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Association

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PAAFE

## How to Reach Us

Phone  
479-6285

Email  
ratcreek@telus.net

## Affordable Housing Replaces Decrepit Flea Market on 118 Avenue

If you have travelled down 118 Avenue in the last few months, you would have seen the huge new building going up on the 89 Street block. This \$9.6 million dollar development by Nova Builders is a 96-unit affordable housing apartment with commercial space on the ground level. The project, expected to be completed by June 1st, replaces the unsightly flea market in the old Safeway building and is a major step in the revitalization of 118th Avenue.

The stone façade building is U-shaped with all access off the street and rear. Landscaping will be used to screen the parking lot behind the building. Although the building is situated at street level, adequate space has been left in front to allow for store front patios.

The ground floor can accommodate eight 875 square foot commercial spaces or spaces can be combined to get a space as large as 9170 square feet. The space is leasing for \$14/sq ft;

any interested parties should contact Jay Seifeddine of NAI Commercial Real Estate at 436-7410.

Nova has agreed to not rent



or lease to pawn shops or adult video stores. According to the Urban Village Survey, residents would like to see coffee shops, tea-rooms, restaurants, book-stores, music & record stores, organic grocers and specialty cultural shops along the Avenue.

The four story building will have 54 one bedroom units rent-

ing for \$420 per month and 42 two bedroom (or one bedroom plus den units) renting for \$575 per month. The tenants will be a mix of seniors, recent or new

Program.

The Nova Development, the largest of the 12 affordable housing projects approved by the Department of Alberta Seniors and Community Supports in Edmonton in the last 3 years, received \$5.2 million in Federal and Provincial housing grants. The original plans for the site were significantly different than described above. The design called for the parking lot in front and the building along the alley to be a mix of rental, warehouse and industrial space. It was changed to comply with the Alberta Avenue pedestrian orientation as supported by the City Planning and Development Department and community groups.

Representatives from community groups including Alberta Avenue Community League, Eastwood Community League, and the Alberta Avenue Business Association negotiated

immigrants, and working people with low to moderate incomes. Nova will own and manage the building, which will be named "Nova Plaza on 118th", with a full-time manager on site during the day and a resident manager available during off hours. They will also participate in the Crime Free Multi-Housing

Continued on page 2



## Couple Dies in Rooming House Fire



Around 6:30 pm on Wednesday, February 9th a fire started in a basement suite of a rooming house on the corner of 95 Street and 116 Avenue. The two occupants, John Bell and his partner Leslie, who had just moved in nine days previously, died.

The smoke detector in the suite went off, others in the building heard it including

owner Elma MacLellan. People tried to alert the basement tenants by hollering and throwing bricks at the windows to no avail.

The 82 year old building was never designed to be a rooming house. It was a convenience store until the 1970s with a suite for the owner. An addition was built on the back in 1981. The basement windows

likely didn't meet code meaning they were too small for bedroom windows that need to provide a secondary escape route in case of fire. Furthermore, any building with 3 or more suites needs to be approved by the safe housing inspectors. This building has 5 suites and was never approved.

MacLellan, who lives a block away, bought the building two and a half years ago with the hopes of one day opening a gift shop. The building had tenants at the time and part of the purchase agreement was that she allowed them to stay. MacLellan says she had a building inspection before the purchase and no concerns were raised. She was not aware that the suites were illegal.

MacLellan was in the process of applying for historical

designation for the building which she says would give her access to grants to fix the exterior. If a structural engineer approves the building, MacLellan plans to pursue the historical designation and fix up the building. But she will be calling Capital Health for approval before renting any more suites.

Constance Young, a friend of the couple who died, told an Edmonton Journal reporter, "They were just starting to get back on their feet and they were really happy to get this place. It was all they could afford." These tragic deaths highlight the need for safe, affordable housing. "Housing is not just another optional commodity. It is a fundamental necessity for health and well-being...Adequate housing, like adequate health care, is

a recognized human rights obligation," says J. David Hulchanski in a discussion paper on affordable housing.

Unfortunately, this building is not the only one renting illegal and unsafe suites in our neighbourhood. Residents need to take the time to hold owners and landlords accountable for their properties. Don't just turn a blind eye to questionable properties, call the City and report them. If this results in people losing their housing, it is because the housing is unsafe. People deserve better. Let's get these properties into responsible hands or have them torn down. And remember, "buyer beware"; make no assumptions when buying a property.

By Karen Mykietka

# Rat Creek Press

Volume 7

Issue 2

March April 2005

The Rat Creek Press is a non-profit community newspaper supported by local community organizations.

#### Partners:

Alberta Avenue Business Association  
Alberta Avenue Community League  
Eastwood Community League  
Norwood Neighbourhood Association  
Spruce Avenue Community League  
PAAFE

Opinions expressed in the paper are not necessarily those of the partners.

**Why "Rat Creek"?** We are not sure whose idea it was, but it comes from our area history. Before this area was developed Norwood Boulevard use to be a creek-Rat Creek.

**Distribution:** All Community Leagues that are partners get the paper delivered door to door in their area. Other areas get delivered if there are extra papers. If your league is not a partner, contact them to let them know you would like them to be. The businesses along 111th & 118th Avenues and intersecting streets also receive copies of the paper.

**Publication Policy:** We will not publish articles or ads that will be detrimental to the community. We reserve the right to choose our advertisers.

**Submissions:** All writers and would be writers welcome! Contact us with your ideas. Articles are subject to editing for length and suitability.

**Next Issue:** May/June 2005; April 15th deadline

#### Production Team

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I have a love-hate relationship with this neighbourhood.

I love the character and charm of my 1914 two storey house. I hate the fact the people we bought the house from ripped us off. I guess it's our own fault-Buyer Beware. We were too naïve and trusting. But doesn't anyone have a conscience anymore?

I love our quaint veranda, looking out on a street lined with beautiful mature Elm trees that provide a canopy of shade over our neighbourhood. I hate having my Chariot bike trailer and jogging stroller stolen off the veranda, despite the fact that they were chained to the house after having a bike trailer stolen from the same spot last spring.

I love being able to walk to the library with my children every week to search for new

books and videos. It's also amazing to have at least five different parks and playgrounds in walking distance from which to choose. (And I guess my preschoolers and I will be walking now that we have no stroller or bike trailer!) I hate having to walk past prostitutes on the corner on the way to the park. I hate having men slow down and check me out even when I have two kids with me. And I hate having to check out the playground for condoms, needles and beer bottles.

I love the variety of houses in this neighbourhood. If you've seen one house, you've seen one house; look at the next one and it'll likely be different. No cookie cutter houses here. No houses hiding behind cavernous garages and cold concrete slabs dominating the front, instead houses with verandas, porches, front-yards or gardens. Yet all is far from perfect. I hate the property down the block that looks like a junk yard, the house that has been sitting for over four years with the exterior half done, the fences that are falling apart and the overgrown boulevard or yards.

I love all the great places to find second hand bargains, the incredible bakeries with amazing

prices, the unique ethnic restaurants and the little produce shops where you load up on good deals or run in to grab that item you're missing for supper. I hate the dirty, decrepit store fronts, many with bars on the windows sporting signs of businesses long gone.

I love the new life I'm seeing on the Avenue. New buildings going up, people expanding their shops or opening new ones. I hate that my friends, experienced restaurateurs, who live here and believe in this community couldn't find a decent place among the myriad of empty properties to open a restaurant. It infuriates me the ugly beast called the Cromdale Hotel sits there like a wart on this community instead of being torn down to make way for a new health centre most likely because of greedy property owners. It saddens me that we'll soon have another stretch of emptiness-Alberta Cycle who currently occupies three quarters of the 92 Street block is moving to the Wholesale Sports building just off 97 Street and the Yellowhead come April 1st.

I love knowing and meeting so many nice and friendly people-interesting people from all walks of life. The bold fiery

independent single mom who doesn't hesitate to yell at Johns and drug dealers. A hippy family dreaming of living a simple, self sustaining life on an acreage. A woman struggling to break free of prostitution frantic because she's late for an important appointment and so appreciative that a stranger would give her a ride and share her food with her. I hate community and organizational politics. I hate it when our community is so divided and busy fighting amongst itself that it can't come together with a strong, united voice that is too loud to be ignored or silenced.

Yin and yang represent the interaction of two energies which cause everything to happen, and they cannot exist without the other. Is it the same with love and hate? All I know is I have this continual tension in my life. Sometimes "hate" is good because it jolts me out of complacency or indifference into action. I guess as long as I come full circle back to "love" all is well.

By Karen Mykietka

#### Feedback on the last issue:

Thank you for all the positive comments on the previous issue. We volunteer numerous hours to get this paper to your mailbox and it is encouraging to hear how many people really appreciate it. We hope this paper will be a catalyst for both reflection and dialogue. We appreciate you sharing openly and honestly with us whether it's positive feedback, concern or criticism as long as it is done respectfully.

My previous editorial opened a dialogue with a long time resident and community

volunteer. I'd like to share some of his wisdom with you but first I must clarify some of my editorial comments. Some people took my rant about bickering in the community as a personal attack. It certainly wasn't meant to be an attack but I did want to agitate people to reflect on their roles and interactions in the community. We all have egos and most get bruised easily, but we need to try and put community before ego.

I applaud everyone who volunteers their time in their community in any shape or form. For institutions to survive in the

long run all need a "new generation" of volunteers who bring renewed energy and enthusiasm. But we must not dismiss the work of those who went before us and laid the foundation on which we build today. Everyone is better off when both the "old" and the "new" work together to pool their wisdom, ideas and energy.

#### Words of Wisdom:

*What is possible today is because of the struggles in the past.*

*You may not realize it right now and may never realize it later,*

*but whatever you do within and for the community does not go unnoticed.*

*Not everybody will join a particular group, but everybody wants to be part of a community.*

*The secret to recruiting "active" volunteers is for the few to sacrifice a lot in organizing events so that people will see the positive results. That will, in turn, attract people to contribute more actively.*

*Focus on the positives, even those of the past. It is healthier, personally and for the community.*

Continued from page 1 Nova Development

design, usage and management changes. "The concern in the community regardless of the language used was that affordable housing on this scale is ghetto housing," says Jacquelyn Vandeborn, president of the Alberta Avenue Community League. "The community demanded accountability and commitment around usage and management for the safety of those who would be living there and the safety of the neighbourhood."

Community groups and especially community leagues have the right and obligation to speak out on behalf of the community in regard to development issues. Perhaps the system would work better if communities played a more integral role in the development plans of their neighbourhoods instead of being "consulted" after the fact when a developer is ready to get started. In this case, community groups worked together successfully to demand changes in the Nova Development that would better reflect the demographic profile of the community and fit

with the character of the neighbourhood.

A Nova spokesperson stated, "This type of development will only improve the neighbourhood and hopefully encourage neighbours to improve their property as well."

Nova is seeking housing referrals from a number of community agencies as well as accepting direct applications. If you are in need of safe, quality affordable housing or know someone who is, contact Jela at 991-0200. Applicants for single occupancy must have an income less than \$24,000 and for 2 or more occupants a family income less than \$29,000.

By Karen Mykietka

## Brian Mason, MLA Edmonton Highlands

The Legislature's  
Spring Session is  
expected to begin  
in March.

If you would like to visit  
the Legislature please  
call my office.

Also call to receive  
monthly updates through  
my Constituency  
newsletter.



Constituency Office  
#100, 8930 Jasper Avenue  
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# News and Views

## Resurrection or Amalgamation? The Jury is Still Out

After 6 months without a community league board, seven Elmwood Park residents stepped forward at a special general meeting on January 17 to serve on a Task Group.

Thirty six residents filled the room to discuss the future of their league, almost double the number that attended the last meeting in December. By the end of the night, the number of community league memberships doubled to 40.

The Group was given a defined time period (3 months) and a specific mandate - a fact finding mission. They are to investigate Elmwood Park's amalgamation options: checking out neighbouring Eastwood and Delton community leagues and exploring if expanding the Elmwood Park boundaries would be acceptable to any of the parties involved. Most importantly, the group is to get input from more Elmwood Park residents. They will talk to residents to find out if they prefer to remain as their own distinct league or join another league, and of course, find out what people are willing to invest in their neighbourhood and community league.

The Task Group will also look into the various courses of action and associated costs regarding an uncompleted storage shed built out of straw bails near the rink. Their options are to finish the storage shed, demolish the structure, or upgrade it so it can be used as a meeting room. The Group has not taken over administrative functions of a community league board preferring to remain focused on their mission.

As Russ Dahms of the Federation of Community Leagues said to the assembled group, "Even if you're not part of the [Task Group], you still need to be part of the solution." This means if a member comes to your home, take a few minutes to talk with him or her. If you get a questionnaire in your mailbox, fill it out and send it back. Volunteer to help if you are able. For more information contact Glenn Tarkowski at 472-1101.

The Task Group will be reporting its research and recommendations at a general meeting on April 25th at 7pm at the Sands Hotel. Be there and have a voice or be prepared to accept the decision made for your neighbourhood.

By Karen Mykietka



### The Traditional Definition of Marriage

As you may be aware, five years ago, the House of Commons voted overwhelmingly to uphold the traditional definition of marriage as being a union of one man and a one woman. Since then, in six provinces and one territory, as a result of various legal actions, same-sex unions have been deemed to be legally defined as marriages, without a vote ever having taken place in the various legislatures. I strongly disagree with how law-making on such a fundamental issue is taking place and being implemented across Canada, by an unelected provincial judiciary, without citizens' direct input.

The recently-introduced legislation in the House of Commons to change the definition of marriage is a result of a Supreme Court of Canada ruling on federal government questions. The Court ruled that Parliament had the jurisdiction to change the traditional definition of marriage to include same-sex couples. The Court did not say that Parliament must change the traditional definition of marriage. Thus, a decision to introduce such legislation is a political decision, rather than a legal requirement.

On a matter of such significance to Canadian society, I believe that all Members of Parliament, after consulting with their constituents, should be allowed to freely vote, based on this input and their own conscience. Regrettably, not all Members of Parliament will be voting freely on this matter, regardless of constituent wishes. It is becoming apparent that the only way that the people of Canada may truly have a say on this issue is through a national referendum, where each citizen's vote may individually have meaning.

**If you wish to express your opinion on this issue, please attend a Town Hall on Wednesday, March 9, at Kilkenny Community Hall (14910 72nd St.), commencing at 7:00 p.m.**

495-3261 [www.petergoldring.ca](http://www.petergoldring.ca)

## LETTERS TO THE EDITOR:

### Boozing at local events

What are we going to do about drinking and drunk driving during Commonwealth Stadium events? Booze at the Commonwealth Stadium flows in very freely and flows out as drunken people. Does society not have a responsibility to clear our streets of drunken drivers? And what about the abuse that goes on in our neighbourhood such as urinating on public streets and

on private property? As a season ticket holder I am wondering if the Police Commission, Mayor Mandel and City Council are going to get a grip on this problem in our community.

M. Shybunka  
Local Business Owner

### Walk & Shop Locally

Thank you so much for resurrecting the Rat Creek Press. I think it is vital to the health of our community that we have a place to voice our concerns, tell our stories and celebrate our triumphs from both a personal and collective perspective.

Alberta Avenue has been my home for 24 years. It is the character of the neighbourhood that keeps me here. I enjoy the big old trees, the heritage homes, the over grown gardens and the eclectic mix of individuals who also make Alberta Avenue home. I like to get out and walk. I walk everywhere. It is not hard to find a destination. Our neighbourhood is blessed with its proximity to downtown, Little Italy, China Town and Kingsway. At the heart of our community is a commercial strip, 118 Avenue, which at first glance appears to be neglected. Take a closer look. Scott McKeen of the Edmonton Journal did and he concluded that we don't know how lucky we are to have so many unique small businesses just down the street and around the corner.

I urge everyone to get out and walk. Walking is better for the planet, better for the community and better for one's heart. Take a look around and explore.

Make a personal investment in the revitalization of 118 Avenue by choosing to spend your money close to home. The only way to attract desirable new businesses to the area is to ensure that those that have already invested here are profitable. I dream of an Alberta Avenue that is vibrant, healthy and cosmopolitan. I think we all do. I believe it is possible. So to all the businesses big and small, new and old, thank you for choosing the Avenue. And to the people shopping here thank you for investing in the future prosperity of Alberta Avenue.

Melanie Ustina  
Norwood Resident



**Councillor Ed Gibbons**

496-8138

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



## Working for Your Communities



**Councillor Janice Melnychuk**

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# ALBERTA AVENUE OLYMPIC CONTENDER

## Resident Profile

Afraid of the competition? Not if you're Kenny Zuk. As a matter of fact, Kenny has more of a "bring it on, let's do this thing" attitude.

On a recent two month tour of Europe he vigorously trained with former Danish Olympic coach Sten Knuth, as well as taking part in a couple of tournaments against both Germany's and Denmark's national taekwondo champions. Although not the victor in either match, Kenny kept the fights very close, losing only by a few points. Being able to hold his own against such solid sparring competition assured Kenny of his ability.

Knuth's guidance and positive comments that Kenny has the tools and potential to be an Olympic contender have inspired this undefeated provincial champion to step up his game. Now back home and training again at Elite Taekwondo, Kenny is aiming for a medal at the Nationals in Vancouver this February so he



Kenny Zuk

can advance to the worlds later this year. His long-term goal is to make the national team for the 2008 Olympics.

Improvement and any hope of international success will rest solely on his ability to develop outside his usual competitive, yet mostly comfortable boundaries. Kenny's master and highly admired mentor, Steve Bartley from Elite Taekwondo agrees

that Kenny has the potential, but now needs to work towards refining his drive through large-scale practice.

But the biggest obstacle for the 20-year-old is the mental demons currently forcing him to second guess what used to come instinctively. An unfortunate automobile accident last year left him unable to train for four months and open to the sugges-

tion that hurt could result from fighting.

"I used to be so relaxed, I moved without thinking," Kenny admits. "But it [competition] is getting harder, more so mentally. I'm over thinking."

Challenging other national winners has motivated Kenny to regain his confidence. "I want the experience. That's what will make you better. You're fighting

more; you're fighting a higher caliber. I learned a lot. I learned to be a better fighter. I learned I do have what it takes."

The Alberta Avenue community has been active in encouraging Kenny, especially through financial assistance, and many families are involved in fundraising for him. Throughout the year START, Students Teaching Awareness Regarding Taekwondo, a non-profit charitable organization, holds different events such as chocolate sales, cookie dough sales, raffles and self-defense seminars, to raise money for athlete funding. Although Kenny does not receive all that money, START helps to fund his training and travel. There are a group of about 10 people who work bingos to help build a pot strictly for him. All these devoted volunteers, along with the support of Kenny's mom Chris Zuk, and his teacher Master Bartley, have played an essential role in producing a future Canadian champion.

By Chris Wiles



**Uplifted diner food**

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*Check out these two great restaurants both independently owned and operated by Norwood residents! Darcy & Jessie Radies have been running **The Blue Pear** for 4 1/2 years in the 124 Street Business district. It is a boutique restaurant that specializes in sophisticated yet simple food.*

*The Blue Plate Diner, a more recent edition to the restaurant scene, was opened in August 2004 in the heart of the warehouse district*

*in downtown by John Williams & Rima Devitt. It is a place where you can enjoy uplifted diner food in a funky, comfortable atmosphere. They specialize in vegetarian dishes and serve a mean brunch on weekends.*

*Rat Creek is happy to have them as advertisers supporting the local community paper, and we in turn ask that you support them as well as our other advertisers. Tell them you saw their ad in the Rat Creek Press.*

## S&R Monthly Food Baskets

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## Protect Yourself From Mail Theft

Mail theft is a growing problem in our neighbourhoods. Aside from the hassle of tracking down missing cheques and lost packages, identity fraud is on the rise. Your personal data is a commodity. The personal income tax package sent to you by our Federal Government has everything a criminal needs including your social insurance number to completely destroy your credit.

Taking any number of the following precautions can help prevent some major headaches.

\*Pick up your mail regularly.

\*Get a mail slot put into your front door or a mailbox with a decent lock. \*Have all cheques directly deposited to your back account. \*Arrange for the post office to hold smaller packages that would usually be put in your mailbox (for a \$6 fee).

\*Know your letter carriers, flyer deliverers and neighbours. \*You may want to redirect your mail to a post office box (for a fee).

\*Notify the post office, crime stoppers and your letter carrier if you have a problem or see one.

## Don't Pay Another Cent in Rent to Your Landlord Before You Read This FREE Special Report!

EDMONTON - If you're like most renters, you feel trapped within the walls of a house or apartment that doesn't feel like yours. How could it when you're not even permitted to bang in a nail or two without a hassle. You feel like you're stuck in the renter's rut with no way of rising up out of it and owning your own home.

Well don't feel trapped any more! A new FREE Special Report entitled "How to Stop

Paying Rent and Own Your Own Home" has already helped dozens of local renters get out from under their landlord's finger, and move into a wonderful home they can truly call their own. You can make this move too by discovering the important steps detailed in this FREE Special Report.

It doesn't matter how long you've been renting, or how insurmountable your financial situation may seem. With the

help of this report it will become suddenly clear to you how you really can save for the down payment and stop wasting thousands of dollars on rent.

To hear a brief recorded message about how to order your FREE copy of this report call 1-866-815-9646 and enter ID#4301. Call anytime, 24 hours a day, 7 days a week and stop wasting thousands of dollars on rent NOW.

This report courtesy of Donna Strauss, Sutton Challenge. Not intended to solicit properties already listed for sale.

## Pet Corner



Harley is a 1 yr old Chinese Pug. Harley is the Biker of the family as he is full of wrinkles and folds and is very stubborn. He enjoys cuddling with his "mama", being the big baby love sponge, and bugging Spike.



Spike is a 1 yr old Chinese Pug. He is the Jock of the family, as he is a sleek and even tempered dog. Spike like squeaky toys, learning new tricks and is Daddy's Monster.

Parents: Vicki Kramer and Josue Noel  
Delton Residents

Would you like to set a positive environmental example in your neighbourhood?

Join other earth lovers for a FREE 40-hour course in residential composting, recycling and hazardous waste management. Take what you learn back to your community where you'll be the Master Composter / Recycler.

The Master Composter / Recycler course starts April 13, 2005, but applications must be received no later than March 31, 2005. For more info, call 496-5991. To apply online, visit [www.edmonton.ca/waste](http://www.edmonton.ca/waste).

This program is a joint venture sponsored by:

## Please Vaccinate Me...Love Fluffy

As the weather warms up and snow and ice begin to disappear, humans and their dogs will be out and about in full force. Whether frolicking at the local dog park, or taking a stroll through Old Strathcona, people need to be aware of an invisible danger that could threaten the life of their furry friends. That danger is Parvovirus.

Parvovirus is a serious, deadly threat to the unvaccinated dog population. It is so infectious that virtually anyone or any moving object can become a parvovirus carrier simply by coming in contact

with an infected dog's feces (bowel movement). The virus can survive searing heat and subzero temperatures for long periods of time, and so the virus might remain long after the feces has been removed. Shoes, paws-you name it-can pick up and carry the virus.

Most veterinarians recommend multiple parvovirus vaccinations for the growing puppy. Vaccinations establish protective immunity, which can reduce the risk of the disease. Once vaccinated, your dog's immunity is maintained through annual booster shots.

If your dog is experiencing vomiting, severe diarrhea, depression, or loss of appetite, you should see your veterinarian as soon as possible. Specific drugs have not yet been perfected that will kill canine parvovirus, but proven treatments are available to control the complications of the disease.

To prevent the spreading of parvovirus:

Immunize your dog or puppy according to your veterinarian's direction.

If you suspect that you have walked through an infected area, wipe off your shoes

with one-part household bleach to 30 parts of water solution. Use the bleach/water solution as part of a general cleaning

process of areas frequented by other dogs.

By Tricia Stefanuik

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**Up & Coming in March:**

\*Birthday Dabbers, \*Extra draw prizes - stay tuned how to win

\*A bake sale by Elite Teakwood to fundraise for their trip to Las Vegas, and

\*A new suggestion box



# Business on the Avenue

## Business Column



**Peter Rausch  
Executive  
Director  
Alberta Avenue  
Business  
Association**

I am pleased to submit my first column as the Executive Director for the Alberta Avenue Business Association (AABA). I appreciate the opportunity to work with the Rat Creek Press to inform our neighbours about our activities - and there is a lot going on!

At the start of the New Year we moved to our new office at 11770 - 95 Street. Here we have an information center giving support for existing businesses as well as facts from Business Link on starting your own business and details on properties for lease or sale in our area. Feel free to drop by for a visit; I'd like to hear your ideas for business

that you would like to see on the Avenue. AABA is actively trying to attract new business to our area and in fact a number of new stores have recently opened along the Avenue. Our businesses need your patronage; I invite everyone to walk and shop the Avenue and support your local stores and restaurants. We do have some of the best stores in Edmonton.

AABA is sponsoring a number of events this summer to celebrate our Avenue. The first is a Spring Street Sweep along 118th Avenue. From May 24th to 26th, our businesses and property owners, in conjunction with various City departments, will

be giving their storefronts and property a good spring-cleaning. Then, decorative flower barrels will again be installed to help spruce up the Avenue.

July will see two celebra-

**Feel free to drop by for a visit; I'd like to hear your ideas for business that you would like to see on the Avenue.**

tions on our Avenue. On July 8th & 9th, we will be hosting a giant Show & Shine for a number of Edmonton area car clubs in the NAIT north side parking lot. There will be a market featuring our restaurants, bakeries and food vendors to help feed the hungry crowds. We also want to work with local entertainers to provide some street entertainment during this event.

To help celebrate Klondike Days there are two events organ-

ized for Sunday, July 24th.

Coliseum Canada Safeway is sponsoring a K-days breakfast between 9:00 - 11:00 am at the west side of their store and you can work up an appetite for the breakfast by participating in the first annual "Run for the Gold" 5km race.

We do need volunteers to help with these events - please call our office at 471-2602 if you can, or if you would like more information. Be sure to mark these dates on your calendar, we hope to see you at all the events.

AABA is working with the City and community representatives to develop a 118th Avenue

Integrated Service Plan. The focus of this initiative is to address concerns on the physical and social changes for the Avenue and surrounding communities. We have the commitment of our Mayor, Councillors, City Departments, our Association and community groups to use this opportunity to revitalize our communities. There will be a number of open houses to seek your comments and concerns. This is a great opportunity for all of us to work with the City to address the issues and to develop and implement a plan that will revitalize our Avenue.

	Office	471-2602
	Call	717-9398
	Fax	477-1378
	Email	aaba@telusplanet.net
	Web	www.alberta-avenue.com
<p><b>Alberta Avenue Business Association</b> <b>Peter Rausch</b> Executive Director</p>		
<p>11770 - 95 Street Edmonton, AB T5G 0N6</p>		
<p><b>Next AABA Open Meeting: March 16</b></p>		<p><b>Community Development</b> Through Sports &amp; Active Living</p>

## Where Vegans and Carnivores Meet

**absolutely edibles**

**Bjorn & Brenda**  
Cafe and Catering

10406-118 Avenue  
Ph: 424-6823  
absolutelyedibles.com

### Business Spotlight

There's nothing I love more than finding a local café in my own neighbourhood that offers good food, service and atmosphere. Absolutely Edibles fills all of these criteria and is handily located on 118th Avenue and 104th Street.

The restaurant is an exten-

sion of owners Bjørn Cochrane and Brenda Dutton's catering business, both of which keep them very busy. Bjørn says that they have been surprised by the interest in the café part of the business and have now reached maximum capacity as far as tables are concerned. However,



Bjørn talking to a customer

they have bought another premise nearby for the catering side so that they can renovate the current location to create a larger café space.

Bjørn and Brenda opened their catering business in 1999. Between them they have over 40 years experience in the food industry. Both are trained chefs and hold degrees in hotel and restaurant management. They pride themselves on providing personal service to their catering customers, reflected in the fact that they have one of the 5 exclusive catering contracts at the Francis Winspear Centre for Music.

As for the restaurant, well, a couple of friends met me there for lunch and we had a great

meal. We were particularly struck with the creative presentation and care with which each dish was prepared. Everything we ordered was delivered on its own unique plate and garnished beautifully.

The menu is varied including vegetarian and non vegetarian dishes. Bjørn says, "We wanted to create a menu where a vegan and a carnivore would both be catered to". They have certainly achieved this! All the food is made on the premises and they take pride in using only quality ingredients.

The service was excellent and the space is interesting with great bunches of dried chilli peppers hanging from the ceiling and a large tiled chilli pep-

per motif behind the counter on the back wall. The most appealing feature for us, though, was the all the autographed photos of world famous and local artist on the walls; the result of past catering exploits.

If you have room by the end of the meal for dessert, there is a glass case of the most gorgeous creations to choose from. We were too full by the end of our lunch and decided to return for dessert and coffee in the future.

So, when you are wondering where to go for lunch or dinner, don't forget Absolutely Edibles - I highly recommend them and I will definitely be back for more!

By Linda Maude



# Jumping on the Revitalization Train

For years local residents and business owners have been asking for assistance to deal with problems ranging from crime to housing to development. Help has been piecemeal and insufficient. Now there appears to be the desire and the will at the City level to develop a comprehensive and coordinated strategy to deal with revitalization in the Alberta Avenue Area.

Mayor Stephen Mandel set things in motion by giving Councillors "special initiatives" in December 2004 similar to how MLA's have portfolios. Janice Melnychuk's initiatives are "The Mayor's Drug Strategy" and "Neighbourhood Revitalization". Mandel seems enthusiastic on having the City help revitalize 118th Avenue and fulfilling some of his campaign promises.

Councillor Janice Melnychuk pulled together a small advisory committee in January 2005 consisting of three members of the Alberta Avenue Business Association (AABA), two community members and four staff members from city departments to provide technical support. They are calling their work "The Avenue Initiative".

Melnychuk says, "The Avenue Initiative is not another study. It is about business owners, property owners and neighbourhood residents deciding on a range of improvements for 118 Avenue from Northlands to NAIT. It is also about actions that need to be taken to improve community life in the neighbourhoods north and south of 118th."

The role of the committee

is to design an inclusive process for developing actions and strategies to be implemented from 2006-2010. "The committee members agreed that issues and problems are well documented and will not be the focus," says Melnychuk. "Instead, they want a planning process that will focus on solutions."

Some residents and neighbourhood institutions have already started working on solutions. The Urban Village Project collected information and ideas from area residents which they have been working on compiling with the expectation of drafting a new ARP-Area Redevelopment Plan. "We are happy to see that the City is going to put some resources into revitalization plans," says Kathleen Moran, who has been leading the Urban Village project for the past year.

"We can see benefit to all stakeholders if we collaborate and work together with the Avenue Initiative committee. It is important though that the work already done is respected and residents continue to have a strong voice in the process."

The Advisory Committee is currently developing a consultation framework and checking this process with 12 to 15 community stakeholders. Community consultation is planned to begin in mid-March. Anyone wanting to be invited to consultation meetings or interested in receiving the communiqués that come out after Advisory meetings can contact the Alberta Avenue Business Association at 471-2602 or Judy Allan from Community Services at 496-1913.

By Karen Mykietka

### Advisory Committee

**Janice Melnychuk,**  
Ward 3 Councillor

**Peter Rausch,**  
Executive Director, AABA

**Julian Proskow,**  
Chair, AABA

**Norm Aldi,**  
Board member, AABA

**Joan Youngman,**  
Community Resident

**John Malthouse,**  
Community Resident

**Staff from:**  
Community Services,  
Edmonton Police Services,  
Planning and Development  
Transportation and Streets.

## Moving from Eastwood to Cromdale

Plans are in the works to replace the Eastwood Public Health Centre with a full service \$8 million health centre in Cromdale. Diagnostic, treatment and follow-up care at the Cromdale Centre will be provided by numerous professionals including doctors, nurse-practitioners, public health nurses, dietitians, dental hygienists, psychologists, and AADAC addictions counsellors. This new primary care centre will provide medical and social care through a less expensive, more efficient team approach, similar to the Northeast Health Centre in Clareview.

While the Centre won't have a trauma emergency, it will have a late-night walk-in clinic where people can receive medical care for ear infections, sprains, flu or other routine cases that don't belong in the ER. There will also be regular clinics for chronic conditions such as asthma, diabetes and HIV. Outreach clinics will provide pre- and post-natal care for mothers at risk and multicultural outreach workers will help immigrant and aboriginal communities.

The Capital Health Authority, which has wanted to replace its small Eastwood Public Health Centre for years, is negotiating with the Edmonton Public School Board to purchase the old Cromdale School near Borden Park at 11240-79th Street. An Edmonton Public School spokesperson stated that the City had first right to purchase

the land and declined to buy it in December 2004. Now terms of sale to Capital Health are being considered. A Capital Health Spokesperson indicated once they had possession of the site, it will take about a year to build the facility.

The Cromdale School, built in 1931, closed its doors to students in 1980. The space was then leased to various community and social organizations, including an outreach school program. Capital Health plans to build a new health facility in the open green space on the site but the old red brick school building will remain. The Edmonton City Centre Church Corporation is proposing to use the building for transitional housing primarily designed for young single mothers. While there is need for this type of

housing, the added benefit of this project is the availability of health and social services right outside the door.

An Edmonton Journal writer said in her article, "This is a project we should all back." But the community has not been backing it. Parkdale/Cromdale Community League opposes the Cromdale Centre not in principle but in location. They were keen on having the green space at the Cromdale site used for a soccer field. They also have concerns about adding more traffic and parking issues to the Stadium area.

Victoria Hemming, president of Parkdale/Cromdale, said, "We're happy to have a clinic but why are you putting it there [Cromdale School]. It would be better kept on 118th

Avenue. It's more needed there and would be easier to access." Capital Health did consider some locations on 118th Avenue including the Cromdale Hotel but found they were unsuitable. A local business owner alleges that Capital Health was preparing to buy the Cromdale Hotel when the owners suddenly jacked up their price to well above market value.

Having the Cromdale Hotel come down and replaced with a new health centre would have added a lot to the redevelopment of 118th Avenue. Regrettably, it is not to be. But have hope if you are concerned about the lack of green space and sports fields, the City of Edmonton is looking at developing a soccer area on the west edge of Borden Park.

By Karen Mykietka

### Eastwood Facts

**Eastwood Public Health Centre serves 60,000 people between 50th and 109th Streets from the river to 127th Avenue.**

**It is a diverse community including middle-class neighbourhoods, upscale downtown condos, and Edmonton's neediest residents.**

**Population has 30% new immigrants and 15% aboriginal residents.**

**Teen birth rate is about three times the regions average.**

**Infant death rate is 7.9 per 1,000 (national average 5.2 per 1,000)**

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## New and improved around the neighbourhood

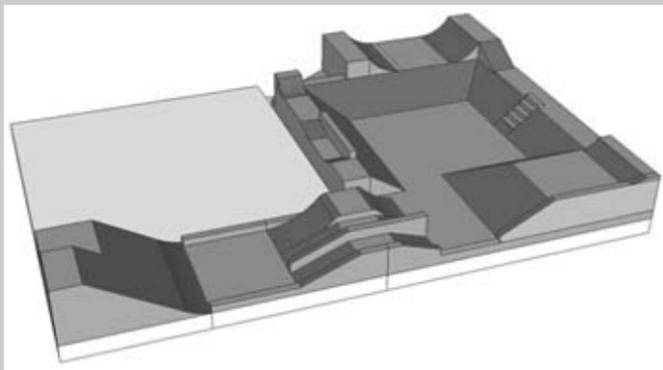
By Dawn Freeman

There is a bunch of opening, developing, expanding and renovating going on in the neighbourhood. El Rancho Spanish restaurant expanded before Christmas. Absolutely Edibles will be moving their catering business to a new location so they can expand their café (see business spotlight on page 8). The Old Lido building on 111th Avenue and 92 Street is now Cook's Corner, a commercial kitchen available for rent by the day, week or month. Contact Jackie Ryan at 479-8175 for more information. And this is just a start. Check out all the new stuff below and keep your eye on the Nova Place building as the main floor will be retail-commercial space.

The anchors at the each end of our business strip also have development plans. Northlands plans to build a new 270,000-square-foot trade/conference facility, another parking lot, and a climate controlled link between Rexall Place and the rest of the park. NAIT is proposing a Health and Wellness Centre on their campus in partnership with the City of Edmonton to meet the needs for a multi-purpose recreation facility in the north-central area as identified by the city's recreation master plan.

### Avenue Theatre and Indoor Skate Park

9030 - 118 Avenue  
477-2149



www.avenueskatepark.com

Here is something completely new to hit the Avenue - a split personality venue! In the fall and winter months (October to March) this business will be Avenue Skate Park featuring all

the jumps that an Edmonton skateboarder needs inside when the outside is a wonderland of cold rain or snow. It is designed

for all ages and all levels of skateboarding expertise, and classes are planned for those who want to learn.

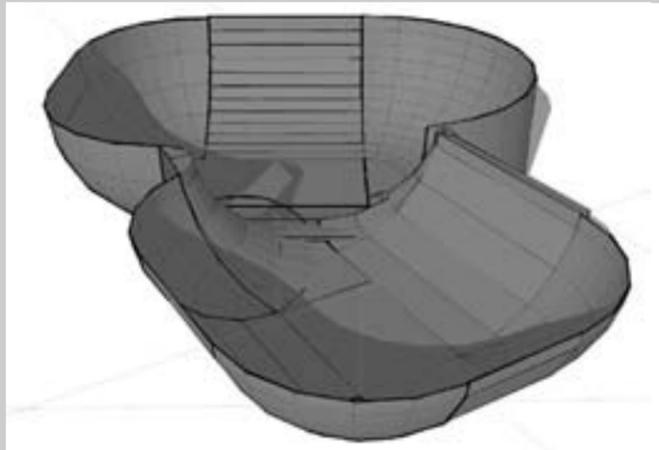
Now when spring comes and those skateboarders can get

back outside, Avenue Skate Park turns into Avenue Theatre.

From April to October this business becomes a live theatre and venue available for hire. With 250 seating capacity, dance floor and a stage they can accommodate just about any kind of show - dance, plays, local bands and

more.

Avenue Theatre and Indoor Skate Park is slated to open March 2005 as a skate park for one month, then as a live venue starting in April. Contact by phone or check out the website for cost and hours of both operations.



### Metrotown Market

9320 - 118 Avenue  
477-7733

Metrotown Market is the new fresh produce store on the block. By using produce from local growers as well as outside sources, they aim to deliver quality and variety in their selection of fruits and vegetables. The store will have conventional produce as well as transitional and organic. Their grand opening is March 18-20 but watch for their doors to be open before this. Check out their ad and coupon on page 11.



### Malaysia Kitchen

9715 - 118 Avenue  
479-1218

This recently opened Malaysian/Thai restaurant boasts the best and maybe only Singapore Fish Ball soup in the city; they import the fish balls direct from Singapore for a completely authentic taste and texture. The other house specialty is the Malaysia Laksa Vermicelli Soup, made mild or spicy to the customers taste. Open for lunch and dinner everyday except Tuesday, the Malaysia Kitchen also offers a delivery and pickup menu.



### Renato's Italian Kitchen

9511 - 118 Avenue  
479-8604

Renato's has been around for a while, but this winter they closed their doors in order to renovate. The interior has been extensively remodeled and expanded to fit more customers and easier access to parking has been created by the addition of a backdoor leading directly to the restaurants parking lot. The kitchen has also been updated with new appliances and equipment. With a new chef direct from Italy, patrons can be sure that the menu will be new and improved. Renato's is scheduled to reopen in March; call for reservations.



### Cafe Cubita

11732 - 95 Street

We weren't able to gather any information about this new cafe before this issue was printed, but from peeking in the window, it looks great! Opening soon (we hope).

### Popular Bakery

9351 - 118 Avenue  
471-1770

Popular Bakery lives up to its name. In fact it's wholesale and retail business is so good they have to expand. The \$500,000 building going up on the corner of 93 Street and 118 Avenue will be the new home of the Popular Bakery in the fall. With twice the width, and double the production area, the new space will allow them to keep growing into the wholesale arena, while still supplying locals with the same delicious products. When the Popular Bakery first decided to expand they looked all over the city at locations, but in the end decided to stay on the Avenue. It's central, close to downtown, the rates are reasonable and they get lots of drive and walk through traffic. Check out their new bakery and cafe in the fall; in the meantime go to their current location and pick up some custard tarts and specialty breads - and don't forget that they take orders if what you want is already gone.



### Swish - Vintage Finds For Your Funky Self

9560 - 111 Avenue  
479-8408

This vintage clothing, furniture and accessories store opened on 111 Avenue at the end of November 2004. As well as the amazing collection of reasonably priced vintage items, there are new pieces of work from local crafters and artists. Swish will also be hosting different crafting classes and art shows in the shop next door. When you've finished buying some fabulous items take a break at the cafe in back that serves delicious coffees, teas, hot chocolate and locally made biscotti too! Swish is open from 11 a.m. to 5.30 p.m. Tuesday to Saturday and 12 p.m. to 4 p.m. on Sundays.

### Handy Bakery

8660 - 118 Avenue  
477-8842

In December 2004 Handy Bakery changed owners, but the quality and variety of their goods has only changed for the better. Alongside the delicious breads and pastries they also offer deli sandwiches and coffees to go or to have in their cafe, as well as homemade pizza by the slice. Go get some lunch today!

### Scooter Boyz

8219 - 118 Avenue  
477-6803

The front room of the building on the A&M Auto Sales lot has been newly renovated to accommodate, Scooter Boyz, a shop for the big kid! Scooter Boyz is happy to show off their selection of scooters and pocket bikes. It's the new place to go on the Avenue to find your ride!

## From Derelict to Development-A Careful Process!

### Viewpoint

By Michael Walters

By the mid 1990's the city had basically turned its back on most North Central neighbourhoods, leaving mostly a few overburdened social workers and recreation coordinators to toil in an area most in Edmonton had stereotyped as the skids and written off.

Eight years ago residents in the Alberta Avenue/Norwood neighbourhood, connected together through the Norwood Family Centre, began a formidable fight against the virtual decay and dilapidation of one of Edmonton's most historic communities. These leaders formed a citizen's power organization called the Community Action Project or CAP. CAP was supported financially by the Norwood Neighbourhood Association, the Alberta Avenue Community League, the Samuel and Saydie Bronfman Foundation and eventually the Muttart Foundation

By the time CAP was organized, investment in the neighbourhood was dominated by negligent and absentee ownership. In the 1930's and again in the 1970's many of Alberta Avenue's grand old homes were intentionally divided up into multi-suite units as a result of employment and housing shortages. Not intended for such use, their lifespan was shortened considerably, leaving most of them in dangerous condition.

This kind of misused and dilapidated housing stock created a magnet for slum type investors interested in quick bucks while exploiting our city's most marginalized people, as well as an atmosphere of disorder and hopelessness in a community that had so much rich diversity and potential.

CAP hired its first organizer, the late Ed Laboucane, in 1997 and began aggressively attacking both owners of substandard and derelict housing as well as the city's neglect of the problem. The Capital Health department became an immediate ally, having been struggling with the problem themselves for many years. Through building a strong, accountable relationship with then Mayor Bill Smith and the administration, the city began to slowly but steadily fall into line behind the neighbourhood.

Residents told stories about the impact derelict housing was having on their children and their children's schools. They told stories publicly about the

fear and anxiety that came along with living with the crime and violence being perpetrated inside of these abandoned properties. They told stories of paying \$400 a month and having no heat and no running water and when they complained they and their children were threatened with immediate eviction.

Through intentional relationship building, leadership development and careful negotia-

### How is our history related to our future?

tion, CAP was able to grow into a strong well connected community organization that forced the demolition of 173 dangerous, crime ridden hell-holes, the only purpose of which was to exploit the poor and victimize neighbourhood residents. It drove slumlords into submission. They had no choice but to stand out of the way of the bulldozers.

CAP has made mistakes in our time organizing in North Central Edmonton as well. There have been times when we have been disrespectful of the work others have been doing. The biggest example is our misjudged involvement in the Stadium Parking issue. Leaders of the Parkdale/Cromdale community league organized a great campaign to get some control and order around the throngs of traffic and subsequent parking problems that came as a result of Commonwealth Stadium events. During the 2001 civic election CAP organized a press conference to talk about the issue, stepping all over the toes of the Parkdale leadership, and taking the spotlight of an issue that didn't belong to us. For my misplaced involvement in the issue I have great regret and offer my apologies. I realize now that what CAP did to Parkdale regarding the Stadium issue would have been like them stealing our thunder and taking credit for the derelict housing victories we won.

Now as a result of the work done by CAP, Parkdale/Cromdale and other organizations, our neighbour-

hoods sit poised for redevelopment. I have heard it suggested that there is no link between what happens on 118th Avenue and the neighbourhoods attached to it. This belief is a dangerous one. It misses the mark. There are great opportunities before us that need to be managed and made sustainable. The most important question is, who decides what happens next in our community? Does CAP decide? Do the Community Leagues decide? Does the BRZ decide? Do our politicians decide? Or do the people who have money to invest in redevelopment decide?

Subsequently, there is a broader question about unity. Does our power increase if we are somehow unified strategically in such a way that all of our interests are met and where the common good of the community is paramount to ego and territory?

There are also more questions to be asked. Who invests their money in our community now? Do people who live in the area of 118th avenue, spend their money there? Can they spend their money there- does it provide what they need? Is it relevant to the community? Can the business district thrive in the future if all the area schools get shut down? Who has the power to keep the schools open? How is our history related to our future?

These neighbourhoods are changing whether we like it or not. I do not believe they are changing into what some may see as this fantastical middle class historic community wrought with minivans and porch swings, nor are they the kinds of neighbourhoods some see as filled with the "poor" and eternally needy, where outsiders come to save or study the malnourished and disenfranchised.

There is a tension between both worlds, an intimate collision of diversity that requires careful and thoughtful planning when we consider our future development. It is a neighbourhood home to low-income, working class and white-collar middle class households. There is a struggle before us that will require an energy and vision these neighbourhoods have never seen before.

There is no doubt that visioning can be a collaborative effort, involving those who already have commercial and residential investments in our neighbourhoods and those who are planning to make similar invest-

ments.

There are thousands of people who through their mortgages or rents pour their hard earned money into this community. They raise their children here and they sleep here at night. While some may be here for a short time, many are in it for the long haul. To them these communities are more than investments. They are home.

So far there is no consent for any specific development or revitalization plan. We need an Area Redevelopment Plan that is supported by our community residents and leaders through our community organizations. And we need our city councillors committed to this. Residents having a strong voice in any revitalization or redevelopment plan is non-negotiable.



Mark on your calendar  
The Community Action Project  
Annual General Meeting  
Thursday, March 17, 7pm  
Avenue Vineyard Church  
2nd Floor, 11726 - 95 Street  
Contact: 474-8318

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### Norwood Neighbourhood Association



Darcy Flemming 474-2743  
dflemming@ualberta.ca

Meetings: 2nd Wednesday of the month @ 7pm at Norwood Family Centre 9516-114 Avenue.

Norwood (the area between 89-97 Street and Norwood Blvd and 118 Avenue) is part of Alberta Avenue.

Keep your eyes and ears open for information regarding yard sales in the Norwood community starting in July 2005.

Contact Margaret at 440-1534 to get your yard sale details listed.

# Building a Better Future



EICHS, The Edmonton Inner City Housing Society, is doing it again; they are hoping to build decent and affordable housing where families can live in safety and dignity. If all goes well with securing their funding and permits, their two latest projects, each of seven units, will house 14 new families by Christmas time. One of the projects will be in Eastwood, the other in Parkdale.

Both sites consist of three lots already vacant and zoned for high-density development (meaning walk up apartments). Neither site's zoning is covered by the City of Edmonton's Mature Neighbourhood Overlay. This is not a problem; plans for each site are tasteful bi-levels, a mix of 2 and 3 bedroom units with 7 families spread over the 3 lots. Mature trees and shrubs

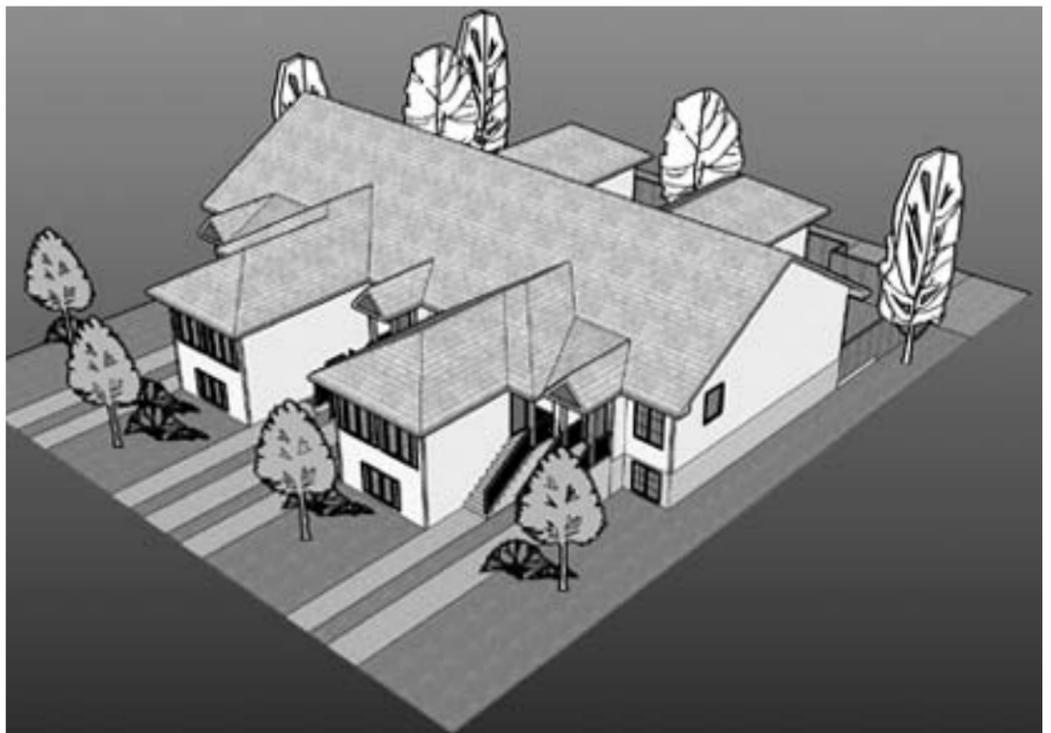
will grace the exteriors. The attractive housing should only add to the desirability of each neighbourhood.

The Parkdale project will be located along 87 Street north of 112 Avenue. Residents near the site and the Parkdale/Cromdale Community League have met a couple of times with EICHS representatives, George Kelly and Cameron McDonald. "We shared our management philosophy, discussed floor plans and artist's sketches of the final exterior. The dialogue has produced positive reaction from Parkdale residents," says Kelly. Mr. and Mrs. Cooney, who live near to the planned development, stated, "We're looking forward to it. All people deserve a decent place to live in this city. Kids need a stable environment in order to thrive."

introduced into a community. There are many kind, decent, and hardworking people that simply do not have large incomes and have been forced in the past to live in crime ridden apartments and rooming houses that have often been controlled by slum landlords. There is also a new and exciting program that has been created in recent years called the Crime Free Multi-Housing Program. This program basically creates an environment whereby criminal, or other detrimental activity leads to quick eviction. But the program also places an onus on the property owner to maintain safe housing. Thus when done properly, multi-housing can be a

housing is the base from which to build better lives, one step at a time."

Two new partners lending support to EICHS Projects 15 & 16 are The Stollery Foundation and The Strathcona Rotary Club. Both have made significant financial contributions. Joining them are two partners who have worked with EICHS before: The Allen Family Fund of the Edmonton Community Foundation and Vinterra Properties Inc. Arnie Gable, the owner of Vinterra Properties, offered to build the last project on a not-for-profit basis, which conservatively saved the Society \$100,000 in overall costs. Gable said that he had done very well



The proposed development at 77 Street and 119 Avenue in Eastwood has not received such a warm welcome. Eastwood Community League executive invited EICHS to an information meeting February 8 with 10 residents in attendance. Concerns were raised about traffic problems and the size of the building. Sue Evenson, president of the Eastwood Community League said, "The board decided to appeal the development because the building is too large for the lot and doesn't fit with the look of the neighbourhood." The appeal was turned down on February 17 by the city's Sub-Development and Appeal Board.

Are "low income housing projects" something to be feared? Will they bring more crime to the neighbourhood? Not if they are built and managed properly. EICHS has an untarnished reputation not only for building good quality buildings and maintaining them well, but also for nipping problems in the bud if undesirable behavior should surface. Norwood Beat Officers, Constables Dave Radmanovich and Kurt Martin say, "Low income housing does not necessarily mean that crime will be

good thing in a neighborhood especially when it replaces a building where crime had been rampant." EICHS is in the process of joining this program.

EICHS's most recently completed Project 14 is in Norwood on the north corner of 112 Avenue and 95 Street and houses eight new families. The surrounding blocks were consulted prior to and during construction; input was welcome from local residents as to how the exteriors might blend in with the mature homes in the region. The resulting four-plexes are the jewel of the neighbourhood. EICHS has set the bar a couple of notches higher for others in this business.

Resident of Project 14, Tina Cardinal says, "If there's a lack of affordable, safe housing, people will more likely be the prey of unscrupulous landlords. People with low incomes need a choice, just like everyone else. EICHS provides that choice. And with the stability of safe, affordable housing comes, at last, a chance for the tenants to rise up out of what seemed like a hopeless situation."

Shelly Severson, nearby resident and member of Edmonton's Derelict Housing Subcommittee agrees. "Stable

in the Edmonton area and wanted to give something back to the community.

The Edmonton Inner City Housing Society (EICHS) provides long-term, safe, appropriate, affordable, decent unlabelled housing and supportive property management for people who have low income in the Edmonton area. EICHS was formed in 1983 in response to the need for adequate housing. Presently they house 330 people, including families and singles. They have housekeeping units and bachelor suites, up to five bedroom family units and wheelchair-adapted units.

If you're in need of housing, drop by the EICHS office at 9430 - 111 Avenue and fill out an application, or call 423-1339 for more information. Unfortunately, demand is high so waiting time can be up to 3 years, thus highlighting the need for more projects like these. Donations are also welcome. For more information check out the EICHS website at [www.eichs.org](http://www.eichs.org).

By Elaine Mantua



### Come Check Out Your Neighbourhood Bar and Grill!!!

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# Confronting the Darkness



On the dark, cold night of Saturday, January 29, two hundred people walked neighbourhood streets to mourn the death of nineteen year old Samantha Berg. Her frozen body was found in a north Edmonton trucking lot on January 25. Friends, family, program staff, neighbourhood residents, political representatives and other concerned Edmontonians gathered in the parking lot of St. Faith's Anglican church to light candles before the walk.

We gathered to bring our private grief and anger into public grief and anger at the loss of yet another young life to the despair and violence of street

prostitution.

We gathered to say: "We want this to STOP! We want men to stop cruising neighbourhoods, making our neighbourhoods unsafe and picking up vulnerable children, youth and adults. We want men to stop abusing, degrading, assaulting and murdering children and women. We want those who profit from pimping to be stopped. We want drug dealers who profit to be stopped. We want drug houses closed and safe houses opened. We want safe communities for all children, youth, adults, and families."

One woman said it was

good to walk the streets with others, past corners where she had stood alone in the past. She is working very hard to heal the pain in her life that she had dulled with drugs in the past. A job with a supportive employer and shelter in a welcoming transition home give her strength each day as she transforms her life.

Ray Martin, NDP Housing Critic said, " This is an epidemic. We need more housing and treatment programs. Can you imagine the horror she felt? There has to be help for these young women."

We walked past street corners and alleys haunted by Samantha in her short life. We know she was seeking a way through the pain and struggle of her life and the hold that drugs had on her. Let's work together as a community to prevent future tragic deaths and the loss of our children and youth to drugs and the street.

By Kate Quinn

*The streetlamp's dim lights flood where I stand fidgeting to keep warm  
Headlights pass me by one after another  
I set foot in some man's car  
You will remember me when I die  
Reminded days to come eventually forgotten among the rest  
Accept my body is recyclable only that of a whore  
You're mistaken greatly  
The drugs are not my face making expressions to push you away  
the drugs I willingly let recruit me yet I whisper what I do shall not make whom I am with tears streaming down my face and a smile yet I still am pushed away*

*A hooker, A whore, A drug addict  
The labels, stereotypes of society and in my eyes I see perhaps a person, woman, a child, a smart girl with class and intelligence gentle and caring*

*Not just some whore on drugs  
Do I have to scream for you to listen?  
Apparently I only have to die to be able to get you to look my way.*

This poem was written recently by a sixteen year old girl. She offers it to the readers of the Rat Creek Press, but prefers to remain anonymous.

## Our Neighbourhood Schools

On January 17 interested local parents met with Colin Ingles who works with the City Centre Education Project (CCEP) to find out more about schooling options in our neighborhoods. The informal, conversational information session happened at the Alberta Avenue Community League as part of the ongoing Information Sessions offered through funding by the Kristy Foundation. Childcare and lunch were also provided.

Parents learned that the CCEP is a collection of seven "inner city" schools including Delton, Eastwood, John A McDougall, McCauley, Norwood, Parkdale and Spruce Avenue. They have joined together to share resources and expertise in order to provide more educational and extra curricular activities for students. The CCEP acts collectively; this allows the group of individual schools to function like, and offer programs on par with, the much larger suburban schools. At the same time, class sizes remain relatively small and each school retains a real community feel.

Some innovative extras on offer at our local schools include: full day kindergarten, Head Start and pre-kindergarten opportunities, French from grade four on, no cost school supplies, Cree language option, Morning Snack programs, programs targeting highest achieving students as well as reading recovery for students falling behind. There is also access to nurses, counseling, speech therapy referrals, librarians, and technology resources.

Two parents at the meeting have children attending Norwood school and both were enthusiastic about the programs, staff and school atmosphere. Parents with children approaching school age raised concerns about whether an inner city school could offer the same opportunities and provide as safe and nurturing an atmosphere as other schools could. At the same time, many commented on the huge advantages of attending school locally such as building community where you live, and easy commutes.

Ingles suggested that the CCEP schools might be able to offer even

more than their large suburban counterparts. He advised parents who are looking for the right school to call the principals and drop in during school hours to take a tour and see how it feels. The CCEP schools will be announcing their open houses soon; these are another excellent opportunity to meet the staff and gather information. Check out the website at [www.epsb.ca](http://www.epsb.ca) or phone 429-8000 to find out open house dates.

There are also four Catholic schools in our area and while we didn't have the pleasure of hearing from them at the meeting they would also be delighted to have families attend their open houses.

By Kathleen Arnold

**CCEP is hosting a Community Resource Fair for parents April 21 from 5-8pm At John A McDougall School Bus service provided Contact Arlene at 426-0205 for more info.**

## Area Schools and Open House Dates

**PUBLIC (CCEP) SCHOOLS**  
[www.ccep.epsb.ca](http://www.ccep.epsb.ca)

**Delton (K-6)**  
12126-89 St, Ph: 477-8742

**Eastwood (K-6)**  
12023-81 St, Ph: 477-2352

**John A. McDougall (K-6)**  
10930-107 St, Ph: 426-0205

**McCauley (K-9)**  
9538-107 Ave, Ph: 424-4121  
Jr. High: March 22

**Norwood (K-6)**  
9520-111 Ave, Ph: 477-1002

**Parkdale (K-9)**  
11648-85 St, Ph: 477-7443  
Jr. High: March 22

**Spruce Ave (K-9)**  
11424-102 St, Ph: 479-0155  
Jr. High: March 22

**CATHOLIC SCHOOLS**  
[www.ecsd.net](http://www.ecsd.net)

**St. Alphonsus (K-9)**  
11624-81 St, Ph: 477-2513  
March 21, 7pm  
**St. Basil (K-9)**

**Polish Bilingual Program & All Girls Academy**  
10210-115 Ave, Ph: 477-3584  
March 21, 7pm

**St. Catherine (K-9)**  
10915-110 St, Ph: 426-6933  
March 23, 7pm

**St. Gerard (K-6)**  
12415-85 St, Ph: 474-5208  
May 25, 6-7:30pm

### Kindergarten Registration

**Children who will be four years of age on or before March 1 may register for kindergarten in the fall. Your child must be at least four years, six months old as of September 1. When you register, you must bring your child's birth certificate or acceptable proof of age, bring your child's up-to-date immunization record, and fill out a registration form.**



Spuce Avenue teens enjoy annual Valentines Dance. The evening of crafts, dancing on Feb 12th was a huge success with 45 children and 33 teens in attendance

# Time to Change



Bob Todrick

Imagine you are sitting reading a book, watching a movie or typing an e-mail. Suddenly your name is called and you're told to finish what you are doing now. Maybe you get told why, maybe you don't. How do you feel? Would you do what you've been asked?

This is so often what happens for children, and we wonder why they either ignore us or get screaming, kicking mad and refuse to do what they're asked. Change can be hard; even adults sometimes balk at finishing a fun thing and moving on to what has to be done next. But an adult usually knows the reasons why and most adults have learned to control their disappointment, frustration or even anger at the change. We are resigned; we are adult about it. Children have not yet learned that emotional control and they do not see or do not know the bigger picture. It is hard for a child to understand that they have to finish up playing this fun game so they can get their jacket put on and be taken to the grocery store. They don't care that there is no milk, at least not until they want a drink.

Making transition times smoother and (relatively) chal-

lenge-free is a goal set by all parents at some point or another. There are many things that can be tried and it's good to have a stockpile of ideas that can be tweaked to fit the moment. Sadly no trick works for all children, or even for the same child all of the time. Like a magician, you have to keep pulling new variations out of the hat. Here are a few of my personal favorites though; see how many of these you have already used.

**Preparing Ahead:** It actually does work sometimes if you let a child know the schedule. Tell them before you get to the playgroup that you are leaving in 1 hour. Point out a clock and show them where the hands will be when it's time to leave. When the time comes you can then say, "Remember we talked about going to the store next? Did you notice the clock?"

**Count Down:** Everyone's used this one. Give the child a "5 minute until leaving" warning, then a 2, then 1, then it's blast off time! If the time part doesn't work for some kids, then you can switch to games or objects - 3 more slides, 1 more turn doing a puzzle etc. Be consistent with this one though; if you let that last 1 minute

become 10 because you start chatting, your child is going to start thinking that 1 minute is a very long time. Timers that count down for you are excellent and can never be accused of being unfair.

**Songs:** I love songs. Learn a few standard nursery rhymes, and then adjust the words to suit your needs. Singing about what to do next is way more fun than just being told. And using the same song over and over can have a training effect; your children might actually start doing what you want as soon as they hear the song! Most daycares and pre-schools use this to great effect with a clean-up song.

**Rewards, Incentives and Mystery:** "There's something in my pocket for someone with their boots and jacket on!" "I wonder what's waiting in the car seat for you?" "Remember, if we get all our errands done, we will have time to (insert child's favorite activity/snack/etc. here)!" Otherwise known as

bribery, but so long as you are rewarding the positive and not giving in to the negative, an occasional one is just fine.

**Choices and Logical Consequences:** Giving your child a (limited) choice over what to do last can help them feel like they have control too. They get to do what they choose and then it's time to go. Logical consequences are what happen if the leaving doesn't go the way that it should. Let your child know, "Last time we came to the library, you ran away when it was time to leave. If you run away this time we will not be coming back to the library for a week". Then stand by your word.

There are many more strategies than these; take some time to read parenting books and magazines, and search on the web too. The more ideas you put into your head, the better the chance that one will pop up when you need it most.

On a final note, the biggest strategy of all of course is your

own patience. Keep your temper in check, count to 10 and take some deep breaths. Ask yourself if it's really necessary to have a fight over this issue - sometimes it is, but sometimes the best trick of all is to step back and give children the extra time they need to change gears.

By Dawn Freeman

## Resources

**Kid's Are Worth It**  
Barbara Coloroso

**How To Talk So Kid's Will Listen And Listen So Kid's Will Talk**  
Adele Faber

**Today's Parent**  
[www.todaysparent.com](http://www.todaysparent.com)  
[www.drheller.com/toddlers.html](http://www.drheller.com/toddlers.html)

[www.csefel.uiuc.edu/briefs/wwb4.html](http://www.csefel.uiuc.edu/briefs/wwb4.html)

[www.childcare-resource.com/transitions.htm](http://www.childcare-resource.com/transitions.htm)

[www.unitedthisistheway.com/successby6.htm](http://www.unitedthisistheway.com/successby6.htm)

## Motherhood and Your Intimate Relationship



Bob Todrick

On Valentines Day, 12 mothers met with Colleen from the Family Centre for a discussion on maintaining relationships after children. We began by brain storming all the changes and challenges we were facing. The list was long and varied but went something like this: all my and my partner's energy is consumed in our relationships with our children; I am touched out, I get nursed and crawled on all day, the last thing I want with my partner is physical touching; there is an imbalance in desire; one of us is much more "interested" than the other; I have lost my other friendships; I don't like the way my body looks so I don't want to be seen or touched; we have no time to talk to each other about anything but the children; I am losing my identity; being a milk cow is not mentally stimulating or rewarding.

Colleen's advice and the wisdom of the other mothers was the same; make time for it. Make dates with your partner and dates with your old friends

or other mothers. Take time out for you, to exercise, take a class or teach a class. Let your partner or a friend or relative take your children. Arrange a sleep over for them, or you go away overnight.

The first key point discussed was that your primary relationship is with yourself. One mother found that once she had arranged an over night trip for herself, her husband admitted wanting to go away too. She was thrilled and encouraged him to go ahead and do it. By opening up about your needs and taking action to meet them, your partner is encouraged to do the same. You must nurture yourself first if you want to have energy left for others.

Another mother found that it was great to return to work part-time. She got a break doing something else and her partner got a real chance to parent. Now they find it easier to communicate feelings because they are really sharing parenting experiences. For another mother the key to couple time is a pampering ritual where her husband massages and care takes for her. They unwind together, talking about whatever is going on until she is really relaxed and shifts gears from mother to lover. They take this opportunity whenever their two children go to bed at a reasonable hour.

A second key point dis-

cussed was to be patient and tell your partner to be patient, too. Becoming a mother is a big change. You are facing identity crisis, sleep deprivation, a new, significantly altered body and a sea of hormones that can really affect your mood as well as your physical responses. Many mothers in the group confessed to complete lack of physical desire for months and even years after the birth of their children. Most were shocked to find how common this problem is, and what a strain it can put on the loving relationship between husband and wife.

The third key point was communication. Even though it is hard and you are tired and there are a hundred other things demanding your attention, take time out to be a couple without the kids, and talk to each other. Colleen told us that studies have shown the quality of relationship parents have with each other is the number one factor in kids being able to grow up to form healthy relationships. It matters far less what kind of relationship they have with you, than what kind of relationship they see you having with each other.

This workshop was made possible by a generous donation from the Kristy Foundation. Free childcare and lunch were provided.

By Kathleen Arnold

## Helping Children With Transitions

### Sponsored by:



Q: Why does my child have a "meltdown" when we transition from one activity to the next? How can I make these routine transitions easier for my child and myself?

Answered by a teacher on staff at the Success By 6 Community Team.

A: Children often live in the moment and may have difficulty keeping future events and times in their heads. Try posting the morning or afternoon schedule and reviewing it with them regularly. Other ideas include investing in a visual timer that visually

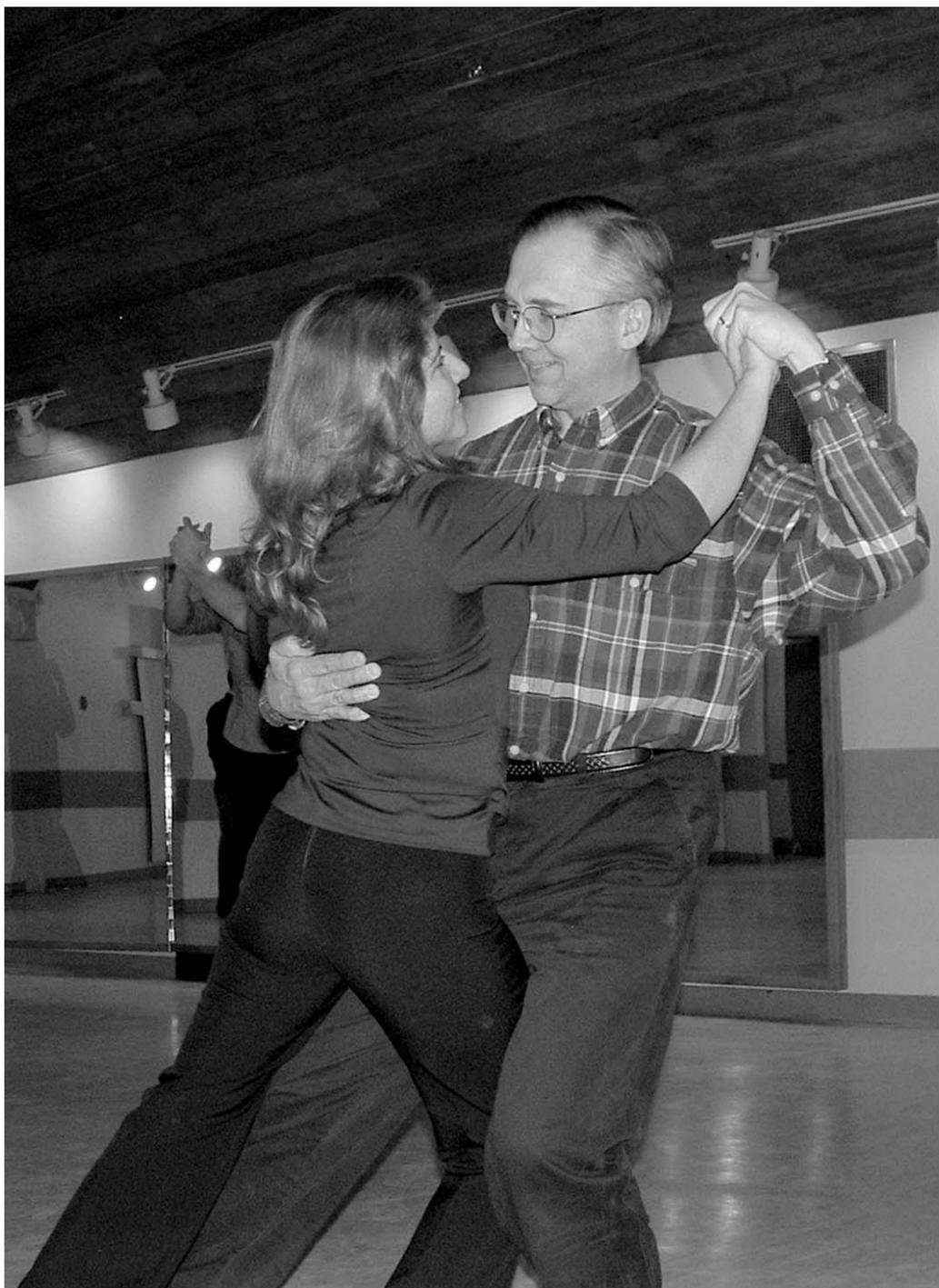
shows time going by or try playing one tone on a harmonica to indicate that your child needs to 'freeze' and pay attention to what is happening next. Check out visual timers at: [www.theraproducts.com/index/page-catalog](http://www.theraproducts.com/index/page-catalog)

Being a parent is a hard job. All families need support. Call Success By 6 if you would like further information

**Paul Kane House**  
10220 121 Street  
Edmonton, AB T5N 1K7  
Phone: 474-9393  
Fax: 479-2401

*The Success By 6 Community Team works with community members in finding ways to meet the needs of preschool children.*

# Tango in Parkdale



Imagine our surprise when we discovered the sensual and exotic Argentinean tango being taught in the Parkdale Community Hall every Sunday night. After taking lessons ourselves we were intrigued enough to have a conversation with Vince Davis to learn more about his journey from Edmonton to Argentina and back to Parkdale.

Vince grew up in this community, two blocks from where the hall is situated. As a kid, he used to skate at the rink and play in the park. Later on, he was involved in the construction of Parkdale Hall. He has been teaching there since 1997 because of his connection to the community and its centrality in the city.

Vince and his wife Cindy were ballroom dance teachers at the University of Alberta when they first encountered the Tango on a trip to Argentina in 1995. They arrived in the airport wearing hiking boots and carrying backpacks to do some biological fieldwork along the Amazon and were surprised to find flyers advertising dance lessons in Buenos Aires, the birthplace of Tango. They immediately bought dance shoes and devoted a week of their allotted time in

the country to taking instructions with the best teachers in the world. They went for three to five lessons each day, often dancing up to nine hours. They were hooked.

They could hardly wait to show their new moves to the ballroom dancers in their classes at the University. This was Edmonton's first exposure to Argentinean Tango. Cindy and Vince returned to Buenos Aires in 1996 and 1997 to expand their technique. Their passion for dance, fueled by the intricacy and beauty of Tango, has kept them teaching for ten years now. Over that time, they have been instrumental in establishing and sustaining a community of Tango dancers and teachers in Edmonton.

In addition, they have since

studied and danced Tango in many North American cities including Calgary, Vancouver, Montreal, Chicago and San Francisco. They have choreographed and performed solo at the Winspear Centre, once with the Metamorphosis Orchestra and another time with the Edmonton Symphony Orchestra. They have also been involved in a variety of cultural events in Edmonton. They have taught and performed in Calgary and helped bring renowned dance teachers from the National Academy of Tango to Edmonton and Calgary to enhance the skill of all Albertans interested in Tango.

Vince and Cindy have changed their involvement since the birth of their three children. Cindy now plays more of a sup-

portive role so Vince can continue to teach his weekly classes at Parkdale. "However", he notes proudly, "Cindy can prepare for a performance faster than anyone else in town because of her skill as a dancer."

What is there about this dance that would lead a Canadian couple to make the commitment to teaching and furthering this art form in Edmonton? For Vince, Tango is about sharing an experience. It is a cultural transfer; one is the Argentinean experience, the other is the more universal male-female partnership expressed through dance. In Tango two people move together, embracing one another in an emotional, aesthetic, artistic, and spiritual moment in time. The man leads and the woman, when she is at her best, lets go, tunes in to her partner and responds to his invitation.

Experience has shown that Tango is not for everyone. The dance takes years to learn expertly because at first couples need to unlearn rules and assumptions held from other dance forms. The body also needs training in balance and flexibility. Tango is a deep and intense dance, rarely light and easy. It

can involve complicated steps that are woven together with spontaneity and creativity.

For those who have been lured into its web it calls us back over and over again, for when the moment is there and the couple is engaged energetically an effortless attunement can be felt. We were in our 50's when we got hooked on Tango and neither of us had done much dancing before. Dancing Tango has become a romantic way to spend time together. After three years the music has penetrated our souls and Tango has become a part of our recreation and exercise.

For anyone who is interested in learning more, classes are held on Sunday nights from 6:00 - 9:00 PM for the bargain price of \$5.00 per person. There is instruction for beginners and advanced and you can come as a single or as a couple. The basic steps can be easily learned no matter how much dance experience you have.

By Patricia Dunnigan and Gordon Vickruk



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# Sports

&

# Fitness

## Community Sports and Programs

January and February were successes for the community sports program! Sports and fitness activities produced good turnouts. I am continuing to work diligently on improving registration and facility usage. This project of bringing community members into their halls and onto their fields to participate in fitness and sport is now gathering steam. I am extremely excited about upcoming events and the possibilities for our communities in coming months. Get out there and register your self, your kids and your neighbours!

I also want your ideas for the Community Sports Program; feel free to call me at the numbers listed below!

Brad MacCallum Community Sports Coordinator  
Parkdale-Cromdale, Eastwood, Elmwood Park, Alberta Avenue Community Leagues

To register for any class you can:  
1) call Brad MacCallum @ 479-2313 or 982-3052  
2) Bring cheque or cash to Eastwood Community League between 10:00am and 2:00pm Monday, Wednesday, and Friday

3) Bring cheque or cash to the bingo office at Alberta Avenue Community League between 5:30pm and 7:00pm on Thursday or Friday  
Your registration must be confirmed by payment of fees (if applicable) 3 days prior to the start of the class.

## Soccer

Congratulations to all our indoor soccer players on a great indoor season. Way to go! I hope all of you are planning to play outdoor soccer this year. I hear Alberta Avenue, Eastwood, Parkdale Cromdale and Elmwood Park have some pretty good players!!!!

The outdoor soccer season is almost upon us. Soon spring will be here and your kids will need

some outdoor excitement!! Soccer is a great way for kids to keep fit, learn new skills, make great friends and represent their community in organized sport. I am pleased to announce that Christine Zuk will be running our outdoor soccer program this season. She has a wealth of experience as a soccer coordinator and is energized to make this our best season yet!

### Dates for Outdoor Soccer

**Registration** 8 to 12 year olds  
Sat. March 5, Sat. March 12, Sat. March 19  
11:00 am-1pm  
All dates at Alberta Avenue Community League  
(You will also be able to register at the soccer mini camps March 28-29 from 2-4pm)

## Upcoming Soccer Camps

We are getting a really good response to our soccer camps being held at Eastwood School. As this edition of the paper goes to "ink", we have 16 kids registered in camp number one. These camps are being coached by Sasha Samadi, the Head Coach of the Concordia

Thunder (Men's) soccer team. The camps will focus on techniques including dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading. Each camp will conclude with a short game and pizza! The great thing about these

camps.....they are free and fun. If you would like to enroll your child in a camp call Brad at 479-2313 or 982-3052.

### Indoor Camp 2

Kids age 8-10  
(during Public School Spring Break)  
Mon, March 28 & Tue, March 29  
from 12-2 pm  
at Eastwood School Gym

### Indoor Camp 3 (kids age 11-12)

(during Public School Spring Break)  
Mon, March 28 & Tue, March 29  
from 2:15-4:15 pm  
at Eastwood School Gym

### Outdoor Soccer Camp

for kids age 8-12  
Sunday, April 24  
from 1-3 pm  
at Eastwood School Field

### Instructor

Sasha Samadi joined the Concordia University College coaching staff in the fall of 2003. He is originally from Iran where he played on the Youth Under 18 National Team and semi-professional. Coach Samadi currently holds his Scottish license, European Football Association license and is certified with the Alberta Soccer Association. Last year Concordia played ten regular season games, they won eight and tied two. The finished first in the regular season out of eleven colleges in Alberta that compete in the Alberta Colleges Athletics Conference.

## Pre School

*Kids that need to burn off some fuel?? Want to give your little ones some social time with other "little people"?? These activities will do both plus teach some valuable skills such as coordination, flexibility and friendship!!!*

### Pre-School Soccer

(3-5 year olds)  
Learn instep pass, shooting, dribbling, throw-ins, stopping a ball, cooperative play and game simulation. Tag games, keep away games & mini-games.  
6 Mondays, May 2 to June 6  
5:30-6:15 at Alberta Avenue Community Field  
Cost: \$40.00

### Pre-School Gym

(3-5 years old)  
Introduction to tumbling movements on mats, progression to balances on beam, jump sequences on box horse & fabulous activity related games interspersed throughout 45 minutes. No aerial stunts.  
6 Fridays, April 1 to May 6  
9:30-10:15 at Eastwood Community League  
Cost: \$40.00

### Sports and Sorts

(3-5 year olds)  
Co-operative games & sports from around the world! Tag games, aboriginal games, sports from soccer & t-ball, to tarmac & playground games!  
6 Fridays, March 18 to April 29 (no class March 25th)  
1:00-1:45 at Parkdale Cromdale Community League. Cost: \$40.00

### Toddler Tumbler

(18 months - 3 years old)  
\*Parent Participation required  
Exploring movement patterns and kinesthetic senses using gymnastic stunts, gymnastics apparatus (mats, ladders, balance beams, mini-trampoline, box horse) games, parent participation play, percussion and imagination.  
6 Fridays, April 1 to May 6.  
10:15 - 11:00 at Eastwood Community League  
Cost: \$40.00

### Instructor

Shauna Dowson completed a Bachelors of Phys Ed from the U of A in 1995. She holds National Coaching Certifications soccer, gymnastics and track and field. She coached track and field for Athletics Alberta in their Sport Outreach program for 3 seasons and played soccer for the U of A Pandas (but was retired after numerous knee injuries). Currently, she holds the position of Head Coach for the U-13 North Provincial Girls Soccer Team. She started coaching gymnastics in 1993 at the Westmount Fitness Club and in 1995 was asked to set up a gymnastics program at Greenfield community league and so began her company "Gymfit Sport and Recreation". She has facilitated 2 successful sessions of gymnastics for us at Alberta Avenue Community League. She still runs many programs out of Greenfield as well as several other communities lining the Whitemud area and West End.

## Yoga & Pilates

### Adult Fitness

Yoga and Pilates are great ways to increase strength and tone the entire body! Yoga helps improve weight control by increasing metabolism through the development of muscle. In addition, Yoga can increase energy levels, overall health and improve state of mind. Our yoga classes use the IYSE approach to yoga. This unique form of exercise modifies all traditional yoga

poses to reflect current exercise science and safety standards.

Pilates is an exercise system that contains movements designed to work both the body and mind. Pilates will strengthen your core muscles and take stress of your lower back. It will teach you to control your breathing, relieve tension and increase your self-confidence.

### Intermediate Pilates

4 Tuesdays, March 22 - April 12  
6:00-7:00pm  
at Parkdale Cromdale Community League  
Cost: \$20.00

### Morning Stretch/Beginner Pilates

4 Fridays, April 1 - April 22  
9:30 - 10:15am

at Eastwood Community League  
Cost: \$15:00

### Beginner/Intermediate Yoga

4 Fridays, April 1 - April 22  
6:00-7:00pm  
at Alberta Avenue Community League  
Cost: \$20.00

### Instructor

Rhiannon Faragher is delivering both the Pilates and Yoga classes. She completed her Stott Pilates mat work instructors course, as well as, the International Society of Yoga Education instructor's course. Her career as a fitness instructor spans over eight years and consists of teaching in group and private settings. She provided our communities with several high quality sessions of Pilates and Yoga over the past few months. She also is facilitating a senior's exercise class at Avenwood Apartments in Eastwood.

## F.A.S.T. C.A.T.S.

I am really enthusiastic about this class! If you have younger children I encourage you to enroll them in this class. Everyday our kids are in HOT ZONES where inappropriate and often violent behavior occurs. This course teaches children how to deal with the various difficult situations that kids have to deal with in a fun and lively environment.

the new assertive choices they learn to apply in a wide variety of situations. F.A.S.T. C.A.T.S. students are much less likely to react out of anger or fear, or have to use physical resistance after asserting proper awareness skills and appropriate de-escalation behavior. This course is invaluable to help kids deal with bullies that are taking advantage of the zero tolerance rules at school.

Kids will learn about: \*Dealing with bullies and playground altercations \*How to handle name calling and teasing \*Protecting personal "space" and possessions \*Setting boundaries against inappropriate touch or attention \*Assessing appropriate defense, and how to AVOID a fight \*Stranger Danger \*Getting lost and home safety skills \*Abduction awareness - basic skills to detect and avoid abduction \*How to physically break away and escape the grasp of a would-be-abductor. Children gain confidence with

**Session 1**  
March 19 for 6-11 year olds  
At Alberta Avenue Community League  
1:00 to 3:30pm  
Cost: \$30.00

**Session 2**  
April 23  
At Alberta Avenue Community League  
1:00 - 3:30pm  
Cost: \$30.00

### Instructor

The F.A.S.T. C.A.T.S. course is currently being taught by Alaine Haynal. Alaine has gained her valuable self defence knowledge by training alongside Fast Defence founder and leading expert Bill Kipp and was awarded instructor certification in the F.A.S.T. DEFENSE program last year. F.A.S.T. DEFENSE, a highly regarded, effective self protection program, originates from the United States. Using simple but life saving techniques, Alaine will help your children increase their confidence and boost their awareness. Specializing in educating children, Alaine not only teaches self defence, but is a respected martial arts instructor as well. A 2nd degree black belt, she has coached youngsters in the art of taekwondo for the past three years.

## Hockey

### Hockey mini-camp

If you are a rink rat and want to learn a couple of tricks from a fantastic former Golden Bear defenseman, then don't miss this hockey mini-camp-an afternoon of fun and learning with Curtis Rich. I invite all local kids who love to play either recreational or minor hockey to join Curtis on the ice. Curtis indicated he will bring another player and in

the last 45min. a game might break out! After the "camp" there will be pizza and pop.

Sat. March 26 1:00-3:00pm  
At Eastwood rink  
Call Brad to register at 479-2313 or 982-3052.  
**FREE!**

### Instructor

Curtis Rich played minor hockey in the Edmonton area. He played for the Calgary Hitmen of the WHL from 1995-1999 winning a WHL Championship in 1998/99. Curtis finished his WHL career in 2000 as captain of the Kelowna Rockets. From there, Curtis joined the Toledo Storm of the East Coast Hockey League and played one year of professional hockey there. He was drafted by the Tampa Bay Lightning (1998) and attended two NHL training camps, one with the Tampa Bay Lightning and one with the Minnesota Wild. Curtis decided to return to school but played three years for the U of A Golden Bears hockey team from 2001-2004. He is currently attending U of A working towards a Bachelor of Education Degree and has four years experience running U of A Golden Bear hockey camps dealing with all ages and abilities.

# Community Leagues

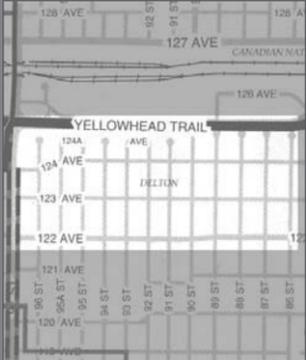


## Alberta Avenue Community League



9210-118 Avenue  
Phone: 477-2773  
Email: office@albertaavenue.ca

Office Hours:  
Thu & Fri, 5:30-7:00pm  
Membership: \$20 family/\$10  
single or associate  
Meetings: 2nd Tuesday of the  
month at 7pm



## Delton Community League

12325 - 88 Street

Membership: \$25 family/\$15  
single parent/\$10 single.  
Contact Lillian 474-0606.



## Eastwood Community League

11803 - 86 Street  
Phone: 477-2354  
Email:  
ewmember@telusplanet.net  
Office Hours: Mon-Wed-Fri  
from 10am-12pm

Membership: \$15 family/  
\$5 single.  
Meetings: General Meetings  
1st Saturday of each month  
from 1-2pm  
(Mar 5, Apr 2)  
Refreshments served.



## Spruce Avenue Community League



10240-115 Avenue  
Phone: 471-1932

Membership: \$15 family/\$7  
single or senior.  
Contact David 477-6716.  
Meetings: 3rd Tuesday of the  
month at 7 pm.



## Parkdale/Cromdale Community League

11335-85 Street  
Phone: 471-4410

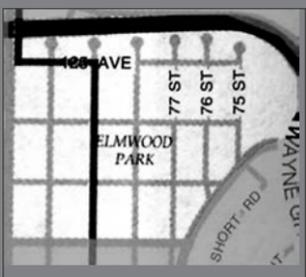
Membership: \$15 family/\$10  
single/\$2.50 seniors. Contact  
April 488-9636  
aprilwillier@hotmail.com  
Meetings: last Thursday of the  
month at 7pm



## Westwood Community League

12139-105 Street  
Email: west105@telus.net

Membership: \$20 family/\$15  
single/\$10 senior.  
Contact Marlene 477-2387.  
Meetings: 1st Wednesday of the  
month at 7:30 pm.



## Elmwood Park Community League

Elmwood Park  
Playground 75 St & 125 Ave  
No building  
Task group contact:  
Glenn 472-1101

General Meeting  
Monday, April 25th,  
7-9pm  
At Sands Motel Hotel  
12340 Fort Road

## Community League Notices

### FREE Parent Info Sessions

Child development ages 1-5  
Monday, March 2nd from 10am-12pm  
Coping mechanism for stressed out parents.  
Monday, April 18th from 10am-12pm  
At Alberta Avenue Community League  
Sessions are free. Childcare and lunch are included.  
Call Chantal at 477-9765 to register.

### NEW! Adult Craft Night

2nd Wednesday of every month at the Spruce Avenue Hall  
Get together with your neighbours and create something  
special. First Project: Painted Patio Stone.  
Call Trish @ 471-5802 for info and to register.

### Easter Chocolate Making and Crafts

Join us for an afternoon of fun and creativity. We will make  
chocolates and decorate a gift box. Sunday, March 20 from  
1pm to 4pm at the Spruce Avenue Hall. Free for kids 6-12  
years. Call Trish @ 471-5802 to register as space is  
limited. Sponsored by the Spruce Ave Community League  
and COMMUNITY SERVICES

### Soap Making for Mother's Day

Create beautiful soaps to give to mom! Saturday, April 30  
from 1pm to 4pm at the Spruce Avenue hall. Free for kids  
6-12. Call Trish @ 471-5802 to register as space is limited

Interested in a Karaoke Night? Contest Night? What about  
Hip Hop Dance lessons from a famous choreographer?  
Please contact Trish @ 471-5802.

### Spruce Avenue Community Sale

Turn your Unwanted Stuff into cash!!!  
May 5, 6 and 7th  
At the Spruce Avenue Hall 10240-115 Avenue  
Join your neighbours in this well advertised event  
Book your table now for only \$10.00  
To register call Verna @ 479-8019

### Casino Volunteers needed!!! For Spruce Avenue Casino

May 21st and 22nd  
Please contact Judy @ 471-2903

### Fundraising opportunity!

Is your sports club or non-profit organization looking for a  
way to fundraise? Well how about working BINGO's. For  
more information call Arlene @ 477-2773 and leave a mes-  
sage in the office voicemail box.

### FREE SAND

During the season for slippery sidewalks, the City of  
Edmonton would like to offer you some traction. Just  
bring along a container, and pick up your free sand from  
boxes at your community league.

# Community Calendar

## Pre-Schoolers

### MONDAYS

#### Indoor Playground

10-12pm at Alberta Avenue, 9210-118 Ave. For caregivers and children ages 0 to 6 years. Free if you have a membership at any league, otherwise \$3/family. Call 479-4812 for more info.

#### Rhymes that Bind

10-11am at Mother Teresa School, 9008-105A Ave. Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program running from Jan 11 to Mar 25.

#### Books for Babies

(12 months & younger) 11:00-12:30 at Norwood Family Centre, 9516-114 Ave. Free program including lunch running Apr 25 to May 16. To register call Tina 471-3737.

#### Soccer for 3-5 year olds

5:30-6:15 from May 2 to June 6 at Alberta Avenue Field. Cost \$40. Call Brad 479-2313.

### TUESDAYS

#### Drop-in Playgroup

9-11am at Prince Rupert Hall, 11245-113 St. Call Ann at 378-0530 for more info.

#### Books and Fun for Preschoolers (3 to 5 years)

11:45-1:30 at Norwood Family

Centre, 9516-114 Ave. Free program including lunch running from Mar 1 to Apr 12 and Apr 26 to Jun 14. To register call Tina 471-3737.

#### Cantonese Rhymes that Bind

1-2pm at the Edmonton Chinese Mennonite Church, 10324 - 107th Ave.

### WEDNESDAYS

#### Vietnamese Rhymes that Bind

10-11am at 10867-97 St Contact Nahn 991-2799.

#### Rhymes that Bind

11:30-12:30 at Norwood Family Centre, 9516-114 Ave. Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch running Jan 12 to Mar 16 and Apr 6 to Jun 8.

**Parent group** to support children's literacy development (0 to 6 years)

1:45-3:45 at Norwood Family Centre, 9516-114 Ave. Free program running Apr 6 to Jun 29. Childcare available but must be booked in advanced. Call 477-3737.

### THURSDAYS

#### Books and Fun for Toddlers

(13 months to 2.5 years) 11:45-1:00 at Norwood Family

Centre, 9516-114 Ave. Free program including lunch running Mar 3 to Apr 14 and Apr 28 to Jun 16. To register call Tina 471-3737.

#### C.O.W. Bus

(Classroom on Wheels) 2-3pm outside Eastwood School 12023-81 St. For parents and children 0 to 6 years. Stories, songs, free book borrowing & draws for books.

### FRIDAYS

#### Sports & Sorts

Mar 18 to Apr 29, 1:00-1:45 for 3-5 year olds at Parkdale-Cromdale Hall. See Sports page for details.

#### Pre-school Gym

Apr 1 to May 6, 9:30-10:15 for 3-5 year old at Eastwood Hall. See Sports page for details.

#### Toddler Tumbler

Apr 1 to May 6, 10:15-11:00 for 3-5 year old at Eastwood Hall. See Sports page for details.

### SATURDAYS

#### Pre-school Storytime

10:30am from Apr 2 to May 7 at the Sprucewood Library. A delightful half-hour program of stories, songs and finger plays for pre-school children. Some crafts are included. Please call 496-7099 to register.

## Children, Teens & Family

### CHILDREN & TEENS

#### Fabulous Readers' Club

Saturday, Mar 5 & 26, Apr 16, May 7 & 28, 2pm at Sprucewood Library. Read, share your opinions, write a review, and enjoy games and prizes. For Grades 4 and up. Please call 496-7099 to register.

#### Easter Sugar Eggs

Saturday, Mar 19, 2pm at Sprucewood Library. Make a wonderful Easter decoration. Call 496-7099 to register.

#### F.A.S.T. CATS

Self Defense Class Saturday, Mar 19 OR Apr 23, 1:00-3:30 for 6-11 year olds at Alberta Avenue hall. See Sports page for details.

#### Hockey Mini-Camp

Saturday, Mar 26, 1-3pm at Eastwood rink. See Sports page for details.

#### Indoor Soccer Camp 2

Mar 28 & 29 (during Spring Break), 12-2pm for kids age 8-10 at Eastwood School Gym. Call Brad at 479-2313 to register.

#### Indoor Soccer Camp 3

Mar 28 & 29 (during Spring Break), 12-2pm for kids age 11-12 at Eastwood School Gym. Call Brad at 479-2313 to register.

#### Fossilidic Relics

Tuesday, Mar 29, 2pm for kids age 6-12 at Sprucewood Library. Learn about fossils & even create your own. Call 496-7099 to register.

#### Revenge of Montezuma

Wednesday, Mar 30, 2pm for kids age 6-11 years at the Sprucewood Library. Learn about the Aztecs and archeologists. Call 496-7099 to register.

#### Mysteries of Egypt

Thursday, Mar 31, 2pm for kids age 6-12 years at the Sprucewood Library. Call 496-7099 to register.

#### LBI: Library Bureau of Investigation

Saturday, Apr 9, 2pm for teens at the Sprucewood Library. Call 496-7099 to register.

#### Dino Detectives presented by "Let's Talk Science"

Friday, Apr 1st, 2pm for kids age 6-8 years at the Sprucewood Library. Call 496-7099 to register.

#### The Puppet Pranksters

Saturday, Apr 23, 2pm for kids age 2-12 years at the Sprucewood Library. Call 496-7099 to register.

#### Outdoor Soccer Camp

Sunday, Apr 24, 1-3 pm for kids 8-12 at Eastwood School Field. Call Brad at 479-2313 to register.

#### Softball Fun Day

Saturday, Apr 2, 1-4pm at Northmount Community, 9208-140 Ave. Come out and play "500" or a game of scrub. If you have never played ball we can answer your questions and show you some basic skills. See how fast you can pitch a ball. You can also register for competitive and recreational programs this day. There are programs for boys and girls ages 3 to 19. Season is from late April to end of June. Fees from \$30-\$125. Equipment and financial assistance available. Call the Northeast Zone Sports Council at 479-1227 for more info or registration dates.

### FAMILY

#### Family Storytime

Monday, Mar 14, 6:30pm at Sprucewood Library. Stories, songs, activities and fun for everyone. Children up to 12 years. Call 496-7099 to register.

#### FREE Public Skating

Saturdays, 5-6pm at Russ Barnes Indoor Arena, 6725-121 Ave. Closed March 26.

#### Monster Pro Wrestling

Saturday, March 26. 1:30pm at Alberta Avenue, 9210-118 Ave. Advanced tickets: adults \$13; Seniors & 12 years and under \$10. Tickets at the door: adults \$15; Seniors & 12 and under \$12. Call Roni 695-0556 or Kane 868-1452.

#### Community Swim

Sundays, 12-2pm at Eastglen Pool, 11410-68 St. FREE swim for Alberta Avenue and Parkdale community league members (you must show your membership card). Use the 25m saltwater pool, steam room or hot tub.

#### FREE Public Skating

Sundays, 3:15-4:15 at Westwood Arena, 12040-97 St. Closed March 27.

#### Outdoor Public Skating

Free skating for community league members at any of the outdoor community rinks. Contact each community league for days and time. Please note Alberta Avenue & Elmwood Park are not opening their rinks this year.

## Adults & Seniors

#### True Colors

Saturday, Mar 5, 10:00-1:30 A fun and interactive workshop designed to explore and gain understanding of your personal strengths, gain insight about others around you and discover why you do the things you do. Childcare for 0-6 year olds is available at \$2 per child. Call Rhonda at 481-1235

#### Child Development

ages 1 to 5 Monday, Mar 7, 10-12pm at Alberta Avenue. Session is free and childcare and lunch are provided. Call Chantal at 477-9765 to register.

#### Setting the table for success

Monday, Mar 7, 6:30 at the Sprucewood Library. A registered dietician will discuss ways to promote healthy eating and activity among children.

#### Personal Safety & Awareness for parents of preschoolers

Thursday, Mar 10, 10:00-1:30. Learn how to teach your 3-5 year old personal boundaries and safety strategies. Childcare for 0-6 year olds is available at

\$2 per child. Call Rhonda at 481-1235.

#### Active Parenting 1-2-3-4

Thursdays, Mar 17, 24 & 31, 9am-noon for parents of 1-4 year olds. Explore your relationship with your child, tools to prevent problems and ways to encourage positive behaviour. Childcare for 0-6 year olds is available at \$2 per child. Call Rhonda at 481-1235.

#### Intermediate Pilates Class

Tuesdays, Mar 22 to Apr 12, 6-7pm at Parkdale Hall. See Sports page for details.

#### Morning stretch/Beginner Pilates Class

Fridays, April 1-22, 9:30-10:15 at Eastwood Hall. Same time as Pre-school Gym. See Sports page for details.

#### Beginner/Intermediate Yoga Class

Fridays, Apr 1-22, 6-7pm at Alberta Avenue Hall. See Sports page for details.

#### Coping Mechanisms for Stressed Out Parents

Monday, Apr 18, 10-12pm at Alberta Avenue. Session is free and childcare and lunch are provided. Call Chantal at 477-9765 to register.

#### Bingo

Wed, Thu & Fri, 6:10pm and Friday late night, 11:15pm at Alberta Avenue. Call 477-2773 for more info.

#### Seniors drop-in

Mondays, 1pm at Parkdale Hall, 11335-85 St.

#### Seniors programs

at Central Lions Seniors Centre, 11113-113 St. including fitness & sport, health & wellness, crafts & hobbies, music & dance, computers, art, games, and general learning. Call 496-7366.

To list your event in the community calendar, email us at phone 479-6285 or email [ratcreek@telus.net](mailto:ratcreek@telus.net)