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Animate your community Action for Healthy Communities: Giving health a voice

MARI SASANO

Theoretically, in Canada, we should all have equal access to the things that promote health. Medical care is free, after all. But it's never that simple: there are hidden barriers within the community that prevent some people from living in good health and seeking services to improve their health. Action for Healthy Communities is an organization that seeks to bridge the gaps to improve the health of marginalized groups through projects, workshops, and other initiatives, says Interim Director Suzana Dumo.

"Some of the groups come to us because they want to do things on their own, but it's difficult for them out there. Sometimes it's a language barrier, or labels they have to work against—you have a lack of confidence when you are looked at a certain way."

AHC originally worked exclusively with the inner city communities, but now serves any community group (defined as three or more individuals) in Edmonton. At a recent leadership workshop at its offices at #101 10554 110 Street, Lucenia Ortiz was training a group of newcomers, with an exercise in telling life stories to offer examples of leadership each participant has experienced in the past. At first, leadership seems like a roundabout way to approach community health, but as Ortiz explains, it's key.

"Health is about people being able to identify their issues and act on them. Of course, if you are unable to address issues, you are not able to resolve tension or conflict or address a need. Communities just don't get together spontaneously. You

need people to catalyze action and mobilize, and that's where a leader comes in," says Ortiz, who also works for the Edmonton Multicultural Coalition.

Arturo Avila, who organizes the workshops, agrees, particularly in the case of immigrants and refugees.

"It provides support to connect with the community so they are not isolated. Health is like a spider web, it's all interconnected, the social, environmental, psychological and physical health. They all have an impact. What we try to do with our work is to have a little place where they can show where they come from to help understand the new society to see how we can integrate our families into the mainstream."

By strengthening community ties, encouraging communication within and between diverse groups, and fostering leadership, Action for Healthy Communities hopes to build stronger communities, which will in turn strengthen the larger society, according to Dumo.

"We hope to build a community where people are aware of their surroundings, taking ownership of their health and well-being. And it depends on what you define as a problem within your group. It is not for us to tell anyone what you should work on; our work here is empowering them to take action. One of the philosophies is that people are their own experts in what is important in their lives."

"When people come to talk to us, you can hear all sorts of different things. It's amazing listening to people



PARTICIPANTS OF AHC'S WORKSHOP

describe what health is and what it really means to them."

Past projects include helping a community group get more active through heritage dance, or creating social spaces for isolated seniors or even our own Carrot Community Arts Coffeehouse. And little by little, conditions do improve.

"One of the key successes is that the population we are working with continue to be engaged. It's difficult to get them engaged because they may lose interest, or the way life goes for them—they just don't have time. But they are finding ways to be involved, getting them back doing basic, simple things like just being part of a community initiative," says Dumo.

These are people like Ruby Garzon, a participant in the leadership workshop who

has developed her experiences and is now ready to give back to her community.

"I want to put programs in place to help in the Colombian community," she says. "I want to find some relief for newcomers, because I have the experience from coming to Edmonton 21 years ago."

Likewise, Isaiah Tut is newer to Canada, but the Sudanese immigrant has found that the only way to thrive as a newcomer is to work together.

"It's not easy to settle here, and that's why I want to work for the community because I see something different and I want to tell them what is happening. If I have these resources, I can help them. I have some skills already, but because this country is new, maybe I don't

know some different things. And because there are different cultures, I learn about different cultures."

It seems like a modest start, but it's the hope of something small generating more opportunities as it grows, something that Dumo has seen happen through the programs.

"You find people that start a project and two or three months later, they decide to go bigger with it and move on with it. We've been seeing community initiatives becoming registered organizations, for example. And there are successes we don't see with our eye, but there are many people who gain confidence to speak up, which affects many areas of their lives."

For more information, call 780-944-4687, or see www.a4hc.ca

CONTENTS

Editorial.....	2
Community News.....	3
Business Spotlight.....	4
Health & Wellness.....	6-7
Columns.....	11-14
Community Calendar.....	15

Attention all Rat Creek Press readers!

For the June issue, the spotlight will be on PETS, and we want you to be part of the fun. Send in photos of your furry, feathered or even scaly friend to share with your community. Tell us something special about your pet—we want to know the cute, the weird, and the wonderful. Pets share so much of our lives, so here's your chance to show off your pride and joy.

Send photos to: info@ratcreek.org

Norwood Neighbourhood Association AGM

Wednesday May 13, 2009

at 7:00 PM

to be held at the

Norwood Child and Family Resource Centre

(9516 - 114 Ave)

EDITORIAL
WITH MARI SASANO

Come and knock on my door

Hello, everyone! As of this issue, I am the editor of the *Rat Creek Press*—and I'm absolutely thrilled.

I've lived in a little house in Norwood for nearly two years now, and the longer I'm here the more I love our unique community. For the first time in my life, I know the names of nearly all my neighbours, and every summer I get to go to all the local events that take place—only blocks away. The picture that the larger media outlets paint—that of an inner city area riddled with crime—is only part of the story. We all know that there are problems, but our quality of life here can be very good, mostly because so many of us are willing to get involved in making our streets safe, having fun things

to do with our families, and connecting with each other. That's something that we know, but is underreported by the major news outlets in our city.

This is the strength of a community newspaper. You can find national and international news anywhere, but it's only here that you'll read about what's right next to us—our lived reality, where people we know work together to make things better for all of us. I feel like our neighbourhood is one of the best-kept secrets of the city: where else are there so many free, local events and programs to enjoy? Amazing shops and businesses that are within walking distance? Incredible diversity and creativity?

This month's issue is about health and fitness. But as you

can read about in our cover story, health isn't just the physical health of our bodies. It's the health of the community, the vibrancy of each

and every one of us that contributes to the greater whole. We become stronger together if we use our skills and talents in the service of the community. And it's about feeling like we have a voice, and *The Rat Creek Press* is part of that.

This is my chance to give back to you—please understand that this is OUR paper, our voice to speak to each other.

I invite all of you to give your feedback, to tell us what you think, and write for our pages. Come to the Carrot Tuesday

mornings—I should be there working on my laptop with my supremely capable managing editor Dawn Freeman who has, along

with outgoing editor Jessica Kimmerly, given me a soft landing as I begin this exciting new opportunity. We always welcome your help in planning the current and future issues of the RCP. The door is open. Drop me an email. Join our Facebook group. Say hello, and get involved.

“It's the health of the community, the vibrancy of each and every one of us that contributes to the greater whole.”

LETTER TO THE EDITOR

Dear Rat Creek Press,

In 2004, the residents of neighbourhoods around the Cromdale Hotel received some long-awaited news: the hotel was to be closed; perhaps the change they had long hoped for was finally coming. However, in five years little has changed. The unoccupied slum has deteriorated, been tagged by untalented graffitiists, accumulated litter, and a hidden litany of crimes in its putrid shadows. This, of course, is not news to anyone living or working nearby.

In recent months, the hotel has been the renewed focus of media attention and community pressure. Members of the Community Response to Urban Disorder (C.R.U.D.) have been renewing pressure on the various City departments and politicians to finally deal with the eyesore. We began by asking the owner to inform us of his plans for the building; he did not respond. Most of the City departments and politicians responded positively. City Council has asked for a re-evaluation of the building's condition.

C.R.U.D. is asking concerned citizens to contact relevant politicians and City departments, expressing how they feel about the hotel. It took lots of pressure to close the cesspool, and it will take more to tear it down. Check out www.crudedmonton.org where you will find a guide on how to compose letters and contact information for relevant politicians and City departments, as well as information about other C.R.U.D. activities.

From the grassroots,

CRUD Board Member,

Christian Pickup

Rat Creek Press Editorial Meeting

Tuesday May 5, 7pm
at the Carrot
9531 118 Ave

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Big Bins Are Back!



VOLUNTEERS LOAD UP THE BIG BINS WITH ITEMS COLLECTED DURING THE MAY 2008 LARGE ITEM PICK UP



PETER MYKIETKA & JIM CURTIS WITH A TRUCK LOAD FULL FROM THE MAY 2008 LARGE ITEM PICK UP

Big Bin Events allow residents to dispose of household items too large for regular collection at no cost.

If you have items that are in good condition that can be donated for reuse please visit the online Reuse and Recycling Directory (www.edmonton.ca/waste under Recycling).

If you have household hazardous waste items like varnish, household cleaners or batteries, please take these to an Eco Station. The Eco Station accepts them at no cost.

Big Bin Events run on Saturday and Sunday from 9am to 5pm. Local events are listed below. For a complete list go to www.edmonton.ca/waste:

May 9 & 10 at Commonwealth Stadium (112 Ave & 90 St)

June 13 & 14 at Northlands (112 Ave & 73 St)

Aug 22 & 23 at Commonwealth Stadium (112 Ave & 80 St)

Large Item Pick Up Service

Every year 15 to 20 community volunteers put in a long day picking up and hauling unwanted large items to the City's Big Bin site. This year's pick up will be held on **SUNDAY, JUNE 14**. Pick up is only available in the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood.

The pick up service is by reservation only and costs \$5 an item. Reservations are now being accepted online at www.ratcreek.org/pickup. Fill in all the details requested and someone will confirm your pick up at the beginning of June. Phone reservations will be accept from June 1 to 10 **ONLY**. The phone number will be advertised in the June Rat Creek Press and a flyer delivered to area residences. - *KM*

Pictures tell story of neighbourhood

BY MARI SASANO

A picture, they say, is worth a thousand words. Photovoice, a project run through the University of Alberta's Centre for Health Promotion Studies, hopes to allow North Central Edmonton residents to share their view of what it's like to live in these neighbourhoods.

"This project is actually part of a larger project called Community Health and Built Environments," says project coordinator Laura Flaman. "The goal is to understand how people view and use spaces."

The project underwent its first phase last summer, with a community observation where researchers noted conditions of sidewalks, the absence or pres-

ence of parks and trees, crosswalks and so on.

"That's the outsider's perspective. Through Photovoice, we're hoping to get an insider perspective," says Flaman.

Flaman and her team are hoping to find 10 participants from our community to flesh out their findings, through interviews and a unique creative process she describes:

"First, they'll meet with us and have a conversation about how they use and view their spaces and then send them out with a digital camera. Then they come back, we look at the pictures and they tell stories about them."

"Photos are a great way for people to be creative with storytelling, to get a deeper

understanding—a visual understanding—of a place."

Participants should expect a time commitment of about four or five hours over the course of a few weeks starting in June, and they will receive a \$30 gift certificate for their time.

"Basically, anybody from the community can participate. What we get back will depend on the participants—everyone has different stories. It's going to give us a better understanding so we can develop, with community working groups, interventions addressing the various issues they have identified."

Register to participate by calling the toll-free line, 1-877-492-8928.

AGM Brings Change to NNA

The Norwood Neighbourhood Association (NNA) cordially invites you to their Annual General Meeting on Wednesday, May 13, 2009 at 7:00 PM to be held at the Norwood Child and Family Resource Centre (9516 - 114 Ave).

The AGM will see changes to the Board when two long time members step down. Valerie Parr, President and Yoko Sekiya, Treasurer will move from the positions in order to make opportunities for others in the community to get involved and make a difference in the Norwood neighbourhood.

Come and meet the dynamic and interesting board members of the NNA, No need to register, simply show up on May 13. We look forward to seeing you. - *VP*



EMILY HAINES AND JAMES SHAW OF METRIC PERFORM AT THE AVENUE THEATRE APRIL 21

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Awards aid local post secondary students in need

MARI SASANO

Eligible post-secondary students and those entering post-secondary studies are invited to apply for the Rose Margaret King Merit Awards and the Don Howden and Jane Squire Howden Awards.

Craig Stumpf-Allen, Director of Special Funds at the Edmonton Community Foundation which administers the scholarships, is hoping to see up to 50 applications for the awards, which are given out to those with financial needs.

"We'd like to see students who are experiencing need and who know what they want to do and have a passion for it. We want those who volunteer in the community and are trying to be leaders," he says.

Most awards range from \$1000 to \$3000. The number of recipients varies, but typically there are around 12 per year. And though the money is open to all Edmonton students, there is a special connection to those from the inner city, according to Stumpf-Allen.

"The money comes to us from the Alex Taylor parent auxiliary. When the school closed down, they received a bequest from a will and they decided to put it into an endowment fund of half a million dollars. Because the school was in the Boyle Street area, we do focus on inner city students."

Students must have attended school in Edmonton at some point in their K-12 education, and are planning to attend a recognized post-secondary program. Stumpf-Allen says that the applications are diverse, often from immigrant or aboriginal backgrounds, and in a wide range of studies.

"But we fund all kinds of things—science, education, arts, hairstyling, apprenticeships."

Applicants are asked to complete the application form, available at www.dollarsforlearners.com, as well as a personal letter introducing themselves and their situation. The next application deadline is May 15th.

Bloomin' Show on the Avenue

MARI SASANO

Despite one last freak snowstorm in April, there is no denying that spring is here—even in Edmonton! As days begin to grow longer and the air warms, you're probably eagerly anticipating green grass, leaves unfurling from trees, and—yes, please!—a little spot of colour from early season flowers. Christy Morin knows that you aren't the only one. That's why she and other organizers are putting on the third annual Bloomin' Garden Show and Art Sale at the Alberta Avenue Community League on May 9 from 9 a.m. to 3 p.m., to officially put you into a spring and summer state of mind.

"We basically created this for people who love plants, or want to know more about them, or just anyone who might enjoy listening to classical or Celtic music for an afternoon. It's such an experience—you can see and smell flowers, have a snack and tea, listen to music. There are things for kids to do, with Grandma Willow's storytelling

and planting, too."

There will be plenty for the whole family, of all levels of gardening experience, to enjoy. And for the first 200 moms who attend, there will be a special Mother's Day gift. But the emphasis is on sharing knowledge—and just about everything else!

"There will be a plant/seed/perennial swap, people can swap magazines or books, and this year we're having a Planter/Gleaner swap, where people who have apple trees can be matched with people who want some fruit."

For those looking for information, there will be workshops on things like worm composting, water conservation, native plants, organic gardening led by Dean Spaner (from the University of Alberta); and horticulturalist Gordon Heaps on growing orchids. It's interesting to note that these two speakers live in our community, something that Morin is particularly proud of.

"People come out of the woodwork, very knowledge-



able ones, when you ask!" she says, noting that growing plants and gardening is something that everyone can do, and that it's an activity that brings us all together.

"There's something about working in the soil; going back to the earth. We become part of the community when we work in our yards. It literally grounds you and takes you back to who we are."

See www.avenueinitiative.ca for a more detailed schedule.

BUSINESS SPOTLIGHT

WITH JAZZ WYATT

Thai Dieting At Lan's Asian Grill Fresh healthy home-made dishes

11826A - 103 Street
Edmonton, AB T5G 2J2

PHONE: 780-478-8805

Lan's Asian Grill restaurant buys fresh meat and grinds it in their kitchen. "We don't buy ground meat. We invested in a \$10,000 grinder machine. Our meatballs have a resultant sponge consistency and texture," says Tim Lim, co-owner of the restaurant. It is known that ground meat quickly changes quality, consistency and texture. In European households, buying ground meat from the store is a big no-no.

Lan's menu is small but always different: "The main focus is fresh and seasonal

food; the spices and vegetable on the market are our guideline. Also, this is a simple and efficient way to getting a (non-Asian) consistent clientele, as well. Usually these people do not know Asian foods and is easy for them to choose from a few dishes rather than choosing from a plethora of them."

Tim, the restaurant's manager, has a health training degree at U of A, while Monica, the Head Chef in the kitchen, received her culinary education in Thailand. Their mother is the Master Chef and her cuisine at Lan's comprises

dishes from South-East Asia: Cambodia, Vietnam, Thailand.

Please try their home made goodies! The green onion cakes are made in the restaurant, the spring rolls as well as meatballs are made in the restaurant – "So we can control the amount



of salt and oil to go in. That is the way we eat at home – healthy and nutritious," says Tim.

Tim assures me that there

are no MSG additives in Lan's Asian food. MSG - monosodium glutamate – is used as a food additive and is commonly marketed as a flavour enhancer.

Some people may have an MSG intolerance leading to head aches and migraines. As a connoisseur of Asian food, Tim says, "When I eat in most of the typical Asian restaurants, the MSG additive gives me a headache or migraine, depending on the amount of intake food and the time of the day."

The sauce that I had with my chicken & shrimp vermicelli was Lan's own recipe: fish sauce, a delicacy. Not too salty, nor overwhelmingly oily and without the specific odor of fish in it, the house's sauce is aged for three years and fermented by the owner's family. Tim and Monica, the owners of Lan's Asian Grill, have the full dedication of brother Vinson and their father's help as well. It's a family business where passion for culinary art and concern for health is amendment #1.

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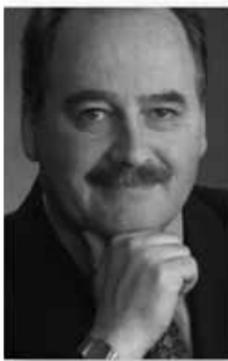
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Hello Highlands-Norwood!



I would like to invite you all to my constituency office open house happening May 30th 2009 at 6519-112 Ave from 11am-2pm.

This will correspond with the Highlands Street Festival and is sure to be fun for the whole family. Come in, say hi, and enjoy coffee, tea and treats on me!

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5th Annual AABA Spring Street Sweep

The Alberta Avenue Business Association (AABA) will be holding its fifth Annual "Spring Street Sweep" along 118 Avenue in May, from the underpass at Northlands to 105 Street by NAIT. The event will kick off with a Media Launch on Wednesday May 13, 2009 from 8:30 am to 9 am. The work is scheduled over three days, from Wednesday May 13 to Friday May 15, inclusive.

The goal of this initiative is to get businesses, property owners, and community to clean up the store fronts, lots, and streets for events planned during the spring and summer. The work will be done in conjunction with and support from the City of Edmonton's Transportation Department, Edmonton Transit, and the Solicitor General's department.

"Ride The Wave" for Communities in Bloom

AABA will again be participating in the Business Association Flower Planter project offered in partnership by Hole's Greenhouses, the City of Edmonton's Parks Branch, and supported by the Avenue Initiative to maintain Edmonton's status as the most beautiful city in Canada. We encourage our businesses to purchase a barrel/s for in front of their business establishments. Applications were mailed out to all AABA business members in mid April with a deadline of April 30. AABA also included a \$50.00 subsidy per barrel.

Phase 2 Streetscape Construction to start soon

We are waiting hear from the City as to the start date for construction of Phase 2, which will go from 87 Street to 92 Street and the south side of 93 Street. Final work will also be completed on Phase 1 from last year, to include the planting of new trees between 82 Street and 87 Street.

AABA will work closely again this year with the businesses affected by the construction, the city's project manager and general contractor. Isabella Luke of our office will act as AABA's liaison person. We will do everything possible to communicate as clearly as possible with our businesses and will take care of any concerns they may have in a timely manner, during the construction period.

New AABA Initiatives

In the latter part of 2008 AABA introduced a new website at www.alberta-avenue.com

Other changes include a new newsletter format and a new progressive logo to project a more professional image for the association. Also produced were new marketing materials and a new communications plan whose goal is to support the business objectives of the association, to have safe streets for customers, the community, and business members, and to attract new business development and increase awareness of the unique and diverse businesses within AABA's zone.

AABA has also implemented a new Business Recruitment program to attract new business to Alberta Avenue with the objective of complementing existing business and to lease up the vacant properties.

In March, a first time meeting of AABA's new Marketing/Communications committee was held to gather ideas on how we can best communicate and promote our businesses on the avenue.

We are also completing for the first time the new "AABA Quick News" electronic e-mail bulletin to allow us to communicate more frequently and effectively with our business members.

Do you want to make a difference?

If you are interested in serving on our board of directors or on a committee, please contact our office for more details.



Doug Elinski
MLA Edmonton Calder

Minimum Wage Increase:

Effective April 1, the provincial minimum wage increases to **\$8.80** per hour.

Many salespersons and professionals are entitled to a **weekly** minimum wage instead of the hourly minimum wage. Alberta's weekly minimum wage for salespersons and professionals increased to **\$352 per week** on April.

The Employment Standards Regulation lists the types of salespersons and professionals who are entitled to the weekly minimum wage.

A "domestic employee" is entitled to a **monthly** minimum wage instead of the hourly minimum wage. Alberta's minimum monthly wage for domestic employees increased to **\$1,677 per month** on April 1.

You can get more information at:
www.employment.alberta.ca/cps/rde/xchg/hre/hs.xsl/998.html

Community Spirit Program Grants:

28 organizations in Edmonton-Calder received a combined total of approximately \$425,000.00 for matching donation grant funding from the Community Spirit Program. Through financial donations, we can continue to support non-profit organizations in Alberta.

If your group has not made an application under this program, please call my constituency office at 780-451-2345, and we will be more than happy to help you get started. All non-profit agencies should be accessing this money.

Calder Senior Town Hall:

Thanks to everyone who attended our first Seniors Town Hall at the Calder Seniors Drop in Center on March 27. We had an incredible turn out and lively discussion. We will be planning similar events throughout the constituency in the months to come. Stay tuned.

Happy spring!

Doug

ARROW ROOFING



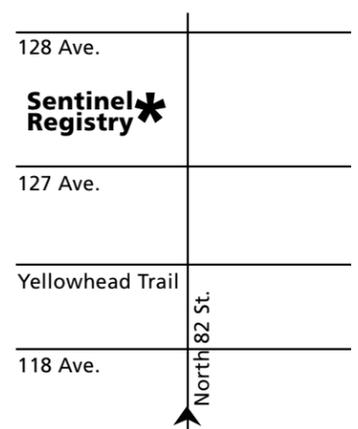
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Recession Presents Housing Opportunity

The recently released \$3.3 billion "A Plan For Alberta" emphasizes the desperate need for homes for the homeless.

The debate over the \$3.3 billion Alberta plan's costing for 8,000 new housing units is because financial costing methods and numbers reflect more social industry financial wants from an era of budgetary surpluses than today's real needs.

The \$100 million allocated to affordable housing in the 2009 Alberta budget (\$400 million total over the next three years) certainly is insufficient to meet the social industry's identified ask using the current non-profit approach. However, governments engaging private sector developers in the process can meet the most important need for housing units in Alberta – affordable private sector entry-level independent living rental housing for singles and families.

Over the past thirty years cities have torn down or closed down 90% of all private sector singles entry-level housing, with no replacements. Multi-unit entry-level rental development has practically flat-lined over the same period as scarce existing rental stock has been converted to condominiums. Cities like Edmonton are practically devoid of entry-level singles and couples housing, while homeless shelters and homeless counts of couch surfers proliferate.

However, recessionary times present us with an opportunity to help struggling low income workers access affordable housing. Multi-unit condo housing builders are re-thinking the market and looking to partner with government on affordable multi-unit rental homes. One example is developer ProCura's proposed 238 unit singles and small family rental project on Jasper Ave., with rents at 10% below market rate for 20 years.

The emphasis should be on helping those who are couch surfing or staying with family and friends, who neither need nor want elaborate social services' hand holding, just the dignity of their own affordable independent living rental accommodations, currently unobtainable on their minimum wage entry-level jobs.

What do you think?

780-495-3261 **www.petergoldring.ca**

Joe Bird 1967-2009

SCOTT PETERS

In the summer of 1989, I was a young theatre technician just starting out, and one of my first gigs was at Nexus Theatre working with an upstart comedy troupe called Three Dead Trolls in a Baggie. That was my first Joe Bird experience.

After that we became friends and continued to work with each other on and off in the theatre world. In the early nineties I was starting the band Captain Tractor, and Joe and his friends were starting another local band, Hookahman. Our two bands led the charge on Whyte Avenue, playing every venue, creating new ones, and being instrumental in making it what it is today, for good or bad. Our respective bands often played together at folk festivals throughout Alberta and beyond, and we all became great friends and colleagues. Captain Tractor even recorded a Joe Bird song called The Dublin Lullaby, and he would often join us on stage to perform it, just as I would often find myself on stage with Joe and Hookahman at some gig playing and singing along with them.

As the years rolled on I remained good friends with Joe. Although Hookahman eventually disbanded, Joe continued to write amazing, funny, and heartfelt songs and hosted several open stages around Edmonton. He was always a charming and entertaining host that would make everyone at his stages feel welcomed and loved. Many current singer songwriters cite Joe's warmth, wit, and encouragement as the reason that they now do what they do.

If you ever met Joe, then you were hugged by him, because he greeted everyone he met with a giant bear hug.



If you ever hung out with Joe, then you have a Joe Bird story to tell because Joe's life was an adventure and he lived every day as if it were his last. If you knew Joe, then you understand what a huge loss his passing represents.

Most recently I was honoured when Joe agreed to be a contributor to the *Songs From the Ave* CD Project, a compilation of Norwood residents writing and recording songs about the area. A long time McCauley resident, Joe wrote "Bumtown" for us. It was a pleasure to record the song for the CD, and perform it with him at the release party at last year's Kaleido Festival. Perhaps his

last studio recording, *Bumtown* is one of the highlights of the *Songs From the Ave* CD.

Joe Bird was a friend, a colleague, a brilliant songwriter, a fearless performer, a funny, gentle, carefree spirit, and someone who personally touched the lives of hundreds of people all over the world. Including mine. This world definitely needs more Joe Birds.

Edmonton is a little sadder without Joe Bird in it, but his legacy will live on through his many great songs and The Joe Bird Foundation that was quickly set up by his family to aid young performers.

Good-bye Joe. I love you.

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Artist, Heal Thyself!

MARI SASANO

Art— good art, in any case—is said to be able to sweep audiences into reveries, to transcend ordinary life. But Henri Yauck takes it to the next level: he has devised a way to manipulate your emotional and physical state through the scientific use of colours in his paintings, using a process he calls trans-

dimensional painting. But you wouldn't know just by looking at his work: what you see are beautiful watercolours of landscape, still life, and figures.

"Each painting is very different, however, each painting has embedded a subliminal colouration that alters your state of mind, and this in turn will alter your chemistry," says that artist, who has been painting for 50 years.



HENRI YAUCK

"Basically, the colours change your state of mind for a better feeling of well being. Most other paintings don't take into account the psychological aspects, most of them are an expression of the artist," instead of focusing on the viewer.

Six years ago, Yauck discovered that certain colours and combinations of colours would lessen his headaches: "I thought that was interesting, I wondered if it was just my imagination so I started researching that. Sure enough, there is a lot of information on the impact of colour on brain chemistry."

"Some institutions use colour to change the attitudes of their inmates, and a lot of resorts and health clinics do the same thing, and restaurants who want fast turn over will use colours that agitate customers and get people to leave."

At past exhibitions of his work, Yauck finds that people will tell him that his paintings remind them of something from their childhood, or a story. This is because he has intentionally designed them to stimulate the imagination, which then allows viewers to gravitate towards the colours that are best for them. But despite the parameters of his scientific discovery, Yauck does not feel limited by these new rules.

"No, not at all. I find there's a greater freedom. The way I do colouration now and before, I used to think I had to

get the exact colour like it is in nature. But today I don't think I need to do that. I'm more interested in the impact, and the story to allow the person's mind to get into it."

What's the secret to it? When asked to point out where he has used his colours, he remains tight-lipped.

"It would be like David Copperfield telling you beforehand how the magic works! If you knew what exactly what

the colours are, where they colours are, it would not have the impact. What we're trying to do is bypass the conscious mind."

Paintings by Henri Yauck will be shown at The Carrot Community Arts Coffeehouse from May 6 to May 31, with the artist in attendance May 9, 16, and 30 from 11:00am to 4:00 pm to discuss his art and creative process.

SPRING STOMP FAMILY DANCE

Saturday, May 23, 7:00 - 10:00 p.m.
at the Alberta Avenue Community Centre
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- Plant & gift sale
- Workshops - Experts on site
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- Children's art & plant workshops
- Art show
- Plant & seed swap

Sign up for the family Worm Composting Workshop!

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.

All events are free! Donations welcome

9:00-9:45am	Mark Stumpf-Allen, <i>Master Composter</i> Red Wiggler Worm Composting Workshop Individuals and families welcome. Space limited, call 780-496-1913 to register.
10:00-10:45am	Cherry Dodd, <i>Botanist</i> Going Natural With Native Wildflowers Edmonton Naturalization Group
11:15-12:00pm	Carissa deJong, <i>Master Water Conservationist</i> Down Comes the Rain! Rain Water Recycling.
12:30-1:30pm	Dean Spaner, <i>PhD Agriculture, Forestry</i> Going Organic-Gardening University Of Alberta
2:00-2:45pm	Gordon Heaps, <i>Master Horticulturist</i> Those Orchid Growing Secrets Orchid Society Of Alberta
9:00am-3:00pm	Grandma Willow's Art & Planting Workshops Free all day fun for the whole family!

We are looking for volunteers for community events this summer. It is fun and a great way to get to know your neighbours.

Call 780-496-1913 or email judy.allan@edmonton.ca



Serenity In Little Italy

PATRICIA DUNNIGAN

Stepping into the modest entrance to the Lotus Soul Gym on 95th Street is like going through a magic door. The inner space reflects a sumptuous, vibrant and inviting atmosphere achieved by stroking all of the senses. No, this is not some questionable massage parlour where you have to go upstairs and ask for Tiffany or Lacey! It is a classy yoga studio situated in Little Italy and within walking distance from my home in Alberta Avenue.

Henri Ferguson, one of the owners, made the decision to lease the building in October 2007 just a year after opening their Whyte Avenue location.

"The space was so perfect," he recalls, "And I wrote a cheque for the deposit on the spot even though all my partners were away on holidays. It met our expansion goal, only earlier than anticipated." He had a connection to the neighborhood from years of shopping at Spinelli's and felt that this area of the city could benefit from yoga's spiritual energy.

"I was nervous making the decision on my own until I opened the back door of the studio and saw three steeples looking back at me. I knew Yoga would be the perfect addition to the area." Henri's enthusiasm is infectious. He is

one founder of this family business with a mission: "We want to demystify yoga for those whose religious convictions may cause them to fear the practice." He uses the slogan "Yoga is for everybody: Yoga is for every body."

The studio is situated behind a reception area providing privacy for the class. The first thing I noticed when I went to my first Hatha Yoga class was the cleanliness and the attention to detail in the choice of colour, fabrics, and sound system. The meditative environment, the challenge of the practice itself, and the way I was nurtured by the whole process left me wanting more. Wow! This was a spa atmosphere, and I was used to grungy halls and church basements.

My next surprise was the use of music for focus and relaxation combined with guided visualization to help participants remain present in the moment and maximize the effects of the workout. Many ways of breathing are taught and used to help train the body to explore its limits without inflicting injury.

As usual, I am the oldest one there and as I stumble over a difficult balancing pose I have a lapse in my attention and look around to see how well everyone else is doing. Oops! Suddenly I feel clumsy, until I remember, "Yoga is not a

competition; it is a mind-body practice that can lead to something deeper." Ah, yes—but I did look pretty ridiculous wobbling all over the place like that, so I had a good laugh at my own expense.

Many aspects of the Lotus Soul Gym inspired me to write about it:

1. It's a beautiful addition to the area and just next door to Zocalo
2. A wide variety of classes are taught for all levels and interests
3. The teachers are among the best I have worked with
4. It attracts all age groups
5. It's family friendly and offers pre and post-natal classes

A backpacking injury last fall kept me from practicing Hatha yoga but I explored their restorative Yoga class and the pace and depth of this method has me hooked! I'm planning on doing both as soon as I am able.

The teachers have a philosophy of instructing without being authoritarian. Participants are taught to listen



to their bodies to find their edge of endurance without slipping into pain and injury. Many of us are so caught up in our minds that we've almost lost the ability to hear our body's messages. The influence of the "No pain, no gain" gym mentality is risky in Yoga. Teachers continually warn students: "In Yoga pain is never a part of the equation." Safety can only be assured if each practitioner is responsible and "honours the concept of pain as a warning to ease off and never hurt your body."

There is a vibe at the Lotus Soul Gym that speaks loudly of its success. People are milling around the reception area where quality merchandise is for sale, mostly of

the yoga, wellness and musical varieties. At the same time folks are arriving for the next class and you are likely to see Mom's with babies, young student teachers, children and men and women of all ages. According to Henri, "The response to the downtown studio exceeded all of our expectations in the first few months of operation." And why wouldn't it? A total experience awaits you from the moment you step inside. The friendly welcome, the ambience, the quality is impeccable. A glance at their website is another testimony to their vision and professionalism.

Check it out at www.lotussoulgym.com.



"LIMBER UP YOUR GREEN THUMB!" – HEALTHY ALBERTA COMMUNITIES ECOTHINKING WORKSHOP (II)

JAZZ WYATT

Most of the "pests" in your garden are harmless – more than that, useful – said Mr. Mike Jenkins, Biological Sciences Technician of the City of Edmonton, during the Limber Up Your Green Thumb! community workshop organized by Healthy Alberta Communities. He talked about the many bugs, wasps and spiders that are excellent predators of what eats our plants and trees: aphids, mites, caterpillars, springtails and other similar critters. In essence, his presentation focused on improving our knowledge about these natural enemies – as the most efficient way in which we could develop some ecologically-sound solutions to insect problems on plants.

The bugs at work in our gardens, parks and trees are the ladybird's larvae, as well as the mature ladybird beetles, green lacewings with their caterpill-

lar aphid-lions, while flower fly maggots prey on aphids and the ground beetles prey on large caterpillars. A special category would be the parasitoids – a group of insects with parasite-like larvae. Their larvae feed on their hosts and belong to a few families of non-stinging wasps and a few families of flies. In 1990, a new little wasp, *Lathrolestes luteolator*, solved Edmonton's 20 years outbreak of ambermarked birch leafminer, putting an end to one of the most entrenched and widely practiced insecticide treatments in Edmonton. The leaf damage on the birch trees was massive, but not similar to the one of the satin moths on the poplar trees. The satin moth strips leaves from the poplar and the willow trees, completely. In 1994 satin moth outbreaks were reported in Edmonton, and the pest became increasingly troublesome. This has caused widespread insecticide use, till the City of Edmonton found *Meteorus versicolor*, a wasp

enemy of satin moth, resident in British Columbia.

Also, while the very common saw bugs are to be found under our piles of dead leaves, flat rocks, and dead logs, in our gardens, they feed primarily on decaying organic matter and are vulnerable to dehydration. House spiders are extremely reluctant to bite humans under any circumstances, and their venom is no worse than an average wasp sting. The City's specialists advise that if your house has many of these spiders, using pesticides to control them will likely be more harmful to you than the spiders could ever be!

Last year City of Edmonton's research showed that the public was using eight times more pesticides than the City.

Another guest speaker of the City's workshop, Gary Chan, Vegetation Manager at City's Department of Parks – River Valley, Forestry and Environmental Services, stated that "The City of Edmonton is committed to reducing the amount of pesticide used on public parkland," and was advising "that in the long run pesticide as a pest barrier is not sustainable."

A healthy lawn, generally, will have less weed and bugs problems. Also, one could develop a lawn tolerance that will

eventually reduce the amount of pesticide used on the lawn. To do this, you have to keep in mind that a few weeds or insects won't harm your healthy lawn. Try improving your lawn by doing some occasional hand weeding. Also, let your lawn breathe. Aerating your hard, compacted soil helps get water, nutrients and oxygen to the roots. Aeration combined with top dressing with compost is an excellent way to reduce thatch.

Controlling the weeds by hand digging or spot treating if chemical weed control products are preferred – was Mr. Chan's recommendation.

"You, too," he concluded, "can reduce or eliminate use of pesticide in your yard."

Rodney Al, master of compost and Communities in Bloom Coordinator for City of Edmonton, advises people to create their own compost. He said that he has his own collection of worms that contribute to making his compost at home and he added smiling that he would share his worms with who ever wants to help them commit to making their own compost at home. Mr. Rodney Al explained what will be a few ways to make compost at home and then he developed on to what would be few possible places at home for this enterprise; as well as, he indicated where in the City

people could buy it. The advantages of organic fertilizers will include: no leaching or runoff (into our rivers and lakes); promotes beneficial bacteria growth; is non burning, non toxic and non corrosive, provides organic matter and promotes water retention; and would be responsible for slow, steady growth as opposed to flush growth.

The organizer of the two sessions of the workshop was Dianne Gillespie, Community Coordinator at Alberta Healthy Communities Department of the Government of Alberta, a green house specialist, as well as an experienced farmer who talked about Alberta's soils and climates and the necessarily steps in adapting the different vegetable plants to our geographical conditions.

A neat surprise at the workshop was the presence of Edmonton Public Library (Sprucewood branch) with a superb collection of gardening albums, catalogs and books. Community librarian Lynne Lacombe said that the Library has a gardening section at each branch and the resources here are invaluable in terms of meeting every single person's desire for tending a few plants, herbs, or a full garden.

Combat stress by building good habits

JENNA HOFF

Most of us strive for healthy lives. We exercise regularly, drink plenty of water, and try to eat well. However, in the midst of our busy lives, our emotional health often gets overlooked. Stress in particular can build up, and if not managed well can lead to serious health issues. Fortunately, there are several things that we can do to reduce stress:

Get enough sleep:

Sleep experts claim that many

people in our culture are so sleep deprived that their mental health is at risk. Adults should aim for seven to nine hours of sleep nightly, while children and teens require even more.

Discover joy:

Life can be challenging. However, one of my favorite sayings is, "You cannot direct the winds, but you can adjust your sails." (author unknown). Make it a goal to look on the bright side of life, and to discover what truly brings you happiness, be it listening to music, playing

an instrument, walking in the sunshine, painting, or reading a good book or magazine.

Cultivate close relationships:

Call a friend and actually sit down and have a conversation where you laugh. Take your mother or grandmother out for coffee (The Carrot Coffee house is a wonderful place to do this!). Join a club that caters to your interests or hobbies. Good places to look for such a club are churches, senior's centres, libraries, and community leagues.

Laugh often:

Laughing releases endorphins (feel-good chemicals found naturally in your body) that boost your mood and make stress melt away!

Ask for help when you need it:

This can come in many forms. It could be as simple as calling a close friend and pouring your heart out to her (or him). If things are more serious, and you find that your stress is having a negative impact on your life or health, talk to your doctor or other health care provider.

He or she may have suggestions or treatments to help your individual health needs. There are also crisis lines that you can call in an emergency, including the Distress Line at (780) 482-HELP (4357).

Jenna Hoff is a former pediatric Physical Therapist turned freelance writer. Contact her at physiowriter@yahoo.ca with health questions, or with suggestions for health topics that you would like to see addressed in a future column.

One woman's journey to sobriety

ANONYMOUS

(Editor's note: I've removed the name of the writer of this story in keeping with Alcoholics Anonymous principles. But she is a member of the community who wants to challenge our ideas of what a drunk looks like, in particular, an alcoholic woman. I thank her for her courage to speak.)

Well, I always seem to start my story with when I was born. This is because later on in my life, this was the pivotal moment in my life. I was born in June of 1965 to a teenage mom, who was only 13 yrs old at the time. I was put up for adoption, which has its own issues for adoptees.

I was moved around from group home to group until I was adopted at the age of four and a half years old. Life was not too complicated although I had my share of issues. I was molested at the age of eight and then when I was sick, had some rather strange photos taken of me in the nude. It was after having a muscle biopsy at the age of 12 I found out some rather disturbing news. My parents had been brother and sister and I was the result. I hadn't found out the true extent of how far this went until a number of years later. I started to act out and not make appropriate choices. I already felt as if I didn't fit in anywhere, and then add this into the mix—I crashed and burned.

Alcohol became my best friend. It got me into the best parties, helped me make friends, helped me at work. It was great! At 19 I got this crazy idea that I had to leave town, so I walked into the Greyhound station and asked for a ticket on the next bus out of here, which turned out to be Vancouver, B.C. There were several important events that happened here. Within 24 hours of arriving I was sexually assaulted by a man old enough to be my father. In fact, he was older.

During my work at the Downtown Eastside Women's Center and the WISH Drop Inn, I would have contact with a man who would become known as Canada's Worst Serial Killer, Robert Pickton. However, there

was a lot to be proud of too. I hobnobbed with city council, provincial politicians and even got to meet former Prime Minister John Turner. For me this had been my a-ha moment. I thought it couldn't get better than this!

Then in 1988, I gave birth to a beautiful baby girl. It was during this pregnancy that I discovered that I might have a problem with alcohol. You see, all my anger and resentments came out because I didn't have my crutch to stuff all the emotions down. Feeling all that anger just made others the target of my wrath. The baby's dad had actually said to me, "I can hardly wait for you to have that baby so you can drink again." Wow, that should have been my eye opener. It wasn't. It would be another two years before I would come to that fork in the road.

As my drinking got worse, my decision making was affected. Four months after the birth of my daughter, I ended up pregnant. Alone and raising a baby on my own, I made a difficult decision to have an abortion. The father left everything my hands. I ran into another man's arms because, in my mind, the other man didn't love me. What I didn't know was that a monster lurked under this man's mask. It would take me a year to leave him for good.

After leaving him, I discovered I was pregnant again. The devastating thing about being pregnant by him was that I couldn't stop drinking. In 1989, I had a boy who was born with Fetal Alcohol Syndrome, now known as Fetal Alcohol Spectrum Disorder. When he was four months old and my daughter was two, they went into foster care, and I was at the fork in the road.

I wanted to drink, but didn't want to, it was the dilemma that I was at. I didn't know who to call as all my friends drank or did drugs, or both. Except for one. So there I was at the Mister Sport Pub on Kingsway, in Vancouver, crying on the phone asking my one and only sober friend for help.

He came and introduced me to the road of sobriety. I struggled on this road and still was

feeling all the anger and resentment that I couldn't get rid of. I knew there was a way to get rid of it, I just fought against doing it. I am nothing if not stubborn!

I ended up at a treatment centre which helped for a while. I did another geographical cure by moving to Abbotsford. I had a third child, another boy. I got married when he was nine months old, divorced when my son was 18 months old. I ended up working at my son's daycare in 1998 and going to school for my Early Childhood Education diploma.

During this time I started drinking, and my friends helped me to justify what I was doing. It was easy in so many ways because I was "dry," not really sober. I was back on that whirlwind of alcohol-induced euphoria. I was offered a daycare position in Edmonton, so I moved back here with my son. I left the other two back in B.C. in foster care. That is a long story there. I ended up living with my former boss and her family in Morinville. The job didn't work out, so I was at another daycare and got extremely sick. I went on medical E.I. The I went back to school and took training in how to run a small business, although I didn't know that at the time. I thought it was Office Administration.

After that I went to work as a live-in nanny for a year, and the end of the contract moved right into Edmonton. I ended up back at school taking a course in Customer Service/Call Centre. I had a job for about a year, finished it, and started working at Lewiscraft, part time, until it went bankrupt and shut its doors forever. I worked full time for the Pizza-Hut/KFC Call Centre and lost my voice for almost three months. I was told I couldn't work in a call center because of this.

It was just after this that my son had developed a friendship with another boy a year older than him. They really liked each other and decided if they could get their parents together that they could be "brothers". This was something my son had always wanted as he really missed his brother and sister. We met and started dating and getting

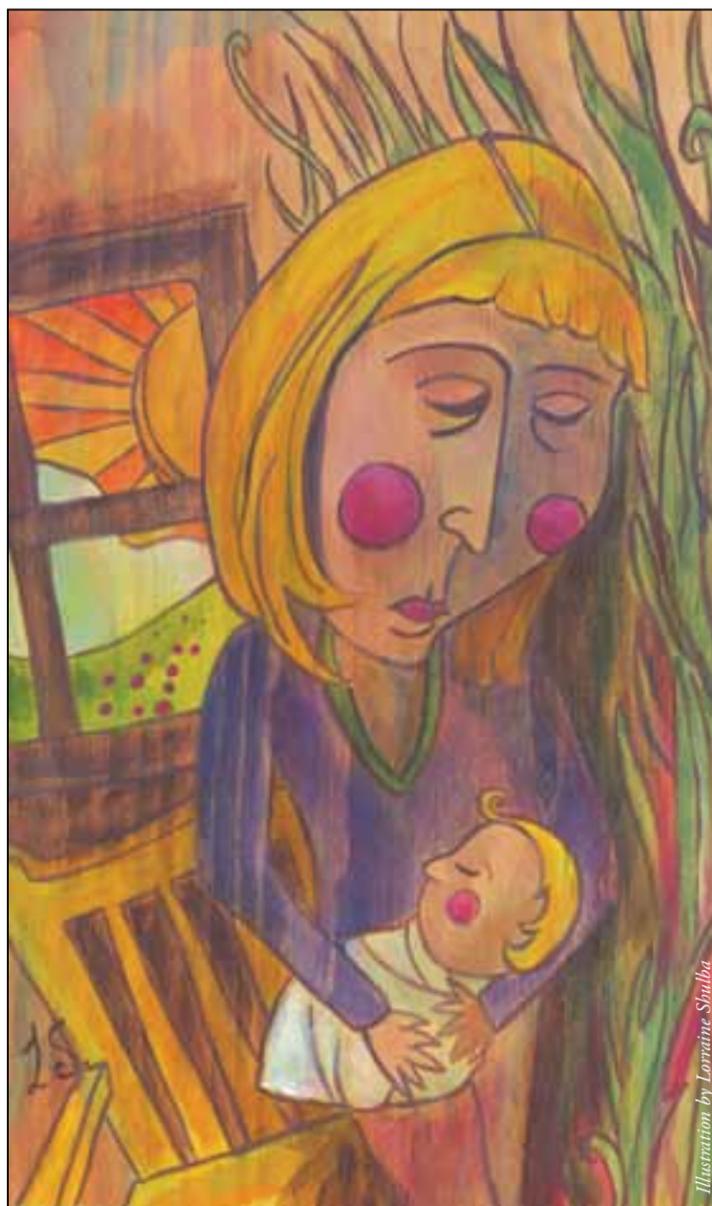


Illustration by Lorraine Shulba

to know one another. It was during this time I had decided to quit drinking again. I went to ADDAC and meetings to get back onto the road of recovery.

I finally did the work that needed to get done. The man I was dating, well, we got married in June of 2007 and it is going well for the most part. As with any marriage, there are ups and downs, the difference is that we work through the struggles. Through AADAC and the meetings, I identified that I needed some psychiatric help and was able to access it and get the help to deal with the erratic emotions that come with bipolar disorder.

I am happy today with my road to sobriety; actually I am happy with life in general. I have fulfilling volunteer community work that I love doing, I have

a job I love, and my family is back in contact with me. I have a relationship with two of my children. I know my birth mom. I have a wonderful husband and great friends. Life is good today. I have coping skills so that if I am hit with tough things like a death of a friend or family member I know what to do so I don't pick up that first drink.

I hope that my story has helped that one person who needs help. Should you find that you have a problem with drinking please contact the following:

AADAC at 1-866-332-2322 or visit their website at www.aadac.com

Alcoholics Anonymous at phone: (780) 424-5900 or www.edmontonaa.org



Resident Profile
WITH HARVEY VOOGD

Numbers tell the tale in neighbourhood changes

You may have got a knock at the door in April from a municipal census-taker: beginning in 2008, city council decided to conduct an annual municipal census.

One can learn a lot from census statistics. So what does a comparison of the 2005 and 2008 city census tell us about our seven neighbourhoods? The 2005 census never asked the question, but the 2008 census showed that most households have one or two vehicles: 39 to 48% of households had one vehicle and 20 to 31% had two vehicles.

Folks in Delton love vehicles. Only 13% did not have a vehicle compared to 35% vehicle-less households in Eastwood. And 2.6% or 20 Delton households had four or more vehicles—the highest percentage of all the neighbourhoods.

Support for Edmonton Catholic schools dropped an

average 4 to 7% between the 2005 and 2008 census. These numbers most likely reflect the closure of schools like St. Patrick in Alberta Avenue.

If you hear more neighbours cheering for the Montreal Canadiens or the Toronto Maple Leafs, there is a good reason for it. The number of folks from Ontario or Quebec who have lived less than one year at their present address went up in all neighbourhoods from two to five times between 2005 and 2008.

In spite of the boom between 2005 and 2008, our neighbourhoods' population hardly changed. Five areas shrank, with Alberta Avenue being the biggest population loser with a loss of 179 people. Two areas grew: Delton gained 40 people, and Westwood was the big winner with an additional 193 calling it home.

Our population may not have grown, but it has changed with a growing number of non-Canadian citizens. All neighbourhoods saw a change between 2005 and 2008, though on average 93% of us are Canadian citizens. Delton was the most Canadian with 95.1% of residents being citizens, while Westwood at 9% had the largest percentage of non-Canadian residents.

We are getting older: 18.3% of people in Delton and Elmwood Park were 60 years or older in 2008. Eastwood and Spruce Avenue were close behind.

The youngest neighbourhood was Westwood with only 12.4% of folks 60 years or older. This is most likely the impact of all those younger people who live there but attend NAIT.

In spite of our aging, a higher percentage of us were employed 30 or more hours in 2008 as compared to 2005. In most neighbourhoods, it was around 50%.

Elmwood Park worked the hardest with 51.5% of people putting in a 30+ hour week, while this number was lowest at 45% in Eastwood.

More of us may work longer, but it doesn't mean we can afford to buy a home. In fact, more of us are becoming renters.

Two neighbourhoods experienced a 7% drop in home ownership between 2005 and



2008.

Delton still has the most home owners at 64%, but it was 71% in 2005. Home ownership in Spruce Avenue dropped from 42 to 35%.

Two other neighbourhoods with low home ownership were Eastwood at 31% and Westwood at 19%.

Parkdale had 59% home ownership, Alberta Avenue 55% and Elmwood Park 49%.

Length of residence can be an indicator of whether people like their neighbourhood. The longer you stay, the more likely you are happy.

Westwood had the biggest growth with a 9% increase to 37.8% of people living five years or more at their present address in 2008.

Delton has the largest number of people in this cat-

egory with 54.3% of residents living five years or more at their current address, a 3% increase from 2005.

Alberta Avenue had the largest increase in the three years to less than five years residence category with 7% growth to 20.5% of residents.

Elmwood Park grew 4% in this category to 13.1% of residents and Parkdale grew 5% to 16.9% of folks in the three years to less than five years residence category.

Head spinning yet? Wait until June, when the results of this year's census will be made public.

It costs the city \$1.7 million to do the census. The information will be used to plan for recreation facilities, transit, schooling and other infrastructure.

GREEN REALTOR

Christy Boulter 780.267.1159
cboulter@homelife.com
www.homelifeguaranteed.com

EDMONTON



Got BIG Junk?

Get rid of it!

Bylaw Enforcement Officers are carefully checking Edmonton neighbourhoods this month for untidy private properties. Avoid the fine of \$250, and clean up your yard today!

As you rummage through your storage, and find things you no longer need, remember to throw it out safely.

If you are loading up a vehicle to go to the dump, make sure the load is secure. Debris falling off your car or truck creates litter and can put other drivers in danger.

Haul large items to one of Edmonton's Big Bin events. Twelve weekend events will be held in various locations throughout the City for residents to drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics are accepted for recycling. Take household hazardous waste like paint, varnish or batteries to an ECO Station.

If you put your extra garbage out for collection, remember that you need to use a legal size garbage can so waste collectors do not get hurt. Garbage cans must be smaller than 100 litres (approximately 75 cm in height and 45 cm in diameter) and must weigh less than 20 kilograms (44 lbs).

For more information contact 311
or visit www.edmonton.ca





The Daring Diner WITH ANGIE KLEIN

Almost Mexico

Walking through the doorway of Los Comales Restaurant felt a bit like being back in Mexico. Not pretentious or trying to be any thing but "A Family Business," as the sign inside proudly displays. Family and friends come freely through the door by the kitchen, and you can hear the sounds of laughter trickling out from the back. There are only a few tables in the dining area.

When we arrive, there is a small group of diners that have just been seated, making the restaurant almost full. They do have another section with a table for larger groups, but it is starting to look more like a dumping zone than a private party room. There are beautiful tapestries on the walls of Los Comales, but many of them

hang unappreciated in this underused space. A section is set aside with a small amount of South American pantry staples and Guatemalan/Mexican gifts for sale, adding to the whole Mexico ambience. The three of us sit down with our menus and decide what to have. A good selection of Mexican beer was a nice way to start, and they had some imported mango juice for my daughter to try, so drinks in hand we begin to order.

The menu is not large, but we decided to go for their combination dinners anyway. The first consisted of one Enchilada, one Guatemalan Doblada, one Chuchito, and one Guatemalan Taco for \$14.95. The second was two Guatemalan Tostadas, two

Pupusas and rice (\$14.95).

We shared the dishes between the three of us, and we all enjoyed the meal, even though I felt the price was quite high for the portions. I was missing the usual dollop of refried beans that adorned every Mexican plate I've ever been served, although they did serve chips and salsa (not homemade, unfortunately) before our meal. By far our favorites were the Guatemalan Tostada and the Pupusas. Los Comales is walking distance from Alberta Ave, located just on the edge of Chinatown. Our bill came to around \$60.00 with tip, and we left happy but not quite full.

Until Next time... Happy Eating!

KARA-LOT SECOND HAND STORE



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12030 Fort Road
Edmonton, AB T5B 4H1

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Website: www.kara-frc.ca

Store Hours:
Monday to Saturday: 10 AM-5 PM
Sundays & Holidays: Closed

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BEHIND THE STORE

WHAT'S HAPPENING THIS MONTH AT KARA-LOT:

- April 7th — Senior's Day (First Tuesday of Every Month): 50% off everything in the store
- April 10th — Closed for Good Friday
- April 13th — Closed for Easter Monday
- April 24th & 25th — 50% off all clothing in the store

Bring this coupon into KARA-Lot Second-hand Store and get 10% of your entire purchase.
Valid until May 30, 2009



ABC Head Start

Free Preschool for children 3^{1/2} to 4^{1/2} years
from families with low incomes!

- Qualified teaching staff - including speech and language services
 - English, Francophone and ELL programming
- Free bussing • Nutritious snack • Family support

Start in September - to apply call 780-461-5353



JAPANESE CHIN DOGS AT
THE EDMONTON KENNEL
CLUB DOG SHOW AT THE
AGRICOM, APRIL 17

City of Edmonton Play and Save Summer Day Camps

Alberta Avenue Community League Hall
9210 - 118 Avenue

Elmwood Park Community League Hall
12505 - 75 Street

Spruce Avenue Community League Hall
10240 - 115 Avenue

Westwood Community League Hall
12139 - 105 Street

Eastwood Community League Hall
8524 - 118 Avenue

Parkdale-Cromdale Community League Hall
11335 - 85 Street

Sprucewood Library
11555 - 95 Street

Kinder Art

It's never too early to start with art! Young artists will love creating their own masterpieces by molding clay, smearing paint, and squishing dough.

ABC's and 1,2,3's

Learn your ABC's and 123's, colours, tones, and other fun stuff. Through a variety of songs, games, stories and crafts, children will get a head start on the new school year.

Green Thumb Growers

Come and get the scoop on growing flowers and vegetables. Learn some neat ways that our insect friends help us out in the garden! Planting seeds, crafting some beautiful bugs and cool garden markers are all part of the fun!

Puppet Theatre

Come join us for a week of puppet making, story telling and crazy, zany games. Take part in a puppet show and take your own puppet home.

Rhyme Time

Children will read daily stories that will be complemented by cooking activities! Children will love hearing stories and creating recipes that correspond to the daily story theme.

We Can Dance

This program is for children that want to learn basic dance, from Jazz and Hip Hop to Modern & tap. You'll learn trendy, exciting dance steps to new, up beat music.

Kitchen Kapers

Mix, measure, cook and eat. You will make special treats in the kitchen or over a fire in the outdoors. Children will create their own personal recipe book to take home.

Creative Campers

Put on your creative cap, it's time to get busy! If you like building, assembling and creating then this camp is for you! Each day you will go home with an item you have built. Model kits, kites, birdhouses, cool recycle creations and more — learn some new skills and have fun!

Encore! Encore!

So, you think you are a star? Here is where you show that you are. Put on plays, act, dance, and play theatre sports in this drama camp.

Artventure

(Sports & Arts Camp)
Use your creative skills through paint, clay, paper mache, drawing, crafts and a variety of art activities. A half day of various sport adventures will complement the art activities. Also, enjoy one afternoon of swimming to refresh those creative juices.

Multi-Sports

Grab your sneakers for an exciting week filled with all your favourite sports! Test your skills and be prepared to learn some new ones with awesome cooperative games like soccer, flag football, basketball and others. Refresh yourself with a dip at your neighbourhood pool.

Car Crazy

Zoom into action as we play a variety wide games, build Kub cars and a race track. A field trip will also be included.

Multi-Sports

Grab your sneakers for an exciting week filled with all your favourite sports! Test your skills and be prepared to learn some new ones with awesome cooperative games like soccer, flag football, basketball and others. Refresh yourself with a dip at your neighbourhood pool.

Arts Galore

Let your imagination soar and create a masterpiece! Try a variety of amazing arts, crazy crafts and goofy games. Top it all off with a field trip to an art gallery.

Dragon Tales

Wonderful wizard stories inspire adventurous children to create magical kingdoms, original myths and marvellous fun. Join us for games, drama, magic, crafts and more.

Adventure Us

This action packed week is filled with activities ranging from sports, games, crafts, drama and much more! Children will also enjoy a splashin' good time on a swimming field trip.

Registration Starts May 4, 2009. Call 311
For a complete list of City of Edmonton
programs [www.edmonton.ca/
recreation-programs.aspx](http://www.edmonton.ca/recreation-programs.aspx)

Week 1 June 29 - July 3
Week 2 July 6 - 10
Week 3 July 13 - 17
Week 4 July 20 - 24
Week 5 July 27 - 31
Week 6 August 4 - 7
Week 7 August 10 - 14
Week 8 August 17 - 21
Preschool 9:00 - 11:30 am

Kinder Art
3 - 5 years \$13
318169 Westwood

ABC's & 123's
3 - 5 years \$16
318270
Sprucewood Library

Green Thumb Growers

3 - 5 years \$11
318381
Elmwood Park
Rhyme Time
3 - 5 years \$14
318383
Westwood Preschool
1:30 - 4:00 pm

Puppet Theatre

3 - 5 years \$14
318423 Eastwood

Kinder Art

3 - 5 years \$16
318172 Spruce Avenue

Children's Half-Day

9:00 - 11:30 am

Creative Campers

6 - 9 years \$14
318421
Alberta Avenue

Children's Half-Day

1:30 - 4:00 pm

We Can Dance

9 - 12 years \$13
318426 Westwood

Kitchen Kapers

6 - 9 years \$15
318422
Spruce Ave

Kitchen Kapers

6 - 9 years \$15
318427
Parkdale-Cromdale

Children's Full Day

9 am - 4 pm

Encore, Encore

9 - 12 years \$30
317748
Alberta Avenue

Artventure

7 - 12 years \$30
317747
Parkdale-Cromdale

Car Crazy

9 - 12 years \$27
317926
Spruce Avenue

Arts Galore

6 - 12 years \$30
317750 Eastwood

Dragon Tales

6 - 10 years \$20
321968
Westwood

Adventure Us

6 - 12 years \$27
317752
Alberta Avenue

Multi-Sports

7 - 10 years \$27
317743
Spruce Avenue

Multi-Sport

8 - 12 years \$27
317742
Alberta Avenue



New N.E.T. program “N.O.C.C.”s at B and E

KRIS ANDREYCHUK, RSW

Predicting when and where criminal activity is going to take place is critical when prioritizing resident driven, police supported, crime prevention strategies.

Notification of Community Crime (N.O.C.C.) is a new project, designed by your Neighbourhood Empowerment Team, aimed at reducing residential break and enters. As you read this, N.E.T. is working hard in your community, distributing crime prevention information and tools to keep your neighbourhood safe.

By means of blending research with grassroots community mobilization, N.O.C.C. offers three diverse, yet inter-related phases. The phases follow each other in order, with the aim of addressing residential break and enter clusters and repeat occurrences, community empowerment and crime prevention sustainability.



As of May, we will be piloting phase one; our strategy is as follows:

- Recruit, train and organize a volunteer base
- N.E.T. will contact the community member whose property was damaged and provide crime prevention information and an enhanced crime prevention kit.
- N.E.T. volunteers will respond by canvassing neighbouring properties, and will disseminate crime prevention information and kits containing tools to keep property safe.
- Dissemination of resources will focus on properties at greatest risk, as defined by the research.
- Information relating to the occurrence will be documented and hotspot mapped.
- Then we will monitor our results. Results to be focused on any further crime in the immediate area and feedback from the community.

In terms of results; phase one aims to have:

- Trained and organized volunteers
- Prioritized proactive resources
- Decreased cluster and repeat occurrences
- Decreased neighbourhood crime statistics
- Increased community participation
- Highly visible crime prevention initiative
- Phase one evaluation upon completion
- A partnership including EPS, youth volunteers and the community at large is integral to the success of this initiative. We currently have over 20 youth volunteers and will be highly visible in your community. We aim to have a substantial impact on residential break and enters as well as overall neighbourhood crime.

By way of cooperation, this project offers the chance to decrease crime through increasing community participation. We look forward to initiating this project in your neighbourhood and keeping you updated on our progress.

Please feel free to contact us if you have any questions, concerns or would like more information concerning this project (780) 944-8204.

*Sincerely, your Neighbourhood Empowerment Team,
Constable Shane Brennan
Community Capacity Builder
Kris Andreychuk, RSW*

CAP is back in 2009!

ALEXANDRU CALDARARU

The Community Action Project (CAP) is once again ready to hit the streets of North Central Edmonton.

Active in our neighbourhoods for over a decade, CAP has played a large role in positive changes that have taken place in our communities in recent years. The organization has been directly responsible for the removal of many problem properties in the area, most notably the notorious Locke apartments and Cloisters buildings. Our negotiating team worked diligently over a period of three years to demolish the Cloisters buildings and redevelop the property into the affordable family housing units that exist in their place today.

At its core, CAP is an institution dedicated to developing local leadership with one goal in mind: to create the capacity for people living and working in our neighbourhoods to take ownership for improving the overall quality of life in their communities. This has been (and continues to be) the organization's bread and butter, and is the reason why people in North Central Edmonton have been able to organize successful campaigns in the past.

Following an eventful Annual General Meeting earlier this spring, the organization has a series of initiatives planned for the months that lie ahead, including:

The commencement of Block Leader Training seminars, with extra emphasis placed on connecting to communities reluctant or unable to participate in community actions in the past (recent immigrants, Aboriginal communities, those living in apartment complexes, etc.)

The launching of our “Picker Sticker” campaign: Working in conjunction with local not-for-profit agencies, this initiative encourages the identification of refundable containers for easy access by “pickers” in our alleys. Conversely, garbage that doesn't contain such items would also be identified, and the goal of this initiative is to reduce the rubbish strewn about our streets and prevent conflict with those who rifle through garbage bags as a source of income.

Initiating the “Porch Lights On” drive: Working in collaboration with homeowners and renters in selected blocks in North Central Edmonton, the campaign will encourage people to leave their front lights on throughout the evening and overnight hours in hopes of eliminating the cover of darkness used by individuals to engage in behaviours detrimental to the overall health of our communities.

These projects were the result of many discussions our members have had with their neighbours and folks living in their communities over the past year, and build on CAP's history of responding to pressures identified locally. In addition to these projects, CAP's Organizer will be pounding the pavement with renewed vigour in the coming months, knocking on doors and working with residents who want to address the pressures of crime, safety and quality of life in their specific corners of the world.

CAP continues to believe that united community action gets results, and we are as committed as ever to helping residents take charge of their communities. Our Organizer is Alex Caldararu, and he may be contacted at 780-270-5235, or via e-mail at organizer@communityactionproject.ca. See you around in the neighbourhood!

Make a Difference

WIPE OUT GRAFFITI

➤ Record ➤ Report ➤ Remove

Organize a Graffiti Wipe Out:

- The Graffiti Management Program will provide you with all the paint and supplies
- Non-profit organizations can host wipe outs as a fundraiser.

For more information call 311 and ask to speak to someone about the Graffiti Management Program.

Graffiti Removal is a Shared Responsibility

www.edmonton.ca/capitalcitycleanup



CONSTABLE DREW LARSON CHATS WITH AN ALBERTA AVENUE RESIDENT

Community bands together to prevent crime

About 70-100 Alberta Avenue and McCauley residents and business owners arrived at the Alberta Avenue Community Centre for a Crime Prevention Fair on April 16.

Beginning with a brief talk and Q and A session with the Edmonton Police, attendees listened as the EPS underlined their commitment to continue to monitor our streets and work with locals in reducing drug trafficking and prostitution.

This was followed by Chris Hayduk, one of the board members of CRUD: Community Response to Urban Disorder, a commu-

nity group whose aim it is to improve safety in our streets by encouraging residents simply by using them: "Eyes on the street make a difference," he said. Initiatives of this group include "takeovers" of 118 Avenue corners by hanging out, which displaces drug dealers and prostitutes with community members playing board games or just enjoying the outdoors. A walking group, a dog walking group, and a family parks crawl are other methods he outlined.

The final presentation of the night was from Community Action Project, which is a grassroots organization that identifies and trains individuals

from within the community in order to become Block Leaders. This is the group responsible for recent initiatives such as the Picker Sticker program and Porch Lights On.

Once the speakers were done, residents had a chance to speak to the EPS or any of the other participating community groups one on one. Other groups include: Transit Watch, Safer Communities and Neighbourhoods (SCAN), Avenue Initiative Revitalization, Edmonton Safe Parent Association, Safe Edmonton, Edmonton Neighbourhood Watch, and Crime Stoppers.

BIKE SAFETY PROGRAMS \$10

RIDE TO SURVIVE

For children ages 6- 12
Stay safe while having fun! Learn Basic bicycle skills and rules of the road.
(No training wheels allowed please)

4 WHEEL DRIVE

For children ages 3-5
This session is only for riders on training wheels. Children are taught basic cycling skills and safety through drills and games and will take a mini tour. CSA approved Helmets, bikes, and bike bells are mandatory for all sessions.

Program & registration code	Location	Date	Time
4 Wheel Drive Reg. # 325451	Alberta Avenue Community League	May 23	10am-12pm
4 Wheel Drive Reg. # 324651	Elmwood Park Community League	May 30	10am-12pm
4 Wheel Drive Reg. # 324652	Spruce Avenue Community League	June 6	10am-12pm
Ride to Survive Reg. # 325452	Alberta Avenue Community League	May 23	1pm-3pm
Ride to Survive Reg. # 324649	Elmwood Park Community League	May 30	1pm-3pm
Ride to Survive Reg. # 324650	Spruce Avenue Community League	June 6	1pm-3pm

Locations

Alberta Avenue Community League 9210-118ave
Spruce Avenue Community League 10240-115ave
Elwood Park Community League 12505-75st

Registration information:

On Line: www.ereg.edmonton.ca
By Phone: 311
In Person: Any City of Edmonton leisure centre

This Program is brought to you by your Community League & The City of Edmonton



Get Graffiti off of Your Property

WIPE OUT GRAFFITI

➤ Record ➤ Report ➤ Remove

Property Owners can receive:

- Up to \$500 in support to have a professional contractor remove the graffiti
- A free Graffiti Paint Over/Removal Kit

For more information call 311 and ask to speak to someone about the Graffiti Management Program.

Graffiti Removal is a Shared Responsibility

www.edmonton.ca/capitalcitycleanup



Spring and summer library programs

Sprucewords

WITH IRENE NG

Like clockwork, parents at this time of the year are beginning to look twitchy as they ask themselves: 'What are my kids going to do this summer?' As with most questions, the library has answers.

In May, the Sprucewood Branch is celebrating Asian Heritage Month by hosting two programs for both kids and teens. Register your nimble-fingered child for Origami Paper Cranes on Saturday, May 9 at 2:00 p.m. They will learn to make their own paper cranes and other designs using pieces of paper and a few simple folding techniques from this ancient Japanese art. On Saturday, May 23 at 2:00 p.m., attend the Henna Body Art workshop with your teen, and discover the history and uses of henna by Indian, Arab and African cultures. To register for either program, please call the branch at 780-496-7099.

In June, Edmonton Public Library is excited to kick off the 2009 TD Summer Reading Club, a national literacy program for school-aged children aimed at maintaining and

improving their reading skills over the summer. The title of this year's program is Agent 009 – so expect to see detectives, gumshoes, secret agents, and plenty of mystery books at the Sprucewood Branch.

How do your children participate? Simply register your child with your neighborhood library on June 20, or anytime during the summer months. Pick up the free reading kit containing a poster, stickers, a bilingual activity booklet, and a log sheet. Over the summer, encourage your children to indulge in a good book for at least 90 minutes every week. For every successful week of reading, they will be eligible to win fantastic prizes,



Stack

such as t-shirts, book bags and, of course, books. Kids can also register for themed afternoon programs and activities scheduled throughout the summer.

Irene Ng is a library assistant at the Sprucewood Branch of the Edmonton Public Library. For more info on these programs and other services, please call our branch 780-496-7099 or visit the website at www.epl.ca

Love You Mom

Hands that had worked
Near a lifetime through,
From washing clothes,
To work in the yard.
She had toiled and it had been hard.
With a full time job and four kids to raise,
She seldom heard a word of praise.
Her smile was cheerful,
But her eyes were sad.
And she seldom spoke of my missing Dad.

-By Sharon E. Riley

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Mari Sasano

A FRIENDLY GOAT AT
AMAZE-ING AGRICULTURE
AT THE AGRICOM, APRIL 17

AVENUE WALKING MAP

Communities on Foot Series

About the Communities on Foot Map Series

Community walking maps bring neighbours together to build a more walkable community by providing resources and supporting active living.

Visit www.edmonton.ca and search for "Walking Maps Workshops" to see maps from other communities in Edmonton.

You are invited to
create the
Avenue Walking Map

Saturday, May 30, 2009
10 am–12 pm
The Carrot Coffeehouse
9351–118 Ave.

We need input!

We are looking for residents from Alberta Avenue, Eastwood, Elmwood Park, Delton, Westwood, Spruce Avenue or Parkdale-Cromdale.

The end product your community will have is an active transportation map (print and electronic) with destinations and routes that are important to your community.

For more information contact
Rocky Pilisko 780.496.3782
Corinne Bishop 780.944.5426

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For all inquiries please contact Ryan at the following:

Phone: 780.700.1505

Email: info@brooksgroup.ca

www.brooksgroup.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

THE ART OF HENRI YAUCK AT THE CARROT

Is the Picture On Your Wall Making You Sick? Professional visual artist Henri Yauck, has combined scientific research, colour theory, and creative prowess into his most recent collection of watercolour paintings.

Henri Yauck will be at The Carrot Community Arts Coffeehouse on May 9, 16, and 30 from 11:00am to 4:00 pm to discuss his art and creative process.

MUSIC



PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus at 780-479-1330

PIANO LESSONS IN YOUR HOME

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 books. Taking bookings now for September 2009 start. Excellent references available. Call Sharon Riley at 780-479-4054 between 1pm-4pm or evenings.

KEYNOTE MUSIC

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

DROP-IN GROUPS & PROGRAMS

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.

NORWOOD CHILD AND FAMILY RESOURCE CENTRE

9516 - 114 Ave. To register for these free sessions call 780 -471-3737.

Books for Babies

May 21 to June 11, Thursdays 10:30am-12 noon Ages 0 to 1 years

Books for Toddlers

May 8 to June 12, Fridays 10:15-11:30 am Ages 13 months to 2 years

Books for Preschoolers

May 6 to June 10, Wednesdays 10am-12 noon Ages 3 to 5 years

We will explore books, sing songs, play games and do crafts.

CARROT WRITERS' GROUP

Every Tuesday 7pm-9pm 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 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 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.

SALVATION ARMY

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

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 May 8 Thomas Mead May 15 Oliver Swain May 22 Brian Toogood and Rob Malowny May 29 Elphida Trio SATURDAYS: Open mic 7:30pm-9:30pm Music, spoken word, comedy

CANADIAN PREMIERE OF LOVE by Patricia Cornelius

Northern Light Theatre - The Third Space 11516-103 Street, Edmonton Preview Apr 30, Open May 1, Close May 10 nightly @ 8:00 pm Vivid and violent, *Love* is a harrowing story of wasted youth for whom a simple, unconditional love is the only glimmer of hope in an otherwise dark world. WINNER of the Wal Cherry Award for best new Australian play in 2003, Patricia Cornelius' *Love* is theatre at its most riveting. Dark Mondays and no matinees. Wednesdays are Pay-What-You-Can night. Preview night is FREE for students (Apr 30). WARNING: LANGUAGE & MATURE CONTENT Tickets: \$15 Preview, \$25 Opening Night, \$20 Adults, \$18 Students/Seniors. Available at the door or in advance by calling: NLT 780.471.1586 or TIX on the Square 780.420.1757 or online at www.northernlighttheatre.com

SPORTS & REC



SPRING WORKOUT COMBO

Cardio, Ballet, Qigong 1 hour session for 5 weeks Call 780 477-0683

FREE PUBLIC SKATING/ INDOOR ARENAS

Grand Truck (13025 112 St) Sundays from 1pm to 2pm Russ Barnes (6725 118 Ave) Saturdays from 5pm to 6pm Oliver (10335 119 St) Tuesdays from 6:15 to 7:15pm Westwood (12040 97 St) Sundays 3:15 to 4:15pm

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.

PLAY FIELD HOCKEY

A game that combines the fitness of soccer and the finesse of hockey. Try it free. There are events, spring and summer programs. Inexpensive sport! Boys and girls 5-14 years of age Register now! www.fieldhockey.ab.ca or 780-760-2180

VOLUNTEER



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

BLOOMIN' GARDENING SHOW AND ART SALE

Saturday, May 9 from 9am to 3pm. Plant & gift sale, children's art & plant workshops, workshops from the experts. For more info contact Christy 722-3733 or go to www.avenueinitiative.ca

PRIDE CENTRE OPEN HOUSE

Saturday May 9 from 2 to 5 pm. Everyone is invited to visit and learn more about the Pride Centre and the services provided. Activities include displays, speeches, and the launch of the Youth Theatre Project which explores homophobia and bullying through a series of short skits. Tour the facility, enjoy the espresso bar.

MEDITATION FOR CHILDREN

Saturday, May 23, 10am-5pm, at the Alberta Avenue hall (9210 118 Avenue) The Alberta Vipassana Foundation is holding a one day course for children 8-12 yrs. Come learn this simple, universal technique of breath awareness. Benefits include increased confidence, memory and compassion. Information and registration: www.ab.ca.dhamma.org or contact Chris at: cpbull@yahoo.com

SPRING STOMP FAMILY DANCE

Saturday, May 23 from 7pm to 10pm at the Alberta Avenue hall (9210 118 Avenue). Great music, contests, games, prizes and refreshments. Lots of fun for the whole family. Cost: Adults \$2; Children \$1. Tickets available at the Alberta Avenue league office on Mondays and Wednesdays from 6pm to 8pm. If there are any tickets remaining by the 23rd, they will be available at the door. For more info call Karen 780-278-4812. Sponsored by the Avenue Vineyard Community Church.

MULTI-FAMILY GARAGE SALE 11608 88 St.

Friday May 24, Saturday May 25, and Sunday May 26 Come and find great deals on kids toys, household items and much more!

NORWOOD LEGION MEMBERSHIP DRIVE GALA (PARTY)

Friday May 22 at the Legion (11150 82 St) 7pm Social Hour, 8pm-midnight Dance with the Hi-Lite Band Free midnight snack! Members \$10, Non-members \$15 Tickets: call 780-479-4277 or pick up at the Legion (11150 82 St)

CRUD COMMUNITY WALKING GROUP

Meet Saturdays at 9am at Alberta Avenue hall parking lot (9210 118 Avenue). Walking is good for your health and good for your community. Create community safety with eyes on the street and get fit too! Contact info@crudedmonton.org

CRUD COMMUNITY DOG-WALKING GROUP

Meet Mondays 6:30pm at St Alphonsus church (11828 85 St) or 6:45pm at The Carrot (9351 118 Ave). Create community safety with eyes on the street by joining with other residents to take back the Avenue and keep your dog fit too! Contact info@crudedmonton.org

CRUD FAMILY PARK CRAWL

Meet Sundays at 3pm at Norwood Park (95 St and 114 Ave). Join with communities families to use our parks for what they are designed for - play!

EATING MADE EASY: HEALTHY EATING FOR A HEALTHY YOU

Edmonton Meals on Wheels (11111 103 Ave) First Tuesday of the month from Noon to 12:45pm Monthly discussions about healthy eating with a registered dietician. May 5 Grocery Shopping Made Easy. Bring your own lunch or enjoy the meal of the day for only \$2.25. To register, or for more information, please call 780 429-2020

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

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

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	
Aboriginal Family Storytime 11:30 a.m Fridays, January 9 to June 26	Cafe Anglais - English Conversation Club for Newcomers 6:30 p.m. Mondays, January 5 to June 29, 2009 FREE of Charge	
TEENS	English Conversation Circle (LACE Program) 10:30 a.m. Saturdays, April 18 to June 20, 2009 Drop-In, Free of Charge For more information contact Biviana from Catholic Social Services at 780-424-3545.	
Teen Gaming 6:30 p.m. Fridays, April 17 to June 26, 2009 Ages: 12 - 17 years	Stories from the Heart of the City - with Linda Goyette 1:30 p.m. Thursday, May 21, 2009 Drop-in, Free of Charge	
Asian Heritage Month - Origami Paper Cranes 2 p.m. Saturday, May 9, 2009 Ages: 12 - 16 years		
Asian Heritage Month - Henna Body Art 2 p.m. Saturday, May 23, 2009 Ages: 12 - 18 years		

TEMPORARY PARK CLOSURE

Lorne Street Park (9120 113 Ave) and Alberta Avenue Park (9210 118 Ave) will be shut down for a few weeks, most likely sometime in May, to replace the sand with recycled rubber surfacing. This will make these sites more accessible for people, as well as addressing the main safety concern of debris hidden in the sand. This project has been made possible by the Alberta Avenue Community League, Norwood Neighbourhood Association (NNA) and Community Action Project (CAP) working together to raise the funds from the City of Edmonton, Alberta Lottery and Tire Recycling Alberta Grants.

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HEART OF THE CITY FESTIVAL
a music and arts celebration

'09



HeartCore

SUNDAY, JUNE 7, 2009
11:00AM - 9:00PM
GIOVANNI CABOTO PARK, 95TH ST. AND 108 AVE.
VISUAL ART DISPLAYS AND NON-STOP MUSIC
FREE FAMILY EVENT



**LIVE MUSIC
FRIDAY
NIGHTS!**
\$5 cover

- | | |
|--------------|--------------------------------|
| May 1, 2009 | May Labour Festival |
| May 8, 2009 | Thomas Mead |
| May 15, 2009 | Oliver Swain |
| May 22, 2009 | Brian Toogood
& Rob Malowny |
| May 29, 2009 | Elphida Trio |

THE CARROT WRITERS CIRCLE
Every Tuesday of the Month

VISUAL ARTISTS COLLECTIVE
May 13th, 7:00 - 9:00pm

STITCH & CHAT
Every 2nd Wednesday of the Month

9351-118 ave
www.thecarrot.ca