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# RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 8,500

**FEATURE**

**Making Tough Decisions Today For Our Care Needs Tomorrow**

**Health & Wellbeing**

**New School Initiative Keeps Students On The Go**

**Can Exercise be Meaningful?**

**Are You Wellthy?**

**Eastwood Public Health Centre**

**BRIEFINGS**

**A Police Chief Listening To The Community**

Over 200 people attended the chief of police's last town hall meeting on February 22 at Victoria School.

**Revitalizing St. Gerard School**

Edmonton Catholic Schools has a new process for dealing with threats to a school's viability.

**Law And Order: On Patrol**

Rat Creek Press is pleased to introduce a new regular column that will deal with police and policing issues related to our community.

**A Master Composter/Recycler!**

Edmonton is a leader in Waste Management but to be honest it is each one of us who really makes the system effective.

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## Luke-Warm Reception For The New Health Centre

By Karen Mykietka

Over 150 people attended the February 8th information meeting about the new primary care centre slated for the former Cromdale School site at 112th Avenue & 79th Street. The evening turned into a venting session as residents expressed their frustrations. Many residents said this was the first they'd heard of the plans.

Kyla Vincent lives in the condo complex that faces the site, "It's the first time we've heard of this. I'm a little miffed at that. We're not opposed to the project; we're against where you're putting it."

"I thought I was coming to hear about possibility, not reality. It seems this is a fait accompli," says Tess Buhler, an Eastwood resident. "You're rushing us through something that we have to live with." The audience responded with "Here. Here."

Many comments and questions revolved around the loss of green space and soccer fields. Marianne Stewart, Capital Health's head of primary care, kept reiterating that the City allowed Capital Health to purchase the land. City officials responded saying they followed a six-month process that included a parkland assessment and public consultation.

This didn't appease the crowd, a resident from the neighbouring condo stated, "The City let us down by giving up its right of refusal...It's disappointing the sale is a done deal."



**Eastwood Health Care**

*Communities served: Alberta Avenue, Bellevue, Boyle Street, Central McDougall, Delton, Downtown, Eastwood, Elmwood Park, Highlands, McCauley, Montrose, Newton, Parkdale-Cromdale, Riverdale, Rosedale, Spruce Avenue, Virginia Park*

*60,000 residents, 7300 of them seniors*

*670 births/year*

*25 schools with 8700 students*

But the fact is that Capital Health bought the site for \$350,000, and they will be building a primary health care centre on it to replace the inadequate Eastwood Public Health Centre located at 7919-118 Avenue. Capital Health plans to have the new centre open in 2008.

The centre is supposed to be a "one-stop shop" for the average health consumer providing health education, access to family physicians, specialty clinics, mental health counseling, home care and urgent care. Like the North East Health Centre, it will have a walk-in centre with extended hours for urgent needs like casts, fevers, stitches, sudden illness, aches and pains. Currently, 4-5 people from our area go to the U of A, Royal Alex

or North East for care every hour. The new centre will provide a closer, more convenient option for them.

In her presentation, Marianne Stewart presented a long list of things that will NOT be at the new primary care centre. The centre will not treat serious problems like heart attacks or traumas, so there will be very little if any ambulance traffic to the centre. Other services on the NOT list are acute/serve addictions treatment, needle exchange, methadone clinic and forensic psychiatry.

Residents were not appeased by Stewart's "not" list; they don't trust Capital Health to not make these services available in the future. "There is a history of commitments being broken

to the community," said Cris Basualdo of the Alberta Avenue Community League.

John Malhouse from Parkdale stated, "Capital Health is not a democratic entity and it is not accountable to the public." Therefore, residents demanded that Capital Health make this an official commitment in writing to the community leagues.

Despite all the controversy, there were residents who expressed their need and desire for this new Primary Care Centre in their neighbourhood.

Hope Hunter, a long term resident who describes herself as an extensive health user, said "If I was a young mom in the area I'd be very excited."

"My family will be using the centre. I hate to clog the ER," said a lady named Patsy.

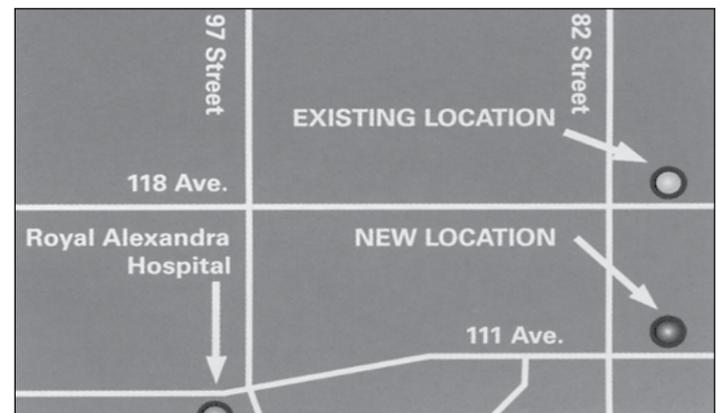
Darcy Flemming of the Norwood Neighbourhood Association said, "There is a great need for a more dynamic health centre, but be open to learning from the community." Hopefully, residents will continue to make their ideas and opinions known. And hopefully, someone will really be listening.

A design workshop was held February 27th where residents were able to share their vision and input on the design of the centre.

Watch for updates in future issues or contact Capital Health to get more information or provide your input. Web: [www.capitalhealth.ca/newhealthcentre](http://www.capitalhealth.ca/newhealthcentre) Ph: 401.2668 Email: [newcentre@cha.ab.ca](mailto:newcentre@cha.ab.ca)



CROMDALE SCHOOL SITE



NEW LOCATION

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**OUR MISSION** The mission of the Rat Creek Press Association is to highlight community news, activities, and recreational opportunities as well as local residents and businesses to support the growth of a strong, vibrant, well-connected community.

**OUR GOALS** To Build Community, Encourage Communication and Increase Capacity.

**BOO HOO MICHELLE IS LEAVING US**  
Our wonderful designer cannot continue due to a repetitive strain injury. She has done a tremendous job giving the paper a professional look and designing us a very snazzy header. We are hoping she'll put some of her creative energy into writing and photography!  
Leanne McBean will be taking over as our designer.

**UPCOMING ISSUES**

**APRIL** Around the House  
**MAY** Education & Learning  
**JUNE** Celebrating Culture

# There Is No Excuse

By Dawn Freeman

I asked my 5-year-old daughter the other day what makes a person healthy. Here's what she replied. "Eat good food, but not too much candy. Play every day in the sunshine or the snow. And get lots of hugs." I think she has it in a nutshell. And really when health and wellness is boiled down to its most basic level, shouldn't it be that simple?

Do we really need expensive gym equipment or gym memberships to be healthy and well? Of course it can be convenient to do a workout in your home. Being able to go to a rec centre for a swim, walk or run on a cold day is handy. Books and DVDs can have some great tips and techniques in them too. And if you have a fitness buddy, working out is all the more enjoyable. But don't use the lack of these as an excuse not to be fit and healthy.

Walking is free and some of the best exercise around. It doesn't need special shoes. It is low-impact so just about everyone can do it, and at the speed they choose – or that chooses them! (And if you need something to do while walking, become a Rat Creek Press deliverer for your block!) Make the conscious choice to walk instead of taking the car to those close places. Or choose to walk to the next bus stop, or the next, before hopping on.

Eating good food isn't as hard as it sometimes seems to be. And it is worth the effort, not just for us, but to teach our children healthy eating habits too. So stock up on fresh fruits and vegetables, pastas and rice, beans, lentils and meat and resolve to bring less packaged food home from the store. Make your own macaroni and cheese, make your own spaghetti sauce – it doesn't take that much longer. And if you have

the time, make extra and freeze some for those days when you're running late. Or if you have the extra money and freezer space, go to Cooks Corner (see **Business Briefs** on page 7) to make and take home pre-made meals. As for candy and other sweet treats? Well, my theory is, if it's not in your house, you can't eat it. But it's okay to have a sweet treat (or a salty one), as long as you stop after just one or two.

If you want some of those tips and techniques suggested by the experts, go to the library. They have a fabulous selection of books and DVDs/videos in nutrition and cooking, diet and exercise. Walk to the library when you go to pick up your books! The internet is another source of information, and if you don't have access at home the library has that too.

Last but definitely not least, don't forget your emotional and

spiritual well being. Be kind to yourself as well as to others. Get lots of hugs and give them too. Talk and listen to friends and family and find time to be together. Find time for yourself and use it for yourself (not for doing chores!)\*. Figure out what will make you happy then find the courage to do it. Bring balance to your life.

Follow the simple advice of a 5-year-old. She seems to know what she's talking about.

*\*Note from the Managing Editor: This is great advice from Dawn but if she and I followed it you wouldn't have this paper in your mailbox every month! Dawn has taken on a short term paying job and needs to reduce her volunteer hours on the paper. I already volunteer up to 80 hours an issue, so we need new volunteers to pick up the slack. Call and see how you could help.*

## Got Something To Say About The Police?

It is important that citizens provide feedback to the police – both positive and negative. Give appreciation, praise and compliments when they are due. And when you encounter unprofessional behavior, poor service or have a concern send in a complaint.

All officers wear a tag with their name and badge number. Take it down or if you're on the phone ask for it. If you don't know the officer's name or badge number, state the date, time and situation involved. Efforts will be made to identify the officer involved.

Complaints will be reviewed by the Staff Sergeant in Internal Affairs and assigned to an investigator. Your concern may be resolved through the intervention of the officer's supervisor or an

*It is important that citizens provide feedback to the police.*

Internal Affairs Section investigator who may take corrective or educational action with the officer. Remember - Police officers and our EPS employees are

human and sometimes make mistakes or act in ways that citizens do not understand or do not like. In some cases, these actions are a direct result of their training, an approved police service policy, or are sanctioned by law.

Rat Creek Press has started a new regular column on police issues (see **Law and Order: On Patrol** on page 13). Copy us on your compliments or complaints relating to police. It would be great to publicly recognize some of the great officers that work in our area, and we'll do our best to follow up on common concerns.

For more information on police compliments or concerns go to:  
[www.police.edmonton.ca](http://www.police.edmonton.ca)

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## Boy oh Boyd! A Police Chief listening to the Community

By Karen Mykietka

Over 200 people attended the chief of police's last town hall meeting on February 22nd at Victoria School. Line-ups at the microphones started before Chief Michael Boyd even finished his brief opening remarks. While the individuals who had the opportunity to speak shared about concerns and frustrations with the Edmonton Police Service, the overwhelming majority of them also welcomed Chief Boyd to Edmonton and thanked him for taking the time to come to the community and talk and listen to residents.

Concerns raised included allocation of police resources;

traffic safety; taser use; unprofessional and uncaring responses by police; brutality; rampant petty crime and disorderly conduct.

When Norm Aldi, president of Eastwood Community League, got to the microphone, he referenced something Boyd said earlier in the evening: "Sometimes police priorities are not the same as community priorities." Aldi's question to Boyd was: "Will you come visit us and hear our concerns?" The Chief replied, "What about doing a walk-a-bout?" It was suggested that for a more realistic effect the Chief come in plainclothes not a uniform.

Another local community league president, Victoria Hemming of Parkdale-Cromdale,

added that the Chief should visit when there's a football game or during something like K-days. She also invited him to train new recruits in our area.

Another commitment was made after Rick Guthrie, a Community Action Project (CAP) representative, asked that the chief meet with local residents. "With the track record of collaboration that you have outlined here this evening, I will be ecstatic to meet with you to continue that collaboration," responded Boyd.

Boyd listened to each speaker attentively even though some individuals brought forth issues outside the scope and mandate of the police; rambled on with

out getting to the point; or just wanted to vent. He appeared caring and concerned over each individual's story and made many promises to "look into it" or "explore the issue further".

Michael Boyd was barely sworn into office as Chief of Police when he instituted his "100-day plan" which is up on April 18th. The plan is to take 100 days to review how service is working, and then decide on changes that need to be made. "We will examine everything we do operationally and administratively," says Boyd. The most ingenious part of Boyd's plan was to hold five townhall-style meetings where the public could share their views on the

Edmonton Police Service. Boyd said the events are an invaluable tool to get to know the residents and the problems within communities.

Chief Boyd's talk so far has been encouraging and hopeful, but as Boyd said himself at the first town hall meeting in the Southwest, "Talk is cheap. Actions speak louder than words." While we can't expect change overnight, we certainly will be keeping a close eye on the Edmonton Police Service and Chief Michael Boyd. And we will hold him accountable for his words. If Boyd succeeds in implementing even half of his promises, we're in for some positive change.

# Revitalizing St. Gerard School

By Monique Nutter

On Tuesday, January 31, 2006, Principal Dan Friedt opened the meeting at St. Gerard's elementary school with a purpose statement and a prayer. The purpose of the meeting was to discover the reasons for declining enrolment and gather input from parents about how to make the school succeed. At 114 students, the school has only three combined grade classrooms at this point. A total of about 50 people attended, a third of who were school board trustees, school board administrators, and staff at St. Gerard's.

Edmonton Catholic Schools (ECS) has a new process for dealing with threats to a school's viability. Many of us in the community remember the closure of St. Patrick's school in 2002. It seems the angry response from parents, aided in their opposition to the closure by Community Action Project, has reaped some belated effects. Rather than going in and deciding to close a school in a few short months, ECS is now taking a more proactive approach. According to trustee Mark Razzolini, "No one is talking closure. There is no time frame on this process. Numbers have dipped, we are here to see what we can do to reverse the trend." Lori Nagy of ECS, points out that St. Bernadette's entered this process last year, and have managed to keep their doors open so far.

Be that as it may, it is clear that St. Gerard's is in trouble. What is causing the declining

enrolment? Parents reported loving their school community, its smallness, feeling like part of an extended family, having a great daycare and out-of-school care program on-site, having great teachers, good discipline, and having diversity within the student and parent body. Great tradition was also highlighted with some current students being the third generation in their families to attend St. Gerard's.

So why is enrolment on the wane? The chair of the parent board, Assunta Runco, attributes the decline to three things: 1) Low visibility—St. Gerard's is located on 124 Avenue and 85 Street, adjacent to the sound barrier wall on the Yellowhead freeway so there is no through traffic; 2) Demographics—Delton is a more mature neighbourhood, and Lori Nagy points out that forecasts have Edmonton's birth rate declining; and 3) Transience—people move in and out of the neighbourhood, and in and out of the school at a rapid rate.

Friedt, citing a study that ranked a number of St. Gerard's kindergarteners as starting off below the city average, talked of how "per student funding leaves us struggling just to cover the basics. We're way beyond the basics." His view is that given extra funding to cover the costs of a literacy coordinator and a social worker, St. Gerard's could create a winning formula where "kids would get up in the morning and run to school."

Parents in the room also talked about neighbourhood

safety issues. "Drug and prostitution problems are coming this way from 118th and it's going to keep going," said one woman who spoke of how she and her neighbour had been trying to get rid of a drug dealer all summer. "The police won't help, we have him on video tape, and they still don't care." She wondered out loud about the possibility of schools coming together, cleaning up the neighbourhood, and making it more attractive for young families.

At the end of the meeting, a facilitator got up and identified three theme areas: operational issues, marketing, and programs. Unfortunately, they seemed to have missed the fourth and perhaps most crucial area.

Any school's success is intimately connected to its neighbourhood's success. One parent, who identified herself only as Laura, stated that every school will say they have a family feel, excellent teachers, and excellent programs—these are not the real issues. The real issue is that we feel safe, "Getting to know the community is the key. It's all about the people."

Since the turn of the century, only a few short years ago, many schools have closed in nearby neighbourhoods—Alex Taylor, St. Patrick's, Sacred Heart, Eastwood's and John A. McDougall's Jr. High programs, and St. Basil's English elementary program. When asked what he thought was going on with so many schools, Catholic and Public, closing over the past few years in our neighbourhoods,

Razzolini couldn't seem to put a finger on it, although he admitted "Ward 3 has been hit hard." In fact, Razzolini's predecessor, Ron Patsula resigned his city centre seat on the board in 2001

North Central neighbourhoods better hope so, and perhaps even join in working to make it so. For as Principal Friedt points out, "Schools describe ownership in an area. Our most



*Rather than going in and deciding to close a school in a few short months, Edmonton Catholic Schools is now taking a more proactive approach.*



claiming "there was a 'hidden agenda'...which was the quest for capital funds for the construction of new schools, at the expense of schools in older areas of the city" (Western Catholic Reporter, March 12, 2001).

St. Gerard's is not on the verge of closing, insist parent leaders. It is on the verge of turning around. All of us in

precious asset, our children, go there. A school closes, a community is dying." "North Central Edmonton isn't dying," say many, "we're revitalizing. Just look at 118th Avenue." However, will revitalization be possible without our schools? If you would like to help St. Gerard's in its efforts to increase enrollment, call the school at 474.5208.

## Who is Michael Boyd?

By Karen Mykietka

Well I hope by now you all know that Michael Boyd is our new Chief of Police.

Anyone who attended a town hall meeting saw firsthand that Chief Boyd is a very skilled politician. Boyd is an articulate public speaker who can compose coherent answers on the fly; never once putting his foot in his mouth or contradicting himself. He comes across as very attentive, concerned and approachable. The Chief acknowledged when he didn't know something. And he shared the spotlight with other senior officers in the Downtown Division, passing them the microphone when they could better answer a question.

I was suitably impressed by his actions to date, including his address to the community, his comments to the media and his performance at the town hall meetings. Then, I read his two and half page biography – wow! Very impressive.

Michael Boyd joined the Toronto Police Service as a Cadet at the age of 17 and went on to serve 35 years with them. The majority of his career was spent in investigative branches. He acted as a consultant to both Canadian and American law enforcement on investigations and he has lectured extensively nationally and internationally.

Boyd is a forward thinker and innovator. He developed and enhanced investigative techniques and even designed a com-

puter program to help with case management. He specialized in police professionalism, ethics and race relations and along with a team designed and delivered affective and attitudinal training for police officers (boy, I hope he implements some of this with our police service!). While in charge of eight downtown uniform divisions in Toronto, he created and introduced Strategic Crime Management, a model of intelligence-led policing that integrated crime prevention, law enforcement and problem solving within a community policing strategy (we need some of that too!).

Are you wowed yet? Well there's still more. Boyd has collaborative initiatives and resulting in the reduction of crime,

disorder and victimization. He's dealt with Public Safety and Emergency Preparedness. He's chaired national committees. He championed new legislation and a national training program on drug impaired driving. He's a graduate of the F.B.I. National Academy Training and has a certificate in Criminal Justice Education.

In March 2004, he retired. A year later, he came out of retirement to become Toronto's Interim Police Chief during a time of transition. Now Michael Boyd has a three year contract as Chief of Police in Edmonton. Welcome Chief Boyd, so much for retirement! Read Chief Boyd's address to the community and biography at [www.police.edmonton.ab.ca](http://www.police.edmonton.ab.ca)

Quotes from Michael Boyd:

### CUSTOMER SERVICE

*"I believe it's important for police officers to respond with an empathetic and sympathetic response, but a response as well that sends the positive message to our citizens that we care."*

### SOCIAL DISORDER

*"...public drinking or prostitution, cat calling or sexual harassment, graffiti or vandalism. Nothing is too small for our attention."*

### GANGS

*"We are going to aggressively go after the gang issue. We are not going to let them run our city. We're taking our city back."*

# Coffee Dream Come True

By Karen Mykietka

Plush suede love seats. Wood and leather arm chairs. An electric fireplace. Bright, cheery wall with photos. Friends having conversation over coffee. Sound like someone's living room? Or maybe you wish it described your living room. Well, it's available for you to enjoy; it's a new coffee house on the Avenue – Edibles Caffeine on 118.

The coffee house may be new but the owners aren't. Brenda Dutton and Bjorn Cochran operate Absolutely Edibles catering and café. They ran out of space at their 10406-118 Avenue location, so last summer they moved their commercial kitchen to 9567-118 Avenue. Until now, they used the storefront as a take out/deli, but Brenda convinced her partner to take the plunge into a third business – a coffee house.

At Caffeine on 118 you will find cappuccinos, espressos, steamers, and a variety of coffee

flavours including a fair trade organic selection. If you're not into coffee, you can have tea, hot chocolate, juice or pop. Fresh baked muffins, cookies and other goodies will also be available. If you need something a little more substantial, the menu includes light lunch fare such as soup and sandwiches.

These two successful entrepreneurs did their research first. "We visited every coffee shop in Edmonton to find all the best elements of a coffee shop," says Dutton. And what do you need besides great coffee? Cozy comfortable seating and ambience. Dutton remarks, "People talk and interact differently when sitting in comfortable chairs than when they sit in plastic chairs across a table from one another."

While there are a number of places in the area to grab a coffee and a bite to eat (as Peter Rausch points out in his column on page 6), residents still feel something is missing. One of the most fre-

quent business suggestions for the area that came out in the Urban Village research and the Avenue Initiative was the need for a coffee shop. While some people specifically want a chain like Second Cup or Tim Hortons, others simply want good coffee and ambience.

As I sat there with my friends, I asked what they thought. "It's somewhere close to come with character and ambience," says Dawn Freeman. For this reason, I'm sure Caffeine on 118 will soon be a favourite among local residents. But we may have to keep it a local secret; there is only seating for thirteen!

Caffeine on 118 will be open from 7:00 am to 5:00 pm Monday to Friday and 11:00 am to 4:00 pm Saturday and Sunday. Dutton says, "We'll look at additional hours once we have a better idea of what people want." Well, I for one want evening hours. Join me in pestering Brenda to add at least one evening!



## Ed Gibbons City Councillor *Caring for Communities*

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## Do We Really Count?

Your article on the "Price of Poverty" [February issue] hit home no doubt with many of the residents of east-central Edmonton, but it is only one facet of the price we pay for not living in the more upscale and newer neighbourhoods of the city.

While the city has been growing by leaps and bounds, our community has been passed over except for privilege of accommodating Rexall Place, Northlands and Commonwealth Stadium, and the traffic and noise that goes with them. Our community has been neglected in every other way, while much newer neighbourhoods are the beneficiaries of repaved roads, new sidewalks, bike paths and parkland. While we should be grateful that the long overdue rehabilitation of 118th Avenue is finally being addressed, none of our many neighbourhoods, Alberta Avenue, Delton, Eastwood, Elmwood Park, Spruce Avenue and Westwood will be rehabilitated for at least five years according to the city – the only exception being Parkdale.

Not that the funds aren't available, because they are. Of the 20 neighbourhoods being given a facelift, the majority of them were built up long after ours in the 1950's and 1960's. In some cases several neighbourhoods in one community are to be rehabilitated. According to the city we don't meet their criteria for

rehabilitation, which is, "taking into account the condition of pavement, concrete, underground utilities and available AMIP funding." They will not provide specific reasons why we don't qualify. The AMIP funding is the tax money the province is turning over to the city to address deferred infrastructure rehabilitation.

Our city council can find funds for Sir Winston Churchill Square, the Shaw Conference Centre, over-passes, Recreation Centres and LRT expansion; why can't they find a means to provide improvements to our neighbourhoods, such as decent sidewalks and roads? If you feel that our neighbourhoods should not have to wait another five years, at least, for this badly needed work, then you should write, call, or e-mail Mayor Mandel, Councillors Hayter and Krushell and the Transportation Department. Mayor Mandel, 496.8100 or stephen.mandel@edmonton.ca Councillor Hayter, 496.8128 or ron.hayter@edmonton.ca Councillor Krushell, 496.8136 or kim.krushell@edmonton.ca Transportation Department, 496.4498 or Paul.Szczepanski@edmonton.ca

Or write to The City of Edmonton at 1 Sir Winston Churchill Square T5J 2R7

Peter Lefavre  
Delton Resident

# We're looking much better. Thank you.



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health care selection. It's all part of our dedication to personally know you and help you with your individual health care needs. Remember, when it matters most, it's The Medicine Shoppe.

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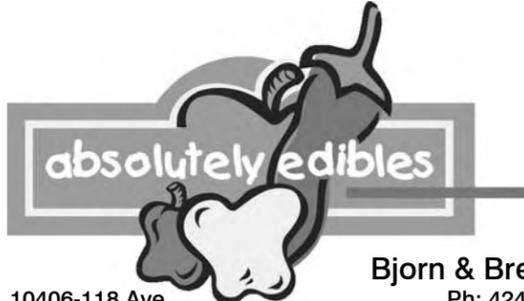
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# Which of These Costly Home-seller Mistakes Will You Make When You Sell Your Home?

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.*

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**FEATURED PETS**



This is Pocket and Rocket. Some of you may recognize them because their home is very public; they have spent their lives, over ten years, at the Wee Book Inn on 118 Avenue. These two long-haired Himalayan cats are brothers. It's pretty hard for a stranger to tell them apart, but Curt, the manager for the past year, can identify them at a glance. He says Rocket is the bigger of the two. Feel free to visit their home and browse their bookshelves. You may find them weaving in and out amongst the many racks or watching the Avenue through the window. They'll let you give them a pat or a scratch; however, they are not too interested in being handled. If you do pet the fur balls, be prepared to take a good chunk of them home with you!

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# Business on the Avenue

By Peter Rausch  
Executive Director, AABA

At a recent meeting for the Avenue Initiative someone commented that there are no places to go for coffee on the Avenue. I thought about it for a while and, granted, there are no Tim's, Starbucks or Second Cup, but we do have a number of places where you can grab a cup of joe.

There are over a dozen local businesses to grab a coffee and a bite at along the Avenue. They have been serving local customers for a long time and are always welcoming new ones.

Keep It Simple, Tippy's, Roma Bistro, Maria's Place, Café Pardal, Malaysia Kitchen, Homemade Steak

and Pizza, and New York Steak & Pizza are all great places to have a cup at, and many of these have breakfast or lunch specials to go with it.

Or you could stop by one of our bakeries - Handy Bakery or Popular Bakery. Besides great baked treats they both offer coffee and a seating area and they are a great place to people-watch.

Some more good news is that the owners of Absolutely Edibles opened up a coffee house in mid-February at their deli location at 9567-118 Avenue. I'll put up their place against any coffee house in Edmonton for great coffee, food and ambiance.

Into more of an evening coffee and dessert? Well, stop

by Renato's, Boston Pizza, El Rancho, Coliseum Steak and Pizza or Ernest's Fine Dining and try their coffee and evening treats.

Besides the above local businesses, we do have a national chain - Sir Doughnuts - if you have the need for a franchise coffee fix. It is unique since it is a national chain but also has a liquor license.

These are our local businesses and they appreciate your business and support. So be sure to drop into one and try their wares - you will be pleasantly surprised!

Alberta Avenue Business Association Ph: 471.2602  
E-mail: aaba@telusplanet.net

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



**The legislature's spring session has started. If you would like to visit the legislature or receive monthly updates, call my office.**

**Edmonton Highlands-Norwood Constituency Office**

#100, 8930 Jasper Avenue Phone: 414-0682  
Edmonton, Alberta T5H 1E9 Fax: 414-0684  
e-mail: edmonton.highlandsnorwood@assembly.ab.ca  
www.brianmason.ab.ca



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## BUSINESS SPOTLIGHT

# Polar Bear Health & Water

By Cindy Burgess

On your way down Alberta Avenue, you've probably noticed the distinctive mural over one of the shops on the north side of 118 Avenue, a few blocks east of 95 Street; a painting of a polar bear standing on its hind legs. The sign marks Polar Bear Health and Water and there's more in store than you might imagine.

Polar Bear Health and Water, a family run business found at 9342-118 Avenue, is one of the longest running establishments on Alberta Avenue. In 1947, Louis Horinek (Polar Bear's founder), purchased two adjacent lots on 93 Street and 118 Avenue and put up a building, creating a space suited for two shops with a dividing wall in the centre and a living space in the back. Throughout the years, the Horinek family ran a beauty parlour on one side of the building and rented the other side out to various businesses including a furniture store, a clothing store, and a real estate and insurance company.

Louis Horinek was not only

quite entrepreneurial, he was also somewhat of a visionary with a keen interest in the benefits of natural foods and pure, chemical free water. In the late forties, he was offering natural health products such as salad cutters, juicers and water distillers to his customers at the beauty parlour. This range of products proved to be quite popular and eventually Horinek was able to turn the beauty parlour entirely over to his wife Lillian to run, while he opened up a shop devoted entirely to water distillers and health products. It was the first health food store in Edmonton. As the years went by, the business flourished and by 1974 it became necessary to expand the retail space. Lillian moved the beauty parlour to a different building and Horinek removed the dividing wall between the two shops, creating a bigger space devoted entirely to health products.

Today, Polar Bear carries a variety of health care products including vitamins, natural foods and personal care products and even has a lovely line of greeting cards, candles, and magnetic jewelry. One of the

mainstays of the business are the bottled water and distiller products and Polar Bear is the only store to offer a bottle sterilizing facility where you can sanitize your plastic bottles before refilling them right in the store. You can choose from distilled water or reverse osmosis water as well as a variety of coolers, bottles, crocks, pumps, dispensers and other accessories for your water. Or, if you prefer to generate your own distilled water you can purchase a distiller from the store and use it in your own home. The distillers are produced right here in Alberta and the distiller plant is run by Horinek's son, while his daughters maintain the store. This friendly family run business has enjoyed several decades of success, serving customers from all over Edmonton, and is a major supplier of water distillers internationally.

Dive on in to Polar Bear... the water's great and you'll be pleasantly surprised by what else you might find! Store hours are from 9:00 am to 6:00 pm Monday to Friday, and Saturday from 9:30 am to 4:00 pm (Closed on Sundays).



FOR FURTHER INFORMATION, CALL POLAR BEAR HEALTH & WATER AT 477.1328



# Business Briefs

By Michael Lonergan  
with additions by Karen Mykietka  
and Angie Klein

Since we have a feature on Health and Wellness this issue, we thought we would profile some of our health-related businesses. But first a correction from last issue: **Café Pardal** is a Portuguese café and bar that has been in the area for a number of years. It is located at 11731-95 Street and the business is for sale. **Café Cubita** across the street at 11732-95 Street is closed and the business is for sale.

## COOKS CORNER

9203-111 Avenue  
Ph: 479.8175  
www.cooks-corner.ca

Cooks Corner is a fully equipped, licensed commercial kitchen owned and operated by Jackie Ryan as a shared space rented out by the day to several different businesses. Now Jackie has started an assembly kitchen. With today's busy schedules who has time to shop and chop? Cooks Corner staff will do your menu planning, shopping, chopping and clean-up. All you have to do is come in for two hours and assemble 12 healthy and delicious entrées. You leave with packaged meals to put in your freezer complete with cooking instructions. Call and pick a session date and choose your entrées. Cost for a session of 12 entrées that serve four people is \$250.00. Cost for a session

of 12 entrées for two people is \$135.00. If you would like them to assemble the meals for you add \$25.00.

## DR. PAGLIUSO – DENTIST

111 Avenue & 102 Street  
Ph: 477.3831

For the last 26 years Dr. Pagliuso has been practicing dentistry in Spruce Avenue. He grew up here, went to St. Mikes and St. Joes schools, and in fact, has known a lot of his patients since child hood. He likes this area, but has seen a lot of changes in the last 50 years such as a shift from long-term residents to a more transient population. But he says, "In the last few years, I have seen a real turn around and I think that things are getting better." If you don't already have a dentist, visit Dr. Pagliuso who cares very much about the dental health of his patients. See page 9 for information about dental care for seniors.

## EDMONTON FOOT HEALTH CENTRE

12211B-97 Street  
Ph: 474.3338

If you are experiencing the agony of 'de-feet', Dr. Jerome Tsang invites you to his centre which deals with everything foot-related. They offer custom-made orthotics, shoes and boots as well as ankle and foot braces. The centre also offers on-site x-rays and surgery for dealing with

ingrown nails, bunions, heel spurs and cysts. The Edmonton Foot Health Centre has been caring for Edmonton's feet since '93.

## MITCHELL DRUGS

11826-103 Street  
Ph: 477.5393

Tony Woo invites you to come and check out his store. He took over ownership and operation of this long-standing pharmacy six months ago. It is a full service pharmacy that also carries some home-care products of interest to seniors and the disabled. Woo's pharmacy offers compliance aids, blister packaging, personal prescription information and one-on-one counseling about the medications you take. Hours are Mon-Fri 10am-6pm, Saturdays 10am-3pm; closed Sundays and holidays.

## THERAPIES WHOLISTIC SPA

10120-118 Avenue  
Ph: 477.8749

Are you feeling stressed out? Then visit Frank Zalewski at your neighbourhood health and wellness centre who has been in the business of soothing your stress for five years. The spa offers you massage therapy, a herbalist, healing machines, relaxation mineral tubs and an ion cleanse that removes toxins from the body through the feet. Therapies Wholistic Spa can help with a variety of medical conditions and they are able to direct bill your health insurance.



## THE MEDICINE SHOPPE

8111-118 Avenue  
Ph: 477.1192

Parminder Bhui says if you are looking for a pharmacy with that extra personal touch to come to his pharmacy. His store carries a full range of health care products and only health care products unlike many of the larger "box store" pharmacies. Bhui says The Medicine Shoppe keeps up on all the latest advances in health care and that he takes the time to discuss medications and health related issues with his customers. They

offer prompt prescription service and can even make medications from scratch into lollipops for kids and veterinary products for your pets. The Medicine Shoppe has free delivery and home visits and is a partner with the U of A in a study of hypertension. You can also have a screening session for blood pressure, diabetes, smoking cessation, body fat or diet. Parminder Bhui took over the pharmacy one year ago and the store has undergone extensive interior renovations. His storefront will also receive a facelift through the City's façade program.

## SCHOOL OPEN HOUSE DATES

**PUBLIC** www.epsb.ca  
Call school if note date given

**Delton Elementary**  
12126-89 Street  
Ph: 477.8742

**Eastwood Elementary & Jr High**  
12023-81 Street  
Ph: 477.2352

**Norwood Elementary**  
9520-111 Avenue  
Ph: 477.1002

**Parkdale Elementary & Jr High**  
11648-85 Street  
Ph: 477.7443

**Spruce Avenue Elementary & Jr High**  
11424-102 Street  
Ph: 479.0155  
March 7, 6:30-8:30pm

**Virginia Park**  
7325-109 Avenue  
Ph: 477.8152

**Victoria School**  
10210-108 Avenue  
Ph: 426.3010  
March 9, 6-9pm

**CATHOLIC** www.ecsd.net  
**St. Alphonsus Elementary & Jr High**  
11624-81 Street  
Ph: 477.2513  
March 16, 7pm

**St. Basil Elem & Jr High**  
10210-115 Avenue  
Ph: 477.3585  
Girls Academy March 6  
K-9 March 13, 7pm

**St. Gerard Elementary**  
12415-85 Street  
Ph: 474.5208  
June 2, 5-7:30pm



## FREE INCOME TAX PREP

For lower income individuals and families at the Alberta Avenue Business Association (11770 – 95 Street)

March 16	5:30 pm – 8:30 pm
March 18	10:00 am – 4:00 pm
March 23	5:30 pm – 8:30 pm
March 25	5:30 pm – 8:30 pm

Please bring your T-4, social insurance number, Alberta Health Care Card, medical receipts, child care receipts and your spouse as his/her signature may be required on certain forms.

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Polar Bear Health & Water 9342 - 118 Avenue, Edmonton, AB

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Can be used with sale priced merchandise. Cannot be combined with any other discount offer, ie. Membership discount of Clearance items. Not applicable to water, appliances or books, must present coupon at time of purchase.  
With Coupon Valid Til April 15, 2006  
Polar Bear Health & Water 9342 - 118 Avenue, Edmonton, AB

**9342 - 118 Ave., Edmonton Ph: 477-1328**

# Making Tough Decisions Today For Our Care Needs Tomorrow

By Gordon Vickruck

"Of all the things I've lost, I miss my mind the most." That is a common quip around our house, when we are desperately looking for eyeglasses or misplaced car keys. The day will likely come, however, when this will be more serious than light humour. As our mental faculties erode little by little, so does our independence. We lose our ability to organize our life, schedule our appointments and make difficult decisions. We may even lose our "capacity" to make reasonable and rational decisions for ourselves.

When that time comes, it then becomes the responsibility of someone else to make decisions for us. Ideally it is someone who is close to us, who knows and loves us and can represent our best interests and wishes. But this is not necessarily the case. Sometimes

medical decisions have to be made quickly before family can be consulted. Often family members disagree among themselves or with the health care professionals as to what care or treatment would be appropriate. Decisions made on our behalf are not necessarily those that we would have made for ourselves.

One way that we can ensure that our wishes, beliefs and values will be respected is to make a personal directive. A personal directive is a legal document that allows you to 1) designate someone to make decisions for you (an agent) when you lack capacity to make decisions for yourself, and/or 2) specify your wishes, beliefs and values with respect to end-of-life care. A personal directive is made when we have "capacity" (mental competency) and comes into effect if and when we lose "capacity" and become incompetent. It deals

specifically with health and lifestyle issues and does not address financial matters.

How does one create a personal directive? A personal directive can be very simple



to write. There is no precise format to follow other than that it must include your name, signature, date of signing and the name and signature of a witness. Because it is a legal document, many people chose to have it written or notarized

by a lawyer, although it is not necessary to do so.

Perhaps the most important aspect of a personal directive is the conversations you have that lead up to its creation. The intent of the Personal Directive legislation is to encourage reflection and discussion with those around you about your wishes, beliefs and values about end-of-life care so that these are respected when you are not able to express them.

It is important to note that, although a personal directive is primarily intended to address end-of-life issues, it comes into effect immediately when you become incapacitated. We all hope and assume that this will be many years from now, the result of a long, natural aging process, but this is not always the case. You might become incapacitated tomorrow in a car accident or due to a heart attack or stroke. It is important therefore that if you are con-

sidering including treatment directives in your personal directive that you are very clear of the context and parameters of your consent. One might make entirely different choices about short-term, life-saving medical interventions for when you are 55 than one would for long-term palliative care decisions for when you are 85.

Because a personal directive is so easily made, you may want to consider updating your personal directive regularly, so that it can reflect your current situation and values. It will also encourage you to keep talking with your family, physician and agent about what is important to you and how you want to live out your life.

For more information or direction in writing a personal directive, contact a personal directive specialist at the Office of the Public Guardian (427.0017) or visit the website at [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca).

## Health & Wellbeing

By Grade Three, Norwood School

At Norwood School every class takes part in morning exercises on a daily basis. The entire school meets in the gym and staff members take turns leading the exercises. Each staff member chooses the music and com-



MORNING EXERCISE IN THE GYM AT NORWOOD SCHOOL

compiles approximately 15 minutes of exercises that include a warm up, aerobic-type activities and a cool down. The students help to lead these exercises and recently our pre-school class has joined our activities. Not only does this set an excellent example for parents and visitors to our school, showing them the value of daily exercise, but the students have come to rely on this active beginning to their day. The variety of music and the different exercises have motivated even the most reluctant participant, providing something for everyone!

There are a number of other ways our class and our school stay fit. The Grade Three class has completed a unit on Nutrition and has learned how to make appropriate choices in their eating habits. We are fortunate to have a Public Health Nurse

at our school on a regular basis who provides information and advice on leading an active lifestyle. Nurse Jan Kostek encourages all the students to "keep moving." She also provides information about diabetes prevention to each class. Last year our class won pedometers by participating in a contest and was very interested in seeing if they could walk 10,000 steps a day! Soccer is a favorite

pastime with the Grade Three class. They play every recess, even in the winter, and the students are very keen to join the soccer and floor hockey intramural clubs. Right now in our physical education class the Grade Threes are taking part in circuit training exercises. We set up about eight stations around the gym and the students work at them for one minute each. Each station addresses a different type of exercise that allows students to participate at their own fitness level.

As you can see, the students and teachers at Norwood School are concerned about health and wellbeing in all areas of our daily lives and the opportunities are provided to encourage everyone to get fit!

Mrs. Groff and the Grade Three Class, Norwood School

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## New School Initiative Keeps Students On The Go

By Carrie Mcfadzean,  
Examiner Staff

Joshua Raymond is the poster child for the province's new daily physical activity initiative. The Grade 8 St. Alphonsus student spends much of his spare time exercising at school.

The 13-year-old even came to use the school's equipment three days a week during the summer in his bid to become more active. "I only missed two days," he says. For his summer effort, the teen won a mountain bike for being the most physically-active student.

Offering rewards is just one of the ways schools are encouraging children to become more active in response to a provincial government initiative requiring physical activity be accessible to students 30 minutes each day.

That's not a stretch for staff at St. Alphonsus, located at 11624-81 Street. In fact, the school schedules at least 30 minutes of physical education for its kindergarten to Grade 9 students each day.

"Our focus has always been daily physical activity," says Brent Bradford, St. Alphonsus's physical education specialist. With two gymnasiums in its facility, getting everyone in isn't a problem, says Bradford.

Keeping kids interested,

is another story. To that end, staff members at St. Alphonsus are using creative approaches. During the winter months, the courtyard, located at the centre of the school, is flooded to create a large ice surface. Students can borrow or bring their own skates to glide around the area.

Creative elements are also incorporated into phys. ed class. The school purchased a giant Omnikin ball, at least four feet in diameter, that students use in cooperative games.

Additionally, the stage in one of the gymnasiums has been transformed into a workout facility, furnished with brand new equipment. Open before and after school every Monday, Wednesday and Friday, the centre is open for junior high students as well as their families.

"We feel it's a service to our community and students that they might not normally have," says Bradford. And, it's well used. Dozens of people can be found at any time of the day using the workout equipment, he says.

Raymond works out for an hour and a half, three days a week. He often brings his mom, dad and older brother with him. Since he started working out, the teen has lost 23 pounds. He also plays volleyball and is a member of the school softball team.

"(Activity) gives you a better life-

style, makes you feel better and you live longer," says Raymond.

St. Al's principal Kim Brophy says the province is sending the right message with the new initiative. "We have a very important role to provide a good balance for them with physical education, the mind and nutrition," he says. Many of his inner city students wouldn't have the chance to participate on sport teams if it weren't for the school, he adds.

Kate Chegwin school, located at 3119-48 Street, is also finding different ways to include physical activity into daily life. Principal Darrel Robertson says it's all about variety and choice at his junior high. The school has organized a central place where students can find what activities are being offered before and after school, and during lunch. "There might be dancing at lunch, cricket for kids or intramural programs like flag football," says Robertson. "We're trying to appeal to a wide variety of interests." He also feels the province is setting the right example by mandating daily physical education. "It is fundamentally important for all of us to be fit for life," he says.

Edmonton Examiner

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PHOTO BY TIM SMITH



*Students exercise with a giant Omnikin ball. The school looks for unique ways to include physical education in the daily curriculum.*

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## Can Exercise Be Meaningful?

Many people start an activity program because they know they should - because it's good for them. But few people will stick with their routine for this reason alone.

"Most people will not exercise solely for the sake of their arteries," says Dr. Stanley Brown, a recently retired professor of physical education from the University of British Columbia. "Physical activity should be adventurous and attractive. It should make you feel fully alive."

In the 1990s, many of us are concerned with quality of life - protection of the environment, overall health, and rewarding and meaningful endeavours. Exercise as it was perceived until recently seemed perhaps too mechanical to fit in this holistic picture.

But in their quest for meaning, some men and women are now taking exercise off the "frivolous" list. They are discovering

the potential of physical activity to help them experience a greater well-being. They find an activity they enjoy, stay with it for a while, and then begin to experience some very special feelings.

*Physical activity is intimately related to other parts of our lives.*

One avid walker writes, "I enjoy the very feel of my body and its rhythms, and the love affair that developed between myself and prairie skies, country roads, grass, ponds, and winds."

Yevgeny Yevtushenko, a Russian poet who loves the exhilarations of rock climbing, offers this experience: "I like the feel of the rope binding me to my comrades somewhere near the clouds. I like to feel the sensation of conquering the sky, although, in the final analysis, it always wins

the victory over us."

These are special feelings, and all of us can experience similar joys. Physical activity is intimately related to other parts of our lives. It can help us to enjoy the natural wonders around us, build friendships, or take time out to re-create our inner selves. Almost all who stop an activity do so for the same reason. They find no joy, no play, no meaning in their activity.

Find the right activity and the time you set aside for it will become a cherished part of your day. And you'll soon understand what George Sheehan meant when he said, "I travelled the whole world looking for adventure, and found it in my own body."

Tips For Being Active taken from The Canadian Fitness and Lifestyle Research Institute website ([www.cflri.ca](http://www.cflri.ca))

## Seniors & Health Care

### DENTAL ASSISTANCE

Dr. Pagliuso, a local dentist, has some special information about dental care for seniors. "A lot of seniors are covered for dental services. Some up to 100% and don't know it," says Pagliuso. Last spring, the Government of Alberta came out with the Dental Assistance for Seniors program which provides low-to-moderate income seniors with financial assistance for basic dental services. The program provides up to \$5000 of coverage per person every five years and is based on income. For more information on this program contact Dr Pagliuso (477.3831), your own dentist, or the Government of Alberta.

### HEALTH CLINICS AT THE CENTRAL LIONS SENIOR CITIZENS RECREATION CENTRE 11113-113 Street Ph: 496.7366

#### Blood Pressure Clinic

2nd Wednesday of the month; 10:00am to 3:30pm.  
Free. Drop-in.

#### Denturist Clinic

2nd Wednesday of the month; 11:00am.  
Service provided by the Edmonton Denture Clinic. No charge.  
Appointment needed - call 496.7366.

#### Foot Care Clinic

Every 2nd and 4th Tuesday; 1:00 - 3:30pm.  
\$25 per treatment, appointment needed - call 496.7366.

# Capital Health Link

Capital Health Link is a 24-hours a day, seven days a week telephone health advice service answered by registered nurses that anyone in the Capital Health region can access. Our goal is to give health care consumers a greater role in managing their own health so they can make informed decisions about their health situations and what health care resources to use from their own homes. The result is a more knowledgeable public, fewer hospital visits and healthier communities.



Both the website ([www.capitalhealth.ca](http://www.capitalhealth.ca)) and phone service let you find out about Capital Health services, get information on a wide range of health topics, or find a family doctor who is taking new patients. The phone service also gives you an opportunity to speak personally with a registered nurse, access your immunization records, praise Capital Health staff or make a complaint.

Health region can access. Our goal is to give health care consumers a greater role in managing their own health so they can make informed decisions about their health situations and what health care resources to use from their own homes. The result is a more knowledgeable public, fewer hospital visits and healthier communities.

This is how it works: 24 hours a day, seven days a week, anyone with a health

The Wellness Wheel is a tool used to assess the balance in your life. It serves as a focus of reference for balancing our health and wellness. Health promotion efforts are geared toward maintaining balance between the six dimensions of wellness and health: physical, spiritual, social, occupational, emotional, and intellectual.

Physical wellness encourages participation in regular physical activities that improve cardiovascular strength and endurance, flexibility and muscular strength. This dimension involves understanding and appreciating the relationship between sound nutrition and how the body performs. It involves practicing medical self-care for minor illness and knowing when professional medical attention is needed.

Spiritual values and ethics involves seeking meaning and purpose in human existence. Development in this dimension

includes developing a deep appreciation and acceptance for things that cannot be completely understood. It involves the tolerance of values and beliefs of others and participating in activities that are consistent with personal values.

Intellectual wellness encourages continued learning, problem solving and creativity. This dimension involves improving verbal skills, keeping abreast of social and political issues and reading books, magazines, and newspapers.

Social, Family, Community and Environmental wellness encourages taking an active part in improving the community by supporting a healthy living environment and initiating better communication with others. This includes contributing time and/or money to community projects, participating in recycling and other conservation efforts and developing harmony within your family.

Emotional wellness involves feeling positive and enthusiastic about ourselves and life, in general. Development in this dimension includes recognition of feelings and the ability to manage feelings, being able to develop autonomy, maintain satisfying relationships and the ability to cope with stress.

Occupational and Vocational wellness is one's attitude about work and career. This dimension involves preparing for and participating in work that provides personal satisfaction and life enrichment. This dimension includes continued development of occupational skills, finding balance between work and leisure activities, participating in paid and volunteer activities and finding challenging work.

Take the "How Wellthy Are You?" Wellness assessment on the Wellness website at [http://www.mckinley.uiuc.edu/Units/Health\\_Ed/wellthy\\_quiz.htm](http://www.mckinley.uiuc.edu/Units/Health_Ed/wellthy_quiz.htm)



THE WELLNESS WHEEL

### COMMUNITY LEAGUE INFORMATION:

**Alberta Avenue**  
9210-118 Avenue  
Ph: 477.2773  
Meets 2nd Tue at 7pm  
Hours: Wed 11am-6pm

**Delton**  
12325-88 Street  
Ph: 477.3326  
Call for meeting times

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

**Elmwood Park**  
12505-75 Street  
Ph: 479.1035  
Call for meeting times

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

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

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



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

### Respect Your Neighbour

In Canada, our Charter of Rights and Freedoms guarantees certain fundamental freedoms:

Section 2 of the Charter states that everyone shall have:

- (a) freedom of conscience and religion;
- (b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;
- (c) freedom of peaceful assembly; and
- (d) freedom of association.

Section 12 also states that everyone has the right not to be subjected to any cruel or unusual treatment or punishment.

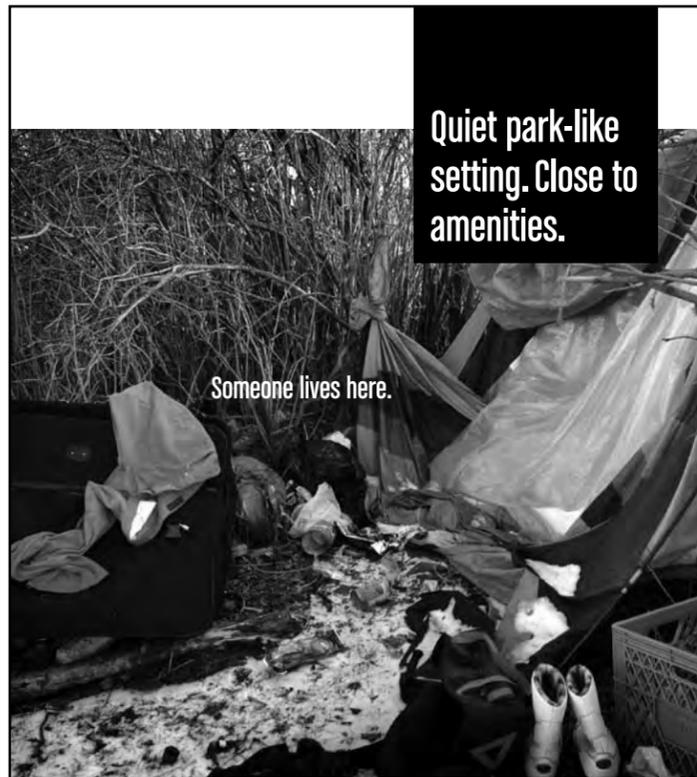
However, there are generally accepted limits, particularly when we know, or ought to know, that the careless exercise of our right to free speech may be viewed as extremely hurtful or insulting to others.

Certainly, it is wrong to even joke about hijacking in an airport or to shout "fire" in a theatre. Freedom of speech and expression does not extend to written obscenities or swastikas on churches of any denomination. While editorial cartoons are seldom complimentary to their depicted subjects, most editors, fortunately, screen them sensibly for limitations to mitigate hate and harm.

If we want to be part of any community, let alone the world community, it is inappropriate to insult our friends and neighbours. Canadians want to be seen as tolerant and respectful of all cultures within our community and globally. To these ends, the Prime Minister's sentiments, regarding the controversy over publishing cartoons offensive to Muslims, merit respect: "I regret the publication of this material in several media outlets. While we understand this issue is divisive, our government wishes that people be respectful of the beliefs of others. I commend the Canadian Muslim community for voicing its opinion peacefully, respectfully and democratically."

Fortunately, when interpreting these rights and responsibilities, most Canadian editors will consider their broad-based constituency and act appropriately to respect the rights and sensitivities of all. Canadian society benefits from this respect for our domestic and international communities and for their reasonable constraint.

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Homelessness. To help or to get help call 211.

## Eastwood Public Health Centre

Eastwood Public Health Centre  
7919-118 Avenue 413.5645  
Hours: Mon-Fri 8:30am - 5:00pm

For a full list of services offered call the centre or visit [www.capitalhealth.ca](http://www.capitalhealth.ca) and select "Hospitals and Health Facilities" then "Public Health Locations" then "Eastwood."

### Pregnant? No Doctor?

Drop by Eastwood Public Health Centre (7919-118 Avenue) on Tue, Wed or Thu afternoon between 1pm and 4pm for the community perinatal program where a community health nurse and doctor team can care for you while you are pregnant. It's easy to get to, friendly and flexible and free! Call 413.5644 for more information.

### Health for Two

Health for Two offers prenatal information, food supplements and support to at risk women during their pregnancy and fol-

lowing the birth of their baby. Women in the program often have risks to a healthy pregnancy such as teen pregnancy, low income, poor nutrition, smoking, substance use or violence in their relationship. Alberta Health Insurance not required. Ask at reception desk for more information.

### Upcoming Prenatal Classes at Eastwood

6 Mondays nights:  
Feb 27 - Apr 3 OR Apr 24 - May 29 OR Jun 12 - Jul 17  
Call 413.7980 to register.  
Cost: \$65.00. Fee reductions are available for low income women.

Prenatal education is for first time parents, second time moms who have waited more than five years to have another child or first time dads. Classes include information on pregnancy, preparation for labour, birth and breastfeeding and care of the newborn.

It is recommended that the course be taken at the beginning of the third trimester but you can take the course earlier in your pregnancy. Classes fill up quickly so register early.

These classes are also offered in different languages by the Multicultural Health Brokers of Edmonton.

### Drop-In for new mother/families and infants

Opportunity for mothers/families to "drop-in" to Health Centre without a scheduled appointment to meet with a Community Health Nurse "one on one" to discuss health issues or concerns regarding their infant or preschoolers health (e.g. growth, nutrition, common health concerns) or parenting issues.

### Immunization

Wednesdays drop-in if your records are at Eastwood; otherwise by appointment.

## Excuses, Excuses

There are all kinds of reasons why we're less active than we should be. Excuses some people might call them – but real or imagined they may serve as obstacles to a more active life.

The Campbell Survey on Well-Being in Canada, conducted by the Canadian Fitness and Lifestyle Research Institute, found that the biggest perceived obstacles to physical activity are lack of time, lack of self-discipline, lack of a partner, and lack of ability.

The Alberta Recreation, Parks, and Wildlife Foundation – one of a number of organizations across the country involved in this important field – has been working hard to motivate residents of that province to overcome these obstacles and adopt more active lifestyles. Here are some suggestions based on their experience.

Lack of time. Some research now shows that leisure-time activity using as little as 500

extra calories a week has important health benefits. This doesn't require much time. A daily 15-minute walk will do it. So will one 75-minute bike ride. Or two hours of gardening.

Lack of self-discipline. Many people start an activity program because it's good for them. The real secret is to find activities you enjoy. Do this, and you won't have to coax yourself to be active.

Lack of a partner. If self-discipline isn't a problem and you don't mind (or you even enjoy) being alone, then choose activities you can do by yourself. But if you enjoy the socializing, make sure your activities allow for it. Join a class or arrange your schedule so you can be active with a neighbour or friend.

Find activities you enjoy, and you'll soon discover how easy it is to fit them into your day. You might even come to say, "Those weren't obstacles at all. I was just making excuses!"



### AVENUE INITIATIVE REVITALIZATION

## STRATEGY UPDATE

**The Avenue Initiative Revitalization Strategy was passed at City Council and is in the beginning stages of implementing the goals and actions. Five Working Groups and a Steering Committee are overseeing the implementation of the Strategy. The Working Groups have met to begin prioritizing the goals and actions. It won't be long before you start to see things happening on the Avenue!**

**There are many opportunities to get involved! Join a working group of interest to you; they meet once a month to work on the actions set out in the Strategy. Or come out to one of the several open house community meetings throughout the year.**

### WORKING GROUPS

#### 1. Safe Streets

##### meets 3rd Tuesday (March 21)

This group is working on increasing community safety. Some of the actions include: hosting a Community Crime and Safety Open House, increasing safety in parks, implementing programs such as neighborhood Watch and Block Parents, and working with By-Law for better enforcement. The Safe Streets Committee will work closely with Constable Pat Tracy, the new Community Liaison Constable, to look at ways to reduce crime and increase safety of community residents.

#### 2. Streetscape

##### meets 1st Monday (April 3)

This group is responsible for putting together the "pattern book" for the Avenue Streetscape. They are in the process of choosing the style of pedestrian lighting for 118 Avenue. The community will have lots of opportunity to give feedback on the final look or theme. The Streetscape Working Group will use public input to work with the City to determine how the Streetscape proceeds.

#### 3. Beautifications and Cleanliness

##### meets 2nd Wednesday (March 8)

This group is looking at ways to help clean up

the area. During the month of May, they will be spearheading events such as a Large Item Pick-Up, working with the City to increase the level of service to clean up streets and working with the BRZ on their annual "Clean Sweep".

#### 4. Programs and Services

##### meets 2nd Wednesday (March 8)

This group's actions include looking at ways to increase people's access to information on existing programs and services and to implement community-based events. The focus over the next few months will be to work with the local arts community and to promote or host Block Parties this spring and summer.

#### 5. Development and Revitalization

##### meets 1st Wednesday (April 5)

This group is in the process of learning about how the City Planning Department works and what kind of zoning is possible. The first step is to look at what the current inventory is and what changes in zoning could be made to help ensure positive development.

**If you are interested in joining one of the Working Groups or have any questions please email me at [judy.allan@edmonton.ca](mailto:judy.allan@edmonton.ca) or call me at 496-1913.**

# Don't Let Mental Illness Get in the Way of Healthy Living - Austin Mardon's Story

By Patricia Dunnigan

For many a diagnosis of schizophrenia would mean a life of diminished abilities and choices. Not for Austin Mardon.

The disease manifested itself thirteen years ago, following a six year career as a geographer. Austin joined the successful Antarctic Meteorite US Recovery Expedition on Beardmore Glacier in 1986 where he spent two grueling months in a tent. Seven hundred meteorites were found. He traveled to Moscow in 1991 in an attempt to generate interest in mounting another expedition. While he was there he was incarcerated and interrogated by Soviet intelligence officials. As a result he suffered from a second incidence of post-traumatic stress disorder and he was diagnosed with schizophrenia shortly after.

Once his health was stabilized through medication, he began to dedicate his life to schizophrenia awareness and has given one hundred and fifty talks on the subject. Dr. Mardon describes it as a social disease that affects 1% of the population. Many who are diagnosed have a hard time accepting their condition because of the stigma

attached to mental illness. This can lead to a refusal to take their medications, psychotic episodes and for many, homelessness or death.

Austin believes that the primary duty of the schizophrenic is to be well. Once this is achieved they can make a contribution to society. What often happens is that when their condition is stabilized through medication, they appear healthy and then they face external pressure.

"People expect them to return to work 50-60 hours a week. This produces stress and makes them sick again."

This Alberta Avenue resident is a scholar, writer, and the recipient of several decorations for his contributions to the fields of geography and schizophrenia awareness, including the Alberta Centennial Medal in November 2005 – nominated by Peter Goldring, the Queen

Elizabeth Golden Jubilee Medal, the Governor General's Caring Canadian Award personally presented by Rt. Hon. Adrienne Clarkson in 1999 and the United States Antarctic Service award.



However, he has not been able to be employed for the past fourteen years. He believes that it is important for other schizophrenics whose conditions have stabilized to stay active, to remain in contact with others and to make a contribution. He has done this by publishing a book on his experiences in the Soviet Union, and co-authoring and publishing forty-eight scholarly books and one hundred peer reviewed

articles with his retired father.

Austin has coped with his disease and is living with optimal health and well being. He moved to Alberta Avenue in 2001 chiefly because it was affordable. He later found surprises that he hadn't expected. "There is a sense of community here that you don't find elsewhere, not that there aren't any problems. In addition, the access to public transportation is better than anywhere else I have lived in the city."

I asked him about his "stress-busting" strategies. His primary message is: "Keep life simple".

1. He doesn't own a car and is healthier as a result. He has more money to spend on things that are important to him.
2. He receives the Assisted Income for the Severely Disabled pension and tries to live within his means.
3. He walks as much as possible.

4. He belongs to a strong faith community at St. Alphonsus Catholic church and goes to mass there twice a week.

5. He got married in January 2006 - Congratulations Austin!

6. He maintains a loving connection with his family

7. He volunteers in the community

This sounds like a recipe for healthy living that would benefit anyone. It includes the physical, emotional, mental, spiritual and societal aspects of life.

Austin's current passion is his contribution as Communications Representative to the National Board of the Champion Centre, a housing project for homeless and mentally ill adults. Two facilities are currently running in the province, the first in Ponoka and the second in Medicine Hat. The Board is trying to gain support for a facility in Edmonton.

It seems sad that mental illness is not recognized and better accepted. Most people will experience some form of it at one time or other in their lives. We need courageous people like Austin Mardon to help teach us all to live meaningful and joyous lives.

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Worship: Sundays 11am  
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Ph: 463-5950  
**All Welcome**

# On the Streets

## Part one in a series on prostitution

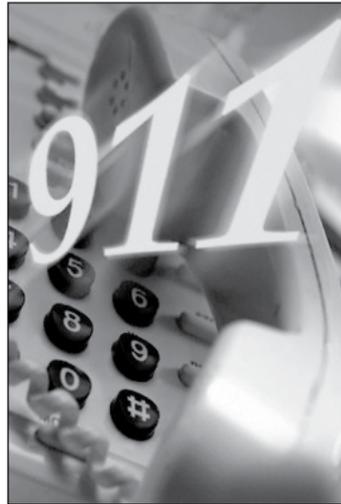
By Dawn Freeman

It may surprise you to know prostitution itself is not illegal. It is the communication in public for the purpose of prostitution that is against the law. So if a person can't be arrested for standing on a street corner, what can the police do to help curb this "oldest" of professions?

The police used to give prostitutes loitering or littering tickets, but that didn't get them away from the environment leading to prostitution and those kind of tickets just clog up the court system. So now the police try to know who is working on the strip they patrol, and to catch them if they are doing more than just "working." When a criminal arrest is made then some other options come into play.

Last year, the Downtown Division Beat members ran a very successful joint project

called "Girl Interrupted" aimed at giving prostitutes who were charged with a criminal offence access to the services they need to change their life. Fifty-four



people went through the program and at least one has credited it with getting her off the street.

And what do the police want residents or business owners to do when they see prostitutes? Here is what Constable

Norman Cameron, a beat cop for Alberta Avenue, has to say:

"If we get a resident call about a prostitute we will send a car to talk to the girl. It's a low priority though, so depending on how busy we are it might take some time. It is good to get the information however because we like to keep up with who is working on our streets."

Cameron adds, "If a call is made that an indecent act is happening in a public place – and a car is considered a public place – then that is a higher priority. It's a crime-in-progress."

If the police see the act take place they can then arrest the individuals. If they don't arrive in time, but a witness is willing to make a statement and go to court then they can still arrest the people involved. Cst Cameron advises, "You don't need to confront them though. Make the call and then leave it to us."

**Report-A-John and Report-A-Prostitute online:**  
[www.police.edmonton.ab.ca](http://www.police.edmonton.ab.ca)  
(under the heading *In Your Community*, click on *Crime Prevention then Prostitution Edmonton Resource Centre*).

**A Report-A-John phone number is being established soon. In the meantime call Eastwood Community Station at 496.8502 or Avenue Beat 421.2091 or Norwood Beat 421.2038 and ask them to forward the info. to vice.**

**For a police response call the dispatch line at 423.4567 or on your cell phone dial #377 (Telus) / \*377 (Rogers)**

Welcome to the world of law and order! Rat Creek Press is pleased to introduce a new regular column that will deal with police and policing issues related to our community.

We are all dedicated to making our community a safe place for everyone to live and work in and the police are definitely a part of the puzzle. So let's try to understand more about them. If you have topic ideas or questions about policing let us know. We will try to find out the answers for you. Anyone interested in helping with researching and writing these columns please contact us.

# Project SNUG: Helping prostitutes get off the street

## Part two in a series on prostitution

By Dawn Freeman

Imagine you are a prostitute working on the street and you get caught in a police undercover sting operation. But instead of just being charged and fined or thrown in jail, you get asked a question.

"Do you want to get off the street, and what do you need to do it?"

This is the new interventionist approach used by the Edmonton Police Services Vice Unit – the department directly involved in dealing with prostitution. In conjunction with Safedmonton, P.A.A.F.E. and other community partners, the Vice Unit has put into action Project SNUG in their last three sting operations.

"Strict enforcement is not the answer; it doesn't deal with the underlying issues that cause

prostitution. Our aim is to keep street prostitution to a level of tolerance that the community can stand, but it is also to protect the exploited. Being able to offer immediate intervention through Project SNUG lets us do that," says Staff Sergeant Brian Nowlan of the Vice Unit.

Intervention involves addressing the reasons why a woman is prostituting herself such as needing money to buy food or pay an overdue bill, lacking adequate and safe shelter, or addiction issues. The social workers involved in the project try and get the women the help they need to stay off the streets.

So far the figures show amazing results. In June 2005, 20 prostitutes were charged in one night and ten took advantage of the intervention. Of those ten, seven are still off the

street. In October 2005 it was offered again over four nights. This time 60 prostitutes were charged and 30 took advantage of the intervention and, again, 75% of those are still off the street. In the latest sting operation in January 2006, 30% of those charged took the intervention option. All the prostitutes who accept help are monitored to see whether they return to the street or not.

"All of us that work in Vice feel great that we can offer these women an option," says Nowlan. "But we are still very interested in going after the johns."

Nowlan doesn't believe that legalization of prostitution is the answer. Instead he thinks it should be made illegal to purchase sex – putting the emphasis back on the johns, like they do in Sweden. Bill 206 – the Seizure of Johns' Vehicles – will

begin to do just that. This Bill is approved and hopefully coming into effect this year, and it has some teeth.

"We are very excited about this [new legislation], we know it has already been used in Manitoba to great effect. If you are criminally charged and you don't qualify for John School then your vehicle will be sold. End of story. This should be a strong deterrent."

But the police still want citizens to help by passing on information about Johns and prostitutes.

"If you see a vehicle stop and pick up a prostitute, write down the license plate number and call the plate number into us. We'll send them a letter and that might shake them up enough to never do it again."

And if it doesn't, they might be the first to lose their car.



**Prostitution makes victims of us all.**

*It takes it's toll - on families, communities, children & their playgrounds. It brings with it drugs, violent crime, disease & death that we all pay for one way or another. Everyone suffers when prostitution thrives.*

For more information call "The Health Line": 427-4835 ext. 5000

**DAFE** Prostitution Awareness & Action Foundation of Edmonton  
Phone: (780) 471-6137 Fax: (780) 471-6237  
paafe@telusplanet.net

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Avenue Vineyard Church  
2nd Floor,  
11726 - 95 Street

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# Become A Master Composter/Recycler!



By Carol Cooper  
Master Composter / Recycler  
Program Graduate

**Is keeping our environment clean important to you? Do you want to make a difference? Curious about composting, recycling and garbage?**

I thought I was already pretty responsible as I was composting, using my blue bag and giving away unused household items. Then I took the **Master Composter/Recycler Program** with the City of Edmonton and learned about the dangers that garbage men face on their daily rounds, saw how most people flippantly toss toxic materials into the garbage without thinking and got a tour of the Waste Management Centre including the City Composter.

Edmonton is a leader in Waste Management (reduce, reuse, recycle and recover) but to be honest it is each one of us who really makes the system effective as we make simple, personal decisions at home, work

and play. There are lots of ways we can change and improve our part of the process. Remember garbage is a real part of our world.

I learned not only does composting fruit & veggie trimmings, leaves and garden waste improve your lawn and garden – it reduces pollution, wear and tear on roads and City costs when the trucks make fewer trips. Taking this course has turned things topsy-turvy at times – I'm making lasagna gardens outside, keeping worms in the basement and continue to be astounded that plastic pop bottles are recycled into fluffy, warm fleece fabric.

The **Master Composter/Recycler Program** is free and in return you are asked to volunteer 35 hours. For me, this has been the fun part! I have worked at the John Janzen Centre; helped with the Community Garden Network; learned about native prairie plants from the Edmonton Naturalization Group; talked about Waste Management at the Home & Garden Show, Renovation Show and Seedy Saturday; and watched the quiet wonder of a little girl as she held her first worm during a worm composting presentation.

In addition, I have taken part in a garden tour to see how others are recycling, composting, using rain collection systems, feeding their soil organically instead of using chemicals and attracting butterflies and ladybugs. I have met truly "down to earth" people who care about the earth, what we grow and what we throw out. I have a deeper understanding of the many ways we can reduce our impact on the earth and learned the meaning of each of the cornerstones – reduce, reuse, recycle and recover.

Sign up for this years course, learn, have fun and make our city a little bit greener.

**A FREE 40-hour Master Composter/Recycler Course, April 18 to May 6**

The course runs on Tuesday and Thursday evenings and all day Saturday over that 3 week period. Application deadline is March 28.

To apply online, visit [www.edmonton.ca/waste](http://www.edmonton.ca/waste). For more information contact Rena Unreiner at 496.5991 or at [rena.unreiner@edmonton.ca](mailto:rena.unreiner@edmonton.ca)



PAAFE

## In Our Own Words:

**How Families are Hurt When Loved Ones Are Involved in Sexual Exploitation.**

"It is hard to put into writing or verbalize how many emotions a person goes through when their child is involved in the world of drugs and prostitution. I always knew that I wore a lot of hats in my lifetime but I never believed I would wear the hat of someone whose child made decisions that could kill them.

There is the sadness, profound at times – sadness that you can do nothing to help your child, particularly making them care about what happens to them, sadness that there is a possibility your child may die.

There is hope, fleeting at best – hope that this time she is home to stay

There is anger, raging at times – anger at your child because she refuses the help that is there, anger at lawmak-

ers who can't get the drug dealers off the street, or the pimps.

There is heart stopping fear – when another body is discovered and the description or age is somewhere in the vicinity of your child

There is defeat – when you tell your child you are sorry, she can't come home this time because you can't bear any more pain and her children are suffering too much.

I believe that too few people are really aware of the amount of drug use in this city and the ripple effects it has on families, children and resources. If each addict's behaviour affects ten people, then the numbers must be pretty high, because there are many addicts.

There is little assistance for families to deal with the range of emotions and issues surrounding their children's drug use and involvement in high risk lifestyles."

## Boosting Health & Wellness – For Free!

By Howard Saunders  
Manager Sprucewood Branch  
Edmonton Public Library

Suffering the winter blahs? Feeling depressed? Stuck indoors? Eating too much? Putting on weight? Need to get out and find something to do?

Here is the answer: you go to the public library.

Huh? What am I going to find there? Ideas. Lots of ideas. Everything you need to keep you going through the winter.

Maybe you need something to do. We have books and videos on all kinds of crafts – maybe you could try *Cool beaded jewelry* by Pam Scheunemann or Joanne O'Sullivan's *Girl's world book of friendship crafts: cool stuff to make with your best friends*.

Maybe you'd like to try a new sport to get you off the couch. We have books about snowboarding, how about *Have board, will travel: the definitive history of surf, skate, and snow*, by Jamie Brisick and what about *How basketball works*,

by Keltie Thomas?

If you are not well and you need information, try the library – in person, or via your computer, with a visit to [www.epl.ca](http://www.epl.ca) and use our databases – we have a variety that you can use, such as Health and Wellness Resource Centre, Health Source – Consumer Edition or Alt-Health Watch.

The Library is very fortunate to have received a lot of new books about diabetes, donated in late 2005 by the Canadian Diabetes Association of Canada. Titles include *Canada's best cookbook for kids with diabetes* and *Conquering diabetes: a cutting edge, comprehensive program for prevention and treatment* by Anne L. Peters.

Tired of all your old recipes? We have hundreds of cookbooks, so get one and try a new variation on an old favourite. How about something from Jean Pare's *Easy healthy recipes* or *Eat, shrink & be merry! : great-tasting food that won't go from your lips to your hips!* by Janet Podleski. Diet books?

Where else would you go, but to the library? Magazines like *Chatelaine*, *Men's Fitness* or *People*? We have them – and you can borrow them.

If all else fails, then I guess there's no help for it – an evening of movies and popcorn (light, of course) could be the only answer to your mental health problems. Make sure that you get the movie for free, though, by checking out the Sprucewood Library's collection of DVDs. We recently added Flicks and Tunes to Go to our repertoire. This is a non-requestable bunch of very popular titles on DVD and CD that you've waited to see and hear. Things like *Pirates of the Caribbean* or *March of the Penguins*. You can have one DVD and one CD for one week only. Then you come back for more.

Whatever your need, you'll feel even better, knowing that the things you borrow are basically free of charge, so come on in and give your health and wellness a boost – at your public library!

# Community Programs

TO REGISTER FOR

CALL BRAD 479.2313

## SOCCER

### SOCCER SKILLS CAMPS

Coach Samadi needs more space!!!! Too many kids, too much skill, NOT ENOUGH ROOM! We have partnered with Concordia University College and now are using the HUGE gym at the College for Coach Samadi's next camp.

He brings a great blend of superior soccer skill and coaching experience in a fun and enjoyable environment. This camp focuses on techniques such as dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading.

Kids will also have a chance to play some games and tryout their new skills and techniques, as well as, meet some other players in their neighborhoods. A great way opportunity to improve your indoor soccer skills and prepare for the upcoming outdoor soccer season! No previous soccer experience is necessary.

Sunday, April 2 from 2-4pm  
At **Concordia University College Main Gym**,  
7128 Ada Blvd  
Cost: Free!

### OUTDOOR SOCCER

Our outdoor soccer program was very successful last year and this year we have recruited a couple of volunteers to assist in ensuring that soccer becomes a strong and exciting program in our neighborhoods. These volunteers are committed to mak-

ing it easy to be a soccer parent, coach or player and to seeing us develop great players in the spirit of fair play, commitment and fun! Our program will also support skill development of both players and coaches. We will continue to offer free soccer camps and clinics facilitated by quality soccer coaches such as Sasha Samadi, Head Coach of Concordia Univ. College Men's Soccer Team. One of these camps is available to all players registering for the outdoor season. On April 2, our players are invited to the spacious gym at Concordia University College for one of Coach Samadi's outstanding camps! Please call me to register for this camp or register at any of our outdoor registration dates below.

I encourage you to register your child early.

### REGISTRATION

Wed, March 15  
7-9pm at Alberta Avenue Community League  
9210-118 Avenue

Sat, March 18  
10am-12pm at Alberta Avenue Community League  
9210-118 Avenue

Sat, March 25  
9am-11am at Alberta Avenue Community League  
9210-118 Avenue

### FINAL REGISTRATION

Sun, April 2  
2-4pm at Concordia University College Main Gym



## Free Community Swims

Alberta Avenue and Parkdale community league members can swim for free at Eastglen Pool (11410-86 St) on Sundays from 12-2 pm. Call your league to buy a membership.

Spruce Avenue community league members can swim for free at the MacEwan Centre for Sport and Wellness (10700-104 Ave) Sundays from 2-5 pm. For membership or more info call Ray at 474.5354 or Verna at 479.8019.

You must present your 2005-2006 community league member card at the pool.

## ADULT FITNESS

### BEGINNER AND INTERMEDIATE PILATES

Develop core strength, mobility, improved postural alignment and coordination. Core strength is developed by using the deeper abdominal muscles and connecting these movements with the breath. It'll give you a body that is stronger, leaner, more flexible and better balanced.

8 Thursdays, April 13-June 1  
7-8 pm at Alberta Avenue Community League  
Cost: \$30.00 members;  
\$40.00 non-members  
Instructor: **Mirella Zadkovich**

### ADVANCED PILATES

8 Thursdays, April 13- June 1  
6-7pm at Alberta Avenue Community League  
Cost: \$30.00 members;  
\$40.00 non-members  
Instructor: **Mirella Zadkovich**

### SPRING BREAK ACTION ADVENTURE!

This fun filled week includes two field trips to EastGlen Pool, roaming the open fields (outdoor challenged), molding and modeling your own creative adventures (arts and crafts) and much, much more! For Children ages 6-12 years old.

Monday, March 27 to Friday, March 31; Daily from 9-4 with early drop off (8:30 am) and pick up (4:30 pm) provided; At **Bellevue Community Hall** 7308-112 Avenue.

Cost: \$85.00 per child for 5 days. Course Code: 205799 Registration closes March 22. To register please call 496.2966 or online <http://ereg.edmonton.ca>

### SPRING SURVIVAL FESTIVAL

The day is filled with fun activities including orienteering, survival challenges & extreme games for children ages 6-12.

Wednesday, March 29; 11-4 pm with drop off and pick up locations including Clareview McDonalds, O'Leary Leisure Centre, and Abbotsfield Recreation Centre.

Cost: Absolutely Free! Course Code: 205851 Registration closes March 24. To register please call 496.2966 or online <http://ereg.edmonton.ca>

## REGISTRATION

To register for any community league sports program or fitness class or to inquire:

Call **Brad MacCallum** at 479.2313 (office) or 982.3052 (cell).

**Did you know that you can work bingos at Alberta Avenue bingo for credit towards sports project activities? Call Alberta Avenue community league for more information. One bingo is worth 40\$\$\$ in program credits! OR bring cheque (made out to Alberta Avenue Community League) or cash to one of the following locations, whichever is most convenient. A receipt will be provided upon payment of fees.**

**Alberta Avenue Hall**  
Wednesdays, 11am-5 pm  
**Eastwood Hall**  
Mon, Wed or Fri, 10am-2pm  
**Parkdale-Cromdale Hall**  
Mon, Wed or Fri, 11am-2pm

See page 10 for Community League Hall addresses.

Your registration must be confirmed by payment of fees (if applicable) 3 days prior to the start of the class. Some late registrations are accepted at the discretion of the course facilitator. If you have a community league membership (from any league), you receive a discount!

## INSTRUCTORS

**Mirella Zadkovich** had her first experience with Pilates when she attended a workshop many years ago and since then Pilates has become a large part of her life-style. In July, 2004, she became certified in the mat program under the guidance of Tracy Friesen at Integration Pilates studio. Mirella has a degree in medical laboratory sciences and is involved in dance and many other areas of sports.

**Sasha Samadi** became the Head Coach of Concordia University College's mens soccer team in the fall of 2003. Since then the team has gone undefeated in the regular season for 2 years and won silver twice in the Alberta College Athletic Conference. He is originally from Iran where he played on the Youth Under 18 National Team. Sasha has excellent technical soccer knowledge and skills and an outstanding ability to communicate with children and youth.



LOOK FOR THE RETURN OF GYMNASTICS, BALLET, PRE-SCHOOL SOCCER AND BASKETBALL IN THE COMING WEEKS.

## Avenue Indoor Playground

Great toys large and small for hours of fun!

**Wednesdays from 1pm to 4pm**  
**At Alberta Avenue Hall**  
**9210 - 118 Avenue**

For children ages 0 to 6 yrs  
run, jump, climb, rock, slide, push, crawl, throw,  
balance, ride, pedal, build

For moms, dads & caregivers  
sit, relax, socialize, connect

**Free**

with your community league membership. For more info call Karen at 479-4812.

**NORWOOD CHILD & FAMILY RESOURCE CENTRE**



**Books for Babies**

Read stories and sing songs.  
For ages 12 months and younger.  
10-11:30am, Wednesdays,  
March 1 to 22. Snack provided.

**Books & Fun for Toddlers**

Explore books, play games, sing songs and do crafts.  
For ages 13 months to 3 years.  
10-11:30am followed by lunch,  
Tuesdays, Mar 14 to Apr 25.

**Books & Fun for Preschoolers**

Read stories, tell stories, sing, dance, do crafts, play games and meet other families.  
For ages 3-6 years. 1:30-3pm,  
Tuesdays, Mar 14 to Apr 25 OR  
10-11:30am followed by lunch,  
Thursdays, Mar 16 to Apr 27.

**Rhymes that Bind**

Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program

including lunch. Newborn to 3 yrs. 11:30 am-12:30 pm,  
Wednesdays, Jan 18 to Mar 22.

**Planet Norwood**

Recreation, personal development, life skills, cultural awareness, academic skills and more.  
For children ages 6-13 years.

It's FREE but please register.  
Monday to Friday, 3:30-6:00 pm  
Thursdays, 2:30-5:00 pm  
Saturdays, noon-4:00 pm

**Teen Night**

For ages 10-13 years.  
Fridays, 6:30-8:30 pm

Call and register for all programs unless stated otherwise.  
9516-114 Avenue  
Ph: 471.3737



**SPRUCEWOOD LIBRARY**

11555 - 95 Street, 780.496.7099

**HOURS**

Monday - Tuesday 10 am-8 pm  
Wednesday - Friday 1 pm-8 pm  
Saturday 10 am-5 pm  
Sunday closed

**LIBRARY PROGRAMS**

Please call 496.7099 and register for programs unless they are specified as drop-in programs.

**CHILDREN & TEENS PROGRAMS**

**Fabulous Readers' Club**  
2 p.m. Saturday, March 11  
Grades 4 and up.

**Cooking - a Recipe For Fun**  
5:30 p.m. Wednesday, March 8  
Find out how to cook a healthy meal and incorporate the 4 food groups into your daily diet.  
Ages: 10-14 years.

**YMCA at the Library**  
Drop-in 3-5pm,  
Wednesday, March 22  
Information for kids and teens on community programs and resources.

**Spring Break Turtles, Turtles, Turtles!**  
2 p.m. Monday, March 27  
From pond to pet, turtles are interesting creatures. Learn how turtles live and adapt to their environment. Ages: 6-12 years.

**Spring Break Real Reptiles at the Library**  
10:30 a.m. Tuesday, March 28  
Meet some real reptiles and awesome amphibians from the Valley Zoo and discover some cool facts about how these fascinating creatures live. Ages: 6-12 years.

**Spring Break Frogs for You and Me**  
2 p.m. Thursday, March 30  
Learn about the true nature of frogs and explore their world from folk story to fact. Ages: 6-12 years.

**Spring Break Urban Legends**  
2 p.m. Wednesday, March 29  
Discover the truth behind urban legends! Ages: 13-16 years.

**D.I.Y: Do It Yourself**  
2 p.m. Saturday, March 18  
Sugar Bear Face and Body Scrub.  
Ages: 13-18 years.

**Be-Bop-A-Lula, 60's Retro Party**  
2 p.m. Saturday, March 25  
Celebrating the era that brought us The Beatles, Dylan and Zepplin! Wear your best 60's outfit and start practicing your hula hoop moves!  
Ages: 13-18 years.

**FREE MEETING ROOM**

Sprucewood's large meeting room is bookable both during and after library hours.



COMMUNITY EVENTS & ACTIVITIES

**Local Students Need Support For Alex Decoteau Run**

The seven schools in the City Centre Education Project (Delton, Eastwood, McDougall, McMauley, Norwood, Parkdale and Spruce Avenue) will spend the day at Rundle park participating in the fifth annual Alex Decoteau Run on May 12, 2006. Five of these schools are part of the hot lunch program and as such will receive a bag lunch that day. We are looking to the members of the community to help us with funding to provide healthy lunches for the other two schools. There are approximately 600 students from Delton and Spruce Avenue in need of lunches and the cost will be \$2.20 per lunch. The run is held to celebrate the life of Alex Decoteau, the first aboriginal officer with Edmonton Police Services and to promote awareness of First Nations culture. Alex represented Canada in the Stockholm Olympics in 1912, running in the 5000 metre race. He was killed by a sniper in 1917 while serving in the 49th Edmonton Regiment. The Edmonton Police Force participates in the run with the students and the Aboriginal community is also very involved. Contact Loraine Kliciak or Gary McCorquodale at 477.8742 for further information.

**Call for Nominations for the Alberta Sports Hall of Fame**

Do you know of any local resident or team that attained a high level of excellence and brought recognition or honour to the province of Alberta in sport on a national or international level? We are looking for nominations in the following categories: Athlete, Builder, Team, Pioneer, Achievement and Sports/Broadcaster. Our area has a rich history of individuals and team in sport that deserves a place in the Sports Hall of Fame. Contact the Alberta Avenue Business Association office at 471.2602 if you would like further information.

**UPCOMING EVENTS**

**Edmonton Neighbourhood Watch Society Information And Question Session**  
Thursday, March 9 at 7:00pm  
Spruce Avenue Hall (10240-115 Ave). Attention all Zone Leaders / Block Captains in the Edmonton Central Division (Boundaries: 109 Street - East to the River. From 125 Ave, South to 109 Ave) this will be the only Session held in your area in 2006. Please make your best effort to attend.

**Stew Supper**  
Saturday, March 18 at 5:30pm  
Tickets: \$9 adults, \$5 ages 6-12,

free for 5 years and under.  
St. Andrews Presbyterian Church,  
8715-118 Avenue 477.8677

**Community Action Project (Cap) Annual General Meeting**  
Wednesday, March 22 at 7pm,  
Avenue Vineyard Church,  
2nd floor, 11726-95 Street.

**Edmonton Neighbourhood Watch Society Annual General Meeting**  
Saturday, March 25 at 1-3 pm  
Delton Community Hall (12325-88 Street). Agenda: Discuss Business of Society and financial report. Election of Officers. Positions that are up for election can be obtained by phoning 421.3428 or visit www.watch.edmonton.ab.ca

**Parkdale-Cromdale Community League Annual General Meeting**  
Thursday, March 30 at 7pm at  
Parkdale Hall (11335-85 Street).

**11th Annual Community Garage Sale**  
Thursday, April 27 to Saturday, April 29 hosted by the Spruce Avenue Community League at the hall (10240-115 Avenue). This is an opportune time to turn your unwanted items into cash. Tables are available for \$10.00 for the 3 day event. Call Verna @ 479.8019 to reserve your table.

**ONGOING ACTIVITIES**

**Preschool Indoor Playground**  
Wednesdays, 1-4 pm at  
Alberta Avenue hall (9210-118 Avenue). Drop-in with your children 6 years under. For more info contact Karen at 479.4812

**Improve Your Public Speaking With Toastmasters**  
Learn public speaking and communication skills in an encouraging, supportive and friendly environment with Norwood Toastmasters Club on Thursdays, 8-10pm at the Norwood Legion (11150-82 Street). This is strong well-established club with diverse membership. Call Pauline 430.8774 for more information.

**Argentine Tango Dance**  
Lessons: Sundays, 6-8 pm;  
Practice: Sundays 8-9 pm.  
\$5/person per class. Come by yourself or bring a friend.  
Parkdale Hall (11335-85 Street).  
For more info call Cindy or Vance at 440.2455

**Traditional Swordsmanship**  
Tuesdays & Thursdays, 7-10 pm at Parkdale Hall (11335-85 Street) use back door. \$50/month; visitors welcome. By the Academy of European Swordsmanship, for more info call 437.9317 or visit www.the-aes.org.

**Edmonton Crossroads Church (Salvation Army)**  
11661-95 Street 474.4324

**The Sal: Teen Drop-in**  
Tue-Fri, 3:30-5pm.

**Christian 12 Step Group**  
Mondays, 7:45pm.

**Ladies AA Meeting**  
Tuesdays, 8pm.

**Open AA Meeting**  
Thursday, 8pm.

**The Haven: Food & fellowship**  
Fridays at 7pm.

**Worship Service**  
Sundays, 3pm & 6pm.

**Fellowship, Coffee & Snacks**  
Sundays, 4:15pm.

**St. Faith's Anglican**  
11725-93 Street 477.5931

**Thursday Service & Lunch** 12pm

**Breakfast** Saturdays, 8:30-9:30

**AA Meeting** Saturdays, 2pm

**Sunday Service** 11am.

**Women's Supper & Fellowship**  
2nd Thursday of the month (March 9) at 6pm.

**Community Supper**  
3rd Friday of the month (March 17) from 5-6:30pm.

**St. Andrews Presbyterian Church**  
8715-118 Avenue 477.8677

**Sunday Service** 11am

**Edmonton Urban Native Ministry** At St. Andrews  
8715-118 Avenue Drop-in centre  
Tues-Fri from 10am-4pm.