

VOLUME 7

# Rat Creek Press

ISSUE 7

YOUR FREE COMMUNITY NEWSPAPER

CIRCULATION 8,500

OCTOBER 2005

**FEATURE**

**Revitalize a Community with Art**

**Artist on the Avenue**

**Photography Feature**

**Creative Edge Benefits Young and Old Alike**

**Nina Haggerty Centre for the Arts**

**Library Short Story Contest Winners**

**BRIEFINGS**

**Ground work for a new recreation centre**

The City and NAIT are spending \$100,000 each to study a partnership to build a multi-million dollar community recreation centre

**Revitalize a Community with Art**

Arts and culture enhance a community's quality of life and applies to all people.

**Nina Haggerty Centre for the Arts**

The Nina Haggerty Center for the Arts provides a supportive, non-competitive environment in which people with developmental disabilities are enabled to grow and learn within their community.

**CONTENTS**

Editorial ..... 2  
 News & Views ..... 3  
 Neighbourhood Voice ..... 4  
 Pet Corner ..... 5  
 Local Business ..... 6,7  
 Creativity ..... 8-11  
 Resident Profile ..... 12  
 Holiday Apples ..... 13  
 Now It's History ..... 14  
 Sports & Fitness ..... 15  
 Community Notices ..... 16

## Locke Apartment Site continues to trouble neighbourhood

By Justin Harder

It's been over a year and a half since the fall of the Locke Apartments at 112 Avenue and 94 Street, but unfortunately the Locke Site is once again causing headaches for surrounding residents. The walls may be gone but that hasn't stopped people from making themselves at home.

The back corner of the large lot has a growing collection of furniture and garbage. There is a couch, reclining chair, armchair, three beds, truck canopy, car and two shopping carts holding a TV, VCR and various other items. While the fact that the lot is being used as a dump is problematic, the larger problem for residents is the characters and activity it is attracting.

Residents are doing what they can to return peace and quiet to their neighbourhood by working with the Bylaw Department and contacting their City Councilors. "The Locke Site is just one indication of an ongoing battle happening in this neighbourhood and in the City," comments Roberta Malin, a long-time member of the Community Action Project (CAP). "It's really about having City processes that are responsive to the needs of each community."

"We've met with the Bylaw Department and spoken to them on a regular basis since we first reported the Locke Site in June," clarifies Donna Fregren, a resident who lives on 95 Street. "We believe that they [Bylaw]

Roberta Malin. "It's horrible, but we're slowly finding out what the underlying issues are and why these Bylaw infractions are able to remain for so long in our neighbourhood."

The City and the Province

"Ultimately the real responsibility for this mess lies with the property owner, who doesn't care about the negative impact his property is having on the neighbours," comments Fregren. "We'll continue to work with the City to explore creative ways to streamline the process to ensure these chronically negligent owners are held accountable. The current state of the Locke Site is unacceptable!"

"There must be a way this process can be expediated. Residents should be able to walk down their own street with out fear of being harassed."

The Locke site is targeted to be cleaned up in the beginning of October due to the hard work of residents through CAP, but the lengthy process to have the Site cleaned up highlights the importance of the continued work with the City.



are doing everything within their power to deal with the site, but unfortunately it hasn't resolved the issue."

Despite the Bylaw Department's best efforts the Locke Site has become a magnet for discarded furniture, garbage and negative activity. "I've started to avoid the Site on my walk to work in the morning," continues

both have significant roles in determining the policies that the Bylaw Department follows. The City has some latitude in determining what timelines the Bylaw Department must follow, but the Municipal Government Act (MGA), provincial legislation, determines how far the City can go in addressing these issues.

*Note from the Editor:*

*The Rat Creek Press contacted Sibhat Berhane, one of the owners of the empty lot, and he states he never received any bylaw notices and was unaware of the problem. Mr. Berhane indicated that he would contact the City regarding the matter and check out the property himself, which he hasn't seen in a couple of months.*



### Happy Thanksgiving Monday, October 10<sup>th</sup>

Thanksgiving is a national holiday for "general thanksgiving to Almighty God for the blessings with which the people of Canada have been favoured."

*Take time to ponder & show gratitude for the good things in your life.*



## CONTRIBUTORS

### RAT CREEK PRESS

Box 39024 RPO Norwood  
Edmonton, AB T5B 4T8  
780.479.6285  
info@ratcreek.org

*Volume 7 . Issue 7  
October 2005*

### Managing Editor

Karen Mykietka

### Editor

Dawn Freeman

### Designer

Michelle Hayduk

### Ad Rep

Joy Dyck

### Distribution

Elaine Mantua

## SPECIAL THANKS

We would like to give a special thank you to Elaine Mantua, our distribution coordinator for all her hard work. Elaine has spent countless hours delivering the paper as well as knocking on doors recruiting carriers. Sadly she will be moving out of the area. We need a replacement see page 5 for details.

## BOARD MEMBERS

Kathleen Quinn, PAAFE  
Peter Rausch, AABA  
Jill Oliver, Alberta Avenue  
Margaret Guthrie, Norwood  
Verna Stainthorp, Spruce Avenue

## UPCOMING ISSUES

### NOVEMBER

Remembering Our Past

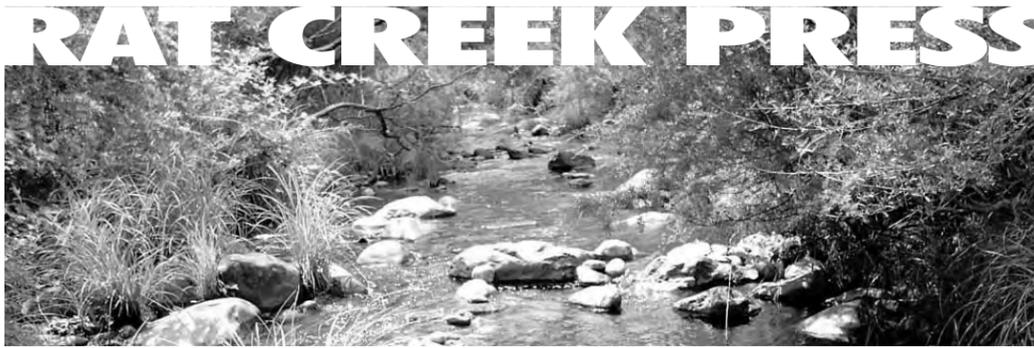
### DECEMBER/JANUARY

Faith & Traditions

*Call us with your ideas!*

## HALLOWEEN SAFETY

Carry a flashlight.  
Stay in familiar neighborhoods.  
Avoid wearing masks while walking from house to house.  
Wear clothing with reflective markings or tape.  
Stay away from and don't pet animals you don't know.  
Walk, don't run.



## Mission & Goals of Rat Creek Press

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

The goals of the Rat Creek Press Association are to:

**Build community** – We want residents in North Central Edmonton to know what is happening in their community, to feel connected to their local institutions, and be acquainted with and support their local businesses. We hope our work will lead to increased ownership, participation and interest in the community.

**Encourage communication** – We want to provide a forum where information and ideas can be exchanged.

**Increase capacity** – We want to help individuals learn new skills or acquire experience by participating in the production of the newspaper. We also want to add to the community as a whole by increasing participation and leadership of local residents.

### HOW DID WE END UP WITH THE NAME "RAT CREEK"?

When the paper first started, it was decided that the first page would run a historical story. In keeping with this the founders chose a historical name. Rat Creek used to run between the Boyle McCauley area and the Norwood area. It ran from 97 Street just south of Norwood Boulevard east to Kinnard Ravine and into the river. Rat Creek became a dump and was eventually covered and paved over as Norwood Boulevard. Read more about Rat Creek in "Rat Creek Water Dreams" (page 14).

## Rat Creek Press Appreciation Night

**You are invited to attend the first annual general meeting of the Rat Creek Press Association & our volunteer appreciation celebration.**

**Thursday, November 3rd at 7pm**  
Spruce Avenue Hall 10240-115 Avenue  
Guest Speaker: Linda Goyette

Linda Goyette, an Edmonton writer, is a frequent contributor to Canadian magazines. She wrote for the Edmonton Journal for twenty years as a reporter, editorial writer, and editorial page columnist.

## Rat Creek Press evolves, again

By Karen Mykietka  
*Managing Editor*

The Rat Creek Press is undergoing change once again. Since its inception in 1999, the Rat Creek Press has been an informal project of a number of community organizations. In November 2004, the paper was dramatically changed in appearance, content and management. It quickly grew from 8 to 12 to 16 pages. Now, it is becoming its own non-profit society – Rat Creek Press Association.

Five individuals from five local organizations signed on as founding board members and submitted incorporation papers in September (see sidebar). "I believe it is a great way to communicate to residents in the area. It also allows our businesses to

find out what is going on in the communities that they serve," say Peter Rausch, new board member and executive director of the Alberta Avenue Business Association (AABA).

An annual general meeting will be held on Thursday, November 3rd in conjunction with a volunteer appreciation party. Up to five more people can join the Rat Creek Board; we would especially like to see representatives from other areas such as Elmwood Park, Eastwood, Parkdale and Westwood.

The Rat Creek Press is a community newspaper serving the communities of Alberta Avenue, Cromdale, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood. It is the only community newspaper in north

central Edmonton as the Edmonton Examiner does not serve our area.

While the Rat Creek Press may be the only newspaper, a number of these communities do have a newsletter put out by their community league. While there may be some overlap in these publications, they are not a duplication. A league newsletter informs the local neighbourhood of league news, information and activities while a community newspaper reports on broader events and happenings as well as highlights activities and business relevant to the community-at-large.

We are willing to work with community leagues and other organizations to help them with their communication needs, whether that be including infor-

mation or articles in the newspaper or providing an insert targeted at specific areas.

Another exciting new development is our upcoming website www.ratcreek.org! We hope to have a basic site up in about a month but our full vision for the site may take longer to materialize. The site will have information about all aspects of Rat Creek Press such as the production team, writers, advertising, and delivery. An online version of the paper will also be available. In time, the site will include article archives, community news, classifieds, a community calendar, discussion forums and other community information.

*We're excited  
about the future!*

## EDITORIAL

By Dawn Freeman

### Create

*Take time to think*

*Time to write*

*Time to draw in the sand or snow*

*It doesn't matter what you know*

*Just show some of what you are*

*on the inside*

*Make time to dance*

*Time to sing*

*Time to play any kind of game*

*It doesn't matter if it has a name*

*Make it up as you go along*

*Take time to make*

*Time to create*

*Something from something*

*Or something from nothing*

*Make it what you want it to be*

*Then, show it to the world*

*Take the risk*

*Let others see what you see*

*It might become a key*

*To someone's own discovery*

*Or not*

*Put it away in a drawer*

*Or unravel it so you can start again*

*Because what it is at the end*

*Can mean less than the getting there*

*But take the time*

*To concoct, design, devise,*

*to make*

*To dream up, imagine, invent,*

*generate*

*Shake the foundation*

*Expand the edges*

*Create.*

# Ground work is being laid for a new rec centre

By Karen Mykietka

The City and NAIT are spending \$100,000 each to study a partnership to build a multi-million dollar community recreation centre on NAIT property which would serve both NAIT students and residents of North Central Edmonton.

"The City of Edmonton and NAIT have a common vision for recreation, health and wellness in north central Edmonton," says Mayor Stephen Mandel. "This vision is evident in Edmonton's Recreation Facility Master Plan,

which speaks to the notion of a 'community hub' with an integration of facilities for a range of recreation opportunities that are accessible and affordable to the community."

An assessment was undertaken in early 2005 to identify the community's priorities for components of the recreation facility. The March 2005 report indicated the highest ranking indoor amenities were a fitness centre, gymnastics, aquatics area, and multi-purpose space with on-site childcare, general eating area and health services. The top

rated outdoor components were multi-used trails and playground followed by things like a track and soccer field.

The community will be "represented" by a couple of residents on the Steering Committee of this proposed partnership. After \$200,000 is spent hammering out a proposal with NAIT, there will be a community consultation for feedback on the proposal. Then the proposal and the community feedback will be presented to Council. All this will be accomplished by early December 2005.

NAIT has spent the passed year wooing the City and now they are spending a lot of money to pursue a partnership idea. If residents don't support the proposal, all this work will be placed in File 13 (the trash), and everyone will return to the drawing board. How likely is that?

What facilities are really needed when you look at the whole picture with the Downtown YMCA, Stadium Recreation Centre, Eastglen Swimming Pool and existing community league facilities? If accessibility is the issue, why

isn't the City removing some of the barriers to using the existing facilities? Is NAIT the best location for a North Central Rec Facility? Will a facility feel like a 'community hub' for the residents if it's at NAIT or will it just turn into a hub for NAIT students? Is there any thought being put into coordinating aspects of the proposed rec facility and proposed Cromdale Health Centre?

Want to voice an opinion? Contact your community league and City Councillor.

## Alberta Avenue AGM

*Alberta Avenue Residents step up to the challenge - AGM nets full board.*

On September 13th, over 20 people turned out for the Alberta Avenue Community League Annual General Meeting - over double the turn out from last year! Only two previous members were staying on the board and there were no remaining executive members. Treasurer had been vacant for a few

months. Arlene Hayes stepped down as Vice-president the previous month to take on the job of Operations Manager. Chantal Issac-Todrick was finished her two year term as Secretary. And Jacquelyn Vandeborn resigned after 3 years as president.

The old board had been concerned there would not be people to replace them but in fact the night ended with an unprecedented full board of 12 members! The new president is Trish Filevich. Look for updates

and introduction of board members in upcoming months.

A big thank you to all those who volunteered their time on the board last year and to all the hours the new recruits will do this year!

Trish Filevich  
president@albertaavenue.ca

Arlene Hayes  
office@albertaavenue.ca

League Office Hours:  
Thu & Fri 5:30-7:30 pm  
Office: 477.2773  
Cell: 916.0940

### AVENUE INITIATIVE REVITALIZATION STRATEGY PRESENTATION

Wednesday, October 12<sup>th</sup>  
Eastwood Community League  
11803 - 86 Street

7:00 pm Refreshments  
7:15 Presentation  
7:45 Questions and Answers

Please join us for a presentation of the Avenue Revitalization Strategy for 118<sup>th</sup> Avenue (Northlands to NAIT) and the adjacent communities. The Strategy will be presented to City Council in November.

If you are unable to attend the meeting the full Avenue Initiative Report will be available in October at: [www.edmonton.ca](http://www.edmonton.ca).





## Mr. Albert Says "Join us for Bingo!"



**Wednesday, Thursday & Friday evenings starting at 6:10 pm.**  
**Late nite bingo Fridays: 10:20 pm - Precall Bonz,**  
**10:40 pm - Early Birds, 11:00 pm - Regular games**  
**Alberta Avenue, 9210-118 Avenue, 477-2773**





**11732-95 Street      477-8412**

Family Friendly  
Reasonably priced.  
Menu includes great ethnic food.  
Something for everyone.



## Metrotown Market

Produce Superstore & More!

**10% off every Tuesday**

477-7733

**9320 - 118 Avenue**

**METROTOWN MARKET**

**15% OFF**

Not to be combined with any other offer.

**Hours: 10am - 6pm**  
**7 days a week**

*Mother Nature's Finest*



**Bjorn & Brenda**  
Ph: 424-6823  
[absolutelyedibles.com](http://absolutelyedibles.com)

Cafe 10406-118 Ave  
Deli 9567-118 Ave

## ENA'S HAIR SALON

Cuts, Perms, Colors, etc.

**Ena Polanco**  
9347 - 118 Ave.  
Edmonton, Alberta  
**Phone: 414-1467**



For better service please make an appointment  
Tues.-Sat.: 10-5 pm  
Sunday & Monday Closed

# Education without “School”

Dear Editors:

I was dismayed to see the article praising home schooling (Volume 7:6, “Education Without ‘School’”) in a community newspaper. It’s hard to imagine anything more antithetical to the notion of community than home schooling.

Generally, parents home school either because they think schools teach bad morals or they are elitist. As to the former, it’s hard to imagine what bad morals people like Mrs Van think schools promote. As to the latter, notions as to the inherent superiority of some people are quite simply morally offensive.

Unfortunately, Alberta has among the highest proportion of home-schooled children in the

country and is the only province to actually financially support this dubious activity. In this way, it mirrors the U.S. At the time of Reagan’s election in 1981, home schooling was illegal in most states. Today it is legal in all of them. And former Texas governor and current US president George Bush has wooed the home-school-loving religious right with comments like, “In Texas we view home-schooling as something to be respected and protected ... from the interference of government.”

There are times when home schooling is justified, as in cases of extreme bullying for example. In another instance, a family might travel around the world for a year, in which case home

schooling makes sense, especially given that travelling involves first-hand learning and stepping out of one’s comfort zone—that is, experiencing life, something not easily done sitting at the kitchen table all day with mum.

I have two friends with daughters at Victoria Composite, who glow when they talk about their school. Both are straight-A students, which is perhaps not surprising given that Edmonton Public Schools (EPS) is internationally recognized as an education innovator, and many provinces and American states look to it as a model. As an article in This Magazine points out, “Not only is it [EPS] working wonders with Albertan Achievement test scores, but it’s

providing a model for the rest of the continent to follow.”

The sociologist Max Weber identified the state’s domination of education as a natural corollary of modernization. Indeed, for the past 150 years, compulsory mass education has been the mainstay and the hallmark of a civilized society. Though home schooling is growing in Alberta, we’re still far from the situation in the US. Let’s keep it that way. Home schooling is an assault on public education that should alarm all community-minded citizens.

Karen Virag  
Cromdale Resident

*Editor: People have different opinions on home schooling. We respect individual’s rights to their opinions and a parent’s right to make schooling decisions for their children. As a community newspaper we fully support our local schools and work with and promote them whenever possible. The article “Education without school” was a human interest story on a local family and was never meant to be a critical discussion of schooling.*

## Liquor store

Most of us who live in the vicinity of 118th avenue hope that vibrant new businesses will fill vacant storefronts and bring good business and traffic to revitalize our neighbourhood. However we don’t want just any business to fill the storefronts. Some businesses will only have a negative impact on our neighbourhood and cement in place the negative image that some people have of Eastwood – Parkdale/Cromdale.

Recently another liquor store applied to open on 118th avenue and 82 street – there are already two liquor stores within one block of this location. A third store was not necessary and would not enhance our neighbourhood.

Thanks to the vigilance of the Eastwood community league this application was fought and rejected. Community Leagues receive development and business permit notices and Norm Aldi of Eastwood quickly mobilized other community leagues and business representatives to write letters requesting that the permit be denied. At Norm’s invitation Pieter de Vos of Community Action Project also mobilized some community support in the shape of letters from faith institutions. Letters came from the Salvation Army, St Alphonsus Catholic Parish and Avenue Vineyard. This is a great example of different community groups working together to achieve a common goal.

Community Leagues like Eastwood have fought these types of battles many times.

They have been successful in many cases and we can’t praise them enough for the volunteer work they do on our behalf. As pastor of Avenue Vineyard and an Eastwood resident I have now written a number of these letters. I am glad to be able to help the community anytime I can but I do wonder why we have to keep fighting the same battles. Perhaps there is a more efficient way to work for a good business mix in our community.

As we work together for the revitalization of 118th Avenue why not develop a business overlay that clearly delineates what type and what quantity of business we want in our community. We currently have an overlay limiting the opening of more pawnbrokers but this could easily be extended to cover other types of business. We could develop an overlay that helps the city department dealing with businesses and permits to work in harmony with the department developing the revitalization plan. At the moment it appears that they are working in ignorance of one another.

The power to develop a strong, safe, prosperous, healthy community is in our hands as residents – let’s work together in the most efficient way possible to create that community for ourselves and for our children.

Mark Taverner  
Eastwood Resident

GE Money  
Imagination Applied



## Take this job and love it.

You’re going to notice something unusual right away. People smile. They’re happy to come in. They feel productive and well recognized. They go home satisfied. Join us at GE Money, and get all the pay and incredible benefits of a global leader, plus something you won’t find anywhere else: a job you can smile about.

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



### Customer Service Representatives

Our rapidly growing call centre requires individuals with a passion for growth and customers, great attention to detail, and the ability to thrive in a fast-paced environment. A background in retail, sales or customer service is an asset, and bilingual skills (English/French) are a plus!

### Bilingual Collections Representatives

You will handle outbound collection calls to our cardholders. Duties include setting up payment arrangements to bring past due accounts current as well as counseling cardholders on the advantages of remaining current on their accounts. The ability to cross-sell or offer value-added solutions to customers to increase revenue and build brand loyalty is also essential.

Apply online at [www.gecallcentercareers.com](http://www.gecallcentercareers.com) or call 1-866-967-5443 (1-866-WORK4GE). EOE.



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

**BLUE PLATE**  
DINER

"Best New Restaurant" \*  
\* Golden Fork Awards

uplifted  
diner food

brunch • lunch • dinner  
10145 -104 Street 429-0740

**NHA TRANG**  
VIETNAMESE RESTAURANT  
芽莊餐館

Bus. Hours: 10:00 a.m. - 9:00 p.m.  
Monday - Sunday  
Tuesday Close

10120 - 111 Avenue  
Edmonton, Alberta  
Tel: (780) 479-4649

Spring Roll (6) \$4.50  
Salad Roll (4) \$7.00  
Lemongrass Beef with  
Vermicelli \$8.00

# Don't Pay Another Cent in Rent to Your Landlord Before You Read This FREE Special Report!

EDMONTON - If you're like most renters, you feel trapped within the walls of a house or apartment that doesn't feel like yours. How could it when you're not even permitted to bang in a nail or two without a hassle. You feel like you're stuck in the renter's rut with no way of rising up out of it and owning your own home.

Well don't feel trapped anymore! A new FREE Special Report entitled "How to Stop Paying Rent and Own Your

Own Home" has already helped dozens of local renters get out from under their landlord's finger, and move into a wonderful home they can truly call their own. You can make this move too by discovering the important steps detailed in this FREE Special Report.

It doesn't matter how long you've been renting, or how insurmountable your financial situation may seem. With the help of this report it will become suddenly clear to you

how you really can save for the down payment and stop wasting thousands of dollars on rent.

To hear a brief recorded message about how to order your FREE copy of this report call 1-866-815-9646 and enter ID#4301. Call anytime, 24 hours a day, 7 days a week and stop wasting thousands of dollars on rent NOW.

*This report courtesy of Donna Strauss, Realty Executives Challenge. Not intended to solicit properties already listed for sale.*

## VOLUNTEERS NEEDED:

Volunteers make Rat Creek a success. Getting Rat Creek to over 8,000 mailboxes takes a lot of time and energy and it could not be done without the hard work of our volunteers.

**Writers:** We are always in need of writers and people able to cover community news stories. Contact us for our editorial

calendar and to be added to our writers list.

**Photographers:** We need photos of pets, seasonal activities, community events, etc as well as people with a good photography eye to do feature assignments.

**Area Coordinators:** People are needed to oversee delivery in

Eastwood, Elmwood Park, Westwood & Parkdale. Includes contacting carriers about delivery & dropping papers to carriers. About 1-2 hrs, 10 times a year. Vehicle required.

**Distribution Coordinator:** A person is needed to coordinate the overall delivery and oversee area coordinators. Includes picking up the paper at the

printer, dropping to coordinators/carriers, and delivery to various locations. About 4 hrs, 10 times a year. Vehicle required; compensation for fuel.

**Carriers:** People needed to delivery door-to-door in Westwood & Parkdale. About 1-2 hrs, 10 time a year. Delivery is usually the last weekend of the month.

**Web page assistants:** One or more people are needed to work on and update our up-coming webpage. No specific web design skills are needed just general computer skills as the site will use a very simple content management software.

**Contact Rat Creek**  
phone: 479.6285  
email:info@ratcreek.org

## PET CORNER

# Stray Cats in the Hood

By Tricia Stefanuik

About a month ago I came into possession of a sweet little male kitten I eventually called Bubbles, named affectionately after the sweet kitten rescuer himself from the program Trailer Park Boys. My kitten was found abandoned and trapped beneath some front steps, which had to be torn off to get to the poor thing. He was so newborn that we had to bottle feed him back to life and keep him warm and cozy. He's now growing like crazy and cute as a button.

I can't help but think that if someone hadn't found Bubbles, he would have stayed under those steps until his eventual demise. I'm sure this exact scenario happens all over the city throughout every year; cats, either strays or pets, having kittens outdoors, where they either die, or go on to become feral cats themselves. Bubbles' situation could have been avoided if somewhere along the line his Mom had been spayed or his Dad had been neutered. Why is sterilizing cats so important?

Because according to the ASPCA, in seven years, one female cat and her offspring can theoretically produce 420,000 cats ([www.sPCA.com](http://www.sPCA.com)). Several years ago the cities of Coquitlam and Surrey (British Columbia) were so overrun with feral cats that they passed bylaws requiring all cats over six months of age be spayed or neutered unless the owner purchased a breeding license. These bylaws are the first such legislation in Canada, although several municipalities in the United States have adopted similar ones aimed at reducing pet overpopulation.

Getting pets spayed or neutered helps them live longer, healthier lives, and makes them more affectionate companions. It will also make them less likely to spray and mark territory, and will eliminate heat cycles. In addition, unsterilized animals often exhibit more behavioral and temperament problems than do those who have been spayed or neutered.

Feral cats (strays), not only suffer themselves from the cold, hunger, other predators,

and cars etc, but they can also be a nuisance in the neighborhood. There's nothing quite like the smell of fresh cat spray on your front door, or poops in your flowerbeds. So what to do if strays are on your property and perhaps being a nuisance? Although it is tempting to feed those poor little strays, you're far better off to try to get them to the pound. An unaltered stray will just produce more of the same. You may trap the cat and bring it to the City of Edmonton Animal Services Centre, located at 12515-128 Street. Animal Services also loans out traps for a refundable \$75.00 deposit; you can contact them at (780) 496-8860. Traps must be checked regularly- every hour in extreme conditions. Never abandon the cat or harm it in any way. Bring it to the City Pound, to give its possible owner a chance to reclaim it, and be careful not to get bitten or scratched because feral or stray cats may carry rabies and other diseases. For excellent Information on Animals in the City go to: [www.edmonton.ca](http://www.edmonton.ca)

## FEATURED PET



**Name:** Bubbles  
**Home:** Spruce Avenue  
**Owner:** Avery  
**Favorites:** Loves attacking feet, eating chicken and falling asleep inside your shirt.

8612 - 118 Ave  
Edmonton, Alberta

By Appointment

**PUPPYLOVE**  
DOG GROOMING Ltd  
All Breeds

Tues-Sat 8-6  
with evenings

Derek & Kirsten  
Since 1994

479-4378

# Business on the Avenue

By Peter Rausch  
Executive Director, AABA

As the autumn months bring changes to our landscape, it also brings changes to the revitalization efforts for Alberta Avenue and the quality of life for our residences and businesses. The Avenue Initiative is the essential driver in the revitalization efforts and will be submitted for council approval and budgeting over the next two months. There has been a great amount of work

and commitment since the start of this year to pull this initiative together.

The announcement of a proposed joint recreation facility at NAIT adds a new initiative to improve the recreation, social and programs needs for area residences. Our association is excited about the changes that these two initiatives will bring, but we also recognize that we still need to address other issues and concerns along the Avenue and in the communities.

Our association is continuing its efforts to provide safer streets for our businesses, customers and community residents. In September, we initiated a Public Order Steering Committee to more effectively deal with the "crime and grime" issues and concerns.

The committee has representatives from the Edmonton Police Services, Edmonton Emergency Response Services, Alberta Gaming and Liquor, Capital Health and the City's

Development Compliance Branch. Our Board has one clear mandate – to ensure that all businesses and property owners are compliant with the laws, bylaws and regulations.

In the short term, we would rather see an empty building or storefront, than have a fringe business that brings down the entire neighborhood. We appreciate the support from these departments and agencies as we work towards eliminating the illegal activities in the area.

AABA recognizes that we also need to provide and support initiatives that celebrate our area. Our association is pleased to be working with community artists and crafts people to host a **Christmas Art Show and Sale** on December 9, 10 & 11. I'd like to recognize Shelly Severson for her efforts in organizing this event.

**Alberta Avenue Business Association** Ph: 471-2602  
Email: aaba@telusplanet.net

## Parkdale Drugs Becomes The Medicine Shoppe® Pharmacy



Over the next few months, we will be converting the store into a Medicine Shoppe® Pharmacy, a recognized industry leader in customer service and patient care. Our signs will change and we will remodel the interior of the pharmacy to better serve your needs, as we strive to be your community destination for prescriptions, health services and health information. We know that you will appreciate all of the changes and improvements we have planned.



**Parminder Bhui, B.Sc. Pharm.**  
Pharmacist/Owner

8111 - 118 Avenue  
Edmonton, AB

**477-1192**

Hours: M-F 9 a.m. - 6 p.m. | Sat 9 a.m. - 2 p.m.

### Professional Services:

- Prompt and caring service
- Friendly and knowledgeable staff
- FREE Pick-up and delivery of prescriptions city wide
- FREE blister packaging/dosette compliance packaging
- Custom compounding to meet individual patient needs
- Pre-filling of insulin syringes and palliative medications
- FREE home visits and medication reviews
- Health and Wellness Clinics including FREE blood pressure measurements everyday
- Senior and group benefits
- Exclusive access to Rexall<sup>™</sup> brand products
- Honor all major drug plans
- Medication disposal program

**Douglas Design**  
**Select Framing Inc.**

*"When all you want to spend...is more time at home"*

8606 - 118 Avenue  
Edmonton  
780.413.8250

## BUSINESS SPOTLIGHT

# Frame/Craft

By Gail Matheson

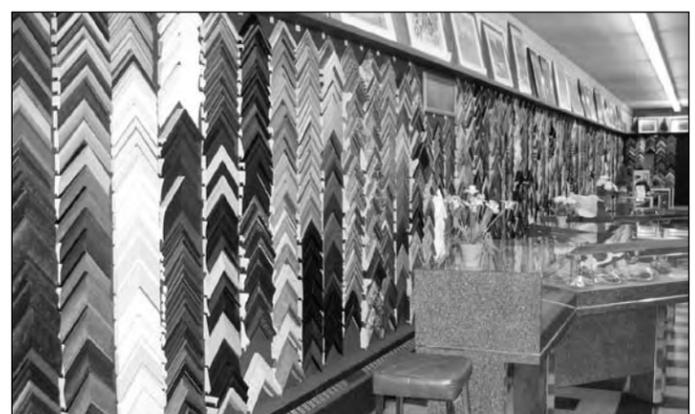
Starting as a family home based business in 1949, Frame/Craft has grown to 2 shops, one of which has been settled at 11817-80 street since 1977. In this location there are 3,500 custom frames to choose from, probably the best selection in the city according to John Johnson the owner. Many of the frames are from Canadian companies but there is also a

good selection of American and European frames. There is also a wide variety of ready-made frames, so if you are looking for something you haven't been able to find in those chain store framing sections, Frame/Craft offers good alternatives. Check them out and bring in the 20% off coupon below.

This might be the time to think about framing that picture, Easter egg, needlepoint, or quill work you cherish.

Frame/Craft also has a gallery showing original art and craft gift items. For the past 17 years the gallery has been the site of the Edmonton Art Clubs yearly show and sale.

Taking place in early November this show will display the work of about 25 artists. Most of the pieces for sale in the gallery are consigned works and the gallery will evaluate any material you might have for sale.



**FRAME/CRAFT**

Save 20%  
on all  
professional  
picture framing

Not valid with other discount others. Expires March 2006

Complete Picture Framing and Art Gallery

**FRAME/CRAFT 7711 LTD.**

[www.JohnsonGallery.ca](http://www.JohnsonGallery.ca)

Northside: 11817 - 80 Street 479-8424  
Southside: 7711 - 85 Street 465-6171

Timeless quality for over 40 years

LOCAL BUSINESS

Business Briefs

NEW

**BIG DADDYS TATTOO**

9709-118 Avenue  
Ph 474 TATS (8287)

The shop is still under construction but will be finished soon so you can call and book an appointment.

**EXOTICA FLORA**

9411-118 Avenue  
Ph 474-9996

The store itself will be open at the beginning of October, but in the meantime Pryia is accepting orders for delivery by telephone. Exotica Flora specializes in executive floral design as well as beautiful flower and food gift baskets.

**95 STREET PIZZA**

11749-95 Street  
Ph 477-9399

Under new management. Get more toppings on your pizza for the same low price!

CLOSED

**PORTUGALIA RESTAURANT**

9737-118 Avenue

Portugalia has closed its doors due to family illness. We wish them the best of luck.

CREATIVE

**OUT OF THE FIRE STUDIO**

12205 Fort Rd  
Ph 378-0240

www.outofthefirestudio.ca  
Cindy Clarke and Jim Willett produce wheel thrown decorative and functional stoneware pottery that is microwave, oven and dishwasher safe. Their pottery is sold throughout Canada and beyond via the website, but lucky for us, we can go and visit the studio and see it direct! If you are looking for beautiful gifts, or something for yourself, drop into the Out of the Fire Studio. Call first to make sure someone is there.

**MCKEEN'S SAW SHARPENING LTD.**

9566-111 Avenue  
Ph 474-2496

There is more to McKeen's than meets the eye – alongside the sharpening of blades they also sell beautiful hand made wooden articles crafted by "Captured Artists", inmates of Bowden Prison. While in prison these men have a chance to learn new skills like carpentry and carving that they can then use when they are released. Profits made from sales are donated on behalf of the artists to local charities includ-

ing the Food Bank, Victims of Violence and the Inner City Cub Group at Sacred Heart. Call Darlene Taje, McKeen's office manager for details, or go in to the store and see for yourself.

**SELECT FRAMING INC**

8606-118 Avenue  
Ph 413-8250

This is much more than just a framing shop; the storefront has art work for sale and is also home to Douglas Design – Custom Home Design & Interior. The businesses are owned and operated by Bruce Grams. Grams is a multi-talented man with a diploma in Architectural Design, Bachelor of Arts in Architectural Art History and a Bachelor of Fine Arts in Sculpture. So you can have him out to help you with color selection or furniture arrangement or to design your addition or even a whole house! Have a picture framed at his shop and he can help you with picture installation. Or stop by the store and check out some of his paintings for sale. In addition to his businesses and creative endeavors, Grams also teaches in the Interior Design program at Metro Continuing College.

Although that would be enough to keep anyone busy, Grams finds time to participate on the Business Association Board and is helping design some of the façade facelifts on the Avenue.

**MYHRE'S MUSIC**

8735-118 Avenue  
Ph 477-1586

www.myhresmusic.com  
Myhre's Music is a family owned business that has been selling and servicing (and playing!) acoustic instruments since 1967. They have a wide range of instruments and specialize in acoustic guitars, bowed instruments, mandolins, banjos and dobros; as well they operate a reliable and experienced repair shop. Myhre's is owned by Alfie and Byron Myhre, a father/son team, who are both accomplished musicians in their own right. So if acoustic instruments are on your mind, or you need a repair to get performing again, visit or call Myhre's Music. You won't be disappointed.



Photo's 1 & 3 from McKeen's Saw  
Photo 2 from Myhre's Music



**Colour Specialist,  
Precision hair sculpting**

Competitive rates, lots of free parking  
Friendly one on one service

11507 - 87 Street  
Edmonton (780) 448-7473  
Open Tuesday-Saturday by appointment

*WhimsyPhoto*  
Fanciful. Fresh. Fun.

Photographer: Amanda Lewis  
whimsyphoto@shaw.ca  
760-477-5695

*The Travel Experts!*

**477-3561**  
TOLL FREE 1-800-661-8906

11733 - 95 Street, Edmonton, Alberta  
Henry Woudstra, Manager

**Mini Quads Pocket Bikes  
Mini Choppers**

www.scooterboyz.net

8219-118 Avenue      Tel/Fax: 477-6803

# Revitalize a Community with Art

By Cindy Burgess

A few years ago when my husband and I were shopping for a house, one of our primary considerations was finding a community that offered both character and diversity. I can't think of an area in the city with more character than the communities surrounding Alberta Avenue. With our vibrant and diverse multi cultural population, a growing community of creative and artistic individuals, and some of Edmonton's quaintest older homes, buildings and spaces, this area is truly a gem in the rough. I love sampling our ethnic restaurants and bakeries, meeting people from different ethnic and cultural backgrounds and looking at the fantastic artwork in places like the newly renovated Avenue Theatre and Skatepark.

This area has a certain flavour to it that no other part of the city has. My vision is that this area will become known as Edmonton's hub of artistic and cultural expression; a place that fosters diversity, artistic expression and creativity and one where people of all walks of life can live safely in a nurturing and stimulating environment. I see Alberta Avenue becoming to Edmonton what Greenwich Village is to New York, or SoHo to London, without the gentrification that some of the "artsy" areas in larger cities have experienced. (I have high hopes!)

With all the social problems we have in our community, some might question why we would even consider nurturing arts and culture. Shouldn't we be putting our resources into other areas such as policing and social issues? I believe that each

are vitally important and that by facilitating artistic and cultural expression we can breathe new life into our community while at the same time fostering community spirit and pride. It is a well known and demonstrated fact that investment in these sectors has the power to revitalize communities and recharge down-trodden areas. In fact this area of study is growing in popularity amongst city planners as we begin to see concrete examples of how investment in arts and culture positively impacts civic economies.

More importantly, arts and culture enhance a community's quality of life and this applies to all people, regardless of how much money you have or what your background is. Involvement in the arts isn't just about looking at paintings, going to the symphony or the ballet, it is also

about telling our stories, whether they are expressed through a drawing or a poem, or even a rap song or a performance. You don't have to have a lot of money to participate in the arts ... anyone can tell their story.

Through sharing our stories and appreciating our cultural diversity, we can begin to build a strong community, heal our wounds and find solutions to our problems. One very good example of an organization that puts this principle into action is iHuman, which provides opportunities for inner city street kids and at risk youth to participate in the arts through music, theatre, visual arts and film. iHuman has been very successful at helping at risk youth find a focus for their lives and begin to make a positive contribution to the community through the arts.

In April of 2005, Mayor Mandel spoke to members of Edmonton's arts community about the importance of the arts in civic revitalization efforts and specifically mentioned 118th Avenue. With the support of our Mayor and City Council, we can work together to make a change in our community. If you are interested, call Janice Melnychuk, Councilor for Ward 3 and ask her about City Council's neighborhood revitalization initiative. She can be reached at 496-8333. A transcript of Mayor Mandel's speech to Edmonton's arts community is available at:

[www.edmontonarts.ab.ca/MayorMandelSpeech.html](http://www.edmontonarts.ab.ca/MayorMandelSpeech.html)

iHuman is currently located at 10515-101 Street but are desperately in need of a new home. website: [www.ihuman.org](http://www.ihuman.org)



Girls ages 12—17 are invited to spend the day participating in some fun and exciting physical activities, including:

- Hip Hop ● Fencing
  - Rappelling
  - Skateboarding
  - Rugby
- AND MUCH MORE!**



**Saturday  
October 22, 2005**

- Time: 9 a.m. to 3 p.m.
- Ages: 12—17 (Females Only)
- Fee: \$15 (Includes Lunch)
- Register Early! Space is limited

**Mill Woods Rec Centre &  
Holy Trinity School  
7007—28 Avenue**

For More Information  
Web: [www.edmonton.ca/youth](http://www.edmonton.ca/youth)

Registration Code #192159

1. By Calling 496-2966
2. In Person at any City of Edmonton Leisure Centre
3. <http://ereg.edmonton.ca>



**Program Funding &  
Support By:**



**Brian Mason, MLA  
Edmonton Highlands Norwood**

**Happy  
Thanksgiving**



**Constituency Office  
#100, 8930 Jasper Avenue  
Edmonton, AB T5H 4E9**

**Phone: 414-0682  
Fax: 414-0684  
[edmonton.highlands@assembly.ab.ca](mailto:edmonton.highlands@assembly.ab.ca)  
[www.brianmason.ca](http://www.brianmason.ca)**

**Calling all local artisans to a  
Community Art  
Show & Sale  
December 9, 10 & 11**



Are you a photographer? A potter? Do you make jewellery? Paint? Weave? Here's your chance to show the community and the rest of the city how you express yourself through art.



If you are interested in showcasing your work or helping out Contact **Shelly @ 477-7473**

# Photography Feature



**AMANDA LEWIS**

Amanda Lewis specializes in creating portraits on location in a place that is meaningful to her clients. She adores capturing beautiful images of children, pets, couples, families and individuals. She graduated from NAIT's Photographic Technology program in 2004. Amanda is committed to making your experience fanciful, fresh and fun!

Amanda is a Parkdale resident; you can contact her at 477.5695 or whimsyphoto@shaw.ca.

**Featured Photos:**

1. **Love Is ...** It is always a joy to witness such love between people, photography allows us in to those special little moments, makes us appreciate and savour the memories.

2. **Nigel-** After this was taken I started swinging. Nigel reminded me how fun and important it is to let yourself go and just be a kid sometimes!

3. **Nap Time-** This image always makes me smile, I love my boys!

4. **Selena-** To me this is such a relaxed and honest picture, we were out having a nice time in the park and it was such a beautiful day. This image will always be a reminder of those wonderful summer days that you don't want to end and of the joy a child gets from being outside and enjoying every little bit of nature.

5. **Precious-** I love to photograph flowers, they are great at stopping time and making you appreciate the small things in life.

## Artist on the Avenue

By Gail Matheson

"There are too many people doing good stuff in their basements and it needs to come out and be shown," says Shelly Severson. She decided she had to take on this challenge.

Shelly's own basement is the site of a new stained glass workshop with the top of her freezer acting as a workbench. Previously she has done Raku (a ceramic form that uses a firing technique to give a unique finish to each piece) and at least one amazing inlaid wooden flooring design.

Shelly has begun the difficult task of developing an art show and sale to be called "Artists on the Avenue". December 9, 10 & 11 are the chosen dates, and while the place is still to be finalized, Shelly has already had several people call to arrange space. She sees this show as only the spearhead of a much larger project and has a long-term vision of a co-operative community art studio space and gallery.

Such a studio would allow artists to leave work out while in process instead of having to clear (as in her own case) freezer tops or kitchen/dining room tables, interrupting the creative process into the bargain. A co-operative art studio would give artists a place to bounce ideas around with a larger network of other artists. As well, this kind of space could be used

as another resource by community youth who might have an interest in, but limited financial resources for, art projects of their own. It also offers mentoring possibilities, the use of resource materials and shared equipment like kilns. While there are many community programs that are sport based, art based programs are sadly lacking, meaning that many youth are left wanting. "A co-operative studio gallery would be a positive addition to the community, as well as introducing a new, interesting and exciting arts arena to the city". A permanent gallery is the natural outgrowth of such a studio, allowing for shows and sales that could help to finance parts of the studio program.

Shelly and her family have lived in the area for 14 years. She is an active member of CAP (Community Action Program) and other community associations. She has come to know many people in the area and this experience has fueled her interest in developing opportunities and options for the community as a positive legacy of the work done by CAP. While it is true CAP has done many good things for the community Shelly sees these as mostly negative in the sense of getting rid of many problem sites, the Locke and The Cloisters for example. A co-operative studio gallery would be a positive addition to the community, as

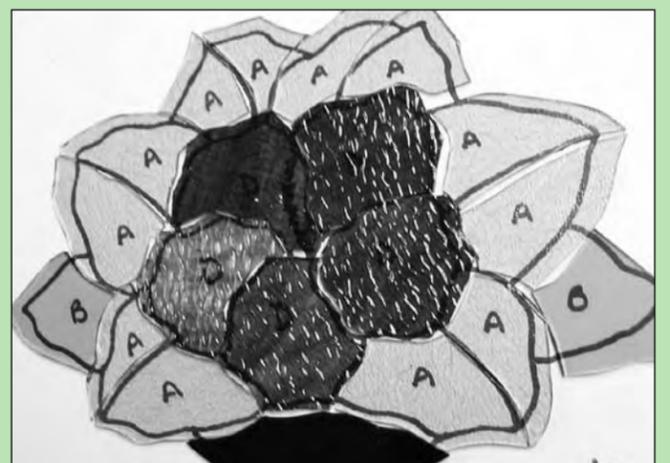
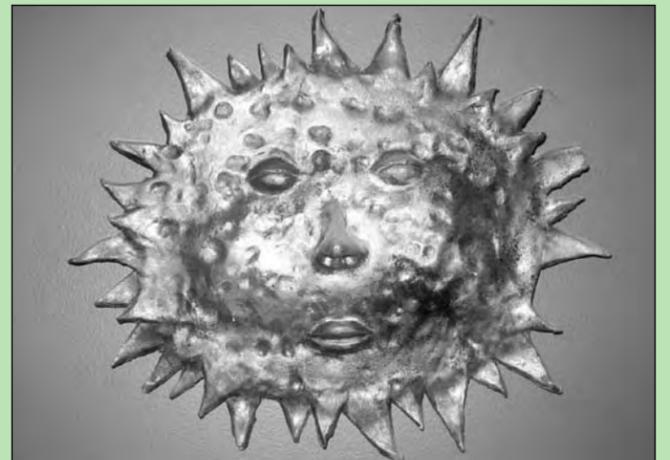
well as introducing a new, interesting and exciting arts arena to the city.

If you are doing original artwork of any kind you are the person this show is aimed at. Do you paint or draw or make original ceramics? Are you a photographer? Do you weave or quilt? Do you make original dolls or hats or sculpt? If any of this sounds like you, or if you have some other talent and have been hiding your light in the basement or attic this is your chance to let it shine for others to see, enjoy and buy.



Shelly would love some studio space!

To submit to the **ART SHOW & SALE** December 9,10 & 11, call Shelly Severson at 477-7473.



# Creative edge benefits young and old alike

By Janet Buterman

Our fascinating human brains are a wonderland of creative possibilities, although sometimes we wait years before unleashing this side of ourselves. Too often, we fall back on worn out statements such as "I can't even draw a straight line!" as an excuse for identifying ourselves as not being creative.

Now I ask you: have you ever seen a piece of artwork that actually used straight lines? I suppose that artists who confine themselves to using an Etch-A-Sketch for their creations will find themselves using a straight line most of the time, but most artists, from inspired preschoolers to established professionals, draw with lines that are anything but straight.

So often, though, we straightjacket our thoughts away from creativity by making these assumptions. Creativity is not limited to artistic ventures such as drawing, painting, or sculpting. Creativity includes writing, singing, making music, sewing, dancing, and even playing games. Watch some of our neighbour-

hood preschoolers when they're out for a romp in a local park and you'll see creativity galore as they exercise their imaginations, completely uninhibited.

Parents and those who work with children know that creative play is a very important aspect of childhood development. Colouring with crayons helps build the fine motor skills and muscle strength needed for more academic activities such as learning spelling and writing. Painting and other arts or crafts helps develop fundamental skills in pattern building and mathematics.

Adults, particularly older adults, also benefit from creative play. For adults creative play may take the form of rebuilding an old wrecker, or fixing and refinishing a second-hand bargain into an antique treasure. The old saying "use it or lose it" seems to have some truth to it; scientists are continually learning more about the brain and discovering that people with brain injury or disease benefit immensely from creative activities, ranging from artistic pursuits to game playing such as word puzzles or chess.

The brain may be an organ, but it seems to remain healthier, longer, with some good exercise, just like a muscle.

Creativity need not be expensive. People with diagnosed conditions such as Alzheimer's or cancer may find that free arts or creative courses are available through their treatment centres. Other low-cost creative resources abound, from books or classes at our local Sprucewood Branch library, to the Internet (also reachable through the library if you don't have access at home), to community leagues or other community centres.

*... encourage yourself to try something creative.*

Creative materials are also easy to come by. So-called "real" craft supplies such as paint, brushes, or other materials can be purchased for low cost through most dollar stores. And don't forget the treasure troves hidden throughout places such as the Bissel Centre or other area second-hand shops.

While you are less likely to find paints and brushes, you can find all manner of interesting clothes for re-using the fabric (colours and textures), kitchen utensils that can find new life as a sculpture or a tinkering/inventing project, or even board games ... priced reasonably and always a fantastic bargain compared to retail.

And creativity need not have any price attached to it: many famous artists have used "found objects" to create their works. From bottle caps to broken glass, found objects can become astoundingly inspirational for the right creator. Scrap paper, whether already in your home or found in the community, can be used for good ol' fashioned paper mache projects or the highly demanding art of origami. (OK, so purists might say you need special origami paper but for most paper folding projects, any old paper will do just fine as long as you crease the edges nice and sharp.)

Don't forget about creativity in the kitchen. In the world of television commercials and advertising, food stylists do their

magic to make every little drop of milk appear the most nutritious, wholesome food you could possibly want. Various international cuisines are presented in visually interesting ways on the plate in fine restaurants. You can experiment with food presentation, getting ideas from magazines, the library, or even stealing an idea or two from your favorite restaurant.

So, encourage yourself to try something creative. It's very easy to say you are not creative, or don't have time to be creative, or don't have the money.

Yet humans from the dawn of time have found ways to be creative regardless of age or circumstances - the biggest obstacle is likely not trying in the first place.

"But what if my project doesn't work out?" you ask. Well that is a sign you've achieved perfect creativity: you've created something unique and unexpected, something potentially awful or possibly wonderful. As the Star Wars character Master Yoda once said, "Do, or do not. There is no try." So DO something creative, please!

## Library Contest Winners

Winners of the "Out of this world" summer writing contest at the Sprucewood Library:

Anita Hoy, age 8

Trisha Chow, age 11

Stephanie Le, age 13

Here is one of the winning stories. We hope to have space to print the other two in upcoming issues.

### THE BUNNY WHO WANTS TO INVADE EARTH

There once was a bunny who always wanted to invade earth on a UFO. The bunny's name was Jack.

Jack always asked his parents and they always said the same thing, "NO! son, flying on a UFO is too dangerous for you." But, whenever Jack whispered to himself "maybe I could sneak into a UFO and fly to earth at night when everyone is sleeping. I will make the plan tomorrow night. But first I need to go to bed because the time is 12:40am. (Yawn.) Good night everyone." The next day Jack woke up early in the morning. He started to work and thought of new ideas first. Night came and Jack was ready for his plan. So, he went

out the door to start his plan. First, he checked all the rooms in the house. But he forgot about the guards surrounding the UFO. Uh oh! "I forgot about the guards! What am I supposed to do now! Think Jack, think!" Jack whispered to himself. I know, I will just have to trick the guards to go see my parents. "Hey guards, my parents want to see you for something, it might be money!" he said. "Money, I hope I get money! See ya, and guard the UFO for me!" said the guards. "Sure thing," he said, "Time to fly on the UFO." Jack said. Jack jumped on a UFO. "Earth here I come," Jack said. "Earth looks like a marble, but it turns around like it's moving on something." The time Jack arrived on Earth. He said "Hooray! I invaded earth all by myself and no one helped me. Maybe my parents were right about the humans. They do look kind of weird and different." Then a little kid gave Jack a cookie and asked him what his name was. Jack said "thank you the cookies are good. My name is Jack. What's yours?" "My name is Patrika", said the little kid.

"My parents might be worried about me right now. Maybe I should go back to my own planet now and always stay there! But first I have to take a picture of you! Patrika, say cheese! Patrika, big smile!" Jack said. Ching! "Hey, Patrika why don't you take a picture of me so you can remember me?" "Okay!" said Patrika, ching! "Bye Patrika! I will visit you someday! See you! I hope you like the picture of me!" "Mom, Dad! I'm back from earth!" Jack said.

"YOU'RE BACK FROM WHAT?" his parents asked.

"Back from earth," Jack said. "I made one new friend, her name is Patrika." "Son, promise us never to go to earth again" his parents said. "Fine, I won't ever go to earth again" said Jack. So they lived happily ever after.

By Anita Hoy, (Age 8)



VLADIMIR BJELIC

**BALKAN STYLE**  
SAUSAGE, DELI & BARBEQUE HOUSE

Ph: 378-0253

9403-118 Avenue

### SUPPORT YOUR COMMUNITY NEWSPAPER

Volunteers make Rat Creek a Success. Getting Rat Creek to over 8,000 mailboxes takes a lot of time and energy and it could not be done without the hard work of our volunteers.

Call: 479.6285

red wagon  
photography

780.451.9132

weddings • portraits

www.redwagonphoto.com

Jamie LaBonté photographer resident of Eastwood

\$25.00 discount with your community league membership card on orders of \$150.00 or more.



For your free estimate call  
Travis 242-9292

Tree Removal  
& Stump Grinding

# Nina Haggerty Centre For the Arts

By Carolyn Givens

*Discovering your creative potential: A Magical place where labels don't matter*

Many things have changed for Developmentally Disabled (DD) people, starting with what they're called. Back when I was a kid, "retarded" was commonly used. It's hard to imagine children today, taunting and teasing each other, by hurling the label 'Developmentally Disabled' around the schoolyard. It's only been in the last 10 years that I actually met "handicapped" people. Given this, I admit to having had an extra degree of nervousness and discomfort around this interview with the Nina Haggerty Center for the Arts, not knowing what to expect.

I was warmly greeted at the door by one of the artists, Paul Bellemare, who later took me on a thorough tour of the facilities. I sat down with Paul, Judy Billard, Leona Clawson and Lead Artist, Marta Beranek. What I was struck with the most was the open-heartedness, enthusiasm, confidence, and strength emanating from Paul, Judy and Leona.

The Nina Haggerty Center for the Arts provides a supportive, non-competitive environment in which people with developmental disabilities are enabled to grow and learn within their community. Nina Haggerty's philosophy encompasses both self-determination and self-expression. The Lead Artists teach technique, like how to work with clay without having it blow up in the kiln. There are no classes per say; each individual is treated as such and is exposed to various mediums if they are interested. It's all about Artistic Creativity – not arts and crafts.

Participants regularly enjoy the thrill of their work being shown in the adjoining Stollery Gallery. The art displayed at the gallery may be purchased for a reasonable price; it is definitely worth keeping an eye open for the new shows and popping in for a look. They also have their Artwork displayed at other venues, such as with "HOT-Experimental Pottery".

Last year Paul, Judy and Leona were among 10 others who participated in a Human Rights and Citizen Project, which developed from their collective experiences.

One of the outcomes was a beautiful and revealing book

featuring the Artists, their Art and the issues they face every day of their lives. Feelings about bullying, meanness, disrespect, segregation, discrimination, and poverty were voiced, as well as issues around transportation, living arrangements, and non-consensual sterilization.

The ongoing project also produced a video, which followed the process that eventually led to the book. I watched, I smiled, I cried. What hit me the hardest was watching Leona and her struggles. You could see how her life experiences had battered her down, to the point where she felt that the project and its goals were futile. She fought, mostly with herself, to overcome her fears that her voice would go unheard yet again.

There is an absolutely beautiful segment near the end of the video where you see a roomful of the artists, gathering around a 3-D model art-piece they were all participating on. Leona is standing alone, just inside the doorframe, unwilling to come in when invited. As the segment unfolds, she is reluctantly drawn in, eventually giving in to the opportunity to be a part of, to create, and to express. Both the video and the book can be purchased at the Stollery Gallery.

Even if nothing changes significantly in their lives as a result of the projects, Leona and the rest are better off for having had the opportunity to speak for themselves, about their truths. I asked Leona how she felt now.

"I have a stronger belief in myself and more confidence; I see myself differently now and I hope that others will begin to understand my world. I am more of a helper at the Centre."

I could see her pride in her contribution, and in herself.

At the Centre, the Developmentally Disabled are honored and are encouraged to step beyond their own limitations as well as the expectations of society as a whole. This by-product may be the real measure of Nina Haggerty Centre for the Art's success. The tangible: the beautiful and powerful Artwork, the book, the video, are gifts for the rest of us.

*The Nina Haggerty Center for the Arts opened in January 2003 as a place where people with developmental disabilities could explore their creative potential through artistic expression. Focusing on visual arts, the Centre provides studio and exhibition space, materials and art facilitation, along with the encouragement to focus seriously on art making. It is supported by a number of foundations and grants.*

*Developmentally Disabled people can enroll in programs by going to the website for forms or by going in person to the Centre.*

*The Centre also offers Family Arts Night and Community Arts night. These evenings include the opportunity to learn more about a particular form of art from on-site or guest artists.*

*Open studio space and supplies are also available for those who want to work on their own. See their website or call the Centre for schedule details.*

**Nina Haggerty Centre  
For the Arts:**  
Corner of 111 Ave & 97 Street  
Ph: 474.7611  
www.ninahaggertyart.ca

**Stollery Gallery:**  
Open Mon-Fri 10am - 2pm



Leona Clawson  
*Free as a Bird - acrylic on paper*



Leona Clawson  
*Self Portrait - acrylic on paper*



**Community Swim**

FREE swim for Alberta Avenue and Parkdale community league members (you must show your membership card). Use the 25m saltwater pool, steam room or hot tub. Sundays, 12-2 pm at Eastglenn Pool, 11410-68 Street

**CAMILLE & JUNIOR'S**

**PIZZA** BY THE SLICE  
Home of the 99 cent slice

Open 24 hours, 7 days a week

8246-118 Avenue 474-6666

RESIDENT PROFILE

# Express Yourself



Chris Wynters

By Dawn Freeman

Chris Wynters is a man who makes his living from being creative and he doesn't limit himself to just one genre. He is an established musical force in Edmonton: as one of the founders of the band Captain Tractor, as the host of numerous open singer/songwriter stages, as the writer of two award-winning musicals, and most recently with the release of his own debut CD "Skywriting".

He is also an actor who has performed in numerous theatre productions, and most recently a T.V. mini-series called "Into the West" that was produced by Steven Spielberg and starred numerous big name actors. The show has aired in the USA and should be screening here in the fall on CTV. When he auditioned for that role he was asked

if he could ride a horse. "I said of course I can," he laughed. "Then I had to get a crash course in riding the week before shooting."

So he can improvise too; creativity comes in many forms. Wynters latest ambition however is to be on the other side of the desk – the recording desk that is – in his very own studio.

"I love recording. It's my most favorite part of the whole writing and performing experience. And over the years I've discovered that I enjoy other people's creations and I want to be a part of making that happen", says Wynters enthusiastically. "I think the studio is the place for composition to happen."

Wynters is also busy being creative in his new home. He and his family recently bought a house in the Alberta Avenue area and are slowly putting their own touches to it. Their previous

home was only 8 blocks south so they are no strangers to the area. "We love living in the inner city, I think it's great to be able to take my daughter to the park and hear 5 different languages spoken, it is such a diverse neighbourhood," says Wynters. "We are starting to get to know our street and it's great that so many people seem active in the community."

Wynters is a great believer in the power of creativity and he obviously practices what he preaches. He feels he wouldn't survive if he weren't creative; that expressing himself fuels his heart and mind and makes his life a better place. And he thinks others should do the same. "If people can express themselves, however it is done, then they are richer for it, and happier too". Wise words indeed from a man who knows what he is talking about.



*Celebrating 25 Years*

**BIG RED**  
**INCOME TAX & ACCOUNTING**

11107 - 95 Street  
**471-6251**

**Enter To Win**

of 25 Gift Certificates with a combined Total Value of \$1,750.00. No purchase necessary. Winners determined by random draw and must correctly answer skill testing question by phone. Odds based on number of entries received. Please enter at Big Red Income Tax & Accounting location, where entry forms and details of draw will be available. No facsimiles accepted. Deadline for entries is Dec. 4, 2005. Draw date Dec. 5, 2005. No cash value. All employees & families of Big Red Income Tax & Accounting are ineligible to win.

**\*FREE Consultations & Quotations**  
**\*FREE Review of Past Returns**

**2 FOR 1**

**Pay for one Tax Return and get 2nd of equal or lesser value FREE**

With Coupon  
New Clients Only  
Not Valid With Any Other Offer

---

**\$20 OFF**

**Each Tax Return Prepared**

With Coupon • Not Valid With Any Other Offer

\* Men's, Ladies & Children's Clothing \* Toys \* Furniture \*  
Mattresses \* Knick Knacks \* Housewears \*

*\* Great Bargains \* Great People \* Great Prices \**

*We - Have - It - All !!!*

**BISSELL CENTRE'S THRIFT SHOPPES**

**8818 - 118 Avenue**  
**471-6644**

**9232 - 34 Avenue**  
**440-1883**

**Hours:**

**Monday - Wednesday 9 - 6**

**Thursday - Friday 9 - 8**

**Saturday 9 - 6**

**Sunday Closed**

# Halloween Decorating on a Budget

By Tricia Stefanuik

Having a decorated home for Halloween makes Trick or Treating so much more fun for the little kids doing it. It's even better when a whole bunch of homes on the same block are decorated. Decorating your home for Halloween does not have to be expensive or difficult. Here are the staples that don't cost much and every Halloween display should have:

## 1. Celestial Jack o Lanterns!

(Less than \$ 10.00)

Whether you carve the pumpkins yourself or buy plastic or foam light-ups, Jack-o'-lanterns say Halloween. Everyone knows how to carve a pumpkin or buy a plastic one, but I have a more unique way to do pumpkins or squash, from the poncho-Wearing Diva Herself (Martha).

This is my favorite way to do Jack-o'-lanterns:

### You will need:

- 1 medium to large sized pumpkin
- 1 string of mini lights (clear colour /indoor or outdoor)
- 25-50 lites usually
- A drill
- ¼ inch drill bit
- Extension cord

Simply carve out the pumpkin, Draw the design you want on the outside, and drill holes through the pumpkin outlining the design. After you have your holes drilled, push the mini lights thru the holes from the inside out, so only the bulb is poking out and the green plastic part is wedged in the hole. Hint-only drill as many holes as you have lights. After you have pushed all the lights thru, make a hole in the back of the pumpkin large enough to fit the plug-in head

thru. Now attach it to the extension cord and plug it in. Flashing lights are even better!! For an excellent example of this project visit: [www.marthastewart.com](http://www.marthastewart.com) and search "Celestial Pumpkins" They are a "Good Thing" (Love you Martha!!).

## 2. Spider Webs

(Less than \$1.00)

Best place for these are Dollar Stores (Dollarama, Value Village, Dollar Giant, EFADS)

## 3. Outdoor Lighting

(Less than \$10.00)

Putting out Coloured floodlights or replacing your outdoor lights and indoor lights with coloured bulbs in red, green, blue etc. adds an eerie feel.

## 4. Ghosts in the Trees

(Less than \$ 5.00)

Cheap, Easy and Fun!

### You will need:

- A couple of packages of kitchen catchers (again dollar store)
- Twist ties (should come with bags)
- String or wool
- Permanent marker
- Newspaper, shredded paper (to fill the head of the ghost)
- Scissors

Gather the bag at the closed end of the bag and tie a small knot. Make a ball out of the newspaper or shredded paper and stuff it under the knot you just made. Gather the bag again under the ball of paper and put a twist tie to hold the paper in. You should now have a head and flowing body of the open end of the bag. Cut some edges into the flowing part of the bag so it looks ragged. Now draw you scariest ghost face on the head of the ghost. Tie a string around the knot in the top

of the ghost and tie it to the tree tightly. The wind will blow and the ghost will look very scary.

## 5. Window Decorations

(Less than \$5.00)

The best place to get this stuff is at the Dollar Store. You can usually get these pictures for \$ 1.00 each (skeletons, cats, witches).

## 6. Decorative Leaf Bags

(A bunch for Less than \$5.00)

Not only are you decorating your home, but you're cleaning up your leaves at the same time. What could be better?

## Happy Halloween!

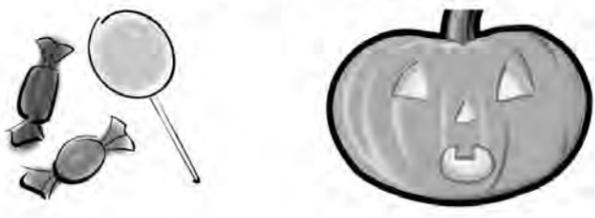
Excellent Web Sites to Visit:

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

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

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

Alberta Avenue Business Association  
1<sup>st</sup> Annual  
**Safe Halloween Walk**



Monday, October 31<sup>st</sup>  
5 pm to 7 pm  
Along 118<sup>th</sup> Avenue



Look for this sign in store windows

**COMMUNITY LEAGUE CONTACT INFORMATION:**

Alberta Avenue  
9210-118 Avenue  
ph: 477.2773

Delton  
12325-88 Street  
ph: 477.3326

Eastwood  
118-86 Street  
ph: 477.2354

Elmwood Park  
75 St & 125 Ave  
ph: 479.1035

Parkdale Cromdale  
11335-85 Street  
ph: 471.4410

Spruce Avenue  
10240-115 Avenue  
ph: 471.1932

Westwood  
12139-105 Street  
ph: 474.1979



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

**The Quebec Referendum, Ten Years Later**

October marks the 10<sup>th</sup> anniversary of the Quebec referendum, which nearly resulted in the loss of Canada. It is also the 10<sup>th</sup> anniversary of the Montreal rally, involving tens of thousands of Canadians from all parts of the country and all walks of life, who came to urge Quebecers to vote "no" to separation. Aerial photographs of the rally show a sea of people, surrounding a huge Canadian flag.

My wife and I were in Quebec City, campaigning for Canadian unity prior to the referendum, and were on the Plains of Abraham on voting night of October 30. As the first voting results became known, it looked like the separatist vote might win. Canada had been lost. When the final results came in, 50.6% had voted in favour of a united Canada, while 49.4% were opposed. This voting result sent a strong wake up message to most Canadians especially federal politicians that much more had to be done to support Canadian unity.

What I learned from the Quebec referendum was that politicians listen when the people speak in unison. Canadian unity efforts in Montreal and in other areas had been a turning point in citizen engagement during the course of the referendum debate. Based on my experience, I determined to continue to work for Canadian unity, founded the Western Canadian Chapter of the Special Committee for Canadian Unity and joined a political party to help. In 1997, I ran in the federal election and was fortunate to have won the confidence of the constituents of Edmonton East.

Political engagement makes a difference. The more that people become involved with the political process, the less likely that pressing political concerns will be taken for granted. And Canadian unity is one political concern that should NEVER be taken for granted.

**495-3261    [www.petergoldring.ca](http://www.petergoldring.ca)**



# Rat Creek Water Dreams

By Anna Marie Sewell

I dream of Kiamachi-dori. I dream of the Kamo river, flowing through the Japanese city of Kyoto. 10 years ago, I knew Kyoto by night. I treasure the dawns I greeted on the banks of Kamo River, having spent the night singing with friends, ambling unmolested throughout the streets, drinking in the nightlife on the weekends. In my heart, Kyoto is Queen of the Dawn, bathed in the quiet music of sweet water. And I

look out my window in my Norwood home at the gathering dawn and wonder, where is the water? Where exactly was Rat Creek? Where was the lake (perhaps slough is more accurate) that used to be drained by Rat Creek?

As for the name Rat Creek, apparently that honours the muskrats that frequented the creek banks, back when there was bush between Edmonton and Packing Town, as it was then called. But muskrats don't contribute to building a modern

metropolis on the prairie; and the ravines (before we rediscovered that humans need a little wild land to breathe in, to walk in, to bike in) were handy places to dump trash. Out of sight, out of mind. So the Rat Creek ravine filled in.

## So, what are the prospects for daylighting Rat Creek?

Could it be brought back to life, resurrected? I've read about

projects to "daylight" urban waterways in Oregon, Colorado, and Vancouver. It's part of a movement to revitalize the ecology of cities, and also to more effectively deal with storm-water, as a streambed is more flexible and accommodating than a metal or concrete tunnel. So, what are the prospects for daylighting Rat Creek?

Not good.

I guess it's a matter of Norwood Boulevard, the Stadium, and a few other little things being in the way, not to mention

the archeological treasure trove that filled in the ravine.

And I also consider the hazards of living water - mosquitoes, people falling in, and another place to keep clean.

But then I recall early spring, and our household, like so many of our neighbours, struggling to clear the massive puddles from our old and sunken sidewalks. And I imagine walking along a stream bank instead. I recall that Kyoto's streams are tamed, engineered, and yet beautiful. And I dream of water.

**DAFE** Prostitution Awareness & Action Foundation of Edmonton  
Phone: (780) 471-6137 Fax: (780) 471-6237  
paafe@telusplanet.net

**Norwood Neighbourhood Association**

**Next Meeting Wednesday, October 12 at 7pm**  
at Norwood Family Centre 9516-114 Avenue

We would like to meet you. Please come and join us.  
Contact Margaret 440-1534

Congratulations to the new board at Alberta Avenue Community League!

### PAAFE POETRY

The following poems were first published in: "Has Anyone Seen My Heart?" A Collection of Poetry, Prose & Art of Persons affected by Street Prostitution (PAAFE - Spring, 2003) This booklet is for sale for \$20 from PAAFE at 471.6137

#### Rhonda's Room

*So lonely, so empty.*

*Sitting in a room with nothing,  
But Rage.*

*The choices are killing me  
quietly.*

*I'm so angry, I want to die...*

*I'm lost without all of you,  
But it's so hard to connect,  
There's no love in my life.*

*It seems hopeless...*

*To try...*

*Rhonda (15 years old at the time  
of writing)*

#### Dear john

*Dear johns*

*You made me what I am  
You told me how pretty I am  
You picked me out of all the rest  
Made me feel special  
You made me feel as if someone  
cares*

*But in fact, you never really gave  
a shit*

*You only used me  
You'd use my body to get your  
needs met  
Then discard me, until you  
needed me again*

*You never cared about the  
body you used  
That there was a soul inside the  
body  
A soul so full of pain  
Crying to be released from the  
living hell*

*There was a time I needed you  
To make me feel like someone  
cared  
But now I am able to love myself  
Give myself all that you used to  
and more.*

*So farewell Dear john  
Jenn*

## Sprucewood Branch Library

How time flies. It's a year since we celebrated the official re-opening of the renovated Sprucewood Branch Library. It has been a very busy year for staff, who to begin with had to answer such questions as "Where have you put the books in large print?" and "What's happened to the paperbacks?" Customers and staff got used to the new spaces very quickly and we have received many compliments on the layout of the building, the light and openness and the extra space that we all now enjoy. This is a tribute to the designers and to the former manager, Adrienne Brown Canty. Adrienne is now the manager of the Londonderry Branch Library.

I came back to Sprucewood Branch in April, moving from my position as manager of the Highlands and Abbottsfield Branches. It's nice to be back at Sprucewood - I even recognize some of the faces and

names - but Sprucewood is not my only responsibility. I am also leading the Library's new approach on improving library services to Aboriginal peoples of Edmonton. For the past two years, a team has been working with the Aboriginal community to find ways of making the library a more welcoming, comfortable place for Aboriginal people to visit. We asked Aboriginal people what we should do and they have told us. As a result you will see more reflections of the Aboriginal community and their culture throughout the library system: Aboriginal materials on our shelves, more Aboriginal arts and crafts, more of their stories in our programs and a general increase in the Library's involvement in the Aboriginal community.

It was a great pleasure on August 27th to welcome the Mayor, Stephen Mandel, to the branch. He had been invited

to present prizes to winners of the "Write Right" literary contest. He was very impressed with the quality of the writing from local students aged 8 to 14 and he offered congratulations and encouragement. Also attending the ceremony was Linda C. Cook, Director of the Edmonton Public Library.

The writing contest was just one of the Sprucewood library's programs that adults and children enjoy (see page 10 for one of the three winners). This fall, we offer family story-times, some macabre madness at Halloween, a science program and, of course, our teen advisory group meets to discuss books and plan some fun. For more details come in, read our Library program guide or visit the website at epl.ca.

See you in the library!

**Howard Saunders**  
Manager, Sprucewood Library

### HOURS

Monday - Tuesday 10 am-8 pm  
Wednesday - Friday 1 pm-8 pm  
Saturday 10 am-5 pm Sunday closed

### FREE MEETING ROOM

*Sprucewood's large meeting room can accommodate 50 seated participants with standing room. Our room is bookable both during & after library hours.*

### LIBRARY PROGRAMS

*Please call 496-7099 and register for programs unless they are specified as drop-in programs.*

### CHILDREN

**Family Storytime** Join our storytellers for stories, songs, activities and fun for everyone. 6:30 pm Monday, Oct 3, Nov 7, Dec 5.

**Fabulous Readers' Club** (Gr 4 & up) Join a fun group of people who love to read and share their opinions on different material. Enjoy some games, win some prizes. 2 pm Saturday, Sept 17, Oct 15, Nov 12, Dec 10

**Puppeteers' Workshop Series** (Ages: 8-12 years) Using a little glue, some paper and a balloon, you make the puppet, then you write the script. On the last day, invite your family and friends for a performance

they will not forget - your PUPPET PREMIERE! 10:30 a.m. Saturdays, Oct 15 to Nov 12.

**Write Right Again** (Age 10 & older) The epic quest for literary greatness continues. Join other aspiring authors in a whirlwind writing adventure! Each exciting session will feature a different style of writing. 4:30 pm, Thursdays, Sept 29 to Oct 20

**More Macabre Madness** (Ages: 5-12 years) A mad scientist has taken over our program room. He's made a grotesque, hideous monster. Visit his laboratory - IF YOU DARE! There will be scary stories and games for all those brave enough to enter. 2 p.m. Saturday, Oct 29.

### TEENS

**Chrysalis 2005 - Author Visit** (Gr 7-9) An opportunity to meet an Alberta author Nicole Luiken. She is author of five young adult novels (Unlocking the Doors, The Catalyst, Escape to the Overworld, Violet Eyes, and Silver Eyes) and one adult thriller (Running on Instinct). In between readings from her books, Nicole will talk about how she wrote her first book at age thirteen and where she gets her ideas. 9:30 a.m. Tuesday, Oct 18

# Community Programs

## ADULT FITNESS

### CIRCUIT FITNESS

Learn how to incorporate exercise activities into your daily routines. This class will provide a great aerobic workout as well as improve strength and flexibility. You will use fitness equipment such as exercise balls, balance boards and exercise bands (equipment supplied).

6 Mondays, Sept 19-Oct 31  
7-8pm at Alberta Avenue  
(no class Oct 10)

Cost: \$25.00 members;  
\$30.00 non-members  
Instructor: **Owen Lepps**

### PILATES

Develop core strength, mobility, improved postural alignment and coordination. Core strength is developed by using the deeper abdominal muscles and connecting these movements with the breath. It'll give you a body that is stronger, leaner, more flexible and better balanced.

8 Thursdays, Sept 29-Nov 17  
7-8 pm at Parkdale  
Cost: \$30.00 members;  
\$40.00 non-members  
Instructor: **Mirella Zadkovich**

### INTRO TO HATHA YOGA

Hatha Yoga is an exercise system designed to create a unified and balanced state of grace. You will learn the fundamentals of yoga postures and use relaxation techniques, breath and body awareness to improve body alignment, as well as physical and mental wellbeing.

4 Tuesdays, Oct 25-Nov 15  
6:30-7:30pm at Eastwood  
Cost: \$20.00 members;  
\$25.00 non-members  
Instructor: **Melanie Ustina**

## CHILDREN'S PROGRAMS

### PRE-SCHOOL GYMNASTICS

#### Toddler Tumbler\*

(18 months - 3 years)  
Exploring movement patterns and kinesthetic senses using gymnastic stunts, gymnastics apparatus (mats, ladders, balance beams, mini-trampoline, box horse), games, parent participation play, percussion and imagination. \*Parent Participation required

#### Session 1

6 Thursdays, Oct 6-Nov 10  
9:30-10:15 am at Eastwood  
Cost: \$30.00 members; \$40.00 non-members  
Instructor: Shauna Dowson

#### Session 2

4 Thursdays, Nov 17-Dec 8  
9:30-10:15 am at Parkdale  
Cost: \$25.00 members;  
\$30.00 non-members  
Instructor: Shauna Dowson

#### Pre-School Gym\* (3-5 years)

Introduction to tumbling movements on mats, progression to balances on beam, jump sequences on box horse & fabulous activity related games interspersed throughout 45 minutes. \*No aerial stunts.

#### Session 1

6 Thursdays, Oct 6-Nov 10  
10:15-11:00 am at Eastwood  
Cost: \$30.00 members; \$40.00 non-members  
Instructor: Shauna Dowson

#### Session 2

4 Thursdays, Nov 17-Dec 8  
10:15-11:00 am at Parkdale  
Cost: \$25.00 members;  
\$30.00 non-members  
Instructor: Shauna Dowson

### SOCCER

You can still register your kids in indoor soccer!!!!  
Call Brad MacCallum at 479-2313 for info.

Working two bingos is a mandatory part of registration for indoor soccer in Alberta Avenue, Eastwood, Elmwood Park & Parkdale-Cromdale.

Tentative Indoor Soccer  
Playing Days:

Under 6 - Saturday mornings  
Under 8 - Saturday mornings  
Under 10 - Saturday mornings or afternoons  
Under 12 - Saturday afternoons or early evenings  
Under 14 - Sunday mornings  
Under 16 - Sunday mornings or afternoons  
Under 18 - Sunday afternoons or early evenings

### Soccer Skills Camps

A camp focusing on techniques such as dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading. Kids will also have a chance to play some games and tryout their new skills and techniques. A great way opportunity to improve your soccer skills and prepare for the upcoming soccer season! No previous soccer experience is necessary.

### Indoor Camp

Sunday, Oct 9  
5-7 pm at Concordia College gymnasium

Cost: FREE but please register!  
Instructor: Sasha Samadi

### BALLET

Extreme Special!  
Classes taught by Edmonton School of Ballet instructor Laura Flemming

#### Ballet (4-5 yrs)

8 Sundays, Oct 16-Dec 11\*  
1:00-1:45 at Parkdale Hall  
Cost: \$15.00

#### Ballet/Jazz fusion (6-10 yrs)

8 Sunday, Oct 16-Dec 11\*  
2-3 pm at Parkdale Hall  
Cost: \$20.00

\*no class Nov 13

## REGISTRATION

To register for any community league sports program or fitness class: Call **Brad MacCallum** at 479.2313 or 982.3052 (cell)

Then bring cheque (made out to Alberta Avenue Community League) or cash to one of the following locations, whichever is most convenient.

#### Eastwood Hall

10am-2pm on Mon, Wed or Fri

#### Parkdale-Cromdale Hall

11am-2pm on Mon, Wed or Fri

#### Alberta Avenue Hall

5:30pm-7pm on Thur or Fri

See page 14 for Community League Hall addresses.

Your registration must be confirmed by payment of fees (if applicable) 3 days prior to the start of the class.

If you have a community league membership (from any league), you receive a discount!

Did you know that community league members can work bingos to offset their registration fees? Call Brad for details.

## INSTRUCTOR PROFILES

**Shauna Dowson** is the Head Coach for the U-13 North Provincial Girls Soccer Team. She completed a Bachelors of Phys.Ed from the U of A in 1995 and holds National Coaching Certifications for soccer, gymnastics and track and field. In the past, she played soccer for the U of A Pandas and coached track and field for Athletics Alberta. Shauna has run many successful community gymnastics and pre-school soccer programs since starting her company "Gymfit Sport and Recreation" in 1995.

**Owen Lepps** is one of the coaches for the Sherwood Park Swim Club. He is a graduate of the U of A and holds National Coaching Certifications in swimming, volleyball and athletics. When he is not coaching or training, Owen provides well planned fitness programs using various training disciplines and principles. Owen is currently training to compete in an Ironman triathlon.

**Sasha Samadi** joined the Concordia University College Thunder men's soccer team coaching staff in the fall of

2003. He is originally from Iran where he played on the Youth Under 18 National Team. Sasha has excellent technical soccer knowledge and skills and an outstanding ability to communicate with children and youth.

**Mirella Zadkovich** had her first experience with Pilates when she attended a workshop many years ago and since then Pilates has become a large part of her life-style. In July, 2004, she became certified in the mat program under the guidance of Tracy Friesen at Integration Pilates studio. Mirella has a degree in medical laboratory sciences and is involved in dance and many other areas of sports.

**Melanie Ustina** has been teaching yoga for over a year and is currently teaching classes for the city of Edmonton. She received her yoga teacher certification from the Yoga Association of Alberta in May 2005. Melanie has an appreciation of various yoga traditions including Iyenger, Anusara and Viniyoga. She also has a diploma in Early Childhood from Grant Macewan and has 25 years experience caring for children.

October will continue to be a very busy time for the community and it's sports and fitness programs. Our indoor soccer registration was very successful and it is not too late to register your children. If you have ideas for the Sports program, please share them with me. For more information on a program or to register for any of the events or activities below, call me.

#### Brad MacCallum

Community Sports Coordinator  
for Parkdale-Cromdale, Eastwood, Elmwood Park, Alberta Avenue  
Community Leagues  
office: 479.2313 cell: 982.3052

## FREE Pre-School Soccer

For girls and boys 2 to 8 years

### Saturdays

10:30 - 12:00 PM



At Sacred Heart School Gym  
9624 - 108 Avenue (East side entrance)

Introduction to basic soccer skills by  
experienced soccer coaches.

**WE PLAY FOR THE FUN OF THE GAME!!!**

Children of all abilities and special needs are welcome.

For more information about participating or to  
volunteer as a coach, please call Action for Health  
Communities **944-4687**.

Call and register for all programs unless stated otherwise.  
9516 - 114 Avenue Ph: 471-3737



**PRE-SCHOOL PROGRAMS**

**Books for Babies**

Reading books and sing songs for children 12 months and younger and their caregivers. Discuss other topics of interest and meet other families. 10-11am, Fridays, October 7-28

**Books & Fun for Toddlers**

Explore books, play games, sing songs and do crafts. For ages 13 months to 2.5 years. 10-11:30 am, Tuesdays, Nov 1-Dec 6 OR 1:30-3pm, Thursdays, Nov 3-Dec 8.

**Books & Fun for Preschoolers**

Read stories, tell stories, sing, dance, do crafts, play games and meet other families. For ages 3-6 years. 1:30-3:30 pm, Tuesdays, Nov 1-Dec 6 OR 10-12pm, Thursdays, Nov 3-Dec 8.

**Literacy & Parenting Skills (LAPS)**

Support for parenting, community building, alternatives to TV & learning reading and writing. Childcare provided but must be booked in advanced. For parents with children 0-6 years. 9:30-11:30 am, Wednesdays, Sept 21-Dec 7.

**Rhymes that Bind**

Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch. Newborn to 3 yrs. 11:30 am-12:30 pm, Wednesdays, Sept 21-Nov 23.

**CHILD & YOUTH PROGRAMS**

**Planet Norwood**

Recreation, personal development, life skills, cultural awareness, academic skills and more. For children ages 6-13 years. It's FREE but please register. Monday to Friday, 3:30 to 6:00 pm  
Thursdays, 2:30 to 5:00 pm  
Saturdays, noon to 4:00 pm

**Teen Night**

For ages 10-13 years. Fridays, 6:30-8:30 pm

**Family Night**

Encourages fun and positive interaction with parents and youth. Call for day & time.

**CLASSIFIEDS**

Space for Lease: 750 sq ft for \$700 & 650 sq ft for \$600 at 9405 - 118 Avenue Phone: 709-9249 or 443-1987

Store Fixtures to give away: Spinning display racks, Wire book racks, Card racks. Call Janet 479-3885

TV/VCR Console for Van: Sansui make, barely used, 9 inches screen, plugs into lighter, \$75. Call 479-4812.

Info Session  
**Indoor Games & Activity Ideas for Preschoolers**

Facilitated by Shauna Dowson  
Alberta Ave Hall 9210 - 118 Ave

**Friday, October 21<sup>st</sup>**

Doors open 10 am

Info session 10:30-11:30

Lunch 11:45

Supervised play for children in the gym

RSVP appreciated Ph: 477-5607

Funding provided by the Kristie Foundation



**GO WILD WITH US THIS FALL**

**Don't Miss The Bus!**

CALL IF YOU NEED A RIDE!

**JUST KZAMM IT!**

SUNDAYS @ 10:30 AM  
AGES 5-11

At 10123 Princess Elizabeth Ave  
Next to Boston Pizza

HEY— IT'S FREE?! WAIT FOR MEEEEEE!!

RESERVE YOUR SPOT TODAY CALL **471-2250**

- ☺ Games
- ☺ Cool Prizes
- ☺ Funky Music
- ☺ Snacks
- ☺ Crazy Fun
- ☺ Meet Sam

Sponsored by CHRISTIAN LIFE CENTER - 10123 Princess Elizabeth Ave

**Solid Rock Evangel Church**

Meeting at Chapel Colosseum B&B  
11827 - 85 Street  
Worship: Sundays 11am  
Wednesday 7pm  
Pastor: Stanley Burdett  
Ph: 463-5950  
All Welcome

**Avenue Indoor Playground**

Last year with donations from Walmart & Norwood Neighbourhood Association & a grant from Action for Healthy Communities, toys were purchased for an indoor playground. The playground ran in the new mini-gym at Alberta Avenue Community League.

Unfortunately, the playground cannot remain in the gym and the program room at the hall is still under construction. Other temporary locations are being explored, but until the repairs are done or a new location found the playground will only be open for special events. Watch the Rat Creek Press for announcements.

If you have any questions or would like to volunteer to help on the playground committee call Karen at 479-4812.

**CRAFT SALE**

**November 19 from 9am to 4pm**  
at Alberta Avenue Community league

Interested in renting a table?  
Contact Arlene at 916-0940.  
Table rental \$10.00 each.