

# RAT CREEK PRESS

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DECEMBER 2013

NEWS » COMMUNITY

## Who says back alleys have to be ugly?

Creative back alley make-overs brings beauty into unexpected places



(Above) Resident Jeff Prodor enjoying the alley mural art by Jill Thomson. "I love what is happening here. It's the kind of thing that happens in great cities..." says visual artist Jill Thomson. >> WES BELLMORE



WES BELLMORE

Fifty people huddled in the narrow alley off 118 Avenue, cradling steaming coffee cups and shrugging deeper into their scarves to escape the cold wind. Men, women and children, all craning their necks to scan the brick and stucco walls. What were they looking at? Was it a bird? A plane?

No, it was art! The unveiling of the Alberta Ave Alley Project, to be precise. The curious, shivering onlookers were enjoying giant panels of colourful, evocative watercolour and oil paintings by Edmonton artist Jill Thomson, in perhaps the last place you would expect to see fine artwork.

This unlikely gallery is the result of a collaboration between Arts on the Ave, the Avenue Initiative (City of Edmonton), the Neighbourhood Empowerment Team, the Alberta Avenue Business Association, and Norwood Neighbourhood Association.

Christy Morin is executive director of Arts on the Ave, a local group whose mission is to promote the transformative power of the arts. "For quite a while," she says, "the partners in this project have been looking for ways to create more friendly and beautiful back alleys. We approached MacEwan University arts management students to see if they would be interested in working with us, and the students came up with a number of projects, including the alley installation."

The towering images, printed on weatherproof panels and fastened directly to the building walls, were pieced together from nine of Jill Thomson's oil and watercolour paintings. Each component in the collage reflects the type of buildings and objects in our area, including period homes, stores, interior scenes and streetscapes.

"One of the reasons we chose Jill for this installation," says Morin, "was for her work with

the Nina Haggerty collective on a project called Unfolding Neighbourhoods. I was really moved by that project. Jill has such a heart for neighbourhoods and communities, so we asked her if she would be interested in bringing some of her pieces to the alley, and she was thrilled."

Thomson, who paints and exhibits from her home studio in Mill Creek, says her inspiration came partly from her deeply rooted life as a mother and artist in Edmonton, and partly from the visual aesthetic of her native Montreal. "I love the urban look, and these images were selected to represent home and community, which is something the project organizers and I feel strongly about and want to support," she says.

Having worked in many places, Thomson was struck by the energy and creativity in our neighbourhood. "I love the vibrancy and look of Alberta Avenue. I love what is happen-

ing here. It's the kind of thing that happens in great cities; the artists move in and create a community. I feel a generosity of spirit and sharing of ideas here that I have not felt in other places."

The art installation is just one of a proposed series of alley projects. "We're planning on continuing the series," says Morin, "but right now we're not sure where it's going to be. It all depends on funding, but we know that once people see how it works it will be easier to get someone behind it."

"We're considering things like using alleys for art sales, or to set up community picnic tables, something that is going to create a real atmosphere of life and celebration. It's about creating an environment to bring people in."

Art cards of Thomson's work with five assorted images from the alley are for sale at The Carrot. For more information about Thomson please visit [www.jillthomson.com](http://www.jillthomson.com).

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NEWS » BRIEFS

# Restaurant relocates

Sloppy Hoggs has moved down the Roed to a new Hus

KAREN MYKIETKA

Plates piled with smoked beef and pork have been popular at the Sloppy Hoggs restaurant opened by Bjorn Cochran and Brenda Dutton in 2012. They needed more space, moved the Roed Hus into the same building as their catering and Real Food Fusion restaurant on the corner of 96 Street. The new location has a small bar area for those waiting for a table or someone just wanting to grab a drink. More people can be accommodated at this new location with an expansion from 40 to 65 seats, but reservations are still recommended on the weekends.

Cochran and Dutton pride themselves in preparing their food from scratch with fresh ingredients. They have made some additions to the menu. You now have a choice of sides including mashed potatoes, beans or coleslaw when ordering a meal. There are a variety of new "Big Bowl Meals" – smoked chicken and chorizo jambalaya; southern red beans, rice and smoked pork; sweet southern mess; creole shrimp; chicken fried steak; brisket and buffalo chilli. If you want

something lighter, there are new salads to choose from too.

Smoking is a long and slow process. With the portions of meat you get at this restaurant, they need a lot of meat to go around! To keep up with the demand, they installed a monster smoker that can hold 700 pounds of meat. A blend of four different woods is used and gives a soft subtle smoke.

Everyone is selling ready-to-go pulled pork nowadays but Brenda says to be sure to check the sodium content; it is usually off the charts. Their rub is a little spicy, low in sodium and does not contain any nitrates, meat tenderizers, or chemicals. They use beef brisket and St. Louis side ribs, both of which are a fattier cut of meat; the fat helps keep them moist in the smoking process.

Even the BBQ sauces are made in-house from scratch. Sloppy Hogg Sauce is their traditional sauce. Hogg Berry Sauce is a blend of berries, chipotle pepper and traditional sauce. Swine Sassiness is a mustard and vinegar blend.

Want to indulge in a meat fest on the weekend but don't have a reservations? If the Roed Hus is full up, try the Real

Food Fusion restaurant on the other side of the building. The Fusion restaurant is also great for small parties. One side has seating for 18 and the other for 24. You can go to Just-Eat.ca to order take-out. On Thursdays, Fridays, and Saturdays, you can order food off the Roed Hus menu as well as the Real Food Fusion menu.

**SLOPPY HOGGS ROED HUS**  
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## RESPECTING TRADITION

December is a month of anticipation within our culture, leading up to Christmas on December 25. Everywhere we are inundated with 'seasonal' music and decorations, frequently designed to encourage people to spend money on gifts.

But there's more to Christmas than commercialism. Christmas refers to the birth of Jesus Christ, who is accepted by Christians as the Son of God, born on Christmas Day, crucified on Good Friday and resurrected on Easter Sunday. The holiday is tied to a specific event in history that is celebrated in December. There are many who don't believe Christ is God, believing instead he was a prophet or wise man, but there is no dispute he is the reason for the season.

There are other holidays in December of course, such as Hanukkah, but they have not had the same impact on our society as Christmas. Our tradition of gift giving began with the first Christmas and the gifts of the Magi and continued through the work of St. Nicholas (Santa Claus) in the fourth century to our Christmas gift-giving today.

That is why it seems well-meaning but rather misguided to replace the sending of Christmas cards with 'holiday' cards, or to wish someone 'happy holidays' or 'season's greetings' instead of saying 'Merry Christmas.' It looks like an attempt to avoid the fact that Christmas is about Christ, as if bringing his name into it somehow makes many people uncomfortable.

The message of Christmas, of 'peace on earth and good will to all' remains just as universal today as when it was first proclaimed. There is no reason to remove Christ from Christmas. Save the 'happy holidays' for a different time of year.

What do you think?

**Please join us for our Christmas Open House at 9111-118 Ave. Thursday, Dec. 19th 3-7pm**

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NEWS » BRIEFS

# 2013 Rat Creek Press Connect Awards

Celebrating people who help make our community a great place to live, work, play, and shop

**NOMINEES: DOWNTOWN AUTO & TIRE DEPOT, POLAR BEAR HEALTH & WATER, THE STUDIO**

**POLAR BEAR HEALTH & WATER WINNER, BUSINESS AWARD**

9342 118 AVENUE  
NOMINATOR: JOACHIM HOLTZ

“Quality products since 1947.” That’s the slogan on Wanda Horinek-Bradbury’s business card. Wanda is the owner and operator of Polar Bear Health & Water. Her father, Louis Horinek, began the family business as a beauty salon at the same location on Alberta Avenue 66 years ago. Their health and water business officially opened in the 1970s.

*“a long-standing leader enhancing community and individual health”*

Polar Bear Health & Water is a unique and exceptional store. They have a wide variety of health products including supplements, aromatherapy, crystals, gemstones, incense, educational and motivational books, organic teas, specialty grains, and whole foods. They sell large and small water dispensers, juicers, blenders, and other health equipment.

Wanda says the health business is very competitive since supermarkets and other stores have started stocking supplements and vitamins. Even so people come from all over Edmonton and the surrounding areas because of their wide selection and their helpful, knowledgeable staff.

Some of the staff have been working at Polar Bear for over 20 years, so they are able to provide customers with incredible service and knowledge about the health field and health products. “What a store!” is a comment Wanda often hears from customers.

**NOMINEES: CENTRE TO END ALL SEXUAL EXPLOITATION (CEASE), CRYSTAL KIDS YOUTH CENTRE, NINA HAGGERTY CENTRE FOR THE ARTS**

**CRYSTAL KIDS WINNER, GROUP AWARD**

8718 118 AVENUE  
NOMINATOR: SHANNON CLARKE

Crystal Kids provides nurturing support and supervision to children, with educational and recreational programming, healthy meals, and, most of all, a safe place to gather and interact.

Crystal Kids works to build capacity in their young people and encourages them to become involved with various community events such as the Kaleido and Deep Freeze festivals. They encourage and help kids take an active role in their community.

*“nurturing support, a safe place to gather, community involvement”*

The staff at Crystal Kids involve community partners such as librarians, social workers, nursing students and education students to deliver programs in a safe, positive environment. They provide the opportunity for youth to interact with adult role models, have a nutritious meal, and seek whatever additional support they might need. They emphasize the importance of literacy and physical activity with reading and homework support as well as team sports in a full size gymnasium.

Crystal Kids also welcomes seniors to their centre to enjoy a free breakfast every Wednesday. This gives the youth a chance to interact with others from the neighbourhood.

**NOMINEES: FRANK ZOTTER, KAREN VIRAG, SEBASTIAN BARRERA, TOM PICARD**

**TOM PICARD WINNER, INDIVIDUAL AWARD**

ALBERTA AVENUE RESIDENT  
NOMINATOR: JASON SCOTT

Tom Picard is an example of someone who puts endless energy into his community.

Tom is consistently helpful with community events. If there is anything in this community being planned to make it a more inclusive, vibrant, and welcoming place, Tom is sure to have something to do with it. Anyone who has volunteered at an event in this area has probably worked alongside Tom, as it seems he is everywhere.

*“a goodwill ambassador”*

The most recent Kaleido Festival is a case in point. Tom was a constant fixture at this festival. He worked for many days before, during, and after the festival, putting in long hours doing what he could to make this complex operation run as smoothly as possible.

Even when he must have been tired, he would still carry on stacking chairs and hauling equipment around until the show was done. Throughout his labors Tom remained friendly with volunteers, residents, and newcomers to the neighbourhood.

Tom’s ability to always keep a friendly and helpful attitude marks him as an effective goodwill ambassador for our community.

The dedication to making this community a truly remarkable place to live in is a trait that Tom constantly displays. His example is one that can inspire everyone to contribute to community excellence in some small way.

**EDMONTON**

**WINTER FAMILY FUN!**  
at Parkdale Cromdale Community League  
11335 – 85 Street

Come join us for winter family fun!  
Activities will include bannock-making over a fire, snow shoeing, outdoor games and activities.

**Date:** December 30 & 31  
**Time:** 12:00 pm (noon) – 4:00 pm  
**Ages:** All! Bring the entire family!  
**Cost:** Absolutely Free!!

Please come dressed for the weather!

**Please note:** If the WEATHER is -20C or colder with the wind-chill, there will be indoor activities!!









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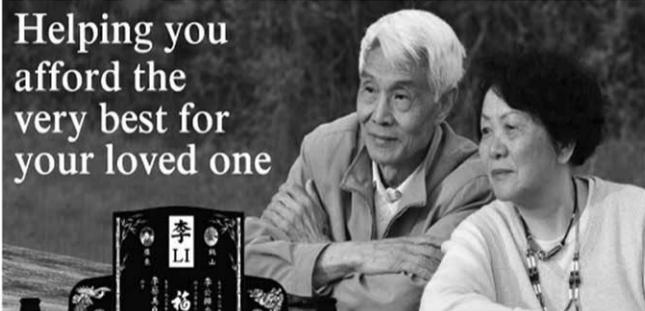
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## WHAT'S ON » HOLIDAY

# Yule Ave another great festive time this year

Don't miss this fantastic and free family weekend of holiday fun on December 13 thru 15

KAREN MYKIETKA

Frank Zotter, a fun-loving local actor, is once again producing a free family event this Christmas season. If you were out to the Yule Ave event last year, Frank was the guy in the Elf costume, yes, tights and all, running around between the various activities outside and inside.

"I'm doing my Yule Ave again and this time I'm feeling like the Giving Tree matters a lot more. I really want to encourage giving," says Zotter.

"Last year the Giving Tree was a big surprise for me, and it was the most touching moment when we lit it. At the concert a woman came in from the cold and needed a sweater. She was freezing. She ate the chili, watched the concert, and we were able to clothe her from the Giving Tree."

An free hour and half concert featuring local performers starts at 8:15 pm and includes chili, cider and Christmas snacks. "Last year we had lots of musical acts. This year we will balance it with performers too, including a clown show. It's not going to be Christian-centric; it's going to be holiday-family centric," explains Zotter.

Bring scarves, toques, mittens and sweaters because at 10 pm will be the lighting of the Yule Ave Giving Tree. "We have this living example of charity over the holidays on a tree that is living, no less. You can feel good walking by and putting an extra scarf on the tree. And you can feel good taking one off the tree to warm up. It's there to give and to receive."

Last year's first-time event was a bigger hit than Zotter

expected. "I found the big success last year was the craft where we created Christmas ornaments. We were bursting at the seams. We ran out of supplies. I was expecting 300 people in total over the weekend and we had 800 people."

**"A lot of my best Christmas memories are about things like making the ashtray for mom in grade 5 and the year that our family didn't buy gifts; we just went on a holiday. We went away together and that bonded us. Yes, that costs money. But at the same time, we were not caught up in the materialism. We just took an adventure together. It was those kind of Christmases that spoke to me more than the Christmases where we just had to fulfill everyone's gift list. So if I can give that back, and kids can remember the Christmases here in the same way, that would be fantastic."**

~ Frank Zotter

Amelia Maciejewski-Duplessis, a master Christmas decorator, will once again be facilitating the crafts, helping people with their creations. The Decoration Creation Station will be running from 12-3 pm on Saturday and Sunday. During the same time, you will find local visual

artists selling their works in the Nina gallery.

Come dressed for the weather to participate in the outdoor activities which include "snow-spiration" – family snow carving led by master snow sculptor Robert Woodbury.

On Sunday from 12-3 pm you can enjoy Santa's horse wagon rides.

"Last year when Santa was on his wagon and people were in the [Nina] studio and outside making snow sculptures, it was teeming with families. Kids were jumping up and down, so excited Santa was going by." Not only is everyone having a great time, Zotter believes this portrays our community in a positive light to passing motorists.

At 3 pm on Sunday, Mrs. Claus will be reading classic Christmas stories in the Nina.

So mark your calendar and plan to enjoy some quality time with your family this December.

"It's about honoring this time of year as a way for families to bond, but not under the umbrella of consumerism. It's about the thrill of creating something – making ornaments, making a snow sculpture that sort of thing – together; having that as a symbol of their Christmas. Instead of individually going out to Target or Sears and getting gifts, they are doing something together."

When asked why he does this event, Zotter replies: "It's really rewarding, just fun. That's what I want. Just to bring fun back. A creative, fun atmosphere. Part of why I do it is because I'm able to do that – have fun. Able to jump around in my Elf costume with no shame."



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WHAT'S ON » HOLIDAY ACTIVITIES

# Things to do this holiday

## Indoor activities and events:

### BALLOON JAM

Join local balloon artists as they create balloon art. Bring your own balloons, all skill levels welcome. Thursday, December 12, 6-9 pm at The Carrot (9351 118 Avenue).

### FILM SHOWING: STORIES WE TELL

Saturday, December 21 at 1:30 pm at Sprucewood Library (11555 95 Street). Part of the NFB Film Club. Synopsis: In this inspired, genre-twisting new film, Oscar-nominated writer/director Sarah Polley discovers that the truth depends on who's telling it. Polley is both filmmaker and detective as she investigates the secrets kept by a family of storytellers. Polley unravels the paradoxes to reveal the essence of family: always complicated, warmly messy and fiercely loving. *Stories We Tell* explores the elusive nature of truth and memory, but at its core is a deeply personal film about how our narratives shape and define us as individuals and families. 108 min.



### FREE CLASSIC MOVIES AND MORE

Search for movies in the online library catalogue and put them on hold to pick up at Sprucewood or another branch. Go to [www.branch.epl.ca](http://www.branch.epl.ca) or Sprucewood Branch (11555 95 Street). Mon thru Thu 10 am - 9 pm; Fri thru Sat 10 am - 6 pm; Sun 1-5 pm. Holidays: Closed at 2 pm on December 24 and 5 pm on December 31; closed December 25, 26, and January 1.

### MONSTER PRO WRESTLING

A ring. Men (and women) in costumes. Slamming and head locks. Fans shouting. It's WWF style wrestling the first Saturday of every month. Come be entertained. Saturday, January 4. Doors 6:30 pm, show: 7:30 pm at Alberta Avenue (9210 118 Avenue). Tickets are \$20 at the door. [www.monsterprowrestling.com](http://www.monsterprowrestling.com)

### BOWLING

Want to hang out with friends or doing something fun and interactive with the family? Try five-pin bowling at Plaza Bowl (10418 118 Avenue). Open every day from 10 am - 10 pm except December 25. Call for lane availability 780.477.7848. Cost \$4.75 per game and \$2 shoe rental.

### BOARD GAMES

The Carrot Coffeehouse (9351 118 Avenue) is a cozy place to grab a hot drink and treat while you enjoy a visit or board game. Ask a barista for one of their many games: Apples to Apples, Catan, Life, Boggle, Scrabble, Monopoly, Connect 4, Battleship, Uno, Jenga, Sorry, Blockus Duo, Chutes & Ladders, Hi Ho Cherry-O, Crib, Strange But True?, Chicken Soup for the Family, Are You Smarter than a Fifth Grader? Closed: December 24 at 1 pm. Reopening: January 3 at 9 am.



## Outdoor activities and events:

### WINTER FAMILY FUN

Monday and Tuesday, December 30 and 31 from 1-4 pm at Parkdale-Cromdale Community League (11335 85 Street). Activities include bannock making over a fire, snowshoeing, outdoor games and activities. If the weather is -20C or colder with the wind chill, there will be indoor activities.

### SKATING

Alberta Avenue has a smaller snowbank rink while Delton, Eastwood, Parkdale-Cromdale, Spruce Avenue all have full rinks with boards. Check with the individual leagues for openings dates and times.

### SLEDDING

Alberta Avenue Park on 93 Street and 118 Avenue has a small toboggan hill. Want something bigger? Head down to Rundle Park (east down 118 Ave pass Abbotsfield Mall to Rundle Park road).

### ENJOY A WINTER NATURE WALK

We have two beautiful pockets of nature nearby – Borden Park and Kinnard Ravine – where you can enjoy a lovely walk or quiet time.

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## EDITORIAL

# Re-evaluating Christmas

What is the purpose of all that giving and receiving?

KAREN MYKIETKA

Does it seem like Christmas comes earlier every year? Christmas stuff is already lining the shelves when you are Halloween shopping. Some places take it out right after back-to-school. Well, apparently Christmas creep is a myth. Businesses have advertised and promoted Christmas shopping and sales as early as September, dating as far back as the late 1800s. Is that a bad thing? Depends on how you look at it and how disciplined you are.

Shopping earlier can have benefits. If you do it early, maybe you won't be as stressed searching for gifts and fighting through crowded malls during an already busy time of year. And it can spread out the Christmas expenses over a longer period of time.

But what if you buy something months or weeks before Christmas and the person buys it for themselves in the meantime? Or the child no longer wants that item or wants something even more? Or it goes on sale later? All possible issues; however, the biggest risk for most people is probably overspending. Do you just end up buying more when you start shopping earlier? You do know that is the whole aim of the retail industry, right?

According to the BMO Holiday Spending Outlook, Albertans expect to spend \$1859 on Christmas this year (\$759 on gifts, \$581 on trips, \$391 on entertaining, and \$128 on miscellaneous items). The majority of Canadians (57 per

cent) admit they often make impulsive purchases during the holiday season. Many people spend more than they can afford and frequently do it on credit.

It's the season of giving, so we should give, shouldn't we? Absolutely! A well-thought out gift shows how much you know, understand, and appreciate someone. Be honest now



— how many gifts have you received or given that have been well-thought out? It's more likely the majority of gifts involved fulfilling a shopping list, handing over money or a gift card, or picking a prepackaged Christmas basket.

To what end? Do we need more stuff? Are we making others happier by giving them stuff? Maybe it's time to re-

evaluate how we do Christmas. Do all the children's teachers really need a "World's Greatest Teacher" gift? A card or even an email with words of appreciation would probably mean more. Do co-workers or friends need another trinket? Or do they need words of encouragement, a relaxing lunch visit, or help with a project?

Do your kids or grandkids already get mountains of presents? Or maybe you just don't know what to get them. How about buying less and doing more? Bake Christmas cookies, go to play mini-golf, spend the day at WEM waterpark.

What are your fondest memories of Christmas? Usually our memories centre around special holiday foods and traditions as well as those moments together, sharing, laughing, and playing games. Forgoing gifts some years and doing a fun family trip together over the holidays can be far more valuable than buying each other more stuff.

And don't get caught up in the "Martha Stewart" mentality of having to spend hours and hours making elaborate Christmas cards or gifts, decorating your whole house, or making fancy meals — unless you can do this without stress and taking away from precious family time.

The bottom line is we should be doing things and spending money in ways that truly enhance our lives and the lives of others.

Giving doesn't have to cost a lot of money, take lots of time, or cause undue stress. Simplify Christmas.

## POLICE » UPDATE

## Crime trends

Apparently not so common sense

CST. CHRISTOPHER LUCAS

Every morning I read through the calls to service in District 1 and view the crime trends. On any given day about 25 per cent of all theft of vehicles and theft from vehicles are caused by drivers leaving their vehicles unlocked or even worse unlocked with the keys in the ignition. I cannot stress enough how important it is for everyone to lock your doors and take the keys with you. Even though this seems like common sense, this still happens on a daily basis.

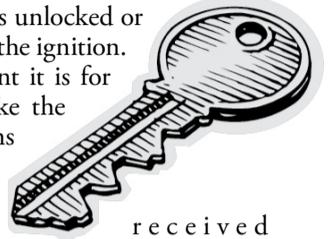
Over this past summer, EPS received far too many calls from concerned citizens who observed children unattended in vehicles. I get asked this question all the time: Is it reasonable to leave my child in the car alone if I just go . . . ? The rule of thumb I like to use is this: **NEVER** leave your child alone in the car. It is always better to take the extra time and bring your children with you.

Even though it may not seem like a big deal, so many things can go wrong when children are left alone in vehicles. In addition to the safety of the children (which is paramount), you can be charged criminally under section 218 of the criminal code by the police should you abandon your child (under the age of 10) in the vehicle.

My purpose is not to scare or threaten anyone, but rather to educate and inform. My hope is that the citizens of Edmonton will make these two small changes which will help decrease vehicle crimes and increase the safety of our children.

Be safe, and look after each other.

*Cst. Lucas is the Community Liaison Constable (CLC) in District One Downtown. This area encompasses 97 Street to Wayne Gretzky and Yellowhead trail to 111 Avenue.*



## LETTER » TO THE EDITOR

### RE: ELECTION UPDATE

Isn't it interesting how one little adverb can distort reality so the actual fact is not readily apparent?

I refer to the sentence in the Election Update which states "Edmontonians overwhelmingly chose . . ." Overwhelmingly? Really? By my calculations, 61.9 per cent of votes for Iveson's times 34.5 per cent of eligible Edmontonians who actually cast their ballot equals 21.36. This means Mr. Iveson was elected by 21.36 per cent of eligible voters. How can anyone construe that as "overwhelmingly" chosen? One has to stretch one's imagination a bit far to say that I think. Perhaps a thesaurus would be helpful next time.

Evelyn Capps

RAT CREEK PRESS ASSOCIATION 9210 118 AVENUE, EDMONTON, AB T5G 0N2 | T: 780.479.6285

## ABOUT US

The *Rat Creek Press* is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

## COMMUNITY, COMMUNICATION, CAPACITY

The *Rat Creek Press* goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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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 400-700 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 at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

## COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.

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NEWS » COMMUNITY

# Rat Creek Press board of directors update

Have fun learning more about your community; the RCP is still seeking more directors



(Left to right) Henri Yauck, Caitlin Hickey, Franki Harrogate, Karen Mykietka, Wes Bellmore and Joachim Holtz. >> REBECCA LIPPIATT



Jason Scott and Shannon Clarke. >> REBECCA LIPPIATT

CONTINUING BOARD MEMBERS:

**WES BELLMORE**

He has lived in Delton since 2007, when he bought an untouched 1940s house and renovated it inside and out. His professional background is in corporate/media communications, marketing and public relations. A few years ago, he made a complete departure from the corporate world, donating all his suits and ties to the Bissell Centre and became a youth correctional services worker. In his free time, he assists with the unending community revitalization process as well as his home renovations and landscaping. He brings to the RCP his experience volunteering on several community boards and looks forward to the challenges and opportunities in store with the *Rat Creek Press*.

**CAITLIN HICKEY**

This is Caitlin's third year serving on the board. She has lived in Alberta Avenue for five years and is passionate about the revitalization efforts and loves the community's festivals, culture and diversity. She is in her third year of law school at the University of Alberta and enjoys reading, running, and snowboarding in her spare time.

**HENRY YAUCK**

Henri has been a resident of the neighbourhood for a little over six years. His career history includes: regional general manager of an international management consulting firm, marketing/human resources director of several retail co-operatives (shopping centres and department stores), and advertising manager of the second largest diamond merchant and jewellery retailer in Canada. Currently semi-retired, Henri consults with small businesses, does webpage design, copy writing, and writes *The Lemonade Stand* for the *Rat Creek Press*, plus business related articles for several online e-zines.

**FRANKI HARROGATE**

Franki has lived in Eastwood since 1997. She has participated in a number of the local community events. She is a psychology student at Grant MacEwan University. She has proof read and edited a book by a local author and has provided proofreading and editing services for several web-based businesses and local non-profit organizations. She previously served on the board of directors for the InMotion Network and remains active with InMotion as a member of their Physical Activity Committee.

LEAVING BOARD MEMBERS:

**SHANNON CLARKE**

**JASON SCOTT**

We thank Shannon and Jason for their contributions.

NEW BOARD MEMBER:

The RCP is happy to welcome a new board member. We still have a number of board vacancies. If you are interesting in joining, email [board@ratcreek.org](mailto:board@ratcreek.org).

**JOACHIM HOLTZ**

Joachim has been the Executive Director of the Alberta Avenue Business Revitalization Zone (BRZ) since January 2008. Prior to coming to AABA, his working background consisted of 30 collective years in the banking industry including personal and commercial banking as well as branch management in both B.C. and Alberta. He also worked several years in property management and real estate. He holds a Professional Manager's Designation through the Canadian Institute of Management. He and his wife Gisela just celebrated their 43rd wedding anniversary last month and they have two children. They reside in West Edmonton.

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## Ethiopian traditions: an ancient celebration

CHANTAL FIGEAT

About half of the population in Ethiopia are Orthodox Christians. They follow the Julian calendar and celebrate Christmas on January 7, which is the Feast of the Epiphany known as *Ganna*. Muhammed Ahmed at the Family Injera Spice grocery on 118 Avenue explains that Ethiopian Christmas “is a religious celebration with less commercialism than in North America.”

Christmas Day in Ethiopia is preceded by elaborate preparations that usually include the purchase and slaughter of a goat or cow. A fast from meat and dairy products is observed on Christmas Eve. At dawn on the morning of *Ganna*, people wrap a traditional shamma around their head and shoulders. The shamma is a thin white cotton piece of cloth often with brightly colored stripes across the ends.

Everyone who goes to church for the *Ganna* celebration is given a candle. The people walk around the church three times in a procession, holding the candles and singing carols. They then go to the second circle to stand during the long service. Men and boys are separated from women and girls. The centre circle is the most holy place in the church where the priest serves the Holy Communion or mass.

Few presents are given at *Ganna*. Sometimes children may be given a small practical gift of clothes from family members.

Traditional Christmas foods in Ethiopia include *wat*, which is a thick and spicy stew that includes meat, onions, butter, and sometimes hard-boiled eggs. One or more types of *wat* is placed on flat fermented bread called injera. The food is placed on ceremonial baskets. People sit around the baskets

of food and use injera as an edible spoon to scoop up the *wat*. A traditional beverage is *tej*, which is a honey wine.

A nativity scene that includes the Three Magi is essential for Ethiopian Christmas. Legend has it that the king bearing frankincense for baby Jesus was King Balthazar of Ethiopia, and the smell of frankincense often infuses the celebration.

Around the time of *Ganna*, the men and boys play a game that is also called *ganna* or *leddat*. It's similar to hockey, and is played with a curved stick and a round wooden ball. According to tradition, shepherds celebrated when they heard of Jesus' birth by playing such a game.

The Family Injera and Spice Store at 8610 118 Avenue carries traditional spices, fresh injera, and ceremonial baskets used for Ethiopian Christmas celebrations.



## Jamaican traditions

RUSTI L. LEHAY

Two words sum up Christmas tradition for Safron Bambruy: rum cake. This recipe requires you to plan ahead for next season or pop in and try a slice at Safron's Caribbean Delight at 8307 118 Avenue. If you were at the 2008 Deep Freeze Festival, you likely tried it as Safron's catered the festival with the rum cake as a main food item.

The same ingredients make the cake or pudding, which is never served hot thanks to there never being a chance of a white or chilly Christmas in Jamaica. Raisins, currants and prunes are usually soaked for months or even years in real Jamaican rum, allowing enough time for it to ripen or mature for the yuletide season. Then it is all about anticipation of the delicious cake to be made the first week in December.

Bambruy soaks his fruit in early October, using both Jamaican dark and white rum. The gallon jar in the photo will produce three separate batches of 9-10 cakes each. The taste brings back the memories of childhood.

During the holidays, Safron says, “Every house offers you a piece of the traditional rum cake.”

On Christmas Eve, people shop the market till 3 am. In the morning, Bambruy remembers his grandmother putting cake on the table and opening their presents. Then they might have fried plantain and dumplings with ackee (a fruit cooked and used as a vegetable) and salt fish is Jamaica's national dish.

The rest of the day families go from relative to relative. “You try to preserve yourself, not eating too much at any aunt's or grandma's house,” says Bambruy. The meals are sure to include jerk pork, curried goat, and fried chicken; sorrel ginger is the main drink. The evening is about a singsong, music, dancing and enjoying the night.

### CHRISTMAS PUDDING AND CAKE JAMAICAN STYLE

Preparing fruits for baking: soak only raisins, currants and stoned prunes. If possible, grind all the prunes, half the raisins and half the currants, this will give the cake a “bite.” Do not soak the dates, cherries, mixed peel or the nuts. It is very important to wash the raisins and currants well. After washing, soak in cold water for half an hour, then lift the fruit from the soaking water. This will allow the sand to fall to the bottom of the vessel. Dry before adding rum. Spice may be added to the rum and wine but this is not a must.

To make a 9 inch pudding and a 9 inch cake, prepare and soak: 1 lb. raisins, 1 lb. currants, and 1 lb. prunes. Cover with a mixture of rum and port wine. Soak in a glass jar with a tight-fitting lid. (Avoid using plastic containers when using rum). Before putting away, label the bottle, listing the quantities and the date. From time to time, examine the fruit in soak and add more rum and wine mixture as necessary to keep the fruit covered.

Christmas Pudding (makes approximately 4 lb. of cake, enough to fill a 9 inch baking tin):

1/2 lb. butter	2 tsp lime juice	1 tsp baking powder
1/2 lb. sugar	1 tsp lime or orange rind	1/4 tsp salt
1 tbsp browning	6 eggs	1 tbsp mixed spice
4 tsp vanilla	6 oz. bread crumbs	1 cup white rum
1 tsp almond flavoring	6 oz. flour	1 pt port wine/brandy optional
4 cups mixed fruits (raisins, currants, prunes, citron, cherries, dates)	1/2 cup chopped nuts optional	

Prepare tin by lining sides with 2 thicknesses of brown paper and 1 of greaseproof paper. Grease with shortening. Beat butter and sugar until light and fluffy. Mix in browning, vanilla and almond flavoring, lime juice and rind. Add eggs one at a time and beat in well. Add soaked fruit, cherries, dates and nuts. Mix bread crumbs, flour, baking powder, salt and mixed spice. Add alternately with rum and port wine. Pour into prepared baking tins or steaming basins 3/4 full. Cover and make steaming basin watertight. Place in steamer, or put over boiling water. Continue to add boiling water until pudding steams, approximately 3 to 3 1/2 hours. Cooking time varies with size of container. Serve with hard sauce or hot wine sauce.

*Cook's Tip: You may steam in the oven by setting baking tin in water or set a pan of boiling water below the pudding. Puddings can also be cooked in the pressure cooker.*



# Christmas

FROM AROUND



## French Canadian

KAREN MYKIETKA

Many French Canadians sleep late on Christmas Day because they spent a good part of the night before celebrating *le réveillon* which means “to wake up.”

The *réveillon* is usually the biggest feast of the year and includes traditional dishes such as *tourtière* (a special French-Canadian meat pie), *ragoût de patte* (pig's feet stew), turkey with all the trimmings, vegetables, ham, pea soup, maple syrup and desserts like the *bûche de Noël*.

Depending on the guests and hosts, *le réveillon* could be held before, instead of, or after the traditional midnight mass. *Tourtière* is traditionally served when a family returns home after Midnight Mass. After feasting, they exchange gifts. Then the party often continues into the wee hours of the morning.

*La bûche de Noël* - The Christmas Log

Since *le réveillon* meant dancing and eating the night away, guests would bring logs with them for the wood stove to help their gracious hosts keep the place warm. Over the generations, and as wood stoves faded away as a primary mean of home heating, the log was turned into a delicious treat as a symbol of the old tradition. A *bûche de Noël* is a rolled sponge cake iced and decorated to look like a wooden log.

### TOURTIÈRE: A BELOVED FRENCH CANADIAN CHRISTMAS TRADITION

Mme. Jeannine Figeat's French-Canadian Tourtière (adapted from a recipe by Mme. Jehane Benoit)

1 lb ground pork (pork is traditional, but you may use a combination of beef and pork, or beef, pork and veal)	1/2 teaspoon salt
1 small onion, chopped	1/4 teaspoon cloves, ground
1 garlic clove, minced	1/2 cup water
1/4 teaspoon celery pepper (celery seed and peppercorns ground together)	1/4-1/2 cup dry breadcrumbs
	Pastry for a double-crust 9-inch pie, of your choice

Place all ingredients except breadcrumbs and pastry in a saucepan. Bring to a boil and cook, uncovered, over medium heat for 20 minutes. Remove from heat and add a 3 or 4 tablespoons of breadcrumbs. Let mixture stand for 10 minutes. If the fat is sufficiently absorbed by the breadcrumbs, do not add more. If not, add more crumbs in the same manner. Cool mixture (you can speed this up by putting the pot out in the snow!) and spoon into a pastry-lined pie plate. As a child, I enjoyed decorating the top of the pie with Christmas designs. Cover with crust and bake at 400F until golden brown (follow directions for pie crust you chose). Serve hot. Traditionally served with green tomato chutney, but feel free to pass the ketchup.

*NOTE: Cooked tourtière may be wrapped in taped newspaper and frozen for 4 to 5 months. It does not need to be thawed before reheating.*



## Portuguese traditions: the sweet feast

CHANTAL FIGEAT

Christmas in Portugal is highly influenced by the strong Roman Catholic beliefs of the people. On Christmas Eve, families will fast from meat before attending midnight mass. Then they will come home and have a feast which will include meat, many sweets, and other expensive items.

On Christmas Eve, a family dinner or *Consoada* is celebrated with boiled codfish, potatoes with cabbage, and other vegetables. People eat traditional sweet fritters such as *Filhos de Natal* which are made of fried pumpkin dough or *azevias* which are round cakes often filled with sweet potatoes. *Rabanadas* is stale bread dipped into milk and water before frying. Once fried, it is sprinkled with sugar and cinnamon. It is often eaten at breakfast. The Portuguese like to accom-

pany their Christmas food with a sweet wine called Muscatel.

The nativity is the traditional Christmas decoration in Portugal. Nativity scenes are common both in public areas and in homes. Families will work together to create manger scenes, and many towns hold contests for the best creations, displaying the entries for all to see.

For many mainland Portuguese, Christmas is not Christmas without the traditional *Bolo Rei* (King Cake), a sweet bread with crystallized fruit and nuts and made in a round shape to symbolize a crown. Traditionally, a bean and a gift (usually a coin or some other token) are hidden in the cake. If you get the token you get to keep it, but if you find the bean, you have to pay for next year's *Bolo Rei!*

One explanation for the tradition comes from

a legend about the Three Kings as they followed the Star of Bethlehem on their way to greet the infant Jesus. While they were travelling, they met a baker who gave them a loaf of bread with a bean hidden inside it. The baker said that the king who got the slice of bread with the bean should be the first to give the baby Jesus his present.

On the islands off mainland Portugal, Portuguese sweet bread is more common during the Christmas festivities. Sweet bread is a bread made with milk, sugar, eggs, yeast, flour, honey and sometimes lemon peel to produce a subtly sweet lightly textured loaf or rolls.

The Handy Bakery at 8660 118 Avenue sells sweet bread throughout the year and *Bolo Rei* during the Christmas season. Owner Yvonne Frias says, "People have been waiting for it [*Bolo Rei*] all year."



## El Salvadorean traditions

LARISSA SWAYZE



As a child growing up in El Salvador, the Christmas traditions of Gladis Rodas, a member of the Canadian-Salvadoran Community of Edmonton, were heavily influenced by the country's prominent religion – Roman Catholicism.

Instead of setting up a Christmas tree, which many Catholics felt detracted from the story of Jesus' birth, families focused on reflection, good will, and the all-important nativity scene. "I remember the times when I went to my grandma's farm for the holidays. We were all excited as she began taking out the nativity set from a big box."

Rodas recalls watching her grandmother carefully clean each piece as she recounted her own family's version of Jesus' birth. Aside from the regular nativity characters, Rodas' grandmother owned a whole host of clay figurines. "Peasants, fruit vendors, coffee collectors, soldiers, drunkards, nurses. It was like a miniature town around the nativity scene."

Coloured sawdust stood in for grass, hills, and mountains; after the scene was painstakingly set up, a shrine was built around it. Visitors would come to the farm and stand around the "beautiful creation" sharing their own Christmas stories while eating sweet bread.

Over the years, the rise of Protestantism changed El Salvador's Christmas traditions and the nativity scene became less important.

However, the time spent at her grandmother's farm has stayed with Rodas. "In another country and to a lesser degree, I still continue to set up the nativity scene at home. It brings so many fond memories of childhood and of the people we left behind."



The Canadian-Salvadoran Community of Edmonton participates in the yearly Just Christmas event held at Alberta Avenue. >> SUPPLIED



## Italian traditions

KAREN MYKIETKA

For Italians Christmas is all about food and family. This is certainly true for the Rizzi family. Caterina Rizzi was born in Italy and came to Canada in the 1960s when she was 21 years old. She grew up making pasta and various Italian dishes and passed on this love of food and cooking to her children. She has two sons, two daughters, and five granddaughters. She started a food company with her son, Ernesto, making pasta which they sell at local farmers' markets. Her daughter, Luisa, a Parkdale resident, is a Red Seal chef and instructor in the NAIT culinary arts program.

Luisa says her mom makes a variety of traditional Italian pastries with chestnuts, honey, ricotta cheese and barley in preparation for the Christmas season. One thing that is a staple in their home over Christmas is *panettone*, a sweet bread, which is to Italians what fruitcake is to others – an annual Christmas treat. The dome-shaped bread loaf is studded with raisins and candied citrus peels. The dough takes several days to make: Like sourdough, it has to be cured. Serve it up with either a hot beverage or a sweet wine like Moscato d'Asti.

On Christmas Eve, Italians traditionally abstain from meat. Being from the Italian campania region, the Rizzi family enjoy fish and vegetable dishes before heading to midnight mass.

Other traditions include: A Yule log, the *Ceppo*, is burned, and toasts in wine and wishes for the future are expressed. The Urn of Fate, an old Italian tradition, is a large

ornamental bowl that holds wrapped gifts for members of the family. When the family gets together, each member takes his turn at drawing a gift from the urn until all the presents are distributed.

Along with all the food in the Rizzi household there is quality family time. Every Christmas, Luisa and her family enjoy time together playing *Tombola*, an Italian bingo game or *Scopa*, an Italian card game.

Christmas doesn't end on the 25th. An important part of Italian Christmas celebrations, especially for the children is the tradition of *La Befana* who arrives in the night on the eve of Epiphany to fill children's stockings with toys and sweets for the good children and lumps of coal for the bad ones. Luisa says, "I remember being really young and my mom making a big deal about it."

According to the legend, the night before the Wise Men arrived at the manger they stopped at the shack of an old woman to ask directions. They invited her to come along but she replied that she was too busy. Then a shepherd asked her to join him but again she refused. Later that night, she saw a great light in the sky and decided to join the Wise Men and the shepherd bearing gifts that had belonged to her child who had died. She got lost and never found the manger. Now *La Befana* flies around on her broomstick each year on the 11th night of Christmas, bringing gifts to children in hopes that she might find the Baby Jesus. Children hang their stockings on the evening of January 5 awaiting the visit of *La Befana*.

# traditions

D THE WORLD

## EDITORIAL » LITERARY

# Traditions...

RUSTIL L. LEHAY

Tradition. It draws us in and is often the bedrock under our family's feet. When encountered in poetry, fiction or storytelling, we either feel at home or invited to witness foreign experiences, intriguing customs and the unfamiliar.

Larry Loyie, a local First Nations writer, writes from childhood memories, family traditions and the "lovely way of life we had." Returning to school at 55, Loyie fulfilled a lifelong dream to pursue writing. "I was sick of my culture not being written with dignity and truth," says Loyie.

If selling 2,000 copies puts an author on Alberta's best seller list, 30,000 in sales for *As Long as the Rivers Flow* sug-

gests this is a must-read book. Amongst his many awards, Loyie recently won the 2012 Silver Medal in the Moonbeam Children's book awards for *The Gathering Tree*.

Though he focusses on children's books now, Loyie began with playwriting and toured five federal prisons with two plays about residential schools. "I wanted to reach a wider audience than plays allowed." Children's books often require the adults to read them thus reach more people indeed.

Absent of bitterness, two of his books speak to the uncomfortable topic of residential schools, telling his story with drama, humour and hope. Drawing on his own experience, the reader sees Loyie finding hope and fulfillment

in life after residential schools. There is a purity and kindness in Loyie's storytelling that draws you in and makes you think, whether you are adult or child.

Just as the opera singer cannot weep while performing, authors must also reach into the hearts of their listeners/readers and evoke the emotions in them through their art. That is the art that educates nations and moves people to change.

Never a fan of "See Jane run," Loyie believes, "You have to give children something to think about." His new book, *The Moon Speaks Cree*, soon to be launched, starts out gently progressing into the serious repercussions of teasing the family dog. Already planning his next book,



*Residential School, A Children's History*, there is no sign of this writer slowing down. You can find out more about Loyie at [www.firstnationswriter.com](http://www.firstnationswriter.com)

Before you load Louie's webpage, read Marlene Salmonson's poem and local author Sharon

Riley's poem celebrating her meaning of the season. You may share Donita Wiebe-Neufeld's chagrin at inflatable Christmas decorations. Then have fun people-watching with Catherine McLaughlin in her airport inspired story.

## AN AVENUE CHRISTMAS

MARLENE SALMONSON - BARD OF THE AVENUE

Snow is falling on 118th Avenue  
like white parchment waiting to be written on  
the snow fashioning its transition, flake by flake,  
wrapping the Community Centre in a fluffy, white muffler.  
The steeple of St. Alphonsus stands out,  
the snow-topped cross crowned with glitter.  
Potent in its remembering,  
the cross pointing straight up,  
meets the snow as it swirls downward from heaven,  
softening the rough edges of who we are.  
I hear dogs barking somewhere nearby,  
"Stop them; their feet are full of snow! Close the door!"  
Another voice laughs, "That's alright; they're alright."  
More laughter  
The satisfying "thunk" of a snowball.  
A flashing green light, decorates an intersection  
The red lights of the fire truck from station #5 speed by  
The scraping metal of a shovel as a neighbour clears their walk.  
My steps are different from summer, spring or fall  
My feet touch the earth,  
but softer now, more contemplative, more Christmas.

## A CHRISTMAS HORROR

DONITA WIEBE-NEUFELD

The corpse lay face down on a front lawn in busy suburbia. A prominent place, yet no one stopped to investigate. At 8:30 am the children, in a rush to beat the school bell, didn't see it. At 5:00 pm the parents, on cell phones ordering pizza while driving, spared no thought for the downed man. Other than raucous magpies, no one investigated the dead on the lawn in the city.

Darkness descended and the wind picked up. The breath of night toyed with corners of the man's coat. Whispering and hissing, the body began to rise, jerking and flapping, till fully inflated it stood. Grotesquely glowing cold in the night, it rigidly smiles above its coke can vest. Children in cars and parents walking dogs look and ponder the spirit of the season.

Next morning, Santa is again lifeless on the lawn. Blown in like so much trash, he waits for the darkness to rise again.

## TERMINAL 2: PEARSON

CATHERINE MCLAUGHLIN

"You're not Canadian!" I muttered when I saw him welcome her.

Her eyes shone as he pulled her close, filling himself with her. From her shoulders he slipped the straps of her pack, his hands reaching for the small of her back, the familiar. His back supported by the chromed snake of luggage carts, she rested on him, moved into the heat of his hips calling her home. His hands reached down to her denimed thighs... I leaned against my cart, tempted by my camera. But I'd have to ask permission. They were a world away.

Across the revolving steel armour of the luggage carousel a group of men watched furtively, the bills of their ball caps dipping as they glanced over, nodded, snickered.

Wary passengers stared at the chute ahead, willing the first bag to appear, slide down and begin circling the next part of the journey. My eyes drawn again to the couple, I saw him grip her small bag. They walked quickly towards the exit, his arm around her waist.

I sighed. As they disappeared into the shadows of the parking garage I almost called out "Where are you from?"



## PEACE AND GOOD WILL

SHARON E. RILEY

Long, long ago in a distant place  
A stable so humble  
Yet it was a home  
On the night that Jesus was born  
The oxen and lamb lay by the door  
And the donkeys snuggled down to get warm.  
A star shone so brightly to show them the way  
To the little lord Jesus in his cradle of hay  
Mary gazed down at the child so sweet  
And Joseph stood tall and proud at his feet  
The visitors came to gaze in awe  
At the wonderful miracle so very small.  
And because of this day  
Christmas came to be  
A time to remember the wondrous birth  
And the miracles it brought for the planet Earth.

## HOLIDAY CURL-UP-WITH-A-BOOK LIST

*The Best Laid Plans*, Terry Fallis  
*The Birth House*, Ami McKay  
*The Bone Cage*, Angie Abdou  
*The Book of Negroes*, Lawrence Hill  
*Bottle Rocket Hearts*, Zoe Whittall  
*Essex County*, Jeff Lemire  
*Life of Pi*, Yann Martel  
*Pattern Recognition*, William Gibson  
*Three Day Road*, Joseph Boyden  
*Unless*, Carol Shields

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## BUSINESS » THE LEMONADE STAND

# Adoxography?!

And what it has to do with a shipment of ugly ceramic dogs

HENRI YAUCK

First off, what is *adoxography*? According to Wikipedia, it is a term coined in the late 19th century. It means “fine writing on a trivial or base subject.”

If you will recall, in the last article in the Lemonade Stand series I described how superstition was used to sell half a train car load of ugly ceramic dogs in about eight weeks. An excellent example of adoxography at work. Fine writing (that fascinates) a trivial subject.

Don't remember the story? That's ok, take a minute, pull out last month's copy of the *Rat Creek Press* or check it out online. I'll wait for you . . . Great you're back; you've refreshed your memory, so let's continue.

Another good example is the pulp papers like the *National Enquirer*. In spite of the fact everyone that reads it claims they don't, it still sells more copies per week than the top newspapers and magazines do. It has that combination; fascinating writing (fine writing) and a trivial or base subject.

I'm sure you are familiar with “Reality TV.” While it

may be TV, is it reality? You may think it is unscripted, but look again. In the words of a famous detective, “Watson, the devil is in the details.” Reality TV is very carefully scripted, even the applause, the o-o-h's and a-a-w's are carefully choreographed to fit the script. Further proof that adoxography works as a major component of storytelling.

Story type marketing based on adoxography is all around us because it works. Ask the pharmaceutical firms, the pulp papers, book publishers, the reality show producers. It makes billions for them.

Today's best example is on the news in every conceivable media available. You just can't get away from it (yes, it's in this article to).

Consider this: a Santa Claus rotund little guy is dipping into the public purse. He's made out to look like a victim or possibly even like a martyr (the trivia, his actions being the base part of the storyline), all carefully scripted (fine writing) to increase viewership and readership, where the money is made.

How about the rotund little guy with a beard in a red suit? Hordes of little stories about

the little guy – the fine writing linked to merchandise through every retailer in the country – again millions sold.

Adoxography. It works.

It works, largely because you and I are hardwired to understand concepts and ideas best through stories.

It seems this is how our ancestors taught the use of fire, bows and arrows, and spears to future generations. It still works today because you and I have inherited the part of the brain that houses the operating system that makes it work the same in every generation.

Sort of like having a top of the line Mac computer and keeping it continuously upgraded to the latest operating system. Each generation's current environment is the latest upgrade. The hardwiring is there. The only thing that appears to have changed is the software upgrade (current environment).

**Our neighbourhood is filled with freelancers, entrepreneurs, independent artists, and cottage industries run from homes. This series is dedicated to helping these entrepreneurs succeed.**

## BUSINESS » SHOP LOCAL

# Noodle love



Oodle Noodle Factory owner Sonny Pham. >> CONSTANCE BRISSENDEN

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CONSTANCE BRISSENDEN

For Sonny Pham, the road from refugee camp to entrepreneur is paved with udon, mandarin and chow mein noodles and his own smooth tofu.

After arriving in Hull, Quebec, from Vietnam in 1989, Sonny made his way to Edmonton. He washed dishes in a major restaurant until 3 am, caught a few hours sleep and then de-boned chicken in a factory all day. After years of relentless work, Sonny knew he had to strike out on his own or remain labouring for others forever.

“I tried out my dishes on family and friends,” says Sonny, “If they loved them, I put them on the menu.” Since launching his first Oodle Noodle outlet in 2005, Sonny has opened six restaurants in Edmonton and area. His Oodle Noodle Factory, just off Fort Road, is a little different. Mainly a takeout outlet, it offers a table and chairs for a front-row seat on the lunch-time crowd from nearby indus-

tries. When not serving customers, Sonny and his assistant Pablo make fresh noodles and tofu at the back.

Not sure of what kind of noodle to order? Sonny will bring out the sample box. The menu offers spring rolls plus 13 noodle or tofu-inspired dishes, pop, and juice. All dishes feature six vegetables unless otherwise requested. Decide on the degree of spiciness, from non-spicy to super hot, for yourself.

With winter rolling in, Tokyo Glaze features hearty udon noodles stir fried with Teriyaki sauce. Children love it. Try thinner Mandarin noodles with ginger and black bean sauce in the Chinese Thousand Year Flavour order. The Hot Oodle Noodle Box warms with flaming Szechuan sauce over chow mein. Veggie Lover begins with smooth tofu (made at the factory on Wednesdays) smothered in stir fried veggies and a special sauce.

Sonny honed his skills with an advanced Asian noodle technology course in Portland, Oregon. His dishes represent seven Asian nations. I hope to try all from this four-time winner for Best Take Out (*Vue Weekly*) and Best Lunch to Go (*See Magazine*).

Order take-out online or via phone, delivery available city-wide. Or find a restaurant near you on the website.

## BUSINESS » SHOP LOCAL

# Keeping Alberta rat-free



Gavin Gratton and his office staff at Poulin's Professional Extermination Services. >> REBECCA LIPPIATT

## POULIN'S PROFESSIONAL EXTERMINATION SERVICES

8737 118 AVENUE / 780.477.4701  
BRANCH MANAGER:  
GAVIN GRATTON

REBECCA LIPPIATT

Thanks to Napoleon Louis Poulin, we have a rat-free Alberta. In 1952, Mr. Poulin was contracted by the province to eradicate rats in the province. The store has been located on 118 Avenue since 1940, and is still a family-owned company headed by Don Poulin, and serves all of Western Canada.

Gavin Gratton, Branch Manager, and his staff provide extermination services for mice, gophers, bedbugs and a myriad of other critters you don't want living in your house. This year has been particularly busy for mice. With the construction of the Anthony Henday, the mice (along with coyotes and deer) have moved out of the fields and into the city, taking up residence where they can. Mice eradication costs approximately \$175 and is done with a combination of traps and poison. The business serves both residential and commercial clients.

Poulin's also boasts one of only two NESDCA certified bed bug dogs in Canada. Maggie (the business's former dog Ozzie has passed on) is trained to hunt out both bed bugs and viable eggs. Her certification is through an independent tester with no association to dog breeders or extermination companies. Bed bugs are treated with either chemicals or heat. Like the mice, bed bugs are a big problem across North America, due to the increase in people travelling. Getting rid of bed bugs requires vigilance; costs start at \$250.



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'TIS THE SEASON

# Warm up to the city of seasons

Winter is not always a joy . . . but it is the balance of seasons that makes Edmonton radiant



There's is a time to wear a toque . . .



. . . and a time to splash in puddles. Embrace the seasons, they keep things special. >> DAVE VON BIEKER

DAVE VON BIEKER

It's January of 2013 and I am worlds away from an Edmonton winter. Aboard a sweaty bus in sweltering sunshine, a guitarist bellows in Spanish several rows up. Soon we laze by the pool while iguanas play peekaboo. Fifty degrees hotter than home, Mexico might as well be another universe.

On our first night, the shuttle driver detours into a vacation version of Candy Cane Lane. These wealthy snowbirds, living on a golf course, have escaped winter only to recreate it. But without snow, it feels hollow. Money cannot buy what Edmontonians love and loathe. Here in Mexico, I feel something impossible. I miss the snow.

How could this yearning

creep into a heart that has dreaded every first frost?

It's mid-October and I am perched precariously atop a ladder, leaning towards my daughter's bedroom window with a very large pane of glass. In this old house the windows and screens must be swapped every season. There is nothing like balancing a heavy window eight feet off the ground, one foot barely on a rung, to remind me that our seasons are fragile, always being exchanged.

I'm bracing myself for the cold. And you know what? I can take it. And that, my friends, is a gift Edmonton has given me.

There is something sacred about having to wait for the warmth. We slow down in these icy months and huddle together. On our coldest days,

the snow sparkles.

Come January, when winter is at its worst, Deep Freeze Festival will drag us onto the ice for curling and skating and fire pits and hot chocolate. Sleigh rides and ice slides and snowshoes and frozen maple syrup are privileges of the North. It's hard to imagine life without wild rides down a frozen hill on paper-thin plastic, or trying to steer a Snow Racer towards, then at the last instant away from, a jump.

Winter is not always a joy, of course. Think minus 30C and drawn out darkness. But it is the balance of seasons that makes Edmonton radiant – not any one of them alone.

The seasons beat an ancient rhythm, and we Edmontonians are perhaps the best dancers on earth.

Our winters are just hor-

rendously, ridiculously cold. Even Frank Spinelli's statue gets a toque from some merciful passerby. But our trees adopt a special beauty, trading leaves for cotton candy snow. Edmonton summers bring glorious heat, along with festival upon festival. We squeeze two months for every drop of precious light and life, taking no hot day for granted.

Our spring times are short but puddle-filled and sprinkled with tulips. Our falls are drop dead gorgeous, as if God spilled a few buckets of golden paint on a river valley stroll. We get skating rinks and outdoor pools. We travel by bike and cross-country skis. We are bitten by mosquitos and frost. Our kids track home sand and snow, sometimes all at once. Our rabbits change colour!

In a world where seasons are

being phased out in pursuit of the all-good-all-the-time, shopping malls control our climate. Seasonal foods are a relic of days before cheap transportation and preservatives. Remember when mandarin oranges were a rare treat we would get in our stockings? As presents?!

Seasons keep things special. Gifts are wrapped for a reason. There is a time for everything. And when it is all over, it begins again. And this is good. We learn the right time for soup and for BBQ, and when we have only the one we learn to long for the other. And the longing is good.

City of Champions? Maybe. But I declare us the City of Seasons, always changing. Always moving towards some short and special time.

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REVIEW » BOOK

# EPL's Centennial Book

Telling the Edmonton Public Library story for 100 years

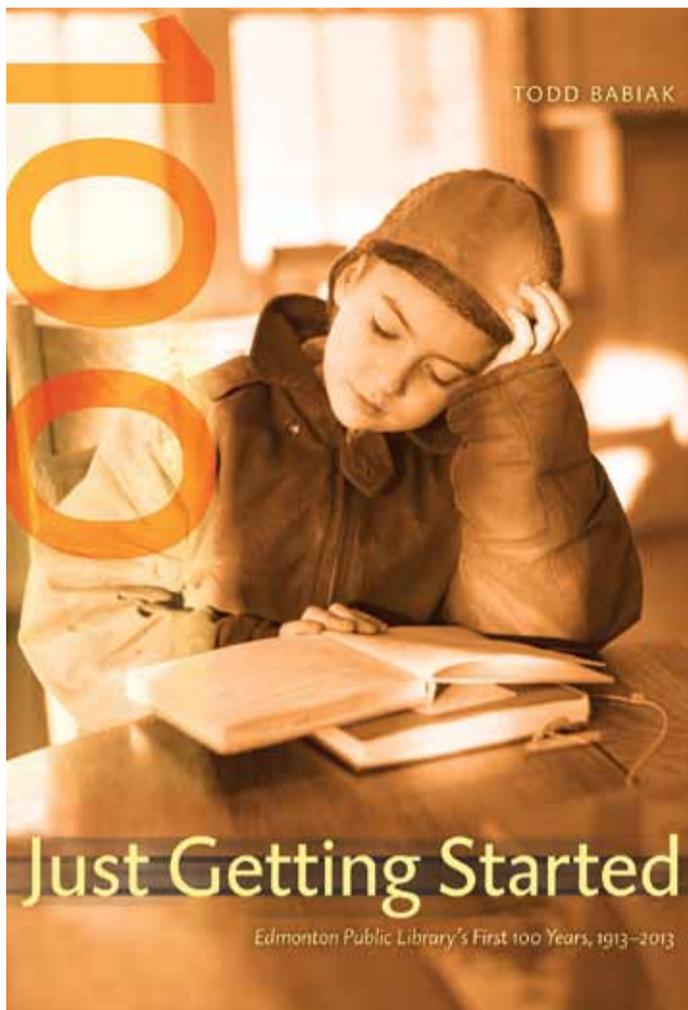
FRANKI HARROGATE

Todd Babiak's *Just Getting Started: Edmonton Public Library's First 100 years 1913-2013* deftly links the Edmonton of yesteryear to the Edmonton of today: a city in search of an identity and asking how it could make its mark.

In 1913, the answer to this question was a public library. Today, with the numerous Edmonton Public Library (EPL) branches providing innovative programs, access to technology and yes, books, the answer could very well remain the same.

Babiak's narrative style is compelling, drawing the reader into a behind-the-scenes look at snapshots of Edmonton in time. He repeatedly references many of the architectural gems lost to us in the name of "progress." If, like me, you are somewhat of a history buff, you will greatly enjoy the accompanying pictures of the infant city and its environs – while wistfully wishing that many of these buildings had been incorporated into the city's growth, rather than having been torn down.

The story of Edmonton's libraries is engaging, particularly the story of what exactly was involved in the lengthy journey of Edmonton finally building its first library. From the world's first street-car library to Canada's first computerized circulation and catalogue system; book-mobiles to the city's first branch library (our very own Sprucewood), the EPL's his-



Download for free the Edmonton Public Library centennial book by Todd Babiak from [www.epl.ca/100/book](http://www.epl.ca/100/book). » SUPPLIED

tory is laid out in an interesting mosaic of facts.

Babiak also sprinkles anecdotes about the city's movers and shakers into the mix while tracing the evolution of the EPL. A brief history of Alberta Avenue is mixed in, and homage is duly paid to our community's work and dedication in revitalizing the area with great things like Deep Freeze Festival and The Carrot Coffeehouse.

The narrative is a bit uneven at times, jumping back and forth between then and now, right in the middle of stories. This sometimes makes the linear progression of the history somewhat choppy. All in all, however, this is an extremely interesting book, not the least because of its subject matter. Todd Babiak's look at the history of the EPL is a worthy addition to any bibliophile's shelf.

## EDMONTON PUBLIC LIBRARY BOOKMOBILE ROLLS THROUGH TOWN



The Edmonton Public Library opened Canada's first travelling library in 1942, a converted streetcar. In 1947, a bookmobile was added to serve other areas. By the early 1960s, three bookmobiles served the city 54 hours a week making 28 stops. » SUPPLIED

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## BRIAN MASON, MLA

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HISTORY » LOCAL SCHOOL

# Henry Allen Gray school's centennial

Historic school in the community of Westwood has educated generations of students



The exterior of the school presents a stately image to a community filled with humble housing. >> CHANTAL FIGEAT



Loretta Colis and Linda Perdue are alumni of the school. >> CHANTAL FIGEAT

CHANTAL FIGEAT

On Oct. 17, staff at Vanguard College graciously hosted a Centennial celebration for Henry Allen Gray Public School (12140 103 St), named in honour of the Right Reverend Henry Allen Gray. Known as the "Country Parson," Gray was working on a cattle ranch south of Edmonton when he found his true calling in the Anglican ministry.

Born in London, England, Gray had a strong, humane interest in community. Supervisor of a boy's club and a District/Provincial Boy Scout Commissioner, Gray formed long-term friendships among his charges with his friendly and cheerful personality. Ordained in 1895, Gray became an Anglican Deacon at Holy Trinity Church in South Edmonton that same year. In 1914, he went on to become the first Anglican Bishop of

Edmonton. Gray also served as a juvenile court judge for twenty years and a public school trustee for three terms.

The exterior of the building bearing his name remains much as it was on the day it was blessed by Gray and officially opened. Designed by architect George E. Turner, it is of the Romanesque Revival style, taking inspiration from medieval European cathedrals and castles. Distinguishing features include: arched windows and doorways, ornamental spires and finials, and a parapet topped by battlements.

The inside has been extensively renovated to meet modern requirements. However, the former school library still retains its graceful proportions and good use of natural light with a long row of windows stretching almost from the floor to the ceiling. The stairwells remain largely intact, with their iron railings and terrazzo

flooring, an exception being the cement treads added for durability.

The first class was held in May 1914, but the school was not opened for a full term until September. The original school contained 16 classrooms with a total enrollment of 672. Back then, grassy fields and unpaved trails surrounded the building and students rode horses and buggies to class.

Generations of students were educated at Henry Allen Gray School, many of who gathered to enjoy cake, coffee, and a tour to celebrate the Centennial. Loretta Colis was amazed at the changes that had been made since she was a student, stating, "Nothing ever stays the same." Colis attended classes from 1937 to 1946, following her mother who began in 1916 when the family emigrated from Scotland.

Barry Pon attended Henry Allen Gray for grades seven,

eight, and nine. Pon recalled that he was in the south-east corner of the school yard when he heard JFK had been assassinated in Dallas.

"I can see myself standing there," said Pon, "[and I] believe we got the rest of the day off."

Linda Perdue began attending Henry Allen Gray in 1957, finishing grades one through nine there. Perdue recalled elementary students being taught in the east wing and junior high students being taught in the west wing, added in 1956 to accommodate the baby boom which increased school enrollment to over 775 in 1958.

Eventually, the school became a victim of changing demographics as the neighbourhood's population aged. By 1982, enrollment had dropped to 295, with 100 students having to be bused in, so the Edmonton Public School Board decided to shut it down.

Later, the building was

leased to the Northern Alberta Institute of Technology (NAIT) who named this satellite campus Westwood after the neighbouring community. NAIT moved their Tailoring Technician and Administrative Secretarial Arts programs into the school in 1984/85. Microcomputers and continuing education programs soon followed.

Vanguard College began renting Henry Allen Gray School in July 2004, purchasing it in October 2005. The college has done extensive renovations while maintaining the building's historical character. Both faculty and students are proud to work and study in a beautiful historic setting which has trained both adults and children for over a century.

Community groups are welcome to rent the gym at no cost provided the space is not already booked. Call Chris at 780.452.0808 to arrange a booking.



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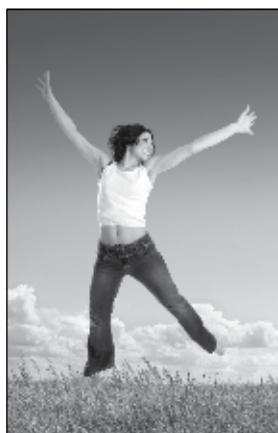
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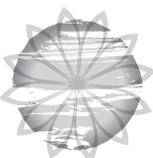
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# COMMUNITY CALENDAR

Sponsored by the Norwood Neighbourhood Association whose vision is to support good projects and activities that benefit the neighbourhood.

For the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

## EVENTS

### BALLOON JAM

Join local balloon artists as they create balloon art. Bring your own balloons, all skill levels welcome. Thursday, December 12, 6-9 pm at The Carrot (9351 118 Ave).

### YULE AVE A MERRY CHRISTMAS

December 13-15 at The Carrot, The Nina and Alberta Avenue Community League. See page 4 and 16 for details.

### JOY TO NORWOOD

#### CHRISTMAS DINNER PARTY

Celebrate the birth of Jesus with music, food and special presentations. People are encouraged to bring a dish to add to the Christmas buffet. Sunday, December 22 at 11 am at Norwood Wesleyan Church (11306 91 St).

### WINTER FAMILY FUN

December 30 and 31 from 1-4 pm at Parkdale-Cromdale Community League (11335 85 St).

## NOTICES

### JOB OPPORTUNITY

Parkdale-Cromdale Community League is looking for a dependable, responsible individual to run the community league rink for the 2013-14 season (approx. start mid-Dec.) Please send resumes to [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org). Salary and hours negotiable.

### ROOTS FOR TREES

#### MATCHING GRANT

Want to complete a tree planting project but need more funding? Check out the Root for Trees Matching Grant. Applications are being accepted from October 1, 2013 to January 31, 2014. More info: [www.edmonton.ca](http://www.edmonton.ca) and search "Roots for trees". Follow the link "plant a tree in your community" to find the grant application.

### BRAZILIAN PERFORMANCE

Come to the Parkdale-Cromdale Community League (11335 85 St) to see free capoeira performances every Saturday from 1-2 pm! Capoeira is a mix of Brazilian martial arts, music, and dance. More info: [www.capoeiraacademy.ca](http://www.capoeiraacademy.ca)

### THE CARROT STAGE

9351 118 Avenue, 780.471.1580 [www.thecarrot.ca](http://www.thecarrot.ca)  
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome. Saturdays: Open mic 7 pm-9:30 pm. Great time to share your newest tune, poem or comedy act! Free for all ages. \$1.25 minimum charge.

### RECYCLE YOUR COMPUTER ITEMS

The Electronic Recycling Association will refurbish used computers and IT equipment and donate to non-profit organizations. Go to [www.era.ca](http://www.era.ca) for more info.

## PROGRAMS/CLASSES

### IMPROVE YOUR ENGLISH

ECALA English For Community Integration: Free Parent-Tot English classes. Bring along your babies/toddlers and learn basic English skills for everyday situations. Tuesdays and Thursdays from 9-11 am starting January 7 at Parkdale-Cromdale Community League (11335 85 St). More info: Sarah at 780.887.6825.

### SING, SIGN, LAUGH AND LEARN

For children up to age three accompanied by a grown-up. Tuesdays from 10:30-11:15 am at Sprucewood Library (11555 95 St). More info: 780.496.7099.

### NEEDLE FELTING WORKSHOP

Saturday, December 21, 1:30-4 pm at The Carrot (9351 118 Ave).

### FREE ART NIGHTS AT THE NINA

Community Art Nights, Tuesdays, 6:30-8:30 pm. Family Art Nights, Thursdays, 6:30-8 pm. The Nina Haggerty Centre for the Arts (9225 118 Ave). More info: [www.thenina.ca](http://www.thenina.ca). Ends on December 19 and restarts on January 9.

### FREE MUSIC LESSONS BY CREAT!

Running every Saturday at Parkdale-Cromdale Community League (11335 85 St) free group lessons will be offered to members. The teacher is part of the community and loves to share his knowledge! Singing lessons run from 9-10 am and guitar lessons from 10 am-12 pm. Play and meet others. Contact Chantal at 780.669.3272

### ALATEEN MEETINGS

Help for young people whose parent, relative or friend is a problem drinker. Saturdays at 10 am at 11107 129 St (backdoor, downstairs). More info: 1.866.322.6902 or Google alateen edmonton. Al-Anon and Alcoholics Anonymous meet at the same time, in the same building. Help and hope for the whole family.

### JUST FOR TODAY AFG

Are you troubled by someone's drinking? Al-Anon meeting each Monday morning at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by ramp: handicap access. More info: 1.888.322.6902.

## SOCIAL ACTIVITIES

### BROWNCOATS KNITTING GROUP

Wednesday, December 11, 6:30-9:30 pm at The Carrot (9351 118 Ave).

### CRUD DINNER CLUB

Everyone welcome. To stay informed about upcoming dinners, join CRUD on Facebook.

### FAMILY STORYTIME

Share stories, songs and games for the whole family. Sundays from 2:30-3 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

### TEEN GAMING

Come to the library to play some great games! For ages 12-17. Thursdays from 6:30-8:30 pm (until December 19; resuming January 9). Sprucewood Library (11555 95 St). More info: 780.496.7099.

### WOMEN'S AFTERNOON OUT GROUP

For women to get out, socialize and work on crafts such as knitting, crocheting, card making, and more (or bring your own project). Cost is \$1 drop-in fee for materials. We have a potluck snack. Mondays from 1:30-4 pm in the Sprucewood Library Programming room. More info: Michelle 780.232.5822 or [heartsalive@hotmail.com](mailto:heartsalive@hotmail.com)

### NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. After,

socialize over coffee and desserts.

Tuesdays at 10:30 am. Cribbage Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

### PARKDALE-CROMDALE SENIORS GROUP

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

### SENIORS LUNCH

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

### BABES IN ARMS

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

### LI'L SPROUTS PLAYGROUP

Come join our playgroup! A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure. Fridays from 10 am-12 pm at Parkdale-Cromdale League (11335 85 St).

## SPORTS/REC

### STREET HOCKEY TOURNAY AT DEEP FREEZE WINTER FESTIVAL

Recruit your friends and family and register your team by emailing [deepfreezehockey@gmail.com](mailto:deepfreezehockey@gmail.com).

### FREE SPORTS EQUIPMENT

All kinds of sports equipment to kids in need, including hockey, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and more. More info: 780.477.1166 or [www.sportscentral.org](http://www.sportscentral.org). Also accept donations of gently used sports gear.

### FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Enjoy the fitness centre at Commonwealth for free on Saturdays from 5-7 pm with your community league membership.

### FREE QIGONG CLASS

YiXue Lotus practice (Lotus Qigong) for a calm, stable heart and overall well-being. Weekly class, No fee. Call Astrid 780.477.0683.

## VOLUNTEER

### CASINO VOLUNTEERS NEEDED

Norwood School is having a casino to raise funds for computers for the students and the greening project. Casino dates are December 28 and 29, 2013. Please email Carrie Koehlerkoehler4330@gmail.com or phone the school at 780.477.1002 if you would like to volunteer.

### VOLUNTEER AT DEEP FREEZE WINTER FESTIVAL

Planning is underway and we're signing up volunteers. Learn more at our volunteer dinner. Tuesday, December 3, 6 pm at Alberta Avenue (9210 118 Ave). More info: [deepfreezevolunteers@gmail.com](mailto:deepfreezevolunteers@gmail.com).

### VOLUNTEER AT THE CARROT

Daytime and evening shifts at The Carrot need volunteers. More info: [carrotassist@gmail.com](mailto:carrotassist@gmail.com).

### HELP AT NORWOOD CENTRE

Become a volunteer at Norwood Child and Family Resource Centre (9516 114 Ave) and gain experience for employment or education, meet new people, learn new skills, have fun and give back to your community. More info: [norwoodcentre.com](http://norwoodcentre.com) or phone 780.471.3737.

### HANG AT A GALLERY

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! More info: [volunteer@ninahaggertyart.ca](mailto:volunteer@ninahaggertyart.ca)

### BEFRIEND A SENIOR

Provide much needed companionship to an isolated senior by assisting them with grocery shopping, sharing life stories, playing cards, completing crafts, going for walks or driving them to and from medical appointments. More info: Carole at 780.342.4421.

Listings for free events and programs as well as volunteer opportunities. Email your listings to: [info@ratcreek.org](mailto:info@ratcreek.org).

# 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's 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)

### 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](http://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](http://www.avenuevineyard.com)  
Sundays at 10:30 am

### 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

### CARISMA CHURCH

Our vision is to EMBRACE a relationship with Jesus and share it with others. Come and experience a multicultural worship service in an informal, friendly environment.

8401-114 Avenue 780-477-1235  
[www.carismachurch.org](http://www.carismachurch.org)

#### Sundays at 10:00am

Kids Ministries for ages 2 to 12yrs.  
Come as you are. All welcome!

### 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

English Classes & Collective Kitchen (seasonal - call for info)  
St. Vincent de Paul Food Help Hotline: 780-471-5577

### ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

Please join us for our diverse services. We offer regular Sunday worship services in German and English languages.

10759-96 Street (Corner of 108 Ave)  
780-422-0059 [www.stjohnsluth.ca](http://www.stjohnsluth.ca)

#### Service Times:

9:30 am - German Service  
11:00 am - English Service  
11:00 am - Sunday School for Children

Holy Communion: Every first Sunday of the month in the German Service  
Holy Communion: Every third Sunday of the month in the English Service

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# Seasons Greetings from NOLAN DRUGS

*Nolan Drugs would like to sincerely wish you and your family Season's Greetings and a Happy and Safe Holiday Season. We hope that the upcoming year will bring you the best of health, happiness and prosperity.*

Nolan Drugs has been serving the community for over 50 years. We customize our service to meet your needs. We sincerely thank you for your continued patronage and look forward to serving you for many more years to come.

### OUR CUSTOMIZED SERVICES INCLUDE:

- \* FREE Prompt and Courteous Prescription Delivery Service
- \* FREE Medication Reviews
- \* Home Visits and Consultations
- \* FREE Compliance Packaging (dosette / bubble / pouches)
- \* Medical / Incontinence Supplies for Homecare
- \* Administration of Vaccinations and Immunizations
- \* Pre-filled Insulin Syringes
- \* Environmentally Friendly Medication Disposal

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# Yule Ave <sup>2013</sup>

## A MERRY CHRISTMAS

A weekend of **FREE** and FUN activities for you and yours aimed at **CREATING YOUR OWN CHRISTMAS**, not buying it!

FRIDAY, SATURDAY & SUNDAY DEC 13, 14 & 15

### FEATURING

- JINGLE JAMMIN' COMMUNITY CAROLING *Fri at 6:30 | The Carrot*
- YULE AVE: A BLAST '13 *Fri at 8:15 | Alberta Avenue Community League*
- LIGHTING THE YULE AVE GIVING TREE *Fri at 10 | Alberta Avenue Community League*
- CHRISTMAS ARTISTS MARKET *Sat & Sun | Nina Haggerty Centre for the Arts*
- DECORATION CREATION STATION *Sat & Sun from 12-3 | Nina Haggerty Centre for the Arts*
- SNOWSPIRATION *Sat & Sun from 12-3 | Alberta Avenue Community League*
- SANTA'S HORSE WAGON RIDE *Sun from 12-3 | Nina Haggerty Centre for the Arts*
- STORY-TIME WITH THE CLAUS'S *Sun at 3 | Nina Haggerty Centre for the Arts*

SPONSORED BY

Habitat for Humanity is mobilizing to build affordable housing and promote homeownership to break the cycle of poverty. How YOU can help: Donate, Volunteer to build (no experience needed) or provide lunch for volunteers, or Support our Restore home improvement store. For more information contact us at (780)-479- 3566, visit hfh.org, Facebook.com/HabitatEdm, or follow us on twitter @HabitatEdm