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EASTWOOD DOG CLUB SETS THEIR SIGHTS ON A DREAM DOG PARK



BARBARA HEATHER SUPERVISES PLAY AT THE EASTWOOD DOG PARK

MARI SASANO

A new off-leash park is in the works, thanks to the efforts of a dedicated group of volunteers at the Eastwood Dog Club. The idea took off last spring with an idea hatched by devoted local dog owners who wanted a place for their pooches to play.

"It started with talking about it in the spring, and in June or July we had it open," says organizer Barbara Heather. They approached the Eastwood Community League to see if they could have the use of the ice rink during the summer months.

"Jo-ann Siebert made a large poster and hung it just inside the hockey rink fence! We just turned up one night, and within the first week we were up to 30 people."

That first summer was so successful, the group decided to ask the City for an officially designated off-leash area.

"Somehow or other, we got the rink going, and by last fall we had got the petitions going and got enough people in favour. Most people were in favour; they were delighted at the idea. We took the papers to the City in December and we had the signs up by February. It was so quick! It was a mish-mash of ideas having to do with dogs."

Rocky Pilisko, Community Recreation Coordinator with the City of Edmonton, has been working with the group over the past year, and is impressed at how quickly they have established the dog park.

"It's a great group. They have the initiative and desire to change the neighbourhood. The reason why this moved so quickly is that they knew what they wanted to do; they did a lot of the work themselves."

Pilisko believes that the dog park will drive out some of the more negative activities around the park area. Heather thinks that the changes have already begun.

"I'm not here all the time to watch what's going on, but it does seem to me that I haven't seen as many sales of drugs. Over the winter it dies down anyway, but I haven't seen the vandalism and I haven't seen a single prostitute this spring—it's still been a little cold, but still. But there used to be constant battles over territory by pseudo-gangs or real gangs with people's garages being sprayed, and that seems to be died down. It might be an accident, but it's nice to think it might be us."

The project is currently funded by the Avenue Initiative, but Pilisko believes that other funding may be available once the plans come into place.

"They have a design coming. That's when they'll see what other kinds of fundraising they will need to do. There are other programs that they might be eligible for, such as the Neighbourhood Park Development Funding," he says.

In a meeting in April, Eastwood Dog Club members brainstormed ideas for the new park, including fences, a water

feature, and more lighting. At a recent meeting with the City, a more concrete plan was initiated which does not include a fence, but will likely see more lighting as well as weave pole features in the areas where less desirable park users have tended to sit. A notice board and a piece of sculpture are also in the works. A more official version will be presented in August, but in the meantime, the Dog Club continues to run in the arena and is always looking for more people to get involved.

"I think we need to have people using it; we need dogs in here, and enough responsible owners to help maintain it. There are three monitors who check in on it, but it's hard to keep on top of it sometimes. To sustain it, we need monitors, those who pick up after those who don't, and owners who keep control of their dogs."

Barbara Heather and the rest of the group looks forward to the day when the park becomes a place where anyone who loves dogs can enjoy seeing their canine friends play, rather than an area known for crime.

"I've been an activist on and off most of my life. I'm a sociologist, I stick my nose in where people don't want me! One thing that drives me is if I'm going to criticize something for how it is, I should be part of the solution. It's my responsibility," she says. But most importantly,

"The dogs love it."



AREA DOGS CELEBRATE THE 2010 SEASON OF THE EASTWOOD DOG CLUB

Join In!

The Eastwood Dog Club meets up Mondays and Thursdays between 6:30 and 8:30 pm at the Eastwood rink. Participation is free, and all adults are welcome with their dogs. No children please. Note that there are rules for participation and a limit of 25 dogs at a time to keep all people and dogs safe. The rink can be rented for \$10 if you would like a chance for your dog to run around, or maybe have a play date with some dog buddies. If your dog is not always sociable with other dogs or has some issues, and you would like the opportunity for your pet to run around and learn some new skills in a bigger and enclosed environment, please call Eastwood Community League at (780) 477-2354 to book a date. Please check out the website for more information at www.eastwooddogclub.ca.

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Editorial meeting

Are you interested in writing for the Rat Creek Press? Come meet with the team at the editorial meeting on Tuesday June 8, 7 pm at the Carrot or email editor@ratcreek.org

Have a home to sell?

Whether you're a realtor or a private seller, put an ad in the Rat Creek Press to show off your property. Contact Laurie at ads@ratcreek.org

Garage sales classified

Garage sale season is coming! If you have a garage sale planned, you can reach the people in the neighbourhood with an ad in the Rat Creek Press. Contact ads@ratcreek.org for more information.

The lessons our pets teach us: empathy

EDITORIAL
WITH MARI SASANO

When I am walking my little dog, Henry, people will sometimes burst out laughing. And why not? He's hilarious! Henry being a short-faced dog, snorts as he walks. He has huge bat ears, but a tiny nub of a tail. And he has the classic, goofy, Boston terrier grin. I forget sometimes that other people are not already used to seeing him every day. But I never I forget how lucky I am.

Most pet owners know what I'm talking about. They become part of our families, but because they are not just like us, they teach us a lot. Because they communicate nonverbally, we learn to pick up on thoughts, desires, and emotions not by being told, but by observing behaviour.

I think a lot of people could benefit from this lesson in their human interactions. It would keep us honest if we knew that our true feelings could never be truly hidden.

Having pets lets us know that we're animals too. What they want— food, shelter, love— is exactly what we want. And on top of that, they show us the importance of play, novelty, and exercise. These aren't frills; without physical exertion and mental stimulation, we all get bored and turn to bad behaviours.

Whether it's chewing shoes or drinking or gossip, it's nothing that a long walk can't cure.

Pet owners think a lot about poo. And there's nothing more humbling than having to deal with that. But there's an upside! You learn to gauge your pet's health by his poops. In fact, it becomes a rather fascinating study after

a while: learning about and monitoring one's body processes is an important step in good health, after all! This, too is something we all have in common. Did I mention it's humbling?

But it's a journey we travel together. There is plenty of

evidence that suggests that animals have chosen to live with us as much as we choose to live with animals. Cats and dogs, after all, were attracted to human settlements because mice like to sneak our food, and we create lots of scraps. In return, we got live-in mouse control and some hunting buddies. Having an animal around connects us to that prehistoric nature and should serve as a reminder that we are relatively new here.

From our pets, we learn to see things from a different point of view. We learn to find the middle ground between human and animals, and see that it's not an insurmountable distance. Let's use those lessons in our everyday life: the world can be made a gentler place if we all work hard to understand where we're coming from.

“Having pets lets us know that we're animals too. What they want— food, shelter, love— is exactly what we want. And on top of that, they show us the importance of play, novelty, and exercise.”

The Alberta Cycle building gets a little touch of Ireland

MARI SASANO

The Caught in the Act theatre series continues this summer with Serca, a festival of Irish plays brought together by Theatre Prospero and directed by Wayne Paquette, Amy DeFelice and Mark Henderson. Four shows will run at the Alberta Cycle building from June 22 to 27.

Cassandra Silver, publicist for the festival, is excited for the opportunity.

“This is the second year, and we have quadrupled the number of shows! Last year we only had one, Maggie Now. This year we have four: Maggie Now Part 2, The Good Thief, This Lime Tree Bower, and Spokesong.”

Audiences can expect to see a wide range of stories. Maggie Now Part 2 is the second part of a story about an Irish immigrant family in America. The Good Thief is a monologue spoken by a hired thug, written by playwright Conor McPherson. This Lime Tree Bower is another McPherson work, this time featuring three young men's

coming-of-age. The last is Spokesong, a musical about a bicycle shop owner trying to encourage peace during the Troubles of 1970's.

Although the settings and characters are Irish, Silver says that Edmonton audiences will be able to relate to the themes, regardless of nationality.

“The things about Irish drama is that they often deal with people who are overcoming difficult times and that is very much a human story that we can all relate to; we are all trying to overcome our circumstances to find a place in life.”

Tickets are available in advance through Tix on the Square (780-420-1757), or at the door starting 30 minutes before each show. Admission to one show costs \$16.00, or \$12.00 for students and seniors, while a pass to attend all four shows costs \$40.00, or \$30.00 for students and seniors.

More information is at the Serca Festival website, www.sercafestival.ca.

A new spotlight for Kaleido: Deck Out a Lamp Post

MARI SASANO

This year's Kaleido Arts Festival will be introducing something new for the 2010 season: the Deck Out a Lamp Post competition.

“We were brainstorming different ways to have the arts be more interactive on the Ave, pieces that would develop throughout the festival,” says Arts on the Ave's Anna Rambow. “To have artists working so it's fun for passersby.”

Individual artists or teams of artists can apply to decorate one of eight lamp posts in the festival area, and they will have 24 hours starting September 11 to complete their work. A jury of artists will judge the works the following day, and the winners will be announced. The prizes are substantial: the winner will be awarded \$1000, and second place will receive \$500.

“With only eight lamp post, that's a pretty good chance!” Rambow says that the sky's the limit, within common-sense guidelines.

“The installations shouldn't be more than 2.5 feet from any direction, so there will be room for people to walk around them, and please use safe materials. Other than that, this is really a chance for artists to let their imaginations go,” she says.

“The theme of the festival is Avant-garde. We have dancers suspended from walls, musicians on the rooftops, different things going on in the park. So I guess the more inventive, the better the final product will be. We're just excited to see what people come up with!”

Kaleido will provide \$50 for supplies; they strongly suggest using recycled materials. For example, the Reuse Centre, located at 10004 103A Ave. is a great source of materials.

Deadline for applications is July 16, Email kaleidoprogram@gmail.com for an application form.

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Firefly fans give back with fundraising film screening

SHEELAGH SEMPER

Dedication, thy name is Browncoat! With only 12 episodes aired prior to Fox TV's cancellation decision in 2002, it may seem strange that *Firefly*, a little-known television show, continues to generate such high levels of support and enthusiasm. Thanks to the devotion of *Firefly*'s fans, creators and contributors (lovingly known as Browncoats), Universal released the movie *Serenity*, a stand-alone movie based on the characters from *Firefly* in 2005.

Each year since 2006, Browncoats from across the planet gather together to try to make the world a better place. At Can't Stop the Serenity (CSTS), fans gather to see their favorite movie, play games, and participate in costume contests, all in support of charity. They have been galvanized by the words of writer/director Joss Whedon: "All I ask is this: Do something. Try something. Speaking out, showing up, writing a letter, a check, a strongly worded e-mail. Pick a cause – there are few unworthy ones."

Can't Stop the Serenity has a strong connection to Edmonton. *Firefly* and *Serenity* both star Nathan Fillion— most recently seen as TV's Richard Castle on ABC's *Castle*. Nathan began his acting career in Edmonton and has graced the Edmonton Fringe Festival with his comedic talents as recently as the summer of 2008.

This year the Alberta Browncoats Society, a registered non-profit agency, is hosting the Edmonton CSTS event. Proceeds of the event and silent auction will be split amongst Equality Now and the Edmonton Women's Emergency Accommodation Centre (WEAC). In addition, some special silent auction items, such as an autographed copy of a Castle TV tie in book, have been set aside to raise funds for the charity Nathan Fillion co-founded with PJ Haarsma, Kids Need to Read. A debit machine will be available to process silent auction payments.

Edmonton's CSTS screening will take place on Sunday June 27, 2010 at the Stanley A. Milner Library theatre (Churchill Square). Doors open at noon. Tickets are \$15 each and are on sale online and at all three Happy Harbor Comics locations: 12226 Jasper Ave., 180 Manning Crossing, and 10326 81 Ave.

Everyone is welcome to attend this event: Browncoats enjoy sharing the experience of viewing *Serenity* with people who have seen it many times and with those who have never seen it before.

Additional information about the Edmonton 2010 CSTS event, including supported charities, silent auction prize previews and tickets, is available online at <http://cstsedmonton.org>

Attention area dogs: a festival just for you!

MARI SASANO

Our neighbourhoods have a very active dog community: we have a dog walking crime prevention group (CRUD's dog walking club), the Eastwood Dog Park, and the jewel in the crown, the Avenue Goes to the Dogs festival. Judy Allan of the Avenue Initiative is excited for this year's festival, taking place June 12 from 10 am to 4 pm. This year's festival will be a little different this year, says Allan:

"Because of construction, we'll be down at Eastwood. They have opened up an off-leash area, so we thought it would be a great fit to take

our dog event this year and promote their park and just bring attention to get people to go down to see it."

Eastwood Community League is located at 11903 86 St. Because of the involvement of the community league, there will be expanded activities not just for dogs, but for kids.

"They will be opening up their spray park. So they are going to do free hot dogs and a bike rodeo and a bunch of other kids' activities as well. It's going to be a nice blend."

For our four-legged friends, there will still be plenty to do— not just socializing in the dog park!

"We'll still have dog

adoptions, artists who do animal portraits, jewelry, organizations that promote animal health and pet therapy. As well, you can bring your dog out and give agility a try and demonstrations. And of course one of the highlights is the Dog Games, the musical mats and bobbing for hot dogs!"



June is Stroke Month: A Focus on Prevention

Stroke Month is designated to mark the significance of stroke and help people better understand how to prevent and recognize stroke. Stroke is the leading cause of acquired long-term adult disability in Canada with more than 50000 evident strokes occurring each year. Help prevent a stroke by learning more about the risk factors you can do something about, and those you can't control.

Are you at risk? Take the Heart and Stroke Risk Assessment™ and get a personalized risk profile and a customized action plan for healthy living that includes tips, tools, recipes and much more to help you reduce your risk.

Go to heartandstroke.ca/risk today for your personalized assessment.

School closure open houses

Eastwood and Parkdale Schools to hold goodbye events

Two of our area schools slated for closure are holding get-togethers for students, parents, staff and community members.

Parkdale School is hosting "Parkdale Memories", an open house on Saturday, June 19 from 1 pm to 5 pm. Join other former students, parents and staff to reminisce about your time spent at Parkdale. A program will be held at 2 pm with a group photo to follow. Please RSVP by Friday, June 11 if you are planning to attend to either the School office at 780-477-7443 or e-mail Anne Marie Telford at anne.marie.telford@epsb.ca

Eastwood School will also hold an open house for community members, families and friends on Thursday, June 17, 2010 from 4 to 7 pm. Browse displays of school material from past eras and contribute their favourite memories to our history book. For more information, contact the school office at 780-477-2352.

Norwood Neighbourhood Association Call for Funding Applications for Spring 2010

Dear Community members,

The Norwood Neighbourhood Association (NNA) would like to notify you that we are accepting submissions for non-profit funding projects applications and groups.

Submission deadline for Spring 2010 is June 30, 2010. Application forms are available at the Carrot, or email us at nnaedmonton@gmail.com for more information.

There are a number of groups in the neighbourhood that have received funding from NNA in the past. This year we are setting up a more formal and transparent process so that all local groups and organizations in the community that meet our funding guidelines. A reminder that NNA will do a call for funding applications spring/ fall annually.

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Summer volunteer opportunity with SATS

Summer is here! Elders are pulling out their hats and shades so they can enjoy the heat, but since these seniors have given up their car keys, they may need your assistance.

Seniors Assisted Transportation Society of Greater Edmonton aims to assist seniors to maintain their independence and quality of life by staying engaged in the community.

SATS has a waiting list of over 200 seniors. In order to maintain Edmonton's seniors' independence, volunteer drivers are needed. Benefits of being a SATS volunteer driver are:

- Gain wisdom through the elders
- Contribute to a good cause
- Maintain seniors' independence & quality of life
- Meet new people and make new friends
- Learn new skills
- Gain experience
- Increase confidence
- Gain sense of achievement
- Elders pays for the gas

SATS encourages volunteer drivers to start now, to take advantage of the roads while they are clear of snow and ice! Remember to celebrate your grandparents with SATS!

The sixth annual Grandparents Day celebration is on Sunday, September 12, 2010.

For more information, please visit the SATS website:

www.satsfedmonton.org

Contact: info@satsfedmonton.org

Phone: 780-732-1221

Workers needed for the 2010 Edmonton Election

Do you want to be at the centre of the action, make some extra money and participate in an important election – all in one day?

The 2010 Edmonton Election for Mayor, 12 Councillors, nine Public School Trustees and seven Catholic Separate School Trustees is taking place on Monday, October 18, 2010 and workers are needed to staff the voting stations to ensure this important election is effective and efficiently run.

A fair and accurate election is a keystone of our community, but it takes a lot of dedicated people to ensure voters can cast their ballots. This year we need 2800 workers in 223 voting stations across the city.

Remuneration for positions ranges from \$190 to \$335. The positions available are:

- Presiding deputy
- Assistant presiding deputy
- Ballot clerk
- Tabulator clerk
- Deputy Returning Officer (Registration Clerk)
- Deputy Returning Officer (Identification/Address Clerk)
- Deputy Returning Officer (Door/Security Attendant)
- You must be 18 or older to work the Edmonton Election.

Voting stations are open from 9 am to 8 pm on Election Day. All workers must remain in the voting station.

All positions require mandatory training that will be held in the weeks before the election. Some positions will also require the use of a vehicle.

Application involves a two-part process. If you apply in person, you will fill out an application and an evaluation document. If you apply and submit your application on line, you will be contacted and asked to complete the evaluation in-person.

The easiest way to apply is in-person at either:
The Election & Census Office
16304-114 Avenue

or
Office of the City Clerk
3rd Floor, City Hall
1 Sir Winston Churchill Square

Both are open Monday to Friday, 8:30 am to 4 pm, excluding holidays.

For more information, visit www.edmonton.ca/election or call 442-VOTE.

Grass gets turfed in favour of new artificial surface at Commonwealth Stadium

MARI SASANO

Huge cylinders of artificial turf rolled out onto a field of white, padded underlay at Commonwealth Stadium May 10 as the era of a natural grass field ended. FieldTurf Duraspine Pro will cover the stadium grounds in time for summer.

"Natural turf takes a lot of abuse from concerts and football games," says Rob Smyth of the City of Edmonton.

"Having this kind of field surface now will enable us to host a lot more events and be able to transition between football and other types of events."

The first Eskimos game will take place June 13, after which crews will cover the surface to accommodate fans of the band U2 on June 23.

The installation of the turf is a partnership between the City of Edmonton and the Edmonton Eskimos, each splitting the cost of \$2.6 million. The grass field cost \$50000 to re-sod every year. Smyth adds,

"There is also an environmental benefit too. Every year we have had to re-sod the field; that uses a lot of fertilizer and water."

Chris Ward, also from the City, also touts the recycled

material as a boon for the environment.

"A lot of the materials that have gone into this are recycled materials," he says.

"It's environmentally friendly in that we're not putting new material down here, it's all material that has been recycled." At the end of its 8-10 year lifespan, the top layer of material can also be recycled; the underlayer should last indefinitely. Replacing the top grass layer will cost around \$500000.

FieldTurf Duraspine Pro is the top of the line for this kind of surface, says Rick Lelacheur, president and CEO of the Edmonton Eskimos. "It's in about two thirds of NFL stadiums now and many NCAA stadiums, and it has been proven that there are less injuries than on grass," he says.

Eskimos offensive lineman Patrick Kabongo is looking forward to a season on the fake grass.

"This type of field is best you can find in the world. It's well-made. It's not like the old AstroTurf, which was like concrete. This is more like grass, the rubber in it is spongy."

A shock pad made of sand and rubber is said to reduce injuries, and it is usable for other field sports such as lacrosse or soccer— it is sanc-

tioned by FIFA, the international soccer organization, for all matches except World Cup events.

"It's a great time to do it, with two major concerts here and the Grey Cup," says LeLacheur. "We'll definitely have green grass in November here."



SKIMOS OFFENSIVE LINEMAN PATRICK KABONGO STRIKES A POSE ON THE COMMONWEALTH STADIUM'S NEW ARTIFICIAL TURF



MR. ACE AND MR. MOLSON TAKE MITCH ALONG FOR A RIDE AT LAST YEAR'S AVENUE GOES TO THE DOGS FESTIVAL

Parkdale-Cromdale Community League events

Parkdale-Cromdale Community Garage Sale

Date: Saturday June 12, 10 am-6 pm
Location: Parkdale-Cromdale Community Hall 11335 85 street

Concession on site. To rent a table, please e-mail info@parkdalecromdale.org or leave a message at 780-471-4410 (\$5 for members, \$10 for non-members)

City of Edmonton Babysitting Course for Ages 12-17

Date: Saturday, June 5, 9 am-5 pm
Location: Parkdale-Cromdale community hall, 11335 85 street

Free with a community membership. Lunch will be provided.

Learn what it takes to be a great babysitter! This well-rounded course covers basic child care, first aid, and safety, and introduces participants to the importance of play in a child's life.

To register, please e-mail info@parkdalecromdale.org or phone 780-471-4410.

Parkdale-Cromdale Lil' Sprouts Playgroup

Date: Fridays from 10 am-12 pm
Location: Parkdale-Cromdale community hall, 11335 85 street

Come join our playgroup! A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure.

For more information, please e-mail info@parkdalecromdale.org or phone 780-471-4410.

Spruce Ave Community league

Volunteer at the Indy for Spruce Ave

Spruce Avenue Community League is seeking volunteers to work on behalf of the Community League during the upcoming Edmonton Indy. For information or to volunteer contact Ken at 780-474-0985.

Alberta Ave Community League Lounge

Laurie Tod

It is almost finished! You may have noticed some changes at the Alberta Avenue Community League while shopping at the Farmer's Market or during the Blooming Garden event last month. Last year Karen Mykietka, the league president, and Dawn Freeman asked me if I would like to help out with the re-design of the 400 square foot space known as the lounge at the community league. "Of course, I would love to!" I said.

With much discussion on paint colors, furniture, fabric, carpet, lighting and the overall feel and use of the lounge, it is almost complete.

The League applied for and was granted \$30,000 from the Alberta Culture and Community Spirit Fund and a very generous grant of \$5,000 from the Norwood Neighborhood Association. It was important to the league board members that as many local businesses as possible were used for the re-design.

We purchased great new functional furniture, an enter-

tainment centre, a multi-media centre consisting of a 108" projection screen with surround sound, a DVD player, and wireless internet. We are just waiting on the final purchase of two tables, some great round leather stools and some static art for the main wall. On order are new blackout roll blinds which will allow the projector to be used at any time as well as keeping the heat out in the warmer months.

While discussing the use of the space and the ability to generate revenue we did come up with many different ideas. The space has been used for the Christmas event held in December, board meetings, parties and a few movie nights.

It is a great space to have a poker night, movie night or pub night. If anyone is interested in organizing a community event, the space is free to community members willing to organize a community event. Please send any inquiries to info@albertaave.org.

A very big thank you to Peter Mykietka and Steven Michos for completing most

of the work on the lounge. I was talking to Steve a few weeks ago and he mentioned the lounge needs a name and I have to agree. This space has been used since 1984 as a local meeting area and with the new cozy, eclectic feeling the lounge deserves a new name. We thought it would be a great idea to send out a request to local community members to come up with a new name.

If you have stopped by and seen the lounge, or have a great name in mind send your ideas to me at ads@ratcreek.org. All submissions will go to the Alberta Avenue board members for voting. Once a name has been chosen, we will publish it in the *Rat Creek Press*. We will in some way incorporate the name into the lounge.

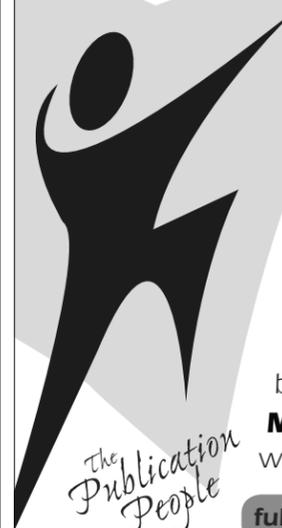
Again, if you are interested in organizing a community event in the lounge email info@albertaave.org. The Hodson Hall has also received a makeover! Come and check it all out!

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Gentrification: one resident's perspective

CARISSA HALTON

The font screamed from the lamp-post, its capital letters in heavy black Sharpie: "GENTRIFICATION IS THE NEW COLONIALISM".

I liked how this simple, succinct statement of withering contempt made me think. I liked the challenge of it. I marveled at how the use of five words can so swiftly turn a dialogue into a big, bloody battle.

Gentrification is a word that digs back into English history and refers to the gentry, or "landed people." It is used today to describe the middle class's return to the centre of the city to live. It is usually used with a negative connotation.

"What's so wrong with people who have money, power and education?" You ask.

Besides, the fear is less about them as people and more on their impact on the most vulnerable residents in a neighbourhood. The fear is that the middle class move in and, well, there goes the community. No one else but other middle and upper class people can afford to buy or rent the houses that have 'desirable neighbourhood' price tags attached.

Historical Trends

Of course, gentrification doesn't happen overnight in a neighbourhood with significant crime and social upheaval. Gentrification happens in spurts over time. The amount of time it takes and number of times properties change hands is different in each city and region. And it's hard to say when gentrification is complete. Is it when everyone has the same income? When everyone has the same values? When bylaws are introduced to forbid clotheslines?

As long as there is free market and free movement of people, the city's neighbourhood demographics will change. In the '50s, our neighbourhood began to see significant movement of people away from the centre. The suburbs were being built

in earnest and they were more attractive, affordable and accessible than ever before.

My grandfather grew up in Alberta Avenue (his father owned an appliance store on 95 Street), and in 1948 was part of a new church plant. All of the twelve families that started the church lived in the neighbourhood, however, by 1970 only one member of the congregation still called Norwood home. This was a significant time of transition for many in the community. People moved for all sorts of reasons, and in their place investors purchased homes that often quickly deteriorated.

Locally-owned businesses closed or moved to more prime locations, leaving gaping holes in the landscapes of 111 and 118 Ave. Churches closed or reinvented themselves as commuter churches. Many of the new residents were the working poor or newcomers to Canada and were often caught in cycles of poverty, preyed upon by slum landlords or greasy drug dealers. By 1970, the increased presence of the sex trade in the community further stressed market values and community optimism.

Revitalization or Gentrification?

This was the story across North America's city cores. However, for some time now, the trend is changing. With the onset of ideals of the New Urbanism, the city is no longer viewed through the lenses of rat infested, polluted Industrial Revolution cities (Charles Dickens impacted our neighbourhoods more than we give him credit!). City living has become desirable for its own aesthetic and quality of life. And there are other advantages: shorter commute means more time with family and friends, better access to city cultural events and public transportation.

Here in Alberta Avenue, the gentrification trend was clearly also fuelled by a red-hot real estate market through the early 2000s into 2008. In 2007, the inner city areas in Edmonton were the only areas you could find a single

detached home for under \$250,000. As the market climbed, many people began to worry that they would never be able to get into the market and so they bought whatever they could. And it often meant living in an area that for years had been maligned by parents or feared by classmates.

Why we're here

My husband and I have lived here since 2004 when we bought our first home for what my family thought was an exorbitant price considering the address (\$130,000). We moved here to be close to our work and so that we could live alongside neighbours with diversity of background, culture and class. I love the cheap espresso at the bakeries. I love the easygoing atmosphere of the library. I love our boulevard trees. And depending on the renovation schedule, I either love or hate my home.

In all of my coming and goings, I am keenly aware of my role in revitalization and perhaps in gentrification? I'm not sure where our family fits (and there aren't any gentrification centres that determine its parameters), but we earn a middle class salary, own a vehicle, and have university degrees so I think I may be a threat. Will planting flowers in my back alley just make the neighbourhood prettier? Or will it also make it more attractive for a prospective home buyer who turns the rooming house across the alley into a single family dwelling, which in turn displaces six people? Perhaps I shouldn't plant flowers, or paint my fence, or walk my dog, or have a coffee on the porch or I might just negatively impact the city.

I don't want to undermine the injustice that displacement of already-vulnerable people can cause. I've worked with families facing few options in life and it is a painful place to be. In my opinion, however, the primary challenge in looking at revitalization through the lens of gentrification is that we begin to read situations and meet people from a primarily classist perspective.

Surely being aware of one's privilege is critical in being a more empathetic individual. That in turn makes us better neighbours and friends. Certainly being conscious of one's impact on one's neighbourhood is critical for building holistic communities. However, looking at everything from a class perspective undermines the strengths and options that many in the low-income bracket might have to offer. People are people are people; we've got strengths and weakness that we have to live and work together with.

Does intention make a difference?

From my experience, how people use their personal power is more critical an issue when building healthy community than income level and class ever is.

Class, money, power, and education— when used for personal gain, will create individualistic and distant neighbourhoods. If used for good, however, these things can create profoundly sustainable, connected and diverse communities.

So, instead of fear mongering and class-dissing, let's start talking to people about what their dreams for this neighbourhood and their families are. In the course of our community and city's history, this is a unique time. The local economy is growing, there are grassroots initiatives beginning, my grandfather's church has new community residents joining the congregation. The neighbourhood is experiencing an upswing.

Just how far upscale should we justly let it go?

For more opinions, see www.rat-creek.org

Carissa Halton has lived in Alberta Avenue since 2005. She was Managing Director of The Mustard Seed before changing jobs; she is now known as 'mom'.



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Building on local assets to strengthen the Alberta Ave community

JORGE SOUSA

Have you been wondering what will happen to the old Alberta Cycle building? What used to be a flooring store became another vacant building on the Ave about a year ago. A few months ago I started to wonder whether anyone knew what was happening to the building. When walking to get my custard and orange drink I often reflect on my experiences in other cities where Social Economy initiatives and organizations converge in vacant heritage buildings. In fact, throughout Edmonton there are many examples of Social Economy organizations occupying the same building in order to share resources and services that result in keeping costs down. This approach is referred to as co-location and is a co-operative solution that allows organizations with limited resources to continue their work. I have wondered whether an opportunity to try something innovative in the old Alberta Cycle building was being pursued.

I heard rumours that the city was interested in supporting the co-location of non-profit organizations as a part of revitalizing the Ave. I thought to myself, wouldn't it be great if the old Alberta Cycle building were occupied by non-profits organizations and social services. I heard that the building had been purchased by the city the Arts Habitat Association was contracted to develop the site. Arts Habitat has been working with Arts on the Ave over the past year to develop plans for a community based multi-disciplinary arts-friendly facility, which will make a significant contribution to ongoing efforts to revitalize the area. I decided to contact Linda Huffman, the General Manager of the Arts Habitat Association to get more details. So what is happening to the site? What should the community expect to emerge at this site? According to

Linda, "The vision, principles and values for the redevelopment respond to the needs of its community. The project will be a catalyst for community transformation, prosperity, sustainability and livability, while contributing to new modes of development. It aspires to advance best practice in design and environmental sustainability, while being realistic about what can be achieved. The Alberta Cycle Building holds a significant presence and history on the Avenue. The revitalization of this urban landmark will reengage the community and bring energy to boost the local economy."

Not surprisingly, engaging the local community has been a key part of the planning process. Community ideas have ranged from a café to common areas for stage exhibitions. It appears that the community's interests have been taken into account and we will have a better sense on the next steps in the near future. According to Linda, the projected completion date is early 2013 and the project will take place in two phases. In the first phase the building will be brought up to basic health and building safety codes for interim use beginning January 2011. In the second phase the building will go through a thorough building redevelopment.

I am certainly hopeful that the new plans can support the burgeoning Social Economy in this part of Edmonton. I do wonder, however, why older buildings should be salvaged or converted for other purposes rather than torn down and start over again. I put this question to Linda, and part of her response follows,

"...it restores and enhances an existing and familiar icon on the street rather than replacing it with something completely new and foreign. This act of "placemaking" builds value in the existing character of the neighbour-

hood, versus imposing a completely new standard. In the midst of other changes, the former Cycle Building redevelopment will be pivotal in the overall Alberta Avenue revitalization. The transformation of this aging building into a vibrant and sustainable centre where arts and community meet to create is a perfect fit for this neighbourhood."

While there are many benefits associated with this type of co-location arrangement there can be unforeseen challenges. There has to be some commonality across the tenant organizations. Also, they must all share the common goal of contributing positively to the community's plans, which is a key characteristic of the Social Economy. After speaking with Linda Huffman I believe that we will see a building that is grounded in a community mindset that will involve organizations that support engagement opportunities for those living in the community and is inviting to outsiders.

Update from March:

In the last issue I wrote about the potential closure of Parkdale Public School. Unfortunately at an April meeting of the Edmonton Public school board the closure became a done deal. While I still believe it is a terribly misguided solution to economic constraints, as a community this is an opportunity to reclaim the site. We need to ensure that the site continues to be used for community purposes, and the Social Economy certainly provides some options. I urge you to contact our MLA, City Councillor and the Board Trustee to ensure that any plans to redevelop that building includes our voice. In light of the significant loss of our school perhaps the legacy of Parkdale is that it can continue to provide educational opportunities in more innovative ways.

A great story about a root canal. Yes, a root canal!

JUDY LOVEDA

When I learned I needed a root canal, I knew I had the secret weapon to undauntingly face and get the job done ... and all without freezing!

After all would you want to suffer side effects like a numb swollen face, frozen protruding lip and inability to eat for 2 – 3 hours, just from having your jaw frozen?

Not me! The pain and inconvenience of it didn't appeal to me. Then and there I decided on a plan of action. I would use therapeutic essential oils in place of freezing.

With my mind made up I entered the root canal specialist's office. When asked to sit in the dental chair, I promptly announced, "I'll have No Freezing!"

"No freezing?" he questioned.

"That's right," I replied. "Have you ever heard of therapeutic essential oils?"

"Oh sure, I use herbs all the time," he replied.

"My only concern," I said, "is that they may be too strong for you. For example, one drop of peppermint therapeutic essential oil is equal to 26 cups of peppermint tea."

"Oh, you don't have to worry about me. But can you handle them?" asked the dentist.

"No problem," I calmly stated.

"So, how soon can we begin?" he inquired.

"In six seconds!"

"Really! That is fast. It usually takes about a minute for the freezing to take effect and numb the nerve", he replied.

I said, "If you would just show me where you would normally inject the freezing, I will take a moment to apply to that area a few drops of Panaway essential oil and a couple of drops of Lavender essential oil."

Note: Always apply an essential oil blend first, followed up with a single plant essential oil such as Lavender (*Lavandula Angustifolia*) or Idaho Balsam Fir.

However, before we started, I asked him to stop if he saw me raise my hand so that I could re-apply more Panaway to the tooth and gum. He agreed but his assistant looked askance.

And with that, we began the placing of the rubber dam in my mouth. Immediately he began the drilling.

I, in the meantime, closed my eyes and allowed myself to relax, pray and talk to my body to let it know that we were perfectly safe and that if we felt any pain, I would do a time out. After all, it was my body that was going to have the nerve inside the root canal cut, but I assured myself and my body that we could handle this with ease.

As it turned out there were three instances where I felt a

little pain. On a scale of 1 to 10 it would have been about a three, but I was taking no chances!

The first time I felt a twinge of pain, I promptly stopped him. With my mouth full of so much gear that I couldn't speak, I took out my bottle of Panaway essential oil and poured a drop of it into the lid of the bottle and pointed to it.

The assistant went to take the bottle of Panaway essential oil and hold it above my tooth so that a drop would fall into the tooth canal but the dentist stopped her. He realized it would get messy and suggested she get a sterilized plastic eye dropper.

She did so and used the eye dropper to hold one drop of the essential oil that was inside the essential oil bottle lid. She then held the filled eye dropper directly over the tooth where he had been drilling, and allowed the drop of Panaway to fall into it. He waited six seconds for the essential oil to numb the tooth and again began to drill.

We went through this procedure two more times. Later he informed me that it was in the last millimetre of the tooth canal, where the nerve was being cut, that I had requested the time-outs.

And that was it. No freezing! No pain to speak of, no numb rubber lip and the root canal was done in his allotted time so he was ready for his next patient!

However, he did not fill the root canal, he just capped it. The completion of the job was to be done in three days.

The only thing he warned me about was not to eat or drink for an hour and to eat on the other side of my mouth so that the cap did not come off and allow food to get inside the canal. Otherwise an infection might begin.

I happily went home and continued to apply Lavender therapeutic essential oil to the tooth and gum area at the rate of three to four times a day until I had my final appointment.

Three days later, when I returned for the filling of the canal of the tooth, he was amazed to see that there was no swelling (an indication of infection). With that he finished off the root canal.

What an effortless and easy way to make my visit to the dentist one that I could confidently handle knowing I didn't need to go through what the fellow in the hilarious video, Tim Conway – The Dentist, did. (You can view it at: <http://www.JudyLoveda.com>)

Having a root canal can be fun. If you don't have the courage to do what I did—have a root canal done without freezing—then contact me through www.JudyLoveda.com and let's discuss it.



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Less crap in the river: minding your dog's business makes a difference!

GRAHAM WATT

It is a bright spring day. You and Rover are out for a walk in the neighbourhood, smelling the scents of spring (and the lingering odours of winter). Rover sniffs, pauses, circles, and hunches over, a pensive, concentrated look on his face, then waits patiently for you to collect his deposit.

But what happens if you don't pick it up? What you and your pet left behind doesn't just disappear. The deposit waits for sun, wind, rain, bugs or passing shoes to dry, shrivel, or carry it away. It sits around, waiting for a shoe, or slowly disintegrates and releases its ingredients into the environment.

If the rain or snowmelt comes, the remains will likely disintegrate further and be carried into a storm sewer catch basin. In newer areas of the city, the stormwater may be held temporarily in ponds or constructed wetlands, but most of Edmonton's stormwater discharges directly into the North Saskatchewan River through a system of over 200 storm outfalls.

So why is there a problem with Rover's business? First, "doggie-do"

has nutrients such as phosphates and nitrogen – the same ones we find in fertilizers – that can wash off of lawns and roadways and into the stormwater system. These nutrients "fertilize" the water too, causing blooms of algae in rivers and lakes that quickly decompose and rob the water of oxygen, killing fish and other aquatic creatures. Along with these nutrients are bacteria, diseases and parasites that may be carried by dogs.

Rover's contribution is just one part of the much larger problem of water pollution from urban lots, farm yards, roads, and industrial sites. These places can introduce sediments, fertilizer, pesticides, oil, grease, and other pollutants. That's why the City of Edmonton developed the Storm Water Quality

Strategy (SWQS), a program that aims to reduce the polluting effects of Edmonton's stormwater on the river to improve water quality, aquatic health, and use for human recreation. According to Lyndon Gyurek, Senior

Environmental Engineer with City of Edmonton, "It's one of our first forays into linking river water quality to what's happening on the land."

The strategy involves everything from "end-of-pipe" treatment options like the new Kennedale Constructed Wetland in Hermitage Park, to lot- and street-level practices that can absorb rain water and reduce the amount of stormwater that runs off and carries pollutants to the river. These can include "swales" to collect stormwater and direct it to trees and grassed areas. Over time, the practices outlined in the SWQS will allow the

City to continue to expand while protecting the river as well as sensitive ecological sites such as Big Lake and Whitemud Creek.

That's where Rover and his human companions come in again. Besides religiously scooping Rover's poop, City residents can help out by being more careful with everything they apply to the land, including reducing or eliminating fertilizers and pesticides, fixing fluid leaks in cars, reducing the amount of lawn watering, and even harvesting rainwater from roofs using rain barrels and "rain gardens". In new neighbourhoods, residents can choose or ask for sites that incorporate "low impact development" practices that minimize stormwater pollution. And finally, we can look forward to more improvements as Edmonton has incorporated the stormwater quality strategy and low impact development in its draft Municipal Development Plan.

More information on the City's Stormwater Quality Strategy can be found at http://www.edmonton.ca/environmental/wastewater_sewers/stormwater-quality-control-strategy.aspx.



STORMWATER GUSHES FROM THE GROAT ROAD OUTFALL MARCH 5, 2010

Photo courtesy City of Edmonton Drainage Services

In the beginning ...

DEANNA COX

I grew up with animals. Living on a remote farm in northern Alberta, it was common to find a newborn calf in our kitchen on a cold spring morning. If they were born early, if the weather was too harsh, if the mother didn't accept them – chances are my dad would bring 'em in for bottle-feeding. And I loved it. There were no "bad" animals – just a few which needed extra love. We had cows, horses, pigs, and chickens – the regular farmyard types and more.

With the unfortunate demise of a mama black bear one year, we fostered a baby cub until we found a permanent home for him on an animal reserve. Another time we cared for a whitetail fawn – just

a few days old when we found it next to its mother's lifeless body on the road. As the deer grew older it began to come and go as it pleased. My happiest childhood memories always involve animals, whether it be the old milk cow that would let me ride her, the horses that I'd go camping with each summer or just watching those baby chicks hatch, life was full and wonderful.

How I missed my animal friends when I moved to the city. I held off for some years in bringing an animal home. It didn't seem right to have one so confined in the city. Then as our family grew, my children inherited that love and I used it as an excuse to bring home our first dog. She was a beautiful Siberian Husky and spent most of her days outside. She and her littermates had been abandoned and a neighboring farm had taken them all in. She was timid and shy at first, but time and devoted attention changed all that. Working from home, I decided perhaps a smaller indoor pup would be a welcome addition too. I never dreamt how this would forever change our lives.

"Sparky" was listed as a mini-dachshund – a real deal at a hundred dollars, the ad stated. "Eight weeks old, vaccinated, dewormed – just a short drive

out of Edmonton." A couple hours later I finally reached the sellers home, a tiny trailer at the end of a long and winding mud road. What happened next to this day seems like a scene from a horror movie. As I pulled in the front yard, slowly dogs began appearing, some missing an eye, some missing a leg, all smaller type dogs and after about a minute, I estimated perhaps 70 to 80 dogs were surrounding my car.

They came from the field, from behind sheds, from the trailer and converged on my car all at once. Normally a quite rational person, I briefly lost my senses at this gathering of canines and upon seeing an elderly lady approaching, I opened my car door. I knew better but it just seemed so surreal I misjudged my safety. Bitten and with my favorite pants torn and blood-

other was just a bit more alert. She told me she was feeding them "chop," a ground-up powdery mixture of grains. I knew I would only be able to rescue one pup in that instant and I was overwhelmed with sickness and dread. There would be no bargaining, no common sense, there was no way I would be able to leave that acreage without handing out some money and pretending everything was ok.

I rescued little Sparky that day. We both made it back to the city where we sought medical attention. He was probably no older than five weeks, extremely dehydrated and caked in feces. He might have a bit of dachshund in him, I'm not sure, and really it doesn't matter. I cry when I write about him. Never could you find a more loyal dog. Although I say I rescued him, the opposite is true. He has rescued me a thousand times over; from moments of loneliness, from days that seem dreary, he's calmed my soul and taught me patience and

compassion. He brought me back to my first great love as a child – animals.

Since that time four years ago, we have taken in others in similar circumstances. Rescue agencies have deemed us as an animal sanctuary. From a hairless cat to a four-foot iguana, I could fill the pages with

DEANNA COX'S CAT, BETHANY HAIRBALL

inspiring tales. The Bible tells us right from the beginning – man will have "dominion" over the animals. The Hebrew word used is radah and I think it's been misinterpreted too many times as meaning domination or rule. The true meaning is "responsibility." As for the other dogs that I saw that day – they were all put down, they were very sick. The owner was charged and convicted. Out of a very terrible situation one little dog named Sparky did make it out and because of him hearts were opened and a sanctuary was born. He is four years old and very happy to be a resident in the Parkdale neighborhood.



SPARKY, THE LITTLE DOG THAT STARTED IT ALL



A SKINNY PIG (HAIRLESS GUINEA PIG), ANOTHER OF DEANNA COX'S PETS

ied, I found refuge atop my car's roof. Though elderly, the words streaming from the woman's mouth were vulgar and obscene. She carried a long whip which she cracked in the air and the dogs parted and let her through to speak to me.

I was completely dumbfounded as she pulled two tiny balls of fur from her jacket. One looked as though it wouldn't make it through the day and the

🐾 CRAZY ABOUT PETS! 🐾

Pet or caregiver? I'm not sure!

SYLVIA HATERMEHL

There are times in your life when you look back and know, without a doubt, you were blessed.

One of the best relationships I have ever had was with my small teri-poo dog that spent 14 years in my life. When I first saw her she was a little ball of black fur. When taking her for her first haircut I was not aware that under her fur she was silver-grey. I came back to get her and actually did not believe that was my dog. She always wanted to get into her kennel to go for rides so I told them if she did not do some of the same things I would be back. This poor little dog kept jumping on me as if to say, "Hey you, it's me." I soon realized she was my dog in more ways than one.

Very quickly she won my heart. To leave her at home seemed impossible so she followed me— or should I say was carried— to work, family and friends, and outings until she was so recognized that soon the grandchildren started to call me "Grandma with Sheena".

An active little dog, she soon learned to play soccer with a ball larger than her. She would kick it with her back feet and stop it by pouncing on it with front feet. Occasionally she would land on top and need to be rescued from straddling over the ball.

She went for bike rides in a basket on the front of the bike and soon she knew the river valley. Many people would stop to talk to her. Sheena walked daily for one hour and had personal foot massages after waiting

for me at dance classes.

Her working days consisted of watching for people who needed comforting and convincing them she was the one to do it. This would take place while they held her, of course. Many people came to the office just to see her. She actually volunteered to cheer people up and show her love wherever she went. Her love of people and her personality persuaded most, even cat lovers, that she was very special.



GRAHAM WATT'S CAT, ZEUS WONDERS WHAT YOU'RE LOOKING AT?

Spoiled-not a question! But is having good care spoiled? She was beyond laying on anything hard so she always had small pillows on the couch or chairs where she chose to lay. She has a smaller traveling kennel and a larger play kennel. At times she could be seen in stores in a purse, or should I say a travel purse for dogs.

Through my years of struggling with finances, death of parents, per-

sonal challenges, and going for more education at the age of 50 she was always close at hand to comfort me. I realized that she could sense when I needed to just stop so she would fuss until I picked her up and focused on petting her. The next thing I knew we were cuddled up together and I was totally relaxed.

Last year I started to notice that

Sheena, who was still full of energy, started to slow down. She slept a lot and would cry and whine in her sleep. She coughed a lot and would try to stop when she could see that I was worried. After many trips to the vet she was not improving a lot. This condition would change but it always came back. After a couple of very long nights of agonizing with no sleep and lots of tears, I knew I needed to take her to the vet.

That morning I knew the results. I cried and cried while friends and family tried to comfort me.

Hesitating, I made the decision to follow through. Some friends drove me to the vet and I just cuddled her. As I held her and she went to sleep, I knew my life had changed.

I asked the vet if I could take her and bury her out by my camping trailer. She was gently placed in a box with her favorite blanket and toys. The drive out was painful and yet I felt peace. I knew I had done the right thing. I was so thankful for all the years of memories. I could feel her beside me as if she was saying "It is okay, my time has come".

When I arrived, my youngest three year old grandson brought me flowers and said, "I love you Grandma." My son, family and friends helped me dig a little grave. We had some short moments of reflection and after placed a rock on top of her grave.

The grief was hard to bear and I knew I must do something. Within days I decided to write a story of her life using pictures. The title is Through the Eyes of Sheena. This book has helped me in times of missing her and needing comfort. It has helped my grandchildren and others who met her as well.

At times I almost hear her or feel her near me. I said almost. After all, I believe she would want the best for me. She did invest 14 years of life lessons teaching me. I learned about loyalty, love and comforting others.

For any of you who have lost a pet and are missing them, I would highly recommend writing and making a book with pictures so you can enjoy those memories forever.

If you are mourning the loss of a pet, you can find support at the Pet Therapy Society of North America. Phone: 780-413-4682 Email: info@pettherapysociety.com

What is a Pet? Sylvia Hafermehl

They teach us to LOVE
Unconditional as it gets
They teach us Responsibility
As they rely on us
They teach us Respect
And give in return
They teach us about Time
As it is limited
They teach us about MONEY
As they need our support
They teach us about FUN
As they only want more
They teach us TEAMWORK
As they are on OUR TEAM
Where did they get all this knowledge?
I wonder out loud.
In reflection we GROW
We learn something great
These pets are a gift
A blessing from God
Their unconditional Love
Will always remain

BRENDAN VAN ALSTINE'S
"LITTLE BLACK RUNT" AND
HIS NEIGHBOUR'S DOG FROM
PROBABLY A YEAR AND A
HALF AGO.



Brendan Van Alstine



Constance Rushko

CONSTANCE RUSHKO'S ZOE COOLS OFF. CONSTANCE WRITES: "A BIT ABOUT ZOË THE WÜNDERBEAST: SHE IS A YEAR OLD. SHE WAS RESCUED FROM THE COCHRANE HUMANE SOCIETY. SHE IS VERY INTELLIGENT; SHE'S A CROSS OF AUSTRALIAN CATTLE SHEPHERD, GERMAN SHEPHERD, AND COLLIE. SHE LOVES THE SNOW AND LOVES TO EXPLORE. SADLY, SHE LIKES TO BE THE ONLY PET OF THE HOUSE AND DUE TO THIS, MY LOVELY CAT OF OVER 10 YEARS, FRANKIE, UP AND LEFT 4 MONTHS AFTER SHE ARRIVED. HOWEVER, ZOË IS IMPROVING AS SHE MATURES AND THOUGH SHE'S PLENTY OF WORK (!) I LOVE HER TO BITS. CAN'T IMAGINE LIFE WITHOUT HER."

A minute with Mason

WITH BRIAN MASON

Friends, I would like to touch on the recent school closures approved by the Edmonton Public School Board in April.

After a great effort by many concerned parents, students, community members, advocacy groups and others, on April 13, 2010 the Board of Trustees of Edmonton Public Schools approved the following closures:

To close Capilano School – CARRIED (8 – 1)

To close Fulton Place School – CARRIED (6 – 3)

To close Eastwood School – CARRIED (8 – 1)

To close McCauley School – CARRIED (6-3)

To close Parkdale School – CARRIED (6-3)

To close the elementary program at Spruce Avenue School – CARRIED (9-0)

The school closures are effective June 30, 2010. I would like to thank all of those involved in fighting these closures and who worked so hard to stand up for their schools and stand up for their communities. I was proud to stand up with you and speak out against these closures both in the Legislature and on the street.

I think it's important to note the alliances we've built, and the great support we received throughout this process. I was happy to see so many contact my office with

their concerns regarding these closures, we worked very hard and you should be proud.

I feel very strongly that local schools are a large factor to healthy neighborhoods, and key to revitalization. We have all worked hard at restoring our communities over the years, this is a setback, but I would encourage everyone to not give up.

I will continue to do all I can to promote and protect our area; please give me a call if you would like to get involved: 780-414-0682. As always, I look forward to hearing from you.

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

The Garden Diva's trends for 2010

the Garden Diva
WITH CHERYL WALKER

Hark, Dear Readers. The Garden Diva (TGD) has spent several days attending all-of the local garden centers, entirely on your behalf. Really, Dear Readers, her intensive research, and the procurement of multiple plants is all for you! Research, Field Trials!

All of this in a valiant effort Dear Reader, to end the unholy triad of planter pestilence, the dracaena, dusty miller and geranium combo. Dear Reader, STOP! There are many plants. Manifold. TGD has personally viewed thousands of annual options. From Asters to Zinnias, there is no end to what you could plant in containers. Eschew the banal. Strike out for the extraordinary. Replace the expected with the unexpected.

Accordingly, TGD and her crack team of garden researchers (The Master Gardening Mother and the Tres Wonderful Garden Diva Husband) wish to draw your attention to a few options:

Summer in Alberta has become tropical, at least by the plants. TGD started to see this trend about five years ago, when coleus suddenly became remarkable. Coleus had always been available, right next to the begonias, but suddenly coleus is gargantuan, available in multiple hues. Suitable for shade or sun, with elaborate colour patterns: pink, lime, yellow, purple, red. Not your mama's foliage.

Climbing vines have always been around, but suddenly we've moved past the sweet pea (not that TGD will hear a bad word said about the sweet pea!). Now garden centres carry vines as at home in California as in Calgary. Consider Mandevillia, Passion flower, sweet potato vine in lime.

Looking for a showstopper? Something to make people stop in their tracks? Want your own personal version of life in the tropics? Choose False Banana

Plant, Papyrus Grass in the King Tut Variety, or even the Castor Bean Plant. (Extremely poisonous, so watch out for the wee ones). Show stoppers are expensive per plant, but require fewer plants.

Looking for vibrant colour? Check out Canna Lilies, Gerbers, miniature roses. What about scent? Think retro with night stocks, heliotrope, or nicotina, the same plants that would have graced your grandmother's garden.

Now Dear Reader, pull it all together carefully. There is a lesson to be learned from the grievous geranium grouping – this trying triad does balance the important elements of container design – colour, texture and height. Readers, this can be done without planting a single dusty miller!

Consider the need for a variety of foliage textures, smooth, spiky, rough, crinkled. Choose colours that either group together in a hue or provide direct contrast. Add a variety of heights to give depth to the container.

Finally, consider the container. Ultimately, anything can become a planter. (If you heard about TGD and the great toilet planter of 2009, you know exactly what this means). Make the most of a planter by choosing if the planter or the flowers are the focal point, then allow room to grow.

Dear Reader, a word to the wise about using the show stopper plants – most of them may be small now, but rather like MPs trying to hide their expenses, they don't stay hidden for long. Show stopper plants are diva's, working best when they are the only plant in a container.

TGD lives and gardens in Parkdale, with the tres wonderful garden diva husband and the non-gardening dogs. She likes gardening, and writing about gardening. She also likes reading seed catalogues. Next month she will vilify the petunia, the geranium and the dracaena, using only her razor sharp wit.

FINANCIAL LITERACY

WITH LISA TARA EDEN

I've been up since 4 am driving from Edmonton to Calgary in a downpour because my children needed to get their American passports renewed. I'm now on my way back to Edmonton and stopping at Cabin Fever Books with my nine year old and 13 year old. My 13 year old says, "Mom what's that sign that says "SALE"?"

"It's a pawn shop."

"I want to go there. I've never been to a pawn shop."

I shake my head, "I don't like pawn shops."

"Mom, I want to go!"

I park the car and we all get out. The pawn shop is five stores away from Cabin Fever Books.

"Well, you go by yourself, I'm going to look at books."

"Mom, please, please, I don't want to go by myself. Please can we go?"

He moves right in front of me to block me from walking to the book store.

"No!"

"Yes, mom. Yes... Please!"

I yawn. I know from past experience that if I don't give in he'll yell and whine about this for at least half an hour. "Just for a minute," I murmur.

We walk into the shop and a man with the skin of dark burnt leather, the belly of humpy dumpty, and glassy black eyes sits behind a glass case counter. "Can I help you?"

"No thank you, we're just looking," I yawn.

Looking at the tools against the wall in the dark and dusty room with light

Pawn or prank?

only coming from the front door on this cloudy afternoon my girl says, "I don't feel very good in here."

My boy walks over to me. "Mom, mom, that iPod's only \$15," he points to what he thinks is his pearl in the glass case.

"No!"

"Mom, I'll pay you back. I have \$20 at home."

"No. The person who sold that iPod wasn't able to pay the man back and if he did pay the man back they would have to pay a very high interest rate to get it back," I shove my hands into my pockets.

"MOM, I have the money. I want it. I would never be able to get it in the stores that cheap... Pleeas."

"Fine."

We walk to the front of the show case. My boy is suddenly quiet so I ask, "That iPod is only \$15?"

He opens up the case and slowly lifts it up. Gloats. "No, it's \$65."

"But that sign, the only sign beside the iPod says \$15."

"No. The price tag is on the back of the iPod. It's \$65."

"Can I borrow the money?" My boy touches my arm.

"No." My boy and I both shrug our shoulders. He knows I won't lend him the money and lucky for me he doesn't have \$65.

People pawn their valuables so that the pawn shop will lend them money, but they typically charge an interest rate of 2%, and then 20% in fees. For people who are drowning in debt pawning it is tempting: they may need

to pay for diapers, groceries, or rent; but they always lose more money than what those items are worth.

A few weeks later I spend some time chatting with some women who have had experience with pawn shops. Jackie, a dancer who wants to one day open up her own business says, "People steal things to pawn – pawnshops promote crime. They prey on people who are poor and on the streets and single mothers and drug addicts."

Twylen lifts up her pen from the paper she's writing and reiterates, "Pawn shops step on the heads of poor and unfortunate. Pawn shops are very good hustlers."

Allie, a mother of very young children with an income of just over a thousand dollars a month (of which \$900 goes to rent), pipes in: "My husband bought an X-box guaranteed for 30 days and just after 30 days it crapped out so he didn't get his money back."

Many people don't have any qualms about buying stuff from pawn shops because the items are so much cheaper than in retail stores. But be careful. And how do you get out of a bad financial situation when all the cards seem against you? Don't go to a pawn shop. Try taking a loan from someone you trust or a bank, or problem-solve with a friend, counsellor, or someone from a non-profit or social service agency.

Lisa Tara Eden is the financial literacy coordinator for Elizabeth Fry Society. To find out more about Elizabeth Fry's Me and Money workshops call Tara at 780-784-2203.

GOT COMMUNITY NEWS?!



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"the gardener's handyman"

One woman's weed is another's salad, or coffee, or medicine

AN AVENUE HOMESTEADER WITH CARISSA HALTON

Weeds have a bad reputation, perhaps fairly earned. Just when you think you've pulled the last seedling of quack grass, chickweed, dandelion or lamb's quarters, another pops up from the ground and innocently waves, "Over here, babycakes!"

They are resilient, prolific, aggressive and driven bleepity-bleepers (minus that last part, they sound a lot like the financially successful people I know). Weeds threaten our prettier, more tender plants and drain our already busy schedules. Plus, we've been acclimatized to think prejudiciously towards them—they are ugly, smelly, good-for-nothing cursers from the earth.

There is a small but growing contingent of people who would like us reconsider our hate-on for the weeds in our yards. These folks suggest that perhaps the Earth has gifted us with these tenacious plant-fellows, to be used as ground cover (Johnny's sells Dandelion seeds by the thousands for this purpose), or salad dishes, nutritional supplements, or fertilizer.

In case you I haven't heard about the wonder plant, 'Dandelion', here are some of its benefits collected by Living Magazine writer Judith Berger:

- Restore health to overused topsoil
- Help digestion and enhance 'movement' in the intestine

(bitter greens release hydrochloric acid in the stomach)

- Has a potent effect on the solar plexus, the liver, stomach and gall bladder, are strengthened by ingesting the choline in the plant's leaves.

- Contains high levels of Vitamin A and C

- Ensures that honey is made and harvested into the fall (when most other flowers have died)
- Emits a gas that ripens fruit in orchards early and evenly.

Seems too good to be true that all this can be found in my back yard! On a sunny day in early May, I decided to give a dandelion salad and dandelion-root coffee a try.

I spent about a half an hour in my yard pulling out dandelions, root and all. It was tough work and my thighs were burning by the end as I gathered up enough plant to fill an 8-litre pail. After soaking the plants in clean water for a couple hours, I used a scrub brush to scour the roots. The leaves washed clean okay, but looked very spindly. There wasn't a lot of flesh on these particular dandelions leaves and before I even started with preparing a salad, I tried a leaf. Spiny and tough and bitter, it left me no choice but to throw the lot of leaves out.

On further experimentation, the trick with the leaves is to find plants with no blossoms developed— best picked in the early spring. Also, the broader leafed the better. "Better," though, is still very bitter. I find these leaves hard to swallow except when

mixed with lots of other greens, buried in egg, ham, and salad dressing. I still have to work out whether the leaves' health benefits outweigh the cholesterol and fat consumed in such a salad.

I had somewhat better luck with the dandelion roots gleaned from my back yard. They mostly came clean and smelled freshly of carrot. In order to use them as a tea or coffee, first the roots

this in a drip machine or percolator but I only had the option of a French Press. So I added my "grounds" to the carafe (they smelled a lot like Ovaltine, which increased my optimism) and hot water then let it steep for five minutes. With great ceremony, my husband poured the beverage. First I tried it black. It was rather like healthy tea, in colour and in flavour. I added cream

and sugar. It still tasted a lot like healthy tea—with an extra kick at my back tonsil as it went down my throat.

The verdict: The flavour was pretty awful for my novice palate and a half hour of harvesting, plus half hour of scrubbing, plus two hours of roasting produced just four teaspoons of ground dandelion root— enough for two cups of brew.

There are many recipes that at press time I haven't tried— you can mix dried root with equal parts real coffee and add a dash of cinnamon. Or steep fall-dug leave and roots in brandy for winter cordial. Or add blossoms to pancake mix. You can make

wine, face wash, vinegar.

Considering the dandelion's many benefits and my inexperience as a dandelion barista, take my take on the salad and coffee as a challenge: try them, you may like them. And, if you do like them, please share the recipe or tricks with me on my blog at <http://avenuehomesteader.blogspot.com>.

Because I really wish I could ingest dandelions without exercising my gag reflex.



DRIED DANDELION ROOTS, A NOT-COMpletely-SUCCESSFUL EXPERIMENT.

Interested in Eating Weeds? Further Resources: <http://greendmonton.ca/dandelions>
The Neighbourhood Forager by Robert K Henderson
Wild in the Kitchen by Ronna Mogelon
Drinking in the Wild by Hilary Stewart
Edible Garden Weeds of Canada by Adam Sczawinski and Nancy Turner

Thanks to everyone who made The Homesteading the Avenue Workshops a success this year. Every month since January a varied group of people have gathered to reconnect with their inner homesteader. Over the last five workshops, sixty-five people have participated in bread making, seed starting, grafting, square foot gardening, and beauty product making. Special thanks goes out to the facilitators: Henry Stainthorp, Hannah Barrington, Cheryl Walker and Mat Halton. Thanks also the Alberta Avenue Community League, City of Edmonton and Rat Creek Press for their support.

Avenue
goes to the dogs
& Eastwood Summer Kickoff

June 12, 2010
11803 - 86 Street
Eastwood Community League
10:00a.m. - 4:00p.m.

Dog games	Kid Games
Dog Adoptions	Dog Sports
Prizes	Bike Rodeo
Spray Park	K9 Market
Celebrity Dunk Tank	

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

Join 118 Ave. as it goes to the Dogs!

avenue initiative revitalization

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

Large Item Pick Up

The Community is cleaning up!

Saturday June 19th

1 large item: \$10

3 large items: \$20

Additional items over 3: \$5 each

To book your pick up:

The Carrot Arts Coffeehouse (9351-118 Ave)

Tuesdays June 1, 8, 15, from 10am to noon

Wednesdays, June 2, 9, 16 from 6pm-8pm

Saturdays, June 5, 12 from 2pm-4pm

Cash Payment Only

For information call the Rat Creek

phone 780 479-6285

or email safeststreets118@gmail.com

You can drop your own items

off at Northlands
(112 Avenue & 73 Street)
June 19th & 20th
between 9am - 5pm



avenue initiative
revitalization
Edmonton

KARA-LOT

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dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

It came at a perfect time as our backs were against the wall financially and the bulldozer was coming. In September 1998, I landed a well-paying six month contract in White Plains, New York! While two of the twelve or so consultants on the team from Edmonton spent a lot of time together, I was still lonely for the familiar. It got so bad I would go for walks and stop New Yorkers walking their dogs just so I could pet them.

A few weeks into the project we got individual apartments so I brought Dogma, my English springer spaniel, out to stay with me. We even signed up for classes together! Having someone to come "home" to made the Big Apple seem a little less daunting. This was made even more obvious when due to a merger, the project was put on an indefinite hold and all of us were told to go home. Although

a bit reluctant, Dogma patiently allowed me to hold him for a few hours while I wept and dealt with the shock.

In spring of 2009 the doctor told me I couldn't have been closer to having pneumonia. I spent several days in bed unable to provide the usual care and exercise to the fur crew. But they seemed to understand and were very patient with me. Karma, also an English springer spaniel, would hop up onto the bed and gently wash my face. Once done she would curl up next to me while I fell asleep. Active and a typical terrier, Stix, surprisingly also curled up next to my thigh and dozed. A dog's body temperature averages 102 F so being sandwiched in I was kept toasty warm and fully recovered.

The painting of the hunter sitting in front of the roaring fire and his dog laying on the floor next to him always

appealed to me. With three dogs in the house, I am unable to go anywhere without at least one furry companion. I don't know where they keep their assignment schedule because I never know whose turn it is to follow me into the next room but it's always at least one. Usually one will lie asleep on my foot so that if I get up they are instantly alerted and will assign accordingly. The one then may alert the others if they suspect the possibility of my taking them out on some new grand adventure whether a walk, dog show, visit to the seniors residence, assistance to training or evaluating a client dog or just to sit in the yard enjoying the weather. They are always ready and waiting. I am never alone. We love them.

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

Sprucewords

WITH PATRICIA FOUFAS

Pet love at your local library

There can be little doubt that kids and pets belong together. Whether it is giving a bath to your hydrophobic cat, dressing up the family dog or taking the iguana for a walk, children are always showing their unconditional love to the family pet. From the earliest contact, the story of a child and the family pet is a story of true love and unconditional acceptance. At Sprucewood, we have a wide variety of materials to help choose, train and care for the family pet.

The benefits of having a pet can readily be seen as you walk around our neighborhoods. Pets are walking companions, play friends and the catalyst for a whole host of family-friendly activities. Pets can bring joy to the young and old alike, but for the very young they are non-judgmental first best friend. Paws for a Story is one of our well-loved

library programs. Paws for a Story is delivered by the Pet Therapy Society of Northern Alberta and it provides a unique opportunity to promote literacy for young readers. By having children read aloud to a pet it provides an uncritical ear.

Books about pet care are among our most popular items. Whether you are researching the best breed of dog for your family or brushing up on the care of your exotic pet, the Sprucewood library has the information you need. Come on in and let us help you find the information you need!

Patricia Foufas is a Library Assistant and the Sprucewood Branch of the Edmonton Public Library. Patricia loves all animals, but she and her cat, Mao are a match made in heaven.



PETER GOLDRING
Member of Parliament
Edmonton East

RESTORING TRADITION

The recent announcement that officers in the Canadian Forces Maritime Command would have the "executive curl," a small loop of gold braid, returned to their uniforms was met with widespread approval from our sailors.

The executive curl had been a part of Canadian naval uniforms since the inception of the Royal Canadian Navy in 1910. It was removed in 1968 when the government of the day united the different branches of Canada's armed forces, and reinstated to mark the Navy's centennial.

Restoring the curl is a small thing, a change to uniform insignia that would probably go unnoticed by the vast majority of Canadian civilians. But it means a lot to those who care about our military and its traditions.

Canada has a proud military history, one we have too often failed to teach. Our soldiers, sailors and airmen put their lives on the line daily in their service to the people of Canada. Whether it is helping Canadians deal with crises at home (such as the Winnipeg flood), helping those in need elsewhere (as in Haiti after the 2010 earthquake), or serving in a traditional military role (Afghanistan), our service men and women are outstandingly professional, with the highest of reputations.

In this year of the Navy's centennial perhaps it is time to restore another tradition, the traditional name of the service. Until 1968 the sailors of Canadian Forces Maritime Command were proud to be known as the Royal Canadian Navy, part of a tradition that began with the Royal Navy hundreds of years ago. After all, the ships of the Canadian fleet still carry the traditional designation HMCS for Her Majesty's Canadian Ship.

The Royal Canadian Navy had a long and honourable tradition that today's sailors know and appreciate. It is time to give them the name back.

What do you think?

780-495-3261 www.petergolding.ca

Being a good witness

CONSTABLE REID NICHOL

One question I am asked on a consistent basis is what the police need to know when a call is received in communications and once police arrive at a call. Our members rely on the information that you give as a starting point for any investigation, so it is vital that the information is accurate. If you are a witness, feel free to write down what you see, saw, heard, or even smelled; your memory is generally most accurate moments after an occurrence. If a person or vehicle has left the area, it is very important to know what direction that the individual left. Please, don't be afraid to approach police once a situation is safe- the information you provide might be the "missing piece" that we need to solve the problem. Finally, if you don't know the answer to a question, that's fine, just let the investigator know. Here are some simple tips to keep in mind when you are calling in to report an occurrence:

For people:

- Basic description including height, weight, build
- Clothing descriptions. If you notice writing, a distinct pattern or color, that is of great assistance. Also, color and style of shoes is of great help.
- Any distinct marks, scars, or tattoos that you observe. These are things that the people cannot change, and make them very identifiable for the future. Also, if you are close enough to

the person, hair and eye color; hair length and style.

- If you interact with a person, try your best to recall exactly what was said, and how it was said.

For vehicles:

- Make, model, and color License plate if you can obtain one (even if it's only partial)
- Any identifiable markings or damage like stickers, rusting, tint
- How many occupants are visible
- In the case of impaired driving, a driving pattern (i.e. weaving in lanes, speeds, etc.) Direction of travel is vital
- For residences or locations:**
- Entrances and laneways; in the case of a break and enter, what entrance was used to gain access or leave from; is there another entrance to the location, and how can the entrance(s) be approached?
- Is there movement in the location or are there any lights on? If so, can you see the individual(s) in the location, and what are they doing?

Finally, as the summer months approach, we often see an increase in criminal activity and disorder in each and every neighbourhood. First, please don't hesitate to report something. Even if you don't see police quickly, we will get to your complaint. Next, I wanted to briefly touch on personal safety. As the nights get warmer and it is light out longer, more and more people are on the streets later. I can't stress

enough the importance of protecting yourself, and ensuring that you do not make yourself an easy target. Again, offenders will identify and target easy victims, so take precautions to not be an easy target. Here are some quick and simple tips for the safety of yourself and your family:

Leave your valuables at home

Walk in groups, especially for kids. Ensure that someone has a cell phone in case there is a problem

Don't display things like iPods, cell phones, and jewelry; this is what offenders look for. Keep those items at home, or concealed in your pockets

Know where your family members are going and when they plan to be home

Walk in well-lit areas, and know the route that you will be taking to and from your destination

Your personal safety is something that you can control. Make sure that you take proper precautions to protect yourself.

If you ever have any questions, please feel free to call me anytime at 780-421-2602.

The Edmonton Police Service is proud of its partnership in your community. If you see a police officer, take the time to stop and say "hi". We work hard in your community to make it a safer place to be 24 hours a day, seven days a week.



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McCauley and Me



Resident Profile WITH HARVEY VOOGD

McCauley entered Marie's and my life in August 1997 as a wedding present. We had requested a dog as protection for Marie when she gathered willow branches. Marie felt quite vulnerable harvesting willow alongside roads at the edge of town where the only traffic was guys in trucks.

Neither she nor I had ever had a dog. Marie grew up without a pet and my family ate our pets. Though I grew up in the Vancouver, we usually had 40 to 60 rabbits on our city lot. Except for one male and a couple of females, all the bunnies got butchered at nine months!

Our Furry Bundle Of Joy

Our dog was gift from our friend Erik who at the time was a veterinarian in Wetaskiwin. The clinic where he worked also served as the pound for the city. Erik called to say he had a dog with a very good temperament for us. On a Monday evening we drove out and met the dog.

Erik said she was probably about a year old and was a mutt, but mainly a Labrador/Retriever cross breed. We played with her for about an hour, enjoyed her company and said we'll take her. Erik said he would spay her for us and we should come back on Friday.

The next few days we excitedly talked about the dog and settled on the name McCauley because that is the neighbourhood where Marie and I met and fell in love. When we picked up the dog, we were shocked to learn that she had been pregnant and Erik had aborted the litter.

I remembered that when we met the dog she had big teats. But neither Marie nor I talked about it or thought about what

this might have meant. Shows you how much we knew about animals!

Canine Mishaps

Two things stand out from my first memories of McCauley. One is how fast she could run. The dog was like lightning, with very few dogs being able to beat her at tag. Even today at 14 years old, she occasionally breaks out into a run.

The other memory was a surprise at learning she was a hunter. One day Marie called me at work asking what she should do about a pigeon with a broken wing walking around the front yard. She had heard McCauley barking and found her straining at the end of her chain facing the pigeon. I suggested she call the SPCA, which Marie did.

They said if she could catch the bird and put it in a box, they would pick it up. Marie asked them to hold and went outside to capture the pigeon. She was horrified to find feathers everywhere and our dog chowing down on the bird! I guess pigeons aren't too bright.

Being too embarrassed by what our dog had done, Marie told the SPCA that the pigeon had wandered into a neighbour's yard and been killed by their dog. Since then, I've seen McCauley successfully hunt mice, squirrels, gophers, and magpies. She's chased foxes, rabbits, deer and coyotes and I've had to restrain her from going after porcupines and beavers.

A Few Scares For Dog Parents

McCauley has scared us a few times. Storm season was over by the time we got her at the end of August, so we didn't learn until the following spring how terrified she was of thunder.

We went out for dinner with friends and returned to

find the chain and leash lying in the grass and the dog gone. Though we called the SPCA and pound, three days later she still had not been found as we left town for a week for a family wedding.

Voice message from the SPCA to pick up our dog or they would adopt her out greeted us upon our return. At that time they were closed on Sunday, so it was with much anxiety we waited until first thing Monday morning to pick up our love. It turns out our dog was turned in by someone who lived about seven blocks from our house.

Once, in Saskatoon, we arrived after another family wedding back at Marie's parents' house to find McCauley on her hind legs with paws up on the swing set. She was panting hard, drooling and terrified as she sought to keep herself from choking. Somehow she had tangled her chain in such a manner that she almost did herself in.

Our dog has enjoyed excellent health over the 13 years we've had her, but there have been two memorable medical events. The first event was how we learned not to feed our dog turkey bones.

A Mess; A Lesson Learned

We were in Saskatoon for Thanksgiving dinner and McCauley got lots of bones from Marie's family members. At night, as usual when traveling with our truck, we put her in the cab behind the front seats. I was surprised in the morning to see her sitting on the front passenger seat. As I walked to the truck I got angry because McCauley knew she was not allowed to sit on the front seats.

She sheds and one thing I hate is having dog hair on my good clothes. Opening the door, I was overwhelmed by the stench of poop. The whole back

of the cab behind the seats had been sprayed by diarrhea.

The amazing thing was there was no poop on the front seat. Somehow the dog had kept everything in the back of the cab and made it to the front without causing a mess there. So don't give your dog turkey or chicken bones! It just tears us their insides and will give them the runs!

Another time, a year and a half ago, McCauley seemed to be on her death bed. She had been declining for about six weeks. In spite of x-rays, ultrasounds, and a raft of other veterinary tests that cost more than \$1600 dollars, nothing was discovered.

Medical Mysteries?

McCauley was down to sucking back a bit of raw egg and on a Friday evening we agreed that she would probably die soon. The Saturday morning as we left the house for some errands the dog started throwing up. Marie turned and said she's choking on something.

She rushed over and proceeded to pull out of the dog's throat a huge tangled mess of carpet threads. Within an hour McCauley was back to her normal happy self. It turns out, without our knowledge, she had been chewing on some old carpet in the basement where she slept at night.

She often eats grass when she isn't feeling well and I think because it was winter she had substituted the carpet. At any rate, the basement no longer has any carpet in it.

But at 14 years old, our dog is the equivalent of at least a 70 year old person. When I look at McCauley, I know that she's slower, is graying and losing her

hearing. But what I see is the incredible gift she has been to us and what she has taught me.

McCauley has taught me hospitality. Our dog has always welcomed all creatures to our home. She has never bitten anyone, in spite of the roughhousing she has received from children. She chases cats off the property, but never in our yard. I've seen neighbours' cats lying in the doghouse with her or sunbathing next to her on the patio.

Dogs Make Us Better

I understand faithfulness, showing appreciation for another and the pleasure of being with another living being from my dog's unconditional love of us.

My dog is only depressed when she does not get her twice daily walks. And it's not an instant depression; it usually takes a week of neglect to finally cause those sad eyes and listless look to appear.

I've started thinking about life without her. Medium to large sized dogs usually live 10 to 15 years. My sister's large dog was the same age as McCauley when it died three years ago.

With our inexperience we never would have taken a pregnant dog. But sometimes I regret now that we'll never have a pup from McCauley. A pup would mean a part of her would live on – hopefully all those parts of her temperament that I find so endearing.

My dog is not a person, but in the end, what I've learned is that all creatures deserve to be treated with respect and honoured for who they are, be they people or dogs.

Nice Neighbour Recognition Award for April

CHRIS HAYDUK

It is time to announce the April winner of the Community Response to Urban Disorder (CRUD) Nice Neighbour Recognition Awards. CRUD is pleased to introduce a deserving winner for April, Theresa Laville.

Theresa represents everything that the Nice Neighbour Recognition Awards are about. She is a helpful, friendly neighbour who on a daily basis makes our community a happier, healthier place to live. Theresa moved into the Eastwood community approximately three years ago. The house she purchased had a bit of a seedy past, but after it was renovated Theresa moved in. Her neighbours anxiously watched and waited to see who their new neighbour would be. The neighbours informed CRUD that they were very happy to meet Theresa and said that she is always "smiley

and happy." Theresa greets her neighbours in a friendly way that makes everyone feel great. Theresa helps out her neighbours by caring for their pets and has been known for baking delicious cookies which she brings by for everyone to enjoy. She also participates in community building by volunteering at local events.

"Theresa cares about community!" She gets along with neighbourhood children, so it came as no surprise to find out that she is a school teacher. She works at a local school and has demonstrated her commitment to the neighbourhood by both working and living in the community. CRUD has been told that it is great to have Theresa on the block because she represents all of the great change that the community is going through; new young people and families bringing new energy into the community.

Thank you, Theresa, for contributing to the health and

growth of our communities. We are honoured to call you our Nice Neighbour for April.

CRUD would also like to thank all of the contributors that make this monthly award possible. The prize pack sponsors for April are: Habesha and Lan's Asian Grill restaurant, Safeway, and The Carrot Coffeehouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit www.crudedmonton.org. Nominations can be made at info@crudedmonton.ca or by phone at 780-996-4728. Please include your name and contact information, the nominee's contact name and information, plus details on what makes your neighbour so great. Let's work together and try to recognize all of the great people in our neighbourhood.



CARISMA CHURCH
Come as You Are!
Sunday 10:00am
Experience a Multicultural Environment
8401 - 114 Ave. - 780.477-1235



ABC HEAD START

Free preschool program for families with low income

- 4 half days a week
- Free transportation and nutritional snack
- Family support
- Sites across the city including Francophone
- Children must be 3 1/2 by September 1

To start program in September
Apply now at 780-461-5353
www.abcheadstart.org

25 Years!


* Check our website for ways to celebrate our 25th Anniversary

Nina Haggerty

Alberta Artists with Brain Injuries Society, "Celebration of Abilities" at the Stollery Gallery

For over seven years members of the Alberta Artists with Brain Injuries Society (AABIS) have come together to share the positive benefits of art-making. Rebecca Mullan, Chair of AABIS, is not alone in her belief that creating art plays a positive role in the recovery of brain injury survivors. "Creating art has cognitive benefits. It also helps with memory, concentration and hand-eye coordination," she says. "Many members of AABIS not only lost their jobs after their brain injury, but also their occupation. Becoming involved in the arts has instilled a renewed sense of purpose,

accomplishment, and value for many members."

For the past three months the group has been using the Nina Haggerty Centre's studio to hold classes on Thursday afternoons, but this is not the first involvement the Nina Haggerty has had with AABIS. Since Alberta Artists with Brain Injuries Society's inception in 2003, the Nina Haggerty has hosted an annual exhibition for the society. This year's exhibition, "Celebration of Abilities," is showing June 2 to June 18 in the Stollery Gallery. With a focus on watercolour, drawing, and possibly a few sculpture pieces, guests will

find a diverse scope of artistic offerings. Rebecca Mullan commented on the range of abilities of the artists featured in the show: "Many of the artists displaying works had to learn how to draw and paint with their non-dominant hand after their brain injury. Everyone's recovery is in a different place, and no brain injury is the same. We have no expectation for them." What you can expect, though, is diversity.

Please join the artists at a free reception Thursday, June 3 between 6 and 8 pm at the Stollery Gallery, 9225 118 Ave.



ARTISTS FROM AABIS EXHIBIT THEIR WORK THIS MONTH AT THE STOLLERY GALLERY



To Whom It May Concern:

The sale of weapons and drug paraphernalia on 118 Avenue is of great concern to me, my friends, family and neighbours. Addictions, robbery, theft, gang violence - all of these problems escalate in areas where weapons and the means to do drugs are readily available.

We Believe in 118 has been working to reclaim the Avenue as a drug paraphernalia and weapons-free zone. In November 2009 there were six businesses selling this material along the 118 Avenue Business Revitalization corridor. As of today, four have stopped completely and of the remaining two, one has discontinued the sale of crack pipes. This leaves only two businesses in my community that sell drug paraphernalia and/or weapons.

I would like to thank those businesses that have stopped the sale of these items in their shops. Unfortunately, there are still two businesses who continue to ignore this request and sell this harmful material where my friends, family and neighbours live, work and play.

We Believe in 118 is about reclamation - it's about drawing a line around the 118 Ave communities and making Alberta Avenue a drug paraphernalia and weapons-free zone. Again, I ask the two remaining businesses to work with us and stop selling this harmful material in my community.

Sincerely,

Date: _____

Friends of We Believe in 118,

Anyone up for a letter writing campaign? There are only two businesses left along the 118 Ave BRZ that continue to sell weapons and/or drug paraphernalia - we need to keep the momentum going! I've attached a form letter - print it, sign it, and send it back.

Letters can be faxed to (780) 496-8555 or dropped off at the Alberta Ave Business Association (11770-95 St) or with the NETeam on 118 Ave (11845 81 St).

Sincerely,
We Believe in 118

Real Estate Corner

Call Me 1st



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780-439-7000

Your neighbourhood Realtor
Serving Central Edmonton Since 1990

FREE MARKET EVALUATION

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CONDO ALTERNATIVE.....

ADOREABLE 2 BEDROOM HOME IN MOVE IN CONDITION AND NO CONDO FEE!... NEW FURNACE, HWT, 100 AMP SERVICE..... HARDWOOD FLOORS, UPGRADED KITCHEN AND BATH! CALL NOW **\$219,988**



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Call Michelle, living and working in our community.
To view homes for sale visit: www.michellenipp.com
or call (780) 483-4848



4 bedroom 987 sq.ft. bungalow, with 2 upgraded bathrooms, hardwood floors, Newer windows and appliances.
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To view homes for sale visit:
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or call (780) 483-4848

Michelle
Patterson Nipp
Realtor®



COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

Second 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

COMMUNITY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making ranging from clay building to printmaking and everything in between. There is no fee required, just an interest in art. 18+ Limited space so please phone ahead to register: 780-474-7611. Tuesday evenings from 6:30 - 8:30 PM at 9225 - 118 Avenue.

FAMILY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making! All skill levels welcome. There is no fee required, just an interest in art. FREE! Families of children 16 and under. Limited space so please phone ahead to register: 780-474-7611. Thursday evenings from 6:30 - 8:30 PM at 9225 - 118 Avenue.

MUSIC

PIANO LESSONS

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

PIANO LESSONS IN YOUR HOME

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

GUITAR LESSONS

All styles, all ages. Experienced and tailored to you. Call Reg 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 pm
Seniors Drop-In: Tues and Thurs 1-5 pm
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). Come visit with other parents while the children enjoying playing together. Interested in being a host? It's very easy. You just greet people and make coffee! Call 477-2773.

COMBO WORKOUT

Drop-in Mondays, 7:15 to 8:30pm at the Alberta Avenue Community Centre (9210 118 Ave). 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 Lueth 780-477-0683.

CARDIO SHIMMY

Every Tuesday evening 7:30 to 8:30pm at Bedouin Beats Dance School (11804 94 St). Kick your workout up a notch. This upbeat and electrifying workout combining shimmies with other basic bellydance technique is guaranteed to make you sweat. Fast footwork and fun combinations help to build core strength and endurance. \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

BELLYDANCE FUNDAMENTALS

Tuesday evenings 8:30 to 9:30pm and Wednesday evenings 6:00 to 7:00pm at Bedouin Beats Dance School (11804 94 St). This fitness and technique class is designed for all levels, from absolute beginners through to advanced. A great way to improve your coordination, balance and flexibility, and to increase your strength and develop better bellydance technique. Drills! Drills! and more drills! \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

TAI CHI

Sunday afternoons noon to 1 pm at Bedouin Beats Dance School (11804 94 St). This is a general Tai Chi class meant to give you a taste for the art and the benefits of the practice. Using the Yang style short form as our basis, you will learn to loosen the waist from the upper and lower body, to move the hands and feet independently but simultaneously, to control your breathing and ultimately how to move slowly and smoothly (the art of Smoothment). \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

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

SENIORS DROP-IN

Thursdays from 2pm to 3pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play a game or just visit over coffee and snacks. Then peruse the farmers' market.

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), 11661 95th St, Ph 780-474-4324. Drop-in hours: Monday through Friday 9:00am - 4:30pm and Friday night 7:00pm - 9:30pm

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.

BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on second Thursday evening of each month from 7pm to 9pm for Book Club! Lively discussions, humor, and enlightenment! For more info, call Ann @ 780-752-4867.

COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Please join us, bring your questions and comments, or come in for a visit and coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3), 10 - 11:30 AM at Bethel Chapel, 95 St. @115 Ave. Free child care provided.

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
THURSDAYS: Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones Ph: 780-752-4867 Email: windsorhouse@shaw.ca
FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge
SATURDAYS: Open mic 7:30pm-9:30pm. Music, spoken word, comedy, plus every Saturday great cinnamon buns!!!

SPORTS & REC

FREE SWIM FOR ALBERTA AVE

COMMUNITY LEAGUE MEMBERS
 Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street).

GIRL GUIDES AND BROWNIES

If you're a girl looking for fun, friendships, and new challenges, Girl Guides of Canada - Norwood District has a spot for you! Sparks (girls aged 5 and 6 or in Kindergarten or Grade 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7 and 8 or in Grades 2 and 3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9 to 12 or in Grades 4 to 6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more information, call Jean at 780-469-4487 or Angel at 780-642-0879.

VOLUNTEER

VOLUNTEER DRIVERS NEEDED

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

NINA HAGGERTY CENTRE FOR THE ARTS

The Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more information on volunteering at the Stollery Gallery, please contact Anna at volunteer@ninahaggertyart.ca

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 Abbotsfield Mall. Contact: Denis Lapierre Coordinator at 780-429-0675 or email: dl.learningcentre@shaw.ca

NOTICES & UPCOMING EVENTS

EASTWOOD COMMUNITY GARDEN

If there are any community members interested in starting or being involved in a community garden please email Eastwood Community at ewcl@telus.net or call the League at 780-477-2354

SATS BOARDROOM AVAILABLE FOR RENT

Seniors Assisted Transportation Society of Greater Edmonton (SATS) located at 9907 108 Ave. has a Board room for rental. SATS charges \$100 for a Business to rent the board room a day and \$50 a day for non-profits and charities. For more information,

call at 780-732-1221 or email info@satsfedmonton.org.

FARMERS' MARKET

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

CRUD AVENUE DOG WALKING GROUP

The Dog Walking Group meets at 6:30 pm every Monday in front of St. Alphonsus Church (11828-85 Street), then walks west towards 95 Street. For more info contact CRUD at info@crudedmonton.org.

CRUD COMMUNITY DINNER CLUB

Every month the group discovers a new flavor and restaurant. Please visit www.crudedmonton.org or call 780.996.4728 to find out the time and location of this month's feast.

CRUD'S NICE NEIGHBOUR RECOGNITION AWARD

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for the monthly Nice Neighbour Recognition Award. For further details visit www.crudedmonton.org or call 780.996.4728.

CARROT GIFT CERTIFICATES

Buy your friends an original gift: tickets to Friday Night For Two at the Carrot (evening performance) or gift certificates.

CHURCH SERVICES

AVENUE VINEYARD

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

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 am

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 11661 95 Street, 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

BETHEL GOSPEL CHAPEL

11461 95 St, 780-477-3341 Sundays 9:30 AM - Communion; 11:00am - Family Bible Hour

GOT COMMUNITY NEWS?!



CALL US! 780-479-6285



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, June 4 - Aug. 27, 2010

Presented by Bent Arrow Traditional Healing Society
 Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Reading Buddies

4:30 p.m. Thursdays until June 17, 2010
 Ages: 6 - 10 years
 Call Paula Drury at 780-496-7099 to Register

Are you in grades 1-4? Do you love to read? Do you want to have fun, make new friends and practice your reading skills? Reading Buddies is a program that matches teen mentors with kids in Grades 1 to 4. Through interactive games and activities with your teen buddy, kids will become more enthusiastic readers.

Summer Reading Club (SRC) 2010

Opening Ceremony: Destination Jungle 2 pm Saturday June 26, 2010
 Ages: 3 - 12 years
 Register in Person beginning June 1, 2010 or call 780-496-7099

Soar into a jungle adventure at the library! Join the TD Summer Reading Club and take part in our opening day celebration. Come in and register for the Summer Reading Club 2010. Sprucewood Library will be kicking things off with a fun Puppet Show! Registration goes on all day!

SRC 2010 - Lions and Tigers, Oh My! 2 pm Wednesday June 30, 2010
 Ages: 2 - 6 years
 Register in Person beginning June 12, 2010 or call 780-496-7099

Join us for some jungle-cat fun. Crawl in for stories and activities.

Teens

Teen Gaming

6:30 p.m. Fridays, June 4 to August 25, 2010
 Ages: 12 - 17 years
 Please call 780-496-7099 for more information
 Come to the library to play some great games!

Adults

English Conversation Circle (LACE Program)
 10:30 am Saturdays, until June 26, 2010
 Free of Charge
 Drop-In.
 Practice your English at the library. Drop in and join others who also want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program.

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

Stories from the Heart of the City
 1:30 pm Thursday June 17, 2010
 Drop-in, Free of Charge
 All are Welcome!

Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years.

Seniors' Spring Tea
 1 pm Friday June 11, 2010

Drop-in
 Come and celebrate both spring and Edmonton's dynamic seniors. Join us for tea, refreshments, and good company.

English Conversation Club
 6:30 pm Mondays June 7 to September 27, 2010
 Call 780-496-7099 for more information

Are you learning English? Practice your English, meet new friends and have some fun at the English Conversation Club. Speakers of all levels of English are welcome!

Pets in the Neighbourhood

Bollo-Meitz
(pronounced "meats")
missing from 93rd st and 120th ave
\$250.00 reward

brown/white/black tabby
fluffy haired, bushy tailed, gold eyes
pink nose with black outline
one ear green from old tattoo



call Arno 780-951-2187
or Heidi 780-463-0655



DOG AROUND TOWN: HENRY, MARI SASANO'S BOSTON TERRIER



DARLENE TAYLOR AND HER DOGS



ELENA PORTER'S LOVELY SIAMESE
FIONA ENJOYS SOME SPRING SUNSHINE



Elementary & Junior High SUMMER CAMPS & CLASSES



July 5-23, 2010

Metro's one-of-a-kind Summer Cool School program provides students with the opportunity to advance their skills and expand their interests.

Build a customized schedule for one, two or three weeks and choose between these classes and camps:

Academic Classes

Reading, Language Arts and Math

\$90 per class/week

Sports Camps

Basketball, Soccer, Sports & Games, and Volleyball

\$100 per week per ½ day camp
\$50 per week per ¼ day camp

Adventure Camps

Computers, Cooking, Hands-on Science and Photography

\$100 per week per ½ day camp
\$50 per week per ¼ day camp

NEW

American Sign Language

\$50 per class/week

English as a Second Language

\$180 per class/week

North location: Spruce Avenue School (11424 - 102 St.)

South location: D.S. MacKenzie School (4020 - 106 St.)

REGISTER ONLINE metrocontinuingeducation.ca
CALL 780.428.1111

R10 0887



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City Councillor, Ward 3



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Proud to Live In Ward 3



Councillor Tony Caterina
2nd Floor City Hall
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Edmonton, AB
T5J 2R7

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



Hello Highlands-Norwood!



Dear Friends

As summer approaches, I would like to give you a friendly reminder that school will be coming to a close, and kids in our communities will be out enjoying the excitement of summer. With this, I remind you to please slow down while driving in our neighborhoods. Let's ensure that everyone has a safe and enjoyable summer! As always, please don't hesitate to contact my office with any questions, comments or concerns you may have. Have a great summer!



6519 - 112 Avenue
Your MLA, Brian Mason
Edmonton Highlands-Norwood

www.brianmason.ca ph: 780.414.0682