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Whyte and 118th running parallel during 2009 Fringe Fest

MARI SASANO

Living in our area, we are getting used to having festivals gracing 118th Avenue throughout the year. But this summer, we're part of Edmonton's biggest: the Avenue Theatre (9030 118 Ave) will be a Bring-Your-Own-Venue (BYOV) location for the 28th annual Fringe Theatre Festival, from August 13 to 23.

The idea sprang to *Songs From the Ave* organizer Scott Peters, who helped put together the CD project last year. A CD launch at the Avenue during last fall's Kaleido is the seed for the Fringe show, which will be one of three shows at the theatre this year.

"I was making the rink last winter, and I just thought it would be great to have the Fringe come to this side of town," he says.

"I had the musicians, I had the framework for it. It's far more of a theatre show now; last year we had the CD release party and it was pretty loose, but this is more honed. There's

When he presented the idea to Fringe Executive Director Julian Mayne, he received an enthusiastic response.

"It's a wonderful idea!" says Mayne. "BYOVs offer an opportunity for the festival to go to a wider circle, and it allows the artist to test these new areas, like they did on Jasper Avenue last year. It has to happen organically; if it's right for the community, it will work."

With the venue secured, it didn't take long for Peters to find other artists to share it with. *Raunch* is put on by two actors from Calgary, Alice Nelson and Jacqueline Russell. Their show—a series of comedy sketches dealing with contemporary feminist issues like body image and sexual exploitation—was stranded when their original venue was shut down by the fire department. But word of mouth pointed them to the Avenue, whose large stage and tech-ready lights and sound won them over.

"And there's another festival happening at the same time," says Nelson, referring to the Eastwood Fest.

"We're really happy, and we get to have twice as many shows. We are a little concerned that it's on the other side of town, but hopefully we get some women out who really need to hear the message. We're going to give you an experience, and maybe sneak in a little education while we're at it," she says.

The Avenue Theatre joins New City on Jasper Avenue as BYOVs on this side of the river, but there is a unique potential in our area because of the momentum driven by Arts on the Avenue, according to Mayne:

"I think what is happening on 118th Avenue is very exciting. A lot of it is being driven by artists, the same thing that happened on Whyte Avenue in the '80s. I watched that area transform, and the Fringe had

a huge influence on that, and a similar thing is happening on 118th with the Carrot and Kaleido Festival in September. Having the Fringe venue up there, having artists say they want one there, is absolutely wonderful."

Peters, who is also involved in many of the Arts on the Avenue events, hopes that the Fringe will become another way to bring some theatre to Alberta Avenue residents, as well as introduce 118th Avenue to Edmontonians, with the city-wide marketing of the Fringe.

"I hope this is the first of many years. It would be great to grow the Fringe over here, maybe next year we'll have the Avenue and another venue. It would be great to have a Fringe North."



RAUNCH, FRINGE FESTIVAL

more scenes, it's more tied together. There's some visuals and actors and the songs."

says Nelson, referring to the Eastwood Fest.

"We're really happy, and

Songs From the Avenue:

This incarnation of *Songs From the Ave* is a more story-driven, theatrical experience compared to the show last fall. However, the main concept—music inspired by the history of our area, performed by musicians from the area—remains the focus.

"The music is still the biggest part of it, but there's more of a story. George Szilyagi and Sharla Matkin are the actors, so 90 per cent of the performers are still from the neighbourhood."

Raunch:

Based on the book, *Female Chauvinist Pigs*, *Raunch* explores, through comedy, the idea of women buying into the idea that the only way to gain recognition and power is through exploiting their own sexuality, and the increased sexualization of younger and younger girls.

"The more I research this stuff—stripper poles for kids? What? It's crazy. I had to think, are we digressing? Feminism has fought for so much and now we're selling ourselves. Reading that book changed who I was and how I look at things. And because I teach kids, I have to start thinking of how women are being depicted. The sad thing is that we're doing it to ourselves, women doing it to women. Mean girls on the playground."

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Eastwood Fest

A street dance celebration!

Saturday, August 15, 11am-7pm
118 Ave, from 82St to 87St
See P3 for details!



Rat Creek Press editorial meeting

Tuesday, August 11, at 7pm
The Carrot Arts Coffeehouse
Everyone welcome!

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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.

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We don't just tolerate difference; we need it

EDITORIAL WITH MARI SASANO

Genetically, we are nearly indistinguishable from each other. At that level, differences barely register—only a few molecules here and there, really. But what is amazing is that those miniscule differences create a variety among us that is truly astounding. Each individual is different from another—even between identical twins, there is a wild diversity of appearance, behaviour, and thought.

But differences have always caused conflict. One person's best interest can sometimes cause someone else to suffer, and it seems almost natural to fear something or someone who is different. But I think that we don't have to give into fear, nor should be shy away from the potential conflict of dealing with a person or group that seems very different from us. And

that word, "us"—aren't we all "us," when it comes down to it?

When we were planning this issue of the *Rat Creek Press*, I was impressed at how my writers are willing to be to present their experiences, opinions and points of view. Jan Buterman wanted to take on Bill 44, which includes not only same-sex rights, but also a provision that would allow parents to pull their children out of controversial lessons. "You know people will react," I told him. He just shrugged, smiled, and said he expects it.

We can also learn from Michelle Earle, who lets us know what the experience of driving is like for her visually impaired husband, George. And from intrepid Aydan Dunnigan who ventured into the feminine realm of tribal bellydance. Plus, we're welcoming some new writers, like Twila Pigford, who is publishing her first poem with us.

Also, Deanna Cox is debuting a new column on local places of worship. Next month, we will have even more new writers.

I feel that a hearing such a variety of voices is important to a community, because the only way we can overcome our differences is to celebrate them. We will usually discover that we NEED people to be different. Even when someone's beliefs or backgrounds seem completely for-

eign, there's usually a reason why they think and do things in a certain way. And another point of view broadens us and allows us to see things in a new way, and maybe find better ways of thinking and doing things. And when we come to understand that we all have differences, we can learn to try and open up discussion and find our way through conflict, rather than merely trying to make someone else go our way.

So when you can, be generous. Flexible. And listen: you never know what you'll learn.

“One person's best interest can sometimes cause someone else to suffer, and it seems almost natural to fear something or someone who is different.”

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Mural artist adds a little local colour to Popular Bakery

MARI SASANO

When Kris Friesen started painting murals 10 years ago, he found a medium that continues to captivate him as an artist:

"I think it's the scale, the size and the immediate impression from the public. There's a lot of factors. Things like distance, you can get an inch close to it, or 100 feet away, and in both regards the piece has something to offer," he says, taking a break from painting on a rainy day.

Originally from Vancouver, the freelance artist moved to the Alberta Avenue area about a year ago. He has settled not far from the location of his first commission, awarded to him by the Avenue Revitalization, at the Popular Bakery. And Edmonton seems to be embracing his talents, one wall at a time.

"The City wanted something that wanted to promote the community, and the owners of Popular Bakery wanted something to show people the Portuguese roots of the area. So it combines around nine pictures, Portuguese landmarks and references to the Avenue. They had a list of things they wanted me to incorporate into it, and I put them together."

Friesen's next project is a mural at the Norwood Legion, and he is excited about the possibility of contributing to the improvements to our area.



KRIS FRIESEN WORKS OUT SOME DETAILS ON THE POPULAR BAKERY MURAL

"If I do it right, it should stand out from across the street or two streets back, literally to brighten things up. If nothing else, there should be some bright colours, something to catch the eye. And in this area, it helps to educate about the Portuguese influence and lets people know that if someone's putting that much time into a wall, that we care about the neighbourhood. In the end, it's just a picture, but it's an easy way to transform the look of the street."

He has been working outdoors over the course of the month of July, and has enjoyed meeting passersby and getting to know the neighbourhood better.

"It's not as busy as I thought, but it's a novelty and people come by. Usually they look at my reference photos and ask about them, people are happy to see someone giving time and attention into the area. It's been a great response."

EastwoodFest brings the party to the street

MARI SASANO

The street comes alive on August 15 for another year of Eastwood Fest! Eastwood Community League, along with Arts on the Ave and the Avenue Initiative Revitalization, present the biggest festival ever, according to Eastwood Community League president Norm Aldi.

"It's a major celebration this year, an all-day event starting with a free pancake breakfast at 11 am, ending with a street dance at night with Captain Tractor. And there are street performers and entertainers in between: stiltwalkers, marching bands, face painting, and balloon artists."

Activities will centre around the community hall at 11803 86 St., with streets being closed between 82nd and 87th Streets. The breakfast is free, but there will also be local merchants selling food: everything from a variety of ethnic foods to the standard hot dogs and burgers. It's a great way to get the community together, says Aldi.

"This is our fourth year and it keeps getting bigger. It started off as a grand opening for our new park, and that was a success, so we decided to make it a once-a-year festival.



This year, we can celebrate phase one of revitalization—there's always something to celebrate."

It's also an opportunity for Eastwood and area residents to have a day of family-friendly entertainment within walking distance of their homes, but Aldi welcomes anyone who is interested in checking out the fun and to see the positive changes happening in the neighbourhood.

"Certainly, anyone can come! We want people to see what's being done. We've been a leader in revitalization, starting with the playground—our spray park is the envy of the community, and so is our new skating rink. There is great community involvement, and the area is changing. For thirty years, there was nothing being done, but now people are getting involved. It's come alive, it's just a different attitude."

On the Stage

- 11:00 Theresa Lightfoot
- 11:30 Low Flying Planes
- 1:00 Speeches
- 1:30 Bobby Boogaloo and the OogaBooga Band
- 2:30 The Wombats
- 3:30 The People's Poets
- 4:00 Songs from the Ave
- 5:00 Pre/Post
- 6:00 Captain Tractor

The Wombats will be on site as EastwoodFest's MCs for the day.

On the Street

- 11:00 Dr. Aunti Dote's Amazing Side Show
Marc Desgagne, The Balloon Man
Jay Kuchinsky, roving fiddler
- 12:00 Edmonton Stilt Walkers
Jay Kuchinsky, roving fiddler
- 1:30 Dr. Aunti Dote's Amazing Side Show
Edmonton Stilt Walkers
Nikolai, Amazing Street Performer
- 2:30 Bedouin Beats, Dancers
Maracatumudanca, Brazilian Percussionists
- 3:00 Sheldon Casavant, roving magician
Edmonton Stilt Walkers
Brian Gregg, wandering musician
- 4:00 Bedouin Beats, Dancers
Maracatumudanca, Brazilian Percussionists
- 12-5 Face painting with Kyla Firby
Mehndi & More Body Art (Henna)

In the Park

- 11:30 Brian Gregg, wandering musician
- 12:00 Fun with Sprucewood Library
Dr. Aunti Dote's Amazing Side Show
- 12:30 Marc Desgagne, The Balloon Man
- 1:30 Brian Gregg, wandering musician
Marc Desgagne, The Balloon Man
- 2:00 Drum Circle with Marcus Fung
- 3:00 Asante Dance presentation & workshop
- 4:00 Yo-yo workshop with James Lepine
- 11-5 Childrens' Festival

Eastwoodfest

Saturday August 15, 2009

On 118 ave, 82 st. to 87 st.

11:00 - 7:00 p.m.

Free Events!

• Free Pancake Brunch 11:00 - 12:30 • Eastwood Artwalk sale throughout the street • Local restaurant specials on site! • Childrens' Carnival • Antique Cars

For more information www.avenuinitiative.ca

118th Avenue gets a little more arty with opening of Nina Haggerty

MARI SASANO

One of the most anticipated new buildings will welcome its tenants this month: the Nina Haggerty Centre is an organization which fosters artistic practice among people who are developmentally disabled. Their work has been recognized by the former Governor General, Adrienne Clarkson and her husband, John Ralston Saul, and has also been the subject of an award-winning film, *Through the Eyes of Artists*.

Since 2003, the centre has been located at 9704 111 Ave. but this month, they will be moving into brand new quarters on 118th Avenue and 93rd Street.

"We are going to be physically moving August 18 and then spending a week unpacking," says the centre's Executive Director, Wendy Hollo.

"Then on the 24th we open our doors for the studio program. Our artists will be coming back after a three week break."

The space gives the artists more room to work, but there is potential for more programs—for Nina Haggerty artists as well as the community. And Hollo is eager to get working to connect to the community, given the high number of artists who live here.

"It's fabulous to have the new building, but it's equally exciting to be in this community of artists. For our gallery, outreach, and artist collaborations, it will mean more opportunity to connect and work with the community."

The official opening will take place in September during Kaleido, but residents are welcome to check out the centre during regular hours.

Avenue Vineyard Church hosts al fresco cinema

MARI SASANO

The Avenue Vineyard Church has been working in this community for 10 year with its mission to connect God's teaching to a real-world context. For pastor Wayne Thomas, part of that is to try and bring together people in this area in positive ways and to provide things to do that are safe and fun for families. One of the ways of doing this is at a free outdoor movie night on September 4, at the Alberta Avenue Community League (9210 118 Ave.).

"One of the strengths of our church community is that

we are mostly young families, and we wanted to look at ways we can promote growth and health in the community," says Thomas.

"So we wanted to do that through family events, something that is great for our church families but also something that other families can enjoy. We want to provide something good for them, too."

The movie night is just one of a few activities that the church organizes throughout the year.

"We applied for one of the Avenue Initiative grants, so last year we had 10 events, and the movie night was one things we did. But it

was pretty hard to get all those events going, so this year we wanted to keep some of the events and do them better."

The title of the movie is yet to be selected, but the event promises to make a full evening of families hanging out with kids and socializing, according to Thomas.

"It's an outdoor movie event taking place in the fenced-in area behind the Alberta Avenue Community League hall. A company called Fresh Air Cinema comes in, and they have an inflatable movie screen and do this for us. It's a free event; anyone can go. It's just an opportunity for some good wholesome fun."

The festivities will start at around 8:30 pm. Concession snacks will be available. For more information, check www.avenuevineyard.com



A sense of pride

By Twila Pigford

Parkdale-cromdale, alberta ave, rivendale
Homelessness, penniless, stretch limos, affluence
Harvard? No community. Is my title, my identity?
It's what's inside, not what you drive.

It's what you give, not where you live.

Take a look around and see,

We are as different as can be.

Yet underneath, we bleed the same,

So what's this non-acceptance game?

Wrong faith, wrong color,

Wrong status, you choose.

If I accept me, and you don't, you lose.

"You live in that community?"

Why yes, me and my family.

We've made new friends,

We laugh, we share.

We've formed new bonds,

With people who care.

You get to know, the people inside.

There's culture, there's strength, a sense of pride.

"But, you've lived here for years, it's horrible why?"

"Because there's more here, than meets the eye"

You need to impress, but you feel so empty.

But I am accepted, in my community.



MEMBERSHIP

2009-10 Memberships are now available. Purchase during office hours or come to the membership bbq on Sunday, September 6 from 4pm to 7pm. We are looking for people to sell memberships on their blocks during August & September.

DROP-IN PROGRAMS

Family Sport night - Tuesdays from 6:30 to 7:30pm until August 25

Avenue Playgroup - Tuesdays from 10am to 12pm starting September 15

Seniors Social & Lunch - Thursdays from 12pm to 2pm

Combo Workout - Tuesdays from 7:15 to 8:15

REGISTERED PROGRAMS

HALO Youth Program (no cost) - Tuesdays from 4pm to 7pm

starting Sept 15

Yoga - Tuesdays from 6:30 to 7:45pm starting Sept 1

END OF SUMMER YOUTH WRAP UP

Friday, August 28 from
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Mari Sasano

NEW DELTON RINK WAITS FOR WINTER

New Delton outdoor rink as good as the Coliseum

MARI SASANO

Residents of the Delton community will be able to enjoy an NHL-sized skating rink this winter, thanks to a brand new outdoor arena which was completed in mid-July.

"It's regulation sized, to start. And we had to level and pave the ground. It's the best there is. It's a good looking rink, all right," says Delton community league president Walter Gurba.

The new rink was built to replace the old one, which was 31 years old. Gurba believes that improvements will lead to more participation from area residents.

"We always had a good turnout even with the old boards. But with new lights and new boards, I think we'll have even more people." And he even sees possibility in programming year-round, eventually having street hockey in the summer months. But for now, we will have to wait for winter to enjoy the new facilities with public skating, shinny, and lessons.

Winter hours will be 5:30 pm to 9 pm during the week, and 1 pm to 6 pm Saturday and Sundays.

BUSINESS BRIEFS

WITH JAZZ WYATT

New After-School Care opens

12140 103 Street
(In Vanguard College)
780-758-5437

Pick-Up And Drop Off Is Available For Neighbouring Schools.

If you are one of the parents that I know, then you work 9-5 or 8-4 but you couldn't pick up your kids at 3 pm

when the school day is over. Spruce Avenue School as well as other schools don't have after-school care on the premises, but they don't have the yellow bus services either. Many schools are not "family friendly," but now there is a new opportunity in the area: Kids'R'Us opens an after-school care at 12140 103 St. on the premises of Vanguard College, as of the beginning of

September.

Their van will pick up the children daily and drive them to the day care site, making it possible for 6-12 year olds to safely wait and play indoors or outdoors. Westwood Park is right there and the benefit of outdoor play is doubled by the vicinity of the park equipment. Two snacks offered.

Indoor Bazaar: Pooja Centre
8608 118 Ave.
780-471-2488

Summer's multicoloured men's shirts and women's dresses are to be found along with

Oriental spices in this bazaar. The Pooja Center is, like any bazaar, a crowded place with shelves loaded with all sort of decorating items and jewelry. My favorite decorative items are the brass painted items but one could buy bed spreads

and blankets. The place is also jammed with religious statues and all sorts of gift items.

One could get their private shrine going with these beautiful brass and wood candle holders and a good selection of incenses, accessibly priced.

Portuguese Musical Society (Edmonton)
12118 90 Street
780-477-5366

Practices are held Sundays at 3 pm

The Portuguese Musical Society of Portugal was founded in

September 1976 by a society with a love for the Portuguese culture and its tradition of music and brass bands. The Portuguese Musical Society has been performing for 30 years at Edmonton Alberta's Our Lady of Fatima church with annual processions and marches.

The band performed at various Portuguese Festivals,

including marching at Edmonton's Klondike Days. They also had performances with the Rio-Lima during Edmonton's Heritage Days. As a growing organization they decided to share with the world the Portuguese culture and brass band.



AABANOTES

Challenging Times ...

As we all know, these are challenging economic times, affecting both families and businesses.

The large and small businesses operating within our Business Revitalization Zone spanning from Northlands to NAIT along 118th Avenue also face these challenges, particularly the smaller family-operated businesses.

Additional challenges are also being faced by all those businesses located within the current streetscape construction zone.

Our association wishes to extend an invitation to all residents in adjacent communities to help support the businesses on the Avenue. Your patronage will help in continuing to foster a growing and progressive business zone and revitalization of the Avenue.



Can you spare some time? Your ideas can make a difference!

Alberta Avenue Business Association is now entertaining nominations for its 2010 Board of Directors.

For more information, please contact Joe Holtz, Executive Director at 780-471-2602.



Doug Elniski
MLA Edmonton Calder

\$50 Million for Alberta's Seniors

As many as 450 new supportive living units are expected to be built in Alberta with \$50 million in funding available through the Affordable Supportive Living Initiative (ASLI) as announced in Budget 2009. The new units will increase the quality of life for residents and will provide more options for seniors and persons with disabilities to remain in their communities.

The funding is available to non-profit voluntary or private for-profit organizations, local housing authorities, management bodies, community groups, or municipalities. Project proposals will be accepted until September 30, 2009.

This capital grant funding also supports the province's continuing care strategy "Aging in the Right Place" by helping to increase the supply of affordable supportive living units. The funding reflects the Premier's mandate and the provincial government's continuing commitment to improve the choice and availability of continuing care accommodations for seniors and persons with disabilities.

With this year's funding, the province has invested approximately \$415 million in capital funding since 1999 to support the development or modernization of more than 8,200 supportive living and lodge units throughout the province.

More information, including the request for proposal application form and information package, is on the Seniors and Community Supports website at www.seniors.alberta.ca/continuingcare/ASLI. Edmonton-Calder's seniors have recently benefited from this enhanced funding. Shepherd's Care Vanguard has been approved for the 2008/2009 ASLI funding.

This kind of project announcement is incredible, as it helps to meet the need for local accommodation, and it keeps Albertans working.

-Doug

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Alberta Avenue Resident Wins Third: Blind Behind the Wheel, Wetaskawin Alberta

MICHELLE EARL

When you watch Alberta Avenue resident George Earl do things like playing bass at The Carrot's open mic, running the mixing board and being a Barista on Tuesdays, it's hard to believe he is blind.

For three years in a row now, there has been a race called Blind Behind the Wheel at the Edmonton International Raceway in Wetaskawin. This fundraising race has proceeds going to the Alberta Guide Dogs Association. The idea was started by racing promoter Loretta Thiering. Most people take driving for granted but there are many people like George who want to drive, but because of their vision are unable to.

George participated in the race which was held on June 20 of this year. He raced with those who had low vision because there were seven blind drivers and five low vision drivers. George had some experience with cars, so they asked him if he would be willing to compete in the low vision heat, he agreed—and won third place!

The drivers are not alone in the race; that would be a catastrophe! Each driver had a guide driver with them. George's was Mac McIntyre. I met briefly with Mac who has been a racer from a young age. He raced for twenty years and gave it up for a while, but got back into it three and a half years ago with his son-in-law. Getting George into the races was the obvious thing to do. He didn't really know George that well last year, but upon getting to know him better, he thought it was time to get him involved. Mac has fun racing, but with George it took on another dimension. It

was all about George having fun, so he said that he had fun. He thought it was "too cool" for George, more than him. He didn't think they would make it especially since they were in an accident, but the car wasn't severely damaged; Mac was glad they were able to finish the race. When asked if he'd do it again, he said, "Definitely. George's on for next year."

The cars are donated for the event and the motorists travel at about 60-70 kilometers per hour. There have been no major accidents in all the time they have been running the races, although there have been minor fender-benders like the one George was in. This year, they had only six cars and 12 drivers so they had to divide the race into two heats – the blind and the low vision.

I talked with George about the event.

M: How long have you been blind?

G: [George grins.] The simplest answer is 39 years – since I was born.

M: What is the nature of your vision?

G: I would describe the vision I have is light perception and shadows. Objects aren't clear, but I can see when it's light or dark.

M: How long have you been interested in driving and cars?

G: Since I was a kid. From the age of five, my mother picked up on that and taught me about the gas pedal and so fourth. She would take me around the block and let me step gently on the gas pedal while she would be the one to chiefly handle the vehicle.

M: What, in your opinion, do you think got you interested in driving and cars?

G: Even before I got to go around the block with my mother, I was shown how to kick the car off high idle by tapping the accelerator gently. Both my parents allowed me to do that.

M: Have you ever driven a vehicle with guidance before?

G: Yes. It started in a field or where nobody was around and it lead to my mother letting me drive for a few blocks on the back roads.

M: What made you get involved with the Blind Behind the Wheel race?

G: I was approached by Mac McIntyre. He asked me if I had ever driven a car before and I said "Yeah." He asked me if I would be willing to drive for the "blind races," as he put it. I had heard of Blind Behind the Wheel and it jogged my memory. Of course I was interested, but it was he who approached me.

M: How did you feel when Mac asked you if you wanted to be in the race?

G: Very excited and nervous at the same time. It seemed like a great opportunity and yet you wanted to ask "Are you sure?" I felt honored to be given that opportunity.

M: What was it like driving in a race car for the first time?

G: It's a bit exciting and nerve-racking at the same time because you don't know what the expectations are, because



there has to be time for me to get instructions from my guide, Mac, without causing an accident. That means you go slower. By the same token, you have to consider you're in a race. The helmet partially blocks your hearing, so you have to listen more intensely. But all in all, it felt very exhilarating.

M: When you were in the accident, what were some of your thoughts?

G: "I've ruined this guy's car, and hurt the other guy's. I'm OK except I'm shook up. OK, normally you stop and assess damage. I forgot momentarily that it was a race so I had to keep going. Mac asked me if I was OK and told me to breathe as well as to give it some gas. It was "the bump and grind," as my brother put it. Ultimately at first you don't know what to do. Of course I try to leave things better than I left them so I did feel badly.

M: How did it feel when you won third place?

G: Shocking. I didn't expect to win anything. I just wanted to run a good race. Mac told me from inside the car, and I thought, "Oh wow, OK," but when I saw there was a trophy, I thought, "Hey, this is some big deal!" It was awesome, surprising, exciting, and I felt honored with being presented with third place.

M: Would you do it again?

G: Absolutely. Mac and I are already talking about doing it next year and I really hope it comes to be. When I got out of the car, I was already looking ahead to honing my technique.

Seeing George race for the first time reminds us all that there's nothing we can't do with a little help, and what we all can do with just a little perseverance—even though we may go through the "bump and grind" in the race of life.



Our trees after the July 18 storm...



MEMBERS OF PARKDALE OUT OF SCHOOL CARE SOCIETY INVESTIGATE AN ELDER TREE BLOWN DOWN BY THE SEVERE STORM ON SATURDAY, JULY 18 ON THE PARKDALE SCHOOL GROUNDS.



AN EVERGREEN TREE—BELIEVED TO HAVE BEEN PLANTED BY A PRESCHOOLER NEARLY 100 YEARS AGO AT WHAT IS NOW 11532-93 STREET—WAS SNAPPED LIKE A TWIG DURING THE SEVERE THUNDERSTORM ON THE EVENING OF SATURDAY, JULY 18. THE MASSIVE TREE FULLY BLOCKED THE ROAD FROM TRAFFIC. THE METHOT FAMILY, PARTICULARLY DAUGHTERS MACKENZIE, 6, AND HEATHER, 8, WERE DEEPLY SADDENED BY THE TREE'S LOSS.

Edmonton Mennonite Centre for Newcomers profiles

MARI SASANO

Since this month's theme is diversity, it was natural that I had a visit with the Edmonton Mennonite Centre for Newcomers—after all, the primary source of diversity is immigration! The EMCN, whose main offices are at 11713 82 St., provides services for immigrants and refugees in Edmonton. Programs include English language services, settlement services, help with career and employment, and the Immigrant Access Fund which provides a micro-loan program that provides funds for accreditation or training. I talked to a few people who work at the Centre to get a more in-depth look at the kinds of programs offered, and some insight into the challenges of coming to Canada.

Mana Ali, social worker:

"Of the problems they face, most of all they come here by themselves and they don't have an extended family and they have younger kids. They go through a lot raising their children alone. With a new country, a new language, a new environment. Unemployed or underemployed, and most of them tend to go to full time or part time ESL classes."

"I think immigrants need

a lot of support. I know one family close to here, they go to Crystal Kids and really benefit from that. But the mother was totally isolated and was facing a lot of difficulties. If there is some way to connect to the community, it would be great."

"Immigrants I see here are doing very well because they lost their life, but they come here. Now with that, they get a second chance, so they take all the opportunities they can. You see them working two or three jobs, they work extremely hard. They push their children to do well in school. They feel they owe this country, because this country saved their lives, their families. They feel a sense of obligation. They do the best to their ability. They don't care what they do as long as their children have the life security they need."

"I think Canadians are very generous and welcoming and warmhearted. I think the only difficulties they have when they first move here is that they become more of a nuclear family. Back home, you know everyone. It's an open society, children play together, it's more integrated and people support each other. You know each other for generations. I think Canada has lost that, unless you are in a rural area. They lost that community."

Terry Andriuk- Manager, Temporary Foreign Workers Program

"The main challenges we're facing right now are temporary foreign workers who have lost their jobs, or never got a job in the first place—trying to get them resettled, to get them new jobs, get their work permits, and do that within the time frame of their permit. It's hard when you have deadlines. And we have to educate the employers who are here to keep the workers who are here rather than laying them off and bringing in another set of temporary foreign workers. We have to get them to find the most effective way to use the system. They aren't disposable labour."

"The majority have been given false information—I would say probably half have paid recruiters to come. And that's illegal. But when they pay, they pay with the hope that there's a job, and that they're going to stay."

"With immigrants, you're settling them; you have a long term plan. With a temporary foreign worker, it's crisis. The other thing is that the other programs have supports built-in. For our program, the worker has no income support, if they worked long enough they do qualify for EI, but there's no one else to help them. They're on their own. With immigrants you can settle into a community, but with a temporary foreign worker, there's no roots. So they are often isolated."

Helen Rusich- Director of Administration & HR

"I basically provide coaching for managers, many of whom are immigrants, so I guide them to training in employee supervision, professional development, performance reviews. Generally they've been front line or team leaders, and they have been promoted to managers. I think sometimes people don't understand the role, especially in a Canadian context."

It's often a shared leadership, and I need to remind them of how they were treated when they were on the front line."

"What happens here, we are so diverse we need to check many opinions before decisions are made. There is a lot of going back and making sure you are understood, and people are given a chance to really think about things. It's a lot of negotiation and it's sometimes frustrating, but there's a benefit. We get to see and hear and learn new things. Often I have one idea and I think I have the answer, but with three or four people, I can see things from another culture's point of view."

"Some cultures are more open about conflict, so when people have a hard time with confrontation and strong emotions, we learn that it's not a bad thing and it's not personal. That's interesting! We can learn from that."

"It's helped me be more open. If someone says this is the way things are, I never think that way anymore! There are often five or six ways to think of something. For example, when someone says to me that it's scary to walk down 97th Street, I ask, "What do you mean?" There are children and families there. It can't be that unsafe. It's the way you approach things, you can't make those statements. Maybe there are people who want things in black and white, but I don't see things that way. It's all about education."

Karen Gabert- Researcher

"I am the research coordinator at EMCN. Our research team does a number of different things

in terms of the activities of our organization. Most recently, we have been working on projects that support the bridging programs for internationally educated engineers and accountants. Those are programs for people who have experience and education in other countries who want to access those professions in Canada, they are able to Canadianize their skills, that means both communications and technical bridging activities that will help them to integrate into the Canadian labour force."

"What's

interesting is that among immigrant serving organizations in Canada, there aren't many who actually have dedicated research staff. Often this falls into the job description of different program managers and EMCN is kind of special in that way in that we are able to support a research team.

Currently we have four staff members, full-time, and that's really helpful to the programs that we offer, to have that kind of support."

"When people work with people from other countries, it's like holding up a mirror to your own culture and the way that culture is informing your world view. And if you can understand the way your own culture is a lens through which you view the world, then you understand that everybody has that lens. It's not just you, it's not just the newcomers, but it's everybody you're working with. It's a positive experience when people can relate to new people that brings learning."

"The longer you work with it, the more you learn. What is integration, who is changing, and how is that working? It's extremely complex."



KAREN GABERT, EMCN RESEARCHER



EMCN STAFF, TERRY ANDRIUK, MANA ALI, AND HELEN RUSICH.



FEDERAL MP HEDY FRY CHECKS HER MESSAGES AS SHE LEAVES NORWOOD'S PRIDE CENTRE ON THE AFTERNOON OF JULY 17. THE VANCOUVER CENTRE MP TOURED THE NEIGHBOURHOOD ESTABLISHMENT AND DISCUSSED SEVERAL MATTERS OF CONCERN WITH PRIDE CENTRE BOARD MEMBERS SUCH AS SAFE ACCESS TO MEDICAL AND OTHER SERVICES FOR AT-RISK YOUTH BOTH IN URBAN CENTRES AND RURAL COMMUNITIES.

Jan Bitterman

SONGS FROM THE AVE
 MUSIC FROM A REVOLUTION
AUG 14-16 & 20-22
BYOV A
The Avenue Theatre
 9030 118 Ave. Free parking 118 Ave. & 92 St.
A Musical Theatrical Celebration
Of A New Revolution

Bedouin Beats; where goddesses come to play

AYDAN DUNNIGAN

To boldly go where no man has gone before. Into the den where goddesses come to play. What, am I crazy? What does go on in there?

The brochure reads yoga. Sounds safe. And flamenco, interesting, and belly dancing. My experience is limited to hiding face down in a plate of souvlaki trying not to notice the scantily clad women jiggling her bobbles beside me. Embarrassing, but not life-threatening.

But Bedouin Tribal sword dancing? I could be carved up like the sacrificial ram and served as burnt offerings!

However, this is diversity issue of *Rat Creek Press*, and my devotion to a story drives me into unmarked territory. I swallow my breath and pride, and walk in.

The entrance to the Bedouin Beats dance studios is a strikingly colorful boutique with everything from that fancy jingly stuff that cost me a good Greek dinner to hemp hip huggers to just a lot of fun funky skirts and blouses. I am immediately envisioning my beautiful wife in one of these jiggly outfits. Focus! I am here for an interview. I track down Denise Leclair, the owner and instructor and creative genius behind this fascinating and mysterious venue. I have more than a few questions.

We sit in an open area with costumed dancers scurrying by to one side and a teacher practicing flamenco guitar in the bathroom to the other. I look around nervously, expecting perhaps to see an half-moon saber flash out from behind the change room curtain. We sit on an unoccupied bench and I jump right to my burning question.

RCP: Denise, am I safe here?

Denise: Funny you should mention that. That was a concern of mine for awhile about opening on 118 Ave, so I put off this project for about a year. But they have done so much to revitalize this neighbourhood. This space and location has really worked well for us. The building is so tastefully designed, the landlords have been great. There is lots of room.

RCP: Do you live in this neighbourhood?

Denise: No, I live in Sherwood Park, but there is such a wonderful sense of community here, totally unique. It is well worth the twenty minute commute.

RCP: Is this place always this busy?

Denise: It is slower during the summer, but during the fall and winter about 300 to 400 participants come through here.

RCP: Are there that many Bedouins in this neighbourhood? (Actually, I'm really not this stupid.)

Denise: The participants come from all over the city, and even from as far away as Grande Prairie or Hinton. I adopted the name Bedouin because it embodies the primal connection to the land and of course belongs to that part of the world where belly dancing originated.

RCP: Are these styles actually traditional tribal dances?

Denise: No. We practice several different styles of belly dancing, some of which have traditional elements, such as the Saidi dance with swords and canes, but there has been a lot of evolution with the style. I learned to dance in the Bay area which is actually the nerve centre for belly dancing in North America and where they developed the American tribal form which is a blend of Raqs Sharki, flamenco and Indian dance. From there I have transitioned into my own style of dancing. And we have one instructor who teaches fusion, which is a blending of belly dancing, hip hop, tribal dance, and yoga mixed with some edgier music.

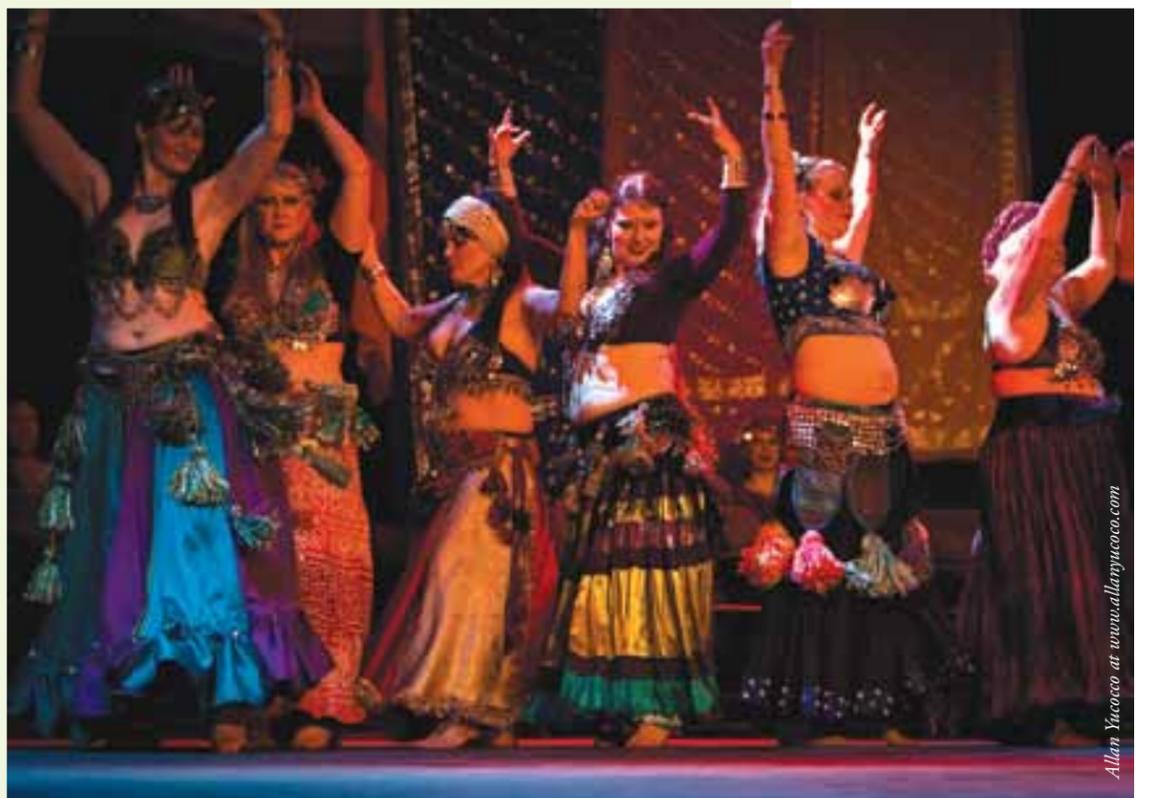
RCP: What is it about belly dancing and all its variations that is attracting women to your studio?

Denise: There are many unique traits about belly dancing. First is, this form embraces all women. You don't have to be a particular body type or from a particular ethnic background. All that is required is a certain agility and a willingness to learn to be open to music and movement. What grows from that is a rich experience of community. It becomes women supporting women in all stages of life. That is why we have extended our programs to include yoga and tai chi and kids classes and pregnancy classes. Women are hungry for this type of connection.



A SWORD DANCER AT BEDOUIN BEATS

Allan Yuocco at www.allanyuocco.com



DANCERS AT BEDOUIN BEATS

Allan Yuocco at www.allanyuocco.com

Delton league rocks the soccer scene

The banquet for the 2009 Delton Outdoor Soccer Season was held on July 11 at Delton Hall with 170 in attendance to celebrate the occasion. The 84 players representing Delton came from the following community leagues: Eastwood, Parkdale/Cromdale, Spruce Avenue, Alberta Avenue, Westwood, Beaumaris, Kensington, Delton, Elmwood Park and Delwood.

The banquet was catered by volunteers and was absolutely delicious—the menu included steak, chicken, garlic bread, mushrooms, baked potatoes—special thanks to Cliff's IGA for great quality food and efficient staff, Caesar and marinated vegetable salad, desserts- fruit, squares and cup-

cake cakes(looked like a soccer ball)—thanks to the talented -Lily at the Coliseum Safeway.

Thank you to all the volunteers that made this event such a success and a very enjoyable evening. A special thanks to the ladies that looked after everything in the kitchen- Kathy, Lil, Cecibel, Shabna, and Chris and the two wonderful men- Walter and Larry who bar-b-que the 110 steaks. During the evening there was a power point presentation which represented each team/players during their soccer season of practice and games. A big thank you to Rean for undertaking this task and compiling all the fun and memories.

The 2009 Outdoor Season had 6 Soccer teams- Little

Kickers(3-4 yr olds) Under 6, Under 8, Under 10, Under 14 Boys and Under 18 Girls. Each team played for 8 weeks -usually 2 games and 1 practice a week and played in 1 tournament. Each player received their team/individual picture -thanks to Free Expression Photography for capturing the hundreds of smiles. Each player also received an individual award recognizing their 2009 Outdoor Soccer season-thanks to Prath Trophy for their commitment to the soccer program . The evening came to a close with the For the Love of the Game Award. This award was created to recognize an involved and committed soccer player, coach and community volunteer, the late Ron

Hodgins. The award is given to players nominated by their team who

- Obeyed the rules of the game
- Showed respect for officials
- Treated opponents with respect
- Treated teammates with respect
- Treated coaches with respect
- Support teammates by make positive and encouraging comments
- Helped teammates learn and improve in soccer
- Helped teammates bounce back from mistakes
- Made the game of soccer fun for teammates
- Enjoyed the game of soccer

The 2009 For the Love of the Game Award recipients are :

U6 Megan Sobotiuk
U8 Isiah Tekie
U10 Cole Gordulic deSousa
U14B Codie Campbell
U18G Cassandra Fata

Special thanks to all the coaches and managers who made the game of soccer enjoyable and fun for every player- your commitment and dedication was greatly appreciated.

A sincere thanks to all the partnering community leagues for believing that: active children + participating families = a healthy community

See you at the 2009 Indoor Soccer Registration

*Sue Nozack
Delton Soccer Director*



FOR THE LOVE OF THE GAME RECIPIENTS LEFT TO RIGHT SUE NOZACK (SOCCER DIRECTOR) CASSANDRA FATA U18 GIRLS COLE GORDULIC DESOUSA U10 ISIAH TEKIE-U8 MEGAN SOBOTIUK U6 LOUISE HILL- RON HODGINS WIFE HOLDING THE FOR THE LOVE OF THE GAME TROPHY WHICH HAS ON IT THE 2009 RECIPIENTS NAMES CODIE CAMPBELL U14 BOYS. THE U14 B WON TIER 9 ENZSA GOLD AND TIER 9 CITY CHAMPS



DELTON BULLDOGS U14 IN ACTION

Sue Nozack



DELTON THUNDER U10 IN ACTION

Ruti De Sousa



DELTON BULLDOGS U-14 BOYS

Karen Harrison



DELTON BULLDOGS U14 IN ACTION

Sue Nozack

Delton Dragonflies under 6

The Delton soccer league is entirely in a league of their own. After coaching two seasons with Delton's under six soccer team, I am constantly amazed at the dedication of Sue, soccer director, and her husband, Chris, as well as the entire community league, to put forth a solid soccer organization. From the equipment and jerseys to the final banquet, Delton community league showed all of their members that a community raises a child, not just a family. I encourage all families who have children interested in soccer to contact their community league and get involved, or join Delton's community league. The incredible satisfaction that comes from a child laughing, playing and making new friends is forever a memory that I will cherish.

*Charmaine Germann
Delton Dragonflies, under six soccer coach*

For 2009
NORTH CENTRAL
INDOOR SOCCER
REGISTRATION
information go to
the Community
Calender on P15



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

A world of canine

The dog world continues to fascinate and intrigue me. Not only are there conservatively over three hundred purebred dogs to choose from, there are more “designer” breeds and mix breeds just waiting to be adopted. Dogs come from the very tiniest that will fit in your hand up to those that can pull carts. There are active working type dogs that herd, hunt and chase, and the less active that sit in your lap. There are even a few breeds that, regardless of size, are active when they need to be but are otherwise couch potatoes.

It doesn't stop there – there are those with coats that drag on the floor, no coat at all, fluffy puffy fur, silky hair, coarse wiry hair and even dreadlocks known as cords. Breeds like the Bichon and Poodle grow their hair until it is either cut or broken off, while others will shed with every change in the weather – which in Alberta can be every 15 minutes.

Dog breeds have been developed world wide and are the pride of their country. Russia has the Borzoi, Black Russian Terrier, and Samoyed. The United Kingdom boasts several breeds especially in the terrier group, including Irish Terrier, Kerry Blue Terrier, and English Springer Spaniel. Europe brings us many more breeds, specifically Germany with the Poodle, Boxer and Great Dane; Belgium's Bouvier des Flandres and Schipperke; and France's Bichon Frisé, Brittany Spaniel and Lowchen.



CHINESE CRESTED

Africa abounds with the Basenji, Rhodesian Ridgeback, and Saluki. Even Australia's Silky Terrier, Australian Terrier, and Australian Shepherd, best known as an Aussie. China includes Shar Pei, Pekingese and Shih Tzu. Of course, Canada can boast Nova Scotia Duck Tolling Retriever, Labrador Retriever, and Newfoundland.

With world events such as wars and civil unrest, many breeds have disappeared but through the efforts of dedicated dog lovers breeds have seen a reappearance and even a new popularity. For example, the Chinese Crested had some dedicated breeders in the US bring back this fascinating toy dog.

Dog registries divide dogs into groups such as sporting, hounds, terrier, working, toy, and herding each describing a particular personality. Each group has its smaller and larger, more and less active, and variety of individual personalities and character. However, one should give special attention to these group descriptions when looking to adopt any dog. For example, an avid gardener who takes pride in their craft would best stay away from the terrier who are known for going underground and chasing vermin – unless holes are part of the landscape. Hounds may not be the best choice for apartment dwellers as their baying can penetrate the most soundproof of rooms.

Many dogs bred initially for hunting or hunting perform very well in the endless number of dog sports available in Canada and world wide: skijoring, sledding, earth dog, disc dog, freestyle (dog dancing), rally, weight pull and more. The traditional “working” dog now performs such duties as search and rescue, therapy, and service. Training, fostering for



IRISH TERRIER

future service, volunteering and utilizing these dogs of a diverse number of breeds definitely earns their place as heroes.

So take that extra time to choose and adopt or even foster a dog that suits your activity level, your living conditions and personality. Fostering dogs for adoption and service while

emotional can be incredibly rewarding. Dog ownership is rewarding, exciting and a long term commitment – you have a choice, take advantage of it!

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

EDMONTON



Clean up the mess

Because a clean Edmonton starts in your own backyard.

Yards in Edmonton need to be clean and well-kept. Old furniture, car parts and garbage must be removed and landscaping should be reasonably maintained.

By keeping your yard clean, you help make our city a safe and attractive place to live. The fine for having a messy property is \$250.

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



EDMONTON



Cut weeds down to size

Help control the spread of noxious weeds.

Plants like Leafy Spurge, Scentless Chamomile, Canada Thistle and Oxeye Daisies are not as pretty as you think; they are actually restricted noxious weeds that spread rapidly.

Noxious weeds can be a serious problem if not dealt with properly, damaging provincial crops and natural ecosystems. That is why they must be cut down or pulled out before they produce seeds.

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



Food for thought



The Daring Diner
WITH ANGIE KLEIN

People who eat with family or friends tend to eat better, and live better too. Sharing mealtime gives our kids a better chance of doing well in school, opens the lines of communication, helps us to unwind and share the experiences of the day. Food brings back memories of our past, both happy and sad. I can't smell KFC without thinking of fishing with my dad, and the smell of greasy fries with vinegar whisks me back to the speedway I spent happy times at as a child. We all have associations with the food we eat. Comfort food... somehow that grilled cheese sandwich and soup can ease the pain of a rotten flu, if only for a brief moment. We eat when we are sad, as if somehow trying to fill an empty void. Food is the focus of family functions, weddings, funerals, birthdays and picnics. When I write a "Daring Diner" column, it is about so much more than the restaurant I am reviewing. It is a culinary adventure, a lesson in ethnic diversity for my young daughter, a date with my love. It is a journey, and I am glad to take you all along.

This month's journey is to a gem in our neighborhood that embodies all that is family:



Nah Trang Pho is a diner-style Vietnamese restaurant on the corner of 111 Avenue and 112 Street.

Named after their dad's birthplace on the sandy beaches of Nah Trang, Philep and Phelan Tran and their mom Lisa take great pride in serving what is probably the best pho (soup) in Edmonton.

You have to go, if only to try their Vietnamese Spring rolls, stuffed full of meat, veggies and noodles in a super crispy wrap. We had the Pho Satay—it was served with fresh herbs, bean sprouts and

hot Vietnamese peppers on the side. We ordered both the lemon grass beef and chicken, served on vermicelli and rice.

Both were delicious, and the portions very generous. Our bill came to \$40 including tip for the three of us and included a complimentary pot of Jasmine tea.

So forgo that drive thru! Sit down with each other, take the time to eat together.

You'll be so much happier and healthier for it!

Until next time ... Happy eating!

Seasonal delights

**AN AVENUE
HOMESTEADER**
WITH CARISSA HALTON

It's August and I'll be spending as much time as possible outside, eating and drinking delicious things. Here are a few recipes I'll be enjoying, taking full advantage of all the food that is finally "in season" here in Alberta!

BBQ Veggies

1. Spray sheet of aluminum foil with oil.
2. Cut up any amount and kind of veggies (zucchini, carrot, onion, bean, potato, bell pepper work best) and place in large bowl.
3. Add enough olive oil to coat veggies (2-4 T should do it).
4. Spice with salt and pepper as well as any of the following combos: oregano and lemon OR dill and lemon OR rosemary and chopped garlic
5. Put veggies on foil and wrap. Make small cuts at top to allow veggies to vent.
6. Cook on BBQ at Medium-low temperature until veggies are soft (around 20-40 minutes). TIP: To speed up cook time of potatoes and carrots, microwave pieces first so they are half cooked.

Homemade Teriyaki Sauce

Mix:

- 1 part ketchup
- 1 part brown sugar
- 1 part soya sauce

Use on chicken or pork when BBQing, or great for a fresh, garden-vegetable stir-fry.

Mojito

1. Place 12 medium mint leaves at bottom of glass.
2. Add:
 - Crushed ice
 - 1 oz spiced rum
 - 1 t honey
 - 0.5 oz lime juice
 - 2 oz soda/ sprite/fresca
3. Mix with vigor.

Iced Tea

1. In a large pitcher mix:
 - 1.5 litres boiling water
 - 6 of your favorite tea bags (bought cheap in bulk at Save-on or superstore) or try flavoured Rooibos for a great decaf drink honey to taste
 - 1-2 freshly squeezed lemon juice (add pulp if you like)
- Mix above ingredients and let sit in the sun for a day. Add ice and serve.

Chocolate Zucchini Cake (Best of Bridge)

1. Heat oven to 325 F
2. Cream together:
 - ¼ C butter
 - ½ C vegetable oil
 - 1 ¾ C sugar
 - 2 eggs
 - 1 t vanilla
 - ½ C sour milk (add 1 tsp vinegar to regular milk)
3. In separate bowl, sift together:
 - 2 ½ C flour (white or whole wheat)
 - ¼ C cocoa powder
 - ½ t baking powder
 - 1 t baking soda
 - ½ t cinnamon
 - 1 t cloves
4. Mix dry ingredients with creamed mixture.
5. Add:
 - 2 C grated zucchini
 - ¼ C chocolate chips (I like the small and dark ones)
 - 1-2 C berries (optional).
6. Bake in 9x13 greased pan for 45 minutes until toothpick comes out dry. Once cool, I decorate with sprinkled icing sugar, mint leaves and berries.

Fruit Leather

1. Grind any fruit in the blender (berries work best). Don't add water, unless the blender cannot function without it.
2. Spread thinly on plastic wrap lined cookie sheet.
3. Place in oven at 250 F overnight or leave outside in warm weather for 1-2 days (covered to keep bugs out).
4. Peel and enjoy!

Frozen Yogurt Cups

1. Mix in a blender:
 - 1 part plain yogurt
 - 1 part fruit (soft fruit like peaches and berries work best)
 - Sugar or honey to taste
2. Pour into popsicle molds or use recycled materials as molds (deep ice cube trays, Dixie cups, small yogurt containers etc) and add wooden popsicle sticks (bought at craft store).
3. Freeze and enjoy!

The Garden Diva gets prudent

the Garden Diva
WITH CHERYL WALKER

Ah, Dear Readers, perhaps you have heard about this "recession" thing that is now playing? Initially The Garden Diva (TGD) was going to refuse to participate, but it would seem that a "recession" doesn't send out invitations, and there is no RSVP process.

TGD has always maintained that a garden is prudent. Investments in the future always are. But as she revealed in her June column, a garden is not there to save you money. Truly, dear readers, if you are going to save money on a garden, move out of the city and on to the land. Also, grind your own wheat, pump your own water and give up shoe shopping. TGD plans to stick to her front porch and cope with the recession with soothing qualities of gin.

No – if you are going to save money in gardening, you need to do so in your purchases. Really, a backyard garden is a hole in the ground that you throw money into. Accordingly, here are TGD's recession-proof gardening tips:

Spend More Money

Now, don't panic. This is not

intuitive. TGD, for example, has been trying to explain this philosophy as it relates to women's footwear to the Très Wonderful Garden Diva Husband (TWGDH) for all eight years of her marriage. There are two parts to this philosophy. Firstly, buy quality. Buy better garden implements, buy perennials from a nursery, and buy good quality seeds. Buy things that last. Buy only things that last. Do not buy something that "will do". If it won't last and is just to make do, borrow it, use something else, or do without. As TGD's hero Lois Hole



used to say, it is only the very wealthy that can afford to buy cheap. The other part of this is the part that our governments seem to frequently get confused about: buy less.

Be Resourceful

A wrought-iron trellis for your peas is expensive. Bamboo is not. Buying an entire bed of perennials

is expensive. Splitting with your friend, starting some from seed and using some inexpensive annuals is much more affordable. Think before you buy. Do you need this? Do you have something that will work already? Can you make do? Borrow?

Take Your Time

The TWGDH would have you believe that TGD is perhaps a bit like a woman trying to get to

her evening gin: a bit impatient. The reality of gardening is that it is expensive to do everything at once. Too expensive, alas. Perhaps even more than that, you need to live in a garden

before you make wholesale challenges. Really, dear reader, this is another matter of prudence. Make huge changes in your first year, and you will regret them. Your first plan is not always your best one.

There you are, dear readers, the TGD approved recessionista-gardenista guide to fiscal management.



PETER GOLDRING
Member of Parliament
Edmonton East

Automotive Manufacturer Service Monopoly?

A Bill before the House of Commons, Bill C-273, would, if passed, require all motor vehicle manufacturers to provide access to very necessary computer technical information required to repair vehicles up to ten years old to qualified independent repair facilities, something that some major manufacturers are not currently providing.

Part of the major North American automobile manufacturers restructuring of operations is a huge reduction in the number of dealerships and an accompanying reduction in the number of dealer service departments. Already Chrysler has been reported as having a one week wait for service. Those few remaining Chrysler service departments may well be unable to deal with the increased demand. Unless there is a dissemination of technical information by voluntary agreement in the industry or by legislation, there will be considerable problems for consumers needing to have their certain brand of vehicles repaired.

The government supported Bill C-273 in principle at second reading, despite some flaws, knowing it will receive serious review when considered at Committee. While that review happens we are bringing car companies and aftermarket organizations together to work out a voluntary agreement. There are benefits to establishing a voluntary system, aside from the obvious benefit of keeping government out of regulating how businesses run their affairs. A voluntary system would, for example, have the flexibility to evolve over time to address changes in technology as they arise – which is one of the root causes of the aftermarket concerns.

Ultimately, we need to look at the best possible solution for consumers, for fairness and for ensuring an efficient and competitive marketplace. However the government of Canada might consider resolving this issue before finalizing on an incentive agreement with manufacturers. Putting taxpayer money to support an auto manufacturer service industry monopoly is not right.

What do you think?

780-495-3261 www.petergoldring.ca

10th anniversary submissions

The Rat Creek Press turns 10 this year!
To celebrate we are printing a special Tenth Anniversary issue in October, and we invite all residents to write your memories or stories to share. Send submissions to the editor at editor@ratcreek.org by September 1.

KARA-LOT
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What's Happening this Month:

- Aug 3—Closed for the holiday
- Aug 4—Seniors Day
- Aug 14-15—Dollar Daze
- Aug 21-22—Bag Days (\$2.00 for a bag of clothing)
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Improving Sleep



health & wellness
WITH JENNA C. HOFF

We live in a society that is chronically short on sleep. Between racing through work, family activities, and all the other things we cram into our lives, there just doesn't seem to be enough time in the day—and as a result, many people skimp on sleep. Others diligently try to get enough sleep but suffer from insomnia, meaning they have difficulty falling or staying asleep.

The consequences of sleep deprivation can be serious, including decreased alertness, memory, and cognitive abilities, and increased risk of a myriad of health issues, such as high blood pressure, obesity, immune system dysfunction, and psychiatric disorders such as depression—to name just a few. The results can also be deadly; sleep deprivation is blamed for a multitude of occupational and traffic accidents every year. Here are a few hints to improve sleep.

Reduce or cut back on caffeine:

A good rule of thumb is to stop consuming caffeine in the early afternoon, or even earlier in the day if you are highly sensitive to it. Most of us know that caffeine can be found in coffee, colas, and chocolate. However, it is easy to overlook the caffeine content found elsewhere, such as in certain drinks (i.e. tea, chocolate milk, energy drinks, and even some sodas other than cola), coffee or chocolate flavored foods (including yogurt, ice cream, flavored coffee creams, and pies), and some medications (for example some headache or pain medications).

Build a Bedtime routine:

Start getting psychologically ready for bed an hour prior to hitting the sack. Relaxing activities such as a hot bath, reading, listening to quiet music, or dimming the lights can make it easier to fall asleep. On the other hand, the opposite can also be true; certain activities make it more difficult to fall asleep, such as vigorous physical exercise, watching television, listening to loud music, or activities requiring mental concentration.

Keep a Worry Journal:

Place a pad and pen on your nightstand. If you find that persistent worries keep you up, try taking a few minutes to write them down. I often awaken in the middle of the night, persistently thinking about

something I want to remember in the morning. By taking a few minutes to write that idea down, my brain ceases to keep thinking about it, and I know the paper will remember the idea for me.

Live a healthy lifestyle:

Getting a moderate amount of exercise during the day (just not immediately before bed), and eating a healthy and balanced diet has been found to improve sleep for some. Realize that your bed is a safe place: it sounds crazy, but it

works! My husband came up with this strategy one night after I had tossed and turned for hours. At one point, as I punched my pillow for the umpteenth time, he whispered, "The bed is your friend!" This small sentence changed my whole perspective, taking me from angry frustration to a sense of calm and safety. Now, when I can't sleep, I recognize that my bed is a safe place, and I envision it embracing me, drawing me into peaceful



Stock

slumber. Even when I don't fall asleep right away, I revel in the feeling of calmness and peace that comes with the quiet of the night – and more often than not, I'm soon fast asleep.

See your doctor:

For some people, persistent insomnia is a symptom of a sleep disorder or other medical condition. Your doctor or other health professional can assess you, and refer you for further sleep assessment or can prescribe treatments that may help you.



WITH CONSTABLE SHANE BRENNAN

Youth Capacity Building

The Neighbourhood Empowerment Team (N.E.T.) has partnered with The Family Centre to provide creative programming for youth in N.E.T. communities. Our Youth Capacity Building team is a centralized, multi-faceted group of therapeutic youth workers who provide interventions for youth in the form of individual, group, and other community initiatives.

Our team works collaboratively to provide N.E.T. communities with creative, sustainable programming for youth. The interventions provided are designed strategically to achieve the goals of our Community Action Plan.

Currently, N.E.T. is working with several community partners to create a new youth program called HALO (Healthy Active Lifestyle Opportunities), set to run out of the Alberta Avenue Community League. HALO will focus on being seen in the community and will encourage community participation. It aims to foster self-esteem and personal empowerment, and to connect with youth by providing engaging recreational opportunities. We will host a youth event at the hall in late August, followed by the launch of the HALO program in September.

Your Community Capacity Builder Kris Andreychuk, Youth Capacity Building Team, and I comprise the District 1 Neighbourhood Empowerment Team. You will be seeing lots of us in the months to come, working diligently to reduce both crime and the fear of crime in your community. Feel free to contact us if you would like to receive specific information about crime prevention, safety, volunteering, or N.E.T. programs.

Neighbourhood Empowerment Team
For more information, contact 780-944-8402
shane.brennan@police.edmonton.ab.ca

Bill 44: What is it good for?

JAN BUTERMAN

Autumn is just around the corner and with it comes the first academic year where educators in the kindergarten to grade 12 school system have to face the ramifications of the recently amended *Human Rights and Multiculturalism Act*, specifically the consequences of one subsection of Bill 44, widely known as the “parental rights clause.”

Local queer activist and city council candidate Brendan Van Alstine explains, “From my perspective, it’s a bill to enshrine GLBT [gay, lesbian, bisexual and transsexual/transgendered] rights into the human rights code, and at the same time it panders to this social conservative right wing of the Conservative party, where they’re going to say, “gay people have the same rights as everyone else, but now we’re also going to say that if teachers talk about it without getting permission from parents, then teachers are going to get hauled before the human rights tribunal.”

Supreme Court Ruling

Over 10 years ago, the Supreme Court of Canada—the top court in the nation—declared that Alberta could not deliber-

ately exclude homosexuals from protection under the Alberta’s human rights legislation. The province did not rush to change the language of its legislation; instead, protection on the basis of sexual orientation was “read in” to the document. In effect, this meant that any citizen reading the legislation in Alberta who did not happen to know the results of the Vriend decision would read a document that did not accurately reflect the scope of the legislation’s protection. The Alberta government did not choose to clarify the language of the legislation until 2009.

Many members of government claim that teachers will not be put at risk for such challenges, but Van Alstine disagrees. “The way it’s worded it’s very vague and there’s a very real possibility that’s going to happen despite what the Conservatives believe,” he says.

Vague Language

Sexual orientation is a far broader matter than the idea of homosexuality says Van Alstine. The amendment’s vague language could pose a significant challenge for everyone within the classroom. “It opens up this big grey area. When you think about it, if a teacher happens to mention he has a wife or she

has a husband, they’re not talking about sexual orientation per se but it’s implicit that they’re straight. The way they’ve worded it—I think they’ve tried to get around that by saying things that deal explicitly with sexuality ... or sexual orientation but again, there’s that whole grey area of what is ‘explicit?’”

Andrea Parker, a community volunteer and queer activist, agrees the impact of the bill will likely be far broader than the government claims.

“Even relating to things that are not GLBTQ-related I think Bill 44 is the type of thing that causes children to be very narrow- and closed-minded because you’re not allowing them to explore everything in this world,” Parker says. “We don’t teach prayer in school anymore—there are so many things not taught any more because it’s been deemed inappropriate that now you have this very, very limited base of what kids are actually ‘allowed’—and I use those quotation marks there—so if you’re teaching your children that they’re only allowed to know this part of [for example] biology, well, how can you go on in the future of your life as a person to be well-educated, well-rounded, informed individual when your parents

are limiting what learning is?”

You Don’t Have to Agree

Parker explained that opening minds doesn’t mean agreeing with the subject at hand, the important part is finding common ground. “My [relative] doesn’t agree with me being gay. I’ve said, you don’t have to agree with my being gay but the fact that you respect that I am my own person and that I respect that you’re my [relative] and we’re not going to discuss it is how we’ve found common ground. You don’t have to agree with what’s being said but it doesn’t mean that limiting the student is in their best interests; you’re just doing them more detriment in the future.”

Tony Kimble, also a community volunteer, shares concerns about classroom content. “As a former teacher, I am concerned that Bill 44 will put a chill on classroom discussions and that may cause problems for young people who need the discussions within classrooms for their development,” Kimble says. “So you can’t discuss religion and you can’t discuss sexuality—those are two big issues that need to be discussed. That’s what education is all about.”

Kimble also notes that

many school subjects have the potential to be impacted negatively by this decision, even instructing Canadian history. “I don’t see how it can be done given the European founders of Canada were from major religious groups and that they encountered an Aboriginal religion that also had repercussions.”

Limiting Classroom Discussion

The act is unlikely to improve the lives of youth, says Van Alstine. “The only case I can see it improving lives is if a kid decides to look up the Human Rights Act and see what the grounds for protection from discrimination are. If they see sexual orientation, that’s better than when they looked at it two years ago when they thought they weren’t protected,” Van Alstine says. “But I mean, realistically, it’s limiting in a big way classroom discussions about things like sexuality and in particular sexual orientation and that’s not a good thing. Kids need to see themselves reflected in the classroom. They need to see themselves reflected in the curriculum. They need to see that other gay people exist and if you’re putting this silencer on it, it’s not helping anyone.”



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A little bit of Edmonton, a little bit of Mexico and a whole lot of Canadian



Resident Profile WITH HARVEY VOOGD

Chelsey Guadalupe Chowaniec Echeverria is a living example of global mobility and Canada's diversity.

Lupita, as she is called, was born in Edmonton, lived in Canada for 15 months, was raised in Mexico and now is back pursuing her dream of becoming a chef.

"My parents met while both of them were travelling in Mexico. My mom Maria was a hippie girl touring her country and selling art. My dad Wesley was a professional photographer who drove from Edmonton on holidays."

"They met, went for a walk, got stuck on a rock overnight trapped by heavy rains and a rising river and fell in love though neither spoke the other's language. Months later, after his return home, my mother received a letter inviting her to Edmonton. She came and my parents married and settled in Edmonton."

But her mom found the weather too cold, so three months after Lupita's birth the family moved to Vancouver. The weather was still too cold, so a year later the family moved to Oaxaca, the Mexican state where Maria was from.

"I grew up beside the Pacific Ocean because of land my dad received," said Lupita.

"An old guy needed money because his wife was dying. My dad lent him money, but the man couldn't pay him back so offered a piece of land. At first

my dad refused, but the man said if you don't take it I'll give it to you because I can see in your eyes you'll take care of it."

For two years, the family lived in a tent in the middle of the bush with no road access, as a house was built, garden planted and land cleared. The first few years, Wesley went back to Canada every year for three months to make money.

As she grew up, Lupita had contact with her Edmonton relatives through letters and their visits to Mexico, "But I never saw Canada as a second option."

Things changed when she turned 15 and graduated from Junior High School.

"In Mexico, when a girl turns 15 you get a big party to celebrate becoming a woman," said Lupita. "I didn't want that. I wanted a vacation, a travel. My dad suggested why not go to Canada instead."

Lupita ended up staying almost six months in Edmonton. "My aunt had prepared me a room full of Mexican posters and sombreros. I thought why? I'm from Mexico and want something new!"

Winter and having to work stood out as memories of Lupita's first visit. "Back home we have two seasons, rainy and summer and both are warm. I came in the summer and was surprised when my aunt said it was time to buy different clothes because winter is coming. I didn't know why."

Needing a job was also new. "My first job was delivering fliers. I was not happy doing this, especially when

winter came. So one day I burnt all my fliers and quit my job. I decided it was time to go back to Mexico and go to high school."

After high school, Lupita wanted to go to university but couldn't afford it. She came back to Edmonton in June 2008 with plans to work for a year and save money to pay for university.

Within one week, Lupita's life long love of cooking and education dream came together when she began working at Absolutely Edibles Cafe.

"I started as a waitress, but told the owners I loved cooking. Soon I ended up in the kitchen. Then they suggested I apprentice as a chef, offering to let me work for them and study at the same time."

It takes three years to become a Red Seal Chef. One has to have 1700 hours of experience before NAIT will accept you in the program. Lupita has close to 1000 hours and hopes to begin school by January.

"I went home last November because I got really homesick. I stayed for five months and worked as a bartender. It was so comfy being in my house. But I knew this was a great opportunity and the Absolutely Edible owners are really nice. We stayed in contact and they even visited me in Mexico."

"There is more opportunity in Canada," said Lupita. "The economy here is better than Mexico. There is more money. Mexico has few taxes but there is no such thing as apprentice programs. Wealth and money determine educational oppor-



CHELSEY GUADALUPE (LUPITA) CHOWANIEC ECHEVERRIA

tunities."

This April, Lupita came back to Edmonton. "I have come back now for at least three years, though I hope to go home for two weeks in December. It's better this time because I know people at work, what to do at my job and it feels like I never left."

Lupita's love of cooking comes from her parents. "They are amazing cooks. I always ate what they ate and love everything. I like spicy food. Anything with chilis, herbs and fresh stuff."

"It is easy to cook back home. Dad has a huge garden with fresh herbs and vegetables and every day the fisherman come in with seafood and fish."

According to Lupita, food in Mexico is healthier. "In Canada, people eat a lot of frozen and canned stuff. They eat a lot of processed food, like a can of soup with white bread. It took a while for me to get use to."

"In Mexico, food is fresh and healthy. I grew up without a fridge, freezer, or TV. There was no Tim Horton's or McDonalds. Ladies make their tortillas and beans from scratch."

Lupita hopes to travel and cook once she is a chef. In the meantime she is enjoying Edmonton. "I love the changes in seasons. It's so nice to have that. You don't get bored."

SPOTLIGHT on the Churches WITH DEANNA COX

There are 13 churches listed on the Google map for our north central communities. What an underestimation! Although we have been slated as perhaps lower-income neighborhoods, as I drive from Westwood to Elmwood I see that we are rich in churches, temples and other places of worship. Some are large on busy streets and some are tiny tucked away in between homes on residential streets. There are bold signs and humble hosts, many denominations, an array of languages and nationalities but most wonderful of all a warm welcome wherever I turn.

I have no preferences. My mother was Catholic, my father was Protestant, and I attended what our small town called "The Holy-Roller" church. The majority of my life, I did not attend. When I decided to re-visit the church five years ago after a lengthy absence, I found it difficult.

Finding your faith: finding your place

Yet with child in tow, I made it up the stairs and tried desperately to shrink into oblivion in the back row. That never works. The shyer you are, the more awkward you feel—well, that always seems to make one stand out more and darn it, pastors love to greet and introduce you to congregations! Not being a wallflower in church, you'll bloom whether you like it or not! Well, I made it through Sunday's service and found that I liked it. It was a shocker but I turned up again the following week.

Now five years later, I find so many beautiful people spread in the richness of our communities that I want to share in them all. I want to give them a spotlight—big or small, I'll cover them all! Not only that, but I'd like to invite you to join me, whether through reading this column each month or actually hanging out with me on

Sundays as I travel through our seven communities visiting churches. Maybe you're like I was five years ago and a bit shy, or perhaps you're new to the 'hood. Even if you've never been before but find that music thumpin' on the local corner church a wee bit interesting, please join me. I don't want to feel awkward by myself! Then when I spotlight the church in the next month's column, you'll be a part of the voyage. If times are tough and you have prayer requests I'd be honored to take them to the church I'm attending that week.

A calendar of dates/times and addresses will be available in next month's issue, but for now if you are interested in the next upcoming Sundays please shoot me an email for a list of where and when. I look forward to shining the light for you and with you!

dlc@astelier.com

Sprucewords WITH PATRICIA FOUFAS

Part of our mandate at the Edmonton Public Library is to connect people with the knowledge and cultures of the world. Whether it be building an awareness of global issues or learning a new language, we have materials of interest to teach and learn or simply to experience something new.

At the Sprucewood Branch of the Edmonton Public Library, we have the good fortune to be located within a cluster of cultural communities with access to an array of cultures. Our patrons truly represent the global community and the library has risen to the challenge of providing online materials to suit the needs of a diverse group of people with diverse information needs. While many people are aware that the library is a rich source of on-shelf materials, there is also a growing number of databases which provide access to sameday news and information from all over the world. The Press Display, for example is a database that provides full news from 80 different countries in 38 different languages. In addition to news,

Multiculturalism – Library Style

we have a new subscription to Global Issues in Context, which is a database that provides history and context to global issues in the news today.

This summer, the focus has been on Aboriginal culture with our growing collection of Aboriginal materials. Materials in the Aboriginal section represent writings, music and audiovisual materials produced by members of the many Aboriginal communities of Canada. As part of our ongoing regular programming, there is an Aboriginal Storytime hosted by Bent Arrow Traditional Healing Society with experienced storytellers making contemporary and traditional stories come alive for all children. Aboriginal traditional culture is also being highlighted system-wide with cultural educator, Amanda Woodward presenting traditional forms of music, language and dance.

Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia is often found geeking out with EPL databases and is an international media addict.

COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

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

FINE AND DESIGN ARTS MARKET

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

A DUALITY OF FORM

Sculptures by Alberta Avenue resident Ritchie Velthuis and Beata Kurpinski at Urban Roots Salon and Gallery, 10418 Whyte Avenue from July 7 to August 15. Opening reception July 9, 7 pm. Gallery hours: Wednesday to Saturday, noon to 4 pm or by appointment, 780-438-7978.

MUSIC

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DROP-IN GROUPS & PROGRAMS

PRIDE CENTRE

9540-111 Avenue 780-488-3234
YouthSpace (Youth under 25) Drop-In: Tuesday to Friday from 3-7 pm, Saturdays from 2-7 pm, Youth Movie: Fridays, 6:30-8:30 pm

Community Drop in: Tuesday to Friday 1-10 pm, Saturday from 2-6:30 pm

Seniors Drop-In: Tuesdays and Thursdays

TTIQ (Education and Support Transgender, transsexual and questioning people at any stage of transition): 2nd Tuesday of the month 7:30-9:30 pm

Community Potluck: last Tuesday of every month, 6-8:30 pm

Drop in Counseling: 7-9 pm

Cocaine Anonymous: Thursdays, 7-8 pm

AA Big Book Study: Saturdays 12-1 pm, open to everyone

Youth Understanding Youth: Saturday 7-9 pm

Gay Men's HIV Support: 2nd Monday of the Month 7-9 pm

Free School: 2nd Sunday of the month 11 am to 5 pm.

CAMP-OUT

Queer Youth Camp-Out from August 20th to the 23rd, for more info check www.pridecentreofedmonton.org/youth

SENIORS DROP-IN

Thursdays, from 12pm to 2pm at the Alberta Ave Community League (9210 118 Ave)
Come visit with other neighbourhood seniors, play shuffleboard or have a game of cards and enjoy lunch together. Then peruse the farmers' market when it opens at 2pm.

STRETCH, DANCE & QIJONG

Summer combo workout stretching, dance & Qijong. 5 weeks. Call Astrid for details 780-477-0683.

CARROT WRITERS' GROUP

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

MOMS & TOTS

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

SENIORS DROP-IN

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

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.

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 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 to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm. The drop-in is closed July 6-10, Aug 21-23 and Aug 25-27.

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm
\$5 cover charge
SATURDAYS: Open mic 7:30pm-9:30pm
Music, spoken word, comedy

SPORTS & REC

DROP-IN FAMILY SPORTS NIGHT

Tuesdays from 6:30 to 7:30 pm at the Alberta Avenue field (119 Ave & 92 St) starting July 7. This is a family activity - parents are expected to stay and encouraged to participate. Children of all ages are welcome. We will be playing soccer or baseball.

GREEN SHACK PROGRAM AT YOUR LOCAL PARK

Monday to Thursdays from 10am to 5:30pm and Friday from 1:30 to 5:30pm. Free drop-in for children age 6 to 12. Programs are still offered on rainy days and closed for a lunch break daily (check with playground leader). Stop by for exciting games, sports, crafts, music, drama and special events. The leader will ensure participants play safely but parents are responsible for their children at all times and must be available in the event of an emergency. Children under the age of 6 must be supervised by their parent or guardian at all times. Leaders are easily identifiable by their blue shirts and name tags. Leaders are required to pass a security clearance, be trained in First Aid and are certified specialists in FUN!

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Indoor: 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.

Outdoor: This summer show your 2008-09 league membership card and get free swimming at Borden Park & Oliver Pools on Sundays, Mondays, Tuesdays and Wednesdays from 5pm to 7pm and Mill Creek Pool from 7:30pm to 9pm everyday of the week.

2009 NORTH CENTRAL INDOOR SOCCER REGISTRATION

Registration for all community leagues south of Yellowhead Trail to 111 Ave and 75 St to 107 St Delton Community League (123 Ave & 88 St)

Mon, Aug 31, 6:30-8pm

Tues, Sept 1, 6:30-8pm

Sat, Sept 19, during Delton membership BBQ

Please bring: cheques for bingo and uniform deposit, cheques/cash for fees (available Aug31), community league membership (will be available for purchase), child's birth certificate. Sport funding applications will be available.

Contact Sue, Soccer Director, at 780-474-3491, for more information.

VOLUNTEER

VOLUNTEER DRIVERS NEEDED

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

NINA HAGGERTY CENTRE FOR THE ARTS

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

THE CARROT COMMUNITY ARTS COFFEEHOUSE

Learn how to make lattes and other coffees, then hang out at a cool coffee shop for 3 or 4 hours and visit with the interesting people who stop in. Stop in at 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

NOTICES & UPCOMING EVENTS

LANTERN MAKING WORKSHOP WITH DYLAN TOYMAKER GEORGE

Dylan "Toymaker" George is an artist in spaces, sounds, communities, photons and transformations. Lantern parades, festival installations, kaleidoscopes projections, recycled material jewelry and sculpture are some of the ways his ideas play out in real time.

Youth (ages 8-17) and Adults (18+) are welcome to plaster, paint, and papier-mâché to create objects of beauty and light.

Youth (8 to 17 years) Workshop

Part One: August 23rd, 2009, from 1 pm to 4 pm

Part Two: August 24th, 2009 from 1 pm to 4 pm

Price: \$8, for materials

Adult (18+) Workshop

Part One: August 23rd, 2009, from 7 pm to 10 pm

Part Two: August 24th, 2009 from 7 pm to 10 pm

Price: \$12, for materials

REGISTER TODAY limited spaces!

Email: millie.ontheave@live.com

Phone: 780.722.3733 or 780-496-1913

GOT TOO MANY APPLES?

Do you have an apple tree? Do you get more apples than you know what to do with? We can help you put those apples to good use. Call Joy at 471-1699.

FARMERS' MARKET

Every Thursday from 2pm to 7pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Lots of vendors indoors and out. Buy fresh veggies, meat, eggs and various artisans goods. Vendors listed at www.albertaave.org/market.

OUTDOOR MOVIE

Friday, September 4, start time 8:30-9 pm at the Alberta Avenue Community Centre (behind the building in the fenced area). Bring a chair or blanket and enjoy a family movie on a huge inflatable screen. Movie to be announced. Check www.albertaave.org for details. Sponsored by Avenue Vineyard Community Church.

CRUD AVENUE DOG WALKING

Meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), and walks west towards 95 Street. The second dog walk begins at 7:30 pm at the Nova Plaza (118 Ave & 89 St) and heads west towards 95 Street. Contact CRUD at info@crudedmonton.org.

CRUD FAMILY PARK CRAWL

CRUD's Family Park Crawls are the place to be on Sundays at 3:00 pm. Enjoy neighbourhood parks and meet new families. Join us at the following locations:

August 2 - Eastwood Park

(86 Street / 118 Avenue)

August 9 - Elmwood Park

(75 Street / 125 Avenue)

August 16 - Spruce Avenue Park

(103 Street / 115 Avenue)

August 23 - Norwood Square

(95 Street / 114 Avenue)

August 30 - Alberta Avenue Park

(93 Street / 118 Avenue)

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

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.

CHURCH SERVICES

ST. ALPHONSUS CATHOLIC CHURCH

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

AVENUE VINEYARD

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

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY

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

ST FAITH'S ANGLICAN CHURCH

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

RAT CREEK PRESS

Have you seen something neat in the community?

Do you like to go to community events?

We want your photos!

Send your high resolution photos to editor@ratcreek.org



Edmonton Public Library

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

Aboriginal Family Storytime

11:30 a.m. Fridays, June 26 to December 18, 2009
Presented by Bent Arrow Traditional Healing Society
Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Music and Movement

10 am Thursday, August 20, 2009
Ages: 2 - 5 years
Calling all little ones! Come and listen to Dawn Bissett have fun with music.

She will entertain you with guitar, rhymes, action songs, dance and much more. Brought to you by Look for the Rainbow Music.

Closing Summer Reading Club

11:30 a.m. Saturday, August 22, 2009
Ages: 2 - 18 years
The robbers have been caught and the books have been read. Well done, Agent 009! Lay down the magnifying glass and celebrate! See what your local branch is doing to close down the Summer Reading Club for 2009!

It's a real party!! Cake, games, prizes and amazing balloon animals made before your very eyes by award-winning balloon artist Charis Hamm. Come join in the fun!

Teen Gaming

6:30 p.m. Fridays, July 3 to December 18, 2009
Ages: 12 - 17 years
Come to the library to play some great games!

English Conversation Circle (LACE Program)

10:30 a.m. Saturdays, June 13 to August 15, 2009
10:30 a.m. Saturdays, September 19 to December 19, 2009. Drop-in.

Practice your English at the library. Drop in and join others who also want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. For more information

contact Biviana from Catholic Social Services at 780-424-3545.

Cafe Anglais - English Conversation Club for Newcomers

6:30 p.m. Mondays, June 29 to December 21, 2009
Learning English? Join the club at Cafe Anglais where you can chat in English, meet new friends, and use our vast resources!

For more information or to register for programs, call 780-496-7099.

Proud to Live In Ward 3



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

Phone : 780.496.8333
Email: tony.caterina@edmonton.ca
www.edmonton.ca



FREE! family-friendly Outdoor movie on a large inflatable screen

Friday, September 4
approx. 8:15pm • Alberta Avenue Park
118 Avenue and 93 Street

- Concession on site
- Movie selection to be announced



This Community FUNtime event is brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 780-716-6823.

Hello Highlands-Norwood!



I would like to take this opportunity to thank those who were able to attend my Pancake Breakfast on July 25th.

It was a great event and I was very pleased to serve you and listen to your questions, comments and concerns.

As always, please do not hesitate to contact me if there is anything I may do for you. Continue to enjoy our summer!



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

ED GIBBONS
City Councillor, Ward 3



Enjoy the Summer!



phone: 780.496.8138
fax: 780.496.8113
email: ed.gibbons@edmonton.ca

Eastwoodfest
A Street dance Celebration!

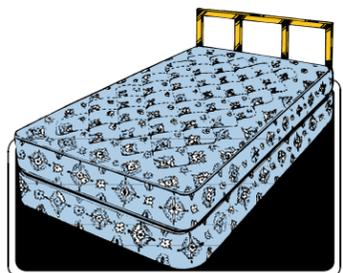
Saturday August 15, 2009
On 118 ave, 82 st. to 87 st.
11:00 - 7:00 p.m.
Free Events!

Eastwood Community Hall
Captain Tractor 6:00-7:00pm

Pancake Brunch 11:00 - 12:30 • Eastwood Art Walk & Sale • Live Music • Antique Cars • Childrens' Carnival • Street Performers • Visit Stores & Restaurants

Come celebrate the streetscape! For Schedule of events: www.avenueinitiative.ca

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