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It can be done: "Neighbour Power" transforms communities

Everyone has something to contribute when you bring participatory democracy to community building

BY KAREN MYKIEKTA

"The hardest part is getting people to believe something is going to happen," says Jim Diers, internationally recognized leader in community-led planning and development, in response to a question posed after his talk to individuals involved in the Avenue Initiative on Friday, October 13.

Diers' encouraging presentation on how some Seattle communities tackled problems of urban decay and crime to revitalize their neighbourhoods came only days after a spectacular arts festival on our "Ave." Christy Morin, the festival producer, has a vision of arts leading the rejuvenation in our community. "The festival was fantastic. It took a lot of hard work and it's only the beginning. It was so encouraging to see and hear how artists turned around numerous marginalized communities like the Seattle neigh-

bourhood of Fremont. We can do the same thing here."

For 14 years Diers, as the director of Seattle's Department of Neighbourhoods, called on local government and citizens to consider their neighbourhoods, not simply as places with unmet needs, but as communities of people with untapped resources. "This changes the relationship from adversarial to collaborative as government and communities develop avenues of mutual respect and ways to work together," writes Diers.

A collaborative relationship between city and community is the goal of the Avenue Initiative, which is the ongoing process of creating and implementing a community-driven plan for the 118 Avenue area. "Ongoing community involvement is essential to the success of this strategy. Without community members at the table, there is no moving forward," says Judy Allan, the Avenue Initiative coordinator.

Allan says she is impressed with the ongoing dedication of community members to the Avenue Initiative. Talk to people who have been attending meetings, working groups and helping on a variety of events and projects and you'll hear a sense of excitement and hope about the future. But you'll also hear weariness and volunteer burn-out. The workload in our community is still being carried by too few shoulders.

Scott

McKeen writes in his Edmonton Journal column, "We're infected with a kind of learned passivity. We expect others, governments especially,

to solve the societal problems." We need to stop expecting someone else to make things better, and stop hoping that someone else will do what needs

... continued on page 2



MURALS DEPICTING "LIVELY BUSINESSES" IN EMPTY STOREFRONTS IN COLUMBIA CITY. ONE YEAR LATER ALL THE "PRETEND" BUSINESSES WERE REPLACED BY REAL ONES. PHOTO PROVIDED BY JIM DIERS

arts alive! comments



DAVE VON BIEKER SERANADING THE FOLKS HANGING OUT IN THE ART GALLERY AT THE ARTS ALIVE! FESTIVAL



CHILDREN'S ART FROM THE GALLERY

"At one point I sat down on a bale of hay by the fire and talked at length with Rick, a neighborhood man who was so touched by the festival that he just couldn't leave. He sat there by the fire, all day, just taking it in. He said he could barely even enter the visual art gallery because it was just so beautiful it made him tear up. As we talked, I saw how important an event like this is to a community like ours. A community that doesn't get this in her own backyard very often - if at all. A community rebuilding her dignity. Thanks Rick, for helping me see. And for your great stories!"

Excerpt from Dave Von Bieker's blog on the Arts on the Ave website. Dave is a web designer and musician who lives in Parkdale. He volunteered and played at the Arts Alive! 2006 Festival as well as creating the Arts on the Ave website. Read Dave's whole blog at www.artsontheave.org.

"Yesterday in a small part of Edmonton along 118 Ave ("The Ave"), bordering the north side of the city core, a minor miracle happened. A locally produced one-day eclectic arts festival happened - the Arts Alive! Festival. It brought together dancers, painters, actors, musicians and artisans to show their talents and to make a statement. That statement was about the rejuvenation of a community that has, euphemistically speaking, 'seen better days.'

"There is an abundance of Cultural Creatives that live in the Avenue area. Other artists who have recently befriended the Ave, and who have also caught the spirit of the place - especially yesterday - joined them. They came from around the city with their friends and families and spent the day to enjoy, to perform, to participate and to celebrate. What they created was a connection amongst them, and they reaffirmed the sense of community on the Ave. What they enabled, experienced and expressed was the creative power of art and culture to renew the sense of hope in a community."

Excerpt from the on-line blog of Ken Chapman: www.ken-chapman.blogspot.com. Ken works at Cambridge Strategies Inc. who are working for the City of Edmonton on the revitalization of the 118 Ave area and was a tremendous help in the organizing of the Arts Alive! Festival. Go to Ken's website or artsontheave.org to read the whole entry.



RAQ-A-BELLY DANCE ON THE INSIDE METRO STAGE



COLLABORATIVE ART COLLAGE OF THE CITY

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CHRISTY MORIN
Arts Alive! Festival Producer

Edmonton's first Arts Alive! Festival was a phenomenal success and I believe the event, celebrating the work and the spirit of Edmonton artists, musicians, actors and other performers is just the first sign of the transformation that the Arts will bring to our neighborhoods.

Approximately one thousand people took part in the day-long festival held Saturday, October 7th. The spirit of the community was stirred to new heights – a festival of this magnitude is not a one-man show; it is the passion and pulse of a community supported by Edmonton artists and volunteers. It was amazing to see 118 Avenue as home to many of this city's artists and artisans. More

than 80 took part in the displays and performances of the day.

It was wonderful to see families enjoy the day by becoming audience members for musical, dramatic, and dance performances. The art gallery was breathtaking and workshops, ranging from percussion, visual arts and theatre, were

“The spirit of the community was stirred to new heights – a festival of this magnitude is not a one-man show”

enjoyed. Thank you to the Festival patrons for creating the Festival Sculpture “The New Ave”, that is proudly displayed in the window of the business association at 11770 – 95 Street.

It was an honor to serve as the Festival Producer and I am so excited to be a part of the legacy Arts Alive! has created, both for the neigh-



COUNCILLOR JANICE MELNYCHUK PRESENTING FLOWERS TO MICHELLE HAYDUK AND CHRISTY MORIN, TIRELESS ORGANIZERS OF THE ARTS ALIVE! FESTIVAL.

bourhood and the city.

I would like to thank our community for hosting such a great Festival! Hats off to the artists, performers, and production team for your countless hours and support to the community and the Festival. As the first inaugural Arts Alive! Festival, community spirit and momentum are mounting.

There is no looking back!

Look forward to the next Arts Alive! on Saturday, September 30, 2007. If you're interested in helping to organize next year's festival or participating as an artist, send us a message on our website at www.artsontheave.org. Watch the website or the Rat Creek Press for updates.

“Neighbour Power” . . . continued from cover

to be done. Everyone is busy.

“Community involvement should be fun. Otherwise who wants to do it?” states Diers. Look for something you find fun or interesting to be involved in. If there isn't anything, then start something! Seattle encouraged and supported community initiatives through a Neighbourhood Matching Fund. The projects undertaken were diverse and had a huge positive impact on the community (see sidebar). According to Diers, “Legitimate activity tends to displace illegitimate [activity]. It works better than policing.”

Ward 3 City Councillor Janice Melnychuk, who holds the portfolio of neighbourhood revitalization, is going to ask that City Council to pilot a matching fund in Alberta Avenue. “It really bothered me that people have not had the resources to implement some

of the ideas that came from the Dan Burden design charette,” say Melnychuk, “How do we create the funds so that we don't lose some of those great ideas that were brought out?”

After hearing Jim Diers at a conference this spring, Councillor Melnychuk felt the matching fund idea could be that bridge between great ideas and community action. “This community has great ideas and there are lots of people poised to make a difference. Providing a matching fund will help make that happen.”

But we have to do more than isolated community projects. “The best way to develop a safe and healthy community is to open the door to neighbours, build strong community organizations and forge alliances that link them,” writes Diers.

A number of our organizations are still struggling internally. As for cooperation

between groups, the Avenue Initiative has helped to get people and organizations working together. However, we still have a lot of organizations working in isolation and even sometimes working at cross purposes.

Positive change is happening now and will continue to happen. Will you be a part of shaping the future and ushering in that change? Or will you sit back and complain that your issues are not being addressed? Or that change isn't happening fast enough? Will you hold grudges and prejudices against individuals or organizations instead of working side by side with them to better our community?

Let's share the burden and the power. Power is not a finite resource. The more people involved the more power we'll have.

Community Projects in Seattle

- A community cleaning trailer filled with supplies; community volunteers clean up empty storefronts on weekends.
- Beat walk: community members arranged for live music on weekend in restaurants afraid to open at night.
- Kiosks along the street with a historical panel and place to advertise projects.
- Non-profit bike shop: kids earn a bike while learning to repair them
- Murals in empty storefronts: Painting “pretend businesses” to make the area look vibrant.
- A farmer's market in the parking lot of an abandoned supermarket parking lot.
- An old church converted to a cultural centre.

Who is Jim Diers?

Jim is the former director of Seattle's Department of Neighbourhoods and the author of “Neighbor Power: Building Community the Seattle Way.” Currently, Jim directs the South Downtown Foundation and works for the University of Washington where he teaches community development.

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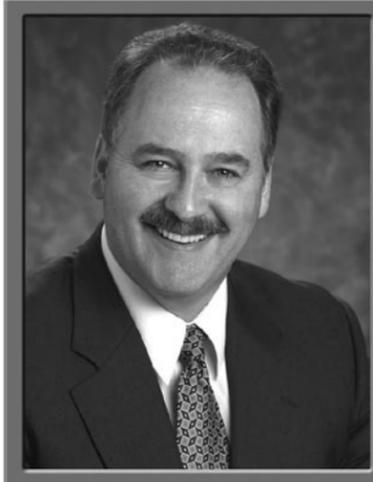
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Cleaning up the streets one block at a time

DAWN FREEMAN

On Saturday September 24, 25 volunteers participated in a communal street sweep organized by members of the Edmonton Crossroads Community Salvation Army church. The plan was to work from 9 a.m. to 12 p.m., but this dedicated bunch stayed until mid-afternoon and managed to clean up both sides of 16 blocks on 118 Avenue from 82 St to 97 St.

Organizers are planning another sweep this time to

round up some of the leaves dropped by the beautiful mature elm trees that line our streets. Left on the street they clog our sewer drains causing streets to flood when the snow melts in the spring.

So lend a hand. Come out with work gloves and rake (if you have them) on Saturday, November 4. Meet at the Salvation Army church on the corner of 117 Ave & 95 St at 10am. For more info call Kimberly or Christopher at 474-4324.



STREET SWEEP

Area resident honoured by Police Foundation

KATE QUINN

Dawn Hanelt was chosen as one of the recipients of the 2007 Harry Hole Community Policing Award. The Edmonton Police Foundation held its annual Gala Dinner on October 5th at the Westin Hotel. Hanelt was recognized for her work in reporting slum landlords and derelict houses. When safety for neighbours was threatened by a notorious slum landlord, she fearlessly challenged him and

regularly called the police. That landlord is now serving time in jail. She has also served as a volunteer for Eastwood community police station.

Harry Hole is the founding Chair of the Edmonton Police Foundation. His dedication inspired the Award, which recognizes citizens who help make their neighbourhoods safer places to live and work and whose energy and ideas bring people together to find solutions.

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If you cruise, you lose.

Police have strong weapon against johns with vehicle seizure law

DAWN FREEMAN

After 3 years of working out the details, Bill 206 – the Traffic Safety (Seizure of Vehicles in Prostitution Related Offences) Amendment Act, 2003, was finally proclaimed on October 23.

The Bill had been introduced into the legislature twice, once in 2001 and again in 2003, when it was adopted. Since then it has been in the hands of legal experts.

"It has taken time to sort out the details," says Kate Quinn, Executive Director of the Prostitution Awareness Foundation of Edmonton (PAAFE). "But it had to work in the Edmonton, Calgary and RCMP systems."

Government lawyers debating the legal issues, in particular whether the Bill violated the Charter of Rights and Freedoms, also caused delays.

Police are very happy to finally have this new strong tool in their arsenal.

"We have been anticipating this legislation for about 4 years

now. We are confident that it will reduce victimization of these women who work the streets and contribute towards safer communities. We generally get about a 20% rate of johns who do not qualify for john school therefore we expect to seize approximately 8-10 vehicles per month," commented Inspector Brian Nowlan from EPS Downtown Division.

People caught trying to pick up prostitutes are interviewed to see whether or not they qualify for john school. If they are not the vehicle will be seized then and there, regardless if it is their own or their work vehicle. They, or the employer, can appeal to the Motor Transport Board to retrieve the vehicle, but must be able to show undue hardship caused as a result of the loss. This process is not under EPS control.

If they are not convicted, the vehicle is returned to them. If they are convicted, the vehicle is sold at auction.

Inspector Nowlan is convinced this new law will make a difference.

"It will up the ante for those who don't mind gambling with

a criminal record. I believe it will deter those who continue to cruise for sex. The thought of losing their vehicle permanently will make them think twice."

THE PROSTITUTION OFFENDER PROGRAM OR JOHN SCHOOL

To qualify for John School a person must not have a record for any sexually related criminal offence; they must not have attended john school previously; they must not have a criminal record for domestic violence; and, they must demonstrate a willingness to attend. There is a fee charged to attend the lesson.

Participants from the April 2003 John School were surveyed about Bill 206. 69% indicated they were in favour of the law, while 94% stated that the law would deter them from cruising for the purposes of prostitution.

News from Spruce Avenue

ANGIE KLEIN

On November 13, the Spruce Avenue Community League (10240 115 Ave) is offering a presentation on vehicle security and theft from vehicles. With the Christmas season fast approaching this is a timely and important issue in our neighborhood. Edmonton Police Services will have a constable in attendance to offer

tips and answer any questions you may have on this subject. We will also be continuing our membership drive. If you missed us at your door, you will be able to purchase a membership at this meeting.

Our annual general meeting was held on October 16 and all but one position, social director, were elected.

If you have an interest in this position, or would like more information, please contact Angie Klein at 474-8514, or the League at 471-1923, or feel free to attend the next community meeting on November 13.

Remember...Membership has its privileges! Join and find out what they are!



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ADVERTORIAL

Which of These Costly Home-seller Mistakes Will You Make When You Sell Your Home?

EDMONTON - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what

they want for their home and become disillusioned and - worse - financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System

to Get Your Home Sold Fast and For Top Dollar."

To hear a brief recorded message about how to order your free copy of this report, call 1-866-815-9646 and enter ID#4900. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

This report courtesy of Donna Straus, Realty Executive Challenge. Not intended to solicit properties already listed for sale.

Business Briefs

DAWN FREEMAN

Barry's Sign Shop
8623 118 Ave

A fire struck this business on the evening of Tuesday September 27, causing about \$60,000 worth of damage. Edmonton Police Services say the fire department has finished their investigation, but arson detectives are still looking into whether the fire was deliberately set. Owner Barry Lloyd was unavailable for comment.

Custom Sewing and Alteration Marion Swanson
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super hard jobs. Marion offers reasonable prices and a quick turnover – most jobs can be done within two days.

Landlord and Tenant Advisory Board
Nova Building,
8904 118 Ave.
Ph 496-5959

This city facility has been on the Avenue for a year now and recently hosted an Open House. According to the Executive Director Jay Freeman, things are running smoothly at the new location; staff are settled and the program is far more accessible than it was downtown.

If you are a landlord or a tenant and need advice on rights, to mediate a conflict or need rental forms, call or drop in to see the trained consultants at the Advisory Board.



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High fashion from a basement in Parkdale

www.inspireddesigners.ca/sabrina

DAWN FREEMAN

Sabrina Butterfly Designs
Contact by e-mail:
sbdesigns@shaw.ca
www.inspireddesigners.ca/sabrina

Sabrina Butterfly O'Donnell has always had a passion for clothing design. She studied fashion design at the University College of the Fraser Valley



DESIGNED FOR STYLE AND COMFORT BY SABRINA O'DONNELL.

from 1995-1997 and a year after receiving her diploma developed her first clothing line under the label, Sabrina Butterfly Designs. She moved into the neighbourhood of

Parkdale 3 years ago and customized her then unfinished basement to become her home studio.

"I do it all at home right now, the designs, the cutting and the sewing," says O'Donnell. "I have a lot of stores interested in stocking my clothes, but to do that I will need a little help." She hopes to expand and is actively looking for the right people to join her team.

At the moment, Nokomis Clothing (10838 82 Ave) is the only store in Edmonton that carries part of her line. O'Donnell sells the rest of her clothing at community based shows, craft fairs and festivals throughout Alberta and B.C.

"I am inspired by unusual textures, prints and an array of colours. I like to use asymmetrical lines and creative closures and notions for detailing, to make a harmonious garment," says O'Donnell. "My most unique designs capture ideas

of both the distant past and the present day."



O'Donnell and 3 other designers that she shares webspace with are having a show at the Parkdale Community League (11335 85 St) on Friday, November 3, from 4pm to 9pm, and Saturday, November 4, from 10 am to 6 pm.



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A different kind of remembering

DAWN FREEMAN

Jim Crocker lives with a sadness most of us hope never to feel – the loss of a child. His son, Rory, was just 23 when he lost his fight against the bone cancer diagnosed when he was 17.

Looking back, Crocker thinks the cancer was probably there earlier. When Rory was 12 he complained about pain in his legs. The medicentre doctor Jim took him to thought it was just the growing pains of an adolescent boy. Sadly, this was later proved wrong. At 17 years old, Rory was given just two years to live; he surprised them all living five more years.

Crocker has made a wall of remembrance to Rory, his son and his friend, in his Norwood apartment.

“I made a promise to Rory when he died that he would

not be forgotten, and I’m keeping that promise,” Crocker says. “I think this is a perfect way to remember him by.”

One wall of the living area is devoted to Rory with pictures, poems, flowers, religious statues and candles – one of which is always lit. A certificate of a star bought in Rory’s name and a card for his 24th birthday also adorn the wall. Crocker calls it a wall of honour.

“Rory was a good person. He loved children and he wanted to be a police officer. Even when he was sick and going through treatment, he still had a job – he didn’t believe in social assistance,” says Crocker. “He never complained about the pain; he was the bravest person I have ever known.”

Crocker still has his faith in God – he is an active mem-

ber of St. Patrick Church, but he admits to being more questioning in his belief now.

“I ask, why him instead of me? He was so young and suffered so much. I still don’t understand, but I’m working it out with the help of Father Frank [St. Patrick’s priest].” Crocker adds that Father Frank has been a stalwart for him throughout Rory’s illness and death. He would also like to thank Chelsea at Avenue Loans for all her help, in particular with the finding of candles for the wall.

In the meantime, Crocker is determined to keep Rory’s memory alive, not just for himself, but for the rest of the family also.

“I think it’s important for Rory’s nieces and nephews to have somewhere to go to remember their uncle.”



JIM CROCKER BUILT THIS WALL OF HONOUR SO HIS SON RORY WILL NEVER BE FORGOTTEN.



PETER GOLDRING
Member of Parliament
Edmonton East

Remembrance Day: National Reflection

Every November 11, we remember the blood and tears shed for our freedom by war veterans of Canada. We pause to reflect on the supreme price paid by so many for the peace we enjoy today.

Canada has over 115,000 reasons to respect the memory of our war dead—for the number of soldiers who never came home—soldiers who now lie forever in foreign graves. Canada also has over 2,000,000 reasons to show respect for the efforts of our surviving war veterans and those who have served in uniform in times of war and peace, since Confederation in 1867, preserving world freedoms and allowing us to enjoy the way of life that we have today.

Once a year, on November 11, Canada must pause in respect and to remember the true “price of peace.” To forget the human toll of our past is to diminish an appreciation of our present peace and quality of life.

In the House of Commons, remembrance is part of the very fabric of the buildings. One day in Flanders, France, from the fields of World War I, Canadian physician Lieut.- Col. John McCrae penned *In Flanders Fields*, which has become an epic poem of remembrance for the war dead. It is also John McCrae’s epitaph, since he died shortly before war’s end. His words are carved in the walls of the House of Commons, in particular “If ye break faith with us who die, we shall not sleep.” Indifference to supreme sacrifice amounts to contempt.

We must learn from the harsh truths of wars past so that we do not repeat humanity’s mistakes. Far too many young persons never grow old; war is the thief of a person’s future. For our honourable war veterans and remembered war dead, we must never forget.

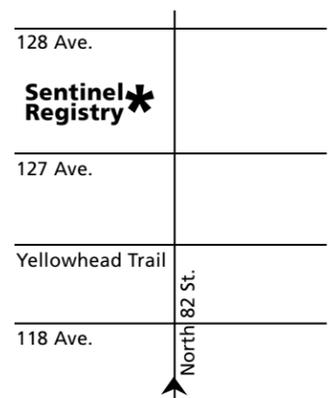
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Remembering Berlin

JIM MAXWELL

The final battle of World War Two in Europe was the Battle of Berlin between the last remnants of the Germany Army and the Soviet Red Army. Hitler had already committed suicide. The following notes were found in the pocket of a dead German soldier on May 10, 1945.

Before I left for the battle we had fought about the future. I had no choice, I had to go. She didn't want me to. What was the future? We could as easily have been killed by a bomb or a shell where we were. Our future such as it was, was ahead. We could never go back. That life was over.

*11:30
Troops walk by as I stop one last time under the linden [lime] trees. A chill runs through*

me although it is a warm day with the sun shining. I don't want to die but what is life? Is there any to live? I want this day to end. The road is flat but I feel like I'm walking towards a cliff and I can't stop. I am quite agitated. My heart is pounding as I get closer to the Reichstag. There is no sound in the forest.

I do not feel anything for the Russian dead for they are like me. After the battle what is left for the loser?

I'm getting close to the Reichstag. I'm looking for my unit. Soldiers are all over the place. The wind is blowing.

All round me is destruction and death. There is no front line, no defenses. Everybody is shooting and explosions are everywhere. There is complete destruction and death.

I am looking . . . but I am tired, so tired. No one remembers . . .



Beat officers at full strength on the Avenue

DAWN FREEMAN

For the first time in over a year the Avenue Beats are at full strength, with the addition of Sergeant Simon Perry, an experienced EPS officer. The 118 Ave area has two beat teams, each consisting of one Sergeant and two Constables, supported by the Community Liaison Constable.

Constable Pat Tracy, the Avenue's Community Liaison Officer says, "Our mandate is to increase the intentional communication between myself and the beat officers so that there is a greater cohesiveness between us all."

Tracy recently completed a report for Chief Boyd on Operation Reclamation – the concentrated EPS focus on 118 Avenue over the summer – and it was strong on com-

ments from business owners, the community leagues and city workers involved in the Avenue Initiative about what worked and what didn't.

"The intention is to pay attention to what the people are saying and to address what they and we [EPS] see as the problem areas," says Tracy. He continues to be in communication with various community leaders and businesses around the 118 Avenue area and intends to bring to the table any concerns raised by them.

Other officers are being trained to do undercover work so that the Beat teams will be freed up to be in uniform more. But don't be dismayed if you don't see them walking around.

"Just because you don't see them doesn't mean they aren't there, working hard to clean up the neighbourhood," says Tracy.

Did you know...

...only experienced officers can apply to be on the Beat.

...the Avenue Beat is a highly sought after position.

...officers compete to be picked for the Beat division.

...only officers with excellent communication and other skills will be selected to join the Beats.

EPS WARNING

Constable Tracy would like to caution people to make sure they lock up their doors and windows every night as there has been a rise in non-violent break and enters in the neighbourhoods.

arts alive!



ASANTE AFRICAN DANCE TROUPE ON THE INSIDE METRO STAGE



THE KIDS WERE BUSY MAKING ALL SORTS OF ART AT THE CRAFT TABLE

Avenue Initiative

Revitalization Strategy

open house

Since January the Working Groups have been meeting to implement the actions in the Avenue Initiative Revitalization Strategy. The Streetscape Working Group will be presenting a PROPOSED CONCEPT PLAN. The Development and Revitalization Working Group has completed their PROPOSED RE ZONING PLAN. These both very important elements in shaping future look and development of the Avenue.

Monday, November 20th

Alberta Avenue Community League
9310 – 118th Avenue

- 7:00 Development and Revitalization Presentation
- 7:30 Streetscape Presentation
- 7:30 Questions and Answers and Opportunity to see what all the Working Groups have been doing.

presentation to council

On Monday November 20th the Avenue Initiative Revitalization Strategy will be presenting the Annual Update and Request for 2007 funding to Community Services Committee.

Current funding for the Coordinator and Façade improvements will continue in 2007. We are also requesting funding to implement a Community Development Incentive Fund. This fund would allow for community members, groups and businesses in the area to receive matching funds for programs and projects. Funding to continue implementation of the Streetscape plan is also being requested. You are welcome to attend this presentation. It will take place in the morning of Monday November 20th. For further information or if you wish to speak at this presentation please call Judy at 496-1913.

november working group meeting:

- Streetscape** Monday, November 6th
Alberta Avenue Business Association 11770 – 95 Street
- Development and Revitalization** Wednesday, November 1st
Alberta Avenue Business Association 11770 – 95 Street
- Beautification and Cleanliness / Programs & Services**
Wednesday November 8th NOVA Plaza 8904 – 118th Ave
- Safe Streets** Tuesday November 21st
NOVA Plaza 8904 – 118th Ave

FREE PUBLIC SKATING SCHEDULE WINTER SEASON
September – December 2006

Clareview Arena
3804 139 Ave
Saturdays 11:45-12:45, except Oct. 28;
Sundays 1:30-2:30, except Sept. 24, Oct. 29, Dec. 24 & 31

Londonderry Arena
14520 66 St
Sundays 1:30-2:30; Wednesdays 1:30-2:30 Senior Skate only, except Dec 12 & 19

Oliver Arena
10335 119 St
Tuesdays 6:15-7:15

Westwood Arena
12040 97 St
Sundays 3:15-4:15, except Dec. 24 & 31

FREE INDOOR SOCCER PROGRAM

Introduction to basic soccer skills. Soccer for Boys and Girls ages 2 to 12 years. For more information phone Tony at 420-0760. Saturdays, 10:30am – 12:00 from Nov 4 to June 9 at Sacred Heart School Gym, 96 Street 108 Avenue – please enter at the East side entrance of the School.

GYMNASTICS

Instructor: Tanya Van Drunen
Location: Alberta Avenue Community League (9210 118 Ave)
To register call Brad MacCallum, Alberta Avneue Sports Coordinator at 477-2773 (office) or 916-0940 (cell).

Babynastics

(For babies 3 months to pre-walking age & parent). Discover new and unique ways of interacting, and playing with your child. This program includes various basic massage techniques for infants, introductory Yoga-inspired movement, basic motor pattern/skill development, environment exploration, stimulus recognition/response activities based upon the four senses, all in a calm and loving atmosphere of moms/dads and their babies. 6 Thursdays, Nov 16 - Dec 21 9:30-10:00 am at Alberta Avenue hall. Cost: \$25.00 members; \$35.00 non-members

Toddler Tumbler*

18 months - 3 years)
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. *Parent Participation required
6 Thursdays, Nov 16 - Dec 21 10:00-10:45 am at Alberta Avenue hall
Cost: \$30.00 members; \$40.00 non-members

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 Thursdays, Nov 16 - Dec 21 10:45-11:30 am at Alberta Avenue hall
Cost: \$30.00 members; \$40.00 non-members

CORE POWER FITNESS CLASS

This course "centers" around the development of core muscle groups and is for the young athlete, senior or working adult. Participants will be introduced to a workout that will improve hip, stomach, lower back and shoulder stability and enhance mobility, flexibility and strength. All exercises are portable to your home, office, sport environment or hotel room and require no special equipment for the course.
Instructor: Brad MacCallum
Location: Alberta Avenue Community League (9210 118 Ave). To register call Brad MacCallum, Alberta Avneue Sports Coordinator at 477-2773 (office) or 916-0940 (cell).

Session 1

4 Mondays, Nov 20 - Dec 11 9:30 - 10:15 am at Alberta Avenue hall. Cost \$20.00 members; \$30.00 non-members

Session 2

4 Mondays, Nov 20 - Dec 11 3:45 - 4:30 pm at Alberta Avenue hall. Cost \$20.00 members; \$30.00 non-members

EDMONTON



City of Edmonton Community League Wellness Program

Present your valid Community League Membership Card at any City of Edmonton sports and fitness facility and enjoy great admission discounts!

For more information, please call 944-7744 or visit www.edmonton.ca/wellness.



Need custom sewing or alterations?

Call **Marion Swanson**, a seamstress with 30 years experience, for quality work at a reasonable price.

Specializing in Plus Sizes and Leather Work
Industrial Machine available

phone **477-0778**



INSPIRED DESIGNERS SALE
Friday, November 3 from 4 pm – 9 pm, and Saturday, November 4 from 10 am – 6 pm at Parkdale-Cromdale Hal (11335 85 St). Four local designers selling fabulous clothing, jewellery, bags and fused glass creations. Check out their website at www.inspireddesigners.ca

TRANSFORMED: A CELEBRATION OF WORSHIP AND RENEWAL

Featuring Local Maja Award Winner **Risen from the Ashes** and guests
Saturday, December 2 at Spruce Avenue School (11425 102 Street)
Doors open at 6pm, show at 7pm
Tickets \$5.00 at the door or ticket info @ RisenfromtheAshes.net

FAMILY ARTS NIGHT

Thursdays from 6:30 to 8 pm at Nina Haggerty Centre for the Arts (9702 – 111 Ave). Instructor: Marta Beranek. Ph 474-7611.
Web: www.ninahaggertyart.ca.

November 9
Jello printmaking!

November 16
Make your own book

November 23
Create mixed-media paintings

November 30 – Cartooning!
Create & Draw Cartoon Characters

EARLY CHRISTMAS CRAFT SALE
Legislature Pedway
Nov. 21 – 24, 9:30 a.m to 1:30 p.m

CHRISTMAS LIGHT UP
Legislature Rotunda and Grounds
November 30, 4 p.m

NORWOOD FAMILY CENTRE Book Programs for Ages 0-6
The focus of these groups is sharing books, oral language, singing songs, doing crafts, playing games and sharing other community resources. We also visit the library. To register call Tina at 471-3737. Transportation available if needed.

Books for Toddlers
Tuesdays, Nov 7 – Dec 12 from 10:00 – 11:30 am, lunch included. For parents and children aged 13 months to 2.5 years old.

Books for Preschoolers
Thursdays, Nov – 9 – Dec 14 from

10:00 – 11:30 am, lunch included. For parents and children aged 2.5 years – 5 years old.

Books for Babies Wednesdays, Nov 15 – Dec 6 from 10:00 – 11:15 am. Snack included. For parents and children 12 months and younger.

AVENUE INDOOR PLAYGROUND
Wednesdays from 2pm - 4pm for preschool age children and their caregivers at Alberta Avenue Community League (9210 118 Ave). Free to members of any community league; otherwise \$3/family/visit.

CRYSTAL KIDS (8718-118 Ave). This is a free program. Snacks are provided. Ph: 479-5283.
Web: www.crystalkids.org.

Parents And Tots Drop-in
Tuesdays and Thursdays 11:30am – 12:45pm at Crystal Kids.

Seniors drop-in
Wednesdays 11:30 am – 12:45 pm at Crystal Kids (8718-118 Ave). This is a free program. Soup and coffee is provided. Ph:479-5283.
Web:www.crystalkids.org.

COOKING PROGRAMS AT ST. FAITH'S CHURCH
Call 477-5931 to sign up.

Junior Chef Program
For anyone from Grade 7 – 18 years. Thursdays from 1 – 3 pm. Cost is \$2.00 per week.

Senior Chef Program (for those over 50 years) Cooking together on Tuesdays from 10am – 12pm in smaller portions to prepare meals to take home. Cost: \$2.00 per meal that you take home.

Collective Kitchen
3rd Wednesday of the month from 5:30 – 8:30 pm. Cooking together in quantity to prepare 3 or 4 nutritious meals to take home for yourself or your family. Cost: \$2.00 per meal that you take home.

ALBERTA AVENUE COMMUNITY LEAGUE ANNUAL GENERAL MEETING
Tuesday, December 12, 7pm.
9210 - 118 Ave.

REMEMBRANCE DAY NOV. 11
Join MLA Brian Mason at the

Beverly Cenotaph at 11 am on the southwest corner of 118 Avenue and 40 Street for a wreath laying service, remembering those who gave their lives for Canada.

Call the Norwood Legion or my office at 414-0682.

REMEMBRANCE DAY SERVICES
Legislature Rotunda
Thursday November 9 at 11 a.m.

University of Alberta Butterdome (11440 87 Ave)
Saturday November 11

COMMUNITY LEAGUE INFORMATION:

Alberta Avenue
9210-118 Avenue 477.2773
Meets 2nd Tue at 7pm
Hours: Wed 1pm-5pm

Delton
12325-88 Street 477.3326
Call for meeting times

Eastwood
11803-86 Street 477.2354
Meets 4th Wed at 7pm
Hours: MWF 10am-2pm

Elmwood Park
12505-75 Street 479.1035
Call for meeting times

Parkdale Cromdale
11335-85 Street 471.4410
Meets last Thu at 7pm
Hours: MWF 11am-2pm

Spruce Avenue
10240-115 Avenue 471.1932
Meets 2nd Mon at 7pm

Westwood
12139-105 Street 474.1979
Meets 1st Wed at 7pm

*If You Eat,
You Qualify!*



FOOD PROGRAM

Individuals at all income levels benefit from participating.

HELP YOURSELF

Stretch your food budget.
Eat Healthy foods

HELP EACH OTHER

Improve your combined economic buying power

HELP YOUR COMMUNITY

Contribute to the community through volunteering at the place and interest of your choice. \$2 from every basket is contributed to local housing projects.

Receive \$40 basket of food, pay only \$20. Sign up today! 474.5546



SPRUCEWOOD BRANCH

11555 - 95 Street Call 496-7099 to register

It's Da Bomb

Saturday, Nov 18, 2 pm. Ages 10-14.
Pamper yourself with a handmade bath bomb. They also make great gifts.

Creepy Crawlies presented by the Royal Alberta Museum

Saturday, Nov 25, 2 pm.
Your chance to get up close and personal with some of the biggest, baddest, creepiest bugs in the world.

This Ain't Yo' Mama's Papercraft

Thursdays, Nov 16 to 23, 6:30 pm.
Paper crafting with an attitude! Bring photos or pictures from home and fashion your own unique journal/album for friends or family using scrapbook techniques and some creative energy. Adult class, but teens are welcome.

All welcome at
SOLID ROCK EVANGEL CHURCH

Sundays at 11 am
Wednesdays at 7 pm

Colosseum B&B Chapel
11827 – 85 Street



Pastor Stanley Burdett
Ph: 463-5950