

your free **COMMUNITY** newspaper

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EASTWOOD
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RAT CREEK PRESS

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The Avenue gets fresh with opening of our own farmer's market

MARI SASANO

With the recent health scares involving vegetables contaminated with salmonella and pet foods containing melamine, we have to ask ourselves: what can we do to have greater control of the safety of our food?

One of the simplest ways is by cutting out the middle men and going straight to the people who grow food, the farmers. Farmer's markets are growing in number every day because of consumers' demand for fresh, locally grown produce. You can ask a farmer exactly how they grow their vegetables and raise their livestock, whether they use supplements, pesticides, or fertilizers. And because they are smaller producers, they tend

to be free-range and organic as well.

And now, Alberta Avenue and area residents can find our very own market every Thursday at the Alberta Avenue community centre. No need to drive or bus downtown or to Old Strathcona! Now, locally made products are just walking distance away. Vendors include: crafts, Ukrainian foods, bread, pickles, greeting cards, pottery, jewelry and art.

"You get fresh items, home-made, not commercially produced. And it's local," says Andrea Beach, market manager. And according to Alberta Avenue Business Association, the market crowds will only enhance existing business traffic.

"The market will act as a

drawing card bringing out not only local residents but people from other areas of the city to 118 Avenue," says Joe Holtz, Executive Director of the Alberta Avenue Business Association. "Other businesses on the Avenue, especially those in close proximity to the market, will benefit as there is a good chance shoppers will frequent other area retailers and restaurants."

The market will take place both indoors and outdoors, year round every Thursday from 2 pm to 7pm. The grand opening took place

May 28, with approximately 30 vendors and the possibility of more. For more information on the market or to apply for a

table, contact Andrea Beach at 780-459-6082.

www.albertaave.org/market



Canada Day celebration to showcase community, family



COUNCILOR TONY CATERINA ON CANADA DAY 2008

MARI SASANO

With the success of last year's free Canada Day festival at Borden Park, organizers are bringing in a bigger, better event for this year, says Rocco Caterina, assistant to Ward 3

councillor Tony Caterina.

"It's gonna be fun! This is the second annual event put on by Peter Sandhu, MLA for the area, and Tony. They created it for the community. There's sometimes a disconnect with people busy in their own lives;

this way people will come together."

This year's celebration will go from 1 pm to 5 pm at Borden Park on July 1, with plenty of free activities for the entire family.

"There will be free hot dogs, pop and cake. The Borden Park Pool will be open for free swimming. There'll be face painting for the kids and displays—last year there was karate and dancing. And there will be a concert put on by local entertainers," says Caterina, who emphasizes that most of the performers are residents of the area.

Featured acts include Bark'n Mad Flyball Team (dogs), Celtic Infusion Illusion (Celtic rock music) as well as ethnic performers throughout the park.

This event is not funded by the city, but through the com-

munity.

Showing off the people and park is one way to counter the negative stereotypes of North East Edmonton, too.

"We're focusing on family and community, and with Borden Park going through revitalization, that adds to that. The beauty of Borden Park is that people have forgotten it, but remember going to it when they were younger. We had a senior in her 80's who said she wanted to have her family reunion there because of those memories."

Caterina estimates that 5000 people enjoyed last year's party, and looks forward to seeing 7000 this year. And it should be a

crowd as diverse as the residents of the local neighbourhoods.

"Canada is such a great place to live, and no matter what your background, we have that in common. It's a way to celebrate that one purpose, that we're all here."

Free parking will be available at Northlands, and Borden Park is also accessible via the #2 bus departing from Stadium LRT station.



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Rat Creek Press Opening

The Rat Creek Press is looking for a Managing Editor. This is an honorarium position that consists of approximately 20 hours per month. Organizing, networking and administrative skills a must! Community residents will be given preference.

Send your resume to the Rat Creek Board at info@ratcreek.org by June 15 if interested.

Safe Streets Block Captain BBQ

Thursday, June 11 at 6pm
Alberta Ave Community League
(9210 118 Ave.)

See the Community Calendar on page 15 for details!

PHONE 780.479.6285

WEB www.ratcreek.org

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RAT CREEK PRESS ASSOCIATION

2006 Recipient of the Solicitor General
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OUR MISSION

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

OUR FINANCIAL SUPPORTERS

Norwood Neighbourhood Association
Spruce Avenue Community League
Eastwood Community League
Elmwood Park Community League
Alberta Avenue Business Association
PAAFE - Prostitution Awareness &
Action Foundation of Edmonton
Alberta Lottery Fund

EDITORIAL
WITH MARI SASANO

Animals make us better people

My mom told me a story recently about my grandfather: one day, after going on his rounds, he came home with a tiny kitten tucked in his jacket. He found it, and just couldn't leave it there to fend for itself. Really? My taciturn grandpa who rarely shared his thoughts—much less, his feelings—a friend to small animals?

But you hear things like this all the time. There are even programs in some prisons where inmates take "untrainable" dogs from shelters and give them a second chance. Of course, what they're really doing is giving themselves a second chance—participants who complete these kinds of programs show a lower likelihood of reoffending.

We call it a dog-eat-dog world, the rat race, but it's really the cutthroat society of human beings that harden us. The presence of animals calms us (researchers notice a reduced blood pressure in pet owners), they teach us patience and how to experience joy in the moment.

And I see how animals affect us, every day, three times a day when I take my dogs out for a walk. People who might otherwise pass by without saying hello smile more or even stop for a conversation when I'm with my dogs. Kids become curious, ask questions, and become quiet and gentle around my dogs.

That's why this issue, the Pet Issue, is much more than just talking about a hobby. Some

scientists believe that being around nature (and they count any animal, including pets, as part of nature) is a human drive, as important to our mental well-being as feeling safe in our community, having friends, and learning new things.

Our pets give us that connection to nature and remind us that we aren't all that different from each other. This is why the dog walking group, organized by CRUD is such a brilliant idea. People

might feel threatened by groups of people patrolling the street, but when they are accompanied by smiles and wagging tails, something makes all of us drop our defenses a little and share our experiences as human beings.

Animals act as our moral compass, and it's hard to misbehave around them! So, knowing all that, I invite all of you to try to do some kindness your pet, or any animal in your community. Take care of them. Get to know them. Listen to them. Love them. And let them teach you something about yourself!

“Our pets give us that connection to nature and remind us that we aren't all that different from each other.”

GOT COMMUNITY NEWS?!



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Errata:

In May's Rat Creek Press,

the owner of Lan's Asian

Grill was identified as Tim

Lim. His given name is

actually Tom.

PETALS

ON THE TRAIL

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Sketch The Ave invites you to see everyday things with an artist's eye

MARI SASANO

One of the gifts of an artist is that it allows us all to be able to experience the ordinary in a different light—once a familiar sight is rendered as art, it becomes something to reconsider instead of taking it for granted.

Michael Germann, one of the organizers of Sketch the Avenue wants everyone—artists or not—to join the Carrot visual arts group in a day of transforming our Avenue into art on June 13.

“We’re going to get together to sketch the avenue,” he says. “We did one on 82nd Avenue for World Sketch Day, and it was really great—we had about 18 people show up. It was fun, and we got to meet a lot of people.”

Participants are asked to meet at the Carrot at 10 am for a quick orientation, and then you will be set loose to draw whatever strikes their fancy, meeting up at 1 pm (location TBA) to compare notes and share the results. Germann emphasizes that, although the event is run by the visual arts group, anyone with an interest is welcome to join in. A draw for a sketch book will take place to encourage the shy to come out.

“You don’t have to be an artist. Just come out and have some fun. Bring a piece of paper and sketch away. See what the day brings.”

The visual arts group meets every second Wednesday of the month at the Carrot.

<http://www.meetup.com/Carrot-Visual-Artists-Collective/>

ETS route changes during summer construction

Construction has started along 118 Avenue from 87 to 92 Street. Edmonton Transit routes 5 and 8 will detour during this time as follows:

118 Avenue Westbound Closed (82 Street-87 Street)
No Westbound ETS Service on 118 Avenue (82 Street-97 Street).

Route 5 will detour via 82 St/Fort Road/115 Avenue
Route 8 will detour via 82 St/122 Ave/97 Street

Please board bus at a bus stop on the detour routings or take an Eastbound bus to Coliseum Transit Centre, and transfer to a Westbound bus there. Re-routing maps are available at most businesses on 118 Ave.

Please note that carry-over work will be done between 82 and 87 Streets. Businesses along the construction zone will remain open.

Edmonton Neighbourhood Watch

ARLENE KEMBLE

With the upcoming summer months, everyone needs to be aware and extra careful with respect to thieves prying on open front doors, etc when we are in our back yards.

Open doors especially facing the street is an open invitation for a prowler to check what is inside. I know many residences can attest that it has happened to them.

The ENW is a passive organization, we DO NOT WALK THE STREETS, it is FREE to join and has many benefits, i.e.: autodialer is a way we connect to neighbourhoods if there is an alert call of information. Only by being a ENW member do you receive this info.

Please feel free to contact the EPS complaint line at 780-423-4567 when you see something that’s not right and let them decide which way to go. If a vehicle sits on your street for more than 48 hours and is unknown to you, call EPS. These calls are how many vehicles are recovered.

Let’s make our neighbourhoods crime free.

Browse our Website: www.watch.edmontonab.ca or call our office 780-421-3428.

You can also contact myself, Arlene, VP Admin @ 780-477-5606.

Avenue and Alley Bowling for Bucks

MARI SASANO

Arts on the Ave works tirelessly to bring some fun to local residents through its festivals and events year-round. But now, it’s time to see if you can give back—by bowling! The event is tentatively called Avenue and Alley Bowling for Bucks, and organizer Christy Morin promises a great time for participants on June 20, while ensuring that we continue to see events take place in our community.

“It’s the first fundraiser for Arts on the Ave. We’ve never had a fundraiser before, but we do so many projects that we need to bring in some money to continue doing them,” she says. “We want to be more sustainable on our own, since we do get some grants, but they have been cut substantially this year. Let’s see if



the community gets behind us!”

Morin is looking for 16 teams of four to raise \$650 per team. If there is more interest, a second shift will be added to the evening. And though \$650 might seem like a big number, little donations from friends and co-workers can really add up.

“You will receive tax receipts for anything over \$50. We’d like to see businesses take this on to sponsor teams, and friends to pledge donations.”

But the main point is, as always, to build community from the grassroots.

“We wanted to do something that was really in line with who we are, so we have Plaza Bowl, which is a great local family-run bowling alley who has graciously agreed to host us. There will be food and a cash bar. It’s going to be a hoot!”

To register a team, call Christy 780-722-3733 or email millieontheave@live.com

Bragging rights for best gardens at stake in Communities In Bloom competition

MARI SASANO

Residents of Alberta Avenue neighbourhoods—ready your shovel, hoe, and garden weasels! Nominations are being sought for Communities in Bloom, our own version of the City’s Front Yards in Bloom program. It will be run by one of the finest gardeners in our area, Stuart Ballah, who is a multiple nominee for the city-wide contest for the loveliest front yard. This will be the second year of the program, which is an expanded version of the Front Yards competition, says Ballah.

“Last year, we ran it in conjunction with the City’s Front Yards in Bloom. We decided to do our own, including back yards and gardens as well.”

Ballah encourages everyone with any interest in plants and gardening to participate.

It doesn’t have to be a major landscaping job, just a bit of effort to create a little beauty in and around our homes. And it doesn’t just benefit you; the effects of a cared-for garden goes a long way, he says:

“It’s a good way to instill pride in our community—front yards are the most visible part of our streets. And it doesn’t take much to dress up a front yard. Well, it doesn’t have to. But it’s something that brings us together—on our street, one started doing it, and then other people started.”

Also, he says that gardening is a great way to improve safety, since working in the yard gets people outside, letting people know who lives in our communities. And it’s a great way to meet your neighbours.

“If you like your neighbour’s yard, just go talk to them! A

lot of people on our street have plants from our yard because of it. Just ask first.”

So it looks like we all win when our neighbourhood is beautiful. But on the other hand, winning yards and gardens will take home something unique too—Ballah also happens to be an accomplished visual artist, and will present awards of paintings of the winning gardens as a prize.

Ballah says there is no formula to what makes a winning garden. But he does have one tip that we all can follow:

“Cut those dandelions before they go to seed.”

Nominations will be accepted until the end of July, and judging will take place the first week of August.

Send submissions to Stuart at bfrodo@telus.net

Good Neighbour Award

Walter Gurba, a resident of Delton was awarded a Good Neighbour Award by the City of Edmonton on May 12th at an awards dinner at the Winspear Centre.

His neighbour Harvey Voogd nominated him for his extraordinary volunteer work for the Delton Community League.

“I nominated Walter in recognition of his years of service and dedication to the youth and families of Delton,” said Voogd. “For 32 years Walter has continuously served on the Delton Community League helping to make our neighbourhood a better place to live.”

Speaking at the awards, City Councillor Amarjeet Sohi said, “Good Neighbours are everywhere in our city – they

are the friends who help a senior shovel her walk, the parents who volunteer in the community or even the strangers who hold open a door and greet us with a smile.

These Good Neighbours are at the heart of what makes our communities great places to live and I am proud to celebrate them.”



GOOD NEIGHBOUR WALTER GURBA RECEIVES HIS AWARD

Walter was one of 18 winners out of a total of 230 nominations that were received.

The Good Neighbour Awards began in 2008 and are aimed at encouraging residents to formally thank their neighbours for acts of kindness.

Norwood Child and Family Resource Centre to close for an extreme summer makeover

MARI SASANO

The Norwood Child and Family Resource Centre will be closing this summer for a much-needed renovation says the centre's executive director Bev Parks.

"What we are doing is closing down for two months and relocating our services. We're getting new flooring, windows, paint, new countertops and cabinets. We've been here for over 45 years, and the last bit of renovations was in 1998, so it's about time."

The \$400,000 overhaul will improve safety as well as repair wear and tear on the building. The closure will take place from June 15 to August 31, but many efforts have been made to ensure that families who use the centre's services can continue to be able to rely on staff for support.

"It's really important that we continue to connect with families over the summer," says Parks, noting that many of their programs will run in modified form in various other facilities during the renovations.

"Early Start is a licensed child care program, and we will be setting up moms and kids groups at the Sprucewood

Library. Our Child and Youth programs, for five to 13 year olds will run full-time at the Alberta Avenue Community Centre. And we will be sending some staff to the Africa Centre at Wellington School, which is a newly-formed organization who is trying to do something similar to us."

Parents will still be able to talk to staff about their needs, and will be referred to other organizations if necessary.

"I hope that there will be a minimal impact. Most of the families, we can meet outside the centre, and summers are usually slower with people being home more or going on holidays. We've also tried to stay in our community. But people love coming here, it's a safe place where they have a sense of belonging."

The centre is still \$70 000 short of its capital fundraising goal and would welcome any contribution from community members.

"The community has been amazing—so supportive. Not just of us, but for the families who use our services."

Norwood Child and Family Resource Centre is located at 9516 114 Avenue. Call (780) 471-3737 for more information.



A minute with Brian Mason By Brian Mason, your MLA

Friends,

Throughout the last few months we have seen a range of challenges to our public health care system coming from the provincial government. From the dismantling of regional health authorities and the delisting of chiropractics, to dilemmas with long-term care and drastic changes to the seniors' drug plan, this government is shaking up our public system behind closed doors.

Seniors from across Alberta have been sharing their concerns with me over this government's proposed changes to their pharmaceutical costs. They are telling me how the government is not doing enough to meet the health concerns of seniors. Proposed changes to the drug plan will significantly increase

the amount that middle-income seniors have to pay out of pocket for the medications that they require.

Let's be clear, this is yet another attack on universal health care by this government and I intend to oppose it. More focus must be placed on reducing health care costs for all seniors, not just some. Placing a greater financial load on our senior population, as the conservative government intends to do, is simply not the answer to escalating health costs.

Seniors shaped this province, yet they were the ones who were asked to sacrifice during the cuts of the 1990s, and it is again the seniors who are being told to shoulder an unfair portion of the burden today. Enough is enough; this is not what Albertans voted for.

I am tremendously proud

that our party brought Medicare to Canada under Tommy Douglas. This system, which is one of our nation's proudest, is under constant pressure from private interests like drug and insurance corporations.

I can assure my constituents and all Albertans, both young and old, that when it comes to the strong delivery of public health care in the province, the Alberta NDP will continue to ensure that health care remains as it should, universal and public.

Thank you for reading and please do not hesitate to contact my office at 780-414-0682 with your questions, comments and/or concerns.

Brian Mason, MLA
Edmonton Highlands-Norwood
Leader of Alberta's NDP
Opposition

Attention all Eastwood dogs (and their people)

The new Eastwood Community League Dog Club is underway with planning for June events to be announced shortly (watch this newspaper or notices posted in the community). Dogs, please note you must be on leash, licensed to walk humans, and vaccinated in order to join in our activities. Thanks! The aim of the club is to create a space in our community that is safe and exciting for our pets. Planning includes social 'get to know you's' for dogs and humans, as well as classes of various kinds. At present we need to meet in the space between the fence and the rink, as the new grass on the rink is still a bit fragile. So come with your human(s) and let them meet their neighbours too.

Contact Barb at heatherb@macewan.ca for more information.

Avenue Goes to the Dogs brings out pooches for third year

MARI SASANO

Dogs and humans get along so well because dog and human lifestyles are similar: we like to live in groups. It's in our nature to enjoy each other's company, and we tend to be curious about new people. For thousands of years, dogs have been our protectors, our co-workers, and our friends.

"Dogs are therapeutic," says Nicole Johnston, one of the organizers of the Avenue Goes to the Dogs festival. "They're non-judgmental, they love unconditionally. For a lot of people, dogs are an important part of life because you don't always get that from the average human."

So, in a way, it's only natural that we have a festival that brings together dog owners and dogs. The Avenue Goes to the Dogs, now in its third year, will take place June 13 at the Alberta Avenue Community Centre.

Johnston describes the initial planning process, and it's sounds appropriately doggy in its formation: it was an organic idea that sprung out of people just getting together and goofing around:

"A bunch of people were sitting around discussing revitalization, and the idea of a dog festival came up off-handedly, as a joke. They started talking about their dogs and it took off, and it's been more successful

every year."

It's a fun day out with your family, both human and canine members. Try out some training, or dog sports like agility, flyball, and disc dog. Or if your furry pal has more typical canine talents, enter them into a bobbing for hot dogs or some other game. Taking your dog out strengthens your bond, and you can probably expect a happy, relaxed dog when you get home.

For you, there are vendors from dog-related businesses and displays from places like the City's Animal Control, rescue organizations with adoptable dogs, and pet therapy. You can find out how you can make your dog's life better, or find out about various volunteer opportunities in the community.

But it's not just fun and games. Well, it is, but with a great side-effect:

"We're focusing on bringing the community together. It makes our community a safer place when people get together and get to know their neighbours. And dogs are good at getting a conversation going.

Someone with a dog will talk to someone else who has a dog—you know you have that in common."

Like CRUD's dog walking group, Avenue Goes to the Dogs is really about encouraging people to make a presence on 118th Avenue, and when you

get home, to be more aware of your neighbours.

And of course, being around dogs helps us feel friendlier. Because of their irrepresible spirit, you can't help but let your guard down a little and have a little fun.

"Their pets bring a big smile to everybody's faces, and that's what we want to see happen."



EDMONTON

Use the right can

Oversize garbage cans increase the risk of injury to waste collectors and are no longer being collected.

Waste Management Bylaw 13777 states that garbage cans must be 100 litres or less in volume and must have fixed non-swivel handles.

Household waste may also be set out in securely tied garbage bags without a container.

For more information visit www.edmonton.ca/waste or call 311



THE CITY OF
Edmonton

Individualized Styling at Cutie Pies Salon Treat your furry friend to a salon day at Cutie Pies

The home-based Cutie Pies Salon was opened January 1st, 2009 by Sarah Moylan, a groomer in the Edmonton area for the past six and a half years. This salon offers a lovely alternative to most conventional grooming shops. The salon has only one groomer on staff, so your dog will feel more comfortable with minimal noise from dryers, and the barking of other dogs. Your furry companions will also take pleasure in always being greeted and pampered by the same groomer, encouraging a trusting friendship to form.

With a fully equipped modern salon, Cutie Pies can meet all your pet's grooming needs whether you're looking for a trim, clip, scissor cut, breed specific styling or individualized styling. All small, medium and most large breeds

of dogs are welcome, as well as kitty cats! However, Sarah no longer shaves cats and encourages regular brushouts and baths to cut down on shedding and the prevention of matting. Cutie Pies is licensed and insured and takes pride in a clean and safe facility as well as a high quality work standard.

As a new resident in the area, Sarah appreciates having the privilege of grooming some of the locals already and looks



NEIGHBOURHOOD SALON CUTIE PIES

forward to meeting all the neighbourhood cats and dogs and getting to know more of her neighbours.

Cutie Pies
8914 112 Ave.
Call 780-761-4025 for appointments

Casa Detox: The Healing Knowledge

Many health problems come with stress, and go away with elimination of stress.

There are two types of people: those concerned with their health problems and those concerned with their health as a whole, as a unique, interacting system with other living organisms. The first ones seek a doctor's help only when the pill or knife can repair what has been damaged. The second category will seek professional help to maintain health or detect health dysfunctions that, correctly addressed in time, could be eliminated with less trouble.

Also true for everybody, under stress, our body directs the "byproducts" of our metabolism in different areas – there are many waste products that don't get eliminated. Under stress, this big beautiful machine that is our body, forgets its most easy and natural ways to dispose of toxins. They end up stored in the liver area, for example, and we may get liver dysfunctions and distresses, etc.



Casa Detox is one of the places where professional health practitioners help us stay afloat. Many people haven't sought consultation from holistic health professionals, ever. What could one expect there? For example, at Casa Detox one could get an eye examination from the iridologist on duty. Also, a detox session for your feet with their super-duper machines. Apparently, the foot detox bathwater turns brown after a good half an hour of treatment. There is sauna: the traditional type and the infra-red type. The infra-reds work at a deeper level than the traditional methods, and you end up eliminating more surplus water and

fats this way.

Last but not least, the massage one could get has different areas of focus, depending on the customer's request: just a head massage, or a body massage, etc. What I found particularly interesting about the massage techniques at Casa Detox was their availability and understanding of the nature of the massage: the head is something that you cannot get massaged in other spas—they just wouldn't do it. Also the abdomen often is not done elsewhere – but how many important organs are there?

The herbs or medicinal teas recommended by the professionals on duty will compliment any of the exams or diet recommendations.

"Casa" is the Spanish word for "house" – so get rid of your stress at Detox House at the traffic circle on 118 Ave!

Casa Detox
10120 118 Ave.
Call 780-969-9908



ALBERTA



Doug Elniski
MLA Edmonton Calder

Spring Session

The spring session of the Legislature is expected to sit until June 5, then we will recess the second session of the 27th legislature until the fall.

You might be wondering what I have been up to this spring session in the House. As of Day 36, here it is:

- 15 member statements (Most in the Legislature)
- 20 Introductions (Top five)
- 20 Speeches on other topics (Middle of the pack)
- 1 Motion presented and passed (Low Speed Vehicles)
- 1 Private Bill currently under debate

The Forest Industry Sustainability Task Force has also presented its final report, and the government has responded accepting 43 of the 49 recommendations.

Emergency Preparedness

In the last two weeks we have been concerned with the H1N1 flu from Mexico, as well as brush fires as close to home as Lamont and Sturgeon County. Both things should remind us that being prepared for an emergency is a must. It is possible that if we have some natural disaster you might be on your own until help arrives. Frontline safety organizations recommend you have provisions at all times to last 72 hours.

Things that you should have on hand:

- Water
- Food, non-perishable
- Manual can opener,
- Flashlight and spare batteries
- Radio and batteries
- First aid kit
- Extra sets of keys
- Cash

Planning ahead will significantly reduce your hardship in the event of a major disaster or utility interruption.

-Doug

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CRUD's dog walking group brings safety, smiles to 118th

MARI SASANO

There's a book by the psychologist Temple Grandin titled *Animals Make Us Human*. It couldn't be more true—I've seen it in action while joining the CRUD dog walking group on Monday evenings along 118th Avenue.

Organizer Alice Greenshields says that the creation of the group came out of a concern for her own safety:

"My husband Bert and I, we came out for a walk one night at 7:30 and we barely made it to the end of our street onto the Avenue, and all of a sudden there were people asking us for money and cigarettes, and they started following us! It was crazy. We stopped. It ruined our walk. At the next CRUD meeting, told everyone what was going on and how we felt and why don't we start a group? It's to take back our street."

Starting in front of St. Alphonsus church (11828 85 St.), we stroll west and back again. The aim is to make the street friendlier, to say hello and connect with other people walking by. The other effect is to disrupt criminal activities like

prostitution and drug dealing. The theory is that while there are people walking by, "business" stops for a while. There's a dog-less walking group organized by CRUD that does the same thing: it's a simple, non-confrontational approach. But with dogs, it just might change the character of the street that much more.

The group attracts about a half dozen or so dogs a week. We are mutts, purebreds, small and large. We are strangers brought together with a common purpose, and even though we might be a very diverse group of women and men both young and mature, we all have our dogs in common. It doesn't feel like crime prevention. It's fun. And little exercise never hurt anyone, either!

Bert Greenshields enjoys his Monday night strolls. "Just getting out and seeing what's going on. And meeting people! It's really interesting. You name it, we've seen it. People don't give us trouble, though."

It's nice for the dogs, too, to get out and meet other dogs for socialization—I have seen some improvement in my shy Brussels griffon, Edith, who is now willing to approach dogs and people

for a friendly sniff. Greenshields' dog is quieter after a walk, too. And I'm getting to know my neighbours, too. Like Joy, whose curly-haired Finnegan lives just a couple blocks from me. And we all know that knowing your neighbours equals a safer street—thanks, dogs!

People smile more when they see dogs. During one walk at the end of April, for example, a group of tough-looking teenage boys grinned from ear to ear as they saw the group of us. Dogs don't discriminate or intimidate—they grinned back, and the Avenue got a little gentler for a moment. Some people ask what we're doing, we hand out information cards and answer questions.

Here's another example: I often walk downtown with my dogs, which takes me right by the Bissell Centre and the homeless men and women who use



CRUD WALKERS AND DOGS

its services. Walking alone, I say "Hello," but am usually ignored. With the dogs, they ask me to stop. They pet the dogs, tell me about dogs they've had, and tell me to have a great day. Now, that's a change! It's pet therapy, on the go!

Stopping at a corner popular with prostitutes, we took a break to sit and chat. There's no way a john's going to pick up a girl while we're there. And we have a reason to be there—we're walking our dogs! A big group of

people walking together might be a bit suspicious, but we have dogs. Nothing more ordinary than that.

"We all have dogs, and that's all we were trying to do was walk that night. I love the reaction people have when they see dogs. People stop and wave. The dogs all get along, and they get excited to see each other. It's more comfortable. And we do get to walk. This is our street, we should walk on it."

Inside the world of Karen Adria, Doggie Daycare supervisor

JO-ANN SIEBERT

You may be surprised to hear that there is such a thing as a dog daycare. Or maybe you take your dog to a daycare regularly. There are many factors to consider in creating a healthy, happy, safe environment for the dogs in daycare.

The most important factor is to have a caring and competent doggie daycare supervisor. Karen Adria fills this role over at Dogspaw, located on Fort Road. I thought it would be interesting to find out what Karen does at her job, and a little bit about her, as she has a great rapport with the dogs. Here is what she had to say.

RCP: How did you get into this job?

KA: A high school friend was working at Dogspaw. I had mentioned I was looking for a job and she told me to apply there. I applied, got an interview and in two weeks I had the best job I could imagine!

RCP: What does your job involve?

KA: My job includes supervis-

ing the dogs, playing with them, and keeping them from barking and fighting. There of course is a lot of cleaning up after the dogs, keeping the daycare clean, and getting everything ready for classes and tours to the public. It might not sound like much but it's a lot more difficult than most people think. When dealing with as many dogs as I do, I really need to know what the



DOGSPAW'S KAREN ADRIA, WITH LILY

dogs are saying with their body language.

RCP: You have a Boxer named Lily – what is the story?

KA: I met Lily when I started working at Dogspaw. She belonged to a client. Lily's owner

was looking for a new home for her cause she was moving to B.C. and couldn't take her with her. I've always loved Boxers. They're beautiful, smart, and loyal. I knew she was the dog for me! So I adopted her. I've had to work really hard training her and we're still working on it. We make each other really happy!

RCP: Do you have any other pets?

KA: I also have two cats named Sage and Elvis. I'm also fostering a 10 month old Chihuahua

named Fritz. He is very shy with people, so I'm socializing him so he can find his forever home!

RCP: You must come across some dogs who are not so comfortable with other dogs and people.

KA: Many of our dogs come in very shy or scared of other dogs or humans. There are some really tough cases we've dealt with. We had a Chihuahua come in who was terrified of everything. She wouldn't go into daycare, so we let her lay under one of the desks in the reception area. Initially none of the staff at Dogspaw could touch the dog. The dog would just run to her mom. After a couple months we eventually could pick her up, but she was still very skittish. We picked her up as much as possible and talked to her. About a year later she's in the small dog daycare playing a little bit, and all the staff are able to pick her up and cuddle her. We've had many special cases like her. Patience is the key, and it helps when the owners believe in their dog.

RCP: What is your favorite part of the job?

KA: My favorite part of the job is being with the dogs and their different personalities. Also I've made friends with many of the owners. It's nice seeing the same faces (and new ones) everyday!

RCP: What is the hardest part?

KA: There are way more dogs some days than other days. On these occasions, it can be more challenging keeping them all positively occupied. Some days it gets pretty crazy, but I wouldn't trade this job for anything in the world!



PETER GOLDRING
Member of Parliament
Edmonton East

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

Cat care or for love of our felines

HEATHER SYREN

There is nothing quite liking a purring cat. Sharing your home with a feline is a wonderful experience and brings a lot of joy. Having a cat or cats is also a lifetime commitment. We want to do what's best for them so they live a long, healthy and happy life. Here are some tips to keep your cat healthy and safe.

Proper nutrition is essential for a healthy cat. Cats require high protein, so a good quality cat food is important. You can get a good quality food from your veterinarian or from a large pet store such as G & E Pharmacy (on the southside), Tail Blazers (also southside) or Petsmart. While some foods may seem quite expensive, I have found that my cats eat less of the high quality food. A lot of brands also have frequent buyer plans so you get every tenth bag or so free. If you can't get to one of these stores, Purina Cat Chow and Iams are quite good quality. To know the quality of crunchies, read the ingredients on the bag. The first two ingredients should be meat. If it's corn, this is really filler that cats can't digest, so this is not the best quality.

If you have outside cats it is important that they are vaccinated. Also make sure that your cat has identification in case it gets lost or injured. An ear tattoo can be done at the time of spay/neuter. Wearing a collar with ID is also a good idea. I would recommend that you also microchip your cat.

Tattoos can be hard to read over time and collars can come off. Microchipping costs approximately \$50.00- a wise investment. I also have my inside cats microchipped just in case they ever sneak out and get lost.

If you like to garden and don't want your cat digging in the garden, there are some things you can do. Put some fencing up around your garden. Try placing orange or lemon peels around your garden because cats don't like citrus. You can also get a sensor spray for your garden hose and other devices that give off a loud noise. Check a hardware store or larger pet stores for these items.

Whether you have an indoor or outdoor cat, it is essential that they are spayed and neutered. A male cat neuter will cost approximately \$100, a female spay around \$200. Thousands of unwanted cats are destroyed each year. Often people find that they can't find homes for a litter of kittens, and this just adds to the number of cats that don't have homes.

If you are unable to keep your cat, please do not abandon it. People think that cats will survive okay on their own by catching mice. This is not so. The life of a homeless cat is very hard and they often don't survive many years outside. Lack of proper nutrition, harsh weather and fighting for territory with other cats makes living on the street very hard. Stray cats can be taken to the city pound, or call an animal rescue organization. Rescue organizations make

sure their cats go to a good home. Or if you are thinking about getting a cat, consider giving a stray a home. I have taken in three strays since moving into the area and they were very grateful to have a warm safe place to live.

Some cats which seem to be strays may actually be cats that do have a home but have gotten lost. You can check with the city pound regarding a lost or found cat and can also post a notice on Petlynx.com.

Feral cats are different from strays. Strays are cats that usually had a home at one time, but were abandoned. Feral cats are usually cats that were born to strays and have had no contact with humans and are quite wild. They often are difficult to keep as house cats because of their wild nature. Some do come around, but it takes a lot of love and patience. SNAP (Spay and Neuter Action Program) takes feral cats and finds them homes in approved barns. You can call them regarding feral cats.

Don't forget to register



CHRISTINE LUNDGREN'S KAISER IS THE CAT-DOG OF THE BLOCK, HE LOVES TO GO FOR WALKS AND TO SOCIALIZE WITH THE NEIGHBOURS

your cat with the city. The cost is \$14 a year, with the first year free. If you are looking to get a cat, consider contacting the Humane Society or an animal rescue organization. The cats from these places have been spayed and neutered and have been checked by a veterinarian. There is a fee for adoption but covers spay/neuter. For example, to adopt a female cat from SNAP will cost \$170, which includes spaying, vaccinations, and tattooing. This is a good deal as the spay alone can cost \$200.00.

Answering ads in the paper or buying from pet stores is no guarantee you are getting a spayed/neutered and healthy cat, and you may be inadvertently supporting a puppy mill operation similar to the one recently closed down here in

Edmonton. You might also consider being a foster home for a cat or two through one of the many animal rescue organizations. You can contact Pet Rescue Magazine for a listing of groups. The one exception to pet store animals is Petsmart, which adopts out cats from these rescue organizations.

While this article focuses on cats, much of this information also applies to dogs. Dogs are very social animals and need love and affection. They are good at alerting you if there is someone on your property, but please remember dogs are not security systems. Leaving them tied up in the yard for this purpose only is not a good quality of life for your dog.

May you and your furry friends have a great summer.

Avenue goes to the dogs festival

June 13, 2009
10:00a.m. - 4:00p.m.
9210 - 118th Avenue

- Dog games
- Dog Adoptions
- Prizes
- Workshops
- Dog events
- Dog Sport Demo's & Participation
- K9 Market

All pets must be leashed and under control
www.avenueinitiative.ca

Join Alberta Ave. as it goes to the Dogs!

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.

Large Item Pick Up

The Community is cleaning up!

Sunday June 14th

Pick up available in Avenue Initiative Area
\$5 an item

To book your pick up:

Fill in the online form at www.ratcreek.org/pickup

or call 780-479-6285

Book your pick up by June 10.

You can drop your own items

off at Northlands
(112 Avenue & 73 Street)
June 13th & 14th
between 9am - 5pm



Edmonton

PET PICS

Rat Creek Press readers (and some contributors!) love their pets. They come into our lives from shelters, rescues, breeders or even wander into our homes unbidden, but no matter where they are from, they become a huge part of our lives. Here's a compilation of our animal pals, the furry, feathered, and spiky!



COLUMNIST JENNA HOFF WITH HER BIRDS



ANGEL DOES NOT LIKE THE SMELL OF KASEY'S UNCLE'S DIRTY SHOES



SLINKY, DAWN, THE MANAGING EDITOR'S WEE BOY



Kylie Ferguson



NILLA THE HEDGEHOG COMPANION OF OLIVER FOWLER

I'm writing on behalf of my son, Oliver (13 yrs), who loves his hedgehogs very much. He has two hedgehogs, one is a salt & pepper variety and the other is an albino. The salt & pepper is named "Mr. Shivers" and has quite the hands-off personality! The little albino hedgehog is "Nilla" (short for "Vanilla") and she is the friendliest little thing ever. She likes to cuddle and snuggle, while Mr. Shivers likes to explore and run like crazy if you are not watching him too closely. Both photos are recent, and the one of Mr. Shivers was the first time he was outside (in the sandbox) since spring finally arrived - he loves to sniff and discover new things.



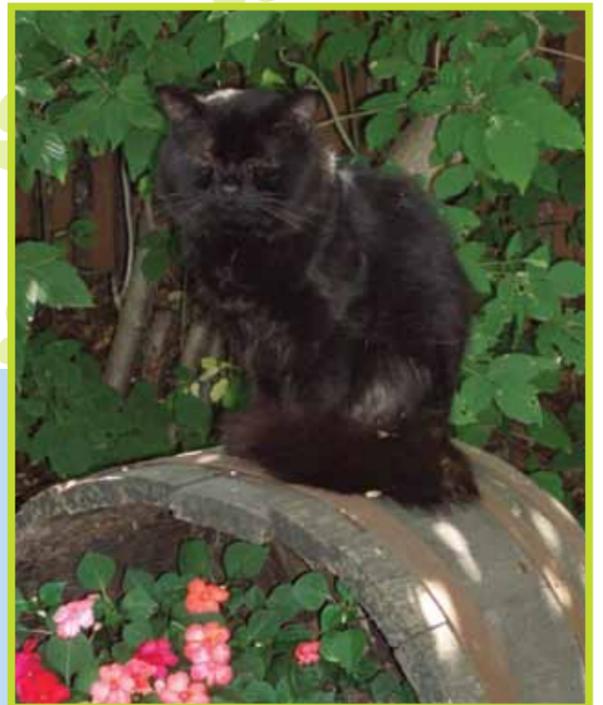
MR. SHIVERS THE HEDGEHOG, COMPANION OF OLIVER FOWLER



LISA LUNN'S OTHER CAT



BERNICE CALIGIURI'S CALICO CAT PRINCESS - THE JOY OF HER LIFE WHO LOVES TO POSE



RS (Racing Stripes) wandered into our yard a couple of years ago and it has become his home. He refuses to come inside the house so we have provided him with a heated outdoor cat house as well as a heated water dish. He has the most amazing thick black coat which comes off in complete strips (ergo the name Racing Stripes) in the spring. His coat then grows back thick and shiny. He also has 6 toes on each foot.

It took him a long time before he even meowed but now he does and he does not hesitate to let us know what his needs and wants are.

Attached you will find a picture of our friend Sadie. She came to live with us from Second Chance Animal Rescue Society (SCARS) and she is now 15 months old. She loves to play in the off leash park and wrestle with the other dogs and is fantastic with small children - if a bit excited. Sadie tells us when it is time to go to bed every night. She stands on the landing of our staircase and looks at us, then looks upstairs, and looks at us, and looks upstairs until we tell her it is time for bed. Then she dashes up the stairs and settles in for the night. She is not a morning dog, and we have to drag her outside in the morning to do her "business"...She loves to chew on wood of all shapes and flavors.

We wish more businesses on the Avenue had places to tie up our dog so we could pop inside and quickly shop. We like it when we can tie her leash to something that is far away from the door so she doesn't get in they way, away from traffic and cars so she doesn't get hurt, but near a window so we can keep an eye on her.

Thanks for letting us tell you about Sadie, our (spoiled) rotten dog!

Kerry & Andrew



SADIE, COMPANION TO KERRY & ANDREW



Kylie Ferguson



BENNY AFTER A HAIRBRUSH 'AS SOON AS I GET MY HAIR BRUSHED, I WIGGLE ALL AROUND SO THAT IT ALL STANDS UP!'

PET PICS



ZIPPER AND WIDGET IN THE RAVINE OFF OF 82ND STREET



I have two dogs and three cats in my house! Amazingly, they all get along pretty well. All are "rescues," and all but one were adopted from animal rescue agencies. My girl cat, Kitty, was a stray. The two boys (the orange tabby is Flynn and the black cat is Pepper) were adopted from NASAP (Northern Alberta Society for Animal Protection), as was my dog Sprocket. Brutus, the Rotti-looking fellow, was adopted from HART.

Hi, my name is Cassandra Ruby Alexis, but my friends call me Cassie. I started out my life as a companion for a four year old boy with autism. I then did my stint at the local fire department entertaining the kids. It seems all of us Dalmations have to do a bit of service work there at some point in our career. Except for some of the spoiled ones who were born with a silver spoon in their mouths - they get to go straight to the movies, but I am not complaining.

When I was five I became a companion for another boy through marriage, but it ended up that I was allergic to him so I was lovingly given to my current dad and came to live in Edmonton. It was meant to be and we both help each other out. He feeds me and I take him for walks.

You may have seen me running around

your neighborhood. Never on my own though, because my dad won't let me. I love living in this neighborhood because there are so many neat smells and lots of other friendly animals, even a cat or two.

I am getting kind of old (close to 100 in your years), so sometimes, if I feel too lazy to run and if my dad is willing to take me for a ride, I will cruise around on my motorbike.

Well it was nice chatting with you, but it is kibbles and bits time so I must be off. Also this keyboarding trick is not as easy as it looks. Have a wonderful day!

Sincerely,
Cassie



MARI SASANO'S BOSTON TERRIER, HENRY



A Cat Tale- About Blaze

By Sharon E. Riley

Once there was a cat so fine.
He loved to play with a ball of twine.
He rolled it out and chased it back.
Then he was tangled where he sat.
He twisted it with his little paws,
And grabbed it with his tiny jaws,
But he couldn't get out,
And that was true.
I wonder what that cat will do.
He yowled his loudest and he knew,
Someone would come, and that was true.
Grandma came to get him out.
She turned and twisted him about.
The twine came loose and he was free.
He was so very glad, you see.
He went out to the little hall,
And curled up in a little ball.
He purred and was content, you see.
That was how he liked to be.
He was so happy to be free,
And thought so, very thankfully.



LISA LUNN'S CAT



BENTLEY (WHO WAS ADOPTED FROM THE HUMANE SOCIETY IN NOV 08) IS ON THE LEFT AND FINNIGAN IS ON THE RIGHT, ALONGSIDE MOM AND DAD, A.K.A JANA AND CHRIS. YAY PUPPIES!



AMBER AND SPENCER SLEEPING

Multiple Pet Households



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

At one time rare but now more common, is the multiple pet household. I think the most unusual I've seen was snakes, the dog and new puppy. Another interesting sight was a beautifully colored parrot, a cat, fish and a couple dogs. Then, of course, there are homes with fish, rabbits, gerbils and an infinite number of combinations. While the addition of a pet in many households seems simple, there can be problems.

Books and articles will tell you that a puppy and kitten raised together often become best friends, but that is not always possible. Dogs, cats and even birds can be territorial so some care and training may be needed for a happy coexistence. The personality of the existing pet has a lot to do with the ability for additional pets, but don't exclude the personality of the new addition! Even adding a second of the same species can lead to fighting, marking, or health issues such as vomiting, diarrhea, depression and lethargy as the pet anticipates his rejection or replacement from the home.

According to Gwen Bailey in her book, *What is my Cat Thinking?*, "A cat's ability to communicate with body language is limited, getting too close to other cats and

unknown animals is dangerous." They use scent rubbed on surfaces from their cheek glands. This is why cats rub against people and things. Cats also have scent glands between their toes and can scratch, or they can spray urine to mark territory especially if they feel threatened.

To help the cat accept the dog, take a small towel and rub it on the cat's face and body to pick up the scent or even a piece of your clothing the cat has rubbed against. Then rub the article on the dog. This may need to be repeated a couple times until the cat will rub the dog on its own. Owners should have plenty of both the cat and dog scents on them.

While dogs like to rub as well, a more visual approach may be taken when introducing either a cat or dog to the home. Start by keeping them apart – different rooms – using your judgment. This may be for a couple hours up to a couple weeks. Let each get used to the sound and smell of the other first. Then with a barrier between or using crates or leashes, allow each to see each other – in the home – at a distance, such as adjoining rooms. Praise and food rewards may be given for calm and casual interest. If either is too upset then go back to out of sight



and scent-only introduction, then try again in a few days. Over time, gradually bring each closer to the other. Where possible encourage head turns or introduce at angles – do not allow direct eye contact for anything but very brief periods. Family can go back and forth between or interact with both animals showing that they accept the new member.

Cats enjoy heights while dogs generally do not climb. Moving the cat's litter box and food dishes to counters, on top of fridges, on top of the dryer and/or the introduction of cat trees can help keep friendly relations, or at least a peaceful co-existence, between cats and dogs. Supervise the dog's eating times and once they are done eating (usually within ten minutes) put the dog dish away. Some homes have created cat and dog doors to restrict one or the other and allow the animal their own safe place.

*Darlene Taylor, K9 Behave,
780-915-0213, k9behave@pre-plus.onza.net*

Youth Drop-In Site & Special Events

If you are between the ages of 11 – 16 and are looking for some summer fun, check out your local youth recreation site!

Spruce Avenue Park
115 Ave & 102 St
June 29 – July 10 (2 weeks)
& July 27 – Aug 7 (2 weeks)
Mon – Thurs 12:30 – 8:00pm
Fridays 3:30 – 8:00pm

Also check out our amazing traveling vans!

Street Hockey Van
Spruce Avenue
115 & 102 St
Friday, July 3 6:00 – 8:00pm

S.T.E.V.E. Van
Come out and see what Summer Traveling Extreme Van Experience has to offer. S.T.E.V.E will be bringing a variety of activities like Lacrosse, Ultimate Frisbee, Inflatable B-Ball, Skateboarding, and MORE.....

Crystal Kids
See us in and around Crystal Kids!
Watch for the van!
8718 118 Ave
Tuesdays, Jun 30 – Aug 18 2:45 – 4:00pm

Spruce Avenue
115 & 102 St
Friday, July 3 6:00 – 8:00pm

EDMONTON



Are you losing it?

It is fairly common to see vehicles hauling a load in Edmonton. But often drivers forget to secure their loads well enough, allowing things to fall off along the way. Material from an unsecured load can fall on the road, endangering other drivers and ultimately creating litter, which is unsightly and bad for the environment.

Secure your load properly with tie-downs, a tarp or cargo net. The fine for not securing your load properly is \$250.

If your load does fall off onto the road, take reasonable steps to safely remove it. Report the spill to the City by calling 311 and to the Edmonton Police Service so steps can be taken to protect other drivers.

For more information contact 311 or go to www.edmonton.ca



The health benefits of owning a pet



health & wellness
WITH JENNA HOFF

Pets are a beloved part of many people's lives, but did you know that in addition to the joy that pets can bring to your life, owning a pet can actually improve your health? Some of the health benefits include:

Increased activity level: In particular, a pet that needs to be walked on a frequent basis—such as a dog—provides people with that extra motivation to get outside and get moving. The research is clear that regular walking (and physical activity in general) improves mood, strengthens bones and muscles, and lowers the risk of heart disease, diabetes, some cancers, and many other health conditions.

Lowered risk of heart disease: Research done at the Baker Medical Research Institute suggests that owning a pet can lower a person's cholesterol and blood pressure, thus decreasing their cardiovascular risk factors. (Of course, owning a pet doesn't mean that you should ignore any symptoms of heart trouble; everyone should see their family doctor on a regular basis to ensure that their blood pressure and cholesterol is at a healthy level).

Elevated mood: Owning a pet has been shown to decrease anxiety, stress, and depression, possibly because pets provide a person with companionship and often unconditional love. Pets are also great listeners; if you're having a bad day, try pouring out your heart to Fido or Fluffy—you just may discover that you'll feel better after confiding in your pet (who you can trust to keep your conversation to himself)!

Lowered Risk of Cancer: A recent study done at the University of California published in 2008 in the journal Cancer Epidemiology Biomarkers & Prevention, found an association between a lowered risk of developing Non-Hodgkin's Lymphoma and pet ownership, possibly because exposure to pets boosts the immune system. There is as yet little research on whether there is a link between pet ownership and other types of cancers. It is important to remember that many things, not just pet ownership, can impact the risk of developing various cancers, including diet, genetics, exercise, and exposure to carcinogens. It is also important to regularly see your doctor for a complete physical examination, as early detection plays a key role in survival rates for many cancers.

Decreased rate of allergies in young children: In the past, parents were often warned that owning a pet could increase a young child's risk of developing allergies. However, research published in the Journal of the American Medical Association indicates that exposure to two or more dogs or cats in the first year of life may reduce the risk of a child subsequently developing allergies.

Important: It is essential to remember that pet ownership is not for everyone, including people who have pet allergies, or those who do not have the time or resources to properly care for a pet. There is nothing sadder than a cat who sits neglected in a cage all day while its owners are away from the home, or a dog who is never walked because its owners are not physically well enough to take it out. Owning a pet is often a multi-year commitment, and is a decision that should not be made lightly.

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.

Utah Phillips tribute lights up the Carrot



SINGER-SONGWRITER GUY SMITH BELTS OUT BALLADS FOR THE UTAH PHILLIPS TRIBUTE FOR THE LABOUR MOVEMENT AT THE CARROT CAFE ON THE EVENING OF MAY 1, 2009

AABA Street Sweep



STREET SWEEP LAUNCHES WITH BUSINESS OWNERS, NORTHLANDS, AABA REPS, TONY CATERINA AND MAYOR MANDEL

3rd Annual Dollar Daze Barbeque
Saturday, June 6th
12:00PM—4:00 PM

Come in and visit, shop, have a hotdog & pop and help us Celebrate our 15th Anniversary!!

Barbeque will be held in the parking lot of Basement Systems Edmonton.
Proudly Sponsored by:

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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

GOT COMMUNITY NEWS?!

CALL US!
780-479-6285

Call Me 1st

Thinking of Selling?
Thinking of Buying?
Call Roxanne Litwyn
439-7000

Your neighbourhood Realtor
Serving Central Edmonton Since 1990

FREE MARKET EVALUATION

List of homes for sale (some restrictions apply)

www.roxannehomes.com
Not intended to solicit properties already listed for sale.

An Avenue homesteader

CARISSA HALTON

"Ma'am, this is gardening, not rocket science. I think you're making it way more complicated than it needs to be." Under my breath I cursed Mel Bartholomew, however I refused to let the clerk chide me off-course. I kept calm and said, "Sir, I need five different types of compost totaling 300 litres."

The adventure started in my back yard in my Alberta Avenue home. I've a large concrete pad next to my garage. It's 25 by 15 feet and about 2 feet thick. I once mentioned to my neighbour that I hoped to jackhammer the pad up and plant a garden (it's south facing and sheltered). Nearly choking on his hot dog, he said, "Do you know how much [insert past owner's name here] paid for that? It's probably worth \$10,000!" I was stunned... needless to say the pad has remained in our back yard, empty except to collect random bits of garbage from our renos and host the occasional basketball game.

But this year, I've got a plan. And this plan promises to produce more vegetables than

I ever imagined from my small yard. I stumbled across All New Square Foot Gardening by Mel Bartholomew while scrambling after my toddler in Save-On-Foods' book section. Here's the basic gist:

1. Build 4 x 4 square foot box(es) out of wood/bricks to a depth of minimum 6". Boxes can be placed anywhere in the yard (over grass, weeds, gravel, CEMENT!!, decking).

2. Cover bottom with weed paper (if necessary) and fill to depth of 6" with Mel's Mix, a composition of:

1. 1/3 Peat moss (or coir substitute)
2. 1/3 Vermiculite (or Perlite)
3. 1/3 compost (if purchasing compost, five different types must be mixed to ensure variety of nutrients. If using your own, don't worry about this bit)

3. Build a grid distinguishing each 16 square foot and firmly attach.

4. Plant seeds/plants according to Mel's handy chart. The plantings are incredibly intensive, for instance one square foot can

be planted with: 16 onions or 1 pepper or 8 pole beans or 9 beets

5. Water and Harvest and Replant.

Mel promises that weeding, tilling and fertilizing will no longer be part of my gardening experience. I liked the idea of a 'free ride' when it came to producing my own veggies. So I bought the book and I committed to following the instructions.

It has taken six trips to the greenhouse/hardware store to purchase materials and two days of building in the shop, but we now have three and a half beautiful boxes filled with growing medium and seeds. It's been a lot more work and money prepping than I expected. The boxes each cost me: \$22 for vermiculite (at Holes Greenhouse), \$4 for Peat moss/coconut (Canadian Tire), and \$20 for compost (I splurged and bought worm castings which put the price up substantially). So it cost me about \$46 each to fill. Plus wood.

I wondered if it was all worth it, until I started planting. The benefits so far:

I am not an ordered

person, but I can vouch for the grid. By seeing each square foot mapped out it's easier to visualize the end harvest. I planted only 2 square feet of peas because I know I don't want to harvest more than 16 plants at a time. Next week, I'll plant 2 more square feet.

The ease of access was brilliant. I could reach all parts of the box with little stretching. If it was raised, people with mobility difficulties could easily garden again!

I love the prospect of how much food he promises can be harvested from that one box, and I'm using space I never thought I'd be able to garden in.

Now, I can only wait and



see if Mel's promises of bushels of organic vegetables grown on my cement pad come true. I'll keep you posted.

Want to share your experience with square foot gardening? Have a question or answer? Found a good deal on products in this article? Check out my blog at: avenuehomesteader.blogspot.com.

Rat Creek Press Connect Awards 2009



COUNCILOR CATERINA WITH THE 2009 CONNECT AWARD WINNERS - TRACY PATIENCE, BRENDA KUZIO, EDMONTON INNER CITY HOUSING

Neighbourhood cutie releases CD



NORWOOD RESIDENT JAMES MURDOCH RELEASES A NEW CD *WONDERING WHERE THE RUSH HAS GONE* AT THE HAAR THEATRE JUNE 12. TICKETS AVAILABLE AT AUDREY'S BOOKS, MEGATUNES AND AT THE DOOR.

Ukrainian Dance with Cheremosh!



Cheremosh Ukrainian Dance Company Auditions

COMPANY AUDITIONS TAKE PLACE ON:
Thursday, June 18, 2009 7:30-9:00 pm

All interested male and female dancers ages 16+ (or grade 10) are invited to audition for this internationally acclaimed touring-performance ensemble.

Come join the Cheremosh Family!



Cheremosh School of Dance Auditions

PERFORMING ENSEMBLE AUDITIONS
CHEREMOSHNA (AGES 14+)

Thursday, June 18, 2009 | 6:00-7:30 pm

CHUMAK I (AGES 9-11)

Friday, June 19, 2009 | 6:00-7:00 pm

CHUMAK II (AGES 12-14)

Friday, June 19, 2009 | 7:00-8:00 pm

NOVICE CLASSES REGISTRATION

June 18 & 19, 6:00 pm-9:00 pm and

Saturday, June 20, 2009

10:00 am-3:00 pm



CHEREMOSH
STUDIO

4005-115 Ave
Edmonton, AB
T5W 0V5

Telephone: 780.466.0089
E-mail: cheremosh@shawbiz.ca
www.cheremosh.ca

Bedouin
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Drop-in
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for details

Bellydance Fundamentals
Yoga
Cardio Shimmy
and more...

www.bedouinbeats.com

780.761.0773



Dogs find refuge with HART's Tracy Tischer



PHOTO OF TRUMAN, ONE OF TRACY'S FOSTERS

HARVEY VOOGD

Tracy Tischer moved to Alberta Avenue almost four years ago because of her love for dogs. Since then, she has had 15 dogs come through her home. As one of the founders of HART - the Humane Animal Rescue Team - Tracy needed a place where dogs could live.

"I found this home through a HART volunteer who owned it," says Tracy. "But I knew the area because my grandparents used to live three blocks north of this house."

HART is committed to rescuing stray, abandoned and unwanted dogs from rural areas, including First Nations surrounding Edmonton. It places the dogs in permanent homes and provides programs that promote responsible pet ownership and prevent cruelty to animals. HART is a family affair, with Tracy, her sister and dad on the board of directors in addition to another person and a volunteer administrative assistant.

"I grew up with one dog, but we always cared about animals," says Tracy. "My sister, I and a few others supported a Calgary based organization called ARF - Animal Rescue Foundation."

"One day we decided to form our own organization in Edmonton. Thankfully we didn't have to reinvent the wheel, as ARF helped us to develop the necessary forms and processes."

HART incorporated as a registered charity in November 2004 and did their first rescue the following August—a call from the Wetaskiwin RCMP, a mother with eight puppies. Tracy's family leapt into action.

"My parents immediately turned their garage into a kennel which we still use today. All the pups looked different. Apparently a dog in heat can birth a litter of pups with all different dads."

It was a tremendous experience.

"I was not working that summer and so took primary care of the pups. It was my best summer ever, watching the pups grow. The first six weeks were easy as the mom took care of them all. The work started at eight weeks when the pups started wandering, pooping and peeing everywhere, and the mother wanted them to leave."

Regardless of the work, Tracy and her volunteers never stopped taking dogs in.

"I normally have four or

five dogs in my house," says Tracy. "Right now my parents have seven dogs. One summer my parents had 21 dogs, nine of which were puppies. Since HART rescues dogs, members can keep more than three dogs at a time."

Dogs come to them from various sources, often First Nations communities, since one of the HART's founders worked for Indian Affairs. Others learn about the organization from the internet. HART has rescued almost 600 dogs since it began and had to euthanize less than a half dozen.

"We try hard to do a no kill policy," says Tracy. "We do it only on a veterinarian's recommendation. We're not stupid. We can't rescue them all. We can only rescue as many as we have foster places."

HART charges a \$185 adoption fee and does careful screening before placing a dog.

"We want to know the dog will be a companion or pet, not a working dog," says Tracy.

"We also check out the conditions of the home as we don't want irresponsible people getting pets."

Once the pre-screening is complete, the foster home gets in touch with the adopters for a face-to-face meeting. The dog's initial visit will be three to five hours and all the family, including other pets, have to be there. After the visit there is a 24-hour cooling off period so people can re-consider their adoption.

"This is important, particularly when puppies are involved," says Tracy. "People often do not realize how much work puppies are. If everything is still good, then the contract is done."

HART has a partnership with the Edmonton Human Society, which does all the spaying, and neutering at a very low cost.

"Too many people don't fix their pets," says Tracy. "I read that two unaltered dogs, averaging six puppies a litter which are also not fixed, equates to 65,000 dogs in five years. This is completely unacceptable."

"Our ultimate goal is to have a mobile spay and neuter program manned by volunteers. It has been done outside of Calgary and eliminated the stray dog problem."

HART relies entirely on the generosity and skills of its volunteers.

"My parents are retired, but basically work seven days a week doing this," says Tracy. "That is amazing as they are both approaching 70. They are very compassionate. This is where my sister and I get it from."

"I can't stand to think of an animal suffering. I find this work very rewarding. It is incredible to see the changes. A dog arrives scared and confused, not trusting humans and never been in a house before. When they leave, it is incredible to see how people love them and are responsible enough to take care of them in their forever homes."

For more information or to view dogs available for adoption, go to www.humananimalrescueteam.ca or call 780.455.4278.

JOB OPPORTUNITY

FACILITY & PROGRAM MANAGER

The Alberta Avenue Community League is seeking a highly-motivated, enthusiastic and reliable team player who, working under the direction of the Board, will oversee community programming and assist with the operation of the community centre.

Job responsibilities: details available at www.albertaave.org

Requirements: A post-secondary diploma/degree is preferred. Experience in programming and administration is essential. You have proven analytical and problem solving skills. You must be innovative, creative and work well on your own. You have a strong customer service orientation, demonstrated excellence in interpersonal, collaborative and communication skills, and the ability to work positively and effectively in a team environment. You must be computer literate and knowledgeable in the use of Microsoft Office programs and internet applications.

Hours of work: 15 hours a week, part fixed hours and part flex time. Some evening or weekend work may be required.

Pay: Up to \$20/hour depending on qualifications.

To apply: Please submit your resume and cover letter describing your interest in this opportunity to info@albertaave.org or 9210 118 Avenue, Edmonton, AB T5G 0N2. Candidates who are selected for an interview will be contacted.

Closing date: June 12, 2009.

Nina Haggerty receives well deserved funding



NINA HAGGERTY CENTRE RECEIVES \$750000 IN FUNDING FROM THE MAJOR COMMUNITY FACILITIES PROGRAM APRIL 27

Bloomin' Gardens 2009



GORDON HEAPS AT BLOOMIN' GARDEN

The Philosophy of Gardening

the Gardening Diva
WITH CHERYL WALKER

"Nowadays people know the price of everything and the value of nothing." – Oscar Wilde.

Three years ago the Tres Wonderful Garden Diva Husband (TWGDH) asked The Garden Diva (TGD) how much money the gardening family saved having a vegetable garden. She must confess, dear readers, that she looked at him blankly. Not, mind you, because TGD is insensible, but it was a question that had simply never occurred to her. It seemed a peculiar question.

One gardens because one can. One gardens because peas from a grocery store will never taste as good as those from a

garden, warmed by the sun, on a summer's day. One gardens because one is human. One gardens because, well, what else will be productive and get you out of boring housework on a Saturday? Really, dear readers, what would you rather do – putter around your garden, or laundry? It seems to TGD that the article could end right here. (Unfortunately, TGD's editor insists on something approaching 500 words, so she will keep writing.)

There are many reasons to garden: of necessity, of delight, to keep up with your neighbours. TGD, to tell the truth – which she always does – (except for some subtle prevarication about the cost of certain bedding plants and exactly how large of an area the TWGDH will have to dig for the new flower bed) gardens because it is in her blood. The Garden

Diva Mother has had gardens for TGD's entire life. Indeed, The Garden Diva Mother sometimes comes along and pulls a few weeds after a particularly difficult day.

Indeed, gardening can be a frustrating, profoundly frustrating experience. One can rage at the slugs, at the cabbageworms, at the dandelion that TGD is sure was not there only a minute ago. One can also be soothed, as one sees the work of weeding, clear spaces. One appreciates flowers, and fresh produce.

TGD can marvel in a plant that should not grow in Alberta, but does. She can delight in exotic looking lilies that positively excel in Alberta. She can smell the sweetness of roses, laugh at lazy bumblebees.

As for questions of cost, well, TGD says, "Bah!"

Kids "R" Us Daycare

KIDS 'R' Us #1
PREACCREDITED DAYCARE
12140-103 STREET
PH: 780-758-5437

KIDS 'R' Us #2
ACCREDITED DAYCARE
10504-118 AVE
PH: 780-471-5437



**QUALIFIED EXPERIENCED STAFF REQUIRED
NOW ACCEPTING RESUMES**

May Day Parade on 118 Ave, 2009



MAY DAY PARADE, MAY 1

EDMONTON HIGHLANDS-NORWOOD PROGRESSIVE CONSERVATIVE ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

The Edmonton Highlands Norwood Progressive Conservative Association of Alberta will hold its Annual General Meeting on:

Date: Monday, June 15, 2009
Location: Alberta Avenue Community League Hall
9210-118 Avenue NW Edmonton, Alberta
Doors open: 7:00 pm for membership sales
AGM starts: 7:30 pm

The annual general meeting's purpose is to conduct the business of the Edmonton Highlands-Norwood Progressive Conservative Association and; to elect the Board of Directors and Officers of the Association for 2009-2010.

PC Association of Alberta memberships for 2009 will be available for purchase at the meeting, at a cost of \$5.00. Two

pieces of identification, one of which must be a photo identification, indicating residency within in the constituency are required to purchase a membership.

All persons will be required to present their 2009 memberships in order to vote on the resolutions at the AGM and for the officers of the association.

Sprucewords

WITH IRENE NG

Critters among the stacks

Live animals and the public library have a dubious relationship. Our encounters with the natural world are generally unexpected (mice), unwanted (more mice!), or mythical (bookworms). However, the library does make exceptions for the pets that fight crime, solve mysteries, or simply occupy a place in their owner's hearts.

As part of the TD Summer Reading Club- Agent 009, Sprucewood is excited to welcome the Edmonton Police Service Canine Unit on Monday, July 13 at 2:00 p.m. Have your child meet these keen-nosed crime fighters, as well as with the police officers that care for them. To register for the program, please call the branch at 780-496-7099.

If you have other plans that week, take out a book about exceptional pets and

their owners to share with your child. Sylvia, a sleuth for hire, will intrigue young readers as she investigates her neighbour's wayward and slightly neurotic pets. Check out Sly the Sleuth and the Pet Mysteries, by Donna Jo Napoli and Robert Furrow. For the young adult reader, take a peek at the true story of Kat Albrecht as she takes her police training and reinvents herself as America's first law-enforcement based pet detective in The Lost Pet Chronicles: Adventures of a K-9 Cop Turned Pet Detective. If your son or daughter loves the feline populated series Warriors, by Erin Hunter, suggest to them Time Cat: The Remarkable Journeys of Jason and Gareth by Lloyd Alexander.

Of course, no child's summer reading list could possibly be complete without a

comic book. If you know me, I am always willing to shill for the next great (or not so great) graphic novel. If you have a reader at home who is enthralled by Bone, written and illustrated by Jeff Smith, then I recommend Jellaby, by Canadian Kean Soo. Follow Portia Bennett and her companion Jellaby, a shy and sweet-natured purple monster, as they make their way to Toronto to unravel the secrets of Jellaby's origins and Portia's missing father.

Irene Ng is a library assistant at the Sprucewood Branch of the Edmonton Public Library. She currently has an uneasy truce with her roommate's cat, Sadie. For more info on programs and other services, please call our branch at 780-496-7099 or visit the website at www.epl.ca.

Summer Playground Programs Near You!

A City of Edmonton leader will be at the green shack
Mon-Thurs. 10:00am – 5:30pm;
Fridays 1:00 – 5:30pm
(regular hours unless otherwise stated on site)

Alberta Avenue Park
118 Ave & 92 St

Sheila Bowker Park (Parkdale)
113 Ave & 85 St

Delton Park
123 Ave & 88 St

Spruce Avenue Park
115 Ave & 102 St

Eastwood Park & Spray Deck
118 Ave & 86 St

Sheriff Robertson Park
111 Ave & 82 St

Elmwood Park
125 Ave & 75 St
NEW SPRAY DECK
COMING SOON

Westwood Park
121 Ave & 105 St

Norwood Park
114 Ave & 95 St

FOR MORE INFORMATION:
780.442.4972

COMMUNITY CALENDAR

ART & THEATRE

SKETCH THE AVE

Saturday, June 13 at The Carrot (9351 118 Ave) at 10am. Meet other artists and have fun sketching along the Ave. Bring a sketch pad and your favorite medium. Contact mikalow@shaw.ca for more details.

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

FINE AND DESIGN ARTS MARKET

Every 4th Saturday of the month (May 30, June 27), 1pm-4pm at The Carrot (9351 118 Ave)

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

SENIORS DROP-IN AND LUNCH

Thursdays, June 4 from 11am-1pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play shuffleboard, have a game of cards or try your hand at floor curling and enjoy a free lunch.

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 Tuesdays at 7pm-9pm at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

STITCH AND CHAT

Wednesdays, 7pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave) Meet other fibre artists from the neighbourhood. Knit, crochet, cross-stitch, sew.

SENIORS DROP-IN

Wednesdays from 1:30am-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 Summer drop-in hours: Monday through Thursday 10am - 4pm.

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 June 5, 2009 Low Flying Planes (traditional folk, roots, reggae and gypsy beats) June 12, 2009 Up The Creek (bluegrass) June 19, 2009 Dave Martin June 26, 2009 Alex Boudreau SATURDAYS: Open mic 7:30pm-9:30pm Music, spoken word, comedy

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.

VOLUNTEER



THE HEART OF THE CITY NEEDS YOU!

The 6th annual Heart of the City Festival springs to life Sunday, June 7, 2009, 11 am to 9 pm in Little Italy's Giovanni Caboto Park. With two stages, 10 hours of non-stop live entertainment, artisan tents, face painting for kids, food vendors, and roving artists, this free event showcases all genres and talent levels in music and art! The Heart of the City Festival is free to the general public. For more information visit www.hotcmf.com.

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

THE CARROT KIDS ARTS MARKET

Saturday, June 6, 2009 from 12-3pm, we would like to feature the art and creativity of Kids and Youths and if you like, you could be one of them! We do have some tables available, but the Artist/ Artisan will be responsible for their own display. The Carrot will take a commission of 10% or will accept volunteer hours in lieu of commission. Volunteering can range from doing a shift at the carrot to other volunteering needs of The Carrot. If you choose to volunteer we will need to know that in advance to schedule in and get training if need be. We are looking for a variety of artists/artisans ages 5-18 for this event. Youth under the age of 13 will need supervision of someone older to help with the table. Please contact Karen Porkka at 780-481-9015 if you are interest in participating.

SAFE STREETS BLOCK CAPTAIN BBQ

Thursday, June 11 at 6pm at Alberta Ave Community League (9210 118 Ave) Existing an potential Block Captains welcome. Come and share stories and gather resources at our BBQ and pot-luck supper. Hotdogs and drinks provided; please bring a salad, dessert or snack to share, as well as your own chairs. RSVP to judy.allan@edmonton.ca

AVENUE GOES TO THE DOGS

Saturday, June 13, 10am-4pm at the Alberta Ave Community League (9210 118 Ave)

HAPPY 2ND BIRTHDAY THE CARROT FUNDRAISER!

Saturday, June 20 at Plaza Bowling (10418 118 Ave)7pm-11pm Contact Christie to sign up for a team!

PARKDALE/CROMDALE COMMUNITY GARAGE SALE

Saturday June 27, 9am-5pm and Sunday June 28, 10am-5pm at Parkdale/Cromdale Community Hall (11335 85 St) \$10/table for the weekend. BBQ at noon. Contact Susan at 780-471-4410

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 CRUD at 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 CRUD at info@crudedmonton.org.

CRUD FAMILY PARK CRAWL

Meet Sundays at 3pm - check www.crudedmonton.org for place to meet - park changes every week! Join with communities families to use our parks for what they are designed for - play! Contact CRUD at info@crudedmonton.org.

EATING MADE EASY: HEALTHY EATING FOR A HEALTHY YOU

Edmonton Meals on Wheels (1111

103 Ave) First Tuesday of the month from Noon to 12:45pm Monthly discussions about healthy eating with a registered dietician. First Tuesday of the month from Noon to 12:45pm June 2: Fat: Friend or Foe? - What you need to know about the fat in your diet July 7: Food - It's so Expensive! Yes, you can eat well on a budget & it's not hard! August 4: Living Alone? Find ways to bring the excitement back to cooking! 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

ST. FAITH'S ANGLICAN CHURCH

11725 - 93 St., 780 477-5931 Sundays 11 am Holy Communion & Christian Education for children

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 2nd floor, 11726 95 St, Ph 780-474-4324. Sunday 3:00 pm and Wednesday 7:00 pm

NOTIFICATION FOR A SPECIAL MEETING OF ARTS ON THE AVE EDMONTON SOCIETY (AOTA) REVIEW OF MOTION TO AMEND CURRENT BYLAWS

June 7th, 2009, 1:00pm at the Carrot (9351 118 Ave)

Motion

Janice Melnychuk (AOTA board member) moves that we add a dissolution clause into our by-laws as follows:

By-law Clause 37 : Dissolution of AOTA requires any assets remaining after paying debts and liabilities to be:

- disbursed to eligible charitable or religious groups or purposes;or
- transferred in trust to a municipality until such time as the assets can be transferred from a the municipality to a charitable or religious group or purpose approved by the Board.

Background

In order for the AOTA to get a license to have a casino the society is required to have as part of its by laws a clause to cover the disbursement of funds in the event of the society's disillusion.

SPRUCEWOOD BRANCH 11555 - 95 Street
Edmonton Public Library
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 to June 26, 2009	Cafe Anglais - English Conversation Club for Newcomers 6:30 p.m. Mondays, to June 29, 2009 Call 780-496-7099 to Register FREE of Charge
Mystery Puppet Theatre 2 p.m. Saturday, June 20, 2009 Ages: 6 - 12 years Call 780-496-7099 to Register	English Conversation Circle (LACE Program) 10:30 a.m. Saturdays, April 18 to June 20, 2009 Free of Charge, Drop-In.
Crime Stoppers Safety Session for Kids 2 p.m. Saturday, June 27, 2009 Ages: 6 - 11 years Call 780-496-7099 to Register	Stories from the Heart of the City - with Linda Goyette 1:30 p.m. Thursday, June 18, 2009 Drop-in, Free of Charge All are Welcome!
Teens	Seniors' Spring Tea 1 p.m. Thursday, June 4, 2009 Join us for tea, refreshments, and good company.
Teen Gaming 6:30 p.m. Fridays, April 17 to June 26, 2009 6:30 p.m. Fridays, July 3 to December 18, 2009 Ages: 12 - 17 years Call 780-496-7099 to register	

Proud to Live In Ward 3



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Hello Highlands-Norwood!

As summer approaches, I encourage you all to take note that school is out and to watch for kids around our neighborhoods throughout the season. Even though the spring session is now over, I will still be working hard for you in our community. Please let me know of any events, gatherings, meetings or other happenings in our community you may want your MLA at this summer, and as always, please contact my office with your questions, comments and concerns; we will be open all summer!



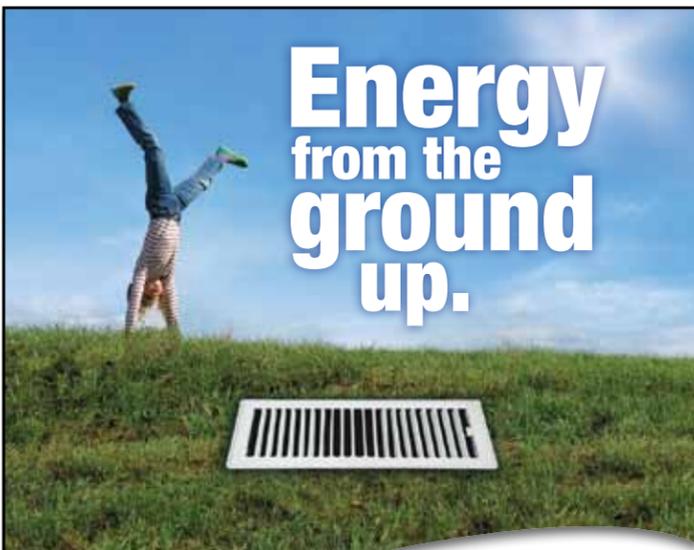
6519 - 112 Avenue
Your MLA, Brian Mason
Edmonton Highlands-Norwood
www.brianmason.ca ph: 780.414.0682

AVENUE'S & ALLEYS...

June 20th

**Bowling for Bucks
Arts on the Ave Fundraiser!**
Support the Arts on 118 ave
To sign up a team contact 780.722.3733

June 20th, 2009 7:00-10:00pm
Join us at 9:00pm for The Carrots birthday! Free cake!
Plaza Bowl 10418-118 Ave.
www.artsontheave.org for more info



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