

your free **COMMUNITY** newspaper

ALBERTA AVENUE
DELTON
EASTWOOD
ELMWOOD PARK
PARKDALE
SPRUCE AVENUE
WESTWOOD

RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 8,500

FEATURE

It's an Old-Fashioned Christmas

Christmas Tree Memories

Approaching the Winter Solstice

Norwood Timber Wolves Grade 4 Class

The Miracle of Hanukkah

Reaching Out & Growing in God's Love - the Promise of St Faith's

BRIEFINGS

A Year in Review

We have turned a joint organizational newsletter in financial crisis into a dynamic and vibrant community newspaper that is building community, encouraging communication and increasing capacity.

Avenue Initiative Update

The Avenue Initiative Revitalization Strategy has passed two tests-the Community Services Committee and City Council-with flying colours.

Our Appreciation To...

It takes close to 200 hours to produce an issue of the Rat Creek Press.

Liquor Store Revisited

Parkdale/Cromdale Community League took it to a vote.

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Alberta Avenue Divided over Bingo: Is Bingo a Fundraiser or a Program?

By Karen Mykietka

"You know, you're not so bad." That's what Chris Zuk said to me as we chatted after picking up children at Norwood School. Our conversation started the night before after the Alberta Avenue Community League meeting - a meeting that was attended by over 50 people. Attendance was fuelled by the rumour there would be a vote to close down bingo. Each "camp" (pro-bingo and anti-bingo) mobilized their "supporters". Russ Dahms from the Edmonton Federation of Community Leagues chaired the discussion on Bingo. Emotions ran high and passionate "speeches" were made from various individuals.

Chris and I encountered one another last year when we were both involved on the community league board. We didn't like each other. Why? For no good reason, we'd never even had a real conversation. I had preconceived notions about Chris because of her relationship to other people at the board whom I'd heard bad things about and because of her connection to bingo. Chris apparently had heard horrible things about me through the rumour mill. Assumptions and judgments were made on both our parts. Our actions and words were always interpreted through these filters, so we thought the other person had malicious motives or intent. We have different values, interests, opinions and perspectives on many issues but it's only in the last few weeks



People need to talk - not to likeminded folk but to people with different opinions - and more importantly they need to really listen to one another.



that we have started sharing these and listening to one another.

At Alberta Avenue's November league meeting, tension was high. It took over an hour for those present to craft and pass a motion that appointed an ad-hoc committee to evaluate the bingo program. I'm sure some people came away from the meeting with a better understanding of other perspectives and views. It's just as likely some people left "hot under the collar" with animosity, prejudice and lack of understanding. At one point president Trish Filevich,

unable to contain her frustration anymore, cried out "Why is this being polarized into 'us' and 'them' camps. I understand this isn't the first time this has happened with respect to bingo. The rumours flying around are ridiculous. For God's sake, we are all neighbours here...neighbours who share the same issues - crime, prostitution, and a desire for something better in here. Frankly, we are on the verge of something great in our community [reference to the Avenue Initiative] and that's where our focus needs to be, on building

this community, not on having to fight out everything."

How did things get to this point? Lack of communication, mistrust, rumours, animosity, assumptions and judgments. We talk to our "allies" and spread dissension instead of talking to the person we have an issue with. Or we make decisions that affect others without consulting them or even trying to understand their perspectives. People need to talk - not to likeminded folk but to people with different opinions - and more importantly they need to really listen to one another. This type of dialogue is essential if we are ever going to find common ground; if we are to do what is in the best interest of the whole community.

Eight people have the task of evaluating the bingo "program" and reporting back with recommendations at the December meeting. It is not in the best interest of the community for there to be a mobilization contest where the side who gets the most people out to vote wins. The financial situation of bingo and the league dictate that changes need to be made. Many great minds are at the table. I'm absolutely positive if we worked together we could find a way to balance bingo as a mean to an end (fundraiser for the league to run other programs and initiatives) and bingo as an end in itself (a program that meets social needs for some people in our community).

And Chris, you're not so bad either. I think I even like you.

Artists on the Avenue SHOW AND SALE

Saturday, December 10 from 10 a.m. to 6 p.m.
Sunday, December 11 from 12 noon to 5 p.m.



At the Alberta Avenue Business Association
11770 - 95 Street

We invite you to come and visit; see the artwork, listen to music from area musicians and find something that would be perfect for yourself, your home or as a gift. We think everyone who sees the show will be absolutely impressed with the calibre of talent we have here in our neighbourhood!

A committed group of at least 12 artists will be displaying their work. The Artists on the Avenue (AoA) are excited for this event, as well as the future, with a community-based gallery/studio run by this dedicated group. AoA is looking for artists who are interested in sharing studio/gallery space. Call Shelly 477.7473.

RAT CREEK PRESS

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Volume 7. Issue 9
December 2005/January 2006

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AD REP

Joy Dyck

DISTRIBUTION

Coordinator Needed

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Kathleen Quinn, PAAFE

Peter Rausch, AABA

Jill Oliver, Alberta Avenue

Margaret Guthrie, Norwood

Verna Stainthorp, Spruce

Avenue

Cheryl Walker, Parkdale

VOLUNTEERS NEEDED

The Rat Creek Press needs board members, writers, reporters, distribution coordinator and a calendar coordinator. Please call 479.6285 or email at info@ratcreek.org

MISSION

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

OUR WEBSITE

www.ratcreek.org
It's a work in progress.
Check it out.

UPCOMING ISSUES

FEBRUARY

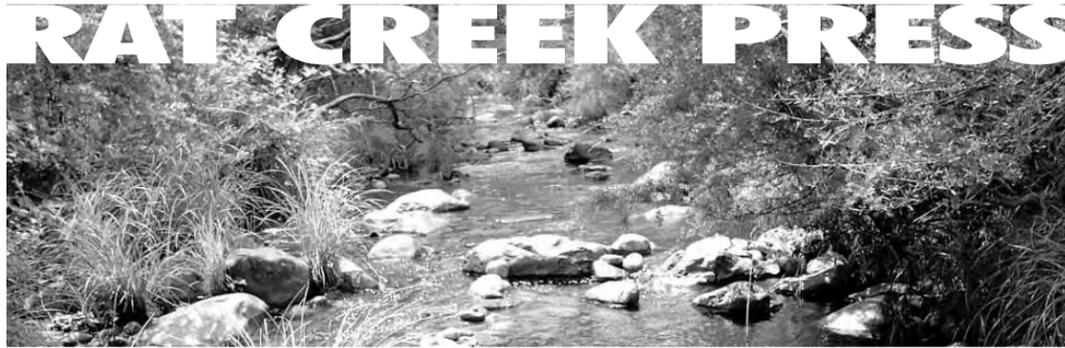
Families

MARCH

Health & Wellbeing

APRIL

Around the House



EDITORIAL

A Year in Review

By Karen Mykietka

Bringing New Life to the Paper

The Rat Creek has taken up hundreds of hours of my life over the last year but the paper was keeping me up at night long before I volunteered to work on it. Every month when I got my issue, my mind would be spinning with ideas and possibilities, with vision and hope for a community paper. Finally, I succumbed and decided to try making some of my grand visions reality.

In August 2004, I volunteered to get the Rat Creek Press finances in order as no one had been taking responsibility for them for some time. In doing so, I discovered the paper was in financial crisis and called a partner meeting. The partners discussed options included shutting down the paper. Everyone felt it was important to keep the paper going so my offer to revamp and reorganize the paper was gladly accepted.

I left the meeting a little freaked out that I had to somehow get a paper produced and distributed in three weeks, and I was starting from scratch with nothing and no one. I put the word out that we needed a designer. Thankfully, Theresa McBryan responded and accepted the job which came with lots of hours and no pay.

Now for an editor...Dawn Freeman, who I met at Norwood Centre, came to mind as I knew she did some writing and editing on a local book. I was trying to track down her contact information when I by chance ran into her a Value Village. I suckered her into volunteering as well!

What Happened Next

We started with virtually no money. Thankfully we were in the middle of a provincial election campaign and I was able to get some substantial ads. We also recruited new partners which helped. We pulled off producing our first issue but unfortunately encountered major distribution problems and many homes

did not received the paper into which we put many hours of slave labour.

The paper grew from 8 pages in November to 12 pages in January to 16 pages in March. Now, the majority of issues are 16 pages although occasionally we do a 12 pager. The circulation of the paper increased from 7000 to 8500. It now includes the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood (excluding the Westwood apartments) as well as businesses along 111 & 118 Avenues and 82 & 95 Streets. The paper frequency also changed from 6 to 10 issues a year.

We have turned a joint organizational newsletter in financial crisis into a dynamic and vibrant community newspaper that is building community, encouraging communication and increasing capacity.

The paper which started with a handful of writers has now had over 30 different contributors. In March, we did a feature on Development and liked this format so much we decided to do a feature in each issue. We now have features scheduled until August 2006. With the support the Norwood Neighbourhood Association, Rat Creek organized a series of 5 Journalism Workshops in May and June 2005 for current and potential writers.

In March, Joy Dyck joined the team as Ad Rep. This was greatly needed as I not able to devote adequate time to advertising with all the other responsibilities I had on my plate.

Getting the paper to over 7000 homes has been the greatest challenge. Elaine Mantua joined as Distribution Coordinator in May. Thanks to her we now have a fairly good system in place which includes a distribution coordinator, 7

area coordinators (one for each neighborhood) and around 60 block carriers.

Just as the paper was getting organized and stable we incurred more change. Theresa, our designer, left after the September issue for a 6 month trip to India. Michelle Hayduk, a new Parkdale resident, took over. Elaine left distribution in October, and we are still without a distribution coordinator.

From the start, my goal was to build a community newspaper for the community by the community. Efforts to get all 7 community leagues as partners failed - only 3 of the 7 leagues were interested.

The five partners decided the best course of action would be to incorporate as a non-profit society. This provides Rat Creek Press with a more formal structure and the opportunity to recruit board members from across the community. It also enables us to tap into more funding sources.

Where We Are Today

We have turned a joint organizational newsletter in financial crisis into a dynamic and vibrant community newspaper that is building community, encouraging communication and increasing capacity.

The paper is financially viable and self-sustaining in terms of production costs. There is usually enough profit per issue to give production team members a small honorarium. But the workload of the paper has outgrown its volunteer base. The paper is also at the point of needing staff as it is not reasonable to ask volunteers to continue putting in the number of hours that they are to produce the paper.

Now we are incorporated as a non-profit society. We need more board members; board members who will guide the future of the paper, who will search for funding sources, and who will help the Rat Creek continue to meet its three goals of community, communication and capacity.

HISTORY

By Kate Quinn

Our His-Story or should I say Rat-Story: How it all began

The idea of a community newspaper took shape with people in the community like Rene Ladsous and Marie Renaud who were then involved with Alberta Avenue Community League and the Women's Economic Business Solutions Society (WEBS) respectively. Renaud proposed a community newspaper financed by organizational contributions and set out to gain support. Some of the first contributors included Success By 6, Alberta Avenue Community League, Alberta Avenue Business Association and Norwood Neighbourhood Association along with WEBSS. PAAFE joined the partner team later, sharing partner space with the Alberta Avenue Neighbourhood Patrol.

The first issue of the Rat Creek Press was printed in May 1999 with Jacquelyn Vandeborn as staff editor. Several years later, Jacquelyn served as the rep for the Alberta Avenue Community League, hosting many meetings to stabilize the finances of the paper.

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.

Jackie Ryan was the next incredible woman to take up the Herculean task of editing and producing the Rat Creek Press, while Arlene Kemble got it delivered to your door when there was little involvement by the partners and very few reliable volunteers. We thank them for their dedication.

AD RATES

The price per column
inch is \$7.75

Business card size is \$40.00

2 column square is \$60.00

3 column by 3.5" is \$80.00

1/4 page banner is \$150.00

1/2 page is \$300.00

Unanimous Support for Revitalization

By Karen Mykietka

"...most visitors to our city, never see our neighbourhood beyond our commercial corridors or main arterial roads. It's hardly a face to show the world ... Our north central neighbourhoods have been paying the price for the continued expansion of the city, especially to the south. Investing in this initiative is really only paying back what's long overdue... NAIT and Northlands continue to expand and undergo improvements. To ignore what's in between is like buying gold-plated bookends and then throwing out all the books on the shelf. The bookends without the books look silly and are diminished by the absence between them. Don't treat the Avenue or us as if either weren't there."

Excerpt of presentation maybe by David Stockburger, Norwood Resident, to the Community Services Committee Meeting on Nov 7, 2005.

The Avenue Initiative Revitalization Strategy has passed two tests – the Community Services Committee and City Council – with flying colours. It still has to pass the mid-term – City Council's 2006 budget deliberations and the final exam question – Where to find \$20 million?

The price tag on the revitalization plan is actually \$27.3 million. The transportation department already had \$7.3 million planned for road work on 118 Avenue in 2008. Another \$20 million is needed to upgrade the basic road work to the streetscape plan which came out of Dan Burden's design charette. The enhanced plan is supposed to transform the Avenue into a community-oriented pedestrian-friendly road from Gretzgy to NAIT.

Janice Melnychuk, ward 3 councillor, was thrilled with the reception the strategy received from Community Services. "It had such a positive response. I was so gratified." A couple weeks later, the strategy was passed unanimously without questions at City Council which Melnychuk says is "such a vote of confidence for the work the community did for the document."

Council couldn't believe all that was accomplished in such a short time. Mayor Stephen Mandel requested the process be documented as an example that can be used by other communities. "I thank Council for the \$100,000 grant they gave to get the process going. It couldn't have been done without it," says Melnychuk.

Wisdom from Michael Boyd, new Chief of Police, that applies to a lot more than just policing:

"My belief is that policing, especially community policing... is all about contact that leads to communication, and communication leads to an ability to trust. When you have trust, there is nothing in a community that you can't accomplish."

"The administration has made a commitment to see this through and fully support the initiative." And they are putting money behind their words. Council approved \$100,000 to hire a consultant who will research a variety of ways council can fund the \$27 million revitalization from tax incentives for

business to funneling residential tax growth back into the area to federal urban development agreements.

The 2006 budget includes over \$700,000 in extra funding for short-term initiatives (see sidebar) but the bulk of the revitalization work would happen between 2007 and 2010. Because of the lead time needed in the planning and budgeting process, Melnychuk is pushing for a business plan report by June 2006.

No one wants to lose any of the momentum and interest so the work continues. The next community meeting is scheduled for December 12 (see sidebar). If you want to have a voice in the process, now is the time to come out. At this meeting people will have the opportunity to sign up for a work group of interest: Streetscape; Safe Streets; Beautification and Cleanliness; Development & Revitalization; and Programs and Services.

The rest of the revitalization process will be guided by a new 12 member steering committee comprised of Councillors Janice Melnychuk and Ed Gibbons; 1 representative from each league (Alberta Ave, Eastwood, Parkdale/Cromdale, Spruce Avenue & Westwood); and 1 representative from each of the five working groups.

IN THE 2006 BUDGET

- \$100,000 for developing a business plan
- \$95,000 for an implementation coordinator
- \$400,000 for staged pedestrian level lighting along the street
- \$100,000 for new business facades
- Additional police resources: A Community Liaison Constable and a civilian analyst

AVENUE INITIATIVE CELEBRATION

- Monday, December 12th
from 7-8:30pm
Parkdale Hall 11335-86 St
7:00
Mingle and Refreshments
7:30
Getting started:
Implementation
8:00
Join a work group: your opportunity to get involved
- Streetscape
 - Safe Streets
 - Beautification and Cleanliness
 - Development and Revitalization
 - Programs and Services

Spruce Ave Community Halloween Party



Trish Stephanuik as "Jeanie the Genie" at the Spruce Avenue Community Halloween party. The Spruce Ave Community League put on 2 Halloween parties this year: an early one for the under 12's with stories, games, music and snacks, and a later one with dancing and a DJ for the 12-16 year-olds.

Thanks to all the organizers and volunteers especially 'Jeanie' and 'Elvis' (AKA Trish Stephanuik and Tony Flath) who hosted and entertained at both of the parties.

Local Voice Added to Police Commission

By Karen Mykietka

Janice Melnychuk, Ward 3 City Councillor, was appointed to the Police Commission along with Councillor Karen Leibovici of Ward 1 replacing Councillors Jane Batty and Dave Thiele who resigned their seats. Melnychuk is excited about serving on the commission; she applied to serve as a public member seven years ago when she was a school trustee but didn't even get an interview.

The Edmonton Police Commission is a public body with a governance role in the oversight of the Edmonton Police Service. The Commission is currently comprised of 7 members who are citizens appointed from the community by City Council, and 2 members of City Council. The members may serve for a maximum period of

6 years but must be reappointed each year.

Melnchuk says, "My responsibility is to go there and represent City Council which means I represent the public interest." She feels her strong community background gives her a good sense of what people want and need in regards to policing. But she says, "Don't call me yet! I don't start until January 1st."

Michael Boyd, the new chief of police, also starts on January 1st. Boyd is a 35-year veteran of the Toronto Police Service and describes himself as a "community policing zealot". He vowed to visit every neighbourhood in the city in an effort to understand the problems and issues facing Edmonton. "This kind of chief is going to be very good for the Alberta Avenue area," says Melnychuk.

COMMISSION RESPONSIBILITIES INCLUDE:

- establishing broad policies for the police service;
- presenting the budget to city council and allocating funds approved by council;
- issuing policy instructions to the chief of police;
- hiring the chief of police;
- working with the service to establish priorities;
- monitoring complaint handling and discipline by the chief;
- dealing with complaints about policies and police service and handling complaints about the chief.

Our Appreciation To...

It takes close to 200 hours to produce an issue of the Rat Creek Press – and these are volunteer hours! This doesn't even include the hours writers spend researching and crafting an article or the hours people spend delivering the paper.

PRODUCTION TEAM

Thank you doesn't say enough!

Karen Mykietka,
Managing Editor

Dawn Freeman, *Editor*

Joy Dyck, *Ad Rep*

Theresa McBryan,
Former Designer (who is spending 6 months in India)

Michelle Hayduk,
Current Designer

Elaine Mantua,
past Distribution Coordinator (who moved to St. Albert)

WRITERS

Thank you for enriching our community with words. As Margaret Atwood said, "You need a certain amount of nerve to be a writer."

Kathleen Arnold, Sheryl Boisvert, Cindy Burgess, Janet Buterman, Rima DeVitt, Patricia Dunnigan, Justine Dyck, Carolyn Givens, Emily Guthrie, Justin Harder, Parker Hogan, Christel Hus, Rita Jandrey, Rene Ladsous, Elaine Mantua, John Masciuch, Gail Matheson, Linda Maude, Christy Morin, Monique Nutter, Lana Phillips, Tamara Raynor-Cote, Shelly Severson, Anna Marie Sewell, Tricia Stefanuik, Charlotte Taverner, Melanie Ustina, Gordon Vickruck, Cheryl Walker

DONATIONS

Thank you to those organizations who support us through donations; Alberta Avenue Business Association, Alberta Avenue Community League, Elmwood

Park Community League, Norwood Neighbourhood Association and Spruce Avenue Community League.

ADVERTISERS

It is the consistent support of our regular advertisers that makes this community newspaper financially viable. So please whenever possible, support the paper by supporting our advertisers. Tell businesses you saw them in the Rat Creek Press.

GOLD

Donna Strauss, Realty Executives Challenge Absolutely Edibles Brian Mason, MLA Highlands Norwood Peter Goldring, MP Edmonton East Timothie Hill Hairdressing Puppylove Drog Grooming Big Red Income Tax The Blue Pear Blue Plate Diner

SILVER

Solid Rock Church MetroTown Market Chicago Joe's Pizza & Pub Balkan Style Sausage Deli & Barbeque House Red Wagon Photography Christian Life Center The Medicine Shoppe Pharmacy Arcade Flooring

CARRIERS

Thank you to all those who help deliver the paper. Without your help in getting the paper to people's doorstep, all the hours put in by the production team and writers would be for naught. Over 90% of our carriers are volunteers! We truly appreciate all of you who will deliver the Rat Creek over these winter months despite cold & snow. And community, please understand there may be delivery delays during harsh weather.

Alberta Avenue (north of 118th Avenue):

Margaret Larsen (*Coordinator*), Mike & Katherine Leclerc, Margaret McDaid, Naomi Arnold, Georgina & Amber Hutscal, Kathleen Arnold, Nicole Sokukawa, Audrey Seabrook, Iles Wade & Jennifer Keller, Barry & Tammy Lefebvre.

Norwood:

Margaret Guthrie (*Coordinator*), Lawrence Wallace, Rick McSparron, Heather Hamel, Steven Clark, Audra Franklin, Walter Sumoski, Kim McLeod, Cassandra Boisvert, Melanie Ustina, Rima Devitt, Mark Woodhouse.

Delton:

Harvey Voogd (*Coordinator*), Shelley Hoke, Oksana Yasynska, Mike Beaudry

Eastwood:

Fred Dicker (*Coordinator*), Melanie Piatocha, Tran Lam, Brad Derby, Kaye Strawberry, Diane Muilwyk, Kaytlynne Krossa, Joe Lane, Roger & Grace Pytel, Connie Higgins, Lois Harper, Alton Crowell, David Robinson, Lyall Steel, Tracy Brown

Elmwood Park:

John Hayes (*Coordinator*), Gabriele Wittenberg, Christine Ritchie, Trevor Tremblay, Wade Neill, Rosanna Miatello, Marla Eastwood

Parkdale:

Heather Syren (*Coordinator*), Lil Waters, Laila Hussaini, Jamie Vilkas, Michelle Janvier, Bruce & Twilla Pigford, Lawrence Wallace

Spruce Avenue:

Irene Mortensen (*Coordinator*), Christine Marthinsen, Elaine Marcus, Susan McGee, Darlene Sayers, Andrew Granger, Jerry White, Anna Smith, Carolyn & John Willat.

Westwood:

Stacey Anhorn

Letter to the Editor

Dear Rat Creek Press Readers;

I would like to encourage more people who are bothered by the noise from the city centre airport to complain. They will not otherwise stop flying jets over our area, letting planes fly over an area every five to ten minutes, or doing maintenance work on large planes or jets for hours on end. Those of us who have been here since before January of 2003 can remember a time when there were almost no planes directly east of the airport (in between the V shape of runways which point to the northeast or southeast), instead of the couple of dozen heard most days now. This means that they should still be able to operate well if they would stick to flight paths in straighter lines from the runways. They can be contacted at 890.8175 (Lisa) or at doug.francoeur@atcofrontec.com.

For those north of 118th Avenue, there is also the problem of CN rail. If you hear a lot of revving noise sometimes in the evenings, you may not know that it is very likely the trains, even farther away from the tracks than one would imagine being able to hear them. They say they have some sort of committee working on this. They are at 472.3023, ombudsman@cn.ca or contact@cn.ca.

If we all take a few minutes to contact these organizations to tell them when we feel they are causing problems, then maybe we can make our community a quieter and more pleasant place to live.

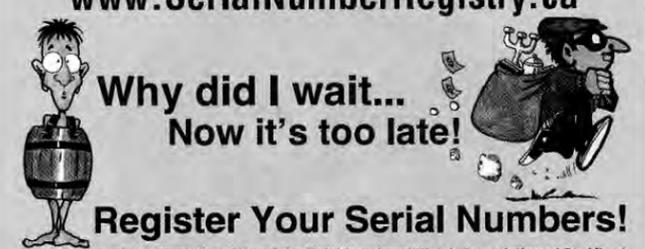
P.S. If contacting them doesn't help, the mayor and city councillors can be reached at edmonton.ca.

Thank-you.

Audrey

Alberta Ave Resident

www.SerialNumberRegistry.ca



**Why did I wait...
Now it's too late!**

Register Your Serial Numbers!

An Initiative of St. Albert R.C.M.P and the Neighbourhood Watch Association of St. Albert

Nobody wants to be robbed, but if it happens to you, wouldn't it be nice to get your property back? Police recover thousands of articles every year that cannot be returned to their rightful owners. Usually, this is because the owner is unable to provide a serial number that would prove the item belonged to them.

Now you can register the serial numbers of your possessions in a secure web site that is accessible only to police and security forces. When property is recovered, police can search the Registry database for the serial numbers of the recovered items. If a match is found, the owner can be contacted to arrange for the property to be returned. And, **it's FREE!**

www.SerialNumberRegistry.ca 



An Initiative of Neighbourhood Watch and St. Albert RCMP

Spruce Avenue School's Annual

CHRISTMAS POINSETTIA SALE

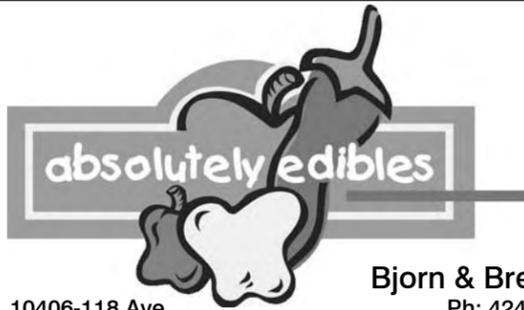
Incredible Poinsettias supplied by Hole's Greenhouse

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December 21, 2005.....10 am

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Jamie LaBonté photographer resident of Eastwood

Why 3/4 of Homesellers Don't Get the Price They Want for Their Home

EDMONTON - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get

what they want for their home and become disillusioned and - worse - financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The

9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-866-815-9646 and enter ID#4900. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

This report courtesy of Donna Straus, Realty Executive Challenge. Not intended to solicit properties already listed for sale.

Parkdale Drugs Becomes The Medicine Shoppe® Pharmacy



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.

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.

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™ brand products
- Honor all major drug plans
- Medication disposal program

ATTENTION PET OWNERS:

Someone has been regularly leaving meat caches in the area of 89 Street and 118 Avenue. It is not known if the meat is tainted. There have also been unconfirmed rumours of dead dogs found in dumpsters. Please watch your pets and report anything suspicious to the local police station. It is not a good idea to put out food of any kind in the open even if your intention is just to feed strays. Stray animals should be reported to the City Pound (496-8860) or SPCA (471-1774).

PET CORNER

I Want What You're Having, Love Fluffy

By Trish Stefanuik

As many Canadians work to stay slim or find a meal that will satisfy everyone, some special members of the family are getting the same treatment: cats and dogs. Animals have become more like family under what's been dubbed the "humanization" of pets. Spending on pets in North America has more than doubled, according to the American Pet Products Manufacturers Association. "People have adopted their dogs and cats as children and they want the same choices and selections that they have for their kids," said Kurt Iverson, spokesman for Procter & Gamble Co.'s Iams unit, which makes Iams and Eukanuba brands. Premium lines, such as Eukanuba and

Colgate-Palmolive Co.'s Hill's Science Diet, are known for innovation. Now, mainstream brands are promoting more healthy options. A Purina survey found that six out of ten pets in the United States are overweight.

Animals have become more like family under what's been dubbed the "humanization" of pets. Spending on pets in North America has more than doubled, according to the American Pet Products Manufacturers Association.

The company, part of Nestle SA, also found that feeding a dog to its ideal body condition can extend its life up to two years, with a greater percentage

of healthy years. One way pets can lose weight and maintain muscle mass is by increasing the level of protein in diets, somewhat mimicking the Atkins idea recently popular with humans, companies said. Iams is introducing Smart Puppy food, with docosahexaenoic acid, or DHA, an omega 3 fatty acid that makes up about five percent of a puppy's brain. DHA, which was introduced in a Eukanuba product last year and can be found in other brands, can promote cognitive function. Meanwhile, dog owners looking for a meat-free food, or just interested in the benefits of soy, have a new option. Purina's Beneful brand, a higher-end line, is introducing Beneful Healthy Harvest, made with soy-based proteins instead of meat.

FEATURED PET



Name: Dennis
Home: Spruce Avenue
Owner: Bianca
Favorites: He loves feathers and chasing his friend Marvin. Dennis is 5 years old.

Business on the Avenue

By Peter Rausch
Executive Director, AABA

Our Association and the "Artists on the Avenue" invite everyone to attend the first "Art on the Avenue Show and Sale" on Saturday December 10th and Sunday December 11th. The event will feature a variety of great artwork from a number of local visual artists. The Show and Sale runs from 10:00 am to 6:00 pm on the Saturday and from 12:00 pm to 5:00 pm on the Sunday. This event and the formation of "Artists on the Avenue" is a prime example of the positive change happening in our communities.

This has been a tremendous year of note for our Association, as well as for the businesses and

communities of Alberta Avenue. Council's endorsement of and commitment to the Avenue Initiative will serve as a catalyst for positive change over the next few years. The implementation of this initiative will not only bring "brick and mortar" changes, but will provides us with the opportunity to develop recommendations to address the issues and concerns of our area.

In 2006 we will see improved sidewalk lighting, increased policing and improvements to storefronts along the Avenue. Other elements of the initiative will be addressed through working groups and community input on development & revitalization: streetscape; beautification; safer streets; and programs & services. The result from these

groups will help us design, plan and most importantly implement the changes we want for the area.

As the New Year approaches, we all should make a resolution to participate in the next steps of the Avenue Initiative, or to work with your local community league to ensure that we restore dignity to this area. I believe that 2005 provided us with a solid base to develop a community that we all want to live and shop in.

Our Association would like to especially thank customers who support and shop at our local businesses.

Alberta Avenue Business Association Ph: 471-2602
E-mail: aaba@telusplanet.net

Brian Mason, MLA Edmonton Highlands-Norwood



Seasons Greetings

Have a Safe and Prosperous New Year

**Edmonton Highlands-Norwood
Constituency Office**

#100, 8930 Jasper Avenue
Edmonton, Alberta T5H 1E9

Phone: 414-0682
Fax: 414-0684

e-mail: edmonton.highlandsnorwood@assembly.ab.ca
www.brianmason.ab.ca



Caring for our communities.

Peace on Earth and Best Wishes to All This Christmas Season

Councillor Janice Melnychuk

Ward 3 - NE Edmonton
2nd Floor City Hall
1 Sir Winston Churchill Square
Edmonton AB T5J 2R7

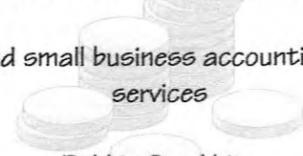
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BUSINESS SPOTLIGHT

Hanging with the Cats and Dogs

By Dawn Freeman

Does any of this sound familiar? You have a wonderful pet that gives you love and companionship but you need to go away from home and you can't take them with you. Or maybe you have a dog that needs at least three walks a day, but you only have time for one or two of them. Maybe you don't have pets but you need someone to check on your house every other day to clear the mail and water the plants while you are on vacation. What do you do? Well, you call Heather at Heather's Pet Care and House Watch.

"I take care of my clients' pets while they are on vacation or away on business. That means I go to their house once or twice a day to feed, water, clean litter boxes, walk and just hang out with their animals. While I'm there I will also bring the mail in and water the plants," says Heather. "I also walk dogs for people who can't do it themselves."

Five years ago Heather needed a break from the job she

was in. She decided she would like to work with animals again; in her youth she had worked in veterinary clinics and loved it. However, she didn't want to go back to school to get the diploma needed these days to work as an assistant in a clinic. That Christmas she helped out a friend by watching their cats while they were away on vacation and a business idea blossomed.

"I researched it, went to the library and read books. Then my [current work] position was made redundant so I was able to collect E.I. while I started building up my cliental - that helped a lot," remembers Heather. And it built up quickly. She advertised in vet clinics in the areas she wanted to work and the vet clinic where she used to work gave her referrals. "I also got a job at the then newly opened Mill Creek Animal Hospital taking care of any animals that were staying in the clinic over the weekend. So I started getting clients and referrals from that too."

These days Heather gets many of her new clients from

word of mouth. She moved to Alberta Avenue this summer but 80% of her clients are still on the south side of Edmonton. The driving is second nature to her now but it is probably the thing she likes least about her business. Apart from that, Heather finds her life wonderful.

"I love animals and I love being my own boss. It's busy; I work 7 days a week, but I do get free time in amongst the appointments. There's little stress and no office politics, and I'm exercising outside in the fresh air every day," says Heather. "And I have a deal worked out with another pet sitter who takes care of my clients and my own animals when I want to take my own vacation. My worst day doing this is still better than my best day in an office."

The benefits of having a person come to your home to care for your animals are obvious: your animal stays in familiar surroundings, they keep their own routine, and your house is looked after every day. And at \$12 per visit for cats and \$13 per visit for dogs the cost is compa-



AMANDA LEWIS

able to a kennel especially if you have more than one pet - the price does not change regardless of the number of animals. If you don't have pets but you want your house cared for, the cost is still a mere \$12 a visit. For dog walking Heather charges \$13 per visit.

Heather's Pet Care and House Watch service is a very affordable way to make sure your beloved animals (and house) are well cared for even when you are not around. Call Heather at 454.9296 to make arrangements that will give you peace of mind.

Business Briefs

TRAINING OPPORTUNITY

Action for Healthy Communities is working with 20 central Edmontonians to create more community animators.

What's a Community Animator? A community animator is someone who can help people go from "I wish my community did..." to "We've been doing this with our community for six months and next we'd like to..." She or he helps people form groups, develop plans, find resources, get and keep projects underway and make sure they get finished.

Community Animators work with people to build community. If you'd like to become a community animator, or find out more, call Chris at Action for Healthy Communities, 944.4687. Space for this opportunity is limited so act fast!



BALKAN STYLE SAUSAGE, DELI & BARBEQUE HOUSE

9403 - 118 Avenue
Ph: 378.0253

The Balkan Style Sausage, Deli & Barbeque House is the only business in Edmonton with a Balkan focus. The owner, Vladimir Bjelic, came to Canada from Serbia (formerly Yugoslavia) 11 years ago and decided to continue the business that has been in his family for over 50 years.

The sausages are traditionally made and, like the meats he prepares, contain no preservatives; instead spices that have anti-bacterial properties are added. Some of the recipes used are over 300 years old. On Saturdays Bjelic offers lamb and pork barbequed on a spit and barbeque chicken is available if preordered. The store also car-

ries a variety of ethnic groceries. Bjelic is always willing to help customers unfamiliar with his sausages and other meats and to translate the writing on the grocery items!

ENA'S HAIR SALON

9347 - 118 Avenue
Ph: 414.1467

Ena Polanco has been in business on the Avenue for 8 years, but she has been doing hair for a lot longer than that. Her salon caters to the whole family, and she offers manicures, pedicures and ear piercing as well as a full range of hair services.

At a mere \$15 men's and \$16.50 women's basic shampoo and cut, the price is a steal. Ena is also offering a 10% discount off products as a Christmas special.

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PETER GOLDRING
Member of Parliament
Edmonton East

The Christmas Spirit of Edmonton: Community Gathering Together to Celebrate

Soon Christmas and the December festive period will be upon us again. For many, it will be a time to celebrate with family and friends in the warm, safe environment of home and hearth. It is a time to reflect on the good fortune and sense of life's satisfaction and gratitude that comes from spending special times with family and friends. For many Edmontonians, it is also a time to care in particular for those who are not so fortunate, such as those who do not have family or home or who struggle financially on a day-to-day basis.

It is for these reasons that Edmontonians particularly reach out to help the less fortunate, through donations of cash, goods or time. There are many Christmas dinners held for the community to gather to celebrate with those who are less fortunate; dinners where all items and services are donated. I will mention three. The Candora Society will be holding its Christmas Community Dinner on December 1 at the Beverly Crest Motor Inn, 3414-118 Ave., between 4:30 and 6:30 p.m.. The Fort Road Business Association dinner, held with the Belvedere Community League, will be on December 17, from 1 to 5 p.m., at the Belvedere Community League Hall, 13223-62nd Street. The Victory Church, which is noted for hosting "North America's largest Christmas banquet," will hold this year's community gathering celebration on December 25, from 5 p.m. onwards, at the Shaw Conference Centre, 9797 Jasper Avenue. An estimated 6,000 were served in 2003 alone, with the numbers even larger in 2004.

The needs continue to grow. I volunteer my time to serve at events and encourage you to do so as well. Helping others is an important way to appreciate the needs of Edmontonians and to treasure one's own blessings.

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www.petergoldring.ca



Play or Work BINGO at Alberta Avenue

9210-118 Avenue, 477-2773



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Additional late night bingo on Fridays starting at 10:20 pm
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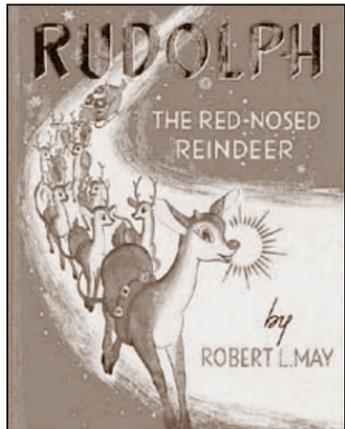
Not to be combined with any other offer.

It's an Old-Fashioned Christmas

By John Masciuch

A group of people are scattered around Fenske Auction. A man has just acquired a collection of sheet music, the kind he uses when he plays the piano. The music is a collection of Christmas songs from the 1930s to the 1960s, and each piece of sheet music has its own distinctive artwork on the cover. They are from an era when there was a Tin Pan Alley and this man would have liked to work in New York's Tin Pan Alley. Then he would have created a popular song at the piano and rushed it off to a publisher. But that period in music history, which spanned many years, has faded. Instead, he talks about the time when people wrote songs that popularized the holiday spirit and created the myth of Santa and his reindeer, a time when movies and radio dominated a nation. Ever year new holiday favourites every year went into

the creation of the Christmas holiday spirit. He says it is the kind of music that, whether or not combined with the movies, created a feeling of an old-fashioned Christmas through its



words and bright rhythmic style.

The 1930s to the 1960s was the time of radio and of movies. They demanded new material for the holiday season, in turn forcing the music industry to create a new category called holiday music. The first holiday song to become popular was *Santa Claus is Coming to*

Town by J. Coats in 1934. Old elements from a mostly rural traditional went into songs that would create the new old-fashioned Christmas. The sleigh and sleigh bells in the old traditional *Jingle Bells* becomes an image of the approach of Santa and his Reindeer in Johnny Marks's *Jingle Jingle Jingle* (1964). An image of the warmth of the home is another device used to create this urban myth in *Let it Snow, Let it Snow* (1945); even a Christmas tree could become the centerpiece, like in *Rockin' Around the Christmas Tree* (1958). Composers like Johnny Marks created lively songs to further the Christmas spirit. In fact the American Society of Composers, Authors and Publishers (ASCAP) has Johnny Marks at the top of the list for the most recorded Christmas songs in American history. Some of these songs include *A Holly Jolly Christmas* (1964), and *It's the Most Wonderful Day of the*

Year (1964). However, his most notable song was *Rudolph the Red-Nosed Reindeer* sung by Gene Autry who made it an instant hit for the year 1949. Marks wrote the song at the request of his



brother-in-law Robert May who wrote the original Rudolph story in 1939.

While radio seemed to dominate the holiday song market, some movies were the vehicle that launched new Christmas songs. ASCAP recognises three movies that helped make songs a hit; they are *White Christmas*

in *Holiday Inn* (1942), *Have Yourself a Merry Little Christmas* in *Meet Me in St. Louis* (1944), and *Silver Bells* in the *Lemon Drop Kid* (1951)

Depending on which station you listen too, these songs are still our version of an old-fashioned Christmas, even though they were only created in the thirties. However, there is still hope that a new song can break some of the monotony of things played too often. In 1970 Jose Feliciano introduced a new Christmas song *Feliz Navidad*, and it gave something new and refreshing even if it was only in the rhythm.

When asked what he would do with the collection of Christmas music, the man said he would put them up for sale at the Red Strap Market and the Highlands Flea Market. Then on Wednesday, he would be back at Fenske's competing with those people again for what little there is that remains.

Christmas Tree Memories

By Gordon Vickruck

What stands out in your mind about last year's Christmas tree? Can you even remember last year's Christmas tree? It is easier if you have an artificial one that you store away in the basement. At least you remember where it is and what it looks like and if you are really good, what order the colour-coded branches go in. The rest of us, who insisted on getting a "real Christmas tree" last year, have long forgotten that "perfect" Christmas tree that looked like every other of the 300 Christmas trees bundled in the parking lot.

What's up with that? Christmas trees don't come from parking lots. In my growing up days we had real Christmas trees that grew in forests and the adventures to get them still remain memories. Christmas gifts have long since broken and turkey leftovers have long been digested, but the memories of Christmas trees stay forever.

Getting the right tree was a serious matter, never left to the last minute. In fact, my father, who spent hours in the bush hunting, would be keeping a keen eye out months before the snow even fell. Or the entire family would take a ride in the country, scouring the backwoods looking for the right tree.

One particularly memorable expedition, on a sunny but very wintry day, we bundled up with layers of snow pants, scarves and mitts and made ready for the expedition. The entire family trudged through the deep snow, me in up to my mid-rift, up this old road, hauling axe, toboggan



and younger siblings behind.

After the tree was felled it remained to haul it back to the house. This was no small feat, as the tree selected this year was mammoth, too big for the toboggan, and as it turned out, quite too big for our house. The tree stood 12' tall and was almost that broad across at the base; our living room had the standard 8-foot ceiling. We lobbed a few feet off the top and bottom, sculpting a tree that had virtually no taper.

The next job was to get it in the door. Squeezing an 8 to

10' wide tree through the door would require some sophisticated engineering, mostly of the type involving rope and lots of people pushing and pulling with the appropriate grunting and puffing. Breaking the door window helped, along with much more intense grunting and puffing.

The art of properly decorating a Christmas tree is something often not remembered today as we have opted for garland, aerosol snow or even pre-tinsel artificial trees. For novitiates, I will explain that the proper process for decorating a tree begins by carefully unraveling last year's knotted balls of tinsel from the box of stored decorations. Each piece had to be painstakingly separated and then hung all around the tree (even the side that was pressed up against the window and could only be seen from the highway by cars driv-

ing by at 60 miles per hour). Eventually, three nights later, the task of hanging tinsel, one string at a time was ended, speeded up considerably by throwing clumps of knotted tinsel at the higher branches.

That was it. I do not remember the rest of the decorating because it was easy and fun. I also do not remember how we got it out of the house, except I think it was easier without the needles on. I suppose that is why we left it in the living room until mid-March when it had thoroughly finished its shedding.

So much for the romanticized memories of harvesting the wild Christmas tree. As I reflect, I am overcome with an irrational impulse, even a resolve, to do things different this year. NO more adding a Christmas tree to our grocery shopping list as if it were no more significant than a bag of Doritos. Nor more extensive comparative shopping as if saving \$5 can enhance the real value of a Christmas tree. This year we are going to do it properly. We will go off in pursuit of a real wild, uncultivated Christmas tree and we will drive for hours and spend \$100's on gas and vehicle repair but in the end we will have a real Christmas tree and a real Christmas because we have created memories.

STALKING THE "WILD" CHRISTMAS TREE

If you don't know a farmer or someone with a wooded acreage, it will take time and dedication to harvest a tree in the wild.

The nearest Crown land on which harvesting is permitted is west of Hwy 22 off the Yellowhead, about 1 hour west of Edmonton. The northern boundary is the Assiboine River (approximately).

Before you go you will need a permit from the Sustainable Resource Development Information Center, located at 9920-108 Street, Edmonton, phone 422.2079.

They will give you precise directions. The permit is \$5.35 for which you can "bag" three trees.

Happy hunting!

Approaching the Winter Solstice

By Gordon Vickruck

"To everything there is a season. A time to be born and a time to die." (Ecclesiastes).

Tiny snow toques, tucked snugly on freeze-dried mountain ash berries; here is the beauty and the harshness of winter. White and red. Soft and cold. Delicate and severe.

December 21st marks the time of year in the Northern Hemisphere when the sun is at its lowest ebb making it the shortest day and the longest night of the year.

Winter is the season of dying, of letting go and leaving behind. The leaves fall, the rivers freeze. It is a time for turning inward,

for putting aside the doing and the business to explore our inner being.

The contrasts and contradictions of winter are intensified during the Winter Solstice. It celebrates the contrasting themes of darkness and light of despair and hope, through which not only the external world must pass but also each of us on an inner spiritual level.

But the day that marks the deepest descent of the sun also marks the beginning of its ascent. The death throes of winter loosen its hold and gives way to the promise of spring. The spindly twigs of the mountain ash for a time tenaciously cling to their treasure of blood red berries, but soon they will let the seeds fall

to the soil beneath, rekindling the cycle of regeneration. Death is just a season. It too will give way to new life, as despair gives birth to hope.

Some native traditions regard the heart of winter as 'earth renewal time.' The position on the Medicine Wheel is NNW. North winds are associated with renewal and purity. This is a time of unseen internalized power.

In the deep darkness of winter we celebrate the promise of new beginnings. This is the time to journey deep within. It is here that we find a place of stillness and healing and the source of strength and self-love that will carry us out into the world, soon to be reborn.



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ATTENTION EASTWOOD RESIDENTS

Your community league is having their Annual General Meeting and electing a board for the upcoming year.

Get out, support your league and have a voice.

December 7, 7pm at
11803-86 Street

Excerpts from paragraphs by the Norwood Timber Wolves Grade 4 Class

When me and my sister wake up we check what we got in our stockings. Then we grab our blankets and pillows and sleep on the couch. When our parents wake up we have breakfast.
Zack

My favorite Christmas tradition is having fun and opening gifts with my family and we like going to the park. Christmas is the best holiday I ever had. My family and I play lots of games.

On Christmas Eve my family gets together and we play games and leave cookies and milk for Santa and carrots for the reindeer. When I wake up I go to my sister's room and wake her up, but sometimes she wakes me.
Ben

For Christmas I go to High Prairie to see my grandparents. When I wake up there are thousands of presents in the living room. We all sit down and I get to hand out the presents to all my relatives. We have turkey and fresh bannock and Christmas oranges.
Shalan

On Christmas Eve we go to hide our gifts and on Christmas morning we find them. I wake my family up and say "Boo! It's Christmas!"
Jessica

On Christmas Eve my whole family comes over. Then on Christmas we get up and open presents. My Grandma gets over 200 presents. I like the decorations on the houses.
Paris

My family comes to Edmonton. We open our presents then we go to the church and celebrate Christmas. Then after the party is done we sit around the Christmas tree and sing glory to Christmas.
Cathy

The Miracle of Hanukkah

By Tamara Raynor-Cote

This is the time of year to unite in a brotherhood of man and enjoy time with the ones we love. For many, Christmas is a coming together of family and loved ones to do just that, for those of the Jewish faith it's Hanukkah. I sat down with a friend of mine, Aron Rosenberg, to find out what Hanukkah was and what it meant to him.

So Aron how would you explain Hanukkah to someone who isn't familiar with it?

A: Hanukkah is a holiday built on tradition and remembrance. It lasts eight days and for each day we light a candle in the Chanukiah to place in our win-

dow to commemorate the miracle of Hanukkah. Presents aren't a huge part of it but we still get them, not necessarily one for each day though.

What is the Hanukkah miracle?

A: Well there are sort of two miracles for Hanukkah. The one that most people are familiar with is the oil lasting for eight days instead of one in the temple menorah. That's why we light candles now, to remember the original miracle. Some people don't really believe this actually happened, they look at it as more of a story for kids.

So I guess you could compare it to Santa Claus for Christmas right?



A: Ya! The more historical reason is the miracle of the Maccabees, (an ancient Jewish Tribe) defeating a band of invading foreigners with a smaller army.

So what do you do at Hanukkah? Is it like Christmas where you hang stockings and eat Christmas oranges?

A: Well at Hanukkah we have some traditional things that all people do and then some that each family does. For instance, children play with the Dreidl, it's a spinning top with letters on each side that either says, "A miracle happened there" or in Israel, "A miracle happened here". It's a game where, depending on what letter it lands on, you either get a prize

like chocolate coins or you lose a prize. Also my grandparents give us Gelt (Hanukkah money or chocolate coins) so that's always fun. We eat Latkes (potato pancakes) and Suf Ganiot (jelly donuts) too. And of course we light the Chanukiah and place it in our window, sort of like how you put a Christmas tree in yours.

So Aron what does Hanukkah mean to you?

A: For me Hanukkah is a very special time to be with my friends and family and remember how wonderful life can be. I think it's amazing that a people who have been oppressed for so long can surpass all expectations and remain strong.

CHRISTMAS SERVICES

Avenue Vineyard Church
2nd floor, 11726-95 Street
Christmas Eve Dec 24 at 6pm

Bethel Gospel Chapel
11461-95 Street 477.3341
Community Christmas Celebration Sun, Dec 11 at 7pm. The Christmas story in music and drama. Food and fellowship to follow.
Christmas Day, Dec 25 at 10:30am

Edmonton Crossroads-Salvation Army
11661-95 Street 474.4324
The Haven: Food & fellowship every Friday at 7pm.
Christmas Eve Dec 24 6:30pm
Christmas Day Dec 25 3pm

St. Andrew's Presbyterian
8715-118 Avenue 477.8677
Christmas Eve Dec 24 at 7pm
Christmas Day Dec 25 at 11am

St. Faith's Anglican
11725-93 Street 477.5931
Service followed by lunch every Thursday at 12pm
Lessons, Carols & Pageant Sun, Dec 11 at 11am
Women's Supper & Fellowship Thu, Dec 8 at 6pm
Community Supper Fri, Dec 16 from 5-6:30pm
Christmas Eve Dec 24 at 7:30 & 11pm
Christmas Day Dec 25 at 11am

St. Alphonsus Catholic
11828-85 Street 474.5434
Christmas Eve Dec 24 - 8pm & Midnight
Christmas Day Dec 25 - 10am
New Year's Eve Dec 31 - 5pm
New Year's Day Jan 1 - 10am

St. Patrick Catholic
11811-96 Street 477.8876
Christmas Eve Dec 24 at 8pm
Christmas Day Dec 25 at 10am

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Christmas Eve Candle Light Service
7 pm
Saturday, December 24

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Reaching Out & Growing in God's Love – the Promise of St Faith's

By Linda Maude

“Reaching out and growing in God's love” is the new mission statement of St Faith's Anglican Church in Norwood. PrayerWorks Hall is just one of the exciting results of this being put into practice.

Five years ago when Rev Maureen Crerar first came to the parish the number of parishioners was so small there were fears it would be closed down permanently. Seeing a community with very specific needs she set out to meet them believing that “proclamation of the gospel comes in the action of the gospel”.

“Many people in this area are struggling with the basic necessities of life such as food,” says Rev. Crerar. “Many have no money and no car.” She decided to provide a safe place for people to come for fellowship and food. Slowly the number of people attending services and coming

for meals increased.

“On my first Sunday there were only fifteen people in the congregation. Now we see 75 to 80!” enthuses Rev. Crerar.

And right now, St Faith's provides 10,000 meals a year and the need is ever growing. Unfortunately the old parish hall kitchen was inadequate and the building was old and in poor repair. If outreach to

the community was to continue and grow a new hall was needed.

Recognizing the wonderful work being done by the people and friends of St Faith's, the Diocese of Edmonton with the support of Bishop Victoria Matthews has helped fund the building of PrayerWorks Hall.

Private donations, a CFEP Grant and the people of St Faith's fundraising efforts raised over \$827,000 so far, leaving a balance of \$150,000 still needed to

complete the project.

St Faith's has many volunteers on whom they rely to help them provide their various programs. This active parish offers Thursday lunches, Saturday breakfast, monthly Friday community suppers, and Wednesday afternoon hot meals, as well as

Women's Guild, after school children's programs and coffee house evenings. Some programs are now on hold until after the PrayerWorks Hall is completed.

community I went to a Women's Guild evening. The first thing that struck me was the enormous variety of people there from all walks of life. Everyone was welcome and seemed to feel at home. A lovely meal was served and we were entertained by the very exuberant and happy Youth

Group with a light-hearted fashion show!

The speaker for the evening was the Rev. Wendy Ainsworth who has since become the Rector of St Faith's as Maureen has moved on to another parish in Edmonton. She spoke on Outreach; focusing on attitudes such as abundance versus scarcity, generosity, gratitude and faith. Her final quote seemed very fitting for the company.

“God does not want us to do extraordinary things. He wants us to do ordinary things extraordinarily.”

This vibrant, happy community is right here in the heart of Norwood. It serves as a symbol of hope and love in a world that sometimes seems uncaring. For more information about the days and times meals are offered, or regarding service times and parish events, please phone 477.5931. The church is located at 11725-93rd Street.



Seasons Greetings from NOLAN DRUGS

The Management and Staff at Nolan Drugs would like to sincerely wish you and your family Seasons Greetings and a happy and safe Holiday Season. We hope that the upcoming year will bring you the best of health, happiness and prosperity.

Nolan Drugs has been serving the community for over 50 years. We sincerely thank you for your continued patronage and look forward to serving you for many more years to come. The New Year promises to bring many exciting enhancements at Nolan Drugs. In order to adapt to the changing needs of our clientele, we will be renovating and expanding our pharmacy to better serve your healthcare requirements. We believe that what we do will be truly innovative and enable us to continue to serve as a model community pharmacy.

Our services include:

- *Prompt and Courteous service
- *Home visits and Consultations
- *Full Service Post Office
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- *Complete Prescription services
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- ***FREE** blood pressure monitoring
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- *Medication monitoring and follow-up
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- *Pre-filled Insulin syringes
- *Safe Medication Disposal

NOLAN DRUGS

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 TEL: (780) 477-2748

HOURS

MON-FRI 9AM TO 7PM
 SAT 9AM TO 5PM



RESIDENT PROFILE

The Artful Pastor

By Michael Lonergan

Twenty years ago, Mark and Ruth Taverner came to Canada from Britain for Mark to study Fine Arts at the University of Alberta. Today, Mark and his wife pastor a local church. Huh? How did two British artists end up pastoring a church? You'll get the brief explanation below but if you want the full story, you'll have to contact Mark and go for a coffee.

When the Taverners moved to Canada, they never expected it to be a long term move. "We just wanted to explore what it was like to live in another country," says Mark. After receiving his Bachelor of Fine Arts, Mark began attending church with his wife who had started going to church two years earlier. Ruth was pregnant with their first child, and needing to support his family, Mark took a job running a parts department at a local aircraft company. He worked this job for 10 years while being involved in lay ministry at a Vineyard Church leading small groups and ministry teams.

As Mark and Ruth's relationship with God matured, they became aware of God's love and concern for the poor. With this

understanding grew a desire to see a Vineyard church in the Alberta Avenue area. The Taverners' believe church should be connected to the community in which it is located, so they 'walked their talk' and moved to Eastwood 14 years ago. In 1998, Avenue Vineyard Community Church was started and Mark quit his parts job to take on a pastoral role.

Pastoring does not leave much time for Mark's other passion - his art work. "I love creating art and so I eagerly signed up for the Community Art Show & Sale - I'm just hoping I get my pieces finished in time!" Besides his artwork, Mark loves to collect music (especially Jamaican) and learn about social justice

issues. He also likes to take what he calls "prayer walks" down 118 Avenue. He feels it gives him a



sense of what is going on in the neighbourhood.

Since Mark is separated from his family of origin, he along with his wife and four children have a very close relationship with their extended family here in Canada.

He says, "They are a support in everything from church matters to helping us survive rough times." Mark believes family is having a group of people around you to help you get through "what life throws at you". For that reason he thinks of church as an extension of the family. At Christmas, the Taverner household traditionally eats a big lunch followed by the family playing games or talking.

Mark is heavily involved in the community. He meets together with pastors of other area churches and he has been a part of Stronger Families. Before the Cromdale Hotel was closed down, Mark regularly visited residents and gave out sandwiches. Last year,

he served on the board of CAP (Community Action Project), and this year the church became an institutional member of CAP.

When asked what kind of church Avenue Vineyard is, Mark responded, "It is a casual, informal, young church based on relationships rather than rules. You can come however you are, however you like. And you can ask any question you may have." Mark believes Avenue Vineyard is unique in that the mixture of people is spread across all social, economic and educational backgrounds. The church has a concern for the poor and is learning how they can make a difference, both locally and internationally.

While Mark has always had a special feeling for this area, he's happy to see plans for revitalization. "It's great to see more residents and politicians taking an active interest in the community and it's wonderful to be able to connect with people through events like this Art Show."

Drop in at the Alberta Avenue Business Association on December 10th or 11th, and check out Pastor Mark's paintings. Or contact him if you'd like to know more about his journey from art to pastoring (phone the church office at 474.1178).

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Monday - Wednesday 9 - 6
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Saturday 9 - 6
Sunday Closed

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 the third of the winning stories.

DOG SPELLED BACKWARDS IS GOD

I lay in bed, pondering about everyday junk picked up by your ears. Today's junk was dog spelt backwards was god. It poked and prodded at my imagination, swirling it around, a whirlpool of robed dogs playing harps and cats holding pitchforks, until I drifted off to sleep. Someone pulling on my hair woke me up.

"Mom...give me ten minutes..." I groaned.

"Mom? We have no one called Mom here," a gruff voice said. Shooting up in alarm I saw a standing German Shepherd, but no source of the voice. What was happening? But I still reached my hand out for the dog to sniff.

"You were the first to properly introduce yourself, by reaching your hand out, out of all these humans. M'lordship will

be pleased. Follow me." My eyes widened as the dog...talked.

"Sir? Where am I?" I said panting to catch up with him.

"You are in the palace of Top Dog. It is a great honor for a humanness like you." He led me to a window, told me to stay and walked off, muttering, "I hope she's housebroken, can never trust these humans."

Peering out the window I saw dogs standing on their hind legs playing golf. Growing bored, my eyes wandered around the window to where the words

"Telescope mode-off" was printed on a button. Without hesitation, I pushed the button, revealing an endless stretch of stars, it kept on zooming closer until I saw something that caught my eye, a blue orb with swirls of white, green, and brown. A figure I knew all too well, it was Earth and proof

I was on a different planet. As I pressed the off button, I saw a group of Pit Bulls walking

towards me; I reached my hand out, seeing that this should be a proper greeting. The head of the group gave a nod and they slipped a nylon collar on me, the tag saying Fernie. We walked along elaborate halls full of paintings of landscapes and



dogs, with the occasional bone. They pushed opened two wooden doors, revealing an extraordinary room: rich carpeting, golden throne with intricate designs, platefuls of cheese and peanut butter crackers complete with a fountain spurting wine.

"My lord." The Pit Bulls rolled over on their back for showing their respect. I followed suit and I looked up to see an Irish Setter who had a leashed

human at his hindpaws. This was Top Dog I assumed, as he nodded at the Pit Bulls and waved them off, along with his leashed human.

After they all left, he leaned forwards in his throne and said, "Fernie, perhaps I should answer your questions. Long ago, when civilization had just begun, humans bowed to us, unlike in your world. When the asteroid came, it split Earth in half, one half mostly dogs and one half mostly

humans. Of course, the Top Dog was on the side of dogs, so they flourished under his care. The other side needed a ruler but the humans took over. The humans were unsatisfied with the name Top Dog so they flipped it around and turned it into God Pot, later shortened to God. You called your side Earth, but our side was called Canitogg. Centuries later, the few remaining humans on our side dumbled down, so did

the dogs on your side. Once in a while, there is a special human who doesn't treat us like inferior beings. That human teaches us about the coming and goings of Earth, so we can improve on many things, such as the teleporting device that brought you here. That human is you. Will you stay?"

I opened my mouth to say something, but he stopped me.

"Here, you can have anything you want. On Earth, you have nothing and you will forget about this encounter. As for your friends and family, we'll supply them with a mind wipe and lots of money. A fair trade?" Top Dog smiled, leaning back with a sigh.

Yes, this was true, being an orphan I had no place to go. "I accept your offer," I said.

"Thank you." Top Dog grinned again as I gave a weak smile back.

In Canitogg, technology was even more advanced than Earth, though pollution was never heard of. It was paradise, even if the dogs loved to roll around in a certain smelly substance.

By Stephanie Le
(Age 13)

Sprucewood Branch Library

By Howard Saunders
Manager Sprucewood Branch
Edmonton Public Library

Christmas is the time of year when we turn to our traditions to remind us of who and what we are. Those traditions can be so varied – each person finds joy in his or her own way. It could be the coldness of winter, the warmth of the family being together, stockings hung by the fire or the music of the season. For many of us it is the stories. In my home we love to listen to "A Child's Christmas in Wales" by Dylan Thomas – we never tire of the familiar tale.

Others read "How the Grinch stole Christmas" every year, or, like a friend of ours, watch "It's A Wonderful Life". Just remember that the story known as "twas the night before Christmas" is actually "A visit from St. Nicholas" by Clement Moore.

If you're looking for good stories to read over the holidays, try "Skipping Christmas" by John Grisham – a delightfully funny story of a couple who try to give the season a miss.

Mystery authors love to have crime take place at Christmas. Titles include "A Christmas Visitor" by Anne Perry and "Aunt Dimity's Christmas" by Nancy Atherton. Charlaine Harris's "Shakespeare's Christmas" is about cleaning lady Lily Bard and a kidnapping in the town of Shakespeare, Arkansas. For a historical Christmas mystery, try "The Queen's Christmas" by Karen Harper. Yes, Elizabeth I is the detective! "Winter of Discontent" by Jeanne C. Dams will also be enjoyed.

Philip Gulley's "Christmas Scrapbook" is set, like his other books in Harmony, and features Pastor Sam, who is trying to make amends for Christmas gift failures in the past. For traditional stories, plus a few new ones for the season, you have to try "Favourite Christmas stories from Fireside Al". Here you find "The Gift of the Magi", as well as that delightful tale "The True Meaning of Crumfest".

If you're entertaining this year, remember that the library has many recipes for cookies and eggnog as well as all kinds of ideas for party fare, decorat-

ing and gift giving. "300 ways to make the best Christmas ever" is by Mimi Tribble and Company's Coming has just published "Christmas Gifts from the Kitchen" with loads of good ideas.

Want to get away from the hype and read something serious? How about "Birds Without Wings" by Louis de Bernieres; he also wrote "Corelli's Mandolin". The 2005 book is about a tiny, backward community in Turkey in the late 19th and early 20th centuries, with the rise of Kemal Attaturk balancing the involvement of the villagers in battles they do not understand, leading to World War I. A powerful story.

Christmas music, from Bach to rock is available at the library. Just about everyone puts out a Christmas album, so it shouldn't be difficult to find the one you need for your party background music. If you make your own music, try the library for music scores. We have them by the dozen.

Best wishes for Christmas from us all at the Sprucewood Branch Library.

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owned and operated by Darcy & Jessie Radies., residents of Norwood community

Free Preschool Skate Program

For 3 to 6 year olds at Westwood Arena (12040 97 St) on Sunday Afternoons from January to March (8 weeks; ½ hour lesson). For more info or to register call Shama at 474-9393. If eligible skates can be provided free of charge. Sponsored by Success by 6

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More Charges Laid in Westwood-area Sex Assaults

Following a media release on October 18, several tips were called into police about a series of sexual assaults and indecent acts in the Westwood community. An individual was arrested and charged October 20, 2005. Since then investigators were able to connect that person to several other incidents in the area. Investigations were conducted through the Major Crimes Division and resulted in additional charges being laid against that person.

30-year-old Brent Edward MacDonald of Edmonton now faces a total of 15 charges;

- 2 counts of sexual assault
- 1 count of assault
- 6 counts of performing an indecent act
- 6 counts of criminal harassment

The investigation continues. Anyone with further information about these incidents is asked to contact the Edmonton Police Service at 423.4567.

Affordable Housing in Parkdale

Seven families will be moving into a new home this December just in time for the holiday season. The EICHS (Edmonton Inner City Housing Society) Project in Parkdale at 112 Avenue and 87 Street had its official opening ceremony on November 25, 2005. This housing will provide a supportive, safe and secure environment for low-income families. The \$990,000 project was made possible by a \$669,000 grant from the Edmonton Housing Trust Fund (EHTF) as well as the support of EICHS partners, The Stollery Foundation, the Stratcona Rotary Club, The Allen Family Fund and Vinterra Properties.

Another housing project a block away at 8616-112 Avenue

is scheduled for completion in March 2006. It is a \$1.4 million 15-unit affordable housing project for pregnant and parenting youth being built by Mikhael Management Corporation. This project received \$794,600 in funding from EHTF.

The Edmonton Housing Trust Fund, which works in partnership with the three levels of government, the community and the Edmonton Joint Planning Committee on Housing, serves as a funding vehicle for affordable and support services in Edmonton. On November 22, National Housing Day, they announced funding totaling over \$2.8 million for projects aimed at helping Edmonton's homeless or at-risk population.

Liquor Store Revisited

In 2000 the communities of Parkdale and Cromdale rallied to fight the proposed inclusion of a liquor store in the new development at 112 Ave and 82 St, a shopping centre anchored by a Save-On-Foods. At first the liquor store component was rejected by the city Planning Department, but Jim Pattison Developments, the proponent, appealed to the city's Subdivision and Development Appeal Board. Forty Residents showed up at the Appeal Board meeting to fight the proposal and convinced the Appeal Board they were right: the liquor store was killed.

However, in October of this year a proposal for a liquor store was put before

the Appeal Board for the very same shopping centre and was approved. Interestingly, it is the community's former city councilor, Robert Noce, who is the lawyer for the liquor store. According to Scott McKeen's article (The Edmonton Journal Friday November 18th, 2005), none of the three community leagues from the surrounding area knew about the proposal, even though the city is vigilant at mailing out notices on such matters.

Parkdale/Cromdale Community League voted, November 24th, to take the matter forward to the Court of Queen's Bench and the Court of Appeal and fight the decision of the Appeal Board.

Help Yourself & Your Neighbourhood by Helping "Them"

By Karen Mykietka

You received this paper in your mailbox or picked it up at a local store while shopping. Maybe you're sitting at your kitchen table having a cup of coffee while flipping through the paper. Where ever you are, you are most likely in a warm place. You have probably started Christmas shopping and making holiday plans. You may not know it but you are truly blessed. There are people out there who are not only homeless, hungry and cold but who are enduring horrors day after day. The PAAFE article is not easy or pleasant for us to read, but it is the reality some people – too many people – live.

As residents in these neighbourhoods, we complain about the prostitution, drugs and crime but often do not let ourselves think about the people trapped in these activities and what they are going through

or what it would take for them to leave it behind. How does a drug-addicted, deeply wounded woman involved in prostitution get out when she has no confidence, self-esteem or resources? They are on a spiral of hopelessness and all they can think about is numbing the pain with more of the same.

PAAFE works hard to help women stuck in this hopeless place but they are limited by the lack of treatment spaces and first-step (supportive) housing for women who want to escape the streets. This holiday season and New Year when you see a woman shivering on the street corner in freezing weather to turn a trick, instead of sneering at the woman, think of what you can do to make a difference in her life.

*Some women are working the street because they don't want their children looking at an empty fridge or bare tree on

Christmas morning. PAAFE and other organizations do their best to get women connect with the Christmas Bureau but some women always fall through the cracks. PAAFE tries to have items on hand for these women or someone or some group to connect them with who will provide food and toys. You can donate food, toys or money to PAAFE or offer to prepare a basket for a woman in need.

*PAAFE will be hosting a "beat the January blues" dinner for the women they work with. Donations are always welcomed and needed.

*Advocate for something that would really make a difference in our prostitution problem – addictions treatment and supportive housing – instead of just trying to move it out of your neighbourhood (and into someone else's).

Contact PAAFE at 471.6137

PAAFE

"Help Us Help Ourselves"

Written for my Soul Sisters

By a Soul Sis

The following article is written with honesty, faith, hope and love. May the spirit within your heart be moved.

I had a very bad night last night. Pretty much like most nights with a few exceptions. The truth is I'm grateful to still be mentally all here. I'm wired for sound and desperately need to forget the fact that hours earlier I was raped. Later on I was robbed and then got busted for talking to a wanna-be-john (undercover police officer). What put the cap on the needle was when I had my miscarriage in a desolate and dirty back alley. All alone, sad and confused. There is a part of me that makes me believe I deserved it all. I chose to say yes to a hoot (of cocaine), I chose to pull a trick. I trusted those people. I need to run from the excruciating sadness, emptiness, fear and shame I feel within me right now. So I wander off down the street in hope of pulling a trick to help numb and escape the memories. Maybe I'll run into a soul sister (another working woman). Hopefully someone from the

old school. 'Cause I know she would offer empathy. GUESS WHAT? I can see one of my sisters approaching me up the avenue. As we get closer to one another, I can see she's walking with struggle and she has been crying. I forget my shit and



embrace her.

Between sobs she tells me she's had a bad date and had to walk from the hospital. I silently let my own tears fall as I wish I could magically remove our sorrow. When her sobs subside, we pull apart and walk so we can go get high. Which seems like the only light in our shabby existence. Knowing I'm

high enough till my next blast makes things seem HUNKY DORY. We tell each other we love each other, stay safe and go our separate ways.

As I walked down the avenue to my usual corner, I pray and hope we see each other again. I reflect back on the tears we shed and the purpose of them. I know they are for the SISTERS who didn't make it back, for our children who long for us to come home, our families who worry, for the helpless friends who love us but can only still be our friends, and for knowing that there's too much red tape in politics. I also cry because so many are homeless, hungry and see no light in the future. I'm homeless and I never know where I'm going to sleep. I'm very insecure and unstable.

Given to Kate Quinn's husband on July 1, 2005, while he was stopped at a traffic light on 95 Street and 111th Avenue, to pass on to Kate to send to elected representatives. Written by a woman who asked that we remember the many nameless women still alive on the street, while working to solve the murders of the named women who have been killed.

Community Programs

ADULT FITNESS

No previous sporting or fitness experience required.

I am very excited to announce another new partnership between our neighborhoods and a fantastic local company, Soldiers of Fitness (SOF). SOF is committed to providing a unique 5 week self defense "camp" and light fitness experience for anyone in our community. SOF does not believe in quick fix solutions to life-long fitness goals. Programs are designed to cater to a variety of fitness levels and are run in such a manner as to promote initiative, motivation, integrity, self-esteem, confidence and teamwork. All SOF instructors are or have been professional soldiers and are trained and knowledgeable in a variety of fitness related areas.

Soldiers of Fitness was founded by Canadian soldiers, Cpl. Colin Reid and Sgt. Karth Sahadevan, while on an overseas tour of duty in the Balkans. Throughout the tour of duty the two spent time pondering which direction their lives should take upon completion of their time in Bosnia, as many soldiers do. A large amount of their time was also spent keeping in shape. Since the military had given these two soldiers so much throughout their military careers, they decided that they should put that time and training to good use, and give something back to the community by creating a fitness company that would not only benefit civilians but also provide employment for local soldiers.

SOLDIERS OF FITNESS CAMP AT PARKDALE-CROMDALE

The focus of the camp will be **basic self defense**. Youth over 16 years of age are encouraged to participate. Cpl Colin Reid and Sgt Karth Sahadevan, founders of SOF, will teach self-defense techniques they acquired in the Canadian Armed Forces. Each week will build on the previous week's

skill base. There is no hard contact between participants. This is going to be high energy, result-oriented and fun course.

This unique program has been designed specifically to meet the needs of our community. Each session will consist of a mild cardiovascular workout to kick the sessions off. Also, there will be team-building exercises and instruction on strengthening and toning the abs, hips and lower back. For more information contact: Soldiers of Fitness at (780) 450-5713 or visit their website at www.SoldiersofFitness.com

5 Saturdays, Jan 28 – Feb 25
1:00–2:30pm at Parkdale Hall
Cost: \$25.00

Instructors: **Cpl. Colin Reid** and **Sgt. Karth Sahadevan**

BEGINNER AND INTERMEDIATE 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, Jan 26 – Mar 23
6-7 pm at Alberta Avenue Hall
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.

6 Wednesdays, Jan 25-Mar 1
9:30-10:30am at Alberta Avenue Hall
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

6 Thursdays Jan 26-March 2
9:30-10:15 at Parkdale Hall
Cost \$30.00 members;
\$40.00 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.

6 Thursdays, Jan 26-March 2
10:15-11:00 at Parkdale Hall
Cost \$30.00 members;
\$40.00 non-members

Instructor: **Shauna Dowson**

SOCCER

Soccer Skills Camps

Coach Samadi is back! He brings a great blend of superior soccer skill and coaching experience in a fun and enjoyable environment. This camp focuses 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, as well as, meet some other players in their neighborhoods. A great way opportunity to improve your indoor soccer skills and prepare for the upcoming outdoor soccer season! No previous soccer experience is necessary.

Camp 1

Sunday, February 12, 1-3pm
Location: TBA
Cost: FREE – PLEASE CALL TO REGISTER

Camp 2

Sunday, March 12, 1-3pm
Location: TBA
Cost: FREE – PLEASE CALL TO REGISTER

BALLET

8 Sundays, Jan 29-Mar 19
At Parkdale Hall
Instructor: **Danica Smith**

Beginner 3-4

Students will begin exploring movement patterns. Focus will be on balance, levels, co-ordination, direction, and, of course, creativity! Music appreciation is included, as it is an integral part of any dance style.

Time: 1:00-1:30

Cost: \$10.00

Beginner 5-6

Students will begin to incorporate some of the basic ballet postures and movements into a class still based on creativity. This gives our young dancers a dance vocabulary that will enhance their experience and skill as a developing mover!

Time: 1:30-2:15

Cost: \$15.00

Beginner 7-10

Students will expand their movement vocabulary in a challenging and rewarding program. Focus is placed on control and fluidity of movement, as well as a strong sense of musicality and performance. As always, creativity is encouraged!

Time: 2:15-3:15

Cost: \$20.00

SKATING

Beginner Skate (ages 3-5)

Learn to fall/get-up, static balances, dynamic balances, glide, push, turn, stop. Introduce co-ordination for skating.

6 Saturdays, Jan. 14-Feb 18
10:00-10:30 am at Eastwood Rink

Cost: \$30.00 members;

\$40.00 non-members

Instructor: **Shauna Dowson**

Learn to Skate

Learn to fall/get-up, balance (static & dynamic), glide, forward skate, snow-plow stop, stepping cross-overs & backward glide

6 Saturdays, Jan. 14-Feb 18
10:30-11:15 am at Eastwood Rink

Cost: \$35.00 members;

\$45.00 non-members

Instructor: **Shauna Dowson**

REGISTRATION

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

OR bring cheque (made out to Alberta Avenue Community League) or cash to one of the following locations, whichever is most convenient. A receipt will be provided upon payment of fees.

Alberta Avenue

9210-118 Avenue

11am-7pm on Mon, Wed, Fri

Eastwood

11803-86 Street

10am-2pm on Wed

Parkdale-Cromdale

11335-85 Street

11am-2pm on Mon, Wed, Fri

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!

PUBLIC SKATING

Free indoor public skating:

Russ Barnes Arena

Saturdays, 5-6pm at

6725-121 Avenue. Free use of ice skates until Dec 17.

Westwood Arena

Sundays, 3:15-4:15pm at

12040-97 Street. Call 496.4999 for up-to-date schedules.

Outdoor community rinks:

Will be open as weather permits

Alberta Avenue: Call 477.2773 to see if rink will be opening this year.

Delton: Weeknights 5-9pm; Weekends 12-6pm. Call 477.5056 for more info.

Eastwood: Call 479.2313 for details.

Spruce Avenue: For ice times call the community hotline at 471.1932.

Parkdale: Mon-Fri Public 5-7:30; Shinny 7:30-9pm.

Sat Public 1-6:30pm; Shinny 6:30-9pm. Sun Public noon-6pm. Call 474.7552.

NEW – free skating rink in **Sheriff Robertson Park** 82 Street and 111 Avenue Contact Parkdale for details.



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

HOLIDAY FUN & EVENTS

Visit **Candy Cane Lane**, Dec 11 to Jan 1, 6-10pm. Enjoy this tradition of festive lights along 148 Street between 100 Ave and 92 Ave.

The **Singing Christmas Tree** at the Central Pentecostal Tabernacle, Dec 9 to 19. For more info call 452.5569 ext 223.

New Years Eve Downtown, Saturday, Dec 31. The evening is an alcohol-free event and features entertainment, strolling entertainers, public skating, a street dance, family activities and, of course, fireworks. For more information, please call 423.2822 or visit eventsedmonton.ca.

Kid Stuff: Great Toys from Our Childhood: A unique exhibit until January 9, 2006 at The Royal Alberta Museum - A nostalgic look at dozens of classic toys from the 1950s and '60s that have entertained and captivated children for decades. The exhibition explores the toys' invention, evolution/cultural significance in North America. Kid Stuff features interactive, hands-on activities for kids of all ages. Infoline: 453.9100 or go to www.royalalbertamuseum.ca. Note: Saturday and Sunday from 9-11am admission is HALF PRICE .

Teen Gamers Palace, Free music, food, prizes, internet, Playstation 2, Dance Dance Revolution, Karaoke and more at Sprucewood Library (11555-95 Street). Friday, Dec 9 from 8-10 pm. For teen ages 12-17 - bring your school ID.

The Sal: Teen Drop-in, Tue-Fri 3:30-5pm at Edmonton Crossroads Church (Salvation Army) 11661-95 Street.

Christmas Bake Sale, Saturday, Dec 10 from 11am - 2pm. Come and stock up on cookies, squares, tarts and other Christmas goodies in time for Christmas entertaining. St. Andrew's Presbyterian Church, 8715-118 Avenue, 477.8677.

COMMUNITY LEAGUE CONTACT INFORMATION:

Alberta Avenue
9210-118 Avenue
ph: 477.2773

Delton
12325-88 Street
ph: 477.3326

Eastwood
11803-86 Street
ph: 477.2354

Elmwood Park
75 Street & 125 Avenue
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

CLASSIFIEDS

HELP WANTED:

The Spruce Avenue Community League is looking to hire someone to supervise public skating at our out door rink. Evenings until 9:00 and on weekends. Interested individuals must be 18 years of age and enjoy working with the public. Please call Henry or Verna at 479.8019 for more information.

For community ice times call the community hot lline at 471.1932

NEEDED:

The Rat Creek Press needs board members, writers, reporters, distribution coordinator & calendar coordinator.

HISTORICAL INFO

NEEDED:

Do you have any info, photos or memorabilia on amateur boxing in our community? Bud Timko

is trying to track down info on his grandfather's amateur boxing career. Frank Marsden just turned 97 years old. He boxed in North Edmonton between 1929-1939 starting out of the Eastwood Community League. He won in the featherweight and heavy classes and won Gold Gloves of North Edmonton. Marsden worked at Swift Canada and his coach, a fellow co-worker, worked as a butcher. Call Bud at 451.6390 if you have any information to help his search.

WEST EDMONTON MALL SPECIALS:

Toddler Time at Galaxyland and the World Waterpark, Monday to Thursday from 12-3 pm for children 5 and under. \$5 admission per child for each park includes one free chaperone. Not valid on holidays. "Wacky Wednesdays" at Galaxyland. Single day pass for only \$9.95.



SPRUCEWOOD LIBRARY
11555 - 95 Street, 780.496.7099

FREE MEETING ROOM

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

CHILDREN

Family Storytime

6:30 p.m. Monday, Dec 5; 6:30 p.m. Tuesday, Jan 31 & Apr 25. Stories, songs, activities and fun for everyone. Join our storytellers and make your visit to the library a family fun time.

Fabulous Readers' Club

2 p.m. Saturday, Dec 10, Jan 14, Feb 11, Mar 11, Apr 8 & May 13. It's the home stretch! Enjoy some games, win some prizes and, of course, read GREAT books! Grades 4 and up.

Read & Screen; A Family Literacy Day Program

2 p.m. Saturday, Jan 28. Celebrate literacy with your family! Listen to a story, watch a short movie, and sample food from other countries. Join in the fun and activities and maybe win a prize.

Star Wars Movie Nights

5:30 p.m. Thursdays, Feb 2 to 16. For ages 10 and up. A long time ago in a galaxy far away...in a library on the outskirts of space, a small group of Rebel spaceships will be viewing the original "Star Wars" trilogy.

An Afternoon of Unfortunate Events

2 p.m. Saturday, Feb 4. For ages 9-14. Dear Reader, You have undoubtedly registered for this program by mistake, but it is not too late. Drop out now and save yourself. The library, alas, has committed itself to recounting the most unfortunate events of the Baudelaire orphans. Perhaps you would prefer to attend another program, one that involves ice cream or puppies. This program involves such miserable occurrences as glum games, awful activities and, possibly, even carnivorous crafts.

TEENS

D.I.Y: Do It Yourself

2 p.m. Saturday, Jan 21, Feb 25, Mar 18, Apr 22 & May 20. For ages 13-18. On Jan. 21 - Da

HOURS

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

Bomb! Pop! Whizz! Fizzle! This program is TRULY 'da bomb' as you will learn how to make your own bath bombs.

ADULTS

Bellydancing Intro

6:45 p.m. Monday, Jan 16. Have loads of fun while learning some basic moves.

Yoga for Beginners

6:30 p.m. Mondays, Jan 23 to Mar 6. This introductory program will guide participants to physical well-being through a series of gentle yoga exercises. Teens are welcome.

Build Your Own Website

10 a.m. Saturday, Jan 28. Learn the basic fundamentals of html and how you can create your first website using your free account from Yahoo. Basic computer and Internet knowledge is required.

LIBRARY PROGRAMS

Please call 496.7099 and register for programs unless they are specified as drop-in programs.

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

FREE Pre-School Soccer

For girls and boys 2 to 8 years

Saturdays
10:30 - 12:00 PM
starting Nov 5th

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



Introduction to basic soccer skills by experienced soccer coaches. Children of all abilities and special needs are welcome.

WE PLAY FOR THE FUN OF THE GAME!!!

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

Norwood Neighbourhood Association

Next Meeting Wednesday, Dec 14 at 7pm
at Norwood Centre 9516-114 Avenue. Feel free to join us.

Volunteers needed for Casino
including chair and coordinator. Casino dates Feb 22 & 23.
Day and night shifts.

Contact Darcy 479-0963 or Margaret 440-1534