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Norwood School celebrates 100 years in the neighbourhood

JESSICA KIMMERLY

February 26, 2009 marks the 100th year anniversary of Norwood Elementary School. With the words, “Well made, well laid, well prayed, true and trusty,” Rev. Mr. Hogbin—the grand master of the Masons of Alberta—spoke at the laying of Norwood School’s cornerstone on May 28, 1908. The *Edmonton Bulletin* reported the event under the headline “Edmonton’s fourth public school.”

It was actually 1906 when the Norwood subdivision was formed between the Rat Creek (now 111 Ave.) and Alberta Ave. Two small buildings served as Norwood School until 1908, when the current building was established.

“It cost just under \$100,000 to build the school at the time, which in current money is just astronomical,” says Carmen Michaud, a current teacher at Norwood who is on the 100th Anniversary Celebration Committee. The Committee has been gathering information and planning a public celebration at the school for Saturday, February 21.

“It’s been fun hearing people’s stories about what buildings are still in the area.

For example, Arden’s Varimart is still there,” says Michaud. In her research, she has come across some surprising information. “The most interesting fact is when the school opened, there were two brothels in the neighbourhood that they had to move out of the area . . . And I guess a slaughter house as well.”

To commemorate the success of Norwood, the students are assembling the school’s history into displays. “We have tones of old pictures,” explains Michaud, “and there are several people organizing them into decades. And each class is going to be taking a particular decade and the kids are going to be researching those decades.” The result will be a display for each decade, which the public can view during the open house.

The open house will be a big part of the anniversary celebration. “We’re hoping—because we have a lot of pictures that don’t have names or dates other than vague time periods—



A NORWOOD SCHOOL PHOTO FROM 1910

to 11 a.m. The Master of Ceremonies will be Robert McClure, a former teacher at Norwood. McClure’s father was the principal of Norwood from 1963 to 1968, and will also be attending if his health permits.

“We’re hoping to have name tags that will identify what decade people came to the school in,” says Michaud. The 100th Anniversary Celebration Committee is eager to document as many memories and stories as possible by recording video interviews of alumni during the open house. “It’s a rich history we don’t want to lose,” Michaud says.

While Michaud insists they don’t want to make a huge deal out of the anniversary, there are plenty of reasons to attend the celebration. “This year is the 100th anniversary of the university, and I believe it’s the Edmonton Transit System’s [100th anniversary] as well ... this school is a big part of our history.”

Under that cornerstone laid 100 years ago, there is a time capsule. Inside it are: a set of postage stamps, the Edmonton School report for 1907, copies of the *Edmonton Journal*, the *Edmonton*

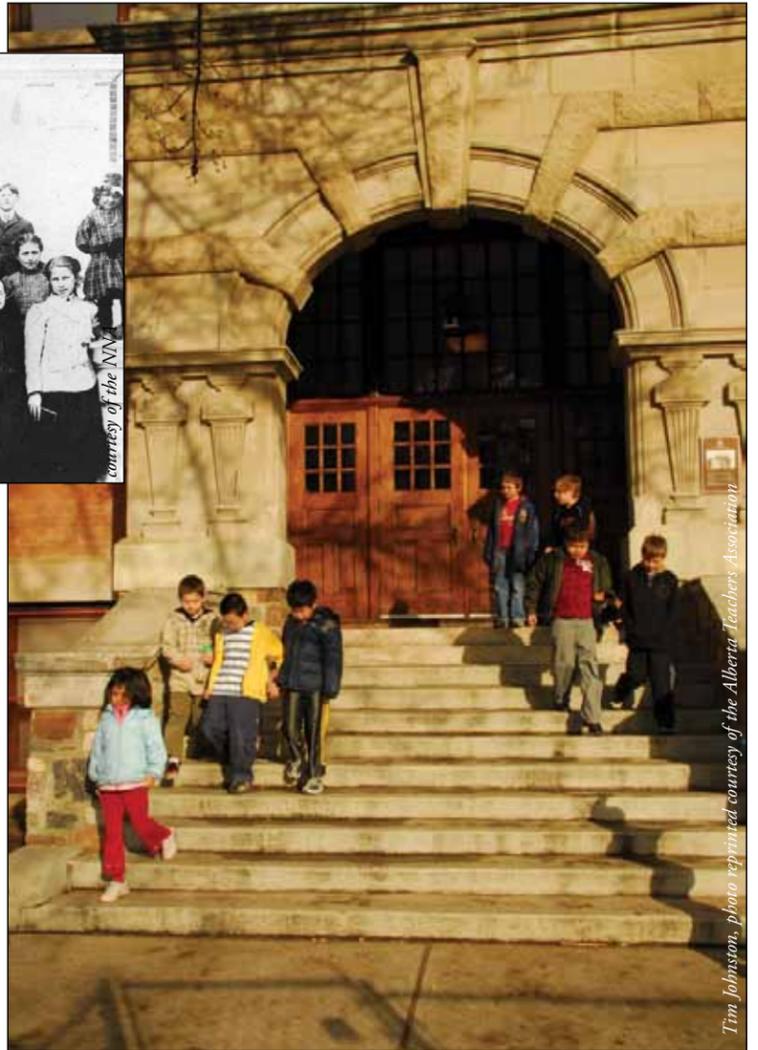
Bulletin, the *Saturday News*, the *Courier de l’Ouest*, the *Alberta Herald* and a scroll. The goal is to have these items displayed during the open house, but the arrangements are not final-

ized yet. (It can be a challenge to safely display 100-year-old documents.)

A new time capsule for 2009 will replace the old one. Instead of simply deciding what to place in the capsule, Norwood is holding a contest for ideas of what should go into the new capsule. Everyone can participate.

Don’t miss your chance to tour the inside of Norwood School during the open house (11 a.m. to 3 p.m., Feb. 21) and see some of Edmonton’s history. You may be surprised. Michaud says one of the things that really surprised her are “the alumni who come back and still remember things that happened when they were 10, 11, 12 years old. They still remember their teachers, and all those memories are linked to the school.”

To summarize everything she has learned through her research, Michaud adds, “it says how much schools everywhere remain the centre of the community—they are places that have meaning long after people have gone there.”



STUDENTS IN FRONT OF NORWOOD SCHOOL IN 2009



STUDENTS AND STAFF STILL VALUE EXERCISE IN 2009!



“PHYSICAL TRAINING CLASS” AT NORWOOD SCHOOL WITH THE CLASS OF 1917-1918

we’re hoping that people come and can identify them,” says Michaud.

Before the open house, there will be a formal program in the gymnasium from 10

Norwood School 100th Anniversary Celebration

Saturday, February 21

Norwood School, 9520 – 111 Ave.

Formal Program: 10 a.m. to 11 a.m.

Open House: 11 a.m. to 3 p.m.

Norwood School Facts

When the school opened, there were 400 students from grades one to eight.

Today, there are 150 students, from pre-school to grade six.

Renovations were done in 1997-98 to restore the original spindles and other woodwork.

Norwood’s foundation is built of stone about two feet thick.

The school was built with water fountains and toilets—a novelty at the time.

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

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I'll trade my abacus for your candygram



EDITORIAL
WITH JESSICA KIMMERLY

What do you get when you cross Valentine's Day with school? Lots of things, you might say. Cut-out pink and red hearts in elementary, awkward social dances at junior high, inappropriate PDAs in high school, and plenty on cinnamon and chocolate candies all around.

But nothing says "school" and "valentine" to me like candygrams.

What's a candygram? It's a bad idea. But more specifically, candygrams are student

council's solution to student spirit and participation—and conveniently the best way to fuel the school's popularity contest.

The week leading up to Valentine's Day, students can go to the student council table and order as many candygrams as they like. The

council representative hands the student a slip of paper for each candygram ordered. The student then writes down the name of the person she (or he) is buying the candygram for, and which classroom that person will be in at 2 p.m. on Valentine's Day. The transaction can be anonymous, but what's the point in that? (There is always the danger of being accused of sending an anonymous candygram to your own desk.)

Then 2 p.m. Valentine's Day comes around.

All students are hyper-aware that the candygrams will be arriving

soon, so all eyes shoot to the door when they hear three distinct knocks. The teacher rolls her eyes and doesn't say a word when the council representative bounds in with an armful of the coveted candygrams.

Up and down the aisles she goes, carefully reading the

tags on the bundles of chocolate hearts tied with curled red ribbon. Nobody says a word. There are four candygrams for the empty desk. (That guy

isn't in class because he is also a council representative and is currently delivering candygrams to the

science labs.) There is one for the fashionably aloof boy who always sits at the back and doesn't speak unless the topic is anarchy, and two for each of the three popular girls who always sit together.

Happy Valentine's Day. The purpose of surfacing the story of the candygrams is not to bash Valentine's Day. I have nothing against it, actually. The theme of this month's paper is "youth," and it forced me to think back to that dynamic time of life.

There is a lot to learn in

the time it takes to progress through the school system. However, little of it actually has to do with math or history. When I asked my par-

ents why I should be learning to calculate the volume of a head of lettuce when I never see adults whipping

out their measuring tapes in the produce department, they (mostly) agreed with me. They said school is about learning how to learn, how to understand society and how to be a part of it.

Really, the candygram ritual was more than a silly Valentine's diversion. It was a lesson in anticipation, a test of self and a thesis about society. Eventually, I came to this conclusion—a message made of chocolate is sweet, but it doesn't say very much once it's gone.



There is a lot to learn in the time it takes to progress through the school system. However, little of it actually has to do with math or history

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Fantasy and Games

April:
The Art of Crafts

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CAP to launch “50 small victories”

The Community Action Project (CAP) recently welcomed a new Community Organizer, Alex Caldararu. With its new leader, CAP is ready to re-focus on the community with a new campaign, called “50 small victories.”

“CAP has been on hiatus for a little while,” says Caldararu. “Now that we’re up and running again, we have this 50 small victories campaign.” The goal is to run 50 small projects that will get community members involved in their neighbourhoods. The first small victory is a project called “Picker Stickers.”

The purpose of Picker Stickers is to reduce the amount of garbage that is littered when people rummage through your personal trash bags looking for cans and bottles. CAP will distribute Picker Stickers to the neighbourhood, and residents are encouraged to place that sticker on a separate bag with all their cans and bottles they would otherwise toss in the garbage. Passers by are then able to take the bottles without displacing the trash.

The Picker Sticker project will take place in the communities in which CAP operates—Alberta Avenue, Norwood and Eastwood. Stay tuned for the next 49 small victories!—JK

Small Business Start-Up Information Session

Are you ready to be an entrepreneur?

Are you aware of the challenges and opportunities of going into Business?

Edmonton Mennonite Centre for Newcomers, in partnership with The Business Link, is holding a Small Business Start-Up Information Session. Feb. 5, 3:30 to 6:30 p.m.

Location: EMCN - 11713 82 Street, Room #2-4.

To register, or for more information, please contact Ariela Cerna at 424-7709, ext. 254 or acerna@emcn.ab.ca

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New addition at AABA

Joe Holtz, Executive Director, is pleased to announce the hire of a part-time Administrative Assistant. Her name is Isabella Luke and she will be working at the AABA office Mondays, Wednesdays and Fridays from 8:30 a.m. to 12:30 p.m. The new Administrative Assistant at AABA will allow the Executive Director to spend much more “face to face” time with businesses on the Avenue. She will also help by dealing with matters such as marketing, communications, business recruitment and safety/security, among other things beneficial to our business members.

Isabella resides in our community and is originally from Fernie, B.C. She has an extensive background in bookkeeping and has been involved with non-profit groups for twenty five years both here and for several years in Victoria B.C. She is and has been an active volunteer with such organizations as Victoria Folkfest, Edmonton and Victoria Christmas Bureaus, Edmonton Fringe Festival, Dickenson Community Partnership and Eastwood Community Center. Welcome aboard Isabella!

Do you operate a business on the Avenue?

AABA is planning to form three new committees this year, covering marketing, new business recruitment and safety/security. Here is your opportunity as a business owner to contribute your ideas by joining one of these committees. If you can

spare a couple of hours on a quarterly basis, please contact Joe Holtz, Executive Director at 780-471-2602.

Promising New Year

2009 is promising to be a great year for the Avenue, including the start of construction for the second phase of Streetscape from 87th St. to 92nd St. and south side of 93rd St. New trees will be planted this Spring on Phase one from 82nd St. to 87th St.

Your suggestions welcome

We at the Alberta Avenue

Business Association always welcome any suggestions from both businesses and community residents as to how we can improve your shopping experience within our Business Revitalization Zone, spanning from Northlands to NAIT on 118th Ave.

New Website

We have a new website at www.alberta-avenue.com which will be updated on an ongoing basis with the latest news.

We wish everyone a happy and prosperous new year!

The screenshot shows the AABA website interface. At the top, there are navigation tabs: OPEN FOR BUSINESS, NEWS, INITIATIVES AND PROJECTS, CONTACT US, and DIRECTORY. Below the tabs is a large banner image of a street scene with the AABA logo and the text "WE'RE OPEN FOR BUSINESS". To the left of the banner is a "LATEST NEWS" section with three entries from October 2008. To the right is an "ABOUT AABA" section with a detailed description of the association's role and a list of "AVENUE ADVANTAGES" such as excellent transit routes and access to major routes.

AABA'S NEW WEBSITE CAN BE FOUND AT WWW.ALBERTA-AVENUE.COM



What's happening in Spruce Avenue Community

FREE LEARN-TO-SKATE LESSONS

Spruce Avenue Community Rink
10240 - 115 avenue

Every Thursday until March 5

4 - 6 year-olds 2:30 pm to 3:00 pm

7 - 12 year-olds 3:15 pm to 4:15 pm

Must have skates. Use of helmets are available at the rink. A referral can be made to Sport Central for skates. Please call Verna at 780-479-8019 to register.

SPRUCE AVE FAMILY DAY EVENT

10240 - 115 avenue

Monday, February 16, 1pm to 5pm

Winter fun, horse drawn rides, ice-skating, beef on a bun

Meetings: Second Monday of the month at 7pm
Hall address: 10240 115 Avenue Hall phone: 471-1932
League boundaries: 97 St to 106 St from 111 Ave to 118 Ave

An interview with Alba Home Decor “We strive to pass our savings on to our customers”

RCP: How would you describe your business?

AHD: Retail of new and used household furniture and electronics as well as a variety of pictures and home decorating items.

RCP: How and when did your business start?

AHD: Alba Home Decor opened in mid December 2008, and it is presently the only furnishing retail store on 118th Ave. Our prices are almost at garage sale price points—we strive to find merchandise that is well priced and then pass the savings on to our customers.

RCP: How do you measure and then analyze customer satisfaction?

AHD: Our aim is to customize our services to the client's needs. Many of our clients need delivery of merchandise to their homes, and others need to put merchandise on lay-away or even request that we hold merchandise for them without

a down payment. So far we have accommodated each client's requests. We measure our success through repeat clientele and the promotion of our business by existing clients.

RCP: What promotional activities do you conduct?

AHD: Advertising is one way of marketing our business as well as introducing the business to the neighborhood through fliers. However, the word of mouth is the most powerful form of advertisement. We have been lucky in that regard.

RCP: What values underpin your business; and how do you demonstrate these values in your external business relationship?

AHD: Our goal is to find suppliers and distributors who provide a good product at an excellent price point and to pass those savings on to our customers. We feel that there is a need and that there will be a greater need in the future for this type of service in the

community, as prices have soared over the past years and the customer did not have much choice but to pay premium price for the goods he or she purchased.

RCP: How is ongoing improvement encouraged within your business?

AHD: Presently we are purchasing locally (within Edmonton) to ensure local suppliers are in a strong position to continue providing services to Edmonton based businesses. We are also looking in the future at finding the best prices from outside in order to be able to continue to provide value to our customers. We plan to improve our business by widening the customer base through determining the need of the consumer and improving our business to fit the customer's needs.

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ALBA HOME DECOR



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WITH JAZZ WAYTT

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Andrew Larson - District 1 (east of 97 St)
Derek Tabaka - District 4 (west of 97 St)

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derelict.housing@police.edmonton.ab.ca

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Hello Highlands-Norwood!



Edmonton Journal's 2009
MLA Survey results are in:

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Crystal Kids: a safe haven

JENNA HOFF

Crystal Kids is a safe haven for our community's children—a place where they are welcome no matter what they are experiencing at home. According to Executive Director Miri Peterson, Crystal Kids welcomes 50 to 60 children between the ages of six and 17 daily. "We're doing a lot of preventative stuff," she says. "We're keeping the kids off the street, filling their bellies with food, keeping them warm, and keeping them safe."

Located at 8718 – 118 Ave., Crystal Kids runs a youth drop-in program weekdays from after school until 8 p.m., and on Saturday afternoons. Children play games and sports in the 4500 square-foot gym, do their homework on computers and enjoy a hot supper and quality time with caring adults.

"It's fun!" exclaims Brett Velthuis, 15, adding that Crystal Kids has taught him "respect for the people around you." Yout Mayuom, eight, agrees, "I like to play pool, and I like to play hockey. They have a big gym!" Nick Kolpin, 13, enjoys playing sports, having lots of fun, and visiting with the staff. "They're cool," he beams.

According to former area supervisor, Gene Vieve, Crystal Kids plays an invaluable role. "Kids feel safe here; they know they can trust the staff. I don't think they get so much of that at home. I feel that Crystal Kids is one of few positive things in many of their lives. When you work with kids you find you can build those positive relationships, and you know that they trust you."

Crystal Kids provides a variety of other programs, including a Wednesday seniors drop-in social, and a Tuesday moms-and-tots program (both include a free lunch). The organization is also a Food Bank depot, but Peterson stresses that to receive food, people must call the Food Bank first to register.

Crystal Kids also partners with Avenue Vineyard Church. The church uses Crystal Kids' spacious gym to hold their 10:30 a.m. Sunday services, and their Pastor, Wayne Thomas, also works as Crystal Kids' outreach worker.

Peterson is thrilled with the way Avenue Vineyard helps out where needed. Congregants volunteer with the seniors and food bank programs. "They're providing the manpower," she says.



BRETT, 15, A REGULAR ATTENDER AT CRYSTAL KIDS

However, she stresses that Crystal Kids is not religious. "I don't want anyone in the community to fear being associated with Crystal Kids because they think that we're forcing religion down people's throats. It's never done. We don't have prayer meetings here with the kids. It's a very clear boundary."

Pastor Thomas explains that helping the community is what his church is all about. "Jesus was pretty practical in the way that he tried to meet the needs of the people," Thomas explains. "He mixed in with the people—if people were hungry he fed them, if they needed healing he healed them, if they needed someone to listen. He would listen

and just loved and encouraged people. In the same practical ways, we want to be involved in the community, and we want to be a positive influence in this community."

Amazingly, although Crystal Kids receives no government funding, they offer all services free of charge. Peterson says it can be very difficult to meet their annual budget. "We're really trying to meet all the needs that we can."

Peterson says that most of Crystal Kids money comes from donations, a few small corporate sponsorships, and fundraisers (including a street dance and car show held by the Sherbrooke Community League every June). "Every year we fall short. We have not met our budget the last couple of years. We never charge our families anything, we never charge our kids to come, but we have to keep feeding them, and we have to keep the doors open."

Crystal Kids welcomes assistance from the community in the form of donations or volunteers. "We're always looking for volunteers to come



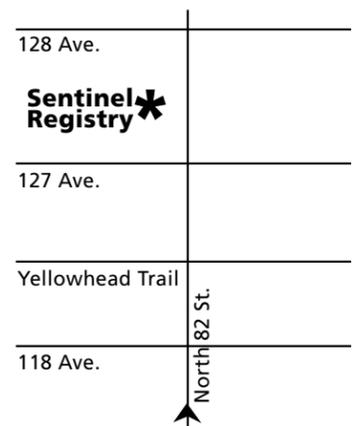
NICK, 13, IN THE 4500 SQ FT GYMNASIUM



KIDS AND STAFF AT THE COMPUTER LAB

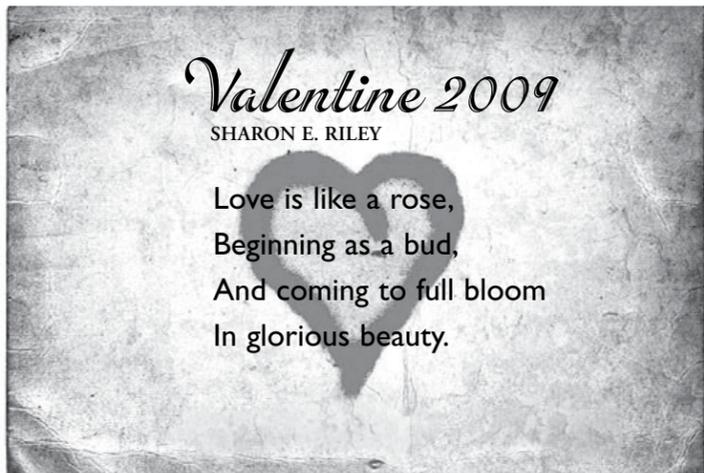
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Audition for a new theatre group on the Ave

CARLA RUGG

AVA PLAY is hosting auditions for community theatre. The Alberta Avenue Players (AVA PLAY) is a new theatre group, started by Carla Rugg and Frank Zotter. Both of them are residents of Alberta Avenue and have found a project that brings their respective experiences and talents together.

The play, *Unity*, is written by Governor General Award recipient (and Alberta Avenue resident) Kevin Kerr.

Unity is set in the fall of 1918 where the world is being ravaged by the deadly Spanish flu epidemic. This play is filled with rich conflict, dark comedy and touching romance. It's a heart wrenching story about the importance of community, especially in a time of war, and its subsequent fragmentation. We see a Canada coming of age and losing its innocence.

The purpose of this project is to give residents living within the Alberta Avenue Initiative area a chance to experience and participate in theatre first hand. The cast will consist mainly of people aged 16-23, and we are also looking for people of all ages and experiences to be stage technicians.

There is no cost to the par-

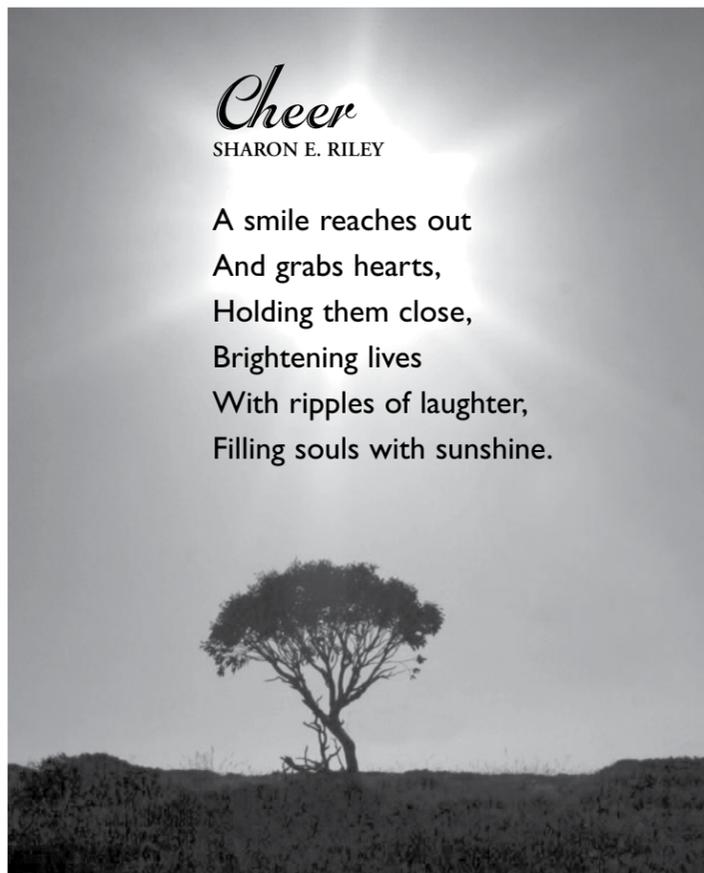
ticipants! We thank the Alberta Avenue Initiative for a generous grant to make this possible. We will expect our participants to sign a code of conduct and we will provide a letter of recommendation upon completion of the project.

Auditions are to start February first and second at the Norwood Child and Family Resource Centre, 9516 - 114

Ave. The performance is scheduled for March 27, 2009 at Workshop West Theatre/Third Space.

Anyone interested please contact: Carla Rugg at carla@carlarugg.com 780-264-6696 or Frank Zotter at frazotta@hotmail.com

We look forward to seeing you there!



ACTION FOR HEALTHY COMMUNITIES'

Voices Dialogue Participants

FEEDBACK PLEASE!

We've got questionnaires at the Carrot about AHC's Voices project and we'll be holding a draw. Drop in to the Carrot at 9351 - 118 Avenue and ask for details.

Contact Chris for more information
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People in Pants

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March 5



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Sights and Sounds of the Deep Freeze

MICHELLE EARL

The Deep Freeze Festival took place January 10 and 11 at the Alberta Avenue Community League, and my husband George and I attended for two hours. The theme was “Enchanted Forest,” and frankly, I wish I had brought my camera.

We walked onto the property and decided that we would explore outside first, since it was a beautiful day. As we walked into the back, we heard a sound that made our

ears perk up—power tools.

Yes, power tools. I had heard and seen people carve ice sculptures before, but only on television. It was interesting to see people using saws and other tools to do their carving. Not too far off, the sound of chisels was heard, something that a person might expect to hear in traditional sculpting. What a contrast!

Further on was a marvel of ice sculpture. It was definitely the crowning glory of the festival. This sculpture was of the enchanted forest and

had to be about six feet tall at its tallest point! George is blind and was able to enjoy this carving by touching it. He too was amazed at the intricate carving. He said things like “It’s like glass!” and “Wow, this is over my head!” It was fun to actually walk through it—like we were stepping into an enchanted world.

The next thing we both enjoyed was the giant chair. We both loved the nature of it. George loved it for the carvings, and me, I loved it for the fact that there were all the

elements of earth represented in this chair. I could imagine a guardian or spirit of the Earth sitting in this chair.

On the way back, we stopped to watch some children sliding down an icy slide. The sound of their cardboard mats going down the carved slide made us wish we were kids again.

Inside we went for something to eat and drink and to enjoy the music. While we were outside, we had been listening to the trio called Sweet Tweet, which enhanced

our enchanting experience, so we wanted to hear more. We looked at some of the wares of the artisans who were in attendance, and sat down to a relaxing time of good food and music.

There were a lot more activities happening, like broomball and skating, which made it a very active place. The festival was well done and organized, and I am glad it was expanded to two days this year. I would rate this festival as a five out of five ice sculptures.



Fletcher O'Grady



Fletcher O'Grady



Ian Jackson



Ian Jackson

ARDEE AND THE MISSING TREASURE

BY DARREN THEBERGE



Ardee peered out from underneath the sheets on his bed. He looked at the floor in his room wondering where the sun was. It always lit up the same spot on his carpet.

He looked at his curtains but they were dark. He knew it was morning because he could hear his Mom in the kitchen making breakfast, and his Dad was in the bathroom humming a tune while he shaved.

Ardee slowly slid off his bed and went to the bench by his window. He pulled back the blue curtains and pushed his face up against the cool glass to see what was outside.

Rain! "Oh no," thought Ardee. What was he going to do all day long if he couldn't go outside? Ardee ran quickly to his Mom.

"What am I going to do today?" he asked with a whimper. "It's raining out there." Ardee pointed towards the kitchen window where the rain was running down the glass.

"Oh, Ardee," his Mom laughed. "I'm sure you'll find something to do."

"What can I do?" he questioned with his hands on his hips. "There is nothing for me to do."

As Ardee turned to sit at the table for breakfast, his Dad stepped into the kitchen.

"You could always look for lost treasure," he suggested.

Ardee hopped up onto his chair with his chin low and a frown on his face. He put his head in his hands and looked at his Dad from the corner of his eye.

"What lost treasure?" he asked.

"Well...it's hard to say until you find it," answered his Dad.

Suddenly, Ardee's mind filled with thoughts of the treasures he had seen in his storybooks that Mom and Dad read to him. There was gold, diamonds and rubies. Ardee wasn't sure why these things were important but the people in the books were always super happy to find them.

Ardee rushed to finish his breakfast and then jumped from his seat.

"Where are you going in such a hurry?" his Mom smiled.

"I'm huntin' for treasure," announced Ardee.

Ardee skipped off to his room to prepare for the big search. He found a hat, a magnifying glass, a flashlight and a bag to carry the treasure.

He looked around his room and planned where he should start. "Uh-huh," he thought, "under the bed!"

Ardee crouched down beside his bed and reached for his flashlight. He flipped the toggle on the top of the flashlight and fell backwards when the light hit his eyes. He shook his head until he could see again.

"Oh yeah," he remembered, "Dad said never point the flashlight at your face."

Once he could see clearly, he placed the flashlight on the



floor towards the bed. He started reaching for the objects he could see. He pulled them out one by one.

“Hmmm,” he thought as he looked at everything. He found an old rolled up sock, a rubber ball and a box.

He picked up the sock and threw it in his laundry basket. The ball he tossed in his closet with some other toys.

He laid flat on his stomach and stared at the box. He slowly opened it.

He smiled as he pulled out a bright red car. Ardee had placed the car in the box a long time ago to keep it safe but couldn't remember where he put it.

Ardee put the car in his bag and continued his hunt for real treasure.

Off to the basement he went with his flashlight brightly showing the way. Ardee turned the corner at the bottom of the stairs and followed the light into the family room. He looked around searching for somewhere that could hide all the treasure. Ardee walked toward the big sofa in front of the television.

“There has to be treasure under there,” he said out loud.

He got down on his knees being very careful not to shine the flashlight in his eyes. He set the flashlight on the floor pointing under the sofa. He squinted his eyes and looked under the sofa.

He pulled out several objects that he put in a pile beside the flashlight. There was a half eaten cookie, a pencil, two pennies and a small fluffy brown bear.

Ardee picked up the bear and looked at it. The bear had two big dark brown eyes that warmly looked back at Ardee.

“Mr. Cuddles,” Ardee greeted cheerfully. “I haven't seen you for a long time. Have you been hiding here all along?”

Ardee gave the bear a big hug and gently placed it in his bag.

After several hours of searching, Ardee returned to his bedroom disappointed that he had not discovered any real treasure.

Ardee's Mom noticed him sitting on his bed.

“What's wrong Ardee?” She asked.

Ardee looked up, his eyes welling with tears. He was hunched over with his hands clasped on his lap.

“I didn't find any treasure,” he whimpered. “All I could find was my red car and Mr. Cuddles.”

Ardee's Mom sat on the bed next to him. She opened the bag and pulled out the car and the brown bear. She placed them on the bed and pulled Ardee into her arms.

“Oh Ardee,” she said gently. “Don't you know what you have discovered?” Ardee lifted his head and looked at his Mom.

“Sometimes the greatest treasures are the ones closest to our hearts.”

A wonderful feeling poured over Ardee. He hugged his Mom with all of his might and laughed as a tear softly rolled down his cheek.

He picked up the little red car and the small fluffy brown bear. He ran to his Dad shouting, “Dad! I found the treasure!”

Darren Theberge lives in Westwood with his wife and two boys.





PETER GOLDRING
Member of Parliament
Edmonton East

Public Money Must Be Spent Responsibly

The automotive industry, specifically the three large North American companies, Ford, Chrysler and General Motors, is facing problems and looking for government support.

American legislators rejected the first auto company aid package sent to Congress by the White House. Canadian government officials had discussion with the Canadian subsidiaries, but were waiting first to see what was going to happen in the US. Providing assistance to Canadian branches of American companies does not work if the parent company is going to be insolvent.

There is no serious argument about the need to help a troubled industry that employs so many. Were those three automakers to go under the estimated immediate job loss nationally is 323,100. There would be a further 258,900 jobs lost in the following five years. With that many jobs at stake governments have a duty to provide assistance if possible. But that assistance can only be provided if the automakers have learned from their past mistakes and will not repeat them. There is no point in helping an organization that will be in trouble again in a few years.

One major concern is the retirement allowance provided by companies such as General Motors. Workers deserve to receive the pensions they have earned and paid into. It is quite another thing for a money-losing company to grant retiring workers a "gift" of cash of between \$75,000 and \$125,000 and a \$35,000 vehicle. If the average retirement bonus is \$100,000 plus vehicle and 1,000 workers were to retire each year, then that adds up to \$135 million annually. A company that can give away that kind of money shouldn't need to look to government for assistance.

I think automakers should end retirement bonus if they are receiving bridge financing or other support from struggling taxpayers.

What do you think?

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health
& wellness
WITH JENNA HOFF

Easy winter exercise activities for children

Just because the weather is nippy and the snow keeps fluttering down, doesn't mean that children cannot continue to enjoy physical exercise and activities on a regular basis.

We all know that doctors recommend we participate in regular physical activity to maintain or increase our health—but it can be difficult for children to meet their exercise requirements, particularly on winter months when they must sit in school most of the day and it is dark and cold by the time they get home.

Here are some fun activity ideas to keep children moving. (As always, check with your child's doctor before beginning new exercises, particularly if your child has medical problems, is overweight, or has not participated in many physical activities up until now.) Be sure to dress

your child in warm winter clothing when outdoors, and provide adequate supervision during all activities.

Winter Wonderland Walk

Bundle up warmly, hold your child's hand tightly, and make an adventure of exploring your

neighbourhood together. Look for the highest snowdrift, the cutest snowman, and for signs of nature such as birds and squirrels.

Backyard Scavenger Hunt

Create a list (or draw pictures if your child is not yet reading) of common items that your child can find in your backyard or neighbourhood park, such as pinecones, rocks, twigs, leaves or other treasures. Children will enjoy hunting for the items on their list, especially if you have little prizes to award them when they finish.

Dance Extravaganza

On the days when it is just too cold to go outdoors, put on some music, and get ready to dance, wiggle and shimmy around your living

room. Children will think it is especially fun if you give them small ribbons to wave and twirl as they dance.

Animal Movements

Young children will enjoy pretending to be various animals in their living room or backyard. Have them crawl like a kitty, jump like a bunny, gallop like a horse, run like a cheetah or hop like a kangaroo. Not only does this help to develop early gross-motor skills, children think it is a riot to make animal sounds as they move!

Jenna Hoff is a former paediatric physical therapist who loves to combine her medical knowledge with her passion for the written word. Look for her Health & Wellness column coming up in the next few months.



Leanne McBean

"Rekindle" family and community bonfire

Historically, there has been a fair amount of mischievous and criminal activity in the park space around Eastwood School. This activity has resulted in damage, broken glass, graffiti and other risks to the children attending the school and families wanting to enjoy the park space.

In an effort to increase safety and encourage families to use the park space, we are hosting a community bonfire to relay the message that Eastwood School park belongs to people participating in fun, positive activities. Come join us on February 7 as we enjoy our park.

Constable Shane Brennan #2470
Capacity Builder, Connie Marciniuk
Youth Capacity Builder, Sarah Christenson
11845 81 St Eastwood
Community Police Station
780 944-8402



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as we

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Saturday February 7th, 2009

1:00pm to 4:00pm

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Roasted marshmallows
Activities
Hot Chocolate
Crime Prevention Info



Eastwood Elementary School
12023-81 Street





The Daring Diner
WITH ANGIE KLEIN

Zen and the art of sushi

I've always maintained that I have never found a cuisine I didn't like. And I still haven't.

There are a few things about sushi that I really quite like. But then I have strong reservations about some others. Being a sushi newbie, I brought along my expert taster.

We arrived at Zen restaurant at about 7:30 on a bitter cold Wednesday night. There were plenty of other diners out braving the cold, but we were still able to get a Tatami semi-private room where you take your shoes off. (One of the things I really like about Japanese cuisine). Tyra, my 11 year old daughter thought this

was pretty cool.

We were seated promptly, and asked if we wanted to order off the regular menu or the all you can eat sushi menu at \$25.00 per person. We opted for "all you can eat" and ordered our beverages. (The beer is another awesome thing about Japanese cuisine.)

The expert sushi taster (aka my fiancé Jeff) described all the wild and wonderful things on Zen's extensive all you can eat menu. In a very short time, our food started arriving, starting with a salad with sesame Thai dressing for Tyra (which was one of the more western dishes available) and our miso

soup. (One more for the list of things I like.) Jeff and I had all three varieties of sashimi offered on the menu, and to my surprise, raw fish is pretty good. I must admit that I am not a big fish eater, but sashimi is the highest quality and doesn't taste fishy.

Tyra tried the green onion cake, fried rice, NY steak teriyaki and vegetable tempura, which included a tempura yam that was really

good. She also went outside her comfort zone and had some of our maki.

We had ordered large California rolls (one of few dishes our pro taster didn't like) and Alberta rolls. Small cucumber, avocado, oshinko (Japanese pickle) maki rolls. Like mother like daughter, Tyra couldn't acquire a taste for the seaweed that everything is wrapped in. I found it tasted fishier than the seafood. (What I like least about maki.)



Angie Klein

Their sushi was lovely—Jeff and I tried the salmon, tuna, surf clam, mackerel, spicy tuna, beef and chop chop. (Made from scallops, this was by far the thing I liked most about sushi.) These were all served in the traditional raw fashion.

We also sampled the few cooked sushi offerings—crab stick (flavored pollock), shrimp and egg. Great for those diners who want the Japanese experience, but are not brave enough to go raw.

The bill came to \$100

including tip. We left with our bellies full and smiles on our faces. The service was prompt and friendly, the décor welcoming and clean and the price was very fair for this type of cuisine. I would definitely go back. And next time I would know what to order.

Until next time . . . Happy Eating!

Zen Shabu-Shabu Sushi & Grill Restaurant
10518 101 Street
780-428-1235



Angie Klein

avenue initiative revitalization

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



For information call
Judy Allan 496-1913
www.avenueinitiative.ca



Neighbourhood Matching Grant

The Avenue Initiative Neighbourhood Matching Grant is available for projects that will enhance, beautify, create a sense of community or improve safety. The Neighbourhood Matching Fund matches volunteer time or donations in kind up to \$20,000 for large community projects. The Small Sparks grant funds up to \$250 for small local neighbourhood events.

Think About Joining a Working Group!

Groups meet on a monthly basis to implement the Avenue Initiative. To get involved call Judy at 496-1913 or email judy.allan@edmonton.ca

1) Streetscape-- 1st Tuesday of the month

Working on details of the streetscape.

2) Development and Revitalization-- 1st Wednesday of the month

Responsible for planning and zoning issues.

3) Beautification & Cleanliness-- 2nd Wednesday of the month

Works on special events, community clean ups and beautification projects.

4) Safe Streets-- 2nd Thursday of the month

Works with EPS, Bylaw & Safe Housing to create a safe community.



Resident Profile
WITH HARVEY VOOGD

Justice is often rooted in conflict

"I like disputes," says Don Mitchell, "as they are an opportunity to resolve something." Negotiating and working with conflict is something Mitchell has been doing much of his life.

For the last eight years, Mitchell has worked for the Government of Alberta in the area of labour relations, currently as the Assistant Director of Mediation Services. "We appoint mediators to bargaining issues when necessary in labour disputes."

You could say Mitchell was born with negotiating in his genes. "My father was a pipefitter who built refineries and worked at the oil sands. I grew up in a union household. In fact, my father's union helped me through university with bursaries after my father died."

Mitchell and his family moved to Norwood in the spring of 1992. "We never thought we could buy a house. But it turned out the mortgage was equivalent to what we were paying in rent. The big motive for moving here was affordable housing. I think the area is still affordable."

The diversity of houses from different eras gave Mitchell positive first impressions of the area. "There is a lot of individuality. They don't all look the same. There are lots of character buildings. We also liked the trees and proximity to the river valley."

Over the years, Mitchell has grown to deeply appreciate his neighbours. "I lived in apartments for years and often didn't know my neighbours. When you have a house, you get to meet your neighbours."

Don was a city bus driver for 15 years before becoming the point person at City Hall for the Coalition of Edmonton Civic Unions (CECU). "I had been active in the transit union, so liaising with City Council on behalf of the city's unionized work force was a natural next step."

It was this job which led Don to his biggest passion, the Greater Edmonton Alliance (GEA).

A city reorganization in 1997 led to the loss of 400 union positions. According to Mitchell, "The civic unions looked around and said we don't have a lot of allies." CECU's search for allies led to Don being involved with the launch of GEA in January 1998.

"I was excited about really different groups such as unions, churches and organizations like the Community Action Project (CAP) getting together. It is not really supposed to happen because of different traditions and stories. But fundamentally it works because they're all voluntary organizations and organized."

Don currently serves as a GEA board member and his particular interest is in a new project called Sustainable Works. "This project hopes to help homeowners retrofit their homes to make them more energy efficient. Doing so will reduce utility costs, help curtail global warming and provide green jobs for Edmontonians."



DON MITCHELL

"GEA hopes to put a financial instrument together this year to do a pilot project. I would love for Alberta Avenue to be the pilot for this retrofit program. We have a lot of older houses with less insulation and older windows. But if our area is going to be part of the pilot we need people to get involved."

Interested people can find out more about Sustainable Works by checking out GEA's website www.greateredmontonalliance.com or calling

780.485.1089.

"GEA's approach has led to outstanding successes in the area of affordable housing. GEA got involved with tenants to negotiate deals with developers to achieve 438 new units of affordable housing in two separate redevelopment projects, Ascot Gardens and Strathearn Heights."

"I have a healthy respect for negotiators," says Mitchell. "Negotiators are actors in a drama whose outcome they don't know."

"Justice is often rooted in conflict. Things have to be raised. Healthy conflict can be a crucible for something creative to happen. One of my interests is how to keep a healthy tension going. Even a neighbourhood and community need that."

"That is why groups like CAP, which my wife Amber has been involved with, are important. One of the things I like about our neighbourhood is it doesn't have a habit of taking things lying down."

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dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

Do dogs have alternatives to medication?

December brought home the responsibilities of looking after senior dogs when my oldest was struck with Vestibular Syndrome, which has no known cause and no known treatment. The many visits to the vet included homeopathic prescriptions, chiropractic and acupuncture treatments with massage and TTouch at home. He is doing much better and only staggers or collapses when he gets too excited and forgets himself.

Several years ago while researching canine training and behaviour, I became aware of alternatives available for pets. There is more and more information and options available today. I depend on these alternatives for my dogs' quality of life and my own peace of mind.

Always consult with your veterinarian regarding the care of your pet. Many alternatives require supervision of a trained alternative veterinarian and patience by the owner.

A few alternatives available are:

Acupuncture

As with human acupuncture, small needles are placed under the skin of the canine in strategic points on the body.

Chiropractic

Chiropractic care is used in treating household pets for a

variety of joint, muscle and nerve related problems.

Homeopathy

Homeopathy involves choosing specific remedies to treat pet conditions with physical symptoms, emotional symptoms, and perceived mental problems. The process is gradual and over time, the homeopathic remedy can gradually return to pet to a healthy life. Using homeopathy is not a short-term quick fix approach.

Aromatherapy

Aromatherapy can be used in a similar manner as homeopathy or herbology. A single essence or combined essences can be used for a synergistic effect.

Tellington TTouch

TTouch is a method based on very light circular movements of the fingers and hands against the dog's skin all over the body. Developed by Linda Tellington-Jones, PhD (Hon), this method based on cooperation and respect offers a positive approach to training, can improve performance and health and presents solutions to common behavioral and physical problems.

Massage

Massage is the therapeutic application of hands-on deep

tissue techniques to the voluntary muscle system. Massage is used for the purpose of increasing circulation, reducing muscle spasms, relieving tension, enhancing muscle tone, promoting healing and increasing range of motion.

These options often increase the amount of time and physical interaction between owner and pet, which enhances the bond between them, probably improving the quality of life of both owner and pet.

Some veterinarians listed in the yellow pages list these additional services or can recommend practitioners. I currently travel all the way to

the south side to the Town Centre Veterinary Hospital, but since I have been taking my dogs there, other clinics that offer both traditional and alternative treatments have become available. TTouch, massage and Reiki are available in-home. There are also

courses for pet owners in many of these options.

May you and your pets have a healthy and happy new year!!

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



Stock

EDMONTON



Bylaw Basics

By Gregory Barker

Working as the bylaw enforcement liaison officer for communities around Alberta Avenue is an eye-opener. Residents and business owners are dedicated to making changes. And, we're doing our best to help. Edmonton's

Community Standards Branch is committed to supporting your efforts. Don't be surprised when I drop by community meetings to provide clarity and advice about bylaws.

We offer help to communities through public education and focused enforcement efforts. Bylaws are passed by City Council to ensure that we live together respectfully. In the coming months, I hope provide

more information about the community standards for residents and businesses. We want folks to know the "dos and don'ts" of property and business ownership.

In the midst of winter, our efforts focus on sidewalk snow. Snowy walks restrict mobility for seniors and slips and falls threaten us all. Please do your part to help keep pedestrians safe by removing snow and ice from City sidewalks adjacent to your property. Your customers, friends and relatives will thank you. If you have any concerns about snowy sidewalks, please call 311. Take care!

Let's keep Edmonton moving this winter



GET A GRIP ON SIDEWALK SAFETY

clear your walks within 48 hrs after a snowfall

Comforting pineapple upside down cake



BACKYARD BISTRO
WITH SHAWN BAERT

As the winter seems to drag on endlessly, I find my comfort in comfort foods. This cake is a sweet memory from my childhood that is still delicious. I hope you find comfort in it too.

Pineapple Upside Down Cake

Topping

1/3 cup butter
1 cup packed brown sugar
9 inch square cake pan, ungreased
1 jar maraschino cherries
1 can pineapple rings

Melt the butter in cake pan. Stir in brown sugar, mix well and spread evenly over bottom of cake pan. Line the bottom of cake pan with pineapple rings and put a cherry in the center of each ring.

Cake

1/2 cup butter, softened
1 cup white sugar
2 eggs
1 tsp vanilla
1 3/4 cups flour
3/4 cup milk
1/2 tsp salt
1 tbsp backing powder



Cream the butter, sugar, eggs and vanilla in a large bowl with an electric mixer on medium speed, until light and creamy. Combine flour, baking powder and salt. Add to creamed mixture alternately with milk, beating lightly after each addition. Spread batter evenly over pineapple. Bake for 65 to 75 minutes at 350 f. Let cool in pan, then loosen around edges and invert onto a serving plate.



ALBERTA



Doug Elniski
MLA Edmonton Calder

Risky spending and prudent planning

If one thing has become clear in this global financial mess, it is that people have been living beyond their means and mortgaging their futures in hope growth would never end.

Now that growth has slowed down, a lot of people are in trouble. Prudent advice about "setting a little aside for a rainy day" and paying off the house has been replaced by a "good credit, bad credit, no credit, we finance anyone with a pulse sales offers" attitude. These days, people have cars, beds and big screen TVs financed at 30% interest. Debt is okay if you have money, but if you don't have any money, debt can be very risky.

The same is true about government. Alberta is the only jurisdiction in North America that is without debt. In addition to being debt free, we have money put away in the sustainability and infrastructure funds, as well as in a longer term savings fund, the Heritage Savings Trust Fund.

No other Provincial Government has actually done what Alberta has. So while this downturn will hurt a little at first, we are a lot better off here than other provinces with deficits, debt and unsustainable programs.

I'd like to hear your thoughts and solutions on the challenges facing all of us today.

Call me in the constituency office Tuesday through Friday at 780-451-2345.

Doug

Things you may not know about the library

Sprucewords

WITH IRENE NG

This month shake off the gloom and cold of February and join us at the library for all-ages events and activities.

This year the Edmonton Public Library is pleased to announce that all branches will be open to the public from 1-5 p.m. for Family Day. On Monday, Feb. 16, libraries will be offering games, activities, and programs for children and adults.

When cabin fever strikes, visit Cinema at the Centre at the Stanley A. Milner Theatre and enjoy an acclaimed independent, foreign, or documentary film. Best of all, shows are free and open to the general public. This month's upcoming show will be Reprise, Norway's selection for the 2006 Best Foreign Film Oscar.

For those of you who can't seem to leave the house or face the elements, curl up with a good book and participate in EPL's online reading programs. For kids, check out EPL's Winter Reading Club 2009. Awesome activities, cool contests and fabulous prizes are available at www.epl.ca/winter. For adults, participate in EPL's The Big Chill at www.epl.ca/bigchill. From Jan. 5 to Feb. 27, upload a YouTube style video book review and share the books you love (or hate) with your fellow readers.

Do you own a Playstation 3 (PS3), Nintendo Wii or Xbox 360? Video games are now

available for loan to all EPL customers! There are currently over 130 titles to choose from including: Guitar Hero World Tour, Lego Batman, Super Mario Galaxy, SpongeBob Squarepants Globes of Doom, and Madden NFL 09. Like DVDs, video games will have a loan period of one week.

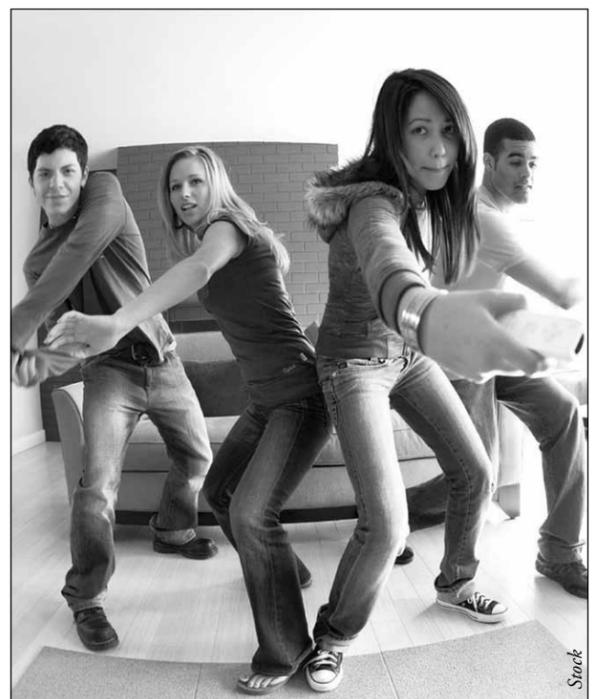
Do you have what it takes to be a great babysitter? Join us on Feb. 27 and 28 for 'Babysitting and Beyond'. This well-

rounded course covers basic child care, first aid and introduces participants to the importance of play in a child's life.

This free course is 10 hours long, and is taught over two days by a qualified instructor. Lunch will be provided on the second day of instruction and certificates will be awarded upon the successful completion of the course. To register for this course, please call the branch at 780-496-7099.

Beginning Jan. 5 to Jun. 29, Sprucewood Library will

continue Café Anglais, a conversation group for English as Second Language (ESL) students. It will be held every Monday at 10:30 a.m. In addition, we are also offering English Language Learning (ELL) Tours designed to show ESL students the services of the library, register new library memberships, and encourage students to become regular library patrons.



Irene Ng is a library assistant at the Sprucewood Branch of the Edmonton Public Library.

For info on these programs and more, go to the Community Calendar Page or online at www.epl.ca

COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

2nd Wednesday of the month at 7pm at The Carrot (9351 118 Ave). Drop in, have a coffee, discuss visual art related topics. For more info contact: Michael Germann, mikalow@shaw.ca, 780-909-7027, www.meetup.com/Carrot-visual-artists-collective

KIDS TAKE OVER THE CARROT ARTS MARKET

Saturday, February 14 from 12:30 to 3:30 pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave). Kids Art Market for ages 8 to 18 and open mic. All you young artists and musicians who wish to partake, please contact Karen Porkka to register. Phone 780-481-9015 or karenporkka@yahoo.ca

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All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 780-490-1922. Must live within the Rat Creek Press boundaries.

PIANO LESSONS FOR BEGINNERS

5 to 9 years. In my home using the John Thompson series only. A low rate at \$50 a month, includes book. Call soon, limited openings. Excellent references available. Call Sharon Riley at 780-479-4054.

KEYNOTE MUSIC

Learn to play guitar, bass, piano. Over 10 years teaching experience. Call Reg Taylor at 780-915-1241.

DROP-IN GROUPS & PROGRAMS

PRESCHOOL CREATIVITY
4 Thursdays Feb 19, 26, Mar 5, 12. 10am to 11am for 3.5 to 5 year olds. 11am to 12pm for 1 to 3 year olds.
Music, movement, creative play, craft and story time with Marie

Butler aka The Willow Lady.
Cost: \$20 league members; \$30 non-members. Call 477-2773 to register.

VISUAL ART SAMPLER

SPRING BREAK CAMP Mar 30 to Apr 3 from 9:30am to 12pm for ages 6 to 10 at the Alberta Avenue Community Centre. The class will include such techniques as watercolour landscape, mixed media abstract, carving plaster of paris/sculpting, still life with pencil crayons, and paper mache mask making. Instructor: Lorraine Shulba. Cost: \$60 members; \$80 non-members. Call 780-477-2773 to register.

CIRCUS ART SAMPLER

The class will introduce children to a variety of circus arts such as stiltwalking, juggling, tight rope, hula hoop, creative movement/ clowning, balloon art, magic, face painting, yo yo, puppetry and mime. 6 Thursdays, Feb 12 to Mar 19 from 3:30pm - 5:30pm for ages 8 to 14 at the Alberta Avenue Community Centre. Instructors: various. Cost: \$60 members; \$80 non-members. Call 780-477-2773 to register.

LATIN DANCING

8 Wednesdays, Feb 4 to Mar 25 from 7:30 - 8:30pm for ages 14 to 99 at the Alberta Avenue Community Centre. Learn the Merengue & Salsa. Instructor: Glenroy Wilkinson. Cost: \$30 members; \$50 non-members. Call 780-477-2773 to register.

FREE FAMILY ART NIGHTS

Thursdays from 6:30 - 8 p.m. for Parents and children up to 17 at the Nina Haggerty Centre for the Arts (9702 111 Ave). All materials, instruction and a light snack are free. No experience necessary, but space is limited. Call 780 474-7611 to register your family.

CARROT WRITERS' GROUP

Every Thursday morning at 10 am at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

SENIORS DROP-IN

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

MOMS & TOTS

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

BABES IN ARMS

Fridays, 10am to 12pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave). Come and connect with other parents in the community. Call The Carrot at 780-471-1580 or email trisha.estabrooks@gmail.com for more info.

THE AVENUE COMMUNITY PLAY GROUP

Every Tuesday from 10am to noon at Alberta Avenue Community Hall (9210 118 Ave). Residents from all communities are welcome to join us. For more information contact Becky at peacebeadz@hotmail.com.

SCRAPBOOKING

Thursdays from 6 pm to 8 pm at at Ben Calf Robe Society (12046 77 St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Childcare is available. Call 780-477-6648 for more info.

PARENT SUPPORT GROUP

Fridays from 1 pm to 4:15 pm at Ben Calf Robe Society (12046 77 St). Join us for crafts, coffee, snacks and great conversation. Call 780-477-6648 for more info.

ST. FAITH'S

Community Collective Kitchen meets at St. Faith's Church on the 2nd Wednesday of the month. There is currently space. If you are interested, please call 780-477-5931.

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283
Youth program (ages 6-17):
Mon, Tue, Wed 3-8pm, Thur 2:30-8pm, Fri 3-10pm, and Sat 1-5pm.

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm
\$5 cover charge

Feb 6: Mike Mcgaw - guitarist, singer, songwriter

Feb 13: Cort Delano - root songs

Feb 20: The amazing Luke and Tess Pretty

Feb 27: Paul Cresey, folk music

SATURDAYS: Open mic
7:30pm-10:00pm
Music, spoken word, comedy

SPORTS & REC



LITTLE KICKERS INDOOR SOCCER

Delton Community League (123 Ave and 88 St). Boys and Girls aged 4 and 5 yrs of age. FREE. Meet other parents while children play soccer. Jan 12, 20, 28. 6:30-7:30 pm. Drop in-parent must stay with children. Please bring indoor running shoes and water bottle. Contact : Sue-Delton Soccer Director 780-474-3491.

COMMUNITY RINKS

Call for opening dates and times. Free to any community league members. Alberta Avenue (snow bank rink) 780-477-2773 www.albertaave.org Mon to Fri from 4pm to 9pm (no sticks until after 7pm). Sat & Sun 1pm to 6pm (no sticks until after 4pm).
Delton 780-477-3326
Eastwood 780-477-2354

Parkdale 780-471-4410
Spruce Avenue 780-471-1932

FREE PUBLIC SKATING/ INDOOR ARENAS

Grand Truck (13025 112 St) Sundays from 1pm to 2pm (no Dec 21, 28)
Russ Barnes (6725 118 Ave) Saturdays from 5pm to 6pm (no Dec 27)
Oliver (10335 119 St) Tuesdays from 6:15 to 7:15pm (no Dec 30)
Westwood (12040 97 St) Sundays 3:15 to 4:15pm (no Dec 21 & 28)

FREE SKATE AT WESTWOOD ARENA

Wednesday nights, October to March at Westwood Arena 12040-97 St. Call Marty at 780-474-2667 to sign up.

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street). Call 780-496-7384 for full pool schedule or go to www.edmonton.ca and search Eastglen pool.

VOLUNTEER



GIRLS NIGHT OUT!

Help disabled women get out in the community and participate in recreation and social activities. Female volunteers are needed 2-3 hours, twice a month, evenings or weekends. Delton area. Staff assistance provided. Contact Leslie @ 780-432-1137, ext 357.

WALKING CLUB VOLUNTEER

Accompany disabled adults as they walk the mall for fitness and socializing. Every 2nd Friday; 5:30 pm to 7:30 pm, at Westmount Mall. Staff support on-site. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

IMMIGRANT/REFUGEE SETTLEMENT MENTORS

Mentor new immigrants/refugees in a formalized friendship; assist newcomers to practice English, develop social networks, learn about Canadian culture, and acquire life skills to facilitate successful integration into Canadian society. 8 hours/month. Training and support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

CHILDREN AND YOUTH MENTORS

Be a positive role model to abused/neglected children and youth, aged 5 to 17 who live in group care. Participate in supervised leisure and educational activities; share your interests, hobbies, talents. 2 hours/week. Orientation and staff support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

VOLUNTEER DRIVERS NEEDED

Do you know what a Volunteer Driver is? It's a community member who can spare 3-4 hours once a month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 780-732-1221.

NINA HAGGERTY CENTRE FOR THE ARTS

Do you love art and people? Then the Nina Haggerty Centre for the Arts can use you! Come volunteer and show off your talents and passion. www.ninahaggertyart.ca or 780-474-7611

THE CARROT COMMUNITY ARTS COFFEEHOUSE

Learn how to make lattes and other coffees, then hang out at a cool coffee shop for 3 or 4

hours and visit with the interesting people who stop in. Stop in at 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

NOTICES & UPCOMING EVENTS

SMALL BUSINESS START-UP INFORMATION SESSION

Are you ready to be an entrepreneur? Are you aware of the challenges and opportunities of going into Business? Edmonton Mennonite Centre for Newcomers, in partnership with The Business Link, is holding a Small Business Start-Up Information Session. Feb. 5, 3:30 to 6:30 p.m. Location: EMCN - 11713 82 Street, Room #2-4. To register, or for more information, please contact Ariela Cerna at 780-424-7709, ext. 254 or acerna@emcn.ab.ca

"REKINDLE" FAMILY & COMMUNITY

Join the Neighbourhood Empowerment Team for a sleigh ride, activities, games, roasted marshmallows and hot chocolate. Eastwood Elementary School 12023-81 St. Saturday, Feb. 7 from 1 p.m. to 4 p.m.

FAMILY DAY EVENTS

FAMILY SKATE

Sunday, Feb 15, 1pm to 4pm at the Alberta Avenue Rink (9210 118 Ave). Come enjoy some family time with skating, hotdog on the campfire and hot chocolate. Sponsored by the Avenue Vineyard Community Church. For more info call Karen at 278-4812.

SPRUCE AVE FAMILY DAY EVENT

(10240 115 Ave)
Monday, February 16, 1pm to 5pm
Winter fun, horse drawn rides, ice-skating, beef on a bun

EASTWOOD FAMILY DAY EVENT

(11803 86 St)
Monday February 16, 11am-2pm
Games at the rink and games in the hall, horse drawn rides, hot dogs

SPRUCEWOOD LIBRARY

(11555 95 St)
Monday, February 16, 2pm
Family Day fun at the library!

CARROT GIFT CERTIFICATES

Buy your friends an original gift... Carrot gift certificates available at the Carrot and Tickets to Friday Night For Two at the Carrot Gift certificates for our evening performance.

GRAFFITI REMOVAL KIT

A graffiti removal kit is available for residents to borrow free of charge. Call Joe at the Alberta Avenue Business Association at 780-471-2602.

CHURCH SERVICES

ST. ALPHONSUS CATHOLIC CHURCH

11828 - 85 St. 780-474-5434. Mass every Sunday at 10 a.m. Saturday mass at 4 p.m. Morning mass from Tuesday to Friday at 7:30 a.m.

AVENUE VINEYARD

NEW LOCATION: 8718 118 Ave (Crystal Kids)
Sundays, 10:30 am
www.avenuevineyard.com

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY - HAS MOVED!

Edmonton Crossroads Community Church (EC3)
2nd floor, 11726 95 St, Ph 780-474-4324
Mon, Tue, Wed, Thur., noon to 4pm
Fri., 7pm - 10pm

Edmonton Public Library

SPRUCEWOOD BRANCH 11555 - 95 Street
Call 780-496-7099 to register
Go to www.epl.ca for more program details

CHILDREN	ADULTS
<p>Aboriginal Family Storytime 11:30 a.m. Fridays, Jan 9 to June 26</p> <p>Family Day Fun 2 p.m. Monday, Feb 16</p> <p>Sing, Sign, Laugh and Learn 10:15 a.m. Tuesdays, Feb 24 to March 24 Ages: Up to 3 years For children birth to three and a grown up who loves them. Come and spend time cuddling, reading, signing, playing, laughing and learning. Brothers and sisters are welcome to attend. No program on November 11</p> <p>TEENS</p> <p>Teen Game Night 6:30 p.m. Fridays, Sep 26, 2008 to Feb 20 6:30 p.m. Fridays, March 6 to June 26 Ages: 12 - 17 years</p> <p>Chill Zone 3:30 p.m. Thursdays, Jan 22 to March 26 Ages: 12 - 15 years</p> <p>Babysitting and Beyond 6 p.m. Friday, Feb 27 9:30 a.m. Saturday, Feb 28 Ages: 11 - 16 years</p>	<p>Cafe Anglais - English Conversation Club for Newcomers 6:30 p.m. Mondays, Jan 5 to June 29 FREE of Charge There will not be a session on February 16th.</p> <p>English Conversation Circle (LACE Program) 10:30 a.m. Saturdays, Jan 10 to Feb 21 10:30 a.m. Saturdays, March 7 to June 20 Free of Charge, Drop-In.</p> <p>Truffology 101 2 p.m. Saturday, Feb 7 Mmmmm... chocolate truffles! They're not as difficult to make as you may think. Join hobby chocolatier John Canty to learn about the art and science of working with chocolate, and techniques for making these luscious treats. All participants will bring home several handmade truffles from this hands-on workshop.</p> <p>Stories from the Heart of the City - with Linda Goyette 1:30 p.m. Thursday, Feb 19 Drop-in, Free of Charge. All are Welcome!</p>

**Proud to Live
In Ward 3**



Councillor Tony Caterina
2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton, AB
T5J 2R7

Phone: (780) 496-8333
Email: tony.caterina@edmonton.ca
Web: www.edmonton.ca



LiveMusic at the Carrot

Friday nights!

Feb 6, Mike McGaw
Feb 13, Cort Delano
Feb 20, Luke & Tess Pretty
Feb 27, Paul Cresey
\$5 cover at the door

Saturday nights-Open mic, Free!



This Valentine's Day,
2 for 1 Latte!

Buy one Latte, get one free!
February 14th all day!
Please bring in coupon for offer.

9351-118 ave

For community event schedule
www.thecarrot.ca

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Break

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help wanted (qualified staff, please)