

Creative approach to special needs



Teamwork and positivity is the environment that Jonathan Rivero encourages with Qi Creative. Families and therapists join together for a group cheer at their recent open house.

DARREN BOISVERT

For months now, the small gym-like space at 9410-118 Avenue has been undergoing renovations inside. Red-faced with no signage out front, it has been starkly empty with rumours of a yoga or a martial arts studio filling up the space.

On April 15th, Qi Creative held an Open House to welcome the community to their new building and to launch the second installment of their quarterly magazine Whoosh. Over thirty children and adults gathered for drinks and music and the afternoon was filled with energetic positivism and support for all things healthy (although the kids were supplied with endless candy).

CEO and Founder Jonathan Rivero addressed the crowd in an endless stream of encouraging words. "It's important to begin with the end in mind," says Rivero. "Families often grieve when they get the diagnosis their child has special needs. We want to help families celebrate and come up with a plan for

success."

Tanya Stockwell, a mother with an autistic son, listens to the speech from the side of the gymnasium. She wants to believe Rivero, wants to enjoy raising her 13-year-old son Dalence, but struggles with the daily grind of raising a child who needs 24 hour support. A successful day for her family is when her son is quiet enough to take directions and not be aggressive and violent.

"I get burnt out a lot of times," says Stockwell. "Qi Creative feels like family members who help us teach Dalence."

Creative Approach

It's hard to describe Qi Creative as a company because it incorporates education, healthcare, and social activism in a corporate business structure. Eclectic is the word that best describes Qi Creative and its founder, Jon Rivero.

In addition to being an occupational therapist (OT), his biography reads more creatively as "a musician, hip-hop artist, national 3rd Dan blackbelt champion, poet,

motivational speaker, clinical lecturer, co-editor and writer for OT Now Publications, and an activist."

As the founder of a company that provides specialized therapy coaching for special needs children and their families, Rivero has incorporated his personal passions into his healthcare approach. His team of therapists and coaches are also encouraged to apply their personal skills in creative ways. This has created a group of healthcare professionals who have bought into the message of positivity in the face of adversity, and an unusually high level of loyalty to this comprehensive approach to helping families. And to Qi Creative.

"Programs for children with special needs is too often deficit-programming," says Bronwen Black, an occupational therapist with Qi Creative. "Instead of focusing on what families don't have, we work on strength-programming -- trying to find ways to assist the families and their children."

Qi Creative provides services throughout Alberta, travelling to small communities, visiting farms and acreages, and is now expanding their group sessions into the Avenue community. Effectively, they are breaking down the barriers between families with special needs and the wider population. Taekwondo and yoga classes are open to all; Whoosh Magazine is published for the community.

Brennan Black, Bonwen's husband and editor of their Qi Creative Magazine Whoosh, says it's the best company he has ever worked for. When asked why, he looked over the room at the coaches and families and said, "Employees create their own role in the company and there's a strong streak of compassion that all the OT's and coaches have. It's a fun place to work."

To check out Qi Creative, visit them on Sunday, May 6th, as they host the Young Master Club Taekwondo Festival at 9410-118th Avenue.

Last call at the Cromdale?

DARREN BOISVERT

Despite months of negotiations, the sale and demolition of the Cromdale Hotel (on the corner of 82nd Street and 118th Avenue) is still pending. While both City officials and the proposed owner, Shoppers Drug Mart, are optimistic a final deal can be signed soon, as of publication, the deal is still unsigned.

According to Councillor Tony Caterina's office, the Cromdale Hotel is tentatively slated for demolition at the end of May. The destruction of the asbestos-filled eyesore will be met with great excitement in the community if it goes ahead.

However, Tammy Smitham, Director of Communications and Corporate Affairs for Shoppers Drug Mart Canada, is still stressing that the sale of the property is still pending.

In an email, she wrote, "We submitted a development proposal for this site late last year. We have been working closely with the City of Edmonton and they have been very cooperative throughout the process. Although the sale is not yet complete we hope that it will be finalized soon."

Neither Caterina nor Smitham are willing to state what details are holding up the sale of the building.

The 58-year-old building was once an anchor facility in the community. The separated mens' and womens' bar was a regular party spot for those turning 21 and making their first trip to a legal drinking establishment. Many wedding receptions were held there, and it hosted dignitaries visiting the Northland's festivals.

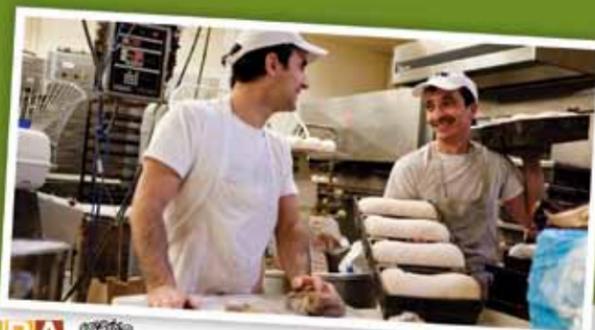
While community members are hoping to celebrate the removal of a long-standing derelict building, others are planning on sending "the ol' girl" out with style. The Avenue History Project (coordinated by the Rat Creek Press) is collecting stories and pictures of the Cromdale Hotel in an effort to preserve its previous importance to the community.

For more about the rich history of the Cromdale Hotel, see our History section on Page 10 in this issue. Help us plan a fitting send-off for the Hotel.

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Letters to unwelcome guests

CORA SHAW

It's official. The Alberta Avenue Community has now 'broken up' with the men who drive through our neighbourhood to find commercial sex workers.

In another innovative media campaign by the Neighbourhood Empowerment Team (NET), We Believe in 118, and Centre to End All Sexual Exploitation (CEASE), johns will now see large billboards and adverts advising them to steer clear of this community.

The goal of the 'Dear John Letter' campaign is to discourage sexual exploitation in the community, raise awareness, and encourage participation in the promotion of community safety.

If you're sick and tired of 'john' and his ways - Tweet and blog to your heart's content! Write your own message to 'john' in the comment section on www.TransformingEdmonton.ca.

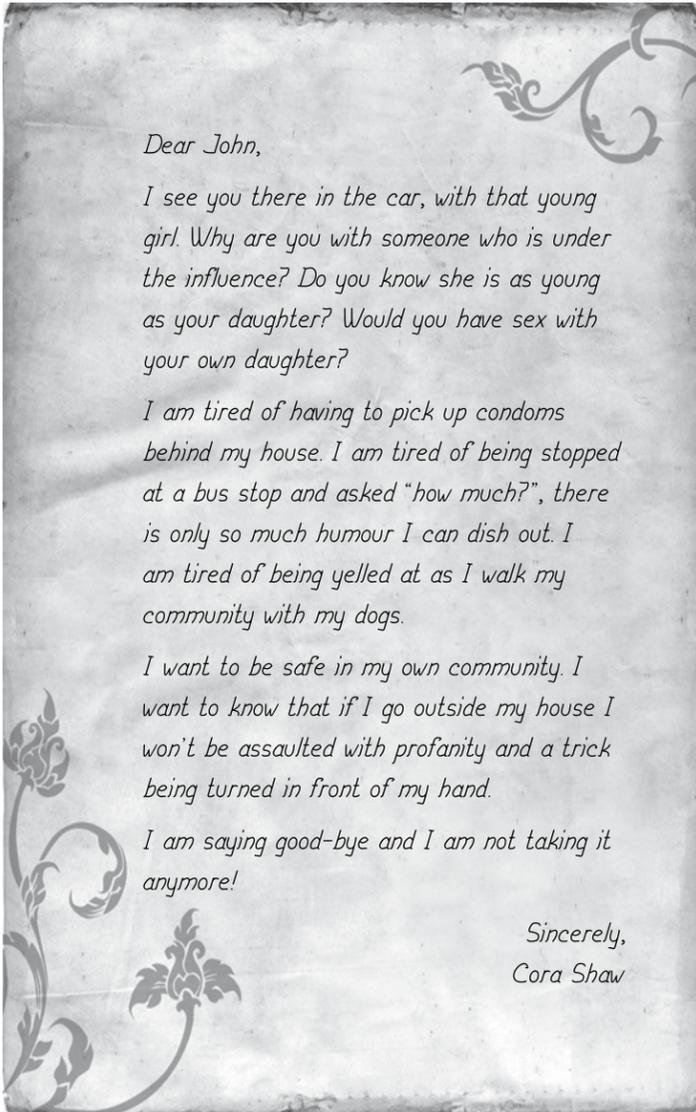
Let's let him know the relationship is over - we're moving on and he should too.

The 'dear john' project will consist of three main components:

1. The 'Dear john Letter' (a break up letter from the community to 'john') will be posted on www.TransformingEdmonton.ca April 25th and will serve as the central point for information.
2. Signs featuring messages from the Dear 'john' letter will

be unveiled along 118 Avenue April 25, 2012. Signs will act as mobile deterrents, and will routinely change locations so as to capitalize on their visual impact.

3. The public is encouraged to write their own message to 'john' in the comment section on www.TransformingEdmonton.com and Tweet him using the hashtag #Dearjohn.



This billboard voices publicly the community's desire to end an abusive relationship.



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PETER GOLDRING
Member of Parliament
Edmonton East



CELEBRATING OUR CHARTER RIGHTS

In April Canadians celebrated the 30th anniversary of the 1982 *Constitution Act* with its Charter of Rights and Freedoms, which was a milestone in the evolution of democracy in Canada.

Before 1982 our founding constitutional documents were all British. With the *Constitution Act* the legal basis for Canada as a country was "repatriated" so to speak. The introduction of the Charter gave Canadians, for the first time, a clear understanding of their individual rights backed by the full force of law, not just constitutional convention.

In 1996, as part of the Special Committee for Canadian Unity, I took part in a constitutional study group with three lawyers where we followed the development of Canada's Constitution from the Capitulations on the Plains of Abraham, Treaty of Paris, London Resolutions, to the British North America Act of 1867 (BNA Act) and of course to the 1982 *Constitution Act* with its Charter of Rights and Freedoms. The Charter, with its complex amending formula, ensures that rights cannot be changed by the whim of the government of the day.

The enactment of the Charter led to an increased role for Canada's judiciary, as the courts were given an increased duty and responsibility to ensure that individual citizens' rights were respected and protected. Some court rulings in Charter cases over the years have led to charges that judges were being activist, creating rather than interpreting the law, and that the Charter was being stretched in ways that were not originally intended when it was introduced.

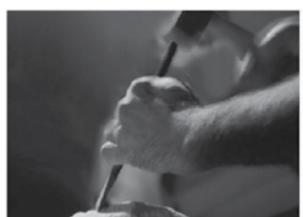
The Charter has certainly added an extra lens of judicial scrutiny which enhances Canadians rights for a fair trial. The document is intended to safeguard all of us, which makes the Charter of Rights and Freedoms something to celebrate.

What do you think?

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RECONSTRUCTING FOB

By Aditi Gupta

There's this term FOB; I heard it stands for Fresh Off the Boat, that's only the first line of the story so it sounds like static from your throat. Let me complete the tale and take a different approach, because most these youths of my generation seem deficient in the way they're coached. After your F.O.B., hopped off the "boat", which can only be done by the most courageous and strong, it wasn't too long till he experienced a FOB, Failure of Belonging. People that said pretty words that implied something ugly, the scene remained the same every morning, and he had to be a FOB, feel OK being belittled though in reality every night was a mourning. Worst part was the kids saying things whose parents were also FOBs, but that couldn't change, the manifestation of FOB in our community as a Famine Of Brotherhood, which is strange, because adversity usually brings people together but we keep inflicting it on each other as a twisted game. So the generations aren't improving but FOB, Failing Our Bond, losing faith in the uniqueness of our name, instead of embracing a versatility, becoming mindless victims of religious segregation though our pain is the same. So FOB, Find Other Bullshit to fight about, that at least sounds somewhat sane, better yet FOB, Fight Our Battle together and perhaps there's something we might gain, and then perhaps we will have found a productive FOB, Function of Our Brain. there was a sociologist named Merton who said not having the means to achieve your goals causes strain, but the FOB would prove him wrong by finding happiness within his pain. Because there's younger generations for whom he'll continue to be a FOB, Forger Of Bravery, just to soothe the uncertainty in the child's eyes, buying clothes that Tommy Hilfiger said wasn't made for he, yet when I see them trying to act friendly, they claiming that our food is so savoury, but the compliments about butter chicken is the only respect they gave to me. But how can I subject them to all the blame? We were told that fairer is prettier by the people that raised we. Insecurity seems to have become a part of our culture and nobody is questioning if we crazy, unfortunately by this point, that doesn't seem to amaze me. So let me help you FOB, Foster Other Beliefs, because ours are dysfunctional, we gotta start thinking for ourselves and disregard these nonsense instructions. Because FOB, Feel Oppressed By the "Canadian" because factually, this is the native man's land, but still the native man can't be original, referred to as just another Aboriginal, settling for what he can. This time however, the power will be in the minorities hand. Be the FOB getting across a powerful message without changing how he talks, but for that we better start thinking differently like FOB, From Outside the Box. I understand for the times that were rough but you my FOB, refrained from crying, let it go, let the tears flow, release, then hold my hand and continue trying, And listen, the next time someone tries to reduce the Face Of a Brown, Face Of a Black, to just a FOB, tell em that Columbus is the one who came here on a boat, baby, we been flying

There's a lot of innovative thinking going on at the Edmonton Mennonite Centre for Newcomers.

With new Poet-in-residence Ahmed Knowmadic gathering youthful poets, the voice of recent immigrants is finding a welcome home on the Ave.

Aditi Gupta was one of the poet participants at the Edmonton Mennonite Centre's New Canadians Speak Out event.

We are happy to showcase his obvious talent and honest words.



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Wednesday, May 23, 2012 – 7 p.m.
Norwood Legion, 11150 - 82 St NW, Edmonton, AB

Citizens are invited to a public meeting about a proposed rezoning of the properties located from 8508 to 8532 Jasper Avenue NW, and 8515 106A Avenue NW.

The existing DC2.752 for the subject site was designed as a mixed-use, high-density, residential development with neighbourhood-oriented commercial uses. The proposed DC2 rezoning keeps the intent for the same uses. However, the proposal will reconfigure the site layout by reducing three towers to two with a maximum height of 92m, reducing the number of units from 1,000 to 750, and reducing the commercial floor area from 12,000 m² to 5,000 m².

The meeting will be an opportunity to learn more about the proposal and provide your feedback to the City and property owner. Feedback will be summarized in a report to City Council before they make their decision on the rezoning.

For More Information:
Sarah Ramey, Planner
Phone 780-496-6214 or email sarah.ramey@edmonton.ca.

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VOLUME 14, ISSUE 05
CIRCULATION 12,500

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EDITORIAL POLICY:

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 600-800 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time. All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press. Send submissions to the Rat Creek Press Editor via email editor@ratcreek.org, or 9210 118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

Editorial

Submissions: editor@ratcreek.org

The changing journalistic landscape

DARREN BOISVERT

For several months, the Edmonton Journal has been encouraging readers to submit stories and community activity reviews to be published for free in their newspaper. Billed as The Bridge, it's listed as a "community newsroom... where readers can take a more active role in covering the news in a meaningful and relevant way".

As the Rat Creek Press volunteer writers and photographers can attest, this is not a new approach to news reporting in community newspapers.

On the other end of the reporting spectrum -- in March -- the Rat Creek Press published a comprehensive investigative report on campaign donation violations in the past Edmonton municipal election. It was a news piece, several organizations on the Avenue pointed out, that would have

been better placed in the Edmonton Journal.

In the months ahead, the Rat Creek Press will be stretching and prodding its budget sheet to find ways to pay our contributors. The remuneration will be modest, but we strongly feel our writers should be paid for their hard work, and will continue to assist them in expanding their freelance capabilities. We are also planning on gathering a team of investigative reporters to look into the social/subsidized housing system in our community and across Edmonton.

It's an odd juxtaposition: community newspapers investigating issues and paying their writers, city news dailies covering community news with volunteer contributors.

So what's going on?

As large newspapers continue to cut staff, they are increasingly filling their pages with 'community

news' and wire service stories. Comprehensive news reporting takes time and passion -- qualities in short supply in the under-staffed and demoralized newsrooms around the country. Engaging the public is a sensible solution to their staffing and financial troubles.

As the grassroots publisher of local concerns, community newspapers are expanding their 'political' coverage of local issues that resonate beyond their geographic borders. This is happening in cities and small communities across Alberta. For example, the Pincher Creek Voice has become a local paper that is seriously tackling concerns over land appropriation, political corruption, and water rights. It pulls in columnists and contributors from around the province to find creative ways to discuss critical issues.

In other words, as big newspapers continue to shrink

and cover more 'generic' news, local newspapers are exploring their local issues in an attempt to hold their governments and elected officials accountable.

The pendulum is swinging back to local political discussions and grassroots political activism, while community newspapers are becoming increasingly vocal in their political critiques. It's a sensible solution to the loss of local political clout.

Like the many festivals that our community hosts for everyone in Edmonton, the Rat Creek Press sees a role (when time and money allow) in inviting all Albertans to read our contributions to the wider political debate. Other community newspapers are expanding in the same direction, and hopefully, the readers across Alberta will continue to be served by the ability of journalists to ask the difficult questions some do not want to hear.

PUBLISHERS NOTE

We do our best to publish a newspaper with a variety of articles types and topics so that everyone can find something of interest in our community paper. While editorial diversity is our goal, it is not always easy when you rely on volunteer contributors. The paper always welcomes your feedback so that we know what stories are resonating with community residents. We need your suggestions for stories and your submissions of articles and photos. Achieving the Rat Creek Press goals of building community, encouraging communication and increasing capacity, require your participation!

Congratulations to Brian Mason, who was re-elected as our constituency's Member of the Legislative Assembly.

LETTER TO THE EDITOR

I live near the ambulance station on 12735-101 Street. During the time they have been here, there are blue examination gloves on the ground around the dumpster and as far away as across the alley to a abandoned house. it is a health issue. The dumpster is never locked and even has a drive-through slide door so folks looking for "goodies" don't have to climb in.

~ Cindy Leavitt



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Speaker's Corner

Have opinions? Great let's hear them!

Submissions: editor@ratcreek.org

Politicians, stay out of my uterus!

FRANKI HARROGATE

Re: MP Peter Goldring's advertorial "What is a human being?"

I will happily inform Mr. Goldring that he is clueless in regard to his statistic of approximately 500 late-trimester abortions with "50 ... children who are born alive but then are allowed to die under the category of 'termination of pregnancy'". Late-trimester abortions, by and large, are performed when an embryo or fetus has terminal congenital defects. That means that when the child would have been born, they would have died anyway. Why subject a woman to that type of cruelty? Of knowing that her embryo cannot and will not ever live on its own, or have to watch that embryo or fetus suffer while waiting for its inevitable demise?

Does Mr. Goldring - along with Mr. Woodworth - seriously believe that changing the legal definition of "when life begins" will stop women from experiencing such things as embryos and fetuses that will not live after their birth? Further, when conception occurs (perhaps neither Mr. Goldring nor Mr. Woodworth took nor passed basic biology), the resulting organism is a clump of cells for approximately 2 weeks. That does not sound like a human being to me: I have yet to see a clump of cells vote, fix my car, or catch a football.

Here is something that needs to be spelled out right away: the government of Canada, elected representatives of the citizens, nor religious adherents (especially the fundamentalists) do not have the right to decide what happens to my body or to make my reproductive decisions on my behalf. NONE.

Stephen Woodworth, Peter Goldring, and their supporters have their personal con-

victions, and if they have no intent to ever abort their own embryo, that is a decision that is up to them. Except that they don't have a uterus, so I guess that makes things even easier for them. They do not have the right to decide for me if I will bear a child. They do not get to decide when and how I will procreate, when and how any children I choose to have will be born, and if I should have any children at all.

The reasons for this are simple: they do not get to push their hyper-moralizing agenda onto the

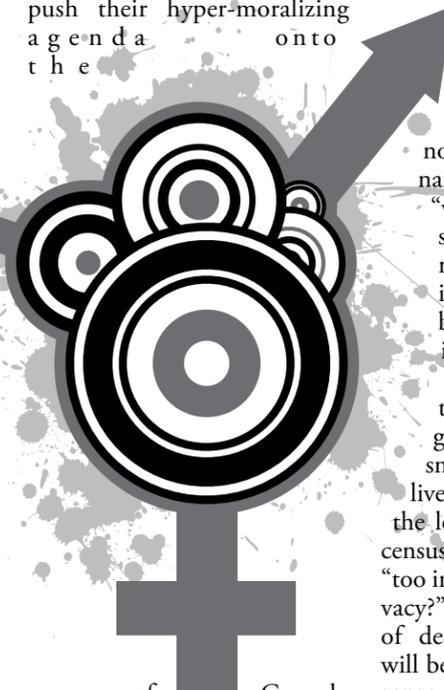
an abortion!" In an ideal world, abortions wouldn't be necessary because contraception and sexual education would be easily available and provided without cost - and rapes that result in pregnancy wouldn't happen. Unfortunately, it seems to be the Conservative ideology that not only should women be punished for having sex, they should also be punished for deciding whether or not they choose to terminate an unwanted pregnancy.

Once again, I will say, flat out, that election to Parliament does NOT give anyone the right to determine whether or not I will carry a pregnancy to term. Redefining "when life begins" will not stop women from terminating pregnancies; that is not only a simplistic but downright ridiculous idea.

This is the government that says constantly that government needs to be smaller and keep out of the lives of citizens. Remember the long-run registry and the census being scrapped for being "too invasive of Canadians' privacy?" This whole nonsense of deciding whether women will be allowed to control their reproduction seems pretty intrusive to me.

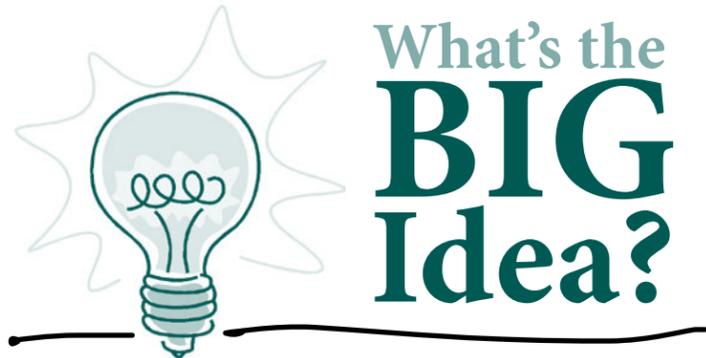
I will close by saying that Peter Goldring and Stephen Woodworth need to keep their minds and their sensibilities out of my uterus, and be more concerned with the many children that are already in this world.

In particular, they need to worry more about the kids and babies living in Third World conditions on Reserves, the kids and babies in foster care who have little to no support, and all of the other babies and children who would benefit immensely from even a fraction of the attention they are instead devoting to attempting to tell women how to view the contents of their uteri.



women of Canada in the guise of "caring for the unborn." If that were actually the case, they would be rushing to ensure that sexual education is provided to everyone, from children right up to seniors. They would also be rushing to ensure the provision, free of charge, of birth control to all women who choose to be sexually active.

The idea that women who are sexually active and conceive an unwanted pregnancy simply run rampant, with abortions happening left, right, centre and sideways is not only ludicrous, it's disingenuous. No one actually goes out and says "Hey, it's a Wednesday: I could go to the mall, have tea with a friend ... nah, I think I'll go get



The Second Coming of the zombies



HEATHER SYREN

We're Baaaack!

Yes, the Thrill the Ave zombies are back in full force again this year to perform Thriller at the Kaleido Festival. We had such a blast last year we thought we'd do it again. We hope to double or triple our dead numbers this year so if you are interested in learning the dance and having a lot of fun at Kaleido you are most welcome!

Don't be afraid if you've never danced before. You don't need any experience to learn Thriller. We welcome zombies in the making of all ages. This is a great event for the whole family to participate in.

This year we are also going to

be performing a hip hop routine as well - zombies doing hip hop - who knew? Jon Jon Rivero will be teaching us the hip hop number. Jon is the founder of Qi Creative and is a musician, hip hop artist, National 3rd Dan blackbelt champion, poet and activist. We are so happy to have him helping us out this year.

We have classes every monday night from 7:00 - 8:00 pm. at Alberta Ave. Community League 9210 - 118 Ave. Classes are free. You can learn both routines or if you just prefer to do Thriller or hip hop, that's fine too. Just come and have some fun.

The dead are calling - are you willing to take the challenge?

To reach us beyond the grave, you can contact Heather at 454-9296 or by email at thrilltheave@gmail.com or check us out at Thrill The Ave (group page) on facebook.

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Hundreds of captive bred reptiles, amphibians and invertebrates will be on display and available to buy from Canadian breeders and hobbyists. Come learn about these fascinating creatures and find out why they make such fantastic pets. Bring your friends and family and find out more about the Edmonton Reptile and Amphibian Society and the reptile rescue it supports. Don't forget to stock up on feeders, supplies, and so much more!

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Penny Carnival makes sense of a good time

The Alberta Avenue Community League Hall was packed to overflowing on Sunday, April 15th for the Penny Carnival. It was cold outside, but inside, the kids were bouncing off the walls, fueled by free candy and games of all types.

Once again, the mini-festival for kids, was organized and staffed by the Avenue Vineyard Community Church. As a regular event, it has filled a real need in the community for parents with young families to participate as a group. Congratulations on another successful fun time.



that Bloomin' garden show & art sale

Saturday, May 12 2012
9:00 am - 4:00 pm

Alberta Avenue Community Centre
9210-118 avenue

Presentations:
9:30am Fruit Growing
11:00am Soil Management
2:00pm Creative Gardening



Workshops • Plant & Gift Sale
Kids Activities • Artisans & Art

More info at albertaave.org



Are you interested in Community Safety?

Would you like to learn more about being a part of keeping your community safe?

You are invited to attend the Safe Streets Meeting.

Wednesday May 16th
6:30 - 8:30 (light dinner provided)
Alberta Avenue Community League
9210-118th Avenue

RSVP to:
judy.allan@edmonton.ca
or 780-496-1913



avenueinitiative.ca



Call the publication people for your book, art cards, newsletter or directory:

The Publication People

PageMaster

780-425-9303
www.pagemaster.ca



Latex love and laughter



Cambria Huff is a regular volunteer at the Carrot Cafe and dances and works at Bedoiun Beats. She also has a job creating balloon creations for people of all ages. She shares her love for all things twisting with the Rat Creek Press.

CAMBRIA HUFF

The table erupts with thundering laughter that I can feel in the ground even through my ridiculous heels as I scuttle away. In our dear bride's hands rests a pole dancer with streaming hair all situated upon a hat. All twisted out of deceptively innocent balloons. By the end of the evening, every bridesmaid would be bouncing around with stripper balloons hats while babbling with child-like glee.

feature, billowing superhero cloaks and dainty fairy wings. Despite the familiarity of the action, the reaction I receive continues to amaze me. How is it that something so simple can bring about so much laughter? (Though, in all fairness, balloon twisting has come an infinitely long way since the ancient Aztecs flushed and dried cat bowels to then stitch together into a tube. Air was then pumped after every twist until a dog or donkey had been shaped to be burned as a sacrifice to the gods).

Children are my livelihood; however I find the most contentment in the reaction I receive from bestowing the twisted latex directly upon an adult. It is the restoration of the wide eyed wonder in eyes that have seen so much more than my own. I never tire of seeing simple joy light up faces of people who know adversity, who know time. The ease of laughter can come like air to a child, making whatever it is that sparked it easily tossed aside. I know that it won't be remembered, as it is a temporary fixture in a life of disposable things.



These are women I know from the roller derby track. Women I know as fighters with fire burning in their bodies that were then so exhilarated by the creations. The latex twists beneath the flick of wrist, the smooth colours almost an extension of my fingers after a year and a half of twisting. Snap here, fold, twist, lock. With closed eyes my hands follow the familiar motions to form human

It seems as though the outcome consistently produces some positivity in both beholders and receivers. Although the occasional dog on a leash is requested, the majority of our time is spent upon princesses and movie characters for the children, which the parents seem infinitely more cheered by.

Maybe it's simply my narcissism, but I find comfort in thinking that something as physically fleeting as a balloon can be used to call up the warmth of childish joy long after the sculpture itself has faded.

AGM

What: Annual General Meeting
When: Sunday, June 3rd at 1:30pm
Where: AACL (9210-118 ave)

CRUD members, this is your AGM!
 Come and elect your Board of Directors, and get updated on the year's activities.
 Hear guest speaker **Catherine Broomfield**, executive director for iHuman.
 For further details contact CRUD.

COMMUNITY RESPONSE TO URBAN DISORDER
 T: 780.996.4728 | email: info@crudedmonton.org
 www.crudedmonton.org

Councillor Tony Caterina
 Ward 7 - Communities to be proud of

Phone: 780.496.8333
Fax: 780.420.4867
Email: tony.caterina@edmonton.ca
www.tonycaterina.ca
www.edmonton.ca

RAT CREEK PRESS PHOTO OF THE MONTH CONTEST

BRIAN MASON MLA

Dear Friends and Neighbours,
 I am honoured to be returned to my position as your Member of the Legislative Assembly. Thank you for this opportunity to continue to work hard for you in the community and in the legislature.
 I am very proud of the residents of our constituency and I look forward to supporting the many wonderful events and initiatives that our dedicated community members work so hard to put together this year.
 There have been many great successes that would not have been possible without your help, including the recently announced funding promised to the East Edmonton Health Center. I sincerely appreciate all of the energy and commitment that has gone into improving our community and I look forward to working with you, and for you, in the years to come.

Connect with Brian Online

[Facebook.com/BrianMasonLeader](https://www.facebook.com/BrianMasonLeader)
BrianMasonNDP.Wordpress.com
[Twitter.com/BMasonNDP](https://twitter.com/BMasonNDP)

Edmonton.HighlandsNorwood@assembly.ab.ca

**Edmonton
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 Constituency Office**
 6519 - 112 Avenue
 Phone: 780-414-0682
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 5 pm - 8 pm

118 Ave & 93 St
abavenuemarket.org

**Re-opens
 June 7!**

Help freshen up the neighbourhood after the long winter. Clean up your yards and haul your junk to the Big Bins.

The tragedy of young love

Theatre Prospero stages Shakespeare's Romeo and Juliet

COMMUNITY PROFILE

Paula Gillis

Romeo and Juliet will be spending time on stage on the Avenue from May 7th to the 23rd.

Rehearsals started on April 13 and the staff and cast of Theatre Prospero promise that the show will be well-worth the ticket price. The setting for the play is modernized while the spirit of the original script is kept intact. The setting of the show takes place in the 1960s and has an East Indian influence; the weapons of choice are still traditional.

This means that, as is the norm in this never ending love story, there will be at least one awesome fight scene using daggers and rapier swords as opposed to the guns that one would expect to see in a '60s love story.

Interestingly, there is a twist in the casting of characters that might cause Shakespeare himself to shake his head in disbelief. As there are only six cast members, many of the actors will take on two or three roles. This means that female cast members will be donning male costumes. Those

of us who studied Shakespeare in school may remember that in the era when the play was originally staged, all female roles were played by males. Times have certainly changed; at least for Shakespeare fans.

The drama will be held at The Alberta Avenue Community League building in the Hodgson Room. The play itself will be theatre in the round with a simplistic stage made from a ladder on wheels with vividly colored fabric as the backdrop. This was the creation of Ami Farrow whose designs are always big on life and color. Lighting will be managed by Karem Cetinel.

Throughout the play, actors will be moving around the outside of the audience who will be taking up the centre of the room. The play is geared to attract local schools and other youth but all audience members are promised a few hours of fine entertainment. Audience participation is part of the act. For example, in his grand speech Romeo will talk directly to the audience instead of a spot above their heads.

Theatre Prospero started performing Shakespeare for young audiences in 1996. Director Mark Henderson wanted to develop a company that was away from the Whyte Avenue

playhouses.

As Alberta Avenue was developing its artistic image, Henderson felt that it would be a perfect setting for his players. It is the first theatre company to set up house on the Avenue in recent memory. With Liz Habbs as his Associate Artistic Director, Henderson has cut many a play to suit the audiences that Theatre Prospero hopes to draw into the theatre.

To date the players have performed *Tempest*, *Macbeth*, *Midsummer Night's Dream*, *Hamlet* and *King Lear* to name a few. In all of these the principal is the same; keeping to the theme of the story while drawing in the target audience - students using various original digressions.

When they are not performing locally, Theatre Prospero travels around the province, bringing theatre to smaller communities that have no funding for a formal arts program. They are gone for two months in the fall and two more in the spring. It is like an outreach program created for students who long to be exposed to drama. The population of these schools may be anywhere from 30 to 200 students. The company then return to the Avenue to prepare for their next production.



KEVIN RUSHWORTH, PINCHER CREEK PHOTO

Tickets for the Romeo and Juliet are both reasonable and negotiable.

Adult prices are \$18 while Students and Seniors pay \$14. This is where the negotiations come into play; no pun intended! Young people who live around the Avenue and who are eager to see the play can negotiate for a lower price of admission. Also, if someone can present an Avenue Arts Society membership card, they too will receive a discount at the door.

To discuss price negotiations or to reserve tickets please contact Mary Ellen, the GM and Tour Manager at 780-761-2773 for more information. Or please visit the web site at: <http://theatreprospero.ca/contact-us/>



Digging up tasty Carrot stories

Stories from The Carrot is a new project by Arts on the Ave (and supported by the RCP) that will collect the stories and memories of those who crossed the threshold at the Carrot Cafe. The goal is to publish a book of stories, poems, pictures and artwork that tell us the story of The Carrot and how it has helped change people's lives and the culture of the Avenue. People are invited to submit their contribution to storiesfromthecarrot@gmail.com. In each issue, we will publish a part of that story.

ARTHUR DYCK

It was opening night and rather than being all happy and excited, Christy and I were sitting on the couch and one, if not both, of us was in tears. We had worked so hard - as had many others - for months it seemed, and tonight we were supposed to open and there was just so much work left to do.

The Carrot had occupied our lives for months. I wasn't working at the time and so it seemed that I spent all of my time at The Carrot or at City Hall. There is so much required to set up a new establishment: incorporation, business licence, redevelopment permits, and meeting health regulations. Applying for a redevelopment permit revealed that we had no dedicated parking and therefore we would not be able to get a business licence. It seems that it took hours and days to tell them that that building had never had dedicated parking and so why couldn't we operate without dedicated parking? Eventually we received the permit and the business licence and the health department's approval, though

I'm not sure whether we had actually received all at the time we opened, and so we operated in a grey area for some weeks.

Then we had this absolutely bizarre idea that The Carrot would be operated by volunteers. We were nuts! But it worked. We had a couple of regular people who volunteered to do shopping and manage the volunteers, but all of the work was done by volunteers. They were amazing people - and still are. They captured the vision that Arts on the Ave had for The Carrot and ran with it.

So The Carrot did open that night five years ago. Not everything that needed to be done got done by opening time. The espresso wasn't great at the beginning, although Geoff Linden from Three Bananas tried his hardest to teach us how to make a good latte. The furnishings, well, someone described them as "rec room chic." But we had our community coffee house. Since then, hundreds of musicians and artists have passed through its doors. Musicians lined up to play on Friday nights and they would come and often leave in wonder at the atmosphere they

found at The Carrot.

It's become a home to many in the community, a place where they have found acceptance and become a part of a community. I walk by several times a week and invariably stop in to say 'hello' to someone I know. I can't always remember the names of all the volunteers who are working anymore because there are so many but almost everyone smiles at me when I walk in the door, and some days that is exactly what I need - and a coffee.

As I remember those early days, tears again start to roll down my cheeks. We had no idea how much work we were going to have to do. All we had was a vision for a coffeehouse in the community where people could perform music, hang their art, whether they were professionals or not, and have a cup of coffee. And now The Carrot is rooted in our community and more has been accomplished than we ever could have imagined and I get the impression that she is inhabited by more than just people. To see her full of people laughing and enjoying themselves is worth every tear.

Help us with features such as housing, education, gardening, immigrants or pitch your idea. editor@ratcreek.org

It's gotta be furry fun for all

DOG TALK

Darlene Taylor

More people are having more fun and more success with their pets – are you one of those people? There are more and more people finding a dog sport that suits them, whether just for fun or for fun with competition. These are things like flyball, agility, disc dog, and carting.

While many of us have invented a variety of games to play with our dogs, Lori Friesen actually documented them in “Over 50 Awesome At-Home Dog Games & Challenges” a variety of fun things to do with your dog. Many of them can be done indoors when the weather is just not cooperating.

Recently, someone contacted me saying my dog “is impossible to walk . . . he is only 7 lbs! We love him dearly but it has become such a problem that we are considering giving him away.” It breaks my heart when I hear this and sadly, I hear it a lot. I also understand it – the pulling, lunging, and even barking are both embarrassing and frustrating. Somewhere along the way it stopped being fun.

First off I would say when you get your dog – keep it fun. As soon

as it stops being fun, don't wait! Review what you are doing. Review what the dog is doing, especially if it doesn't make sense. Seek professional help, very often you can get information or suggestions free.

Whatever you may try, if it doesn't work then stop – try something else. If it doesn't feel like something that you can do, keep



“ People rarely succeed unless they have fun in what they are doing.”

-Dale Carnegie

looking. If you are doing something with your dog that is uncomfortable for you to do then find another way that is comfortable.

While asking friends and family may seem like a good idea, they may not be aware of the more recent training methods or options. Many professionals continue to read, discuss, and review research by animal behaviorists and scientists, it's part of what we do. It can be tough to separate misinformation from information, but like a computer virus it is amazing how quickly bad information can travel. You must let common sense guide you.

Many animal trainers are trainers for the future – and the future is having fun with your pet and in turn the pet having fun. This mutual respect pays off big time.

NEW EYES

wants

YOUR ART

NEW EYES: BRIDGE SONGS 2012 IS AN EVENT AND ART SHOW THIS JUNE ON ALBERTA AVENUE. WE ARE LOOKING FOR WORKS, WORDS AND SHORT FILM ON THE THEME "NEW EYES". SUBMIT YOUR ART BY MAY 21 TO ART@BRIDGESONGS.CA

CALL FOR SUBMISSIONS
BRIDGE SONGS IS AN ARTS EXPERIENCE INCLUDING ORIGINAL MUSIC, SPOKEN WORD, AN ALBUM RELEASE AND VISUAL ART GALLERIES. WE ARE CURRENTLY SEEKING SUBMISSIONS OF VISUAL ART AND SHORT FILM. THE FEATURE GALLERY, SPANNING FROM JUNE 21ST - JULY 4TH IN THE NINA HAGGERTY STOLLERY GALLERY, WILL BE JURIED. A MAXIMUM OF 5 ARTISTS WILL BE SELECTED DUE TO SPACE LIMITATIONS. THE OPEN GALLERY WILL RUN THROUGH THE DURATION OF THE NEW EYES WEEKEND, JUNE 15TH -17TH. IT WILL HOUSE MANY ARTISTS ACROSS A RANGE OF BACKGROUNDS AND EXPERIENCE AND WILL BE LOCATED IN THE PARISH CHURCH OF ST. STEPHEN THE MARTYR. ARTISTS ARE INVITED TO SUBMIT TO BOTH GALLERIES. SHORT FILMS WILL BE CONSIDERED FOR BOTH GALLERY SPACES AND FOR THE EVENT PROGRAM.

THEME
IT IS OFTEN EASIER TO START SOMETHING NEW THAN COMPLETE SOMETHING OLD, BUT PERHAPS THE EFFORT IS WORTH IT. WE ARE SEEKING WORK THAT WRESTLES WITH THE IDEAS OF RENEWAL, THE TENSION BETWEEN NOVEL AND TRADITIONAL, PAST AND FUTURE, YOUTH AND AGING, AND THE DISPLACEMENT OF THE OLD BY THE NEW. ARTISTS MAY ALSO EXPLORE REVISION, BOTH METAPHORICALLY AND LITERALLY. ARTISTS ARE INVITED TO BREATHE NEW LIFE INTO AN OLD WORLD, AND EVEN OLD WORK. NEW EYES IS ALL ABOUT THE SECOND CHANCE.

PARKDALE CROMDALE COMMUNITY LEAGUE

FREE ADULT BOARD GAME NIGHT
June 8th at the Parkdale Cromdale Community League Hall at 7:30pm join us for adult board games and socialization!

UNPACK AND PLAY PROGRAM
Free preschool program, put on by City West Childcare and Community Support Society, is being held at Parkdale Cromdale community league. Thursdays, 9:00-11:00 from April 19 to July 5. Unpack & Play” is a free 12-week interactive program for parents/caregivers and children (up to 5 years old). There is reading time, circle time, craft time, play time, dancing time and more (scholastic, filed trip, extra materials/resources, workshops, community events etc.). Parents get information about parenting, child development, behavior management, health, etc., games and such. Call 780-451-5691 to register.

COLLECTIVE KITCHEN
Our next free collective kitchen, headed by Luisa, will be on May 21st from 1-4pm. Email lvrizzi@hotmail.com to register! Please also note that our dear Luisa will be running our last collective kitchen in August and if someone else is interested in coordinating this fantastic monthly event that would be wonderful! Get in touch with the hall if you are interested!

FREE GUITAR LESSONS
Every Saturday at Parkdale Cromdale Hall free group lessons will be offered to members. The teacher is directly apart of the community and loves to share his knowledge! The lessons run from 10-11am.

PLAY RANGERS IS BACK!
Meet at Sherriff Robertson park Wednesday afternoons from 4:30-6:30 from May 9 to June 20. Program is for ages 7-12 year olds. Younger kids can attend, but must bring a parent or caregiver to join in. This is a free drop in program. Come explore the ravine, learn about nature, take photos, use a GPS, build a shelter and more! Call 311 for more information.

GARAGE SALE
June 2nd and 3rd the Parkdale Cromdale Community League Hall will be hosting a Garage Sale from 9-4 each day. Everyone is welcome to come browse or set up a table for the weekend! Tables are \$10 for members, \$15 for non members and boot sales outside at \$5 per day. There will be a concession.

SENIORS BINGO
Seniors Bingo continues to run each Monday. Come on out and enjoy each other's company and invite any others in the area!

FREE LIL' SPROUTS PLAYGROUP
Fridays from 10-12 kids and their parents are welcome at the Parkdale Cromdale Hall to play and meet others. Contact Chantal at 780-669-3272 for more information!

CREART
We are looking for adult volunteers to help three times a week to help run a free youth program based in the arts and music. If anyone is interested please contact Sebastian via the Parkdale Cromdale Community League!

11335 85 STREET, EDMONTON, AB T5B 4S1 WWW.PARKDALECROMDALE.ORG PH: 780-471-4410

WINGS OPEN 7 DAYS / WEEK 11AM - 2AM

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EVERY THURSDAY, FRIDAY AND SATURDAY

Karaoke Food Specials
2 SLIDERS BURGERS WITH FRIES (Tuesday and Friday) OR REGULAR DONAIR \$5.00
25¢ WINGS FROM 4PM TILL MIDNIGHT
ALL DAY FRIDAY: FISH + CHIPS (2 pieces) \$7.95
ALL DAY TUESDAY: HOT HAMBURGER WITH FRIES \$6.95

HAPPY HOUR 3-7PM
7 DAYS A WEEK

All Day Monday 8" Personal 2 Topping Pizza \$5.00	All Day Thursday Chicken Fingers with Fries \$6.95	All Day Wednesday 1/2 Price Pasta Lasagna or Spaghetti	All Day Sunday Steak Sandwich \$8.95
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ENJOY OUR DAILY SPECIALS!

GAME DAY SPECIAL \$4.50 Pint \$11.95 Jug \$6.00 Schooner during game	WINGS NIGHTS ENJOY OUR FAMOUS CHICKEN WINGS Every Tuesday and Friday 25¢ Wings From 4pm Till Midnight
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For Reservations Call 780.479.8812

All specials are IN-HOUSE only with a paid alcohol or non-alcohol beverage. Wing special is a maximum of 25 wings per person.

Meet Your Neighbours at Our Friendly Neighbourhood Pub

HISTORY PROJECT UPDATE

We are pleased with all the excitement and interest this project is stirring up in the community! That's the whole intent - everyone can get involved. Check ratcreek.org for project info and link to the new website.

We are just wrapping up our first round of interviews and the stories we have collected paint a vivid picture of our community as it once was. The History Project is looking for writers, artists and anyone who wants to flip through history material to assist us in creating some written material for our June 9th celebration of history party.

We also want to upload some stories and history tidbits onto our webpage. Anyone interested in helping out is encouraged to email us at history@ratcreek.org.

CROMDALE MEMORIES AND PHOTOS

With the sale of the Cromdale Hotel, and its imminent demolition, we are looking for pictures and stories of this iconic building before it fell into disrepair. Did you stay there? Did your family have a wedding reception in the banquet hall? Do you have any memories of it being built? Please contact us if you have stories to share.

PHOTOS AND DOCUMENTS

Do you have any old photos of your family? Your house? the neighbourhood? Do you have any historic documents? Grandparent's immigrant papers, land titles, etc.

HOUSES

Do you know the history of your house? Did you find anything interesting when renovating?

BUSINESSES

What businesses do you remember along 118 Avenue? Do you have any photos inside and outside your favourite shop?

To contact the history project, email us at history@ratcreek.org or leave a message at 780-479-6285

She was once a beautiful building

A short history of the iconic Cromdale Hotel on 118th Avenue

JONATHAN WELLER

Built: 1954
Original Owners:
Don Johnson, Pat Gianonne,
J. B Starkey

An imposing monument of the area, the Cromdale Hotel stands as a contentious symbol of the changes seen along the Avenue over the years. When it was built, the Edmonton Journal called the design 'smart' and praised the luxurious accommodations available in the 44 guest rooms, which each came fully equipped with

a three piece bathroom, telephone and wall-to-wall carpet.

In the beginning, the area was vibrant, the working class had not made the move to the suburbs, the Edmonton Gardens were the city's arena and concert hall, which brought out of town performers to stay at the hotel and the beer parlours of the Paddock, the nightclub attached to the hotel, were the first of its kind in the city. It was the place to be, to dance, to socialize, to star watch, to catch a live show; it was a place that from the beginning built memories. However, the high times

did not last and as new clubs opened up and people moved away the Cromdale began to undergo a shift.

The 1960s saw business boom, but mainly from beer sales, which led to an expansion on the western side. Business remained high but the hotel gained a notorious reputation as the years passed. The story has been told often, the near conclusion coming in April of 2004 when health inspectors ordered the building closed.

However, like the avenue community itself, it has been

a hard place to knock down for good. Not even a fire in the neighbouring Wee Book Inn during the 1980s was able to bring it down. In October 2009, the city passed a demolition order for the building, which was hotly challenged in the courts for the following three years, with the end in sight with its proposed sale to Shoppers Drug Mart in late 2011. With this, the building is slated for demolition in the Spring of 2012, but this feature of the neighbourhood is one whose impact will be remembered long after its gone.



The Cromdale Hotel in the 1950s. Help us remember the Cromdale Hotel when it was a positive focal point for the community. Archival research to date, has turned up minimal historical photographs of the Cromdale. We are asking all community members to check through their photo albums for pictures, inside and outside, of the building. Best photograph will be next months winner of the Rat Creek Press's photo contest and receive a cash prize.

NOMINATIONS NOW OPEN

The Rat Creek Press's annual Connect Awards is once again accepting nominations from community members to honour those who have made significant contributions to our neighbourhood. Do you know anyone who deserves recognition for their hard work? We will be awarding three individuals or organizations in the following categories: **Building Community, Encouraging Communication and Increasing Capacity**. All nominees and winners will be honoured at our 2012 Connect Award party. Keep reading the Rat Creek Press in the coming months for details about how to get involved and the date for the evening event. For information on how to make a nomination, go to www.ratcreek.org, or contact the Rat Creek Press at board@ratcreek.org and 780-479-6285.



The Ave We Had: A Living History

Join us in celebrating our history past and present on Saturday, June 9th at 3pm at the Alberta Avenue Community Centre (9210 118 Avenue).

Performance by local actors who collected stories from seniors as part of the Avenue History Project. Live performance from Songs from the Ave CD artists. Special Guest speaker: Jocelyn Brown, Edmonton Public Library writer-in-residence. Presentation of the Rat Creek Press Connect Awards. Historical displays. Mix and Mingle.

NNA NORWOOD NEIGHBOURHOOD ASSOCIATION

ALBERTA AVENUE COMMUNITY LEAGUE EASTWOOD COMMUNITY LEAGUE

Edmonton Federation of
Community Leagues

LOCAL
2011 COMMUNITY LEAGUES

RAT CREEK PRESS

edmonton
arts council EDMONTON
HERITAGE COUNCIL
PARKDALE CROMDALE COMMUNITY LEAGUE

The Rat Creek Press needs volunteers for its casino on July 13th and 14th. Email rustic13@telus.net.

COMMUNITY CALENDAR

for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood

Listings for free events and programs as well as volunteer opportunities. Email your listings to info@ratcreek.org.

ENTERTAINMENT

THE CARROT OPEN STAGE

Thursdays for folks 55+ 1:30-4pm.
Saturdays 7pm-10pm Open mic. Great time to share your newest tune, poem or comedy act! \$2 cover charge, children free. 9351 118 Ave. More info call Irene at 780-471-1580.

IN THE STOLLERY GALLERY

Gallery Hours: Mon-Fri 9:30am to 2:30pm; Thursday 4:30-8:00pm; Saturday 1:00-3:00pm.

EVENTS

ADULT BOARD GAME NIGHT

Adult board games and socialization. Free! On Friday, June 8th at 7:30pm at Parkdale-Cromdale hall (11335 85 St).

CARROT BIRTHDAY PARTY

The Carrot birthday party planning for June 23rd. Any ideas for the 5th celebration? Call The Carrot at 780-471-1580.

THE AVE WE HAD: A LIVING HISTORY

A presentation from the Avenue History Project and Rat Creek Press Connect Awards on Saturday, June 9th at 3pm at the Alberta Avenue Community Centre. More info: history@ratcreek.org

NOTICES

SPRUCE AVENUE GARAGE SALE

16th Annual Garage Sale at the Spruce Avenue Community Hall (10240 115 Ave). A HUGE selection of items including household, children's wear and toys; tools and miscellaneous with proceeds going to the park re-development project. Friday, May 4th from 9am to 8pm and Saturday, May 5th from 8am to 5pm. A concession will also be available.

PARKDALE GARAGE SALE

June 2nd and 3rd the Parkdale Cromdale Community League Hall will be hosting a Garage Sale from 9am to 4pm each day. Everyone is welcome to come browse or set up a table for the weekend! Tables are \$10 for members, \$15 for non members and boot sales outside at \$5 per day. There will be a concession.

THE RCP NEEDS CASINO VOLUNTEERS

Event to be held at the Baccarat Casino located on the corner of 101 St. and 104 Ave. on Friday July 13th and Saturday July 14th. Volunteers are needed for both the day and night shifts for chip runners,

cashiers, bankers and the count room. The day shift is 11am to 7pm; the night shift 7pm to 2am and the count room shift 9pm to 3am. Volunteers must be 18 years of age and no prior experience is necessary. Meals are provided as well if necessary transportation to and from the casino and child care expenses. Proceeds from the casino are the major source of funding for the paper so it is necessary that we get as many volunteers as possible. To sign up or for more info call Verna at 780-479-8019.

BIG BIN EVENTS

Bring your large household items that cannot be picked up with regular garbage service to the City of Edmonton Big Bin Events and drop them for free! They are in our neighbourhood on Saturday and Sunday from 9am to 5pm on May 5th and 6th at Commonwealth Stadium (112 Ave and 90 St); August 25th and 26th at Northlands (112 Ave and 73 St) and September 15th and 16th at Commonwealth Stadium (112 Ave and 90 St). More info: edmonton.ca or call 311.

LARGE ITEM PICK UP

This years large item pick up will be in the fall on September 15th and 16th. Watch for details in the August and September issues.

CRUD ANNUAL GENERAL MEETING

It's been another great year of engaging community. Please join us for our AGM and board elections on Sunday, June 3rd at 1:30pm at Alberta Avenue Community Centre (9210 118 Ave). Light refreshments provided. More info: www.crudemonton.org

RECYCLE YOUR FOOTWEAR

Bring in your broken boots to Fast Shoe Repair, 8652 118 Ave and they will be repaired and donated to the Salvation Army.

NICE NEIGHBOUR RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for CRUD's Nice Neighbour Recognition Award and give some recognition to those that make our community great. Nominations are accepted via e-mail at info@crudemonton.org.

COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 10:30am for open and direct access to the EPS members working in your community. Bring your questions and comments or come in for a visit and coffee.

PROGRAMS/CLASSES

UNPACK & PLAY PROGRAM

A free 12-week interactive program for parents/caregivers and children (up to 5 years old) at Parkdale Cromdale hall (11335 85 St) on Thursdays, 9am to 11am from April 19th to July 5th. Call 780-451-5691 to register.

PLAY RANGERS

Come explore the ravine, learn about nature, take photos, use a GPS, build a shelter and more! Program is for ages 7-12 year olds. Younger kids can attend, but must bring a parent or caregiver to join in. This is a free drop in program. Meet at Sherriff Robertson park Wednesday afternoons from 4:30-6:30pm from May 9th to June 20th.

POINT. SHOOT. CREATE SHARE.

Would you like to create a fun digital picture here at the library? Let us show you how to share your creation with family and friends. From 3:30 to 5:30pm on May 3, 4, 5, 31, June 1, 2. Drop-in on any of those days at Sprucewood Library (11555 95 St).

ARTIST TRADING CARDS RETURNING

Artist Trading Cards returns to the Carrot on June 2nd from 1pm to 4pm. Come and create miniature works of art with your community and go home with collectable cards. No artistic experience required but you may leave inspired.

MOSAIC WORKSHOP

Taste of Mosaics class with guest instructor Margo Anton. Social Art Experience on May 19th from 2pm to 5pm at the Carrot Coffeehouse. To register call Irene 780-471-1580. Limited space available. Sponsored by Norwood Neighbourhood Association.

FAMILY ARTS NIGHTS

Each class focuses on a different project or technique. May 3rd Learn about some famous artists and choose one to create your own work. May 10th Open paint night. May 17th Optical Illusion Art. May 24th Create a paper mache lantern. May 31st Using clay create a time machine. Tuesdays from 6:30pm to 8pm at Nina Haggerty Centre for the Arts (9225 118 Ave).

NEEDLE FELTING WITH MIKE GERMANN

Materials supplied and tools will be on hand for those who don't have their own. The Second Saturday of the month at 1:30 pm at The Carrot Community Arts Coffee House (9351 118 Ave). More info: info@artsontheave.org or call 780-471-1580.

ENGLISH CONVERSATION CAFE

For those who need to practice their new found English language skills. Every Saturday until the end of May from 10-11:30am at Bethel Gospel Chapel (95 St and 117 Ave). Free child care provided.

SOCIAL ACTIVITIES

WOMEN'S AFTERNOON OUT GROUP

This group gives women a chance to get out and mingle with other women who like to work on crafts such as knitting, crocheting, card making, and more. Ladies are welcome to work on the project we are working on or bring their own. Cost is \$1 drop in fee which goes toward the purchasing of materials. We also have a potluck snack. Every Monday from 1:30-4pm at Sprucewood Library (11555 95 St). More info call Michelle at 780-232-5822.

FREE YOUTH DROP-IN

For Ages 12 and up at St. Alphonsus School (11624 81 St). Mondays from 7pm-9pm (no program Feb 20, Mar 26 or Apr 9). More info call Melanie Kidder at 780-246-1742.

FAMILY STORYTIME

Share stories, songs and games for the whole family. Saturdays from 2:30-3pm at Sprucewood Library (11555 95 St). More info: 780-496-7099

KARAOKE WITH CRUD

Now twice the fun! Tune up your vocal cords and join us down at Wings' Sports Bar (8541 118 Ave) on Friday, May 11th at 9pm and then at Green Frog's Pub (9349 118 Ave) on Friday, May 25th at 9pm for more hopp'n good times of socializing and singing.

ART ON EARTH

An opportunity to explore art through various media with Jean Tait. Lunch is provided. Wednesdays from 10am to 12pm at the Parish Church of St. Faith's and St. Stephen the Martyr (11725 93 St). More info: 780-477-5931.

COMMUNITY MEALS

Breakfast: 2nd and 4th Saturdays from 8am to 10am; Supper: 3rd Friday of the month at 5pm; Women's fellowship supper: 2nd Thursday at 6pm; Drop-in Centre Thursdays 10am to 2pm at the Anglican Churches of St. Faith's and St. Stephen the Martyr (11725 93 St). More info: 780-477-5931.

ALBERTA AVENUE CHOIR

We are looking for new members. Visit us and make some friends. World Music. Garth Prinsonsky albertaavechoir@gmail.com

MAKE MELODY

Are you a singer, songwriter musician who wants to perform and share your ideas? Join the Edmonton Melody Makers at the Carrot Saturday nights at 6pm. Contact Mj at mjn_mjn@hotmail.com for more info

FRIDAY NIGHT DROP-IN

Open-house, free coffee and snacks, games and conversation with friends. A safe place to hang out on a Friday

night from 7-9pm at Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo takes place every Monday from 10am-2pm at the hall (11335 85 St). Coffee and snack provided.

SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8715 118 Ave).

BABES IN ARMS

A casual parent group every Friday from 10am to noon at The Carrot (9351 118 Ave).

L'I' SPROUTS PLAYGROUP

Come by the Parkdale-Cromdale Hall (11335 85 St) with your little ones Fridays, 10am-12pm. Call the hall for more information. 780-471-4410 or parkdalecromdale.org.

CRUD COMMUNITY DINNER CLUB

Discover new flavours and restaurants while you explore a variety of wonderful cuisine along Alberta Avenue with friends and neighbours. This month we will be at Hakuna Matata East African Restaurant (9411 118 Ave) on Tuesday, May 8th, 6-8pm. All are welcome! Please RSVP to Bert and Alice at bertg@telusplanet.net

SPORTS/REC

THRILL THE AVE

The Thrill the Ave zombies will be performing Thriller again at this year's Kaleido festival. Classes are Mondays from 7-8 pm at Alberta Ave. Community League 9210 118 Ave. Classes are free and no dance experience necessary. We welcome people of all ages. Fun for the whole family. We will also be learning a hip hop routine this year. For more info contact Heather 454-9296, email thrilltheave@gmail.com or Thrill the Ave (group) on facebook.

FREE ZUMBA CLASS

Every Friday from 7pm-8pm at St. Alphonsus School (11624-81 St). Kids welcome with parents. More Info: Melanie Kidder 780-246-1742.

CRUD WALKING GROUP

Join us for a nice stroll around the neighbourhood. Wednesday evenings: 6:30pm in front of the main doors of the Alberta Ave Community League (9210 118 Ave). The group walks west to 95th Street, heads south towards Norwood School, then loops back and ends at the League.

FREE COMMUNITY ACCESS AT THE NEW COMMONWEALTH REC CENTRE

Saturdays from 5pm-7pm there is a free community access time for community league members. Enjoy the pool or the fitness centre. All 7 area leagues are participating. Contact your neighbourhood league to get a membership.

CRUD DOG WALKING GROUP

Meet neighbours and their canine companions while walking around the community. Mondays evenings: 6:30pm in front of St. Alphonsus Church (11828 85 St). Walk is cancelled if raining.

CHURCH SERVICES

Anglican Churches of St. Faith's and St. Stephen the Martyr

St. Stephen uses the Book of Common Prayer in the rich worship style of Anglo-Catholicism. St. Faith worships according to the Book of Alternative Services and has a more contemporary service in language and form. Two Traditions – One Faith.

St. Faith's: 780-477-5931
St. Stephen: 780-422-3240
11725-93 Street

Sunday Services:

8:30 am - Low Mass (St. Stephen)
9:00 am - Morning Prayer (St. Stephen)
9:30 am - High Mass (St. Stephen)
11:00 am - Morning Worship (St. Faith's)
7:00 pm - Evensong (St. Stephen)

Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship.
11461-95 Street 780-477-3341

Sunday Meetings:

9:30 am - Lord's Supper
11:00 am - Family Bible Hour
Saturdays - Free English Conversation Café for immigrants

Christian Life Center

Our Vision is to be a growing community of believers who are woven together by the love of God for support, fellowship and prayer.

10123 Princess Eliz. Avenue
780-471-2250 www.clifec.ca

Service Times:

9:40 am - Pre-service Prayer
10:30 am - Worship Service
10:45 am - Kzamm Kids
Child care provided for ages 0 to 12 yrs.

Avenue Vineyard Church

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.
8718-118 Avenue (Crystal Kids building)
www.avenuevineyard.com
Sundays at 10:30 am

St. Alphonsus Catholic Church

11828-85th Street 780-474-5434

Service Times:

7:30 am - Mass, Tuesday to Friday
4:00 pm - Mass, Saturday
Vigil of Sunday
11:00 am - Mass, Sunday
Main Celebration
4:00 pm - Mass, Sunday,
Eritrean Catholic Community

St. Vincent de Paul Food Help Hotline:
780-471-5577

Advertise your church here for only \$120/year.
Contact info@ratcreek.org

We would like to thank the Norwood Neighbourhood Association for sponsoring the Community Calendar.

For more info about the NNA, go to albertaave.org/nna.html

Join the Rat Creek Press board. To find out more contact the chair Harvey Voogd at rustic13@telus.net

Blowing minds...and glass

The Nina Haggerty Centre for the Arts is excited to announce a new partnership with Blow in the Dark Glassworks, a new glass blowing studio owned and operated by local artist Keith Walker. The Nina Haggerty Centre and Blow in the Dark Glassworks are neighbours within Edmonton's newest arts district of Alberta Avenue, affording an accessible and in depth opportunity for four artists from the Nina Haggerty Artists Collective of artists with developmental disabilities and two of the Centre's professional artistic staff to explore the art of glass blowing.

The project encourages artists in the Collective to challenge themselves by learning a highly skilled art form. Artists will design, execute and embellish objects, and assist each other in complicated processes to create a number of finished pieces, resulting in a collaborative installation that challenges public perception of artists with disabilities. The final installation will be exhibited in the Stollery Gallery as part of The Works Festival of Art and Design in July 2012. The exhibition will include individual and group pieces created during the project, including work by Keith Walker and the Nina Haggerty professional staff.

Blow in the Dark Glassworks is an inspected and licensed glassblowing art studio located in the Parkdale/Norwood area of Edmonton. Local artist, art educator, and glass blower Keith Walker offers weekend workshops for \$250.

For more information please visit
www.blowinthedark.ca.



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