

# RAT CREEK PRESS

CIRCULATION 12,500

WWW.RATCREEK.ORG

SEPTEMBER 2013

NEWS » COMMUNITY

## Norwood Centre's golden jubilee

Community is invited to the 50th anniversary celebration to enjoy food and games



The Norwood Child and Family Resource Centre has been serving up great programs at its current location next to Norwood Square Park on 114 Avenue and 95A Street for over 35 years. >> REBECCA LIPPIATT

DYLAN THOMPSON

A lot changes in fifty years. In 1963, the Norwood Readiness Centre was a newly created preparatory program with "an emphasis on language and emotional development." Since then, they moved from an old, white house into an ever-expanding building covered in murals and greetings in a handful of languages. At times they have offered programs ranging from crafts and sewing to carpentry and creative dance.

Today, the Norwood Child and Family Resource Centre caters to a wide range of needs and is filled with people of diverse backgrounds. A world map in their hallway dotted with little blue stickers shows many of their clients have come from around the world before settling in Edmonton. The staff speaks over seventeen different languages between them.

The Centre's many offerings

include: a "respite for family" day care program, a preschool readiness program, a school transition program, adorable child-sized toilets, rooms available for community and service agencies to use, and a licensed commercial kitchen, which serves thousands of snacks and meals a year. But one thing has never changed—the Centre's mission to promote active involvement by children and their families in a strong, vibrant community.

The Centre will celebrate their golden jubilee on Saturday, September 28 from noon to 3 pm.

Bev Parks, executive director for the Centre, is brimming with excitement for this milestone.

"We're celebrating 50 awesome years in this community," says Parks. "It is going to be an amazing, amazing event."

Anticipated to be in attendance are Mayor Stephen Mandel, Councillor Tony Caterina and MLAs Dave

Hancock and Brian Mason.

The festivities begin with a formal ceremony at 11:30 a.m. and continue with outdoor entertainment and food: a barbecue, stilt walkers, face painters, a jumping castle.

Families can also enjoy penny carnival games, says Carrie Malloy, a volunteer committee member helping plan the jubilee. "Throwing bean bags and horseshoes, stuff like that."

To reflect the diversity of the Centre's clients and staff, they chose to hold their jubilee celebration on the weekend of Alberta Cultural Days and are promoting a strong multicultural theme.

"It's all multicultural," says Parks. "We have the Mennonite Centre choir. We have Tai Chi. We have Korean dancing. We have aboriginal dancing and singers. It's going to be wonderful."

The celebration will also include an open house in which many rooms will be decorated

to reflect the cultures of other continents complete with local food, music, and stories.

Malloy is excited to be a part of an organization with such longevity.

"It's hard to stay afloat and active in the community and still have people believe in you enough to actually give you money," says Malloy. "I think it's amazing that they've done this. Not many nonprofits have survived that long."

Cindy Levitt, whose son attended the recently discontinued Planet Norwood program, says, "The staff is amazing. It's an amazing place."

So come celebrate with the Norwood Centre. Raise your glass and drink to fifty more years of "healthy children, healthy families and healthy communities."

**Norwood Child and Family Resource Centre (9516 114 Ave) 780.471.3737**  
50th Anniversary celebration  
Saturday, September 28, noon-3 pm

### INSIDE:

#### News Briefs

Controversial business moves out of the area, liquidation business closes down, and a new wellness centre scheduled to move in.

>> P2

#### Community News

Three more Alberta Avenue businesses sign up for the Shop Smart Campaign.

>> P3



#### Eye On Community

Fun, family activities celebrate Community League Day and kicks off fall membership drives.

>> P4

#### Perspectives

K-Days remembered as the highlight of every child's summer, but how do residents feel about it now?

>> P7

#### Special Feature

Kaleido Family Arts Festival is a unique and off the wall extravaganza of art, theatre and music.

>> P8-9



#### Everybody's Business

The architecture of business success series dedicated to local entrepreneurs.

>> P11

#### The Ave We Had

Dozens of guests help celebrate a 100 year milestone and commemorate a home's history.

>> P13



**ABC**  
head start  
OPENING DOORS  
FOR CHILDREN & FAMILIES

FREE EARLY  
LEARNING PROGRAM  
FOR FAMILIES  
WITH LOW INCOME

Call Us: 780.461.5353  
www.abcheadstart.org

- PRESCHOOL 4 HALF DAYS PER WEEK
- FAMILY SUPPORT
- FREE BUSSING AND NUTRITIONAL SNACKS
- PROGRAM SITES ACROSS THE CITY, INCLUDING FRANCOPHONE
- CHILDREN MUST BE 3<sup>1/2</sup> BY SEPTEMBER 1st

NEWS » BRIEFS

# Bottle Depot moves out

KAREN MYKIETKA

After more than 30 years on the corner of 111 Avenue and 93 Street, the Univer Bottle Depot has moved. As of September 1, the depot has moved to 12640 82 Street, west on 127 Avenue just on the other side of the Delton Veterinary Clinic.

Stephen Gallard, a resident who lives a couple of blocks from the depot, says he can't be happier it is leaving. "Their business attracts in large a concerning cross section of street people."

Gallard speaks of numerous items stolen from his yard and having his flowers pilfered, "... every day you are on guard over all things and constantly

having to watch closely over those who shuffle down the street on the way to the depot and those who seek to part them from their money and feed their addictions."

Univer Depot owners, Paul and Jaswinder Punian, originally tried to rebuild on the 111 Avenue site. However, the depot, which has been there since the late 1970s, is non-compliant with the zoning. It is grandfathered in which means it is allowed to operate but not allowed to do any exterior alterations or expansions.

The Punians tried their best to find a nearby location for their business but were dogged by resident opposition at every turn. First it was the old Norwood Foundry site two

blocks east on 111 Avenue, then the Cantrust Auto a couple blocks west. Even erecting a Quonset on their empty lot next to their building in the spring of 2012 brought complaints and a removal notice.

Now the bottle depot land is for sale. At three-quarters of the block it is a prime piece of real estate. While nearby residents are happy with the bottle depot move and potential of new development, they are concerned about the property sitting empty and derelict in the meantime.

**NEARBY BOTTLE DEPOTS:**  
 Quasar, 9510 105 Avenue  
 City Centre, 10625 104 Street  
 Beverly, 4825 118 Avenue



After a city inspection in the summer of 2011, the bottle depot was given a vacate order due to structural and safety concerns. The owners made the necessary repairs and reopened in November 2011. >> DARREN BOISVERT

NEWS » BUSINESS CLOSURE



Piggybank Liquidators at 9340 118 Avenue closes due to family illness after only one year of operation. >> DARREN BOISVERT

# Animal facility on 111 Avenue raided

KAREN MYKIETKA

On July 19, 2013 46 dogs and six cats were found in "deplorable conditions" during a police raid of an animal facility on 111 Avenue and 93 Street. The facility listed as "b.a.r.k Affordable training & rehabilitation for dogs" on Google+ states "All dogs are welcome at b.a.r.k. for daycare, boarding and for socialization."

Fifteen complaints over the past year about the smell, the number of animals, and poor

treatment of animals by the owners outside the facility led to a joint animal cruelty investigation by EPS and the Edmonton Animal Care and Control Centre.

The 350 square foot space has been deemed as uninhabitable for humans or animals by Alberta Health Services. Ali Sanaee, 36, and Jessica M. Fookes, 25, have been charged with numerous animal cruelty offences as well as possession of stolen property under \$5,000 (one of the dogs at the facility was reported stolen).

NEWS » BRIEFS

# Parkinson Centre

Scheduled to open next summer in Parkdale



Concept design for the new Buchanan Centre in Parkdale. >> SUPPLIED

KAREN MYKIETKA

A 9,000 square foot wellness centre for people living with or affected by Parkinson's disease is set to open in the summer of 2014 at the corner of 86 Street and 112 Avenue.

This first of its kind facility in Canada will provide high-quality resources, support, and education.

"It is about having a quality life while living with Parkinson's. It is not a research facility; it is not a medical centre; it is a living better with Parkinson's centre," says Diane Buchanan whose husband Gordon was diagnosed with

Parkinson's in 1999.

Gordon and Diane Buchanan donated \$5 million to the construction and ongoing maintenance and operation of the facility. It will be named The Buchanan Centre in their honour.

"The Buchanan Centre will house the supportive services Albertans with Parkinson's disease, and their families need to live their best possible lives," says John Petryshen, CEO, Parkinson Alberta. "This one of a kind Centre is an incredible gift for our city, for our province."

The entire second floor of the Centre will house

Parkinson Alberta's operations, a charity dedicated to supporting Albertans and their families with Parkinson's through advocacy, education, client services, and research funding.

About 8,000 Albertans have Parkinson's disease, which is a the second most common neurodegenerative disorder after Alzheimer's disease. Parkinson's disease affects both motor and non-motor functioning caused by a loss of dopamine in the brain.

FOR MORE INFORMATION:  
[www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)  
[www.thebuchanancentre.ca](http://www.thebuchanancentre.ca)

**STRESSED?**

"Research has shown that the major cause of illness is stress."

**Quantum Biofeedback has proven to be the most modern, effective and holistic tool for relieving stress stored in your body.**

**SCIOPATHY**  
 #116, 11728 KINGSWAY AVENUE  
 EDMONTON, AB  
**780 450 2810**

*Regaining your health Starts right here!*

NEWS » BUSINESS

# Businesses join the Shop Smart campaign

All BRZ businesses are being approached to make changes that add to area safety and vibrancy

MARI SASANO

When Pauline Murphy moved into the Alberta Avenue area 15 years ago, she was terrified of walking down the street. Now Murphy walks down the Ave with confidence when she goes in to work at More Than Cigars, a specialty tobacconist at 96 Street.

Ayaz Charania, who owns More Than Cigars as well as the adjacent Norwood Liquor Store and Mona Lisa's Pub, is proud to be part of a new initiative that helps retailers and consumers who work and shop along 118th. Shop Alberta Avenue, Shop Smart was launched on July 11, which is adding to the positive changes he is seeing in the area.

"The biggest change is the partnerships, very strong associations, the programs being put on and the business owners getting involved. I've seen the momentum grow."

Alec Stratford, Community Capacity Builder for the Edmonton Police Neighbourhood Empowerment Team (N.E.T.) program, has been approaching businesses along the Ave, educating store owners about working more with the police, and actively making the neighbourhood safer. A focus of this campaign is safety through environmental design (clean windows, lighting and clean entry/exits, for example). It means a little extra

work, but the end result will benefit not only the shoppers, but shops themselves.

"We're saying to shoppers: 'You have a whole lot of power in terms of what types of stores you want to see in your community by making conscious decisions to shop in stores that add vibrancy to the Avenue. You're voting with your dollars at those stores.'"

Participating stores must meet the program's requirements: make the space a safe place for shoppers, consider getting Agent Status with EPS, store harmful products in a safe place, ensure attractive and clean entryways, and to not be involved with questionable business practices.

"Ayaz is a great example of this where he has had the store for a really long time but in the last year and a half has secured himself on the Avenue, taking it upon himself to make some changes. So when we brought this information to him, he was on board with it right away, taking steps right away," says Stratford.

It seemed like an obvious choice for Charania as well as 46 other participating businesses.

"With these projects we can see that they're putting a lot of effort into it. The city is putting a lot of effort into it. Everybody. Why wouldn't you want to be part of it?"

The next step is to reach out



Alex Stratford from the N.E.T. team worked with business owner Ayaz Charania (More Than Cigars, Norwood Liquor Store and Mona Lisa's Pub) to help him meet the criteria for the Shop Alberta Avenue, Shop Smart program.

» REBECCA LIPPIATT

to businesses that have a cultural or language barrier. Stratford said N.E.T. is bringing in people who will be able to communicate the message to our diverse community.

"It's a process and we recognize change doesn't happen overnight. We're not asking for a whole lot of dollars to be

spent, more just about set up of stores. If they need assistance moving products, we can come and help out."

The goal is to organize people. It's community action, and community organization. The We Believe in 118 coalition has laid the framework for that, for both businesses and the

community to speak with one voice. Charania couldn't agree more.

"I think that when it comes to business, we're going into a new world. Business people have to be extremely innovative. One thing to do is to come up with a business that benefits you, but also benefits the community."

**andy's finest jerky products**



**Homemade Quality Beef Jerky**  
... treat yourself today!

Hours: 11am-5pm, Tuesday thru Saturday

Phone: 780.477.5557 | Email: andysjerky@telus.net | 8235-118 Avenue

**2013 NORTH CENTRAL INDOOR SOCCER REGISTRATION**  
Registration for all Community Leagues south of Yellowhead Trail to 111 Ave and 75 St to 107 St.

Fees will be posted on website [www.deltoncommunity.com](http://www.deltoncommunity.com) by Sept 1

**Delton Hall (12325-88 St)**  
September 5th 6-8 pm  
September 6th 10 am-noon  
September 21st 10 am-noon

Volunteer commitments:  
2 events (14 hrs) / child registered  
maximum of 3 events (21 hrs) / family



*Fast and Friendly Warranty Approved Services.*



**FAST OIL CHANGE**  
Coupon valid at these 3 locations only:

**13004 82 Street**  
NORTHSIDE: 780.478.9617

**13731 97 Street**  
NORTHSIDE: 780.478.7553

**11503 104 Avenue**  
DOWNTOWN: 780.425.7562

**\$39.99**  
**Regular Oil Change up to 5 Litres**  
Coupon expires Oct. 31/13

**alberta avenue COMMUNITY LEAGUE** Members enjoy free swims at outdoor pools every day of the week!  
Buy your membership online [albertaave.org](http://albertaave.org)

## WHAT'S ON » COMMUNITY LEAGUES

# Community League Day

Edmonton's only city-wide festival!

COMPILED BY CADENCE BERGMAN

The 2013 Community League Day is September 21. It's held every year on the third Saturday of September to celebrate our community leagues and to connect people with activities and events in their neighbourhoods. In 2012, over 100 communities in Edmonton held celebrations, from carnivals and harvest festivals to big bin collections and car shows. Great events are happening in our neighbourhoods this September make sure to check them out.

## ALBERTA AVENUE

**EVENTS/ACTIVITIES:** Community garden; Family Day skate and wiener roast; Bloomin Garden Show and Art Sale in May.

**MEMBERSHIP:** Purchase on the league website or at the office (9210 118 Ave) during office hours.

**MEETINGS:** Monthly meetings the second Tuesday of the month at 7 pm; AGM in April.

**MORE INFO:** [www.albertaave.org](http://www.albertaave.org) / 780.477.2773 / [info@albertaave.org](mailto:info@albertaave.org)

## DELTON

**LEAGUE DAY:** Come enjoy a day of fun activities for the whole family at Delton's annual membership drive and BBQ on Saturday, September 21 from 10 am-2 pm at 12325 88 St.

**EVENTS/ACTIVITIES:** October Halloween Party; kids' crafts events for special days like Mother's Day, Father's Day, and Easter; Mother's and Father's Day brunches; special Family Day activities.

**MEMBERSHIP:** Email or attend the event on September 21.

**MEETINGS:** AGM in January.

**MORE INFO:** [www.deltoncommunity.com](http://www.deltoncommunity.com) / 780.477.3326 / [88delton@gmail.com](mailto:88delton@gmail.com)

## EASTWOOD

**EVENTS/ACTIVITIES:** Eastwoodfest in August.

**MEETINGS:** AGM in October.

**MORE INFO:** 780.477.2354 / [ewcl@shaw.ca](mailto:ewcl@shaw.ca)

## ELMWOOD PARK

**LEAGUE DAY:** An event will be held on the afternoon of September 21. Watch for signs in the neighbourhood with more details closer to the date.

**EVENTS/ACTIVITIES:** Community garden

**MEETINGS:** AGM in September.

**MORE INFO:** 780.479.1035 / [epcl@shawbiz.ca](mailto:epcl@shawbiz.ca)

## PARKDALE-CROMDALE

**LEAGUE DAY:** Community Day Harvest Carnival on Sunday, Sept. 22 from 11 am-2 pm at 11335 85 St.

**EVENTS/ACTIVITIES:** Halloween activities; winter Snowball event; Easter pancake breakfast; spring community garage sale.

**MEMBERSHIP:** Email or attend the event on September 22.

**MEETINGS:** Monthly meetings the last Thursday of the month at 7 pm; AGM in March.

**MORE INFO:** [www.parkdalecromdale.org](http://www.parkdalecromdale.org) / 780.471.4410 / [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org)

## SPRUCE AVENUE

**LEAGUE DAY:** A park opening celebration on Saturday, September 21 from 1:30-5:30 pm. Activities include horse drawn hayrides, bouncers, and face painting. The official park opening ceremony will be held at 3:45 pm followed by a BBQ and a celebration of *Front Yards in Bloom*.

**EVENTS/ACTIVITIES:** A wonderful rink with free Learn-to-Skate in January and February for 4-12 year olds; Family Day community skate in February; community garage sale in May.

**MEMBERSHIP:** Phone or come to the celebration on September 21.

**MEETINGS:** AGM in October.

**MORE INFO:** 780.471.1932 / [spruce.avenue@gmail.com](mailto:spruce.avenue@gmail.com)

## WESTWOOD

**LEAGUE DAY:** Westwood will be hosting a big bin and membership event on Saturday, September 21. The planning meeting for the event is on September 10 at 7 pm at the hall (12139 105 St) and is open to all residents for their input and participation.

**MEMBERSHIP:** Buy at the monthly meeting, or phone, or email.

**MEETINGS:** Monthly meetings posted on website; AGM September 24 at 7 pm. The League will be starting the preliminary stages of neighbourhood redevelopment and will require many members-at-large elected to assist with this project.

**MORE INFO:** [www.westwoodcl.ca](http://www.westwoodcl.ca) / 780.474.1979 / [westwoodcommunity2@gmail.com](mailto:westwoodcommunity2@gmail.com)

## MEMBERSHIP BENEFITS

The league membership year starts in September so don't forget to get your new card. Memberships can be purchased directly from your league or online at the Edmonton Federation of Community Leagues website: [www.efcl.org](http://www.efcl.org).

A membership provides great value for a small fee (average is \$20/family) and includes:

- Discounts at all City recreation facilities
- Free access to all community skating rinks
- Special offers such as discounted sports tickets
- Free access Saturdays 5-7pm at Commonwealth Rec Centre
- Rental, program or restaurant discounts (check your league)
- Updates on events and news in your neighbourhood

Throughout the year, community leagues host activities for children and adults and participate in initiatives that aim to make our neighbourhoods better places to live and work. Community Leagues are always looking for people to volunteer for board positions or help at events. See the information below for your community league to find out how to become more involved.

## CELEBRATING HOME GROWN SPUDS

*What I say is that, if a man really likes potatoes, he must be a pretty decent sort of fellow. - A. A. Milne*

We agree with A. A. Milne (he's the dude who wrote the Winnie the Pooh books, in case you've forgotten).

So, in honour of the harvest season, come join Parkdale-Cromdale for a meal of the wonderful dish from Quebec called poutine, which consists of French fried potatoes traditionally topped with gravy and cheese curds (though you can put pretty much whatever you like on them these days, from bacon to beef).

The poutine will be made from new potatoes from our own community garden. And if you are so inclined, you can do some digging of your own and take home some potatoes too. Save-On-Foods is supplying delicious cake for those with a sweet tooth.

More than fabulous food awaits though. A local musical group known as the Melody Makers will provide live entertainment. And kids will be able to make their own masks they can don for a parade through beautiful Sheila Bowker Park. Best of all, this event is free for the whole family! Sunday, September 22 from 11 am to 2 pm at the Parkdale-Cromdale Community Hall (11335 85 Street).

*Note: We need some volunteers on the day of the event to help with setup, serving, selling memberships, and cleanup. Please leave a voicemail at 780.471.4410 or email [info@parkdalecromdale.com](mailto:info@parkdalecromdale.com) if you can help.*

ELECT

# DAVE COLBURN

PROVEN LEADERSHIP




CITY COUNCIL  
**WARD 7**

- Dave has shown proven leadership as your elected school board trustee
- Dave wants a fair share of tax dollars for our mature communities
- Dave will speak out against urban sprawl and focus on maintaining our existing public infrastructure

WWW.DAVECOLBURN.CA

*Vintage Movie Night:*  
**Outdoor Movie Reel!**

**Kaleido**  
FAMILY ARTS FESTIVAL



*Join* the nutty cast of characters in this hilarious live-action 1989 original comedy, *Honey, I shrunk the kids*.  
93 minutes

Bring your lawn chair to Kaleido's open-air cinema on a giant inflatable screen.

Concession on site

*Friday, Sept. 13*  
at 8:00 pm

9210 118 Avenue  
behind the community centre

sponsored by 

Stay up-to-date: Like Rat Creek Press on Facebook, Follow us on Twitter.

WHAT'S ON » BAZAAR

# A taste of Tibet

Bringing Tibetan culture close to home

DYLAN THOMPSON

Take advantage of this rare opportunity to experience Tibetan culture first-hand. The Gaden Samten Ling Buddhist Meditation Society invites you to celebrate and explore Tibetan culture during their twenty-first annual Tibetan Bazaar on September 21-22 from 10 am to 5 pm at the Alberta Avenue Hall (9210 118 Avenue).

Ani Tenzin Dronsel is a Buddhist nun and organizer for the event. She describes it as a fund and awareness raiser for the Tibetan Centre. "I think Tibetan culture is very special," said Dronsel. "I hope people will give it a try. It's fun. And something unique."

Tibetans from all over will be making the trek to Edmonton for this event. "Vendors are coming from Calgary," said Dronsel. "There's somebody coming from Saskatchewan. You can see a lot of the crafts and jewelry, and you get to meet Tibetans! Actual Tibetans. Mind you, they live in the west now but they're still Tibetans. There will be Tibetan carpets, banners, blankets, clothing and jewelry. The Tibetan rugs

that will be sold are crafted in Nepal by Tibetan refugees."

Books, DVDs and CDs on different aspects of meditation will be on sale in addition to the crafts and meditation supplies.

Still hungry for more? The Bazaar has you covered. Treat your palate to some momos, a staple food of Tibet, which Dronsel describes as "Tibetan perogies."

"People can sample the momos or have the full meal deal," said Dronsel. Last year, momos were served with curried vegetables and rice. Traditionally, momos are made from barley flour and can have a number of different fillings. These momos will be available in meat and vegetarian varieties.

After filling your stomach with delicious Tibetan cuisine, treat your mind to Dharma talks from Kushok Lobsang Dhamchöe, the Tibetan Centre's spiritual director.

"The essence of Tibetan culture is Buddhism," said Dronsel, "and meditation is very much a part of the Buddhist tradition."

This chance to experience Tibetan culture only comes once a year. Don't miss it!



Tibetan prayer flags are colourful and beautiful, magical and meaningful. They bless the space, purifying negativity. Hang prayer flags to harmonize, magnetize, purify, offer, and send out prayers and blessing on the winds infinitely.

» FAERYMOTHER.BLOGSPOT.CA

## 21ST ANNUAL TIBETAN BAZAAR

September 21-22, 2013 from 10 am to 5 pm at the Alberta Avenue Hall (9210 118 Avenue)  
Admission \$5 / Children under 12 years free

### KALEIDO FAMILY ARTS FESTIVAL

September 13-15, 2013. Stroll down 118 Avenue between 90 and 95 Streets for endless fun and entertainment.

**FREE PANCAKE BREAKFAST** (93 Street / Parking lot)  
Pancakes and along with live entertainment from the Central Stage. Saturday, 10 am to noon in Alberta Avenue parking lot.

**JUNK IN YOUR TRUNK GARAGE SALE** (92 Street / North side street)  
Need stuff? We got stuff. Browse or buy! Sunday, noon to 6 pm

### KIDS WORLD (91 Street / Grassy space)

The whole family will love the activities at the Big Sky Dome, craft-making at the world of Grandma Willow, learning how to walk on stilts, playing larger-than-life Snakes and Ladders and much more! Saturday and Sunday, noon to 5 pm.

**NORWOOD HISTORICAL WALKING TOUR** (Starting from the patio in front of the community centre on 92 Street).

Hear the stories of people and places that make up our collective past. Tour will be guided by Jonathon Weller, The Ave We Had History Producer. Saturday and Sunday starting at 1 pm.

Your voice in  
Alberta Avenue,  
Delton, Eastwood,  
Cromdale, Parkdale  
and Elmwood Park



**Brian Mason, MLA**  
Edmonton Highlands - Norwood

Connect with Brian  
6519 - 112 Avenue

Phone: 780.414.0682  
Fax: 780.414.0682  
Edmonton.HighlandsNorwood@assembly.ab.ca

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

### MORE KALEIDO ACTIVITIES

**FAMILY BEER GARDENS** (93 St / Parking lot)  
Enjoy a cool beverage and listen to great music at the same time. All ages welcome. Open: Saturday noon to 9 pm and Sunday noon to 6 pm in the Alberta Avenue parking lot.

**WEAVING A COMMUNITY** (93 St / On the street)  
Try your hand at Saori weaving and help create a community art piece that weaves together the threads of our community. Admire the finished piece at The Carrot. Saturday, noon to 5 pm.

Do you value theatre for young audiences?



concrete theatre

We are seeking passionate and energetic new board members. Visit [www.concretetheatre.ca](http://www.concretetheatre.ca) or contact [boardchairconcretetheatre@gmail.com](mailto:boardchairconcretetheatre@gmail.com)

Reiki for the Soul



Please call Bettyann at 780.450.6942

**SUGAR'S PUB**

11405 - 95 St. Edmonton Ph: 780 757-8154  
Owned and Operated by: Cordeiro's Family



Great Service \* Delicious Food  
Open 7 days from 8:00 am til 3:00 am

## EDITORIAL

# Strength in numbers

Community leagues are the backbone of a neighbourhood

KAREN MYKIETKA

Edmonton has something unique, something no other city in the world has. It has a city-wide neighbourhood structure for citizen participation in civic affairs and community life—community leagues.

Today, the city has 156 community leagues; most neighbourhoods have one. They have been around for nearly hundred years, yet there seems to be a lack of awareness and understanding of what they are.

First and foremost, it is important to know leagues are volunteer-run. They are independent societies governed by the bylaws they create and boards elected by their membership. Their purpose is to represent the residents and the best interests of the neighbourhood.

Community leagues have three primary functions: one, a forum to debate local or neighbourhood infrastructure matters; two, provide recreation programs and sports; three, develop neighbourhood facilities—halls, parks, ice rinks.

### The beginning

At the turn of the century, citizens concerned about local quality of life in rapidly developing Edmonton wanted greater political voice. In 1917, community leagues began forming to counter the overpowering influence of the chamber of commerce, business tycoons, and developers.

*“The leagues mobilized and maintained a substantial group of community-minded volunteers who helped monitor, shape, promote, and maintain a steady improvement in the local quality of life.”*

Leagues realized there was

power in numbers, and in 1921 they created the Edmonton Federation of Community Leagues (EFCL) to give an effective and powerful voice in civic matters. The EFCL and individual leagues worked on infrastructure and development issues. They helped develop schools, parks and libraries. They created organized sports and offered social and recreational opportunities for residents.

From the beginning, leagues were always open to all residents and unaffiliated with any political party or religious order. This ensured all citizens regardless of sex, race, income or religion could participate and have a voice in the issues affecting them.

### Over the years

The City of Edmonton created the position of Community Recreation Coordinator (CRC) in 1959 to help area community leagues with recreational needs and governance including volunteer recruitment and leadership development. However, over the years this has devolved and now CRCs mainly help with facility construction and program facilitation.

In 1965, one in three Edmontonians were members of a community league. Five percent of households in a neighbourhood with a league membership is likely more typical today. It is not uncommon for a league to have only a few dozen members.

The leagues and EFCL used to be very sport-focused, running everything from hockey and baseball to amateur boxing and figure skating. Over the years, independent sports associations were created so the leagues' focus became more recreational.

Another trend was for the city

to increasingly rely on community leagues, hence volunteers, to undertake recreation projects such as build playgrounds, rinks, and soccer fields.

### Today's challenges

Community leagues face many challenges today but most revolve around two things: money and volunteers.

A common misconception is that leagues are “funded” by the City. While leagues receive an annual operating grant, this for most leagues is just a fraction of their income. Volunteer board members spend many hours fundraising; grant applications and reports, running casinos, overseeing facility rentals, organizing programs, or conducting membership drives.

Leagues that operate community halls and rinks have significant costs to cover including utilities, insurance, repairs and maintenance. The volunteer workload and complexity of the work continually increases while there are fewer and fewer volunteers helping out. And it's not as simple as getting more bodies out to help; volunteers require management. Someone still needs to organize, lead and supervise volunteers.

Some of our area leagues are virtually dormant while others are vibrant and busy. This changes and cycles depending on the volunteers who are there and how much of their time they are willing to give to their community.

Will our leagues be able to enhance the quality of life in our neighbourhoods in the years to come? That's up to you.

Quotes from: Kuban, Ron. *Edmonton's Urban Villages: The Community League Movement, 2005.*

## AWARDS » COMMUNITY

# Shine a light on a community buffer

Make nominations before October 1

## RCP BOARD

A bright plaque or awesome statue forged of precious metal requires constant work to keep time from dimming its luster. So too, our community is only able to shine forth so splendidly due to the constant and often very quiet work of numerous community members. It is the hands of these all-too-often anonymous buffers that make our community the charming, creative, wholesome, and unique place that it is.

The Connect Awards are like three spotlights that shine some well-deserved prestige upon our frequently overlooked community buffers. Until October 1, you can nominate an individual, group, or business for recognition of the things they do that build an extraordinary community.

Do you know someone who:

- Helps others
- Volunteers
- Leads
- Envisions and dreams
- Finds solutions
- Encourages positive action
- Connects and engages people
- Works together
- Fosters mutual respect and trust
- Acts compassionately
- Encourages and supports



This year, prizes will be given to Connect Award winners along with certificates. The Individual Award winner receives a \$50.00 gift certificate to any local business, while the Group and Business Awards winners get a full colour professionally create image builder ad in the *Rat Creek Press*. Additionally, all Connect Awards winners will be featured in an article of the *Rat Creek Press*' December issue.

To make a nomination, go to [www.ratcreek.org](http://www.ratcreek.org) and fill out the online nomination form. If you want you can upload additional letters of support.

You can also print a nomination form and info sheet with tips on making nominations from the website. The completed application can be faxed to 780-401-3211, dropped off at 9210 118 Ave, or e-mailed to [board@ratcreek.org](mailto:board@ratcreek.org).

All nominees and nominators are invited to the *Rat Creek Press* Connect Awards and Annual General Meeting held on November 18 from 6:45–8:30 pm at the Alberta Avenue Community Centre.

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.

## PUBLISHER

Karen Mykietka

## MANAGING EDITOR

Karen Mykietka

## LITERARY EDITOR

Rusti L. Leahy

## PHOTO EDITOR

Rebecca Lippiatt

## DESIGNER

Michelle Hayduk

## ADVERTISING REPRESENTATIVE

Bettyann Dolata

info@ratcreek.org

editor@ratcreek.org

lit@ratcreek.org

photo@ratcreek.org

design@ratcreek.org

ads@ratcreek.org

## 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](mailto: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.

## CELEBRATING COMMUNITY CONTRIBUTIONS



## 2013 CONNECT AWARDS

Do you know a person, group or business that deserves recognition?

The *Rat Creek Press* established the Connect Awards to honour individuals, groups or businesses who are helping make our community a great place to live, work play and shop.

To nominate, fill in the nomination form and write a letter stating why you are making the nomination.

Forms and helpful info available at [www.ratcreek.org](http://www.ratcreek.org).

Deadline: October 1, 2013

VOLUME 15, ISSUE 9 » SEPTEMBER 2013

E: [INFO@RATCREEK.ORG](mailto:INFO@RATCREEK.ORG)

W: [RATCREEK.ORG](http://RATCREEK.ORG)

**PARKDALE/CROMDALE**  
11335-85 STREET | [WWW.PARKDALECROMDALE.ORG](http://WWW.PARKDALECROMDALE.ORG)

Community Day Harvest Carnival: Sunday, September 22 from 11 am to 2 pm

LETTERS » TO THE EDITOR

RE: SHOP SMART CAMPAIGN

Sadly, a significant side-effect of the current “Shop Smart SAFE” campaign is that it draws (unwanted and unwelcome) attention to Avenue problems that are largely in the past. Why continue to repeatedly campaign to bring *ongoing* focus onto druggie and hooker negatives? Why perpetuate poor and outdated stereotypes? To believe that campaign, I should feel UNSAFE to enter premises of any of the other 175 (unstickered) taxed members of the Alberta Avenue Business Association. And when will Edmontonians be told by the City that it is once again “SAFE” to patronize ALL of the shops along Alberta Avenue—with or without certification stickers?

Lorne Billingsley-Smith

RE: PETER GOLDRING’S ADVERT

Peter Golding apparently doesn’t know Canadian history very well; the lyrics to Canada’s national anthem have not always been exclusionary of Canadian women. Prior to 1914, the lyric was “Thy dost in us command”; it was replaced with “In all thy sons command” to honour the men going to war on Canada’s behalf. Seriously, you can’t get more explicitly gendered.

And let’s examine the idea of “sons” being gender-neutral; to promulgate that idea is to say that “male” is the default norm, and that one should automatically picture men when discussing society in general. If I say “Look at that blue bird”, you don’t automatically picture a red parrot, do you? Likewise, if using “sons” to represent society at large, you are deliberately obscuring half of the population and making them invisible. If ever in doubt as to whether or not using a gendered noun like “sons” to describe a population is sexist, try reversing the gender, in this case: “In all thy daughters command.” Seems exclusionary, no?

Finally, let’s look at how “sons” reinforces the idea of a gender binary, further marginalizing and making invisible people who don’t identify as exclusively male or female. Trans individuals, genderqueer individuals, intersexed individuals – they are also left out of the conversation when a specifically gendered word is used to refer to a country’s citizens. Peter Goldring may believe that “sons” is gender-neutral, but logic—and history—proves him to be very, very wrong.

Jay McCoy

DINNER CLUB RETURNS



The well attended and much loved CRUD Dinner Club is back. A big thank you to Jane Samson who is heading this up. The next Dinner Club will be at the Burger Baron (118 Ave and 79 St) on Tuesday, September 17 at 6 pm. Everyone welcome. To stay informed about upcoming dinners, join CRUD on Facebook. >> CRUD / REBECCA LIPPIATT

SPEAKER’S CORNER

K-days returns

Enjoyments and disturbances

MELANIE MOORE

When I was a child in Edmonton in the ’60s, I remember saving all my money to go to the Ex. It was the highlight of my summer. This year, I revisited the Ex with some preschool children, and saw it through their eyes—a wonderful summertime spectacle next to cool, beautiful Borden Park.

However, I live close to the exhibition grounds and this year Northlands decided to put a large stage on the south end. It blared loud music day and night. Rap, rock, country—much of it not suitable for families. Situated beside a large beer tent, I suppose it was designed to attract young adults and their money.

When I phoned Northlands to complain, I was told they

were monitoring the sound, but they would only comply with city bylaws and no more. But where do they monitor? The sound was louder at my home, a few blocks south and west of the stage, than it was directly south of the stage. It seemed to be bouncing off the racetrack across Borden Park and landing in my front yard.

The first night of K-days I had all my windows closed, but could still hear Burton Cummings and screaming fans loud and clear inside my home. During the next 10 days it did not noticeably improve despite calls to Northlands, the City, my councillor, and the community league.

Northlands is my neighbour, but during K-Days they were not a good neighbour. I should not have to leave my home and garden in the



middle of summer to avoid the noise from K-days. We already tolerate increased traffic and crime in our neighbourhood during this event.

The decision to place this stage in this location was obviously done without community input. In future, I hope Northlands will consult with the immediate community before making decisions that have such a negative impact. Personally, I think K-days is an important event for our community to support, but only if done in a way that respects the perspectives of neighbouring families.

**Labour Day**  
Monday, September 2

Honouring all workers and the unofficial end of the summer season.

*The Medicine Shoppe*®

**SCRATCH & WIN** event

Our way of saying **THANK YOU!**

**5 GRAND PRIZE TRIPS TO BE WON!** & HUNDREDS MORE PRIZES!

**SCRATCH & WIN GREAT SAVINGS!** EVERY CARD IS A WINNER!

Contest runs September 6th to September 30th, 2013.

**See in-store for more great specials!**

**Parminder Bhui**  
B.Sc. Pharm.  
Pharmacy Manager

**(780) 477-1192**  
8111 - 118th Avenue

**Buy 1 Get 1 50% OFF!**  
On any REXALL product  
(Second item must be of equal or lesser value)

**VISIT OUR STORE TODAY FOR YOUR CHANCE TO WIN!**



## AURORA LANTERN PARADE!

**10:00 pm | 118 AVE & 94 ST**  
 Bring your lanterns and join the drummers, hoopers, dancers, singers, stiltwalkers, clowns for our sensational Aurora Lantern Parade. This year the fascinating Chinese Lion Dance will lead us to the light and our fabulous **Kaleido Kick-Off Concert at Avenue Central Stage!**



## FRIDAY NIGHT HEADLINER!

**THE DO DOS**  
**10:15 pm | 9210 – 118 AVE**  
**630 CHED AVENUE CENTRAL STAGE**  
 Fabulous alt-indie pop from San Francisco



# SEPTEMBER 13-15, 2013

## 118<sup>TH</sup> AVE ★ 90-94 STREET

### AVENUE CENTRAL STAGE SATURDAY NIGHT



### JUNO AWARD WINNER SHAD!

9:45 pm | 9210 – 118 AVE  
630 CHED AVENUE CENTRAL STAGE

Juno Award Winner SHAD is a Hip Hop artist who keeps it real with his unique passion for the music and the message. Witty and insightful, the urban sensibilities expressed in his music are sculpted with his disarming sense of humour. Good vibes, great music!

### ON THE STREETS, IN THE PARK & IN THE AIR!



#### Heart Surprise

Magic will happen when you find the red button. Push it and be attacked with love. Have a huge heart hug. Come dance your heart out. You will be loved.



#### Robot World

The Neko Trio presents Robot World, a crazy world where robots are cowboys, or mad scientists, or rock stars . . . anything goes with these interactive technogeek characters!



#### Havana d'Primera

One of Cuba's national treasures, this 14 piece band slides its way into Latin traditional, contemporary and fusion grooves. Toe tapping, hip swinging and big smiles will accompany these fellows wherever they play.



#### Fly On The Wall

Look up – what is that? Is it listening to me? Yes, it is! From Firefly Theatre, It's a FLY ON THE WALL! [www.fireflytheatre.com](http://www.fireflytheatre.com)



#### Mosom's Tips

Learn more about our First Nations heritage and traditions. Come listen to Elder Phillip Campiou's stories about how the aboriginal people live in harmony with the natural world around them.



#### High Strung Aerial Dancers

Brave and talented aerialists dazzle and delight audiences of all heights. Look up for this elevated spectacle of death-defying dance and movement.



#### Studio Alley Stage: Refuge

From parks and plazas, to alleys and art galleries, REFUGE creates dance-floors in the most unlikely of places. The Refuge is the place to enjoy great House and Techno music and happenings!



#### Drumadrumdrum

Join percussion artist Marcus Fung on an adventure with drums and percussion instruments of all styles.



#### Bold as Brass

This unique Brass Quartet performs hits from today and yesteryear.

*Lantern Parade! :: Hundreds of Acts :: Food Trucks on Site :: Family Fun :: Arts Gusto!*

**VISIT: KALEIDOFEST.CA ★ PAY WHAT YOU CAN ADMISSION!**



**SHOP ALBERTA AVE, SHOP SMART**  
WWW.WEBELIEVEIN118.COM



## EDITORIAL » LITERARY

# Pursuit or practice

RUSTI LEHAY

For some, happiness settles in their sinew and bones as easy as catching a sunrise. For others it may be as complicated as building a spiderweb of memories, experiences and/or an endless stream of possessions.

Many Canadians are familiar with the well-known phrase in the United States Declaration of Independence: "Life, Liberty, and the pursuit of Happiness." What many **don't** know is it doesn't have to involve a chase. Indeed, it is the opposite. Imagine sitting still, practicing happiness. Happiness may be as common as the beauty poet Rayanne

Doucet declares you can find with different eyes in her poem *Dancing with my Sisters*.

When Jefferson wrote the Declaration, the word "pursuit" carried a particular meaning. To give you a hint, consider the pursuit of medicine, often called – the practice of medicine. Imagine now how you might practice happiness. It might even mean smashing or eliminating a few mementos like Gereen Anderson does in her poem *My Picture*.

Speak to us, share your thoughts and see your literary creations on the page. Send your words traveling to [lit@ratcreek.org](mailto:lit@ratcreek.org) or drop them off in person to at 9210-118 Avenue. Theme for the



Web of happiness. » STOCK

October issue will be bread/harvest, however you want to use one or both words and with whatever meaning you intend. Just write. It is your page.

# The right words in the right order

WOLFGANG CARSTENS

There's only one type of writing that speaks to me: writing that's raw, honest, and pulled from the marrow of our bones. Sure, there are those academics that'll tell you that poetry needs to adhere to form, structure and rules. They'll even try to convince you that poetry belongs on a pedestal; that poetry is the language of the elite; and that whatever poetry may or may not be, it certainly doesn't belong in the streets.

The academics are wrong. Poetry not only belongs in the streets, it's born in the streets—it's the natural language of the streets. Poetry is written in the mud, filth, and stench of the streets; it belongs to everything that's broken, displaced, and impoverished. Poetry is a candid conversation between your heart and your mind, and though it can speak to lofty ideals and grandiose concepts, it can also address those everyday mundane moments that comprise the bulk of our very un-poetic lives.

Here, in the literature page of the *Rat Creek Press*, we're rescuing poetry from the suffocating grasp of the academics and bringing it back into the streets where it belongs. There are no boundaries, no rules, nothing to tyrannize you. Just reach deep into the marrow of your bones where the best stories are buried and then put the right words in the right order. If you think you can do that, we would love to see your work. Maybe next month your words will be featured here. Send your best poetry, 30 lines or less, to [lit@ratcreek.org](mailto:lit@ratcreek.org).



## BARD OF THE AVE INVITES YOU TO KALEIDO

Calling all poetry lovers! Please join me, Marlene Salmonson, at Kaleido 2013, as I rove the streets, alleys and byways of Alberta Avenue and create poetry—filled with gusto, of course—in collaboration with festival goers. We will link the wonder of words with the Kaleido experience. Put me on your to-see list at Kaleido. Saturday and Sunday between noon and 4 pm.

Looking for Poets! Enter the Poetry Slam and compete for \$500 in prizes on September 15th from 4-5:30 pm. The poetry slam is held annually as part of the Kaleido Family Arts Festival. The event was inaugurated in 2009 as part of the *Rat Creek Press*' 10th Anniversary and to celebrate the printed word. For more information and to fill in the application, go to: <http://www.ratcreek.org/poetry-slam.html>

Helping you afford the very best for your loved one



Western Canada's leading memorial provider is reducing your costs.

Talk to us about finding the best value for that perfect memorial from Remco.

Show this ad and save

**10%** Some limitations apply.

Including the exclusive, no-time-limit, Everlasting Guarantee.



Nandi Young  
12325 - 97th Street  
Edmonton, AB T5W 0Z3  
(780) 474-1448  
[www.remco-memorials.ca](http://www.remco-memorials.ca)  
[dominion@remco-memorials.ca](mailto:dominion@remco-memorials.ca)

## DANCING WITH MY SISTERS

RAYANNE DOUCET

Listen, this is what I believe

I believe that the trees  
sway to music we could  
hear if we only chose to listen

That the beauty we desperately seek  
to touch, taste, smell  
is less rare than we think  
That it is the darkness  
that is difficult to find,  
if we only look with different eyes

That there is voice,  
to the beast inside your chest  
waiting to guide your path  
And all you have to do is listen  
to learn how to speak

That strength isn't hard  
Fear is  
Fear makes you silent  
Strength lets you sing

That the smell  
of a flower, will tell you  
everything you need to know  
about how your day will go

That your child's hand  
holds tightest  
because they  
are who you should follow

And I believe that the word  
sister will never be big enough  
to describe my sisters  
their strength,  
their hands,  
as they dance with their children

Sisters in tune with the trees

## MY PICTURE

GEREEN ANDERSON

She painted a picture in fear  
Nailing it to her artificial wall  
No matter what shook mother's house  
This picture refused to fall

So there it hung with painted courage  
Safe behind glass in a makeshift frame  
Never questioning the wall that held it  
For her answers would lead to shame

Staring blankly into a sheltered world  
Watching a life pass swiftly by  
Streams of pain and honesty fought hard  
Bouncing off that glass with every try

One lonely day a mirror came along  
Dangling in front of this picture, so free  
In its reflection it did not recognize  
There was no image that resembled me.

Trapped within this portrait of pain  
The girl in the mirror raised her hand high  
With the same damn hammer used years ago  
She smashed my picture and crushed my lie.

## HAPPINESS TWEET

To Be or Not To Be Happy? That is the question. One day some people say, Time will Tell within us the answer of True Happiness doth dwell.

Rob Bernshaw



BUSINESS » SHOP LOCAL

# A world of books



Rick Eyre amongst thousands of preowned books awaiting their next home. >> REBECCA LIPPIATT

## WEE BOOK INN

8101 118 AVENUE / MANAGER: RICK EYRE  
HOURS: SUN 10 AM-6 PM / MON-WED 9 AM-10 PM / THUR-SAT 9 AM-MIDNIGHT

REBECCA LIPPIATT

The Wee Book Inn, a long time Alberta Avenue business, has been on the east end of the Avenue for 35 years. The business moved locations a few times—from the Catholic Social Services building, to the hardware store by the former Cromdale Hotel, and for the last 17 years, in its current location, in the former Scotia Bank building. The back half of the Wee Book Inn on 118th is up for lease, but they are still open for business.

Manager Rick Eyre is looking forward to the streetscape being finished and things getting back to normal now that the construction of Shoppers Drug Mart is complete. He hopes the new drugstore will bring more foot traffic to the east end of Alberta Avenue and add to the clientele who visit the store on a regular basis.

The Wee Book Inn stocks good quality newer edition used books. Eyre had one customer who tried to leave the shop six times during a shopping visit; each time on his way out, he found more books he wanted to buy. The man finally was able to leave with no additional purchases only by covering his eyes and refusing to look at the books lining the shelves on his way out.

Shopping at the Wee Book Inn not only supports our local economy but also the environment.

# Known by name



Parminder Bhui and his staff, always ready to help fill your prescription needs. >> REBECCA LIPPIATT

## THE MEDICINE SHOPPE

8111 118 AVENUE / PHARMACIST/OWNER: PARMINDER BHUI  
HOURS: MON-FRI 9 AM-6 PM / SAT, SUN, HOLIDAYS 10 AM-2 PM / FREE DELIVERIES

REBECCA LIPPIATT

Parminder Bhui, pharmacist and owner at the Medicine Shoppe, and his staff know all of their clients by name. Attention to the details of their clients' whole health is what keeps his customers loyal and coming back again and again.

This personalized service is not just good business, but may even save people's lives. Staff pharmacist, Justine, tells about one regular customer who required regular medication. He hadn't been seen for a while at the store, and Bhui began to get concerned. Bhui went out in the middle of the night to the man's house, found him very ill and called an ambulance to take him to the hospital.

The new Shoppers next door has not negatively impacted their business. With the increased number of people coming down to their end of the Avenue, Justine suspects their personalized customer service may even earned them new business.

The Medicine Shoppe is brightly lit and welcoming with a comfortable seating area at the front of the store. People are greeted by name when they enter and chat about their day with the staff. Warren, a customer, shared, "Parminder is a good person. He delivers to my mom who lives just behind the store."

The Medicine Shoppe makes free deliveries to all of their customers. Now that's customer service!

BUSINESS » THE LEMONADE STAND

# Managing your business

## Part 3, The extraordinary business

HENRI YAUCK

In the last number of articles I spoke about management encompassing four basic principles: 1. Deciding what needs to be done, 2. Deciding who will do it, 3. Motivating to get it done, 4. Establishing specific benchmarks along the way. And we saw this all fit into the framework of three steps: Getting ready, doing, then putting away—cycle that repeated itself through every work day to maximize results.

We also found an effective operations manual was a prime requirement for running an exceptionally great business with ordinary people doing things in an extraordinary way—literal "how-we-do-it-here" guide. The how-we-do-it-here procedures are what makes our business unique and sets our business apart from all others in our marketplace. It is the key that empowers and motivates our employees to extraordinary performance.

The operations manual should contain your corporate statement of values. This is not a mission statement. It is a brief to-the-point outline of your company's values—

values that are customer-centered, that show a commitment to providing benefit and value to the customer.

For example, Zappos Shoes started their business based on a statement of values offering the best possible service and guarantee to their customer. It is no wonder they became the world leader in their field. And, of course, we all know Apple Computers became the largest company of its type with annual sales exceeding that of General Motors. Not only is Apple recognized as a world leader, it is also recognized as one of the best companies in the world.

Both companies have well defined how-we-do-it-here operating procedures: well thought out steps that clearly show each employee how their job is done, and what the standards of service to their customers are. This not only has created consistent outstanding service to their millions of customers, but has created a dedicated workforce and culture within each of those companies. This workforce is highly creative, because the routine of the jobs has been turned into a system that is a professional daily practice.



In our last article we stated your operations manual needs to start with the first person a customer meets and go through the whole slate of jobs your employees will perform to create your product or service and deliver it into the hands of your customer. We are not talking about job descriptions, but rather checklists that lead each person involved through the daily process of doing the job.

It is through knowing what to do, when to do it, and how to do it that the employee becomes confident, professional, and effective. The ordinary person becomes empowered to perform in an extraordinary way in addition to being set free to uncover better ways of doing the job and finding more opportunities for your product or service.

REBECCA LIPPIATT  
photographer

rml@shaw.ca · 780.641.9417  
www.dragonflyphotography.ca

**Roxanne Litwyn**  
REALTOR®  
*Selling Homes Since 1990*  
direct 780.907.7589  
For more info & photos visit  
www.roxannehomes.com

**FREE HOME EVALUATION**  
"Some restrictions apply"  
Call now 780.907.7589  
Your neighborhood Realtor

**Wanted!** I have clients looking for 2 or 3 bedroom homes in the area, any size, any condition.

STERLING REAL ESTATE | 11155-65 Street Edmonton, AB T5W 4K2

## REVIEW » FOOD

# Every one of your tastebuds will be satisfied

Food trucks coming to Kaleido Family Arts Festival to feed the crowds

RUSTI L. LEHAY

The What the Truck?! event on August 24 held at Louise McKinney Park beside the Chinese Garden overlooked the Edmonton river valley and the Edmonton Queen Riverboat. When the food trucks gather, the taste buds containing the receptors involved in detecting the five (known) elements of taste perception (salty, sour, bitter, sweet and umami) are sure to all work overtime.

The eyes were pleased too with plenty of scenic green spaces to view while enjoying tasty treats like the Crooked Fork's Mayan Buried Treasure—marinated pork wrapped in banana leaves slow roasted, with pickled red onions and habanero served with refried black beans. Or try the all vegan Sailin' On's Coconut BLT Sandwich—coconut bacon, homemade roasted garlic mayo, lettuce, tomato, and carrot on a tortilla wrap. Or how about the (no) Meatball Sandwich—mushroom risotto balls, homemade tomato sauce, fresh arugula and vegan parmesan cheese on a toasted bun amongst other delectable offerings.



The Crooked Fork is one of the tasty food trucks you will find at the Kaleido festival. » RUSTI L. LEHAY

If you missed this event, you might ask where else can you enjoy The Smokehouse BBQ's pulled pork poutine twirling melted cheese around a French fry mixing the savory tastes of their signature pulled pork sauce, gravy, and tangy dip.

The answer is here on the avenue. The #FOODTRUCKTEAMUP will be circling to offer great eats worth the lineups. At your very own Kaleido Family Arts Festival September 13-15, you

too can be one of the many happy faces walking around eating pulled pork poutine, drinking fresh lemonade from the Mini-Donut King and sampling Eva Sweet's Dessert Waffle with strawberries, whipped cream and chocolate sauce.

Forget the river valley. Here you will be entertained with live performances and workshops ranging from the Fly on the Wall (your gasps alone will burn off some of

the tasty treats), High Strung Aerial Dancers (look way up for the dancers), Zumba (work off those mini-doughnuts and follow along with great dance music such as salsa, merengue, plus hip hop, bhangra and contemporary rock), and Capoeira (Brazilian dance/martial arts self-defense). Capoeira movements may have birthed the cliché "poetry in motion." A traditional fusion of martial arts and Brazilian dance combines with high performance

energy, rhythm and speed.

With thirteen events alone on the main stage, all that watching, workshopping, following along will work up the appetites. You can expect Fat Franks, Eva Sweet, The Crooked Fork, Smokehouse BBQ and Sailin' On.

The line to avoid or stake out early is the Smokehouse BBQ. The longest line throughout the evening, people were alternately disappointed and elated as the server wiped out the pulled pork poutine menu board entry and used a neon marker to replace it when a fresh supply magically arrived. Some overheard murmurs were suggesting you avoid the doughy items as the food trucks might not have the time or the ability to ensure dough was cooked completely through though the amazing sauces almost compensated.

With a full belly and in the mood for pure sit-down entertainment to challenge only the mind and ears, try the poetry slam Sunday at 4 pm. The eighth annual Kaleido Family Arts Festival will have something of interest for everyone and tantalize every taste bud in the crowd.

## Councillor Tony Caterina

Ward 7 - Communities to be proud of



Phone: 780.496.8333

Fax: 780.420.4867

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

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

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

## STERLING REAL ESTATE

780.406.0099 / 11155-65 Street

## ADVICE » PARENTING

## Through my child's eyes

A conversation between parents and kids

MELANIE MOORE

**Parent:** How do I get you to stop whining? It's driving me crazy!!!!

**Child:** I have learned that I can get things when I whine. You give in if I whine long enough.

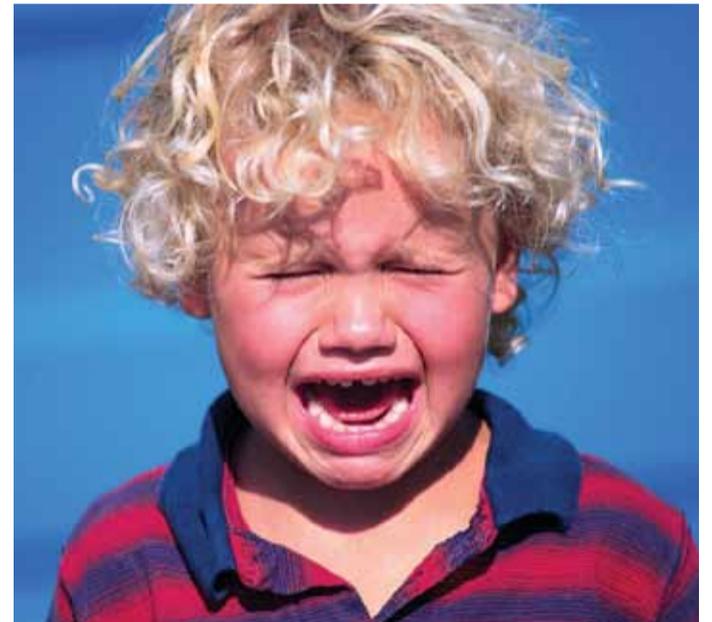
If you don't want me to whine, you need to stop giving me what I want, but in a nice way because after all you did teach me that it works. Don't yell at me or berate me. Just change the rules, and be clear and firm.

Here's what you need to say to me:

*"I know whining worked before to get what you want. But I don't like it. I am changing the rules. If you want something, ask in a normal voice. A normal voice sounds like this."* (This is where you show me what a 'normal' voice sounds like.)

*"If what you are asking for is reasonable I will tell you, yes. If it's not reasonable, I will tell you why. I will tell you matter of fact. I won't yell. Whining or asking me over and over will not work any more."*

After you change the rules, Mom, you have to stick to your guns. Don't get wishy



The whining crying child: a common problem plaguing parents, but it doesn't have to be. » STOCK

washy on me. Even if I tantrum, (and I probably will, just warning you) you must be firm (but nice, always nice). Say "no" and walk away.

Just so you know, I will test the new rules about 5-10 times before I get it and stop whining. If you give in, even once, we will have to start again, because you have just taught me that whining still works. This will be hard, Dad, for both of us. Change

is hard, but you can do it, and then you won't be so mad at me all the time. And I will learn an important life lesson. Whining is not a good way to get what you want.

*Melanie Moore...child at heart (maybe that's why I love being around children); mom forever (my son is now 29, and I'm still learning); doctor in family studies (yes, parenting is a science as well as an art! It's not all common sense.)*

**ABC Weddings**  
Established 1965

Everything you need for your special event, come visit us today.

Chair Bags - Table Linens - Dishes  
Centre Pieces - Cake Stands - Tents  
and Much More!

10428 118 AVE, EDMONTON, AB  
780-479-2777 / [www.abcweddings.com](http://www.abcweddings.com)

Time to renew your community league membership. Contact your league or go to [EFCL.org](http://EFCL.org)

HISTORY » COMMUNITY

# A unique birthday party

Local residents celebrate their home's 100 year history

LARISSA SWAYZE

One of the Avenue's buildings recently celebrated its hundredth birthday—a milestone the owners wanted to acknowledge. On July 27, 2013 Richard Aitken and Bona-Mae Brownell threw a birthday bash honoring their home. Brownell says, "We wanted to celebrate the house because we love the house."

Aitken and Brownell's love for their home may be what has kept them there nearly twelve years, but that wasn't why they bought it. Their originally intention was to flip the house. After meeting in Vancouver in 1996, the couple's joint interest in houses led them to become certified interior decorators. "We got about a month into renovating it," says Brownell, "and I just said, 'I really love this house.'"

Having grown up in a 1905 farmhouse near Carmangay, Alberta, Brownell says their Alberta Avenue home reminds her of her childhood. Initially, Aitken wasn't really keen on an old house, but agreed they would fix it up, live in it for a couple of years and then just sell it and move on. However, once the renovations were com-

plete, they both felt the home was ideal for them. "We have antique furniture and it fit in perfectly. And the dining room was big enough for the whole family to come over for dinner," says Brownell.

Family is obviously important to Aitken and Brownell. They run their house flipping business alongside several of their children. Brownell also helps her daughter with event planning—and her skills were put to good use organizing the house's birthday party. Dozens of guests turned out despite the rain, which forced them to quickly transform a garden party into an indoor party.

However, the uncooperative weather was taken in stride as guests commemorated the home's history by contributing items to a time capsule. Memorabilia such as a key for an old sardine can and a 1913 penny will be preserved next to ETS bus tickets and recent photos of city landmarks. When the capsule is opened in a hundred years, Brownell hopes these keepsakes "will mean something, because in that time everything will change."

The changes to the house during its 100 year life are

something Brownell painstakingly researched: "We spent three days in the archives and collected everything we could." They discovered the original building permit for the house—applied for by Thomas Johnson in September of 1912. And, although they haven't been able to confirm it, they suspect their house was a T. Eaton Company catalogue home, as they found a plan in the archives that matches its layout almost exactly.

With six owners over the span of a century, the house certainly has changed. When Aitken and Brownell began working on the home, it had already gone through several renovations. And, though many of the building's current features are new, Aitken and Brownell made sure to respect its classic style. The home retains its original siding, sliding doors and hardwood floors. New baseboards were matched to existing ones in order to keep things authentic.

The pride Aitken and Brownell took in renovating their home is something Brownell believes they share with many of their neighbors: "There's at least four houses down the street that are really



Antique furniture, rich fabrics and deep colors fit right into this 100 year old historic home. >> REBECCA LIPPIATT



Every inch of this back yard has been lovingly tended to create a beautiful, inviting and serene space to spend summer days. >> REBECCA LIPPIATT

nice and they're really well kept. They look wonderful." As for her advice to anyone who's always dreamed of buying an old home and fixing it up? Brownell laughs and says, "Be prepared for surprises."

Listen to Bona-Mae Brownell's audio clip at [www.theavewehad.org](http://www.theavewehad.org). Go to walking tour > interactive map > 117 Avenue and 96 Street.

# SHRED-IT EVENT

Keep your identity safe

Bring personal documents for shredding. Anything that has personal information on it should be shredded! Keep your identity safe.

**Thursday, September 19th**

5:30 - 8PM  
Alberta Avenue Community Centre  
9210 - 118 Avenue

Information fair on community safety. Identity Theft Presentation at 7PM by Cst. Christopher Lucas.

Enjoy a chili dinner from 5:30 - 7PM. \$2/person or \$5/family.

This event sponsored by the Edmonton Police Service and Neighbourhood Empowerment Team.

## COMMUNITY PATROL

Join a community patrol walk on Saturday nights from 7PM - 9PM. Learn about the neighbourhood and help keep the community connected and safe!  
Email [safeststreets118@gmail.com](mailto:safeststreets118@gmail.com) for meeting place.

avenue initiative  
revitalization

PROFILE » RESIDENT

# Living Life to the Fullest

MARY-ELLEN PERLEY

Heather Syren, resident of Alberta Avenue, pet sitter, dancer, black belt holder, advocate for the Avenue, is dying of cancer. I have been most fortunate to get to know Heather through our chats on Facebook, her sister Kathy and some of her friends Cora, Bruce, Brendan, Emmy, Catherine, and Karen. All these talks reinforced for me her love of life.

Yet, Heather has told me she is not afraid to die. "It's part of life and just a transition to another way of life. My nature-based spiritual beliefs give me strength as I view death as a birthing into a new life. I believe we walk into the other-world which is all around but we don't always see it. I feel it is close and my spirit companions are always with me."

As her sister Kathy points out, "Heather is Heather!" After a sojourn in Scotland in her early 20's, Heather worked at the General Veterinary Hospital and with the AIDS Network before starting her own business. Seven years ago she bought a house on the Avenue and threw herself into life here. "Just walking the neighbourhood I never was afraid or felt unsafe. This is the most amaz-

ing neighbourhood and I really miss living there."

Heather made an impact on the Ave. She was involved with CRUD, Kaleido, and the Alberta Avenue Community League (AACL) board. CRUD benefited from the walking group she organized. Kaleido blew Heather away the first time she attended. Not satisfied to be a mere observer, she got directly involved teaching and performing Michael Jackson's Thriller. "We had a blast. It was such a thrill to be part of this amazing festival."

Cora Shaw remembers the two years of *Thriller* at Kaleido and reflects that Heather was an "amazing teacher" who "lived life to the fullest." Cora met Heather on the 118 Ave dog walks and got to know her more at the AACL board meetings.

Heather's thoughts are never far from her Edmonton community and the work the AACL board has done. "It was always a lot of fun, working with some hard working fun people," says Heather. "I think one of the things the board has done that stands out is getting the building more green. It's forward thinking that makes this board work so well."

Heather's heart remains on the Ave. Her favourite Ave

memory was "...moving into my house and as I am taking things out of the truck, one of my neighbours came up to me and introduced herself. I was totally impressed and after seven years of living in the area found this over and over again. People are so friendly."

One thing, Heather really misses is her garden. "I love gardening and it was very hard to walk away from my home and garden." Heather's cancer has forced her to leave her home, garden, animal and human friends and her beloved Ave.

Heather's commitment to the Ave and her unselfish character is reflected in her comment to Karen Mykieta about her participation in the 2013 Bloomin' Garden Show. "It doesn't look like I'll be able to help out with Bloomin'. I'm so sorry for not being able to follow through." This after finding out her cancer had returned!

Catherine, a friend of 20 years, shares common interests of nature, spirituality and martial arts with Heather. "It was through these interests that I was introduced to the Avenue. Heather made her home not only with her house but with the entire neighbourhood."

Now, Catherine is caring for Heather's house, and because



Heather Syren with her furry, feline friend. >> AMANDA LEWIS

of Heather feels safe and welcomed in the neighbourhood. "She told me all about the restaurants and where the local grocery stores were. Everyone on the block was referred to by first name including all the animals. She knows them all."

How do you sum up a person—you don't! All you can do is look at her contributions big and small to the community she lived in and the people whose lives she has touched.

Brendan van Alstine pointed out, "Heather approached her work with idealism and optimism."

Emmy Stuebing reflects, "Heather is a passionate woman,

who shares her passions (especially for community and animals) with others ... a tireless volunteer ... an unsung hero... has a great heart and is good at bringing people together."

Cora said, "Heather is an amazing friend, caring, understanding, unconditional. The world is going to be that much smaller without Heather in it. My life was better for having Heather in it."

But the last words should be Heather's:

"I encourage people to get involved in the community. Meet your neighbours, participate in the activities. This is a great place to live."

FAMILY BUSINESS SINCE 1952

11349 - 95 STREET  
EDMONTON, AB T5G 1L2  
780 477-2213  
780 477-2245 FAX  
www.xlfurniture.com

"We'll Keep You Happy for Life"

LA-Z-BOY



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## Oath of Allegiance - IS Constitutional

Conservative Member of Parliament for Edmonton East, Peter Goldring, is adamant that the current oath should stay. "I'm weary of a lot of these stories of people who come to a country seeking a fresh start, a fresh life, and then not really wanting to subscribe to the type of society that the country is," Goldring said. Goldring, as with many other Canadians, feels as though history and traditions should be kept.

The "Oath of Allegiance" is a statement detailed in "The Constitution Act" of Canada. "Article 128" and "The Fifth Schedule" as follows – "I [name] do swear, That I will be faithful and bear true Allegiance to Her Majesty Queen Elizabeth II." This is a constitutional requirement for all Members of the House of Commons, all Members of the Provincial Legislative Assemblies to reaffirm their direct responsibilities and duties in governing the people of Canada. It also is a requirement of all new Canadians to acquaint themselves and also to subscribe to these time tested fealties so that there be no misunderstanding where their constitutional loyalties lie. Any variation to the constitutionally detailed oath would necessitate a constitutional change with support by two-thirds of provinces and fifty percent of the population to do so, but, why would we? The Constitution Act, 1982, reaffirmed Canadians desire to maintain constitutional monarchy as our form of Government.

The vow's roots lie in the oath of allegiance taken in the United Kingdom, the modern form of which was implemented in 1689 by King William III and Queen Mary II, and was inherited by, and used in, Canada prior to 1947.

Recently, some new immigrant malcontents expressed that they believe that the pledge to the Queen is discriminatory and violates individuals' constitutional rights? I believe that they should reconsider becoming Canadian citizens, and return to whence they came.

What do you think?

780-495-3261

www.petergolding.ca

# NEED A GARAGE?

A Division of Caliber Building & Design Inc.

Call 780.455.2325

Edmonton's leading garage builder  
100's of satisfied customers  
35 years of experience

FREE IN HOME ESTIMATES  
Visit us at [www.ronnexgarages.com](http://www.ronnexgarages.com)



TheAveWeHad.org

A LIVING HISTORY PROJECT

A collection of oral history interviews, reports, articles, photos and more.

# 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

### OUTDOOR MOVIE: KALEIDO FESTIVAL

Bring your own lawn chair and enjoy the family movie "Honey I shrunk the kids". Friday, September 13 at 8 pm. Concession on site.

### SHRED-IT EVENT & SAFETY FAIR

Keep your identify safe. Bring personal documents for shredding. Tuesday, September 19 from 5:30-8 pm at Alberta Ave (9210 118 Ave). Presentation identify theft at 7pm by Cst. Lucas. Chili dinner from 5:30-7 pm. \$2/person or \$5/family. Funds to support community crime council.

### TIBETAN BAZAAR

Shop. Eat. Meditate. September 21-22 from 10 am-5 pm at Alberta Ave hall (9210 118 Ave). Admission \$5, under 12 yrs free.

### NORWOOD CHILD AND FAMILY RESOURCE CENTRE 50TH ANNIVERSARY CELEBRATION

Saturday, September 28 from noon-3 pm at 9516 114 Avenue.

### BOWL & HELP THE CARROT GROW!

Register a team of 5 for the Carrot's "Bowling for Bucks". Saturday, October 26 from 7-10 pm at Plaza Bowl (10418 118 Ave). \$50 team registration. Win prizes and help raise funds to support the Carrot. To register your team go to the Carrot or email carrotassist@gmail.com.

## NOTICES

### CASUAL CLEANING JOB OPPORTUNITY

Looking for someone to come in a half-day a week to help out with cleaning at the Alberta Avenue Community Centre. \$15/hour. Email: info@albertaave.org

### KEEP THE LOVE ALIVE

The Nina Haggerty Centre for the Arts needs \$250,000 by November 30th to keep its doors open and its paint pots full. Fortunately, the Stollery Charitable Foundation will match all donations to a maximum of \$125,000. It may sound like quite a bit, but if only 1,000 people give \$125 each, we will meet our goal. Donate online at www.thenina.ca

### BRAZILIAN PERFORMANCE

Come to the Parkdale-Cromdale Community Hall (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

### THE CARROT STAGE

9351 118 Avenue. More info: 780.471.1580. Thursdays: Zoomers open mic returning in October. Fridays: Live music 7:30-9:30 pm. Check website for line-up. \$5 at the door. Saturdays: Open mic 7:30-9:30 pm. Great time to share your newest tune, poem or comedy act! Free for all ages. \$1.25 minimum charge.

### BIG BIN DATES

Dispose of your unwanted household furniture, appliances or electronics on these weekends between 9am and 5 pm. September 21 and 22 at Stadium. For details and other dates/locations search "Big Bin" at www.edmonton.ca

## PROGRAMS/CLASSES

### TOASTMASTERS YOUTH LEADERSHIP

Learn how to prepare and present speeches, think on your feet, provide feedback, and conduct meetings. Sundays, October 20 to December 15 from 2:30-4:30 pm at Parkdale-Cromdale Community Hall (11335 85 St). For 11 to 17 yrs. More info: www.naylp.com or contact Amy at 780.244.7846 naylproject@gmail.com.

### COMMUNITY PATROL

Join a community patrol walk on Saturdays from 7-9 pm. Email safestreets118@gmail.com for meeting place.

### SING, SING, 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.

### FREE MUSIC LESSONS BY CREART!

Running continually every Saturday at Parkdale-Cromdale Community Hall

(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

### CREATIVE PROSE / WRITING GROUP

Tuesdays from 7 pm to 9 pm at The Carrot (9351 118 Ave). More info: Vivian at vzenari@gmail.com

### ESL GROUP

New students are always welcome so drop in or recommend a friend! Wednesdays from 9:30-11 am at the Parkdale-Cromdale Hall (11335 85 St). More info: 780.887.6825.

## SOCIAL ACTIVITIES

### CRUD DINNER CLUB IS BACK!

A big thank you to Jane Samson who is heading this up. The next Dinner Club is at the Burger Baron (118 Ave and 79 St) on Tuesday, Sept 17 at 6 pm. Everyone welcome. To stay informed about upcoming dinner, join CRUD on Facebook.

### FAMILY STORYTIME

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

### TWEEN LOUNGE

Join other kids in the program room to play video games, make a DIY project, meet friends or just hang out. For ages 7-13. Thursdays at 3:30-5 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

### TEEN GAMING

Come to the library to play some great games! Thursdays from 6:30-8:30 pm for ages 12-17. Sprucewood Library (11555 95 St). More info: 780.496.7099.

### PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo takes place every Monday from 10 am-2 pm at the hall (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).

### 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 at 780.232.5822 or heartsalive@hotmail.com

### BABES IN ARMS

A casual parent group Fridays, 10 am-12 pm at The Carrot (9351 118 Ave).

### L'I'L SPROUTS PLAYGROUP

Come by the Parkdale-Cromdale Community Hall (11335 85 St) with your little ones Fridays from 10 am-12 pm. More info: Chantal 780.669.3272.

## SPORTS/REC

### 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. 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. **Date Changes:** Due to no parking availability during Edmonton Eskimo games the community time is moved from Saturday to Sunday on the following dates: Sept 14 to 15 and Oct 5 to 6. There will only be pool and fitness access on these dates.

### 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

### KALEIDO VOLUNTEER INFO NIGHT

Come learn about how you can be involved with Kaleido this year and then sign up to join the team! Dinner provided. Tuesday, September 10, 6-8 pm at Alberta Ave (9210 118 Ave).

### VOLUNTEER AT THE CARROT

There are daytime and evening shifts at the Carrot which we need volunteers for. More info: 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. Go to norwoodcentre.com or call 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

### BEFRIEND A SENIOR

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

### DRIVE A SENIOR

Be a volunteer driver who spends 3-4 hours once a month to drive an elderly senior to medical appointments, banking and/or shopping. Gas reimbursed. Call 780.732.1221.

### MEMBERSHIP DRIVES

Fall community league membership drives are beginning and volunteers are needed. Contact your local league to see how you can help out.

Listings for free events and programs as well as volunteer opportunities. Email your listings to: 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

### 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

### 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

### 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

### Service Times:

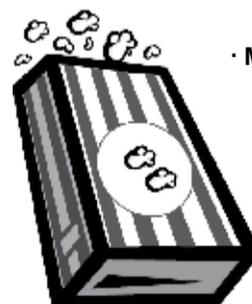
9:30 am - German Service  
11:00 am - English Service  
11:00 am - Sunday School for Children

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

## PAWN . SELL . TRADE . BUY

# VARIETY EXCHANGE

9406 118 Avenue 780.474.1260 | Mon-Fri: 10:30-6:30 Sat: 10-6



· Movies, Musical Equipment, Tools, Video Games, TVs and Stereos

· FREE One Day Loans

· FREE Government

Cheque Cashing

· DVDs 12 for \$20.00

Pop in to receive a FREE Bag of Popcorn

· Friendly Service

· Will Negotiate

· No Insurance Fees - EVER

· No Interest, No Fee Lay-Away

· Reputable, Clean and Organized

1ST LOAN  
20% ALL  
OTHERS  
25%

WE APPRECIATE YOUR BUSINESS!

## ANOTHER NEIGHBOURHOOD BEAUTY



Community resident shares photos of her beautifully landscaped back yard--a labour of love. >> GRACIE ROLHEISER

My husband, my daughter, and I live in the Alberta Avenue area. We have been here since 2007, and love living here! We took a multi-unit house and turned it back into a family home. It still needs more windows before we can fix the stucco, but the yard has come together nicely. It's all still a work in progress, but it is a labour of love. I was inspired by your article "To Nurture a Garden is to Feed Not Just The Body, but The Soul" in the August issue.

Gracie Rolheiser



## BACK-TO-SCHOOL OR BACK-TO-STRESS?

While many parents are sighing in relief that the kids are back in school, the kids are likely stressed with the many changes and transitions this brings. Children who are just starting school or making the transition to a new school likely have the most stress. But remember, any change, whether it be a new teacher or simply the transition from the relaxing freedom of summer to the routine and structure of school, takes adjusting to and can cause children stress.

### RECOGNIZING STRESS IN CHILDREN

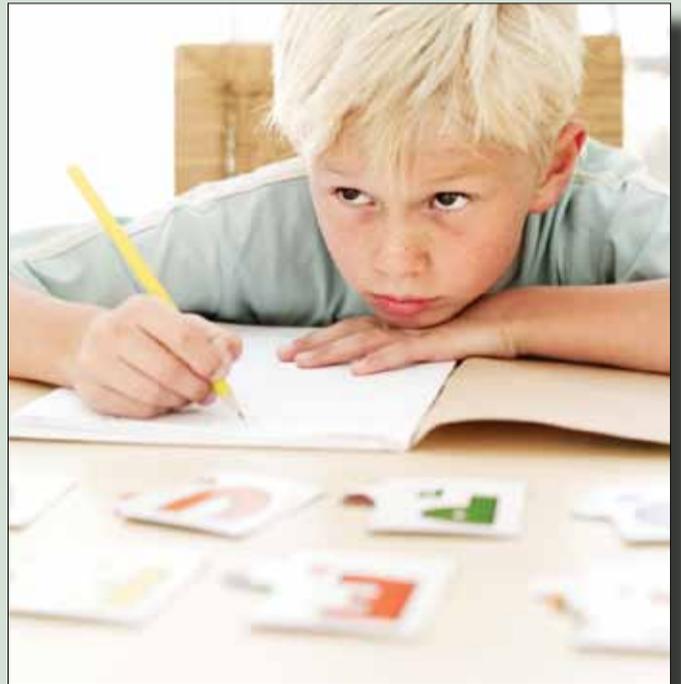
They may say they have headaches, or their tummy hurts, or they don't feel well. They may seem sad or panicky. They might get angry more easily. Stressed kids may start fights. Children who are too young to talk about feelings may cry or whine a lot. They may act differently: have trouble sleeping, eat more often or not at all, become quieter, not want to go to school or have trouble getting along with others.

### HELPING KIDS HANDLE STRESS

Spend time with them and listen to them. Try and get them to talk about how they are feeling or why they think they feel that way. Talk about what is causing the stress and help them think of ways to make the situation less stressful.

It's best—for parents and children—to build a less stressful home, so make sure you both: get enough sleep, eat healthy, exercise, have morning and bedtime routines, give and get hugs and have fun together.

*Taken from: The Psychology Foundation of Canada <http://psychologyfoundation.org/index.php/programs/kids-have-stress-tool>. Go to their website to find videos and downloadable resources.*



Kids have stress too! >> STOCK



# BE PART OF THE SHOW

If you want a job that's exciting, rewarding, and entertaining, all at the same time... that's what awaits when you join the show at Northlands. Be part of the team behind the best events in entertainment, business, agriculture and horse racing. Come share your enthusiasm and commitment to excellent customer service. Be an ambassador for one of the greatest facilities in the world, known for its outstanding spirit and volunteerism.

Here's just some of the great northlands job perks:

- Exciting and fun place to work
- Flexible shifts
- On-the-job training
- Generous benefits
- Pay increase incentives
- Opportunities for advancement
- Gain valuable experience
- Year-round employment available
- Staff incentive and recognition programs

We have a variety of job options available. Please visit [northlands.com](http://northlands.com) for more details.

