

your free **COMMUNITY** newspaper

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# RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 8,500

## FEATURE

**The Influence of Family of Origin**

**Opportunity for Low Income Families to Contribute to Research**

**Norwood Kindergarten Class Poem**

**Genealogy**

**PAAFE Family Impact**

## BRIEFINGS

### In Search of Balance

Balance isn't something you can achieve overnight. Nor will it ever come easy, especially in our culture.

### The Price of Poverty

What is really happening is the beginning of a two-tier banking system, where lower income earners pay much more to cash cheques and access credit.

### Notorious Slum Landlord and House Flipper Charged

This investigation was the biggest in Alberta's history. A large portion of the properties involved are in our neighbourhoods.

### All Parents Benefit from Expanded Child Care Plan

The Alberta government released its new five-point early childhood development and child care plan committing \$489 million over five years.

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## Norwood Loses Police Station

By Karen Mykietka

Effective March 6th 2006, the Norwood Community Station, located at 9422 - 111th Avenue, will be permanently closed to the public. According to a police spokesperson, the Norwood station, while located in an area of high need, is not well-utilized by the public. "The decision to close this community station was based on the fact that it no longer serves the needs of the neighbourhood in which it is situated." The Norwood Community Station has only one or two walk-ins a day while the Eastwood Station has between 30 and 40.

"[The closure] is not surprising because it is under used," says Shelly Severson, a long-time Norwood resident. "I've talked to a number of residents who found the service at that station lacking."

Jim Maxwell, who lives just three blocks from the station says, "Maybe the closure wasn't necessary. I think people dropped the ball: the constable and the residents, myself included." He described how petty crime continues to plague the blocks around his home and those directly behind the station. "We have a good relationship with the beat cops but I think we [the neighbourhood] could have maybe a bigger effort to work

with Norwood station." And according to Maxwell, vice versa as well; the police at the station could have made more effort to work with the residents.

The Edmonton Police Service acknowledges that the station is under-utilized and has very little community involvement. They feel this may be due to a combination of factors, including a location that provides low visibility, little accessible parking, and being in close proximity to the other two downtown community police stations.

So in a few weeks, Norwood, one of the city's oldest neighbourhoods, will lose its Community Station which was the first community station opened in 1991. Eleven other community police stations are located throughout Edmonton including two others in the downtown division. The closest place for area residents to file police reports will be Eastwood or McDougall. And other issues in Norwood will now be handled directly by the area's beat officers, as well as the many patrol members.

All external signage referring to the Edmonton Police Service will be removed; however, the space will continue to be used by some EPS members, including beat officers, the Second Hand Detail and the Derelict Housing Section.



*In a few short weeks, Norwood, one of the city's oldest neighbourhoods, will lose its Community Station.*

### NORWOOD COMMUNITY STATION CLOSURE

Effective **March 6, 2006**, the Norwood Community Station will be permanently closed.

If you wish to file a police report after this date, please respond to any of the following downtown locations:

- **Eastwood Community Station** at 11845-81 St. (0800-2000 hrs. Mon.– Sat., 1000-1800 hrs. Sun.)
- **McDougall Community Station** at 10620-107 Ave. (0800-2000 hrs. Mon.– Sat., 1000-1800 hrs. Sun.)
- **Police Headquarters** at 9620-103A Ave. (24 hours)

If you are unable to visit any of these locations and you require police assistance, call the Edmonton Police Service dispatch line at 423-4567.

**IN THE CASE OF AN EMERGENCY DIAL 9-1-1.**



## New Constable To Improve Communication With Police

By Karen Mykietka

We are losing a community police station (see article above) but we are gaining something much more valuable than a place to go file a police report. We are getting a new constable whose job is to work with the community and beat cops to increase the effectiveness of policing in our area.

"The overall purpose of

developing the new position is to improve communication and relationship with the community and stakeholders," says Beat Supervisor Sgt. John Fiorilli. "The Beat officers do enforcement and projects and community relations. The Beats can't do it all anymore. We need someone in the middle."

Actually two new people will be working this middle ground between the commu-

nity and the Edmonton Police Service (EPS): a Community Liaison Constable (CLC) and a civilian analyst. The CLC will be the main EPS contact for the community: attending meetings, discussing concerns and working on the Avenue Initiative. He will also work with the analyst to review calls made to the police, crimes, trends, people involved and any other relevant information. The team will then be able

to allocate resources more effectively dealing with hot spots or planning actions.

Pat Tracy, a 13-year veteran of the Edmonton Police Service, is the new Community Liaison Constable. He patrolled several different areas of the city and worked in a variety of areas including family violence, child at risk response team, crime

**Continued on Page 2**

## RAT CREEK PRESS ASSOCIATION

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### OUR WEBSITE

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

### OUR MISSION

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

### OUR GOALS

To Build Community,  
Encourage Communication  
and Increase Capacity.

### UPCOMING ISSUES

#### MARCH

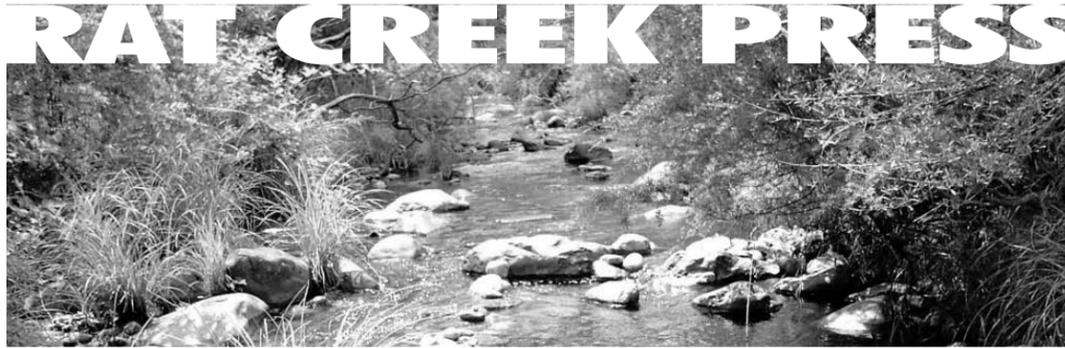
Health & Wellbeing

#### APRIL

Around the House

#### May

Education & Learning



### EDITORIAL

## In Search of Balance

By Karen Mykietka

Family – they can drive us crazy at times but in the end family is still the most important thing in our lives. If you found out you were dying (sooner rather than later), would you be wishing you had more time to work or watch TV or play your favorite sport? I doubt it. You would be wishing you had more time with your spouse so you could grow old together and would want to see your kids grow up and start their own family.

We say family is a priority – is important, yet if we make a list according to where we spend our time family is often closer to the bottom. Dawn and I both have an ongoing struggle balancing family, work and volunteer commitments. We know first hand how hard it is to put the important things like family first when we have urgent things like deadlines nipping at our heels. Busyness, hurry and unbalance

are detrimental to family in so many ways. And what is bad for the family is also in the end bad for society.

I came across a good quote, “Things are never going to settle down. You must ruthlessly eliminate hurry from your life.” This is one of my goals this year – eliminate hurry, find balance.

*“Things are never going to settle down. You must ruthlessly eliminate hurry from your life.”*

It is easier said than done. I still find myself on the spinning merry-go-round with everything rushing by in a blur of motion more often than I'd like. There is simply too much in my day, in my week. And until I slow down enough to have time to think, to reflect, to evaluate, life will continue to pass me by.

Balance isn't something you can achieve overnight. Nor will

it ever come easy, especially in our culture. There are many different aspects to balance: balancing work with family and personal needs; balancing structure with spontaneity; and balancing achievements with relationships. The search for balance; however, always starts with self. What do I need? Then what do others need? And what can I give?

I've found some excellent books by a husband and wife team of authors, Linda and Richard Eyre, and recommend their books on family and parenting issues which can be found at the public library. Some titles include: *The Book of Nurturing: Nine Natural Laws for Enriching your Family Life; Teaching your Children Responsibility; Lifebalance: How to simplify and Bring Harmony to your Everyday Life; I Didn't Plan to Be a Witch and Other Surprises of a Joyful Mother.* They also have a great website: [www.valuesparenting.com](http://www.valuesparenting.com)

## Alberta Avenue Resident Injured in Afghanistan

By Dawn Freeman

One of the three soldiers wounded recently in Afghanistan is an Alberta Avenue resident. Master Cpl. Paul Franklin, of 1 Field Ambulance, lost the lower part of his left leg and injured his right when a suicide bomber drove into the vehicle he was driving on Sunday, January 15.

Even with his terrible injuries, Franklin, a trained medic, heroically wrapped a tourniquet around his thigh and went to the aid of the three other wounded passengers. On January 17, his wife, Audra Franklin, was flown to the German hospital where he is being treated. In interviews with the *Edmonton Journal* and other media, Mrs. Franklin spoke

proudly of her husband's heroic actions. She's amazed and very thankful he survived the bomb blast.

The other two Edmonton based soldiers injured in the bombing are Cpl. Jeffrey Bailey of 1 Combat Engineer Regiment and Pte. William Edward Salikin of the 3rd Battalion Princess Patricia's Canadian Light Infantry.

## Paint Alberta Tory Blue!

By Gordon Vickruck

Anne McLellan, a prominent parliamentarian on the national scene, recently holding the position of Deputy Prime Minister and Minister for Public Safety and Emergency Preparedness in the recent Liberal government, goes down in defeat to Laurie Hawn.

Edmonton Centre has been a nail-bitter for Anne McLellan since she was first elected in 1993 by only 12 votes. Anne came to politics from teaching law at the U of A and has also held cabinet positions as Minister of Energy, Health and Justice.

Losing to Anne in the last campaign, this time around

Laurie Hawn, the conservative candidate, rode the wave of anger and discontent with the Liberal party that washed across Canada, to a comfortable margin of victory with a spread of 3,000 votes.

Laurie will add his voice to cracking down on crime, bringing tax relief, and restoring honesty and integrity to government.

Peter Goldring won for the fourth straight election with a very sizeable majority, outdistancing all three other parties combined. Mr. Goldring has the opportunity to continue pursuing his interests and concerns for veteran affairs, low-income housing, and other poverty issues reflective of the demographics of this riding.

## CONTINUED STORY FROM PAGE 1

prevention unit, media unit and beats. Tracy says, “The position is still in its infancy so I don't know all the details yet but I'm looking forward to it.”

And so is the community. “Anything is going to be helpful and this is a good step. We need all the help we can get. I don't think it'll solve all our problems but it's a good first step,” says Norm Aldi, vice-president of Eastwood Community League.

Chris Basualdo, who sits on the board of the Alberta Avenue Community League as well as Alberta Avenue Neighbourhood Patrol says, “I'm happy to have an additional constable in the area. I think it'll alleviate some of the pressures on the beat cops and free them up to do their job.”

The Community Liaison Constable (CLC) position was originally slated to begin in mid-December but due to a shortage of constables, Tracy cannot move into the CLC job full-time until March. He has to finish training a new recruit to take over his current position first. Nevertheless, Tracy is getting a feel for his new job by attending community meetings and talking with the beat officers.

We'll keep you posted on this position and how you can contact Cst. Pat Tracy. In the meantime you can tune into 630 CHED on Saturdays at 4pm to hear Tracy co-host the program Cop Talk.

### 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

# The Price Of Poverty

By Angie Klein

We see them all over our neighborhood, stores that advertise cash for your cheque, right now. Before the opening of the new InstaLoans\$, located on the corner of 118 Avenue and 97 Street, we already had nine of these types of businesses in the area. Add that to the nine pawnshops, and you see a sad trend that feeds off lower income earners. What is really happening is the beginning of a two-tier banking system, where lower income earners pay much more to cash cheques and access credit. This does nothing for the health of the individual or the community, but let's face it... poverty is big business. Someone is making a lot of money off people who don't have much to spare.

Today's "Pay Day Loans" business has its roots back in the 20th century when they were called "salary buyers." Money was advanced from a pay cheque, but the "service" came with a huge fee; if the client came to sell their salary of \$650.00, they would be given just \$500.00, the rest kept by the company. In

fact, the term "loan shark" was coined around this despicable practice of taking advantage of desperate people who needed money quickly and taking an unfair cut of their salary for the "fee."

InstaLoan\$ is a brightly lit, clean business. They offer "loans to consumers seeking short term cash advances without having to provide a credit history or security on the loan." They will loan

*What is really happening is the beginning of a two-tier banking system, where lower income earners pay much more to cash cheques and access credit. This does nothing for the health of the individual or the community ...*

from \$100-\$1000 but the loan must not be more than 50% of the customer's take-home pay. They also provide advances on injury claims, title loans and cheque cashing services. But with interest rates of about 56% per annum you can imagine how quickly their customers can get

into a cycle of debt that can spiral out of control. So you might wonder why people would use a service like this. Some of the reasons include:

- No bank accounts or insufficient funds required to avoid five day hold on cheques.
- Inadequate ID.
- Trouble with the law.
- Lack of transportation.
- Distrust of banks or a need to have cash in hand.

The Alberta Avenue Business Association (AABA) and surrounding communities opposed the licensing of this business coming into our neighborhood. A letter writing campaign and meeting both expressed the community's disapproval but it was obviously not enough. We must be even more vigilant in the future to try and attract the types of businesses that will make our community thrive, and to make it less attractive for these types of businesses to come into our neighborhoods. For now we will have to wait and see if this business makes it...and make sure our voice is heard so there won't be any more opening in our backyard.

# Notorious Slum Landlord & House Flipper Charged

By Karen Mykietka

Gohar (Carmen) Pervez and five others were charged with fraud and conspiracy in a \$30 million mortgage fraud. Pervez is well known in central Edmonton – by residents who have the misfortune of living next to one of his houses, by the beat cops, and by anyone working against derelict housing.

The over two year investigation involving mortgages on 118 properties started with one of our beat cops, Cst. Chris Hayduk, looking into the sale of derelict property in our community. Suspicious mortgage transactions were reported and Alberta's Integrated Response to Organized Crime unit, a joint RCMP and municipal police team, began investigating.

The common scam is called "the Oklahoma flip." It's where someone buys a cheap, run-down house and flips it several times among known associates inflating the value each time. In the end, you have a mortgage much higher than the true value of the house. The fraud-

sters walk away with wads of cash leaving the bank holding a worthless property.

This investigation was the biggest in Alberta's history. A large portion of the properties involved are in our neighbourhoods. The houses were bought, slapped with cosmetic repairs, rented, and sold over and over again by Pervez, a convicted cocaine and meth dealer, and his associates. Forty-year-old Pervez managed 140 properties, many of which were condemned by Capital Health.

Four of the accused in the mortgage fraud, including Pervez, were denied bail. The other accused include: Scott James Park, 40 (a lawyer); Harkamiljit (Tony) Kahlon, 29; Terry Lynn Ellis, 59; Rodrigo Caroca, 32; and Pedro Brito, 32.

For Mortgage Fraud Red Flags see [www.reca.ab.ca](http://www.reca.ab.ca)  
For a W-Five report on mortgage fraud which aired March 21st, 2005 go to [www.ctv.ca](http://www.ctv.ca) and search for "Stealing Home"

# Local Art Show Huge Success

By Karen Mykietka

If you didn't stop by the Alberta Avenue Business Association (AABA) on December 10 or 11, you missed out on a first-class art show – Artists on the Avenue (AoA). The AABA office with its 18-foot tall walls was transformed into a chic gallery space. Paintings, sketches, photographs and decorative art covered every square inch of wall space and the basement. Tables displayed clay works and bird houses. A shelf tucked into a little nook was filled with vintage covered cushions; vintage Christmas stockings and custom designed "Andeo Hats."

All of the art and creations were by 12 local artists – some professional, some amateur. This inaugural Art Show & Sale provided an opportunity to showcase the talent in our community. The weekend was kicked off with a VIP event attended by Mayor Stephen Mandel and his wife, John Mahon from the Edmonton Art Council and other dignitaries, community leaders and press. Mayor Mandel was very impressed both with the

art work and with the show itself; he and his wife purchased two pieces. Mandel spoke encouraging words to the group: "This is a phenomenal area with great possibility...We can make this area a centerpiece of our city in the years to come."



There's no doubt it will take time and hard work to totally transform our community. But with people like Shelly Severson who spearheaded this initiative we are off to a good start. "There is passion and vision for what we are doing here," said Severson, "Some people say it is too big a dream. I say, 'Go hard or go home.'"

Severson's dream was not limited to a weekend community art show. Her goal in organizing the show was to pull area artists together to form a community gallery. She is almost there. The

Artists on the Avenue Coalition has signed a six-month lease on the old Ben's Fruit & Vegetable Store (118 Avenue & 93 Street) which they plan to turn into a gallery and studio space. The artists extend their thanks to property owner Lokesh Sundresh who made this possible by providing the space almost rent-free.

AoA hopes to offer art classes to the community and plans to have an "Art Vend" machine – an old cigarette vending machine refurbished to vend art. The coalition's goals don't end there. They, along with the business association, are working to raise money for an Art Hab. An Art Habitat provides an affordable living and work space for emerging and established artists, dancers and writers.

Peter Rausch, Executive Director of the Alberta Avenue Business Association, spent many hours helping pull the Art Show together, and he is excited about pursuing a possible Arts District on the Avenue. "You could not help but be impressed with the talent and scope of work at this first show. I think it reflects what can be achieved."

## THANKS TO THE MANY GENEROUS SUPPORTERS OF ARTISTS ON THE AVENUE

- Norwood Neighbourhood Association
- Alberta Avenue Business Association
- CAP – Community Action Project
- The Paintspot
- Holes Greenhouse
- Flavor Buzz
- KIS Club
- Lokesh Sundresh
- Silver Lining
- Safeway
- Anonymous donor

## Brian Mason, MLA Edmonton Highlands-Norwood



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[www.brianmason.ab.ca](http://www.brianmason.ab.ca)

# Business on the Avenue

By Peter Rausch  
Executive Director, AABA

**Happy New Year!** We hope everyone had a wonderful break over Christmas and New Year's and are now refreshed and ready to start a new year.

One of the key elements to the revitalization of Alberta Avenue is the \$300,000 allocated for our own Façade Program over the next three years. The goal of this accelerated program is to help qualified property owners restore and enhance their store fronts to make them more attractive. Where possible, energy efficiencies and enhanced lighting are incorporated in the upgrades.

We are inviting all property owners within our BRZ

– including Community Leagues, churches and not-for-profit organizations to apply and participate in this opportunity. It is a great chance to give the Avenue a facelift and the matching grant provides an incentive to undertake more decorative design in their renovations. Four buildings from our business zone participated in the program in 2005. We found that participants not only undertook unique designs, but also made improvements to their back lanes and lighting.

The program provides for matching grants up to \$20,000 per building for improvements to windows, entrances, signage, lighting and walls. Buildings on corner lots are eligible for matching grants up to \$40,000. The Planning Department and

our Association provides support for participants in the initial design process and ensures that all work meets building standards and codes.

Due to the booming economy and to help our program participants, we are looking for local contractors or construction companies that would like to work on these projects. Once registered, our contractors list would be provided to program participants.

Please call me if you are interested in finding out more information about this program, or would like to register as a contractor.

**Alberta Avenue Business Association** Ph: 471.2602  
E-mail: aaba@telusplanet.net

## BUSINESS SPOTLIGHT

# A New 'Do' For the Dog

By Angie Klein

Puppy Love Dog Grooming is a family run business located at 8612 - 118 Avenue. Derek and Kirsten Dixon, along with their 3 grown children Clay, Cole and Coralie, had the fur flying when I brought my dog Meg in for her first grooming experience. Just watch this family in action: you will see 20 years of dog grooming experience and a true love for dogs. The cost for services varies depending on the type of dog, what needs to be done, and the amount of time it will take. Meg's shampoo, blow dry, nails and trim was very reasonably priced and she looked like a new dog when they were finished with her.



CALL 479-4378 AND ASK FOR DEREK...YOUR DOG WILL LOVE YOU FOR IT!

"Business is good," Derek says. "It's up about 10 % from last year."

They are long time residents of the Avenue area and choose to keep their business there because of the easy access from all parts of the city. The traffic is a mixed blessing though. It is great for exposure, but Derek worries that a dog could get loose from its owner and dart out onto the road. Parking is another concern. "There just isn't enough of it,"

explains Derek. He would like to see some of the money from the upcoming façade project funneled into city run parking lots. Homelessness, alcoholism and drug abuse were also areas of concern, and Derek feels that there is a need to make the Avenue less attractive for this type of activity by reducing the amount of pawn shops, and small pubs selling cheap drinks.

I think it is safe to say that Puppy Love Dog Grooming will be here for many more years... but don't wait that long! There were plenty of canine clients waiting for their turn on the table, and with customers from as far away as Yellowknife Calgary and Vancouver, you'll need to book an appointment.

# Business Briefs

## MINI MAX GROCERIES

11043 - 95 Street  
Ph: 426.6464  
Hours: Mon-Fri 9am-5pm;  
Sat 10-4pm; Sun closed  
10% off groceries on the last Friday of the month  
After a number of years sitting empty, this space finally has a business operating in it. Stop in and you'll find a convenience store plus more. Business owner Anna Anderson has created a very inviting shop that not only is

bright and clean but also well decorated and displayed. She sells basic grocery items from milk and eggs to veggies and frozen foods. But Mini Max is much more than a food store; you'll find gift items such as cards, books & toys and household items as well. The best part of all is that the prices are competitive. Right now Anderson is just taking it day by day but she is full of ideas on giving to and supporting the community.



## CAFÉ PARDAL

11732 - 95 Street  
Ph: 477.8888  
A coffee shop with a limited menu in the old Café Cubita location.

## ITALIAN BAKERY

7910 - 118 Avenue  
Closed. The company decided to concentrate business at their other two locations: Beverly (4118 - 118 Avenue) and McCauley (10646 - 97 Street).

## MCKEEN'S SAW SHARPENING

9566 - 111 Avenue  
McKeen's Saw Sharpening closed its doors for business on December 22, 2005. Owner Neal McKeen, has decided to retire after 37 years of work-

ing the family business. There was no other family member to take over the store and no interest from outside when it was put up for sale, so instead it is being sold piecemeal. Some of the machinery is going to Saskatchewan, some staying here and the building is also being offered up for sale. McKeen's Saw Sharpening opened in 1947 and had been located on 111 Ave since 1952. It was a family business run by Duncan McKeen until his son Neal McKeen took it over. Neal is enjoying his first time off in 37 years right now but he won't stay still for long. Already he is looking around for something new and exciting to do. Good luck Neal!

**8612 - 118 Ave**  
Edmonton, Alberta

By Appointment

**PUPPYLOVE**  
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All Breeds

Tues-Sat 8-6  
with evenings

**479-4378**

Derek & Kirsten  
Since 1994



Play or Work

**BINGO at Alberta Avenue**

9210-118 Avenue, 477-2773



**Every Wednesday, Thursday & Friday starting at 6:10 pm**

**Additional late night bingo on Fridays starting at 10:20 pm**

**Volunteers needed!! It's easy work in a quiet & smoke-free environment. Come out and support your community.**

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Jamie LaBonté photographer resident of Eastwood

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

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

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

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

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

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

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

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

## We're recovering well.

At The Medicine Shoppe, we're giving your favourite pharmacy a whole new look. Our recent renovations have enhanced our already prompt prescription service and expanded our health care selection. It's all part of our dedication to personally know you and help you with your individual health care needs. Remember, when it matters most, it's The Medicine Shoppe.



Save up to 75% Off

Offer applies to Select OTC products. Some restrictions apply. See in store for details.

**The Medicine Shoppe**  
 PHARMACY

**Parminder Bhui, B.Sc.Pharm.**  
 8111-118th Avenue  
 Edmonton, AB  
 Hours: M-F 9 a.m.-6 p.m. | Sat 9 a.m.-2 p.m. ☎ **477-1192**

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

Call: 479.6285 to donate some of your time.

### PET CORNER

## Help, I'm Lost, Love Fluffy

By Trish Stefanuik

It's happened to all of us; you open the door and unexpectedly the cat or dog darts out of the house. You run after your precious friend, but for whatever reason you can't find them. After searching your property, calling their name, and waiting, Fluffy or Fido reappear and all is well. But what if the same scenario plays out, but your little furry friend doesn't come back. Sometimes our pets get lost for a variety of reasons. What do you do if you have a lost pet? Some experts suggest the following tips.

First, search your property thoroughly. Small animals especially can hide in the tiniest places, and if they are scared they won't come out right away. Second, walk the neighborhood

and talk to everyone you can. As you walk around make lots of noise. Pets can hear from very long distances and will follow the sound. Fourth, place strong scented articles outside your home. If the pet has a blanket or something else they cuddle

*Just because your animal hasn't returned home don't assume the worst. It can take an animal a while to find their way home.*

with, put it on the front step to draw the pet's attention. Finally, be sure to check with the City of Edmonton's Pet services and check frequently. They update their website with lost pets on a regular basis. At the pound they offer the following services:

- Accept and care for all stray

pets within Edmonton until they are reclaimed by their owners

- Operate a phone-in lost and found pet service
- Actively search for owners of cats and dogs by tracing collar tags, tattoos or microchip implants
- Post pictures of each admitted pet on our website daily
- Offer a "Free Ride Home" for stray licensed dogs and cats once per 12 month period
- Maintain a database of all Edmonton's licensed pets
- Issue and renew pet licences

Most of all don't lose hope. Just because your animal hasn't returned home don't assume the worst. It can take an animal a while to find their way home.

If you are missing a pet or have found a lost animal please call (780) 496.8860.

### FEATURED PET



#### OTIS IS MISSING.

This cute 9 month old Boston Terrier was an early Christmas present for a boy in Spruce Avenue who is one of our Rat Creek carriers. Otis got loose on Dec 11 from 115 Avenue and 102 Street He was only with the family for a few days before he went missing. If you have any information on Otis' whereabouts please contact the family at 428.1232 (home) or 905.1232 (cell). They are offering a reward for Otis' return.

# The Influence of Family of Origin

By Patricia Dunnigan

Is your first family still running your life even though you have grown up and moved away from home?

The influence of our Family of Origin on our adult relationships can be as powerful yet invisible as the air we breathe. Family of Origin is the one family you lived with or the series of changing families that influenced you as a child. What counts is the emotional residue that we carry from the healthy and unhealthy ways we were treated as kids when we needed to be cared for and loved by an adult in our life.

How often do we think of taking an inventory of the strengths and weaknesses of our Family of Origin so we can retain the good and let go of the bad? We more often see things dualistically and either idealize or demonize our childhood

experience. Yet, it is important to remember that no matter how much happiness we shared there are dark aspects to each person and each group, and in reverse, no matter how much pain and hurt we remember there is also a thread of fun or goodness buried in there somewhere.

Many of us grew up thinking, "I'll never treat my kids like my mother or father, grandmother or auntie, stepmother or stepfather treated me," only to hear their same sayings and tone of voice jump out of our mouths when we are feeling stress or strong emotions. It is as if there is an automatic reflex that is built into

the core of our beings. If your parents used their authority in a negative way, if they bullied, ridiculed or shamed you, then you might be at risk of repeating these patterns with those closest to you, including your children.

will disappear as an adult when the going gets tough. If you were the family peacemaker you will try to smooth things over later in life in order to avoid hurting or being hurt. These behaviours breed denial and deflection

person? Do you find yourself playing the role of the pleaser, unable to say no and unable to stand up for yourself? These are a few of the signs that you are back under the influence of your Family of Origin dynamics.



rather than the depth of intimacy.

We also bump into these ways of relating at work. Have you ever had your "mother" or "father" as a boss? Have you ever found yourself relating

Thankfully we are not helpless to change the patterns that we inherited in the crucible of our first family. The key for change is a strong desire followed by hard work; it can be achieved through counselling, support groups, self-help books, courses offered in community agencies or asking for help from an adult that you admire and respect. It may mean learning how to re-parent your own inner wounded child. While this is tough stuff that requires courage, if you add in the ingredients of humour and self forgiveness you just might change negative inter-generational patterns and achieve personal healing and serenity.

ing to authority figures as if you were still a kid? Or are you always at odds with authority, rebelling at the thought of having to work with a boss or of following the directions of another

If you earned love by being perfect you will have to learn to accept your own flaws so you can accept those of your loved ones. If you withdrew as a child in order to avoid conflict then you

## Opportunity for Low Income Families to Contribute to Research

By Patricia Dunnigan

Families First Edmonton is an innovative new research project seeking to determine the best way to deliver existing services to families with low incomes.

Families must volunteer to participate, and must be receiving Income Supports or Alberta Child Health for the past six months, have at least one child 12 years of age or younger and reside within specific areas within north Edmonton. Families living in the communities covered by the Rat Creek Press are eligible for the project.

Announced in June 2005, the five-year \$10 million research project will officially begin in January 2006. The first phase of

*Families living in the communities covered by the Rat Creek Press are eligible for the project.*

the project will last for two years and will randomly place 1200 families in one of four programs that offer various health, recreation and social services. At the end of this phase, researchers

will follow families for another three years to assess long-term impact.

Families First Edmonton involves more than a dozen community, academic and government partners. The service is being delivered by a partnership of the Edmonton YMCA, the Multicultural Health Brokers Cooperative and the KARA Family Resource Centre.

To learn more about Families First Edmonton call 427.6053 / 427.4966 or visit [www.familiesfirst-edmonton.ualberta.ca](http://www.familiesfirst-edmonton.ualberta.ca).

### A POEM ABOUT FAMILIES

*Families are for playing and visiting. Families do things for each other, eat together, and sometimes even sleep together.*

*Families love one another.*

*Families hug and give things to one another.*

*Families feel soft, cozy, warm and fuzzy. They are happy and sad; laughing and crying.*

*Families smell like flowers, cooking, baking, and fresh air.*

*Families are for living together, for helping, and following rules. They are caring and help you when you are hurt. Families keep you safe.*



By The Kindergarten Class at Norwood Elementary School

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# Genealogy

By Janet Buterman

I see dead people. Not Bruce Willis - not yet. Nor anyone who has been firmly buried beneath the earth's cold embrace. Nor have I had any visits from beyond the spectral plane, dripping ectoplasm and generally making a mess of things. No, the dead people I see are the people in my family, stretching back into the far-off mists of time.

The Internet has helped genealogical research explode among amateur sleuths, and countless websites from many different nations exist to help you in your search for your roots. The Internet can connect you to old census records, war records, birth, wedding, and death entries in church files, and many, many more nuggets of family treasure.

But where to begin?

The first and best place, if possible, is to begin at home. Talk to your existing family members, or try to retrieve

dusty memories of family gossip from years back, the talk about who married whom, who moved where, and who did what. Getting this information down, even as a simple, sketchy outline, is invaluable to researching your family. When talking to your immediate family members, ask about the people themselves: what did they do? What did they stand for? What challenges did they face? What were their favorite holidays, or foods, or folk dances? Sometimes it can be valuable to do a little bit of research on the community they lived in, or even world events, to better understand something of the life of the person you are seeking. History, whether it is family or community, comes alive when it contains more than dry dates and statistics.

Research tools can be as simple as a notebook, index cards, and a pencil. Several different types of affordable computer software applications are

available to help organize the large amount of data that genealogical research always produces. The Church of the Latter Day Saints are justifiably famous for their work in genealogy, and provide excellent instructional and research resources through their website at [www.familysearch.org](http://www.familysearch.org), including printable forms and even free PC software. Many other online groups provide family research records, and sometimes even online repositories for your research.

Since one community might produce hundreds of, say, men named "Robert Smith," keeping accurate track of leads regarding possible birth, death, or marriage dates, middle names, religious affiliation, occupation, or other tidbits uncovered in your search is quite important. And don't forget, many families "recycle" names through cousins and even inter-generationally, so it's possible that you are related to all the Robert, Bob,

and Rob Smiths in one area: one is your great-uncle, one is your great-cousin, and one is your great-great-grandfather. Keeping track of your notes, and using paper or computer-generated pedigree charts, can help you keep these identically-named people separate as the individuals they were.

Many of the dead people I see are located in graveyards large and small throughout Alberta. Graveyards are fascinating places to visit, and many details such as an exact birth or death date can be gathered from them. Graves may have interesting quotations or statements about the deceased, and in some places may even include a photograph or some other personalized image. Taking photographs or even making a gravestone rubbing (rubbing charcoal over a large piece of paper covering the grave marker) can be a good way to document these many details. If you are uncertain as to where a particular relative

may have been interred, you can use resources such as the Alberta Family Histories Society ([www.afhs.ab.ca](http://www.afhs.ab.ca)), which has made a significant number of cemetery records available online. The Alberta Family Histories Society also contains a number of links and resources of particular interest to Albertans. While Alberta is only 100 years old as a provincial entity, traders were working in parts of what is now Alberta in the 1700s, and aboriginal families were established before even then.

Seeing the people of your past is a fascinating adventure that can involve libraries, the Internet, and even travel to places far and near. And who knows? If you take advantage of registering your search information on some of the databases on the Internet, you may even meet a long-lost relation looking for information on whatever happened to his family that moved off, back in the day.

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### TRAITS OF SUCCESSFUL FAMILIES

- (in order of importance)*
- Communicates & listens*
- Trusting and trustworthy*
- Is affirming & supportive*
- Teaches a sense of right & wrong*
- Teaches respect for others*
- Shares leisure time*
- Is responsible for family welfare*
- Has a sense of play & humour*
- Respects privacy of family members*
- Shares religious beliefs*
- Has two parents living at home*
- Values family traditions*
- Seeks help with problems*
- Encourages individuality*
- Financial security*
- Has a base of parental rules*
- Respects elders*
- Shares similar values*
- Allows for negotiation of family rules*
- Values a college education*
- Prays together*

## PAAFE Family Impact

*In Our Own Words: How Families are Hurt When Loved Ones Are Involved in Sexual Exploitation*

"I represent the people left behind when a man goes out to cruise and pick up women on Edmonton streets: the wives, children, extended family and friends of these men.

The biggest factor is that, in my husband's eyes, I was someone who could be lied to, deceived and cheated on. All the time that he was telling me that he loved me, he knew he had a secret to hide. He also knew there would be profound effects when it came into the open, yet

he persisted in his behaviour. When I discovered what he had been doing, I was devastated. I spent many weeks in a kind of numbness trying to deal with the horror of it all. My sense of my self-worth was deeply damaged. This was a hard place to be. It was a long time before I was able to say that it was his lies that were the problem. Our three children were left deeply scarred by their father's activities. The stable home and happy marriage that they thought was the truth was in reality a myth. Two of them have had challenges completing their post-secondary education, which affects their

future. They have had difficulties in relationships and have had problems relating to people of the opposite sex. They are torn between both of us and as a result, they are under terrific tension. They don't know who to believe because they don't know who to trust.

There has been a deep effect in the wider community, too. Friends, family members and acquaintances struggled to deal with the knowledge that there was another side to this man they thought they knew. People were angry at being deceived by someone who seemed to be such a good leader in the church."

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# A Community to Live, Work and Play In

By Dawn Freeman

In the summer of 2005 Chris Hayduk and his family found the perfect house in the area they wanted – northeast Edmonton. “I used to live in McCauley before I was married,” says Hayduk. “I moved into my wife’s place in Laurier Heights, but we always talked about moving back to the inner city.” He loves the community, and he works downtown so now he can easily ride his bike or run to work.

“I find that the community is very tight; everyone seems to know everyone and there is a lot of community involvement. It’s also very eclectic, very diverse, it’s a neat mix,” says Hayduk with a smile.

His child goes to a local school and he has been very impressed with that so far. In addition, he likes the proximity and convenience of amenities. “We can walk to the parks

and playgrounds, the store and around the neighbourhood. We’ve been shopping on 118th Avenue a few times too.”

Hayduk also likes the family aspect to his neighbourhood. “Within a week of us moving in, our child was playing with the neighbour’s kids and because of that we have got to know other parents on the block. Because kids play with kids, adults get to know each other and that just adds to the community spirit.”

As well, Hayduk says it plays an important part in community safety; if you know your neighbours you are more likely to notice if things are not

right with their property. This aspect is especially important to him because, unlike many of us, Hayduk gets to work in his neighbourhood as well as live and play. And his job is a very



important one for all of us determined to clean up our community – he is a Constable on the Derelict Housing team for the Edmonton Police Service.

“I worked patrol for four years, then was moved to the

Derelict Housing unit where I have been kept very busy for the last three years,” says Hayduk. Complaints come to him from the community as well as from other police officers who are in the houses on calls. All complaints are logged and are looked into as quickly as possible, and if problems or anomalies are spotted they are followed up on, quietly but thoroughly.

In fact, the recent arrest of Carmen Pervez for mortgage fraud (see page 3), started with Hayduk. He investigated for a year before passing it on to the EPS Economic Crimes unit because of the scope of it. Much of his work, like the year

spent looking into Pervez and his activities, is invisible to the public. But Hayduk wants to assure people that as the community Derelict Housing Officer, he is working hard on these issues. “We’re here and we are looking into it.”

Hayduk is watching avidly to see what the Revitalization plan for the area will bring. He says that he has already seen improvements made in the seven years he has been working with the EPS out of the Downtown division. He is especially pleased to note all the redevelopment replacing houses that Derelict Housing has been involved with demolishing since 1999 – as of a year and a half ago to his informal count, it was a whopping 53%.

“The interest is here in the community, the potential is here, and I’m really curious to see what more the Revitalization plan will bring us.”



Would you like to ‘Lend a Hand’? The Canada Revenue Agency offers free volunteer tax training sessions to community organizations and individuals across the country and provides volunteers with a kit of handy reference material. If you are interested in helping individuals in your community, who cannot do their return and cannot afford to pay someone to do it for them, call 495-4770 or visit our website at [www.cra.gc.ca/volunteer](http://www.cra.gc.ca/volunteer).



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## A Safe Place for Kids to Hang Out

By Carolyn Givens

Back in 1992, three seniors started with a vision, and not much else; thirteen years later Crystal Kids has grown into a facility with a full-sized gym, a boxing area, kitchen, computer/study room and a compliment of staff that caters to an average of 60 and up to 90 kids a night. However the historical roots of Crystal Kids still sets the tone and drives the organization’s services and goals today. The bottom line – they recognize that in an area plagued with high poverty levels, youth are floundering with little access to healthy, affordable recreational options.

When talking to the acting executive director, Gord Stewart, it became clear that aside from the actual activities offered to youth, the organization functions like an extended family. They have clearly defined expectations of behavior, a desire for parental involvement, and a system that encourages accountability, respect, and contribution from the kids. Participants

are required to participate, not “just hang around,” and to keep things fair there are some restrictions, for instance, time limits on the computers. Fairness and accountability are also re-enforced through the youths’ own contributions, in terms of example and respect towards other people and the premises. While Crystal Kids can enforce a code of behavior when the young people

are at the center, they can’t take responsibility for what happens outside, prior to and after hours. But they do their best to work things out within their scope and to keep parents involved and informed. The staff get to know the kids and take an interest in them in a “big brotherly” way and they work as closely as they can with families and other resources in the community.

At the Centre, youth are given an opportunity to participate in basketball, floor hockey, volleyball, badminton, soccer, arts and crafts, ping-pong, billiards, air hockey, foosball, and



arcade games. They also offer a variety of traditional board games as well as videogames, homework help and a computer lab with access to the Internet. Youth over the age of 12 are given access to a free boxing club located within Crystal Kids Youth Centre. Avenue Boxing Club operates Monday through Friday from 6-8 pm. A Hip-Hop Program was recently intro-

duced; it includes hip-hop dance and break-dancing as well as hip-hop art culture, poetry, raps and rhymes, DJ mixing and much more. All recreational and leisure programs offered at Crystal Kids are well supervised by qualified staff and volunteers who have passed security and child welfare clearances.

A Snack Program is also offered. Kids receive a light snack when the doors open each day, such as a granola bar and juice or fruit/veggies and dip, followed by the daily featured hot snack at 5 pm, such as spaghetti, Kraft Dinner or french fries. This is provided with the help of local Food Banks as well as by donations of fresh food and monetary gifts from the community.

Crystal Kids also offer affordable gymnasium rental to community sports organiza-

tions. As with all non-profit organizations, Crystal Kids activities and services are determined by funds available. Gord and his staff have some great ideas of what they could further provide youth in our community, including bridging some of the gap between our local community resources. Crystal Kids has been made possible by an impressive effort from the business and corporate sector, from government, and from foundations, in the form of fundraising events, donations, and grants. Crystal Glass has obviously played a major role and there are many others on a long list. The organization also pays tribute to a “core of dedicated volunteers” that are an essential and valuable asset.

Crystal Kids Youth Centre is open Mon, Tues, Wed, and Fri from 3 pm to 8 pm, Thursdays from 2:30 pm to 8 pm, and Saturdays from 12 pm to 5 pm.

For more information call **Crystal Kids** on 479-5283 or visit their website at [www.crystalkids.org](http://www.crystalkids.org).

# Anti-Social Behavior Orders and Acceptable Behavior Contracts

By Jim Maxwell

This article started out in response to a neighbour's experience of being threatened by a group of pimps and drug pushers while on the way to work in the morning. She chose to walk along a street to a bus stop on 95 Street where a number of incidents convinced her to take an alternate route. The police told her that unless the individuals actually did something and there were witnesses, they couldn't do anything. Intimidation, harassment, and threats did not count. She was not walking down dark alleys at three in the morning; she was on a residential street two blocks from where I live and her human rights were clearly being violated. Unfortunately the Human Rights Act only protects your rights from officials of the government. If the police or members of government had accosted her there would have been a quick remedy. As it was, she was approached by individuals engaged in criminal behaviour and there was nothing to be done until after a tragedy occurred.

It struck me as backwards that we have laws to protect us from the "good guys" but not from the "bad guys." A neighbour suggested that I take a look at a process the British have developed called Anti-Social Behavior Orders – ASBOs and Acceptable Behavior Contracts – ABCs. Although they do not address the root causes of anti-social behavior they are an interesting and seemingly effective method of dealing with intimidating individuals.

John Denham, who was the British Minister of State for Crime Reduction, Policing and Community Safety from June 2001 until March 2003, said:

"Of the problems which affect neighbourhoods . . . Anti-Social behavior – covering as it does a whole complex of thoughtless, inconsiderate or malicious activity – has perhaps the greatest potential to blight the quality of community life. Every week

I hear of aggressive or loutish behaviour which can cause something close to despair among people who are forced to put up with it. Anti-social behaviour is never victimless, and too often the victims are the elderly, the minorities, the poor, and the vulnerable. But as a society we can fight back."

According to a British Home Office directive of that time, anti-social behavior is behaviour that causes or is likely to cause harassment, alarm, or distress to people who are not in the same household as the perpetrator and can take the form of:

- graffiti
- abusive and intimidating language
- excessive noise, particularly late at night
- drunken behaviour in the streets
- dealing drugs
- prostitution
- harassment of residents or passersby
- criminal damage or vandalism
- engaging in threatening behaviour in large groups
- racial abuse
- smoking or drinking alcohol while under age
- substance abuse
- joyriding
- begging
- assault
- vehicle crime

ASBOs and ABCs are designed to put a stop to problem behavior rather than punishing the offender. ASBOs are civil orders that contain conditions prohibiting the offender from specific anti-social acts or entering defined areas and

are effective for a minimum of two years. The orders are not criminal penalties that punish the offender; they are community-based orders that involve local people not only in the col-

lection of evidence but also in helping to enforce breaches. By their nature they encourage local communities to become actively involved in reporting crime and disorder and contributing actively to building and protecting the community. The civil nature of the order means that hearsay evidence can be heard and the identity of witnesses can be protected. This is especially important as cases often involve anti-social behaviour in residential areas by local people, where those targeted by the behaviour feel unable to come forward for fear of reprisals. The welfare and safety of residents whose complaints form the basis of any action must be the first consideration at every stage of the process. They are faster to implement since they do not have to go through the courts and so enable the public to be protected from anti-social behaviour more quickly. Breach

of an order is however a criminal offense and criminal procedures then apply. Orders may also be made on conviction of a criminal offense. It should be noted that it is the effect or likely effect of the behaviour on other people that determines whether the behaviour is anti-social. Intent does not have to be proven. An order can be made against anyone aged 10 years or older. Orders are highly effective in public spaces such as parks, shopping centres, and transport hubs.

It is essential that parents and guardians take some responsibility for the behaviour of their children. Parenting orders are civil orders that help parents address their child's offending behaviour and involves counselling in dealing with adolescents. It may also include the requirement that parents ensure the child attends school regularly, avoids certain places, or is home by a certain time at night. If the parent does not comply and the child commits a prosecutable offense the parent can face serious penalties.

An effective media strategy is essential if local residents and businesses are to be aware of orders and their implications. The purpose of the strategy is:

- to increase community confidence in reporting anti-social behavior and expectations that it can be reduced
- to deter potential offenders from anti-social behavior
- to ensure that the local population is aware of ASBOs

to ensure that potential witnesses are aware of the support available to them

## ACCEPTABLE BEHAVIOR CONTRACTS

An ABC is a written agreement between a person who has engaged in anti-social behavior and one or more local agencies whose role is to prevent such behavior. The contract specifies a list of anti-social acts in which the individual has been involved and which they agree not to continue. ABCs have been useful in preparing ASBO applications as they indicate to the court that the offender is unwilling to change their pattern of behaviour voluntarily. ABCs should be well publicized amongst young people, particularly in schools and other agencies dealing with young people. An ABC typically lasts six months, although any reasonable term may be specified. If the contract is breached there must always be a response. This can be in the form of a verbal or written warning, interview, or proceedings for an Anti-Social Behavior order. Details of ABCs should not be released but the fact that a number of young people have signed them should be publicized. This will act as a deterrent to others as well as encourage the participation of the community.

ASBOs and ABCs have worked in Britain with varying degrees of success. Are these methods something which we should consider here in Alberta? The upside is increased safety in neighbourhoods; the downside may be a reduction of freedom/curtailment of some human rights for people involved in anti-social/criminal behavior.

*This article was written as part of a study by the CAP Committee on Bylaws and is meant to stimulate discussion on what can be done to make our streets safer and more enjoyable. Replies are welcome and should be addressed to the author care of the Rat Creek Press.*



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## Norwood Neighbourhood Association

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The Norwood Neighbourhood Association (NNA) is a vibrant institution committed to building the capacity of our community. We do this by sharing stories and ideas; sponsoring important local social initiatives; networking with our neighbours and with local institutions; and by hosting local events that bring our neighbours together.

In the past two years the NNA has been a proud sponsor of the following initiatives:

- The Norwood School Parent Council to enhance their library and provide a hot breakfast and an after school program.
- The Alberta Avenue Community League to sponsor an indoor playground for local residents.
- The Rat Creek Press to connect and inform local residents about events and things that matter to them.
- The Community Action Project to address the broader social issues that lead to poverty, crime, and prostitution that are endemic in the inner city
- "Artists on the Avenue" a local event that features Norwood artists and provide residents with a free culturally enriching experience.

The NNA has also hosted local events (approximately four each year) including a very successful annual Canada Day celebration that has brought out hundreds of residents each year to meet each other, eat, have fun, and celebrate our community.

The NNA does excellent work in our community. I am thoroughly impressed by our board's commitment to do right by our community and society.

If you live in Norwood and if you

- Believe in the importance of community
- Have ideas about how to make Norwood a better place to live
- Want to feel more connected
- Want to meet new people and have a good time

Then...Join the NNA

Our meetings are held the 2nd Wednesday of the month in the boardroom of the Norwood Child and Family Resource Centre (9516 - 114 Avenue). The next one is on February 8th at 7:00 p.m. Just press the buzzer top right of the front entrance and be a part of something fun and important.

Sincerely,  
Darcy Fleming, President

## All Parents, Working and Stay-at-home, Benefit from Expanded Child Care Plan

In October 2005, the Alberta government released its new five-point early childhood development and child care plan committing \$489 million over five years. Working parents received an increase in the child care subsidy and income thresholds were raised allowing more families to be eligible for subsidies.

And for the first time a benefit for stay-at-home parents, even those with middle incomes, has been introduced. The Childcare Benefit Program will support eligible stay-at-home parents/guardians with the costs for their children attending nursery schools or

other approved early childhood development experiences up to \$1200 per child per 12 consecutive months. A two parent family with two preschoolers would be eligible if their income was under \$74,700. Call 644.1366 to check your family's eligibility and get an application form.

After your application is approved, Children's Services will need a copy of your registration at the approved program along with start and end dates so they can pay monthly fees directly to the service provider. Most nursery schools should be approved and have parent application forms available.

Any community-based service that provides opportunities for children, either on their own or with a parent, to participate in activities that promote healthy childhood development can submit an application to become an approved program. Service providers can get more information and applications from the Regional Service office - call Corime at 427.0959

The Alberta Children's Services Parent Information Line at 644.1366 is available to answer your questions about early childhood development or childcare programs and services (9am to 9pm, Monday to Saturday).

## Avenue Food Coop

Have you been looking for organic food, like raisins or flour or even ice cream, but been scared away by the cost? Or how about some food for that person in your family that has food allergies? It's expensive when you are trying to eat right.

Realizing that, a group of people came together four years ago to talk about how to access high-quality organic food or food for diet-restricted people. A supplier was located and the Avenue Food Coop was born. Joy and Arthur Dyck, who live in Alberta Avenue, have managed the Coop since its inception.

The size of the Coop has grown over the years and now includes about 30 families. Their orders are placed quarterly with the next order scheduled for the beginning of March. On the day that the order arrives, five or six volunteers from the Coop sort the order into individual orders. It looks like chaos when this is happening, but in a surprisingly short time the individual orders are ready for pickup.

Sharing products is a popular feature of the Coop. Many products are only available in case lots or in bulk, so members often look to other people to

share. The Coop has a mailing list, which has proved to be very useful. When people are ordering something they want to share, they just post an email to the mailing list, everyone gets the message and it doesn't take long for the case quantity to be completed.

Last September, the Avenue Food Coop launched their new web page, which includes an online store. People interested in the Avenue Food Coop can find more information, including contact information, at their website at [www.avefoodcoop.ca](http://www.avefoodcoop.ca).

## Helping Children Access Physical Rec Programs

Jumpstart, an initiative from the Canadian Tire Foundation for Families, is a program to assist low-income families accessing physical recreation program for children ages 5 through 18. The goal of Jumpstart is to increase physical activity thereby preventing diseases related to physical inactiveness like Type II Diabetes and obesity.

Jumpstart dollars can be applied to registration fees

for programs such as learn-to-swim, soccer leagues, basketball leagues, baseball leagues, gymnastics, dance classes, etc. All funds, to a maximum of \$200 per child, go directly to the recreational agency that a child/youth registers in. Day camps do not qualify.

Contact Jackie McGowan at 429.5717 at the YMCA Enterprise Centre for more information.

## Free Access to Recreation Centres for Residents with Low-Income

City Council approved a \$450,000 budget request from Community Services to give low-income resident unlimited access to City recreation facilities. The Leisure Access Program replaces the Fee Reduction Program which only gave residents twelve admissions at one-quarter the regular cost.

In the past, 13,900 Edmontonians took advantage of the reduced rates which is only a fraction of the estimated 160,000 people who qualify for the program. Community Services is hoping to see a 30 percent rise in facility usage. The new Leisure program gives unlimited free access to all city swimming pools, leisure centres, arenas as well as Fort Edmonton Park, the Muttart Conservatory, the Valley Zoo and Victoria Driving Range. The program will also continue providing recipients with three adult/senior programs

or four child/youth program at one-quarter the regular cost.

If you are eligible for the Leisure Access Program (see sidebar), call 496-4918 to request an application form or download one from [www.edmonton.ca](http://www.edmonton.ca) (click on Attractions & Recreation then Recreation Centres). You will be required to send a copy of your latest Notice of Assessment from Revenue Canada (2004 right now), any other income documents as well as a utility bill (as proof of residence).

Anyone already receiving the provincial Health Benefit Card automatically qualifies and can go directly to a rec centre with their card and photo ID and get their annual membership card.

Program recipients will receive an annual membership card exactly the same as all other membership cards.

### LEISURE ACCESS PROGRAM QUALIFICATION

If your total pre-tax income is below the following thresholds you are eligible:

Family Size	Household Income
1	\$18,371
2	\$22,964
3	\$28,560
4	\$34,572
5	\$38,646
6	\$42,719
7+	\$46,793

If you are eligible for the Leisure Access Program, call 496.4918 to request an application form or download one from [www.edmonton.ca](http://www.edmonton.ca)



\* spring break skate lessons : march 27 - 31 (please e-mail for more info.)

9030-118 ave, Edmonton Tel: 477-2149  
e-mail: [skate@avenueskatepark.com](mailto:skate@avenueskatepark.com)  
[www.avenueskatepark.com](http://www.avenueskatepark.com)

# Community Programs

## FITNESS

### SOLDIERS OF FITNESS CAMP

The focus of the camp is **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 a high energy, result-oriented and fun course.

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

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

### 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 try out their new skills and techniques, as well as meet some other players in their neighborhoods. A great way 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

## PUBLIC SKATING

### PUBLIC SKATING

Free indoor Public Skating  
(Call 496.4999 for more info):

**Westwood Arena:** Sundays,  
3:15-4:15pm at 12040-97 St  
**Oliver Arena:** Tuesdays,  
6:15-7:15pm at 10335-119 St  
**Russ Barnes Arena:** Saturdays,  
5-6pm at 6725-121 Avenue

Community Outdoor Rinks:  
(open weather permitting):

**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  
5-7:30pm; Shiny 7:30-9pm.  
Sat Public 1-6:30pm; Shiny  
6:30-9pm. Sun Public noon-  
6pm. Call 474.7552.

**Sheriff Robertson Park:**  
(82 St and 111 Ave). Contact  
Parkdale for details.

## 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-6pm on Wed

**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!

Capital Health invites you to a meeting about our community's new

## Primary Health Care Centre

You are invited to an information and planning session for the new **Primary Health Care Centre** planned for the former Cromdale School site at 79 Street and 112 Avenue.

### Date & Location:

February 8, 2006  
Bellevue Community League  
7308 - 112 Avenue

**6:30 P.M. – 9:15 P.M.**

Please arrive by 6:30 to fully participate.  
Children Welcome

### Meeting Overview:

- Receive background information and overview of the project
- Have opportunity to pose questions directly to architects, planners and health care providers
- Provide your ideas in a workshop format on the design of the new facility

Capital Health's new **Primary Health Care Centre** will be staffed with family physicians, registered nurses and other professional health care providers. The new centre will be a state-of-the-art, one-stop location for most of your medical needs and will bring a variety of health and medical services to everyone in your community.

Information: 401-2668 or [www.capitalhealth.ca](http://www.capitalhealth.ca) email: [newcentre@cha.ab.ca](mailto:newcentre@cha.ab.ca)

**Your Primary Health Care Centre**  
Capital Health — Investing in your community



Edmonton and area

**Alberta**



## 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

## 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**



NINA HAGGERTY  
CENTRE FOR THE ARTS

## Family Art Night

At Nina Haggerty  
9702 - 111 Avenue

A series of art nights that touch on a variety of art forms.

Classes every Thursday from 6:30-8:00 pm. FREE thanks to a community grant. Limit of 25 so please register. Call Marta Beranek at **474-7611**.

**Feb 9** Printmaking! Learn how and why artists make prints, and then use styrofoam, leaves, yarn and other found objects to create your own prints.

**Feb 16** Create your own paper lantern using balloons and rice paper.

**Feb 23** Have fun while you paint without using a brush! We will experiment painting with unconventional media.

**Mar 2** Painting and drawing the landscape.

Children must be ages 5-12, and be accompanied by at least one adult. Registrations will be accepted on a first come, first serve basis. People can begin calling to register on the Friday prior to the class. The Nina Haggerty Centre for the Arts is a non-profit artist studio that provides a supportive, non-competitive environment in which to make art.

## SPRUCE AVE RESIDENTS

**Free Learn-to-Skate** for preschoolers 3 to 5 years and school age children 6 to 10 years on Thursdays Feb. 2 to Mar. 9 at the Spruce Avenue Community rink located at 10240 - 115 Avenue from 3:45 - 4:15pm for preschoolers and 4:30 - 5:00pm for school age children. Call Verna at 479.8019 to register.

**Free Swimming** at the MacEwan Centre for Sport and Wellness located at 10700 - 104 Avenue is available for Spruce Avenue Community League members every Sunday from 2:00 - 5:00pm. You must present your 2005 - 2006 community member card. If you need a membership call Ray at 474.5354 or call Verna at 479.8019 if you need more information.

**Family Day Fun Event** is to be held at the Spruce Avenue Community Hall on Saturday Feb. 18 from 1:00 to 5:00pm. Come with your family and enjoy free hay rides, snowshoeing, skating, face painting, crafts, hot dogs and hot chocolate. There will be fun for all.

Monthly meetings have changed day! Your community league meeting is now on the second Monday of the month at 7pm at Spruce Avenue Hall.

**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



Edmonton  
Public Library

**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**

**Franklin the Turtle Visits the Library**  
2 p.m. Friday, Feb 24.

**Fabulous Readers' Club**  
2 p.m. Saturday, Feb 11.  
Grades 4 and up.

**If You Give a Pig a Party**  
6:30 p.m. Tuesday, Feb 28. If you let a pig into the library, she'll want to read some books. A great big party with games and crafts and stories.

**Star Wars Movie Nights**  
5:30 p.m. Thursdays, Feb 2-16. Watch the original "Star Wars" trilogy.  
Ages: 10 years and up.

**An Afternoon of Unfortunate Events**  
2 p.m. Saturday, Feb 4. We will be recounting the most unfortunate events of the Baudelaire orphans. This program involves such miserable occurrences as glum games, awful activities and, possibly, even carnivorous crafts. Ages: 9-14.

**YMCA at the Library**  
3-5 p.m. Wednesday, Feb 22. Information for kids and teens on community programs and resources.

**HOURS**

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

**TEENS**

**Making Hemp Bracelets**  
2 p.m. Sat Feb 18.  
Ages: 12 - 18 years

**D.I.Y: Do It Yourself**  
2 p.m. Sat Feb 25. Homemade Bubble Bath. Ages: 13-18.

**ADULTS**

**Yoga for Beginners**  
6:30 p.m. Mondays, Jan 30 to Mar 13. This introductory program will guide participants to physical well-being through a series of gentle yoga exercises. Teens are welcome.

**LIBRARY PROGRAMS**

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

**NORWOOD CHILD & FAMILY RESOURCE CENTRE**

**PRE-SCHOOL PROGRAMS**

**Books for Babies**  
Read stories and sing songs. For ages 12 months and younger. 10-11:30am, Wednesdays, March 1-22.

**Rhymes that Bind**  
Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch. Newborn to 3 yrs. 11:30am-12:30pm, Wednesdays until Mar 22.

**PARENTING**

**Make Parenting a Pleasure**  
Parenting group with a focus on children 0-6 years. Wednesdays, 1:45-3:45pm Feb 8 to May 31.

*Call and register for all programs unless stated otherwise.*  
9516 - 114 Avenue  
Ph: 471.3737



**UPCOMING EVENTS**

**FEBRUARY 8**  
6:30-9:30 Info session on new primary care health centre to be located on the grounds of the former Cromdale School. Come share your views and have input on design. Bellevue Hall 7308-112 Avenue.

**VALENTINE'S DAY**  
Fort Edmonton Park Valentine's with Terry McDade and Harpe Jazz Sat, Feb. 11, 7:30-9:30pm or Tues, Feb. 14, 7-9pm. \$25 (includes dessert and coffee).

**John Walter Museum Valentine's Day Cookies**  
Make a tasty treat on a wood-burning stove. FREE. Sun, Feb. 12, 1-4pm.

**Fort Edmonton Park Valentine's Party (3-5 yrs)**  
Home-made cards, cookies and juice and old fashioned games for the kids. Tue, Feb. 14, 9:30-11am. \$14.

**Muttart Conservatory Sweetheart Stroll**  
Tues, Feb. 14, 7-10 pm. Tickets on sale Jan. 18. \$7.50 adult, \$6.50 youth/senior, \$4.25 child.

**FEBRUARY 18**  
**Family Day Fun Event**  
At the Spruce Avenue

Community Hall from 1-5pm Sat, Feb. 18. Come with your family and enjoy free hay rides, snowshoeing, skating, face painting, crafts, hot dogs and hot chocolate.

**Silver Skate Festival**  
Sat, Feb. 18, 12-4pm. A celebration of winter activities at Hawrelak Park with free entertainment, sleigh rides and the opportunity to try speed skating and sledge hockey.

**FEBRUARY 20 FAMILY DAY**  
**Family Day at the Provincial Legislature**  
Noon-4pm. Free guided tours of the leg. every 10 minutes; Kids' carnival, entertainment, mascots, exhibits & free hot chocolate in pedway; Skating on the south grounds until 10am-10pm.

**Family Festival Downtown**  
Noon-4pm. Churchhill Square & other downtown locations.

**Fort Edmonton Park & the John Janzen Nature Centre**  
1-5pm. Dual admission: \$15/family, \$5.75 (13 yrs +), \$3 (2-12 yrs).

**Family Day Treasure Island at the Muttart Conservatory**  
1-4 pm. \$7.50 adult, \$6.50 youth/senior, \$4.25 child.

**ONGOING ACTIVITIES**

**Edmonton Crossroads Church** (Salvation Army)  
11661-95 Street 474.4324  
**The Sal: Teen Drop-in**  
Tue-Fri, 3:30-5pm.  
**Christian 12 Step Group**  
Mondays, 7:45pm.  
**Ladies AA Meeting**  
Tuesdays, 8pm.  
**Open AA Meeting**  
Thursday, 8pm.  
**The Haven: Food & fellowship**  
Fridays at 7pm.

**Worship Service**  
Sundays, 3pm & 6pm.  
**Fellowship, Coffee & Snacks**  
Sundays, 4:15pm.

**St. Faith's Anglican**  
11725-93 Street 477.5931  
**Thursday Service & Lunch** 12pm  
**Breakfast** Saturdays, 8:30-9:30  
**AA Meeting** Saturdays, 2pm  
**Sunday Service** 11am.

**Women's Supper & Fellowship**  
2nd Thursday of the month (Feb. 9) at 6pm.  
**Community Supper**  
3rd Friday of the month (Feb. 17) from 5-6:30pm.

**Edmonton Urban Native Ministry**  
At St. Andrews 8715-118 Avenue  
Drop-in centre Tues-Fri from 10am-4pm.

**Kitchen Help Required  
Temporary Relief Position**

Norwood Child and Family Resource Centre requires an individual to work with one other full-time staff to cover for holiday relief in our kitchen.

Our Nutrition Services provide snacks and meals for the children and parents in our programs. We require relief coverage from February 6, 2006 to March 10, 2006. Hours are 8:30 to 4:30 Monday to Friday.

The position involves food preparation and various kitchen duties. A Food Safe Certificate and previous kitchen experience would be considered assets. Please submit resume or letter of interest to:

Norwood Child and Family Resource Centre  
9516-114 Ave, Edmonton, AB T5G 0K7  
Fax: 477-1632

**CALLING ALL CREATIVE SOULS**

If you work or have experience in drama, theatre, dance, visual arts or music, we need you at a brainstorming session on how to grow the arts in our community on Tuesday, Feb. 28. Call Christy 471.3585 for more info.

**CHIEF OF POLICE TOWN HALL MEETING**

Downtown Division

Wednesday, Feb. 22  
from 7-9 pm.  
Victoria High School  
10210 - 108 Avenue