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## Kaleido brings a multitude of arts fun for fourth year

MARI SASANO

We've enjoyed festivals on the Avenue all summer, from dogs to pupusas. But now it's time for the big one: Kaleido, which runs September 25, 26 and 27. Now in its fourth year, festival organizer Christy Morin is finding that the festival is beginning to come together to represent the character of the Avenue.

"This year I think we've kind of figured out what Kaleido's personality is—now the name is Kaleido, it's no longer Arts Alive. And then we decided to look at the locations: there are so many neat places on the avenue, let's use them and use them as a backdrop or a landscape for the art," she says.

So this year, performances and installations are going to fill the unusual spaces in and out of the various buildings on 118th Avenue, putting huge lanterns on top of buildings and turning the back of the Alberta Cycle building into Theatre Alley. Dancer Nicole Tritter will turn walls into dance floors, Romeo will woo Juliet in the playground, and the Bedouin Beats dancers will sashay on the corner outside their studio.

And there's another theme that emerged accidentally, with three car-related projects. Theatre artist Clinton Carew presents Carjack, where audiences get into his vehicle with two actors in the front while he takes you on a joyride around the neighbourhood. For visual arts, local auto airbrushing artists will be taking an old van and creating a new masterpiece. And composer Bill Damur is going to be taking old car parts and make them into a musical piece. On top of that, there will



A CROWD GATHERS AROUND THE FIRE AT LAST YEAR'S KALEIDO FESTIVAL

be a display of vintage cars.

"Some people will say whether this is really what theatre and arts and dance is all about, but I think it is for Kaleido. It's giving people a taste of what's happening on the Avenue," says Morin.

"It's about experiencing the arts in a playful way, not the standard conventional theatre, music and dance. It's quirky, it's about breaking down barriers or being avant-garde. And isn't that the way we should be

experiencing art?"

This sense of innovation is one of the strengths of Kaleido, but there will be some defining features that will remain, such as the two outdoor music stages, artisan market, and fire pits (bring your own hotdogs!). And it's quickly beginning to define the character of our neighbourhood.

"I think the personality of Kaleido is becoming very strong. It's about experiencing not just art but experiencing

the Avenue as well. Those of us who live near here, we all know what to expect and feel very comfortable walking around and we have no hesitation, but we have friends who come from other areas in Edmonton and we can show them what the avenue is about and welcome them. We're shutting the street down for three blocks, so it's come and see who are the performers, who are the artists who live here."

As Kaleido grows, so does

the area's reputation for being a hotbed of artists. And with the grand opening of the Nina Haggerty Centre, Morin sees new opportunities for the festival in the future, and artists in general.

"And now we're getting to be more and more artsy down here, whether they like it or not! Artists are so visionary and they work hard so it's happening."

All events are free, but donations will be collected.

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ARTS ON THE AVE PRESENTS THE 4<sup>TH</sup> ANNUAL

# Kaleido

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GOTO [artsontheave.org](http://artsontheave.org) FOR THE FESTIVAL PROGRAM

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## 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](mailto:editor@ratcreek.org).

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

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# The reward of a long life is a lifetime of experience

## EDITORIAL WITH MARI SASANO

There was a time when I felt very busy with my life. I didn't make time to see my family very much, especially my parents who worried constantly about how I was doing. But these days when I call my parents, there's a good chance that I get their answering machine! Now they're the ones enjoying their lives, filled with volunteering, friends, and hobbies.

No wonder they are now calling retirement age the Creative Age. Having worked for decades, building careers and raising families, seniors are able to branch out and rediscover who they are. I envy them their lifetimes of experi-

ence! They say youth is wasted on the young, but I can't imagine wanting to be young forever—to feel that insecurity about proving myself, and the uncertainty about what my life will amount to. It must be wonderful to be able to understand all of that in hindsight.

Not that you can generalize about what seniors are like—they're a diverse group as any. You can't just assume that you're going to look or act a certain way once you hit the retirement years. I have friends who are in their 50s and 60s who have to remind me of their age. Who can tell anymore?

In this issue, we celebrate seniors: who they are, what they do, and the challenges that come with aging in a soci-

ety that tends to think of them merely as dependents rather than individuals. This month's *Rat Creek Press* covers a range of topics: housing and health care, history and creativity. The issues that affect older people aren't all that different from anyone else's. But older people can be vulnerable economically and socially. Our writers have taken on some of these issues, coming from different perspectives.

Cora McLachlan writes about her grandparents, who lived in Norwood, where she herself has chosen as her home. Our former managing editor Dawn Freeman looks into the local seniors' drop-in scene. And I had a great chat with Ann Jones, who is organizing an open stage for seniors, to

begin in October.

Our community is very mixed. There isn't anyone I know who doesn't have small children, single adults, and seniors living on their street. Many of us don't live near our extended families anymore—myself, I have lived my entire life an ocean away from my grandparents. So for some of us, we never have contact with older people other than the ones that live in our neighbourhood. They are our grandparent surrogates, they often fill the roles of childcare worker, neighbourhood watch, community volunteers, and historians.

We have a lot to learn from seniors—if you can keep up with them!

## LETTER TO THE EDITOR

There were four young boys who volunteered at the Avenue Goes to the Dogs on June 13 at Alberta Avenue Community League. Tim, Brandon, Brett and Deven were a big help in making sure that all the dogs at the festival got fresh water to drink and to swim in. The Avenue Goes to the Dogs organizers would like to express their thanks to these four boys for working so hard and providing such kindness to our neighborhood pets and all the rescue dogs at the festival. There were a lot of dogs at the festival who were available for adoption. Some of these boys helped with the festival the year before and returned for a second time. We hope to see you boys again next year!

*Jo-Ann Siebert  
Avenue Goes to the Dogs*



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## All sides weigh in on City Centre Airport decision

MARI SASANO

In July, Edmonton City Council finally made a decision regarding the future of the City Centre Airport. The debate has been long, and viewpoints varied. In the end, council decided to close the airport, and it will do so in stages by first closing the east runway and then the other over time.

"It's always been polarizing," says Ward 3 Councillor Ed Gibbons, who proposed to phase in the closure. "I voted to save it, but I knew the vote would go 8-5 to kill it, so I came in with a compromise. It might be years before the second runway is shut down."

But how will it impact our area? Opinions, again, are very mixed. Councillor Tony Caterina, who initially re-opened the airport debate, doesn't see any upside to the closure.

"No. There is none. Even with the information provided, there are no concrete facts or analysis. It's hypothetical."

Caterina doubts NAIT's plans for expansion to the area, although NAIT has stated that with the announcement, they are seriously looking into the possibility. He also would prefer expansion to air services at the airport, with centralization of other transportation such as buses and trains to the site.

However, on the other side,

there is a great deal of optimism about the possibility of a new kind of community that will be developed on the airport land, says Rick Daviss, Manager of Corporate Properties for the City.

"There's a lot of work being done by the city to encourage higher density development, less brown field, more attractive, more livable, more walkable city. It was pretty evident that given the value of the airport as a tax generator and an employment source and everything else, it will be better as a new development as a revitalized area."

Gibbons also sees some benefit, with the immediate effect of allowing high-rise buildings to be built downtown and the construction of the LRT and possible NAIT expansion into the space. Noise in the neighbourhoods east of the airport will be reduced, and in the long term, Daviss expects an improved quality of life due to increased services such as parks, recreational facilities, schools, and housing.

In terms of job losses, no one is able to estimate any numbers, but Caterina expects our area will feel some impact. "It's a good question. I don't know specifically, but many people who work at the airport live in the north east."

Losses could be mitigated through relocation of jobs to the International Airport, as well as jobs in environmental clean up

and construction. In spite of the promises of the International as well as the City's plan to facilitate business relocation, some are not convinced. Paul Gervais owns Skyharbour 95, a business at the City Centre Airport, and advocates the reversal of city council's decisions and to return the City Centre to full operation.

"I don't believe it. I've seen studies that the City of Edmonton decided to ignore. I could produce six independent studies and in all cases, it's been shown that the City Centre Airport is best used as an airport. The economic impact outstrips the wildest proposals that the mayor comes up with. But city council does not want an aviation industry in Edmonton."

Regardless, the City is determined to hear all sides when it comes to planning the future of the property, says Daviss.

"What's critical is making sure that the communities are active in the planning. We're going to do something similar to Fort Road with a liaison committee meeting with representatives from each community. And then there would be discussions, open houses and face to face dialogue. There were a lot of things that changed with the Fort Road development because of that. People who are living there know what's important to them."

## Eastwood Dog Club Update

You and your dog are invited to join us for off-leash fun a on Mondays and Thursdays at Eastwood Rink on 86th Street and 119 Avenue (closed on Labour Day Monday).

6:30-7:30 pm – Little Dogs and Calmer/Senior Dogs

7:30-8:30 pm – Larger High Energy Dogs

People are welcome to bring their dogs for the entire two hours, but we will split up the different sizes between the rink and the fenced area around the rink so that the little dogs don't have to worry about getting trampled by large, racing dogs.

Dogs must be licensed, vaccinated, and neutered/spayed.

Thanks to Eastwood Community League President Norm Aldi and the Eastwood Community League, we have access to the rink all Summer and Fall for our dogs to have a safe and exciting place to play.

Darlene Taylor, K9 Behave Dog Trainer, is providing us with drop-in dog obedience classes at the rink at 8pm for \$5.00 each.

We are also looking into having informal talks about various pet concerns like the importance of spaying and neutering your pet.

There is no charge for participating in the Eastwood Dog Club, but you are encouraged to purchase an Eastwood Community League Membership to help support the league.



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



## avenue initiative revitalization

### Many thanks!

Thanks to everyone who volunteered at the Bloomin' Garden Show, Avenue Goes to the Dogs Large Item Pick Up and this summer at eastwoodfest!

All your work is what makes the community special!

For information call Judy Allan 496-1913  
[www.avenueinitiative.ca](http://www.avenueinitiative.ca)

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118 AVE, between 92-94 Streets

# 118th Avenue becomes home to Nina Haggerty and condo tenants

MARI SASANO

You probably noticed a new building going up on 118th Avenue, between 92 and 93 Streets. There's exciting news: first, that it's completed, second, that it's the new home to the Nina Haggerty Centre, an art workshop for developmentally disabled adults, and third, because it contains some very nice condos to house art-loving tenants who want to be close to the action.

The condominiums are the brainchild of the Edmonton Inner City Housing Society, which decided three years ago to initiate a community economic development project on the Avenue. Executive Director Cam McDonald explains that a partnership with the Nina Haggerty centre seemed to be opportune.

"We did some research and consulted the community and found out that the Nina Haggerty Centre was looking for a new home."

After working with architects and securing financing, a concept was created that includes the Nina Haggerty Centre on the ground floor with two floors of one-bedroom condominiums above. The entire project cost \$6 million. Nina Haggerty will take on ownership of their space, and the condominiums will be sold at market rates.

"We were very cogniscent of what the community wanted, and they wanted market housing," says McDonald.

"If we make a little bit of money, that's really good. We can use that money for future community economic development initiatives or social enterprise ventures. I think we won't lose any money on it."

While there have been challenges—the construction took place during the building boom, followed by a weakened economy—McDonald sees the project as part of a plan that will stimulate investment in the surrounding areas in the long term.

"I hope that it will further help the sense of revitalization and help create an air of confidence that people can come and put in new businesses. At the end of the day we want things that will serve the community. To have people on the street and enjoying their neighbourhood."

The development is meant to appeal to artists and art-lovers who will be able to take advantage of Alberta Avenue's growing arts scene and festivals, with the Alberta Avenue community hall across the street, the Carrot and the Avenue Theatre nearby. As well, the Nina Haggerty centre will begin planning new programming for the community.

"Really, we're looking for



artists and people who enjoy the arts who want to move into this growing community, and we're also looking for people in the immediate area who may want to sell their existing home and buy something a little smaller and newer."

Each suite is one bedroom with a den with balconies of varying size, with the largest suites priced at slightly less than \$250,000—these condos don't qualify as affordable housing. This is important to encour-

age a range of income levels in the community, according to McDonald.

"One of the messages we want to send to the communities is that we want to help strengthen and revitalize the community and this is one way to do that. We're not always going to do affordable housing; we want to diversify."

However, EICHS is still committed to affordable housing projects in our area.

"We have to remember

that there are already people in the community who are low income, and we can come in and build a small housing project that's affordable and allows them to live in the community. A nice affordable housing project is not going to affect property values. And at the end of the day, we have to revitalize out community in socially conscious ways."

Condo sales will be though realtor Dave Harback, 780-451-3939

## Current Ward 3 will be divided for next municipal elections

MARI SASANO

There's going to be a change the next time you go to the poll to elect your city councillor: on July 22, the City of Edmonton adopted an electoral system which divides the city into 12 electoral wards, double the number previous. Each smaller ward will now be represented by one councillor rather than two.

The mayor will still be elected city-wide, but citizens of any ward may contact councillors in other wards with their concerns. Changes were put in place in consultation with citizens in order to improve local representation, increase accountability, reduce duplication, and lower costs for candidates running for office.

In our area, residents west of 97th Street (Spruce Avenue, Westwood) will be located in Ward 2, while those east of 97th (Alberta Avenue, Delton, Eastwood, Parkdale, Cromdale, Elmwood Park) will now be represented by Ward 7.

The next municipal elections will take place October 18, 2010.

## Transit oriented development meeting postponed

The City of Edmonton Planning and Development Department ran an announcement in the August 2009 edition of the *Rat Creek Press* for Stadium Station TOD Plan Community Workshop #3.

This workshop, originally scheduled for Wednesday August 26, 2009, has been postponed until further notice. The workshop will be rescheduled for a later date, likely late fall 2009.

Interested citizens should keep checking the project's website for the latest information ([http://www.edmonton.ca/city\\_government/planning\\_development/stadium-station-transit-oriented-development.aspx](http://www.edmonton.ca/city_government/planning_development/stadium-station-transit-oriented-development.aspx)).

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dental cabinet— Kingsway Dental Centre. A dental surgeon by trade, Dr. Haymour has a light hand and a great technique. Some people believe there is a great deal of dental surgery involved in the operation of extracting the wisdom teeth,

but even if there is need for a gum incision to be performed, the process is still within the 15-20 minutes range of time. And it doesn't hurt! Dr. Haymour has other doctors and hygienists working at Kingsway Centre, as well.

### Portuguese Café-Bar

12118 98 St.  
Open 10-10 Monday through Thursday, Sunday  
Open 10-12 Friday and Saturday  
Phone: 780-477-5366

It was Sunday afternoon and we wanted a friendly place to go to for a bite to eat and card games. The Portuguese Café-Bar (part of Portuguese Musical Society) was the friendly environment we landed in at the end. With a small menu serving espresso and cafe latte, lemonade and other soft drinks, this place welcomes young folk as well.

A wide selection of beers is offered also, and here and there somebody will get a glass of

wine to season their card playing. People were composed and speaking impeccable English with no accent, so I was sure this must be second generation Portuguese folk. When a new game started, I peeked at their cards and noticed how naturally everybody switched to Portuguese and the laughs went rolling as they enjoyed their game.

I haven't played a card game in 30 years, so I asked for instructions and different game rules. Folks there were friendly: they took us in with the hearth warming attitude of the locals feeling good to see guests enjoying their homey place: pictures of great Portuguese Medieval and Renaissance world explorers were on the wall as well as pictures with the best Portuguese soccer teams.

Vud and Joe put some time in to play with us so we better understand the games, and Joan, who manages the place had the grace to offer us some good advice among drafts of fresh beer offered to her customers. We had the pleasure to meet her 15 year old daughter Nice, later on.

Established in Edmonton 1976, the Portuguese Musical Society has a brass band with many of the Portuguese community members involved in it and the overall atmosphere is pretty much family oriented: we didn't see anybody smoking in a few hours spent there, and the senior people made a merry group with their cards, focused mostly at their games – imposing in a way – a serious note to the whole place.

### Dr. Barbara Kozakiewicz Professional Corporation

Park Plaza Shopping Centre  
11849 103 St.  
Phone: 780-479-8571

A clean tidy space, Dr. Kozakiewicz's office is shared with two other dental medics. Just right close to Value Village store, this office has shorter waiting lists, even so one should still expect one or two weeks waiting. We booked a cleaning

session and expected cleaning instructions for the young ones as well.

## Poets, young and old, wanted for poetry slam on Sunday, September 27

The *Rat Creek Press* is hosting a poetry slam on Sunday, September 27, from 4 to 6 pm at the Nina Haggerty Gallery, 93 Street & 118 Avenue. A poetry slam is a competition at which poets read or recite original work. The performance will be judged by a panel

made up of local and city-wide celebrities.

The first hour will feature poets 17 and under and the second hour will feature adult poets. Prizes will include \$500 in cash, as well as other great prizes.

Interested poets should

contact Harvey Voogd at rustic13@telus.net or 780-474-2576. Depending on the number of contestants, preference will be given to poets who live in the *Rat Creek Press* distribution area.



ALBERTA



**Doug Elniski**  
MLA Edmonton Calder

### Summer in Calder: Bombers and Blooms

The Lancaster Bomber (below) is one of 7,377 built for use in the Second World War. In total, there are two remaining that fly. This Bomber stopped in Calder at the Alberta Aviation Museum for the 100th Anniversary of powered flight in Canada.



Photo of Henry Locke with the Lancaster Bomber.  
Photo credit: John Chalmers

It is important to remember how aviation has affected our past and also, how it will shape our future. There will never be another plane like the Lancaster; it was state of the art 60 years ago and today, is a reminder of technology and change.

The Lancaster is particularly special to me because my Dad, Steve Elniski, flew one. He was born in 1921 and flew his first mission in 1941. Throughout his life, my Dad always talked about his service to the Commonwealth with great pride and honour and how, upon his return to Canada, he was part of the greatest time of social change in the history of mankind.

Not only is Calder home to a historic airport and aviation museum, but it also has some incredibly beautiful residential areas.

Two constituents of Calder, Sonny Krug and Helen Fritch, won third place in the Edmonton competition, 'Front Yards in Bloom.' Your home in the Wellington community truly represents the years of hard work and dedication that you have put into making your front yard such a beautiful sight. Congratulations to you both!

Whether you spend the remainder of your summer in airplanes or in gardens, make the most of it, Calder!

-Doug

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# The need to hang out doesn't stop at 20 (or 30, or 40, or 50...)

DAWN FREEMAN

It's a human need to connect to other people, especially people who are similar to you in some way. And hanging out is not just for the kids.

Social isolation is a lack of meaningful contact with others and is considered detrimental to physical and mental health. Seniors may be even more at risk at becoming isolated than other age groups. Living longer, living alone after the death of a spouse, reduced social networks, fewer children that may not live close by, and the onset of physical conditions that affect mobility may all be factors that can contribute to loneliness and increasing isolation for elders.

A recent study performed by the University of Chicago this year found older adults who feel the most isolated report poorer health and more depressive symptoms than those who feel the least isolated, while the most socially connected ones were more likely to report good health. (Source: [www.futurity.org/health-medicine](http://www.futurity.org/health-medicine)). A study on the effects of social isolation and loneliness on the health of older women completed by the University of Manitoba in 1999 came to similar conclusions.

While certainly no cure-all, seniors' drop-in programs are one piece in solving the puzzle of isolation. Whether they offer access to resources, free lunch or a chance to chat or play games, they are a way that seniors can develop connections within their community and fulfill that human need to connect with others. Listed below are some of our community senior drop-in

programs.

### **Pride Centre Seniors' Drop-In (9540 111 Ave)**

**Tuesdays and Thursdays, 1-5pm**  
The Pride Centre is dedicated to offering an opportunity for gay, transgender and transsexual seniors a chance to connect and communicate in a safe and supportive atmosphere. They have been running Seniors Drop-ins for four years now and have a number of regular attendees.

"Tuesday is our slow day where a person can chat or play games with others, or request one-on-one counseling/talking sessions," says Jeff Bovee, Seniors Coordinator for the Centre. "Thursday is party day. We tend to get more people in and it has the atmosphere of an informal gathering. And whatever day you choose, there is always coffee and cookies."

Regular trips to such local events as the Fringe festival and the Pride parade are arranged for those attendees who want to get out and about, as well as the occasional road-trip – this year they went to the Devonian Gardens.

Even more important though is the support the group brings to each other.

"We are there to encourage each other to follow our dreams," says Bovee, "as well as to help find solutions to the obstacles that stand in the way of them."

The Centre also offers outreach to seniors who find it difficult to leave their homes – making sure they can get to doctors' appointments or to the store when they need to.

All seniors are welcome to



**SENIOR DROP INS FRANK AND JEFF CELEBRATE FRANK'S BIRTHDAY AT THE THURSDAY PRIDE CENTRE SENIOR DROP-IN. HOW OLD, I ASKED? 39, CAME THE REPLY, WITH A WINK!**

drop-in and there is no cost for the program.

### **Alberta Avenue Seniors Drop-In** **Thursdays, 12 pm-2 pm** **Alberta Ave Community League (9210 118 Ave)**

Every Thursday from 12-2pm is offered as senior time at the Alberta Avenue community league. Seniors are invited to drop in, play shuffle board, floor curling or cards, and connect with others over a provided lunch free of charge.

"We started this about two months ago," says Jodi Doesburg, Facility Coordinator at the league, "Because our board

really wanted to be able to offer something for the seniors in our neighbourhood." Attendance has been sporadic so far, she says, but the word is still getting out there. "Things can be slow to start sometimes, but that's no excuse for not doing them."

The league is committed to offering this service for seniors. Please drop in any Thursday or call the office at 780-477-2773. If you wish to be a senior host for this drop-in, contact Jodi at the league office.

### **Sprucewood Library Seniors' Tea (11555 95 St)**

Tuesday, Nov 10, 10 am-4 pm  
Come and celebrate

Edmonton's dynamic seniors. Join the library for tea, refreshments, and good company. Keep checking the library website or notice board for other senior events.

### **Crystal Kids Seniors' Drop-In (8718 118 Ave)**

Wednesdays  
11:30am-12:45pm  
Seniors come together weekly to catch up on the latest gossip, to play pool or ping-pong or to watch an episode of the much-cherished "Waltons."

## **BETTY CARSON'S GARDEN:**

**THE CARSONS HAVE BEEN IN THE SPRUCE AVENUE COMMUNITY FOR 48 YEARS AND WERE THE ORIGINAL PRESIDENT OF THE COMMUNITY BACK IN THE '80S FOR SIX YEARS. THEY TAKE EXTREME PRIDE IN THEIR YARD'S APPEARANCE, ESPECIALLY THE FLOWER GARDEN.**



## Honouring seniors

CORA MCLACHLAN

A few months ago I met a cheerful woman in the cereal section of the 118th Avenue Safeway who passed on a traditional cornmeal recipe to me. She described in detail what to eat with it, and said her parents had brought the recipe from "the old country." I was really appreciative of this moment of connection between us, and came home smiling. I was reminded that I live in a neighbourhood filled with history and culture. Many seniors and elders live in our

community, some who have been here all their lives.

When my husband and I moved into the Parkdale neighbourhood three years ago, I felt like I had come full circle. I was fascinated to find out my own grandmother had lived just three houses south of the Carrot Café in the 1940s. Her parents, immigrants from the Ukraine, had moved into the city from a farm on the prairies. My grandma was actually living in the house off 118th Avenue when she dated my grandpa, who lived over on 50th street.

I know I am fortunate to

have met my four grandparents. My grandparents, from both my mom's and dad's side, have provided me a sense of where I come from, as well as an appreciation for many little things in life. I have learned the value of growing my own garden, knowledge on how to stretch resources (a valuable thing these days), and inherited a connection to things like beekeeping, sewing, knitting, and crocheting, not to forget appreciation for jelly salads, apple pies, and homemade dinner buns. These are traditions I intend to carry and pass on.

But more than the material traditions, I have a sense of hope through hearing their stories. Although life may have been different for my grandparents as far as technology goes, they went through all the human struggles, issues, and different phases of life, some of which I am just coming to terms with, or haven't yet begun. They have a perspective on life that brings me peace.

The Avenue and surrounding neighbourhoods have something that newer suburbs don't: a rich history, made more alive by the seniors who reside here.

For me, connection to seniors – those who presently live in my neighbourhood among others in my life – is a grounding force. I need them to pass their wisdom and their life experiences on to me. When my husband and I walk our dog, we often see seniors tending yards full of colourful flowers and beautiful gardens. Sitting down to write this article, I think of the seniors that live on my block, from various cultural backgrounds, and feel blessed to be surrounded by that. And I think I'll go call one of my grandparents now, too.

## Carrot to host seniors' open stage in October

MARI SASANO

When Ann Jones mentioned the idea of an afternoon of music by seniors, her kids were skeptical. Hours of Ukrainian polkas? How entertaining would that be? She just laughed.

"Many of our famous acts, musicians, and bands are now 60 years old and even older! And they're not slowing down. Seniors are doing more than they've ever done. We're not aging quite as gracefully as we used to! Which I think is a good thing."

Jones has been volunteering at the Carrot for a number of years, and has worked the regular open mic nights on Saturdays. So when the opportunity to organize and host an afternoon event specifically for seniors came up, she jumped at it. A call for artists has been put out, and the first Thursday afternoon event is scheduled for October.

"It's so much fun. The talent we have is amazing, and the courage to get up and do their thing!" she says. And

she hopes that it will encourage older people to claim the Carrot as another space where they can become involved in the community.

"It should be fun, in an atmosphere that is safe. The open mic on Saturdays that is happening now, people from all walks of life—people just off the street, or people who have been musicians all their life—it doesn't matter. They can go up there, and we applaud anyone who has the courage to step on the stage, and they're supported here for that. It's a place of respect, and especially for seniors that's important because sometimes we're not the most valued members of society."

Like all open stages, the format will be casual and welcomes all comers.

"The way it happens, people can show up and we put their names in. As they come in, they perform in that order. People have 10 or 15 minutes, depending on how busy it is. We're looking at 1pm to 4pm on Thursdays, the Farmer's Market is happening that day

and we're hoping that we can make it part of the day."

According to Jones, isolation is a specific problem for many older people, so this is also a way for seniors who have something in common to make connections.

"I've seen that happen at Saturday open mic! Somebody will come in and say, "Well, I sing, but I don't have anyone to accompany me." And they've connected with someone who plays guitar or piano. These are the things that happen here, and to have that happen for seniors would be great."

"I've been a long term care manager, so many times we have had people come in and volunteer to come and play for our population, many of them seniors. And they have ranged from country singing to accordion polka to barbershop type things. I'm hoping for an eclectic mix, a cross section. And I'm sure we'll get that!"

Interested musicians, age 55 and more, should contact Ann Jones at 780-752-4867 windsorhouse@shaw.ca

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<b>CHUMAK I (AGES 9-11):</b> Thursday, September 10, 2009 6:00 - 7:00pm	<b>CHUMAK II (AGES 12-14):</b> Thursday, September 10, 2009 7:00 - 8:00pm	<b>CHEREMOSHNA (AGES 14+):</b> Friday, September 11, 2009 6:00 - 7:00pm
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**CHEREMOSH SCHOOL OF DANCE NOVICE CLASS REGISTRATION (AGES 4-12):**  
During Auditions September 10 & September 11, 2009 from 6:00 - 9:00pm  
Saturday, September 12, 2009 10am - 3:00pm

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PANCAKES AND SAUSAGES ATTRACT THROUGHS AT EASTWOODFEST



MP PETER GOLDRING AND COUNCILLOR TONY CATERINA CHECK OUT THE NORWOOD PARK PLAYGROUND, WHICH HAS RECEIVED \$49586 IN FUNDING FROM THE RECREATIONAL INFRASTRUCTURE CANADA PROGRAM, AS WELL AS \$48,000 FROM THE CITY OF EDMONTON FOR A POUR-IN-PLACE SURFACE TO REPLACE THE SAND IN THE PLAYGROUND.

# New food strategy promotes self-sufficiency



Kelly Fowler

**THE THURSDAY AFTERNOON JR. CHEF PROGRAM AT ST. FAITH INSTILLS A BOUNTY OF LIFE SKILLS IN INNER CITY TEENS. JR. CHEF IS ONE OF MANY CULINARY OFFERINGS AT THE ANGLICAN PARISH THAT HAS CAPTURED THE COMMUNITY'S ATTENTION AND COMMITMENT TO LEARNING VALUABLE LIFE SKILLS.**

KELLY FOWLER

Taking a hands-on approach to feeding families in the inner city, the Anglican parish of St. Faith has implemented an alternative food strategy with programs in place to teach adults and teenagers how to cook nutritious meals for themselves, and to provide supplemental food sources to their monthly budget. The innovative methods have been received with resounding enthusiasm from the community, and according to the parish rector, the Reverend

Wendy Ainsworth, it's hard to put a price on the benefits reaped from the current agenda.

"Hunger and nutrition continue to be sizeable issues in the inner city," said Ainsworth. "By creating opportunities for individuals and families to learn how to feed themselves we've seen a tremendous shift for the better in attitude, motivation, self-worth and overall commitment to improvement."

Located just off of Alberta Avenue on 117th Avenue and 93rd Street, St. Faith's

currently offers community breakfasts and suppers from October to June, free of charge. Ainsworth also fine-tuned the syllabus to include a Collective Kitchen and a Junior Chef series in order to encourage individuals to become more self-sufficient. The programs cut a broad swath across the community demographics with an opportunity for all ages and abilities to join and learn.

The Collective Kitchen opens the doors to cooking healthy meals for the entire family. On the second Wednesday evening of the month, both men and women are guided through the process of cooking four entrees each. For \$3 per person in their household, participants take home hearty fare such as baked chicken and rice, veggie and lentil soup, chili con carne and sweet and sour pork.

Pre-teens become Junior Chefs on Thursday afternoon when they spend two hours preparing, cooking and eating their culinary creations. Starting with simple snacks and dishes, the boys and girls also learn about food safety, smart shopping and the Canada Food Guide. From preparation to clean-up, the Junior Chefs learn skills that will last a lifetime.

All food program dates are strategically set from October to June, falling between pay periods and assistance cheques when budgets tend to get tight; and in the case of the Junior Chefs, the series coincides with the early dismissal day of school.

"Changes to our community outreach mission concerning food were made to specifically accommodate these new initiatives," said Ainsworth. "Rather than just providing free meals on a weekly basis, we're teaching the people of our community to provide for themselves. I already see a quiet dignity and self respect that wasn't there before. The old proverb 'Give a man a fish and you feed him for a day. Teach a man to fish, and you feed him for a lifetime' certainly applies in this situation."

The transition from just offering "freebies" to teaching people to feed themselves has ultimately changed the dynamics of participation and interaction. The numbers have decreased at the complimentary community meals as many of the former diners are no longer just looking for a handout from St. Faith. Ainsworth is pleased to report that the new programs tend to fill quickly.

"We would like to start a Collective Kitchen, during the daytime hours, specifically adapted for seniors should we have the interest," said Ainsworth.

Ainsworth attributes the success of the food programs

to the steady sponsorship of utilities, food and supplies, along with the time and skill of volunteers and the facilities of the fairly new church hall. An effort of the Anglican Diocese of Edmonton, the construction of the \$1 million, multi-purpose space offers flexible options from a sit-down meal for 100 people to an active game of dodge ball in the main hall, or a bustling kitchen of 12 preparing take home meals for their families.

Free community meals provided by the church are still on the go as well. On the second Thursday of the month, women's suppers begin at 6:00 p.m. Starting in October, breakfasts resume on the second and fourth Saturdays and the community supper begins on the third Friday of the month.

"St. Faith is going in the right direction for what the community needs at this time," said Ainsworth. "Establishing basic building blocks for life learning gives more than one free meal ever could. It allows us to touch people's lives in different ways and to develop relationships on new levels."

**Senior-size me: Prepare healthy meals just the right size and nutritional balance for senior appetites. If you are interested in a Collective Kitchen especially for seniors, please call Rev. Wendy Ainsworth at (780) 477-5931. She needs a minimum six participants to start a special group this fall!**

**Cook outside the box: Calling all Junior High teens! Leave the boxed macaroni on the shelf. Come and learn how to make yummy, healthy meals and a whole lot more. If you would like to be a part of the Junior Chef Program this fall, please call Wendy at (780) 477 - 5931.**

**For more information on the parish or the food programs, please contact:  
Rev. Wendy Ainsworth, Rector  
St. Faith Anglican Church**



## The Rat Pack

### TALK LIKE A PIRATE? AYE, MATEYS! BY ELLISON

Coming up is international Talk Like a Pirate day. I remember the last 19th of September... it was French class and I was trying to have a French and pirate accent. Everybody laughed and some almost fell out of their chairs. This MUST have been some form of mutiny, walking the plank and all that other stuff was unnecessary and pretty much impossible because French was the last period of the day. By the way, "all that other stuff" would be things that you could find on [www.thepiratesrealm.com/pirate\\_talk.html](http://www.thepiratesrealm.com/pirate_talk.html). I recommend that website to spice up the 19th of September. Remember, the pirates only set sail for us once a year.

til' next month,  
Ellison

### WHEN YOU GOTTA GO BY GIER

Here's the deal: we all know that ladies seem to pee a lot more than men, right? So let's examine that fact shall we? Ask any doctor if you don't believe me, but women have smaller bladders than men do, hence the reason for going a bit more often.

But if walk you into a women's washroom you will see there are not a lot of stalls compared to what men's washrooms have. Why is this when men use it less often than ladies? Why do the managers and owners use their stand up mens toilets more than ladies toilets? I don't know. But I only think it's fair if the building owners make women's washrooms twice as big in public

places then they were before, and while they're at it put in proper locks.

If you walk into the Oilers stadium bathrooms you will still say that they have lots of stalls. Okay, now think of the thousands of people there are coming into the two or three washrooms. Let's just say lineups are dreadful and you will probably miss the first few minutes of the concert, show, or game you have been watching.

Once you get back to your seat you are going to be annoyed that you didn't see that small part that makes the enjoyment of the show, and to be honest you are going to think you have been ripped off. Same deal for

movie theaters—I'm sure you all have had experience in that. If you go to the washroom the thing is the few minutes you spend in there you will never get again.

Then again, you should go before the movie or show starts. So now you read that sentence you are going to think I'm right, but you're also going to go "Hurry! hurry! hurry! Or I'll miss the show!" No! I still think you can go at the same speed and not have to keep the other person waiting.

So the basic line is go to the washroom at a regular pace and don't have to keep another 1,000,000, people waiting!

# HATS ON! Back to school in style

MATTHEW BOUDREAU

“Cock your hat – angles are attitudes.”  
*Frank Sinatra*

Rock a bowler hat. Not just for Charlie Chaplin and humorous dandies, the bowler is a strong statement toning down formality. Whether you're bringing it back old school or listening to New Wave beats, wear it well with attitude.

Capped off in plaid or black, wearing the right hat can give certain distinguished air of confidence. These are not the hats of today: the clichéd days of the atypical ball cap that you wore pulled backwards are over. Instead, vintage inspired caps are showing off their versatility and adaptability for lads and ladies, being worn with nearly everything.

Finding the perfect vintage or vintage-inspired hat doesn't have to be a pricey affair. Edmonton along the rest of the world is struggling with the global economic recession, so put on your hats and look towards your neighbourhood thrift store, flea market or church bazaar to find a vintage or retro inspired hat that is right for you.

Your face shape determines the appropriate hat for you. If you have a longer, slimmer face shape, try one with a lower crown such as a top hat or a fedora. For round faces I would recommend a hat with a short crown and a decently-sized rim. Oval face shapes can get away with nearly any hat style—of course, wear one that is for you or it could very well collect dust and be a part of another generation's heirloom collection. Vintage style does not have to be dusty and something from grandpa's closet. Depending on what you wear your hat with, you can change the dynamic of an entire ensemble if you are careful what clothing and styles you choose to wear it with. Walk the halls and head back to school in style, recession proof. Guaranteed.

Clash well with confidence! Playing up on pattern is a fun way for the guy or gal who is confident and doesn't take himself too seriously.

*All photos by Matthew Boudreau, taken on location at iHuman*



**BLOUTY, 22, IHUMAN SENIOR YOUTH FROM LIBERIA, MULTIMEDIA ARTIST AND DESIGNER FOR HIS UP AND COMING OUT OF ELEMENT LABEL. IS MODELLING A PLAID PAPERBOY CAP AND HIS OWN T-SHIRT FROM HIS OUT OF ELEMENT LABEL.**



**RYAN, 22, SENIOR IHUMAN YOUTH AND HIP HOP PRODUCER. IS MODELLING A VINTAGE INSPIRED PLAID STUSSY FEDORA, FOUND ON LOCATION AT IHUMAN.**



**JOCELYN, 26, IHUMAN STAFF AND VISUAL ARTIST. IS WEARING THE ACID GREEN SHIRT AND BLACK VEST WITH AN EDWARDIAN INSPIRED HAT FROM VALUE VILLAGE. HALLOWEEN SAVERS, \$6.99**



**BRIANNA, 24, IHUMAN STAFF AND BREAKDANCER. IS WEARING HER OWN CLOTHES. IS POSING WITH CHELSEA AND BY HERSELF WEARING A BLACK PINSTRIP PAPERBOY CAP FROM VALUE VILLAGE. \$ 2.99.**

## Driving an ETS bus for George Williams is not just a career, but an adventure

JOHN ZAPANTIS

Veteran ETS bus driver George Williams, 56, will tell you himself that driving a bus is only a small aspect of his responsibility while serving his passengers.

The most important aspect of his job is the challenge of how he handles each and every passenger's situation, determining the final outcome of where he stands while transporting riders to and from their respective destinations.

George was born in Flin Flon Manitoba. He's the son of a miner and a homemaker, the youngest of five children. He has been with his spouse for 29 years. From the age of 16 when he'd acquired his drivers license, George always got excited about being behind the wheel of a vehicle. His passion to drive became a non-stop addiction.

Williams says, "I always enjoyed driving. One of the major jobs that I had, I was a sales representative for a wire company, covering two provinces. So I did a lot of driving every week. I was either in Lethbridge, or Fort St. John B.C., up to Fort McMurray, throughout two provinces with that career. I've always enjoyed driving."

His passion for driving would be taken to a higher and much rewarding level. In 1991, he enrolled for the Edmonton Transit driver training program.

His first route as a bus driver was driving from Millwoods, northbound to downtown. Reflecting on that day, Williams said, "We were nervous as heck

Everybody was nervous during the first day. After four weeks of training you practice this and you practice that. There's always someone looking over your shoulder to look to see, but that one day, when they say 'okay here's your running board.' You're doing this route at six o'clock in the morning. It's quite nerve wracking. Although the training is very good. They do prepare you well for it."

In some aspects of his previous driver training, it's helped him to deal more effectively while negotiating the fares.

George has seen his fair share of riders who at times couldn't afford to board the bus because of unfortunate circumstances, Williams says, "Well, they teach you this in training. They will tell you that there will be certain stories out there that you'll hear. The city will actually leave it up to the bus driver to make a firm decision. They do want us to embrace the fares, but at the same time, they don't want us to leave anybody stranded in certain situations. I think the worst part about it is, you see the same ages coming up with the same help of some kind. The first few months, I guess you're a little more sympathetic. Nowadays, maybe I'm a little rougher on some of them, because you just get that way."

Williams tells one story: "The passenger got on my bus one time and he said they had to go to a doctor's appointment. I thought well geez, you can't miss a doctor's appointment. So you don't have a bus fare. Well

when I got back to the garage, I mentioned it to a couple of drivers and they said, well they heard that sometime within a couple of days ago."

Apparently, word got around that the doctor's appointment excuse got you a free ride.

"It's quite hilarious how no one heard that and all of the sudden within a month, everybody had a doctor's appointment at that time, within one or two weeks, it was rampant throughout the city. It multiplied. It just went bang, bang, bang."

Two years ago, quick thinking and his ability to remain calm benefited George and his passengers while preventing a dangerous situation from turning tragic. Two riders who were fighting—and one carried a knife. Williams said, "So I quickly grabbed the radio with the tone of my voice so the whole bus wouldn't hear me, but without scaring everybody, I grabbed the radio and I announced to Bill Seimans the inspector, I said, "Bill there's a knife that has surfaced in the back of the bus. His exact words were, "I'll upgrade that immediately." Within two minutes, there must have been four police cars with their lights flashing there and it just shows us how fast they can come if we need them. They take knives very seriously on the transit bus. They apprehended the guys really fast. They carried them off in the police car." I drove away and luckily nobody was hurt, but I just remembered, when his words were, "I'll upgrade that immediately," and

boy, they were up there. They actually had their guns pointed and they went in the back doors, because I had opened them for them."

One of the worst comedy of errors that occurred was when Williams was driving when he'd misinformed someone that a specific route bus would be arriving at that bus stop. Williams said, "Somebody wants to go someplace and you tell them, "Well get off at this stop." Then you wonder how long they stood there waiting for that bus that never arrives at that stop, but there's nothing you can do, once you drive away."

The funniest thing that's ever happened to him on the job, involved a guy with darker hair pushing a blond haired guy in a wheelchair. The two unfortunately had no bus fare. "They came up to me and said they didn't have money and how can you deny somebody in a wheelchair? So I remember the blond guy. The blond guy was sitting down, so I accommodated them and I took them, I think to Abbotsfield, and then I was back there a couple of hours later. They had



reversed positions and they didn't realize it was the same driver. So now the blond guy was pushing the dark haired guy and they came up to me and said, "Excuse me, we didn't have fare to get back to the coliseum." I just killed myself laughing, because they had changed positions. So they had actually stolen the wheelchair, or borrowed it from somebody. I didn't know where it came from. I would not let them on the bus, I said, "Come on you guys, you can fool some people, but you're not going to fool me on this one. So that was quite hilarious."

His efforts and contributions over the years have been greatly appreciated not only by his passengers, but employers at the Edmonton Transit System. He has been awarded various public service pins for perfect attendance, clean driving and additional accolades that place him at the top ranks among efficient and courteous ETS drivers in our city.



### dog talk

WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

# Me, old? Prove it!

According to the veterinarian, dogs and cats over the age of seven are considered seniors. My terrier turns seven in December and I came to the realization that I have three senior dogs! I had to face this reality and what it means with my oldest, who will be 15 in December. He's gotten slower, sleeps longer and a lot deeper, can't quite see or hear as well—I think it may be selective!— and gets tired faster. I can tell his arthritis bothers him more some days than others, not only by how active he is but how badly he limps and how often he loses his balance. He is the last to greet me when I come home as he wakes up and then struggles to stand and begin to walk. I know how he feels. It takes a bit of will power to shake off the stiffness and encourage the body to begin moving, albeit under protest.

I did not realize how old Dogma was until a young man said to me, "Where is Dogma? I remember him when I was just a little boy." This gentleman certainly was not a little boy any longer. It reminded me of a time when the neighbourhood children would come over and remove his collar so that he could play with them. I would come home to find him lying on the front steps with no collar – so I knew. Then other memories come flooding back of a dog adopted from the shelter: a dog who was scared, could not be petted and was too skinny. With clicker training and study of dog

behaviour he became more confident and the joy of our lives. We would go on long walks and I would throw snowballs into the snow bank and he would dive in after them and make every attempt to retrieve it. He would balance a tennis ball at the edge of the bathtub or wading pool then let it go, as it rolled down the side and into the tub or water he would chase it.

The girls show little sign of slowing down: Karma, always hard working and full of love that she shares with family and with the residents of a seniors building; and Stix the bouncy terrier who gives 110% to everything she does. Maybe they sleep a little more and move a little slower, but don't we all as we age?

The vet visits are a bit more frequent as they get chiropractic adjustments, and any suspicious lumps, bumps, or behavior are reason for an appointment. Karma is on pills for her heart and all take joint supplements.

Their teeth and nails need attention more often.



DOGMA THE SENIOR DOG

But I do enjoy their company and they've got the routine, such as it is – or should I say isn't? It's down to a science so they are easy to care for. But we still practice the old tricks and every once in a while we introduce something new to the girls. They are more than willing to learn and show off – unlike Dogma, who tells me he is retired and done with that nonsense.

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



MARVIN POLIS FILMS COMMUNITY VOLUNTEER AND MUSICIAN MAT HALTON AT THE CARROT FOR A NEW PORTAL DEVELOPED BY THE CITY OF EDMONTON TO PROMOTE AND CELEBRATE COMMUNITIES AND THE ARTS



PUPUSA FESTIVAL

## 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](http://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](http://www.edmonton.ca/bylaws) or call 311.



**AN AVENUE  
HOMESTEADER**  
WITH CARISSA HALTON

## A cultured moment with the Avenue Homesteader

On Sunday afternoons at the Old Halton Homestead, Mama Halton would pull two large yogurt containers from the fridge and, under intense scrutiny from her six kids, serve up eight equal portions. Legend says, each child would grab their share and move off greedily to their separate corners. Some would eat the coveted treat quickly: you never know who'll jump you! Others would go slow, and as the 'Inhalers' finished, the 'Savorers' exaggeratingly licked the yogurt from their spoons. The taunting usually meant someone got hurt.

Yogurt was a big deal for a large family living with one income. It doesn't come cheap. So when I read that it's possible to make yogurt at home with milk, milk powder and a tiny amount of yogurt with active bacteria, I was pretty stoked to try it.

There are at least a half dozen ways to make my husband's family's most beloved treat. You can make yogurt by putting your milk out in the sun. You can make it by putting milk over your wood burner. You can make it in the oven and in the crock-pot and in a thermos. It all sounds cheap and easy.

Turns out, it's not as easy as I thought. Tonight I'm on my third attempt. On my first try I managed to burn the yogurt. The second try ended with a gelatinous, sour mixture that was okay with curry but not passable on its own—the texture was a little like phlegm, so it didn't go down real easy.

This will be my final attempt. A failure tonight means that the Legend of the Halton Yogurt Sundays will soon become our reality—with a growing family, I can't afford yogurt as an everyday thing.

To keep the tension high

for you, I'm going to check on my batches (one is in the crock-pot and another in a thermos) after I run through the details. This basic recipe can be found in multiple sources, however I'm working from the books: *The Backyard Homestead* by Carleen Madigan and *Country Wisdom and Know how* by Editors of Storey Books.

Prep: Make sure all utensils are sterilized in the dishwasher or by boiling for one minute. Yogurt may come from the interaction of bacteria, heat and milk, but it's only a certain kind of bacteria you want to grow!

1. Heat/Scald 4 cups of milk – whatever milk fat you choose – to 180 F over medium/high heat.
2. Remove from heat and add 1/3 skim milk powder (If you want to sweeten yogurt, now add about 1/3 C of sweetener like honey, maple syrup, sugar or artificial sweetener).
3. Let mixture cool to 90 F- 120 F (this step can be sped up by putting mixture in a chilled bowl in the fridge).
4. Whisk in 1 rounded tablespoon of plain yogurt with active bacteria (I picked up single serving containers at the grocery store)

**A. FOR CROCK-POT:** heat crock-pot on low until hot to touch. Place mixture in containers that have tight closing lids (glass jars used for canning work great) and place these in crock-pot. Cover and turn off heat. Over the next three hours, turn on heat to 'low' every hour for 10 minute stints. Place containers in the fridge to further thicken.

**B. FOR THERMOS:** Pour mixture into pre-heated (I boiled it) thermos then do

not agitate! Wait 3 hours to check for firmness. When thick, place in fridge to further thicken.

Yogurt can be flavoured with fresh or canned fruit after yogurt is made, or you may add 1 Tablespoon of jam or syrup to bottom of containers before adding the milk mixture.

This is the routine I followed three hours ago and now it is time to check on my yogurt's status. If you don't mind waiting, I'll be a minute...

It is a sad day at the Halton Homestead. Seems I may be forever doomed to supermarket yogurt treats. All I've got in my containers is flavoured warm milk. However, since I am an optimist and one of the books does say to leave overnight, I'm going to sleep on it and check it in the morning. Stay tuned!

(8 hours later)

As I opened my yogurt jars this morning, I was treated to the smell of sweet... jam and sour milk. I've been skunked again!

My sources give a number of reasons for milk not thickening:

- Too little "starter" yogurt
- "Starter" bacteria was inactive
- Incubation temperature was too hot or cold
- Milk was too hot or cold when "starter" yogurt was added
- Utensils were not sterilized

Frankly that's a lot of possibilities and, at least for this year, I'm going to accept failure. But perhaps you will have more luck.

And after reflection through the night, there is an option besides supermarket brands. I think I'll buy a yogurt maker appliance; limited storage be damned!

## Spotlight on Carisma Church

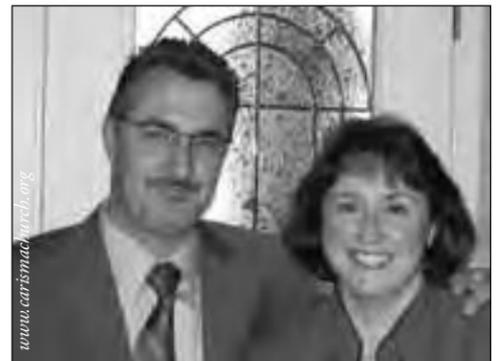
**SPOTLIGHT**  
*on the Churches*  
WITH DEANNA COX

Nestled in the Parkdale Cromdale community at 8401 114 Ave., the Carisma Church finds its home. Nearby residents might mention that the sound of angels fill the air waves each Sunday at 10 am as hymns of praise resound in both English and Portuguese. Carisma is a small church with a huge heart. Its diversity and uniqueness are reflected in the wide range of nationalities that have joined together in friendship to offer a variety of resources to our communities.

When you enter, you will be greeted. You will be welcomed and you will be introduced. All of this with very open arms I might add. In need of a hug? You've definitely come to the right place! When this congregation worships, you feel it to your bones. There are classes for all ages and a growing amount of toddlers who freely walk or crawl giving great assistance to Lead Pastor Pedro Pires, who will swoop them up mid-sermon allowing their voices to also be heard! Together with his wife Ruth, they have devoted the last decade to building Carisma from what had been formerly the Portuguese Pentecostal Church of Edmonton.

Pastor Pires shares the spotlight with many. From the women's ministry to the ever-cool youth ministry to the always vibrant music ministry you are sure to find your niche. Check out their website at [www.carisma-church.org](http://www.carisma-church.org) for further information or better yet just drop by and see for yourself!

In last month's column I mentioned prayer requests. Please do not hesitate to email me with your requests, I will be visiting many congregations who would love to pray for you. I have a specific prayer request I'd like to offer up this month. It's for a courageous mother, daughter, wife and friend. Her name is Penny. She has an inoperable tumor in her brain. She is the definition of



PASTORS PEDRO AND RUTE PIRES

love and strength. To learn more about her fight check out her blog at <http://www.pennysfight.blogspot.com/>. She welcomes your prayers not only for herself but for her three young children and devoted husband. III John 2 says, "I pray that you may prosper in all things and be in health, just as your soul prospers." Well, I have been a witness to awesome healing miracles and that's what we want for Penny!

Please join with me in September/October as we visit the CornerStone Baptist Church at 10240 115 Ave. Sunday school commences at 10 am with sermon at 11 am. Tentatively October/November's spotlight will highlight United Church of Canada on 82 street. Thank you for your emails and encouragement. Let me know if you'd like your place of worship to be in the spotlight!

[dlc@astelie.com](mailto:dlc@astelie.com)

*My Sister-in-Law Anna Maria Caligiuri*  
By Bernice Caligiuri

Beautiful flowers.  
My sister-in-law  
Has beautiful flowers,  
It's a wonder to behold,  
Such wonderful colors,  
Of red, yellow and gold,  
She's up at the crack of dawn,  
Watering, and pruning them all,  
She loves her colorful flowers,  
And she has statues of guardian  
Angels watching them all.

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**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## All Party Agreement On The Outdoors

While Parliament is seen by many as a partisan place, much of the work that takes place is done in non-partisan fashion by Members of Parliament coming together at Committees and informal groups to work for the common good of the country.

One such group is the Outdoors Caucus, which has about 80 members. The mission of the caucus is "to entrench in law fishing, hunting, trapping and shooting sports as acceptable, traditional, environmentally- sustainable outdoor heritage activities with a safety credo and a conservation ethic as our highest priorities."

Members of the caucus are working together across party lines to ensure that Canadians continue to have reasonable access to federally managed public lands and waters to enjoy traditional outdoor heritage activities. They also want to increase awareness of the economic importance of outdoor heritage activities to Canada's economy, and to support the growth of outdoor activities, heritage businesses and jobs.

They feel it is important to preserve and promote the traditional Canadian outdoor heritage activities and the environmental stewardship ethic upon which they are based, and to support multiple sustainable uses and management of public lands, waters, fish, wildlife and habitat, based on sound science and professional natural resource tenets, for the benefit of all Canadians.

Another goal of the caucus is to dispel myths, identify obstacles to recruitment of those who wish to participate, and eliminate unnecessary barriers to participation and wise use, to ensure sustainability and enjoyment of our traditional Canadian outdoor heritage activities.

Parliamentarians working together to preserve our natural heritage and to encourage the enjoyment of our great ideas seems like a good idea to me.

What do you think?

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### Poverty by Sharon E. Riley

Beans and macaroni, potatoes, too,  
All starting to taste like a worn out shoe.  
Reheated potatoes, leftover beans,  
Another hole in my one pair of jeans.  
Where do I turn to? What should I do?  
The month is only three quarters through.  
Maybe somehow there will be a way  
To buy a small treat when it comes payday,  
But, for now what I think would be best,  
Is a new bar of soap and a tube of Crest.



### What's Happening this Month

Sept 1: Seniors Day

Sept 7: Closed for Labour Day

Sept 25-26: 50% off ALL clothing

Sept 28: Halloween & Autumn Sale

Stop in to check out our Weekly Specials!!



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# The Garden Diva bids you good rest!

*the Garden Diva*  
WITH CHERYL WALKER

Very well, dear readers, it is fall.

Fall is both a sad and triumphant time of year for gardeners. TGD begins to understand that her days of coffee in the garden are almost over, but she has managed to keep the non-gardening dogs from eating another zucchini plant. The lilies have been spectacular this year, with blooms as big as dinner plates, but the Brussels sprouts for the Trés Wonderful Garden Diva husband have been an abject failure. Work begins to pick up in the fall. There are annuals to pull up and compost, beds to mulch, perennials to move around, bulbs to plant. But all of this, dear reader, is merely a precursor to the very best time of year for a gardener. Winter.

What's that you say? You don't believe me? You think that

TGD has been looking for her sense in the bottom of the gin bottle again? Pulling too much creeping bellflower has caused her to go round the bend?

Ah, Dear Reader. Winter: a time of year when your garden magically enlarges to fit every plant you wish, and USFDA gardening zones don't matter a fig. In a winter garden, azaleas (zone 5) grow to be 4 feet around here in zone 3. The seed and plant catalogues arrive, and your winter garden explodes with colour. The colours of your plants always match, and nothing suffers from powdery mildew or blight. Full sun plants grow in the deepest of shade. No gardener has to sacrifice their organic gardening virtues to combat the giant-sized ants with something called Doctor Doom, and if you did, the chemical you use would be about as safe as being a conservative politician in Alberta.

There are, put quite simply, no problems in TGD's winter

garden. The zucchini is always ripe and don't come any faster than you can eat them, and no one ever picks the last of their tomatoes in a blizzard. There is a small bit of weeding, and not a single thistle. In a winter garden, you do not spend a Saturday evening trolling for pictures of the rotten beetle that is eating your roses. Indeed, in a winter garden, there are no beetles, and the roses always smell like roses. (Unlike summer rose gardens, which are often as scentless as a our fair premier giving his stump speech!)

If you excuse me, TGD has to sacrifice her self respect and give the ants another shot of Doctor Doom before she starts planning the winter garden (that is ant-free). Wishing you months of joy in your winter garden. About four months in fact, until TGD plants her tomatoes again.

Happy (winter) gardening.

## This little piggy went to market



**The Daring Diner**  
WITH ANGIE KLEIN

Where's the beef? That's something you won't hear around the counter at THE BBQ HOUSE on 118th Ave. They don't serve it, but if you are looking for some of the best BBQ pork I have ever tasted, you need look no more.

This little deli-style restaurant has been in business for 20 years. Tony Yeung has been the owner/operator for most of those, having acquired it when his cousin moved back to China. With that kind of time spent on the border of Alberta Avenue and Spruce Avenue, I asked if he had seen many changes in the neighbor-

hood in the last few decades. He replied with a smile, "Oh, yes—lots!", noting that it was much cleaner now. I stopped in at what I thought would be a quiet time of day, and was fortunate enough to get a peek at the kitchen where a staff of five rushed busily around making homemade wontons, dry ribs and watching the deep BBQ pit work its magic. I was given sumptuous samples of home-made Chinese Honey Ham Sausage with its sweet notes of five spice and of course their amazing BBQ pork, all made without MSG. They also serve chicken and duck. I opted to bring a whole duck (\$21.80) home and round out the meal with a homemade veggie stir fry and some rice. If a whole duck isn't going to be big enough for you, for \$100

to \$200 they will make you a whole roast pig, depending on how many you are planning to feed. All of these varied meats on their menu are available by the pound or in take-out combos served with chow mein and fried rice. You can get three egg rolls for a twonie and all their combos are under \$8. The prices included GST, but they accept cash only. I would have loved to have stayed longer to chat, but the customers just kept coming in, all saying the same thing: that it's the best BBQ you can get, better than anything in Chinatown.

So here's to longevity, may the BBQ HOUSE still be around when we write a salute to our 20th anniversary!

Until next time... Happy Eating.



**KING'S KIDZ**  
CHRISTIAN PRESCHOOL

## SEPARATION ANXIETY IN PRESCHOOLERS

Even preschoolers who have participated in play groups or have been in daycare may feel anxious about going to preschool. It is, after all, a new environment. But, a little preparation and encouragement from parents before preschool starts can go a long way to help eliminate some of the worries that your preschooler can't express.

Before preschool starts, parents can do the following:

- Visit the preschool and meet the teaching staff. This will help the child to become familiar with the new preschool environment.
- Visit the library or a book store to get a copy of a book called *The Kissing Hand* by Audrey Penn. This is a wonderful story about a little raccoon who is afraid to go to school.
- Spend some time playing "preschool" at home. Use dolls and stuffed animals to be students and arrange them in a circle. Pretend to be the teacher and talk about all the things you'll do at preschool.
- Explain to your child that there are rules at preschool just like at home. Speak in positive terms about sharing toys, taking turns, and being nice to our friends.

On the first day of preschool, it is perfectly normal for your preschooler to experience some separation anxiety. Some suggestions on how to ease separation anxieties are:

- Have your child help pack their snack or back pack before going to school;
- Be positive and happy about your child going to school. Show him/her that you are confident that you are leaving them in a safeplace;
- Bring a camera on the first day of school to let them know you are proud that they are old enough to go to school;
- Help your child make a new friend before you leave;
- Make sure you say good-bye to your child. Give your preschooler a quick hug and a kiss (sometimes a lipstick kiss on the hand works wonders). Remind them that you will be back soon to pick them up, and walk out the door. If you continue to stay and talk with the child, the harder leaving will be.

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# Tracking birds, tracing roots and puzzling out mechanical problems – A life driven by curiosity



## Resident Profile WITH HARVEY VOOGD

Fred Whiley is 74 years old and retired, but he keeps busy. "I never broke a bone or had an operation until I was 68," he says. A former bus mechanic, in his retirement he has turned his attention to two passions: birds and genealogy. Both hobbies reflect his natural curiosity, which he once used in his life working with buses.

He worked 40 years as a bus mechanic, the first 17 for the City of Winnipeg and the last 23 for the City of Edmonton.

"When I was a kid, I got in trouble once when I took the windshield wipers off a visiting nurse's car. I wanted to figure out how they worked. Unfortunately, I didn't know how to put them back on."

"What I liked best about being a mechanic was the electrical work," says Fred. "Electrical work was like a puzzle. You have to think about it. It's not mindless work like changing a tire."

Fred Whiley has never stopped learning. Eight months ago, Fred began researching his family tree. "My dad was two when his family immigrated in 1904 from England to Winnipeg. In 1913, they homesteaded north of Winnipeg."

Fred finds genealogy fascinating. "Every other man in my father's family is Charles or James, while Elizabeth, Mary and Sarah were the common female names. This can be confusing, particularly when the formal name may have been James, but the person was known as Jack, John, etc."

But his real passion is birding. His backyard in Delton is testimony to his love of birds. It is full of evergreen trees

which provide a wonderful habitat to many types of birds.

"The neighbours' cats are welcome at my front door, but they know if they come into the back yard I'll shoo them away," he says.

Fred has been a serious bird watcher for over 40 years. "I've pretty well stuck to Western Canada, but have been birding in Ontario a few times and even once in Arizona."

Born and raised in Winnipeg, Fred use to hunt ducks as a young man. But it was a 1969 holiday to Whiteshell Provincial Park in Manitoba that began his love affair with birds.

"I use to go with a family out to a cottage," remembers Fred. "I would take the kids to what we called the frog pond. One day, I saw a big red woodpecker the size of a crow 15 feet away. I was amazed and thought what else could be there? So I went out and bought a field guide."

In addition to the beauty of the birds, the appeal of birding includes the challenge of identifying different species and the competition between birders as to the number of birds one can identify in a year.

In his house is a plaque which reads, "Special Recognition from Edmonton Bird Club to Fred Whiley for contributions to Alberta Birding – 309 Species – 1999."

"All those birds were seen in Alberta," says Fred. "Seeing up to 270 species in a year is fairly common, but I only know one other person who saw more than me that year and he was a person I often birded with. It helped that 1999 was my first year of retirement."

The competitive nature of birding is built on trust, he says. "After a while one knows which birder's count can be trust, and those who tend to be



too quick in identifying a bird which is really too far away to be sure."

Be it tracking birds, tracing his roots or puzzling out a mechanical problem, Fred is driven by curiosity. And as a result of his interest in birds, he has also learned about the relationship between human activity and the impact it has on the environment.

For over 20 years, Fred has participated in or helped organized the annual Edmonton and Area Christmas bird count. "This one day count of birds is a big deal," says Fred. "Volunteers are organized into 15 zones and count between 50 to 60,000 birds."

The results are sent to the Audubon Society which uses the numbers in its research and tracking of the health of birds across North America.

According to Fred, "This is not a good time for birds, though Hawrelak, Hermitage

and Whitemud parks, as well as Kinnaird Ravine are good places to see birds in Edmonton."

Human activity has hurt birds, he says. "We're continually cutting down trees and destroying habitat. The oil industry is impacting sage grouse which live in very dry places in southern Alberta. When an oil well is developed, electricity is needed so power poles are erected. These are an excellent place for hawks to sit and prey on sage grouse. As a result, there are only 20 pairs left in Alberta."

"Seismic lines allow cow birds to come in. This bird evolved to follow the buffalo around, so they don't make nests. They use an existing nest, toss out the eggs and lay their own eggs which the unsuspecting parent then hatches."

"The cow bird doesn't like forests, but if you create an opening like a seismic line

they'll go in. Now their behavior is affecting many more birds."

Each May, a species count is undertaken to determine the number of nesting birds. According to Fred, "This year for the first time in Brooks, they did not have any burrowing owls."

Climate change is also impacting birds, particularly the dry weather.

"I volunteered six years at the Beaverhill Snow Goose festival in Tofield," says Fred, "riding buses and talking about birds. Beaverhill Lake was a very shallow lake, but if you stood at the south end there was water as far as the eye could see."

"Now there is no water. The lake has dried up in the past and come back, but I'm not hopeful. The dry weather has hurt, but too much water is now being diverted for farming and other purposes."

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## A minute with Brian Mason

### By Brian Mason, your MLA

Friends,

I continue to be impressed with the ongoing progress I have seen on 118th Avenue. I have been a strong supporter of the Avenue Initiative Strategy since my time as your city councilor and I am proud to say that over the last 20 years of serving Edmonton's North East, I have seen a fantastic commitment from many people to revitalize this neighborhood.

The development of ArtsHub 118 is a shining example of community revitalization in the area. This building is a partnership project between Edmonton Inner City Housing Society (EICHS) and the Nina Haggerty Centre for

the Arts (NHCA). Located on 93rd Street, ArtsHub 118 will host the NHCA on the main floor, as well as 16 condominiums above which are for sale to the public. I have had the opportunity to tour this establishment and it is quite impressive.

The grand opening of the Alberta Avenue Farmers market on May 28th is yet another example of how the community is coming together to bring real advancement to the area.

This is a great market filled with the little treasures that make the Avenue such a wonderful and unique place. Coupled with the Beverly Farmers Market on the east end of 118th, we now have

two great markets on one great avenue.

With the progress we are all seeing in the area, I can say with confidence that we are well on our way to revitalizing Alberta Avenue, and showing others around the city that this is a beautiful community to live in, work in, shop in, and raise a family in. I look forward to seeing more revitalization projects in the future.

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

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



Jan Baerman

COMMUNITY MEMBERS GATHER WITH A LOCAL CONSTABLE AT THE CARROT ARTS CAFE TO DISCUSS NEIGHBOURHOOD WATCH MATTERS ON A BRIGHT SUMMER EVENING



health & wellness  
WITH JENNA C. HOFF

## Making the most of your doctor appointments

Have you ever walked out of your doctor's office, a new prescription in hand, and suddenly realized you don't know what the prescription is for? Or, have you ever left an appointment, only to realize that you forgot to discuss half the things you wanted to? Unfortunately, doctors and other health professionals are as busy as everybody else seems to be these days, and it can be hard to make sure that all your concerns are adequately addressed during ever-shortening medical appointments. However, there are a few things that you can do to enhance communication between you and your doctor, and to maximize the effectiveness of your appointments.

1) Make a list of questions and concerns that you want to

discuss with your doctor, and refer to the list throughout the appointment. It's hard to forget to ask something when you have it right in front of you on paper!

2) Take notes during the appointment: by writing down the most important things that your doctor tells you, you won't have to worry that you forgot something important.

3) Bring along a friend or family member. This person can provide moral support, and help you to remember all the things your doctor tells you. Plus, you'll have somebody to talk to during the long wait in the waiting room!

4) Don't be shy. Generally, doctors are used to discussing all sorts of issues with their patients. Something that you might find embarrassing or difficult to talk about is likely

second nature to your doctor. Your doctor can provide you with the best care only if he or she has all of the information. As well, don't be afraid to ask your doctor to clarify anything that you don't understand.

5) Be respectful of your doctor's time. Doctors are generally quite busy these days. Therefore, spend your appointment time discussing your health concerns with your doctor- and leave the discussion about the great TV show you just watched to your mother or best friend.

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

# Yoga

**Good Morning Yoga** – Mondays at 9AM (60 min)

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## Me and Money – Financial Literacy

Hi, my name is Lisa Tara Eden and I am the financial literacy coordinator and facilitator at Elizabeth Fry Society of Edmonton. Elizabeth Fry Society has a new program called Me and Money – Financial Literacy.

### 1. What is Me and Money - Financial Literacy?

This program helps women to become financially sufficient through group and individual coaching sessions.

### 2. Why is a program that teaches women about financial issues important?

These workshops increase women's self-esteem and help them to make appropriate decisions when managing money. How will the community benefit? It reduces the motivation for women to turn to crime.

### 3. What are the most important things that women should understand about their own finances?

When you pay attention to money and respect money, you are better able to transform your financial situation.

### 4. After participating in this program, what will women be able to do that they couldn't before?

To keep track of their spending habits, pay their bills, reduce debt, achieve financial goals, save money.

### 5. When will this program start?

The next group starts Wednesday evenings from 5:00 p.m. to 7:00 p.m. September 9th – December 16th.

I can also facilitate sessions offsite when four or more women or transgendered persons are interested.

Although financial literacy is the main focus, each workshop has components on creativity through art and journalling, self esteem and stress management. There is homework on self-care and money management. This set of workshops is a fourteen week commitment; bus tickets, soup, and light snack are provided.

For more information or to register please give me, Tara, a call at (780) 421-1175 Ext. 25.



POPULAR BAKERY MURAL

# 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

### CALL FOR SUBMISSIONS: NINA HAGGERTY CENTRE

The Nina Haggerty Centre for the Arts provides a studio where a collective of artists who have developmental disabilities can explore their creative potential and contribute to Edmonton's art community. The Stollery Gallery, located at the Nina Haggerty Centre, is accepting submissions for exhibitions throughout the year. Priority will be given to artists or organizations that experience barriers to the conventional art world, such as artists with disabilities, mental health issues, low-income or self-taught artists. For more information, please phone 780-474-7611, email info@ninahaggertyart.ca www.ninahaggertyart.ca

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5 to 9 years. In my home using the John Thompson series only. A low rate at \$50 a month, includes books. Taking bookings now for September 2009 start. Excellent references available. Call Sharon Riley at 780-479-4054 between 1pm-4pm or evenings.

### KEYNOTE MUSIC

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

## DROP-IN GROUPS & PROGRAMS

### PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234

**YouthSpace (Youth under 25) Drop-In:** Tues to Fri 3-7 pm, Sat 2-7 pm

**Youth Movie:** Fri 6:30-8:30 pm

**Community Drop in:** Tues to Fri 1-10 pm, Sat 2-6:30

**Seniors Drop-In:** Tues and Thurs 1-5pm

**TTIQ** (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm

**Community Potluck:** Last Tues of every month, 6-8:30 pm

**Drop in Counseling:** Mon to Fri 7-9 pm

**Cocaine Anonymous:** Thurs 7-8 pm

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

**Youth Understanding Youth:** Sat 7-9 pm

**Gay Men's HIV Support:** Second Mon of the month 7-9 pm

**Free School:** Second Sun of the month 11 am-5 pm

### AVENUE PLAYGROUP

Tuesdays, 10am to 12pm at the Alberta Avenue Community Centre (9210 118 Ave) starting September 15. Come visit with other parents while the children enjoying playing together. Interested in being a host? Call 477-2773.

### YOGA

Tuesdays, 6:30 to 7:45pm from September 1 to October 20 at the Alberta Avenue Community Centre (9210 118 Ave). Yoga for all ages and abilities! Yoga enhances all aspects of your life. Improves muscle strength, tone, flexibility, digestion, self awareness, relaxation and so much more. Yoga is perhaps the kindest thing we can do for our minds and bodies. Instructor: Melanie Ustina. Cost: \$35. League membership required (of any league). Register at www.albertaave.org.

### H.A.L.O. Youth Program

Tuesdays from 4pm to 7pm at the Alberta Avenue Community Centre (9210 118 Ave).

### COMBO WORKOUT

Tuesdays, 7:15 to 8:30pm at the Alberta Avenue Community Centre (9210 118 Ave) starting September 8. Stretching, movement and Lotus Qigong for balance, harmony, and to open our hearts. This is a non-strenuous, lift-the-spirits combo which peaks your sense of exploration. Drop-in fee: \$5.00 (Seniors, Students, Unemployed \$3.00). For more info call instructor Astrid Luethe 780-477-0683.

### PRESCHOOL CREATIVITY

Fridays in October and November; 10am to 11am for 3.5 to 5 year olds and 11:15 to 12:15 for 1 to 3 years at the Alberta Avenue Community Centre (9210 118 Ave). Music, movement, creative play, craft & story time with the amazing Grandma Willow! Parent participation required. Instructor: Marie Bulter (www.returntorustic.com). Cost: \$40/child. Register at www.albertaave.org.

### 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

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

### SENIORS DROP-IN

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.

### 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.

### SLING MAKING WORKSHOP

Have a baby? Want to free up your hands while keeping babe close? Parents have been carrying their babies in slings for hundreds of years and you can too! Come learn how to make and wear a baby sling. Leave the workshop with a sling and a pattern to make more. No sewing or baby-wearing expertise is required. Child care and materials provided. Limit 6 participants per session (one partner/spouse/friends welcome to attend with participant), please RSVP early to Carissa at halton7@telus.net. What: Baby Sling Workshop Dates: October 4, 2009 OR November 1, 2009 Time: 2- 5 pm Where: The Carrot Coffeehouse Cost: FREE!

Many thanks to City of Edmonton SPARK Grant for funding this community project

### BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on Wednesday evenings from 7pm to 9pm for Book Club! Lively discussions, humor, and enlightenment! We will begin monthly gatherings starting September 9. For more info, call Ann @ 780-752-4867.

## 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

### FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

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

### 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) 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

### KALEIDO VOLUNTEERS WANTED

The Kaleido Festival is on September 25-27 2009 and the festival needs your help. We require volunteers to take on a variety of roles from manning the information booth to stage managing one of the various venues at the festival. The variety of artists and performers lined up for this year is truly spectacular and make sure you don't miss out by volunteering for the Kaleido Festival. If you are interested in volunteering, please contact Nathan at kaleido2009@gmail.com

### VOLUNTEER DRIVERS NEEDED

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

### NINA HAGGERTY CENTRE FOR THE ARTS

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

### THE CARROT COMMUNITY ARTS COFFEEHOUSE

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

### THE LEARNING CENTRE LITERACY ASSOCIATION

is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations:Boyle Street Community Services and Abbottsfield Mall. Contact: Denis Lapierre Coordinator at 780-429-0675 or email:dl.learningcentre@shaw.ca

## NOTICES & UPCOMING EVENTS

### 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 Karen 479-4812.

### 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 8:30-9PM 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 (11111 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



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

### Children

**Aboriginal Family Storytime** 11:30 a.m. Fridays

### EXplore! Your Library

September 11 to December 18, 2009 Please call 780-496-7043 to book a time

### Claymation Workshop

2 p.m. Saturdays, October 3 to 17, 2009. Ages: 8 - 14 years Please call 780-496-7099 to register

### Teens

**Teen Gaming** 6:30 p.m. Fridays Ages: 12 - 17 years Please call 780-496-7099 to register

### Babysitting and Beyond

6 p.m. Friday, Sept. 25, 2009 9 a.m. Saturday, Sept. 26, 2009 Duration: 9 hours Ages: 11 - 18 years Call 780-496-3678 to Register

### Adults

**Cafe Anglais - English Conversation Club for Newcomers** 6:30 p.m. Mondays Call 780-496-7099 to Register FREE of Charge

### ELL (English Language Learning) Tours

September 8 to December 18, 2009 Call 780-496-7099 to Book a Tour

### Women's Afternoon Out

1 p.m. Wednesdays, September 16, 2009 to June 16, 2010

### Stories from the Heart of the City

1:30 p.m. Thursday, September 17, 2009 1:30 p.m. Thursday, October 15, 2009 1:30 p.m. Tuesday, November 10, 2009 1:30 p.m. Thursday, December 17, 2009 Duration: 1 hour 30 minutes

Drop-in, Free of Charge All are Welcome!

### English Conversation Circle (LACE Program)

10:30 a.m. Saturdays, September 19 to December 19, 2009 Free of Charge Drop-In.

# ED GIBBONS

City Councillor, Ward 3



*Wishing you  
a successful  
school year*



phone: 780.496.8138

fax: 780.496.8113

email: [ed.gibbons@edmonton.ca](mailto:ed.gibbons@edmonton.ca)

## Hello Highlands-Norwood!



As summer wraps up I would like to remind everyone that school has returned and to remember to obey the speed limits and watch out for kids near playground and school zones.

We had another wonderful summer full of great festivals and events in our community and I hope you were able to get to some or all of them. From Capital Ex to Eastwood Fest and our Farmer's Markets, there was a lot of great summer fun right here for us to take advantage of.



6519 - 112 Avenue

Your MLA, Brian Mason  
Edmonton Highlands-Norwood

[www.brianmason.ca](http://www.brianmason.ca) ph: 780.414.0682



*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

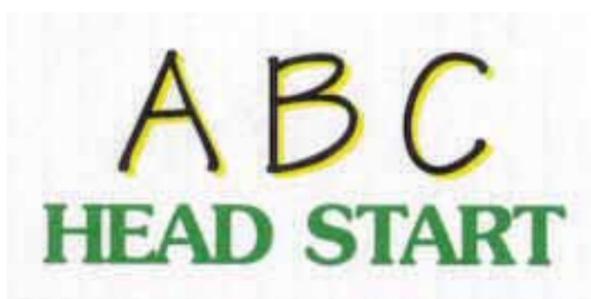
Email: [tony.caterina@edmonton.ca](mailto:tony.caterina@edmonton.ca)

[www.edmonton.ca](http://www.edmonton.ca)

# Start Pre-school

## in September!

- FREE pre-school program
- 4 half days per week
- FREE transportation and nutritious daily snack
- For children born between Mar 2, 2004 to Mar 1, 2005
- For families of low income
- Opportunities for family involvement



### CALL NOW!

### 780 461-5353

#### VOLUNTEERS NEEDED!

If you want a great volunteer experience, have 3 hours a week, and love being with kids consider volunteering with us. For more information about our volunteer program :

- visit our website at [www.abheadstart.org](http://www.abheadstart.org)
- Call or email [annb@abheadstart.org](mailto:annb@abheadstart.org)

# MATTRESS

YOUR AFFORDABLE SLEEP SHOP



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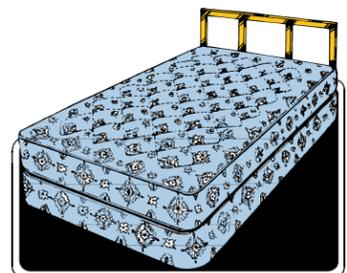
Tel: 780-474-8381

Fax: 780-474-8395

9410 - 118<sup>th</sup> Avenue

Edmonton, AB T5G 0N6

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