attacked the public broadcaster BBC, and in the states with Fox news constantly attacking PBS, Sun TV is torquing the artist argument to delegitimize public funding for the CBC.

With a paltry 3,000 viewers, Sun TV would love to see the Canadian flagship culture outlet CBC eliminated. To achieve this goal, they have chosen to avoid factual argument, slam artists for being unpatriotic, and degrade the value of community activities that celebrate the arts.

As a tactic, it may work. But then again, maybe a television station and reporters so devoid of journalistic integrity will be the only useless culture program that is eliminated.

One can hope.

**The only cynical
ploy at work here
is the one being
used by Levant
and Sun TV.**

LETTERS TO THE EDITOR

I would like to thank you for releasing the paper to our community. My husband and I have lived here for almost 20 years and we try to do our best to make our neighbourhood worth living and we're hoping that one day we will not have issues with neglected properties and crime. We take care of our house and love gardening, and this is our way of improving our neighbourhood image and encourage our community citizens to pay attention to what is happening around us and take responsibility for our properties and neighbourhood.

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Speaker's Corner

Have opinions? Great- let's hear them! Submissions: editor@ratcreek.org

Moving to raise awareness of Celiac disease

COMMUNITY PROFILE

Paula Gillis

The Edmonton Chapter of the Canadian Celiac Association is hosting a Ride-Walk-Run for Celiac on Saturday, August 14th. Anyone who enjoys training for future events or just supporting a good cause should consider participating in this event. Its purpose is to raise awareness of this disease; something that few people understand unless they themselves or a family member struggle with it. Once thought to be a childhood illness, Celiac Disease is one of the fastest growing diagnoses in the medical field, 1 out of 133 people have CD and may not even know it.

Celiac Disease is a permanent intolerance to gluten, a protein found in various wheat (e.g. durum, kamut, spelt), rye, barley and uncontaminated oats. Individuals may have Celiac Disease, a gluten intolerance, or gluten sensitivity. Gluten consumption in a Celiac causes damage to the absorptive surface of the small intestine (digestive system) and can result in malnutrition, anemia, nutritional deficiencies and an increased risk of other auto-immune diseases and some cancers of the gut.

Since it takes an individual an average of 11 years to be diagnosed, early screening and testing is important. An inherited condition, immediate relatives of individuals with Celiac Disease are at the highest risk of have unrecognized symptoms. Therefore it is important that they are tested as well. The Edmonton Chapter has designed a new Celiac Screening Tool to assist individuals with recording symptoms, associated illness and family history, as well as advocating to health professionals. To confirm diagnosis, everyone should be eating gluten at the time of testing. A blood test followed by a biopsy (determining the damage in the small intestine) is the gold standard in confirming Celiac Disease.

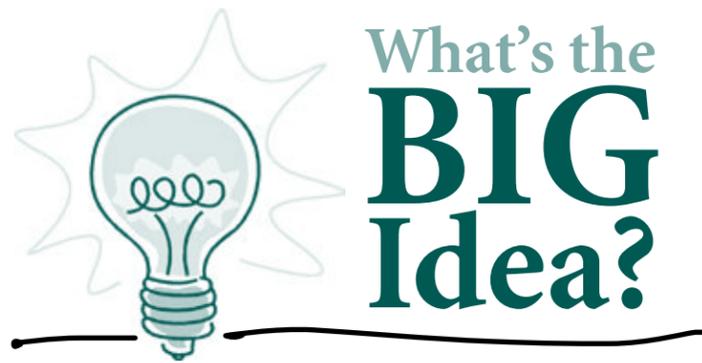
Environmental factors such as emotional stress, pregnancy, surgery, or an infection can sometimes trigger the onset of symptoms, these range from abdominal bloating, diarrhea, nausea and vitamin deficiencies to depression, lactose intolerance and weight loss/gain. No two people have exactly the same symptoms, which is why the disease is often overlooked in its early stages. Left undiagnosed or untreated, the disease can result in osteoporosis, liver disease, and even cancer.

There is no cure for Celiac Disease. The only treatment is

a strict gluten free diet for life. Ten years ago this meant that people living with CD spent hours in the grocery stores reading tiny labels and making their own bread and baked goods from scratch. Fortunately, more and more stores and restaurants are familiarizing themselves with gluten intolerance/sensitivity and thus more food choices are available.

Government policy has forced companies to be more forthcoming regarding labeling of foods. Many restaurants around the city provide a gluten free menu. However, choices are increasing and people living with this disease, or shopping for someone must be still be skilled in the reading of labels and ingredients. Small pocket food dictionaries are available through the Edmonton Chapter of the Canadian Celiac Society and a list of local restaurants can be found online through The Celiac Scene.

Anyone interested in learning more about Celiac Disease (education, support, products, recipes, restaurants) or participating in the Ride-Walk-Run for Celiacs may contact the Edmonton Chapter of the Canadian Celiac Society at 780-482-2708 or www.CeliacEdmonton.ca.



Time to put on a party

ANDREA BOYD

There's something rather wonderful about heading out your door, walking a few blocks and encountering people dancing on the sides of buildings. After you stand in awe for a few minutes, you may be lured away by music floating towards you from just around the corner. It's easy to become distracted by the myriad of colourful artists along the way. And when it's time for a break, the beer tent beckons with its promise of friends and laughter.

The Kaleido Family Arts Festival opens up the streets to the magic of the visual and performing arts, and also to a sense of community. It builds bridges between neighbours, and gives us pride in ourselves and our homes.

Becoming more involved in the festival amplifies the feelings of belonging, fulfillment and camaraderie. As a volunteer, you are a vital part of making it happen. You become an ambassador for your community, and Kaleido simply cannot happen without your talents, commitment and enthusiasm. You also get to meet the artists, attend parties, and be a creator yourself as you make your own volunteer T-shirt in an artist-led workshop. We need to fill a variety of positions from ushers, to cleaners, to technicians and beyond, and we'd love to have you join us. The number of returning volunteers is a clear sign that being involved in Kaleido is well worth the effort.

Highlights of this year's festival include Delhi 2 Dublin from Vancouver and Namori from Montreal. The magical mélange of art, music, theatre and dance establishes the Kaleido Family Arts Festival as one the biggest, best Block Parties in Edmonton! Kaleido is presented by Arts on the Ave, which believes in cultivating artistic fellowship through arts celebrations, signature art festivals, and traditions. The Society's goals are to create opportunities for all individuals to experience the joy of artistic expression and to nurture creative environments. Arts on the Ave is composed of visual and performance artists, literary and film artists, photographers, and musicians who collaborate and create in the 118 Avenue District. (Between NAIT and Northlands).

Please consider getting involved. It's fun and a great way to meet your neighbours. To sign up, please contact kaleidovolunteers@gmail.com



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Member of Parliament
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Reconsidering Asbestos

The Canadian government has been criticized recently for its stance on asbestos, having opposed listing chrysotile asbestos as a hazardous chemical under the Rotterdam Convention.

A great deal of confusion arises from the common use of the generic commercial term "asbestos" to describe two different and distinct classes of mineral fibres found naturally in rock formations around the world: amphibole and serpentine.

Chrysotile, the only "asbestos" fibre produced in and exported from Canada, belongs to the serpentine class. The risk posed by using chrysotile fibres can be managed if adequate controls, such as those established in Canada, are implemented and completely observed.

For more than 30 years, the Government of Canada has promoted the safe and controlled use of chrysotile, both domestically and internationally. Scientific reviews show the fibres can be used safely under controlled conditions.

Canada's controlled use approach to chrysotile asbestos enforces appropriate regulations, programs and practices to rigorously control exposure. Where exposures and subsequent risks cannot be properly managed, the specific uses are discontinued or prohibited. The concern is that some of our exports markets do not use rigid safety and handling controls, putting people's health at risk.

Before the hazards of handling asbestos were well known, it was not uncommon for Canadians to become ill due to their exposure to it, including one of my relatives and my colleague, former MP Chuck Strahl.

The illnesses we see in Canada are linked to past high-level exposures and to inappropriate uses that have been discontinued since the late 1970s.

But do we have a duty as a nation to ensure that our products are used safely when we export them? Given the concerns, perhaps it's time to re-think our position on asbestos.

What do you think?

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More dogs than people. More mosquitoes than dogs. Rainy day turns sunny as hundreds of people celebrate all things canine. (From left to right) Jo-Ann Siebert, Stephanie Le, Jessica Wickware, Lisa Borchers, Lisa Lowther. (Dogs left to right) Tibby, Katie, Missy, Keeper.

Avenue 'went' To The Dogs

DARREN BOISVERT

"It all started out as a joke," says Jo-Ann Siebert, founder of the Avenue Goes to the Dogs festival.

Surrounded by dogs of all types, and swatting the mosquitoes that were swarming the Eastwood Community League park, she says the name for the festival was a play on words for the way many people felt about the disrepair and social problems along the Avenue. But for the first organizers, even a good joke was the starting place for an even better idea.

Five years later, the annual event survived the inclement weather to host the latest gathering of dog lovers and businesses

that cater to their owners.

Hundreds of dogs and owners gathered on July 10, 2011 to take in the vendors, visit with the K-9 unit of the Edmonton Police Service, and even play a game of 'musical cushions' with the dogs. There were even hotdogs on sale for the kids.

"It doesn't matter where you are from or what you do," says Siebert. "If you like dogs, you can feel welcome here."

This year's event was organized by Festival Manager Mari Sassano, the Eastwood Community League, CRUD, Eastwood Dog Club members and with funding assistance from The Avenue Initiative.



A place for hungry people and adventuresome spirits

FOOD ON THE AVE

Ellie Capak

Mareeg Cafe and Restaurant 9420 118 Avenue

Despite the rain, a friend and I rounded up a group of non-118 Avenue residents to attend the Taste of 118 Festival and headed on down to the "Ave". As we approached it didn't look good; there wasn't a food tent or table in site. After dipping into a store and asking the clerk about the festival, we were informed that it may have been moved to a different weekend due to the rain. On to plan B.

There were too many restaurants to choose from and no one wanted to make a decision, so we agreed to try the next restaurant we happened upon. This turned out to be Mareeg Cafe and East African Restaurant. The restaurant was surprisingly spacious, and not too surprisingly, was filled with what seemed to be regular patrons enjoying a televised soccer game and their meals. We were greeted by a friendly young server, given a seat and handed plates with bananas on them along with a bowl of soup. No one seemed sure what to do with the bananas but we soon observed that some people liked to eat them with their meals and some saved them as dessert.

We perused the menus neatly tucked under the clear table cloth. The food was 100% halal and Mareeg offered many interesting flavours and combinations although it was a bit hard to read the menu. Still unsure what to order, we asked our server what he would suggest. He recommended the Chicken Stew or the Chicken, Goat Meat and veggie platter which three of us ended up

ordering. The other two vegetarian diners asked for "The Vegetarian Meal" which is relatively rare in Eastern African/Somalian fare.

We also ordered some Chapatti, FouFou, and Anjera to start. One of our party had tried Anjera before and was extremely excited for it to arrive at our table. Anjera it turned

blanched vegetables, seasoned chicken pieces and goat meat. One of our party was looking forward to trying the goat meat; although it may not sound appetizing, goat meat is leaner and contains less cholesterol and fat than in either lamb and beef.

On the "Vegetarian Plate" was "Ful Medammis" -- kidney



out is a spongy crepe-like bread that is used to scoop food off a common plate, while Chapatti as its name suggests, is similar to the Indian flatbread. FouFou (according to Wikipedia) is "a thick paste usually made by boiling starchy root vegetables in water and pounding with a mortar and pestle until the desired consistency is reached."

It had the consistency and taste of Cream of Wheat which I like and so I found it very delicious. My two vegetarian friends were given a spicy sauce to accompany the FouFou and a spinach broth to pour over top. We weren't sure that the broth was vegetarian but it tasted great.

Our food came out on a beautifully coloured plate (surprisingly quick); it was extremely large and obviously meant to be shared. On a bed of long grain rice (mixed with raisins, cinnamon, cardamom and nutmeg) was a stack of

beans with tomato sauce and spices. To top it off we ordered delicious milkshakes in chocolate and mango. They were perfect -- not too thick or sweet but given the amount of food, I would pass on them next time to save room for the banana.

The best part of our meat-based meal was the chicken. To quote one of our party "The chicken is the best thing of the day. The meat is great and the seasoning is intense but not too spicy. This is a beautiful meat!"

She also pointed out that next time she would like to try the crumbed chicken breast stuffed with pineapple, spinach and the Mareeg special sauce which was advertised on a handwritten sign behind us. Yum yum! Although we missed the festival, Mareeg Cafe and Restaurant made me realize that with an adventuresome spirit and a will to try something new, everyday can be a taste festival on 118 Avenue.v

Time for fun and games

DOG TALK

Darlene Taylor

Most of my clients I visit have toys for their dog. Every pet store carries a multitude of toys specially designed for dogs (although I really think they are designed to appeal to the human buyer). I'm not sure who gets more fun and laughter out of Karma's purple octopus (it actually has eight legs) containing squeakers but also has a noise-maker at its core. She also has a pink elephant with a red tie that is used to make a synthetic elephant noise every time it is moved -- along with, of course, a squeaker in the front leg.

Initially, when I introduce a new toy that makes a strange noise I will do it at a distance so she can hear the strange new sound and won't shy away from it. I will shake it in a manner I think she would be interested in and sure enough she would come over and take it from me. After some exploratory mouthing she would be playing with it, only in a way that she plays with it. Now any new toy I bring home is met with enthusiasm and I don't have to introduce any strange noises it makes.

I remember the hours of fun Dogma would have playing with a ball. One day I found him standing in the bathtub with a blue rubber ball. He would balance it against the edge of the tub, then release it. It would roll around the tub in a random fashion and he would chase it. Once caught, he would again balance it against the edge and release. Exercise and fun for hours.

There have been situations such as one lady having surgery on her knees, another wheelchair-bound and also seniors who own a dog but cannot give them the traditional walk around the block or run in the park. I've had to teach retrieve and other games so their dogs get the exercise and mental stimulation required. But it has been a bit of a challenge

to think of games that both human and dogs would enjoy.

Well, a great big thank you to Lori Friesen who is finalizing DVDs offering over fifty games, how to teach them, and also the research behind them. My Doggy Genius: Over 50 Awesome At-Home Dog Games and Challenges DVD set and Ebook are in its final stages. This information is well researched with dog trainers and veterinarians on what is safe and good games for dogs as well as some precautions owners should be aware of. Also, I'm sure her dogs Tango and Sparky were critical in each step. The downloadable Ebook provides more than enough information to get started with until the DVDs arrive in your mailbox. At 60 dollars, it is a real bargain.

Lori's volunteer work and doctoral research has added to her creativity and keen observation for fun education. A portion of the DVD proceeds are going to the Pet Therapy Society of Northern Alberta.

"When I lived in Edmonton, I was an active member and volunteer of this association both in the schools and in the community," says Friesen. "(My dogs) Tango, Sparky, and I were trained through this organization in preparation for my doctoral research study in which I explored how one class of grade 2 children experience an animal-assisted literacy program.

"Working closely alongside this organization for three years, I can honestly say that I haven't come across a group of more compassionate, intelligent, joyful, and well-meaning group of individuals. There are angels among them! I would like to give back to an organization that has given so much to me and to the greater Edmonton area," says Friesen.

I'm a big fan already and look forward to the release date. You can contact Lori at loriannfriesen@gmail.com for more information or to advance order.

JUNK IN YOUR TRUNK

Sign up to have your opportunity to sell/swap your old junk right out of the back of your car. On Day 3 (Sunday) of Kaleido, you can register to be involved in this unique 'yard sale'.

September 11, 2011 - 12-6pm

Cost \$10.00

All items must be used.



AVENUE SHOW AND SHINE SHOW

Help celebrate Kaleido by adding your classic, unique or beautiful car to the show.

September 11, 2011
12-6pm



Hello, Highlands-Norwood!



Hope you are enjoying your summer.

A special thanks to all those who could come and enjoy my community BBQ.



Your MLA, Brian Mason
Edmonton Highlands-Norwood
6519 - 112 Avenue

www.brianmason.ca ph: 780.414.0682

Mural Madness

DARREN BOISVERT

The first of five murals were painted this month by students participating in the Power Painting Project. With permission from EPCOR, and the assistance of professional artists and the Nina Haggerty Arts Centre, they are transforming the ugly green of power transformers into artwork for the community.

Garnering praise and inspiring photographs, the boxes have already been an excellent visual addition to our blossoming streetscape.

By the end of the summer, the boxes between 89th street and 91st street along 118th Avenue will sprout images of our solar system and beyond. Congratulations to the students and organizers who worked for months preparing the designs and coordinating the instruction of our future artists.



Serena working on her mural

Living within your means

FINANCIAL ADVICE

Dalena McLean

Dawn and Joe are a couple that want a home, a car, and have a child. They have no idea where their money goes and are living pay cheque to pay cheque. Joe makes a good wage but they seem to be getting further behind each month. They have no savings, but luckily have a pension plan through work and group benefits, but the employer intends on terminating the benefits. Joe is worried because Dawn has health concerns and they have prescription costs. What should they do?

Or is your situation like Meg and Dave's. They have an economic advisor they have worked with since Dave graduated high school. They have managed their credit cards/debt and have a plan that they review annually and when changes occur. They live modestly, have savings, an emergency fund, and an RESP for their daughter and RRSP's each. They carry their own insurance and have a mortgage. Their plan has been revised and updated many times but they feel very confident they are on track to reach their goals.

The difference between both couples is one of financial literacy, surmounting debt and no knowledge on how to deal with the problems. There are key fundamentals to a plan and

one of them is budgeting (managing your finances) and living within your means.

The simplest budget I know is this: forget about percentages and complex formulations. Get back to the basics.

Let's take a person and give them a job.

Lets pay them hourly and give them 8 hours a day, 5 days a week of work.

The first hour of work everyday goes to savings.

The second and third hour go to food, shelter, clothing.

The fourth, fifth, and sixth hour go towards financial planning and money goals. (retirement, insurance, car purchase, home purchase, etc.).

The seventh and eighth hour go towards debt repayment and then leisure (loans, lines of credit, cell phones, cable, dining out, movies, etc.).

Here is the given: hours 1-6 are the priority. If needed, you pull funding from hours 7 and 8 to accomplish those goals. Not the other way around. (You don't use hours 1-6 to fund hours 7 and 8.)

The good times are not a priority. What you can do is take on a short term second job to pay

down a debt or provide money for your leisure activities. If you are having to take on a long term second job you have a problem.

This plan establishes living within your own personal means whatever your

income level. Whether it be \$8 hr to \$800 hr. Percentages and formulations can be confusing, but we all keep track of time.

This budgeting tip is for those who need to start a plan and/or be

more pro active financially. For those people who are in serious debt crisis and have a problem, seek professional assistance and intervention. Search your local area for advisors, debt repayment counsellors, and bankruptcy trustees. If you are drowning in debt, start a plan today. An Advisor gives you an advantage by having someone who works full time on planning and can customize a plan to your goals, income, and work with you on a continual basis in reviewing, updating, and developing strategies that fit you personally.

dalena.mclean@sunlife.com



Eastwoodfest
 Saturday August 13, 2011
 On 118 ave, 85 st. to 87 st.
 10:30 a.m. - 6:00 p.m.
 Free Events!

Free Pancake Breakfast at 10:30am
 Live music, Childrens Carnival, Artisan Market,
 Motorbike Show & Shine, Sports Demos, & much more!

www.eastwoodcommunityleague.tk

Kaleido's newest stage is BAROQUE – at St. Faith's Anglican Church Sat and Sunday - don't miss it.



WRITER PROFILE

Darren Boisvert

Anna Marie Sewell

Congratulations to Anna Marie Sewell who has been named as Edmonton's Poet Laureate. Starting July 1, 2011, she will represent the city and our neighbourhood for two years as the sculptor of words and ambassador of adjectives in Edmonton. An Alberta Avenue resident, Anna has an impressive resume in theatre, prose, and poetry. Fifth World Drum is her first book-length collection of poetry as is available now.

She teaches at The Learning Centre Literacy Association, and among many other activities, edited the 2009 Stroll of Poets Anthology.

I Am My Only Chance for a Hero

Paula Gillis

I am my only chance for a hero.
The strands of my Rapunzel hair
were curt away so long ago.
No-one climbs up to rescue me
from the prison of my tower.

This nightmare jail encasing me
cannot be chased into the wind
by life's sweet kiss and promises.
I do not live a fairy tale.
This fight for life is mine alone.

I scan the world surrounding me.
I wait and watch, I pray and beg.
Is no-one sent to pull me free,
From this shattered life I live?
They come, I hide all trust is lost.

Alone, I must continue on;
down the path that beckons me.
I run, I walk, I stop to breathe
Accept what life is telling me
I am my only chance for a hero

Ballade

by Jade O'Riley

All Waking To The Day That's Blessed
The bells are ringing in Christmas day
Waking the Papist, the Atheist
And everyone in between the day's portray;
The Non-conformist, the Elegist,
Those prepared to receive the Eucharist
And those to whom they confessed;
The Evangelist, the Calvinist, the Methodist,
All waking to the day that's blessed.

No bells, rang in yesterday,
Another day of the Hedonist, the Egotist,
Lost in a self pleased foray.
The Revolutionist, the Anarchist,
The Fatalist, the Dogmatist,
Each on a Spirit's recess.
The unconscious Misanthropist,
All waking to the day that's blessed.

The bells will ring on doomsday,
Set to toll by the Alarmist,
Disclosing the Human exposé
Foreshadowed when the Psalmist,
The Talmudist, the Vedantist,
Showed the maps of the course we transgress,
Unlocked from the tower of the Archivist,
That showed that the day was blessed.

Consumed by the Institutionalist,
No chance for reform or redress
May this be the morning of the Humanist,
And the waking to the day that's blessed.

You Are The Key To Everything

Jade O'Riley

You are the key to everything, and, also,
The locksmith who installed safe-n-sound deadbolts
On the doors and windows of your house
As if thieves didn't invent locks

When Rumi cried out for Shams
He too discovered he was knocking from the inside.
Lock out One Person and there He'll be
Fitting the tumblers closer than your key.

Looking at life through a peak-hole is distorted
You see Him mouthing: Confinement is another word for love
Even in your paranoid wailing, you're jingling the keys in your pocket
Knowing He does recognize "me" from "you" from a door from a window.

Until you're done with your locks and keys and bolts and chains
He is content to lay about in the empty space around your heart
Padlocks don't work this way in the world of the Beloved
Separation was invented by the same thieves who invented locks.

How to eat a luscious lobster

By John Zyp

Homarus Americanus
You live in the North-East Atlantic
Which for my money
Makes you a Canadian maritimer
Homacus Canadianus

You are wild and luscious
And when you wave your antennae
and with with your little beady eyes,
I know that you flirt with me,
A carnivore who is about to eat you.

Already I feel guilty
But I will eat you anyway.
Are you a boy? Are you a girl?
Do you have a name?
What is the humane way
to eat you my friend?

Do I lower you screaming
Into a pot of boiling water?
Or do I eat you raw
Bit by living bit
So that you are aware
Until your bitter end?

Disaster Story

By Sam Thomas

The year is 2076 on Earth. Disasters spanned twenty years, post-suffering was double that time. With Europe far beneath the ocean and its people gone there is little land left and the people are scarce. There is only half of North America left, only Canada is still above the sea The years of our existence are long gone. The total population is only four thousand strong.

Whirlwind passing by
Ocean waves thundering to the shore
A thunderous hurricane passes by and many people die.
Armies assembled in intercontinental war

Disease lurks about everywhere
There is famine on the continent,
Children see death's screaming horror
Earth is shaking throughout this horrible event.

Tornadoes, hurricanes and typhoons
Hunger, famine and disease
Volcanic eruptions shoot out of the rocks the size of our moon
Millions die with our earth in her rage

The roads crack, houses sink below the soil
People are sucked up into the air
And Newsmen die in the turmoil
True disaster spells:
"Earthlings beware."

When finally the earth has settled
When the waves return to the sea
Finally tornadoes end and hurricanes cease to be
The streets are splattered red.

If two decades spanned the Earth without a breath
If every conceivable disaster goes up into the years,
If all the death and faces are streaked with tears,
And the counted death tolls are finally to be made
It will state that four billion people went to the grave
In this massive disaster raid
Very few people are left to save.

At the age of ninety six years
I feel I am the only one left to shed the tears
Unfortunately these complaints are made
At the end of a century's page.
Eighty years have passed,
Since the last disastrous death.

Summertime Paradise

by Wei-Ching Chang

I love summertime in Edmonton
The closest place to paradise on earth
Unlike harsh and steamy Toronto
Our cool and gentle night air
Takes me to my dreamland
For dreamy sweet dreams

I dream of our summer festivals
These hilarious outdoor Shakespeare plays
Dazzling street performances and lovely folk songs
Mind-boggling Fringe theatre events
And the awesome Heritage Festival
Make me smile all summer

Summer's for sure outdoor time
For tennis, basketball, soccer and Frisbee
I love biking in old neighbourhoods and let myself go
Hiking in the splendid river valley
Or strolling leisurely along the lake
In wide-open Hawrelak Park
Soaking in fresh warm air

It's also time for mental gymnastics
University summer courses are superb for that
So are painting and poetry at the City Arts Centre
Catching up with friends at coffee shops
Doing reading and creative writing
And playing with grandchildren
Whatever else in paradise works

Horatian Ode by Luke Tracey Newmann

I recall the lost summers of my youth
When warm languid nights enveloped our town
My friends and I spent evenings out-of-doors
Talking music, record albums, girls
Tonight my old companions are absent
I see them now, only in my memories

The summers of ones youth go quickly by
As meteors streak through the August sky

Kid's Korner

Forget the fridge. Post your artwork here!

Do you like to draw? Take photos? Got a short story or poem you have written? Do you tickle your friend's funny bone's with your cartoons and jokes?

If you got the time, we've got the space for you.

The Kid's Korner is hoping to receive and publishing work by our younger readers. Everyone is encouraged to submit. All creative ideas will be warmly welcomed.

So send us your best work. We want your stuff!
 Email us at editor@ratcreek.org. Mail us at 9210 - 118 Avenue, Edmonton, AB T5G 0N2. Drop it off at the Alberta Avenue Community League building at 9210-118th Ave.

Poems

by Bernice Caligiuri

Lazy me

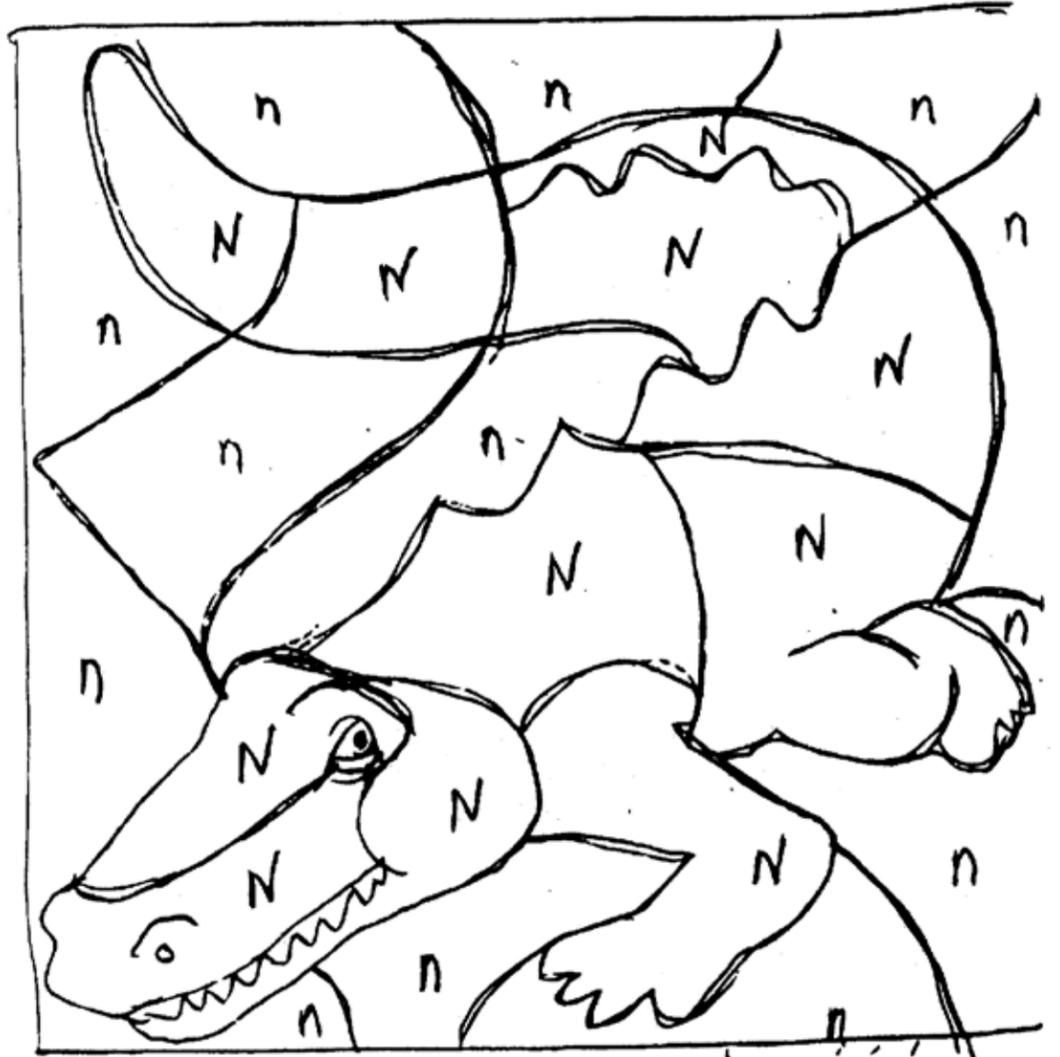
Whoop dee dee
 Whoop dee doo
 I walked around all day
 with a rock in my shoe.
 My toes they did hurt
 And my ankle turned blue
 All because I walked all day
 with a rock in my shoe.
 Whoop dee dee and whoop dee doo
 I am just too lazy to take the rock out of my shoe.

Rover

Fiddle dee dee my Rover
 Swam far away across the sea.
 A stick which I threw into the sea,
 My dog rover went into fetch it just for me.
 I waited a week - a month - then a year flew by,
 Fiddle dee dee, I lost my dog Rover
 To the deep blue sea.

Color Me!

Color the spaces with N green
 Color the Spaces with n Blue



Bernice Caligiuri

Odds and ends artwork

You can make beautiful art by using spare keys, washers, rubber bands -- anything you can find in your parent's drawers or from walking around your neighbourhood.

Mix it up! Use glue to add your 'hard'-ware onto a piece of sturdy white paper, and use some water-based paint to fill in the rest.

How many uses can you find for a key? Be creative, perhaps they would make good 'eyes' or 'noses', perhaps they could be 'buildings' or 'birds.' It's all up to you and what you can find.



Alberta Avenue (118 Ave & 93 St)

**Hot? Get wet at a local park.
 Eastwood (118 Ave & 86 St)**

Elmwood Park (125 Ave & 75 St).

COMMUNITY CALENDAR

for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood

Listings for free events and programs as well as volunteer opportunities. Submit online at ratcreek.org.

ENTERTAINMENT

SPINELESS WONDERS

In this fun and unique program, marine life staff from West Ed Mall will bring various marine invertebrates (sea stars, anemones, urchins, etc) to you! Wednesday, August 10 from 2pm-3pm at Sprucewood Library (11555 95 St). To register: call 780-496-7099.

EASTWOODFEST

A community-driven event that aims to bring the community of Eastwood and it's surrounding neighborhoods together for a day filled with great free entertainment. A free pancake breakfast is followed by live music, kids activities, sports demos, and much more. Saturday, August 13 from 10am-6pm at 118 Avenue between 85 & 87 Streets. More info: Mat Halton, producer at eastwoodfest@gmail.com

PAWS FOR A STORY

Read a good tale to a furry friend with a real tail! Children enjoy a 15 min reading session with a dog from the Pet Therapy Society of Northern Alberta. Saturday, August 13 from 2pm-4pm at Sprucewood Library (11555 95 St). More info: call 780-496-7099.

BALLOON ANIMALS

Huff, puff, twist and fold, but try not to break your balloon! Join Edmonton's award-winning balloon artist Charis Hamm and learn the tricks of the trade for making balloon animals! Thursday, August 18 from 2pm-3pm at Sprucewood Library (11555 95 St). To register: call 780-496-7099.

KARAOKE WITH CRUD

Tune up your vocal cords and join us down Green Frog's Pub (9349 118 Ave) for another hopp'n good time of socializing and singing. Friday, August 26 at 9pm.

THE CARROT OPEN STAGE

Thursdays for folks 55+ 1:30-4pm. Saturdays 7pm-10pm. 9351 118 Ave, 780-471-1580.

EVENTS

AVENUE CAR SHOW

Help celebrate Kaleido Family Arts Festival by adding your classic, unique or beautiful car to the show. Sept 11 from 12pm-6pm. More info: 780-318-2545 or kaleidofeststreetscape@gmail.com

JUNK IN YOUR TRUNK

Sell/swap your old junk right out of the back of your truck on Sunday, Sept 11 from 12pm-6pm at Kaleido Festival. Get involved in this unique 'yard sale'. Cost \$10. More info: 780-318-2545 or kaleidofeststreetscape@gmail.com

PROGRAM / CLASS

PRACTICE ENGLISH @ YOUR LIBRARY

Are you learning English? Practise your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. Mondays from 6:30-8:30pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

NEEDLE FELTING WITH MIKE GERMANN

Learn the basics of felting. Materials supplied and tools will be on hand for those who don't have their own. Share ideas and techniques while chatting over a drink. The Second Saturday of the month at 1:30 pm at The Carrot Community Arts Coffee House (9351 118 Ave). More info: info@artsontheave.org or call 780-471-1580.

ENGLISH CONVERSATION CAFE

For those who need to practice their new found English language skills. Every Saturday 10-11:30am at Bethel Gospel Chapel (95 St & 117 Ave). Free child care provided.

VOLUNTEER

HELP AT NORWOOD CENTRE

Become a Volunteer at Norwood Child & Family Resource Centre (9516 114 Avenue) and gain experience for employment/education, meet new people, learn new skills, have fun and give back to your community. Click the volunteer tab at www.norwoodcentre.com to view positions descriptions OR Phone: 780-471-3737 to find out what positions are available.

HANG AT A GALLERY

Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more info, contact Anna at volunteer@ninahaggertyart.ca

BE A COFFEE BARTENDER

Learn how to be a barista and 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: The Carrot Community Arts Coffeehouse at 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

DRIVE A SENIOR

Be a volunteer driver who spends 3-4 hours once a month to drive an elderly senior to medical appointments, banking and/or shopping. Gas reimbursed. Call 780-732-1221.

SOCIAL

SRC CLOSING CELEBRATION

Congratulations - you made a big splash at the library! Your summer reading adventure has come to an end, but there is still plenty of fun to be had: come celebrate with us! Saturday, August 20 from 2pm-4pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

FAMILY PARK CRAWLS

CRUD's Family Park Crawls are the place to be every Sunday at 1:30pm. Meet families, have fun and enjoy the outdoors in our great neighbourhood parks. Aug 7 - St. Gerard School (12415 85 St); Aug 14 - Alberta Ave Park (9210 118 Ave); Aug 21 - Parkdale School (11648 85 St); Aug 28 - Norwood School (9520 111 Ave).

FRIDAY NIGHT DROP-IN

Open-house, free coffee and snacks - games and conversation with friends. A safe place to hang out on a Friday night from 7-9pm at Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8715 118 Ave).

L'I SPRIGS PLAYGROUP

Bring your kids, snacks and ideas and make friends while sharing in activities, adventure and fun! Fridays from 10am-12pm at Parkdale-Cromdale hall (11335 85 St). www.parkdalecromdale.org

CRUD DINNER CLUB

Discover new flavours and restaurants while you explore a variety of wonderful cuisine along Alberta Avenue with friends & neighbours. Check the

calendar at www.crudedmonton.org for time and location of this month's feast.

SPORTS & REC

STAR CAMPERS

Enjoy an indoor campsite where you'll learn some camping essentials like stargazing, calling animals and animal-safety tips from Mountain Equipment Co-op. Tuesday, July 19 from 7pm-7:45 at Sprucewood Library (11555 95 St). Register online, in person or call 780-496-7099.

THRILL THE AVE

Classes to learn Michael Jackson's Thriller for performance at Kaleido and Thrill the World. Classes free, no dance experience necessary. For the whole family! Thursdays 7pm to 8pm at Alberta Ave Community Centre (9210 118 Ave). More info: Heather 780-454-9296, thrilltheave@gmail.com.

COMMUNITY SWIM

Free swim for Alberta Avenue Community League members. Borden Park Pool Sunday thru Wednesday from 5pm-7pm. More outdoor swim info at albertaave.org. Indoor swim: Sundays from 12pm to 2pm at Eastglen Pool (11410 64 St).

CRUD DOG WALKING GROUP

Meet neighbours and their canine companions while walking around the community. Mondays evenings: 6:30pm in front of St. Alphonsus Church (11828-85 St). Walk is cancelled if raining. More info: www.crudedmonton.org.

INDOOR PUBLIC SKATING

No sticks or pucks allowed. Grand Truck (13024 112 St) on Sundays 1-2pm. Oliver (10335 119 St) on Tuesdays 6:15-7:15pm. Russ Barnes (6725 121 Ave) on Wednesdays 6-7pm. Westwood (12040 97 St) on Saturdays 3:15-4:15pm

NOTICES

LAST BIG BIN EVENT OF THE YEAR!! City residents can drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling. Do not bring

household hazardous waste like paint, varnish, household cleaners or batteries. Sept 17 & 18 at Commonwealth Stadium (112 Ave & 90 St) from 9am to 5pm.

PROVINCIAL ENUMERATION THIS FALL

Elections Alberta will be updating elector information this fall in preparation for the next provincial election, tentatively planned for the spring of 2012. Please help to ensure that your information on the voters' list is current and accurate by answering the door when an enumerator calls or by filling out and returning the card left in your mailbox. If you would like to work as an enumerator (for pay, about 30 hours between August 26 and September 19), contact Anita Jenkins, Returning Officer for Edmonton Highlands Norwood, 780-474-6656, ajenkins@compusmart.ab.ca, or call Elections Alberta, 780- 427-7191.

NICE NEIGHBOUR RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for CRUD's Nice Neighbour Recognition Award and give some recognition to those that make our community great. Nominations are accepted via e-mail at info@crudedmonton.org.

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.

CLASSIFIEDS

THANK YOU DOG VOLUNTEERS!!

Thank you to all the people who volunteered at the Doggie Mini-Fests and the Avenue Goes to the Dogs Festival this Summer and made the events fun for everyone. Especially thank you to Aaron, Alice, Barb, Bert, Brenda, Brendan, Brian and Jodi, Cindy, Clay and Cole, Cora, Derek, Gil, Jacky, Maxine, Mel and Kris, Ronny, Shirley, Steven, Tracey, Vic, and others! Thanks so much to Mari for doing such a wonderful job as Festival Manager!

Church services

Avenue Vineyard Church

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.

8718 118 Ave (Crystal Kids building)

Sundays at 10:30 am
www.avenuevineyard.com

Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship

11461 95 St. 780-477-3341

Sunday meetings:

9:30 AM - Lord's Supper
11:00 AM - Family Bible Hour
Saturdays - Free English Conversation Café for immigrants

Advertise your church here for only \$120/year.
Contact ads@ratcreek.org



The Alberta Avenue Community League invites stakeholders and area residents to a discussion on Norwood Square Park improvements.

Join us in the park for a BBQ
Share any park concerns
Bring your thoughts on possible improvements
Water spray park?
Gazebo?
Campfire pit?
Community Garden?

What would you like to see in Norwood Square Park?

Tuesday, August 23
6:30pm
Norwood Square Park
95 St & 114 Ave

RSVP appreciated - info@albertaave.org or 780-477-2773

Advertise in the Rat Creek Press!

Contact Laurie Tod
at
ads@ratcreek.org
or 780-479-6285

www.ratcreek.org

FREE Lantern making workshops at Nina Haggerty Arts Centre
office@ninahaggertyart.ca for the Aurora Lantern Parade Sept 9th.

More Mural Madness...

continued from page 8



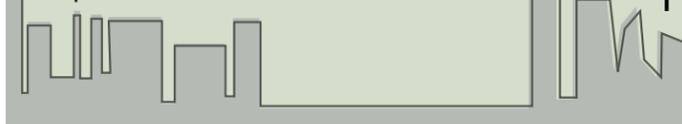
• Shop Local • Shop the Avenue •

Welcome to **YOUR** Avenue, welcome to the Alberta Avenue Business Association

Check out our rejuvenated website at www.alberta-avenue.com including some great new features. If you come across a few out of line things here and there please bear with us as we complete the enhancement of our site. Let us know how you like the site at 780-471-2602. We're always open to new ideas.

We've Moved! Our office has moved from 11770 – 95th Street to Upstairs Office B, 11739 – 88th Street, Edmonton. Our phone # remains the same at 780-471-2602. The move will save our association several thousand dollars in operational expenses, these same funds that will be used towards promoting our businesses on the Avenue.

Now Available...the latest revised issue of AABA's original 'Taste of the Avenue' restaurants, bakeries and eateries map. Download a copy from our website or call our office for a hard copy. Please support our businesses by 'Dining and Shopping on the Ave'. Think beyond the Big Box.... Shop Alberta Avenue.



M-F 8:30am - 4:30pm 780-471-2602 www.alberta-avenue.com



Markelle painting, and her finished mural.

family
PARK CRAWL

August 7th: St. Gerard School Playground (12415 85 Street)
 August 14th: Alberta Avenue Community Park (9210 118 Ave)
 August 21st: Parkdale School Playground (11648 85 Street)
 August 28th: Norwood School Playground (9520 111 Ave)

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

ARTS ON THE AVE PRESENTS THE 6TH ANNUAL
Kaleido
 FAMILY ARTS FESTIVAL

Admission: Pay what you can!

September 9-11, 2011 | **118th Ave 91-94 Street**

KaleidoFest.ca

FOOD BANK

Edmonton TransAlta TELUS Canadian Heritage Patrimoine canadien edmonton arts council Alberta Foundation for the Arts Global EDMONTON avenue magazine EDMONTON JOURNAL 630 CHED

NORTHLANDS UPCOMING EVENTS

TEAM CANADA SUMMER DEVELOPMENT CAMP: Red vs White Game
 Saturday, August 6
 Rexall Place

THE WIGGLES
 Sunday, August 7
 Expo Centre

TAYLOR SWIFT
 August 18 & 19
 Rexall Place

CANADIAN DERBY
 presented by Canem
 Saturday, August 20
 Northlands Park

WWE MONDAY NIGHT RAW
 Monday, August 22
 Rexall Place

BLINK 182
 Saturday, August 27
 Rexall Place

SANTANA
 Tuesday, August 30
 Rexall Place

JOSH GROBAN
 Friday, September 2
 Rexall Place

SONIC BOOM
 Sunday, September 4
 Northlands Grounds

For more event & concert information visit northlands.com

ENTERTAINMENT

