

your free **COMMUNITY** newspaper

ALBERTA AVENUE
DELTON
EASTWOOD
ELMWOOD PARK
PARKDALE
SPRUCE AVENUE
WESTWOOD

RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 8,500

PH: 479.6285 EMAIL: info@ratcreek.org

Rat Creek Press wins crime prevention award

TRACEY COMEAU

The Rat Creek Press collected its first ever award at this year's Alberta Solicitor General and Public Security Crime Prevention ceremony held on May 19.

The awards were divided into the categories of youth leadership, individuals, community organizations, businesses, media, and police members. There were 14 awards given out.

Nominated in the media category, the Rat Creek Press received the award for serving as the voice of north central Edmonton and giving the public a medium with which to share information on issues concerning the community.

"It's nice to have our work recognized," said Karen Mykietka, the Rat Creek Press' managing editor. "We don't write with awards in mind; we write with our community in mind. But it's nice when the two come together like that," she added.

Candidates for the award had to be nominated by a third party, as well as receive letters of support. The Rat Creek Press was suggested as an award



MEMBERS OF THE RAT CREEK TEAM AT THE CRIME PREVENTION AWARDS. FROM LEFT: JOY DYCK, CHERYL WALKER, KAREN MYKIETKA AND DAWN FREEMAN

recipient by Safedmonton, a branch of the city government

that focuses on reducing and preventing crime in the community.

"We really wanted to support work that is creating awareness... giving a voice to communities," said Wendy Walker, a representative for Safedmonton. "The Rat Creek Press was one of the first names put forward, and we were all in agreement that we wanted to support the nomination." Also among the award

winners was the Community Action Project Development Team (CAP), well known for lobbying for the removal of the Cloisters Apartments. The team's great work and effort proved fruitful when the apartments came down, to the collective sigh of relief from the Norwood community.

Harvey Cenaiko, Alberta's solicitor general and minister of public security, applauded the awards recipients.

"You are there for your community... you are there for your neighbours," Cenaiko said. "The cream always rises to the top."

The annual awards ceremony is held during the Alberta Crime Prevention Week in mid-May.

Notorious Cloisters site to be redeveloped into owner-occupied housing Habitat for Humanity gets the nod to build on Trust Fund lots in Norwood

CAP DEVELOPMENT TEAM

Habitat for Humanity Edmonton will build three triplexes on the old Cloisters apartment site at 114 Avenue and 96 Street after being named the successful bidder by the Edmonton Housing Trust Fund (EHTF).

The announcement, made May 1, comes after almost three years of concerted efforts by the neighbourhood through the Community Action Project (CAP), as well as pressure from Capital Health and the Edmonton Police Service to have the problem Cloisters apartment buildings closed down.

The two buildings, owned by Aboriginal Partners and Youth Society since 2001, were taken control of by EHTF in 2004 and then emptied of tenants. On April 17, 2005, the buildings were demolished.

The Edmonton Housing Trust Fund, working together with CAP, came up with two agreed-upon goal statements:

- To redevelop the site into a safe, healthy, crime-free, non-violent part of the neighbourhood, and
- To have a mutually accountable, supportive relationship for current and future projects in north-central Edmonton.

After neighbourhood consultation through CAP, the Trust Fund issued a call for proposals in December 2005. Habitat for Humanity was the successful applicant from five proposals submitted. Norwood community residents provided their thoughts on the proposals at a public meeting held in January 2006.

"We worked with the neighbourhood to find a suitable use for the land once the demolition had been completed.

The Trustees are extremely pleased with the proposal presented by Habitat for Humanity. We believe it meets the needs of the neighbourhood and provides housing targeted in the Edmonton Community Plan on Housing and Support Services 2005-2009," said Carol Murray, Chair of the EHTF.

The Edmonton Housing Trust Fund will transfer ownership of the lots to Habitat for Humanity and they will construct three, two-storey triplexes featuring a minimum of three bedrooms each.

"As we move forward on the revitalization of this parcel, we fully expect Habitat for Humanity will engage the residents of our area and build on these goal statements to enhance our neighbourhood's character through owner-occupied homes," said Parker Hogan, a member of the CAP Development Team.



THE CLOISTERS APARTMENTS COMING DOWN LAST SPRING

Alfred Nikolai, President & CEO of Habitat for Humanity Edmonton said, "We have agreed to the terms and conditions of the transfer, but have not yet signed the contract."

That is expected to occur in the near future. Nikolai added that Habitat plans to start construction of at least one triplex in August, to be finished by Christmas. Depending on the availability of materials and volunteers, all three basements may be poured this year. The other two triplexes would be pre-fabricated in the winter for construction starting in spring 2007.

"This is a tremendous opportunity for Habitat for Humanity and for nine families," said Nikolai. "By building nine new homes in the Norwood neighborhood, Habitat will help to revitalize and strengthen the com-

munity. We look forward to working with the Trust Fund and Norwood residents to continue building homes and hope for families."

Habitat is working with local school officials to identify families that currently reside in the area that could be suitable candidates to be recipients of these houses.

A formal announcement about the volunteers and construction timetable for the first triplex is expected in early June. Nikolai said, "It will be very special for us and for the city, and we hope everyone involved will also be very pleased."

Prior to the beginning of construction, Habitat will be holding a public meeting with the residents, community leagues, representatives from the schools in the area and other stakeholders.

CONTENTS

Editorial.....2
Community News.....3
Local Business.....4
Culture.....6, 7
Resident Profile.....8
Law And Order.....9
Community News.....10
Sports And Recreation.....11
Community Notices.....12



A fork in the bend: Rat Creek Press at a crossroad

KAREN MYKIETKA

Last issue was jam-packed full of great articles, but did you notice the paper was actually smaller? We made a permanent change from 16 to 12 pages and implemented some design changes after Gord Neilson, publisher of SEE Magazine, spent some time with us at a board meeting. He critiqued the paper, giving us many wonderful suggestions on improvement. Thanks Gord!

We always welcome feedback on the paper and our articles. That said, I'd like you to keep in mind how this paper is run: by volunteers. We do not have the time or volunteer-power to research and write on all the relevant local issues. If you feel the paper is lacking in some area, then by all means volunteer to help us rectify the situation.

Speaking of volunteering, I love the work I do on this paper. It is energizing and exciting, but at the same time it is draining and all-consuming. Our community has an abundance of possible stories; there is never-ending news, business, and local issues to cover. Dawn and I have high

expectations of the paper, and therefore of ourselves. Over the past two years, the number of volunteers who have given their time to the paper, whether by writing, delivering, or on the board, is amazing. I totaled the number of volunteer hours it took to put out one issue – a whopping 350 hours!

Unfortunately, the Rat Creek Press can no longer be sustained by volunteers. I have notified our board that come the fall, I will not be able to continue the 60-100 hours a month I have been volunteering. And I don't think they will ever find anyone to replace me who will. Nor should anyone do it unless they are independently wealthy and have no family responsibilities. Is there anyone like that out there?

So where does that leave the paper? Well, for now, I'm continuing on as Managing Editor, but in the capacity of supervising, guiding and delegating, not doing everything. That means I need someone to delegate to! The bottom line is we need one or more staff and that requires money. We are working on getting some grant money; however, the paper needs to find a way to

be sustainable until we do.

If residents, organizations, and business value the paper they need to help with financial resources and manpower; otherwise the paper will shrink and downsize

until it is manageable and sustainable. This paper is a valuable community resource and it would be a great loss if it went the way of its namesake the Rat Creek – and disappeared forever.

Distribution

A few months ago we started moving our distribution to Canada Post. By September, all homes and businesses in our area will receive the paper from their mailperson. The reasons for the switch are twofold: to increase reliability and timeliness of delivery and to reduce the number of volunteer hours demanded of the paper. We thank everyone who has helped with delivery over the past two years.

We will still need a distribution coordinator to pick up the extra papers and do bulk drop offs to area businesses and schools as well as mail some papers. A small honorarium will be given to cover gas expenses.

Only houses have the paper delivered. If you live in an apartment, you will have to pick up the paper yourself (e.g. at one of the local businesses or Sprucewood Library), download it from ratcreek.org or subscribe for home delivery at \$30/year.

How you can help

Volunteer • Advertising • Distribution • Writing
• Photography • Board

Advertise

Advertise your business
Tell advertisers you saw them in the Rat Creek Press

Donate

We welcome donations from individuals, organizations or businesses.

LETTERS

What's going on with our streets? Q & A with our city councillors

KAREN MYKIETKA

Wayne Robertson, a long-time resident of Elmwood Park, called us with complaints about our streets/sidewalks and road closure decisions. He does not feel our city councillors are doing enough for our area and criticized the paper for not being more critical of our city councillors.

Road maintenance

Q. I (Wayne) have been paying property taxes for over 30 years. Where did my money go? I have never seen the streets and sidewalks as bad as there are today. Our neighbourhoods have been neglected the longest, and are the worst in the city. And none of our curbs have wheelchair access. When will our residential streets, curbs, and sidewalks be fixed?

A. The bottom line according to Coun. Ed Gibbons is "our existing budgets are not sufficient to address all the road, sidewalk and curb related needs within the City of Edmonton." I'll say! Last year the city decided to use provincial infrastructure grants to upgrade 5 to 7 neighbourhoods a year (instead of just 1 or 2). Well, we have 320 neighbourhoods. Do the math; it's not good.

Coun. Janice Melnychuk added, "Many mature neighbourhoods were developed around the same time and so many of them are in the same condition. We have a terrible backlog of neighbourhoods that need help and our department's

first priority is for safety."

The backlog is only getting worse due to rising construction costs. Last year, doing a neighbourhood rehabilitation cost \$14 million; this year it will cost \$17.5 million.

Neighbourhoods are prioritized according to need (pavement and sidewalk condition, co-ordination with other future proposed construction activities and underground infrastructure condition). Gibbons stated he has personally gone out to check some of the neighbourhoods selected for roadwork to verify their need and has agreed with the assessment.

So what do we do, just live with it? Gibbons says, "In the interim, our maintenance staff will continue to respond to inquiries and address any roadway issues until such time as the neighbourhood renewal takes place." That means call in your roadway concerns (potholes, dangers sidewalks, etc), and needs like curb cuts for wheelchair access to the 24-hour roadway line 496.1700. There's no guarantee your problem will be fixed in what you may consider a timely manner, but it won't get fixed at all if the City isn't aware of it. If you're not satisfied with your response from the department call the Citizen Action Centre (496-8200) or your councillor for assistance. But remember, our representatives and city staff aren't miracle workers. There is only so much they can do with the money they have.

Another of Wayne's questions will be answered next issue.

Editorial Rant:

The City is anticipating additional funding from the Federal Government to help with neighbourhood revitalization. Nevertheless, it is obvious we need long term solutions to the infrastructure crisis.

The City does have a vision for smart growth and discouraging urban sprawl. If we can't upkeep our current neighbourhoods, why are we building new ones? You know what's standing in their way? "We" are.

The market is being driven by people who want and are willing to pay big bucks to move to suburbia to a big house on a big lot. And if the City limits suburban growth, then these folk will take their tax dollars to St. Albert or Sherwood Park. And sometimes what choice is there but suburbia?

Edmonton's population is rapidly growing; we need more housing. Yet, most of the time when developers try to add intensified housing to an existing neighbourhood, residents rally and fight against it. If we don't accept and actively work to increase density within the current boundaries, then the city will spread and so to will our limited infrastructure dollars.

Great Community Resource

I recently picked up the May issue of the Rat Creek Press and was thrilled to see the contact numbers of various city departments prominently displayed on the front cover. This is an excellent community service by the Rat Creek Press. Everyone should have a copy of this issue as a reference to the resources that are available to Edmonton residents if they see a problem in their community.

Sincerely,
Anita Klein

Editor's note:

You can download a full-page version of the "Who you gonna call? Streetscape Maintenance Trouble-shooting Guide" at www.ratcreek.org or stop by the business association office and ask for a copy.

Letters Welcome

We invite you to write letters to the editor. A maximum of 350 words is preferred. You must include your full name, phone number and address (or neighbourhood). All letters are subject to editing. Send your letters or comments to editor@ratcreek.org.

RAT CREEK PRESS



ONLINE

www.ratcreek.org

E-paper (PDF) of current issue and
all back issues, up-to-date
community calendar, news and
much more on the website.

Check it out!

Community picks up the neighbourhood

BY TRACEY COMEAU

This summer's Big Bin Event, affectionately known to the Alberta Avenue community as Pickin' Up the Neighbourhood, successfully did exactly that.

Held on the 13th and 14th of May, the event started off with a pancake breakfast at Eastwood Hall, put on by volunteers for volunteers. As the last bite of breakfast was washed down with the last sip of coffee, the many teams got to work: neighbour with neighbour, friend with friend.

Those who volunteered to help pick up large items and haul them to the garbage bins located behind the Hall were handed their routes and set out to relieve the neighbourhood of some of its clutter. Others scouted the Avenue with paintbrush in hand to tackle graffiti.

Satya Das, who was working with Harry Oswin to drive large items to the bins, said it was his first year volunteering at the event.

"It feels great to be cleaning up the community," Das said. "It's amazing how much better it looks."

City personnel were at the dump site helping with the organizing and unloading of garbage into the bins. Police were also on the scene, patrolling the area and helping with graffiti removal.

"I think (the event) is an excellent idea," policeman Rob Chan said. "It's good to clean up a lot of the unwanted junk around here. (The junk) makes the whole neighbourhood look unsightly."

Community resident Francis Bauer also had great things to say about the volun-

teers. Previous tenants had left old washing machines in the basement of her son's house. Her son has a disability that made it impossible for him to carry the machines outside to be picked up, and Francis was not able to carry them herself. Volunteers brought the items up out of the basement for the pair before carting them away to be dumped.

In all, over 76,000 kg of large garbage items was collected, including 84 TVs, 101 tires and 6 electric appliances. Refuse garbage bins totaled 20, scrap metal bins amounted to 5 and garbage trucks made 11 runs to the dump. Six city employees were on hand.

The event was sponsored by the City of Edmonton's Capital City Clean Up program and the Avenue Initiative Beautification and Cleanliness Working Group.



THE DUMP SITE HAD A STEADY STREAM OF PEOPLE. AT TIMES TWENTY OR MORE VEHICLES WERE LINED UP AROUND THE BLOCK WAITING TO UNLOAD. GOOD RIDDANCE!



AVENUE INITIATIVE REVITALIZATION STRATEGY UPDATE

A big thanks to everyone who made Pickin' Up the Neighbourhood a success:

- The Beautification and Cleanliness Working Group
- 50+ volunteers who painted and hauled large items
- Pipefitters Union for supplying a BBQ & Cooks
- The Mustard Seed Church for bringing volunteers
- Capital City Clean Up Crew
- Edmonton Police Service
- Edmonton Northlands
- Bob Pringle from Days Paint (Benjamin Moore)
- Ted Humour, Coliseum Safeway
- Ed Gibbons, City Councillor
- Janice Melynchuk, City Councillor
- Mrs. Goldring, wife of MP Peter Goldring

REPORT PROBLEM HOUSES Help us identify problem houses such as drug houses, derelict houses or properties that need to be cleaned up.

PARK PATROL We want to make the parks safe for children and families this summer and are looking for people interested in becoming "park patrols". Patrols will be trained and work in groups of three. We are hoping to have people in Eastwood, Allberta Ave, Norwood and Parkdale-Cromdale parks.

WORKING GROUPS Have a voice; make a difference. Join a working group!

For more info come to the open house or contact:
Judy Allan, Avenue Initiative Coordinator
judyallan@edmonton.ca or 496-1913

AVENUE INITIATIVE OPEN HOUSE

Tuesday, June 6th
Eastwood Community League
11803 - 86 Street

7:00 pm Refreshments

7:15 pm Presentations from Edmonton Police Service:
Downtown Division, Vice and Crime Prevention

8:15 pm View Avenue Initiative Working Group Progress

- Join us for an update on the progress of the Avenue Initiative Revitalization Strategy
- Provide input and feedback on the Strategy
- Find out about Edmonton Police Service Initiative happening on the Avenue
- Ideas on how to help create a safe community

Questions: Call Judy at 496-1913

Please RSVP: to 496-1901
Bring addresses of derelict or problem houses to the Open House

Second annual spring sweep a success

TRACEY COMEAU

Alberta Avenue's second annual Spring Street Sweep kicked off at the Coliseum Steak and Pizza restaurant on May 16, running for 2 days.

Put on by the Alberta Avenue Business Association (AABA), the Sweep entertained guests such as Mayor Stephen Mandel and New Democrat MLA Brian Mason.

Plenty of volunteers showed up wide-eyed and chipper considering the 8 a.m. start, proudly donned bright yellow shirts announcing their alliance and picked up a broom.

"I think there's incredible spirit in Alberta Avenue...it's just wonderful," Mandel said. "In my humble opinion, this is one of the greatest neighbourhoods in the city."

In addition to the street sweeping, 12 businesses took advantage of the offer to have their store fronts power washed at the reduced price.

Peter Rausch, the Executive Director of the AABA, said he was pleased with the event and the participation, both of which have grown from the event's debut last year.

"The Avenue will look more inviting for customers and residents," Rausch added.



VOLUNTEERS PROUDLY PICKING UP A BROOM FOR THEIR COMMUNITY

TRACEY COMEAU

STOX COMPUTER SERVICES Ph: 819-STOX Fax: 477-7879

Robin Stocks has been working with computer technology for seven years and recently started his own computer service business in his home. He specializes in setting up wireless networks, removing viruses and spyware, and other "technology issues" that come along with computers. Stocks says he supports both home and small business computers at an hourly rate of \$21 and non-profit organizations at a reduced rate of \$15/hour. Stocks supplies charities, small businesses and smaller daycares with the support they need, a little-known fact that travels mostly by word of mouth.

COLISEUM SAFEWAY 8118 118 Ave 477-6459

The newly renovated Safeway on 118 Avenue has really stepped it up a notch. Bright, clean and spacious, the new store makes shopping for groceries a pleasant experience. Each department has been renovated and improved, with the deli looking almost like a café and the floral section appearing as a mini flower shop. The addition of the Starbucks and sit-down area to drink your coffee in the store is sure to please customers both new and old. In fact, manager Ted Haymour

Business Briefs

says the only downside of the new store is that it's not open 24/7. "We've had an excellent reception. People are wowed when they come in," Haymour says. Opening at 8 a.m. (so you can get your morning cup of coffee) and closing at 11 p.m. (so you don't have to choose between going to work and going for groceries) seven days a week, this Safeway is all about convenience.

EDUCATIONAL TOURS AND TRAVEL

9140 118 Ave 471-1125

Educational Tours organizes tours to anywhere in the world, specializing in Latin America. Here's where you can get information on wherever it is that you're planning to go. Owner Anna Alfaro says her goal is to educate people who are planning a trip by telling them more about the different countries and which ones suit the customer's needs. Customers are not charged for the information provided, and fees rely solely on the price of the tour decided upon. Open from 9 a.m. to 5 p.m. Monday to Friday and from 10 a.m. to 2 p.m. on Saturday, Educational Tours can help you plan that vacation you've been dreaming of.

EXQUISITE AFFAIRS

9552 111 Ave 471-1366

Exquisite Affairs specializes in

weddings. In addition to supplying everything from floral arrangements, bouquets and jewelry for the bride, this store also provides beautiful back-grounds for that memorable wedding photo. Zeina Abu-Meita, the manager of customer service, says they work within a bride's budget, no matter what it may be, to help prepare her for her big day. Previously, this mother and daughter duo ran the business out of their home; they moved to a storefront shop when the flowers started taking over their house. Business is by appointment only so that any schedule, day or night, can be accommodated.

RAHMA EAST AFRICAN RESTAURANT

11732 95 St 474-6655

Owner Mohamed Abdi brings the taste of East Africa to the community. Born and raised in Somalia, Abdi moved to Canada years ago. He opened his restaurant in the beginning of May. He plans on improving the appearance of his eatery: putting a fresh coat of paint on the walls, changing the sign outside (which still says Café Cubita), and adding an outside patio. The board hanging over the cash desk boasts what the kitchen is serving – chicken and rice, goat meat, chicken steak, and Somali style beef steak included. Each dish is priced at \$9.99.

Business Spotlight: A Taste of Latin America

TRACEY COMEAU

Nestled in among 118 Avenue's assorted arrangement of bakeries, restaurants, second-hand stores and other various businesses, Paraiso Tropical peeks out at the main street and beckons customers to come over and experience a small piece of Latin America.

Owned and run by Jesus and Alba Gonzalez, Paraiso Tropical is a cozy little store that has offered people Latin American imports – food, videos, spices, piñatas, clothing and more – for over 15 years. A quick look through the shelves of imported foods and spices and the freezers stocked full of ready-made frozen dinners such as chicken fajitas and empanadas, and it is clear that this is a one stop shop for all your Latin needs.

Jesus and Alba have been in business with their ethnic grocery store since 1991, when they were located at 97 Street and 106 Avenue. Three years later, they relocated to 86 Street and 118 Avenue. It was later decided that yet another move was in the cards, so Jesus and Alba once again started looking for a potential location that would fit their needs as well as their budget.

"We were looking at some places, but the rent was more expensive. The rent was better here," says Alba

of their current location on 91 Street and 118 Avenue.

The Gonzalez say they get customers from many different cultures in their store.

"We bring food from different (places) like Central America and South America," Alba says, which ensures the store has a little bit of some-

of the sights and smells of fresh baked ethnic food tempts all who enter and exit the store.

It seems as though many of the customers that come through the store are regulars, chatting away with Jesus and Alba while paying for their groceries. However, new customers quickly find out that the two



ALBA & JESUS GONZALEZ, PROUD OWNERS OF PARAISO TROPICAL

thing for everyone without culture being a barrier.

In addition to supplying the ingredients for various Latin American recipes, Paraiso Tropical also offers catering to other businesses. Their catering specialty is Spanish food, Alba says.

A visitor to the store on any weekend will see hot ready-to-order meals such as different kinds of tamales and papusas. Kept in a heated display case on the side of the front counter,

treat everyone as friends, no matter their nationality or what they're shopping for. The office desks at the side of the store make certain Jesus and Alba are close to their customers at all times, lending to the personable atmosphere of the store.

"We don't depend on someone else; we don't have a boss," Alba says, one of the reasons she and her husband enjoy running their very own grocery store. And the other reason?

"We like it a lot!" she says.

PARAISO TROPICAL

LATIN AMERICAN IMPORTS

- Handcrafts • Food • Music • Magazines
- Videos • Spices • Clothes • Piñatas
- Servicio de Western Union

JESUS & ALBA GONZALEZ
Owners

9136 - 118 Ave. Edmonton, Alberta T5B 0V1

Tel:(780) 479 - 6000 Fax:(780) 471 - 3508

Email:tropicalparaiso@hotmail.com

www.paraisotropical.ca

ENA'S HAIR SALON

Cuts, Perms, Colors, etc.

Ena Polanco
9347 - 118 Ave.
Edmonton, Alberta
Phone:414-1467



For better service please make an appointment
Tues.-Sat.:10-5 pm
Sunday & Monday Closed

All welcome at SOLID ROCK EVANGEL CHURCH

Sundays at 11 am
Wednesdays at 7 pm

Colosseum B&B Chapel
11827 - 85 Street

Pastor Stanley Burdett
Ph: 463-5950



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.

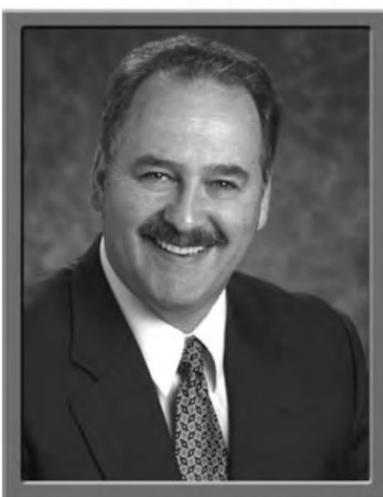
This report courtesy of Donna Straus, Realty Executive Challenge. Not intended to solicit properties already listed for sale.



absolutely edibles

Bjorn & Brenda
 Café 10406-118 Ave
 Deli 9567-118 Ave
 Ph: 424-6823
 absolutelyedibles.com

Brian Mason, MLA Edmonton Highlands-Norwood



Save our Schools!

The prospect of school closures in Highlands-Norwood is becoming reality.

Watch for a Public Meeting on this issue on June 28th. Our report outlining the affected schools will be in your mailbox soon, or phone my constituency office for more information on how we can 'Save our Schools!'

**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

RENATO'S ITALIAN KITCHEN



Come Be Serenaded By Live Music
On Saturday Nights. "That's Amore!"

★★★★★
4.5 Star Rating by the Edmonton Journal

9514 - 118 AVENUE
FOR HOURS & RESERVATIONS,
CALL: 477-7179



Butte

The Travel Experts!

477-3561
TOLL FREE 1-800-661-8906

11733 - 95 Street, Edmonton, Alberta
Henry Woudstra, Manager

BUTTE TRAVEL SERVICE



XL Furniture

FAMILY BUSINESS SINCE 1952

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

**Ed Struzynski
PRESIDENT**

"We'll Keep You Happy for Life"



BOOKKEEPING AND TAX PREPARATION

BIG RED

INCOME TAX & ACCOUNTING

- ★ Small Business Specialists
- ★ Corporate & Personal Returns
- ★ In Your Community For Over 25 Years

11107 - 95 Street
471-6251

Dave Patterson, Manager

*Good Accountants Don't Cost You Money!
They Save You Money!*

\$50 OFF

Any Invoice Of \$200 Or More

1 Coupon Per Client

\$100 OFF

Any Invoice Of \$350 Or More

1 Coupon Per Client



Edmonton Housing Trust Fund

Notice to the Community

The Edmonton Housing Trust Fund administers funding provided through the National Homelessness Initiative, including the Supporting Community Partnerships Initiative and Urban Aboriginal Homelessness Program. These programs have recently been extended to March 31, 2007, providing approximately \$5.2 million and \$900,000 respectively. It is a requirement of these programs that all funding of approved projects must be **EXPENDED by March 31, 2007**, the end of the program period. To meet this requirement and to ensure that all available resources are applied to projects in Edmonton, EHTF is soliciting proposals from providers of housing and support services.

To view the entire Notice, please visit our website at www.ehtf.ca or our office at #901, 10025 - 106 Street to obtain a copy of the Notice. Questions may be directed to (780) 496-2630.

Polish language and culture thrive at St. Basil's School

MONIQUE NUTTER WITH ADDITIONS FROM TRACEY COMEAU

St. Basil School is a surprising and eclectic mix of educational programming and community services. Built in 1952 with a capacity for 990 students, St. Basil's was a community school for the baby boomers throughout the fifties and sixties and now runs the only Polish-Bilingual Program of its kind in North America. Students are transported from all over the city to attend the Jan Pawel II Polish-Bilingual Program, which is available for students in Kindergarten through Grade 8.

The front doors of St. Basil's bring you into an inviting waiting area with wicker furniture and lush plants. Once you are greeted by the school's principal, Sandy Gillis, you realize the warmth isn't only in the surroundings, but in the people

as well. Sandy speaks with pride about the building and the people inside it. Gillis and three other teachers at the school were nominated for the Alberta Education Excellence in Teaching award, with Gillis being one of the finalists.

Six years ago, St. Basil's had 161 kids from K-6. Edmonton Catholic Schools recommended that the school's English students move to other area Catholic schools and that the Polish Bilingual Program stand alone in half of the building while the other half be leased to what is now the Jean Forest All Girls Junior High Leadership Academy.

Gillis speaks with great admiration of the tenacity of Edmonton's Polish community in not only establishing the only publicly funded Polish Bilingual program in North America, but also in expanding the program to include grades

7 through 9. The Catholic school board told parents they could have a Junior High program if they could make it pay for itself. The first year they only had 17 students and needed 26, but the Polish community raised the funds to cover the shortfall. Now over 65 students

are enrolled in grades 7-9.

In keeping with Polish heritage, Polish instruction counts for about 30 per cent of the program's elementary classes and Polish dance is made a weekly part of the elementary physical education classes.

According to the last

Canadian census, approximately 1.1 per cent of Edmontonians were Polish speaking. About 3 per cent of Albertans are Polish, with Ontario being the only province with a larger Polish Canadian community.



LEFT: GRADE 2 COLLAGES CRAFT OF TRADITIONAL POLISH HORSE SOLDIER
RIGHT: FIGURINES IN TRADITIONAL POLISH ATTIRE

St. Basil School offers of the Jan Pawel II Polish-Bilingual Program as well as the Jean Forest Leadership Academy. Parents wishing to enroll their children in either section may do so for a general fee:

Jan Pawel II Polish Bilingual Program

Regular Kindergarten Program - \$100
Grade 1-6 - \$90
Grade 7-9 - \$265

Jean Forest Leadership Academy

Grade 7-9 - \$250

The Latin guide to dancing A sensual way to move your feet

TRACEY COMEAU

Latin dancing has always been the "in" thing to do.

Movies such as *Take the Lead* and *Dance With Me* have emphasized the energy and creativity available with the dancing, and have done much to build upon its reputation.

"There's just an interest in dancing again," says Diana Moy, who has been teaching Latin dance for about six years. She says she knew Latin dancing was growing when she started getting calls from places such as Spruce Grove, Sherwood Park and St. Albert to come teach lessons.

Roma Bistro counts itself among the supporters of Latin dancing. Located at 97 Street and 118 Avenue, the restaurant offers Latin dance lessons every Wednesday night.

Leland Creswell, who has taken Latin dance lessons at Roma Bistro, says he joined the Salsa community about two months ago.

"I had some spare time and wanted to do something I could build on," says Creswell, "Plus, it's a way to express yourself. That's what Salsa is all about," he added.

One of the city's hottest Latin nightclubs, Azucar, offers free Salsa lessons three nights a week and drop-in Tango lessons one night for \$5 a lesson.

Latin dancing consists of many different individual dances, including Salsa, Cha cha, Rumba, Samba and Merengue.

"I think that the combination of music and body movement makes Latin dancing so appealing," says Moy. "It's more sensual and a lot closer and freer."

Like the trooper I am, I took my camera and a few

friends down to Azucar, situated at 11733-78 St., to see what all the hype was about. We were just in time for one of Moy's Salsa lessons, so I grabbed my camera while my friends joined in the lesson.

I was surprised to see the huge participation in the event. Most of the people in the club were dancing, and those who were not were watching intently. The beat was catchy and the movements were mesmerizing. I was in awe, wishing I did not have two left feet.

At the end of the night, when my friends were exhausted and my camera battery had died, we decided to head home.

"Can we come back again?" one friend asks me, the hope glimmering in her sleepy eyes.

Yes, we can. And this time, I'll bring dancing shoes instead of a camera.



LESLAND CRESWELL PRACTICING HIS MERENGUE MOVES WITH INSTRUCTOR DIANA MOY AT ROMA BISTRO



"MY FRIENDS, AMANDA CRAIG AND MELANIE PHELAN, PRACTICE THEIR NEW MOVES. THE LESSONS WERE A HIT, AND CLEARLY WERE NOT LOST ON THESE TWO GIRLS!"



DIANA MOY (LEFT) HELPS INSTRUCT THE LATIN DANCING LESSONS AT THE AZUCAR NIGHTCLUB

Roma Bistro
Latin & European Cuisine
9737 118 Ave 479-8838
Hours: Sun 12pm-8pm; Tue-Thu 11am-10pm; Fri-Sat 11am-3am

Wed 8:30 Salsa / Merengue lessons; \$2 a person

Thu Karaoke

Azucar Premier Latin Nightclub
11733 78 St 479-7000
www.edmontonazucar.com
Live Latin bands and top 40 DJs
Cover \$6 (Fridays no cover for ladies)

Free Salsa lessons: Wed & Thu 9:30pm to 11pm and Fri 9:30pm to 10:30pm

Tango lessons - \$5/person: Thu 7pm to 9:30pm

Aboriginal Culture Hitting the Pow Wow Trail

JOAN YOUNGMAN

It's pow wow season and time to hit the pow wow trail. Ben Calf Robe just held their 25th Anniversary pow wow at the Butterdome with good turn-outs. For those not knowing, a pow wow simply means a gathering of the people. Elders described to me what a pow wow is all about, but each group's teaching can vary.

First an elder will go out to find a place to pray that the spirits lead him to. He will pray for a while, and ask for the Thunders to come and cleanse the land. After that it will rain. Then the elders will approach the warrior grass dancers to go to the place and dance the grass down for the people. They will come dancing all the way and flatten out the area for the gathering. The warrior grass dancers were also the buffalo hunters who would wear grass to disguise themselves.

When the area is ready, the

elder will gather the people, and form a procession called a grand entry. The elder carries an eagle staff with a variety of decorations. The eagle staff represents the flag of the First Nations people. The drummers will set up and begin the grand entry as the elders come with the eagle staff first, followed by traditional men, then traditional women, then the boys and the girls. They will enter the area from the east, and proceed into an inward circle until all have arrived. The eagle staff often remains in the middle until the pow wow is over.

The reason the people dance is that each step represents a prayer for the people. Each dancer prays for family and friends for the next year. There are various types of dancers for the pow wow including traditional men's and women's, fancy, grass, inter tribal, and jingle dress dancing. A pow wow dancer who follows traditional teachings

will abstain from alcohol and drugs as they pollute the body; the dancers must remain pure so their prayers will be heard.

A pow wow was a highly social time at which to exchange, trade or barter for items, as well as a good place to find a wife or husband. Today's pow wows have become largely commercialized with colorful vending outlets, 50/50s, and competitive dancing with cash pay outs. Other events include elder's circles, councils, and other types of social gatherings. Hand games are another thing that can be seen; these are highly entertaining as each opposing group tries to out-guess the other team through using wild gestures, drumming, and singing to confuse them. It is important to note that alcohol or drugs are not permitted at sacred events or ceremonies, and often you will see security at the events for this very purpose.



ADRIEN LACHANCE PERFORMS A TRADITIONAL ABORIGINAL DANCE AT THE TRADE WINDS TO SUCCESS OPEN HOUSE IN APRIL, 2006.

Learning...the very heART of the community

Children's art from CCEP schools shown at the Nina Haggerty Gallery



"SELF PORTRAIT" BY SAYDE ROBERGE, AGE 7 FROM SPRUCE AVE SCHOOL



"STILL LIFE" BY AMANDA LY, AGE 11, FROM EASTWOOD SCHOOL



"THE FURIOUS" BY JUSTIN TRAN, AGE 11, FROM JOHN A MCDOUGALL SCHOOL



"YUKON MOON" BY JORDAN CRANE, AGE 8, FROM EASTWOOD SCHOOL

ARTICLE AND PHOTOS BY DAWN FREEMAN

- On April 28 and 29 Nina Haggerty Centre for the Arts held the third annual CCEP schools art show
- Two thirds of the art shown was sold, raising an estimated \$6000
- The seven schools (Delton, Eastwood, John A. McDougall, McCauley, Norwood, Parkdale, Spruce Avenue) each contributed 10 pieces of art
- The junior high CCEP art course also contributed 10 pieces
- Money raised supports 'Family Art Night' held at Nina Haggerty, as well as art lessons at all seven schools
- The show will also be displayed at the Capital EX exhibition at Northlands from July 20-29

Culture Shock

onlineEXTRA

Just because you speak English too doesn't mean they can understand you

DAWN FREEMAN

In my first week in Edmonton I had my first real run-in with what I now refer to as 'English as a foreign language' or in other words 'I hear the words but I have no idea what you are saying'. I was taken to a party (and no, alcohol was not a factor), and was in the middle of a conversation with my hostess. She was telling me her grandmother made her afghans, and I thought that was lovely. Then she mentioned how she had so many afghans she had to store them in the closets as well as hang them over the couch. This was when I started getting confused, but I was far too polite and shy to say anything. The conversation ended and after the party I asked my friend (and one-day-to-be husband) just what an afghan was. Aha, now you're confused too, aren't you?

You see in New Zealand (NZ), where I am from, an afghan is a delicious chocolate cookie (or as we like to say, biscuit) with chocolate icing and a walnut on top, one of

my personal favorites. But, of course, here in Canada, an afghan is a knitted blanket. Once I found that out I understood why she kept them in her closet, but during the conversation I just stood there smiling and thinking 'The closet? What IS this place?' By the by, the afghan is also a dog, and that I believe is universal.

When I decided to travel to Canada, it didn't cross my mind that language might be an issue. After all, both countries spoke English, so what could be simpler? The realization that I didn't understand some things and that others didn't understand me was quite a shock. Although to nowhere near the same extent, I suddenly understood how it must feel to speak English as a second language: to be desperately searching for another way to phrase something while a person is staring blankly, and often impatiently, at your request. It is a disconcerting feeling.

Of course, I soon picked up the lingo. Many words I now just automatically translate in my head, and some I

don't even think of the old way I use to say them. Words like cookie (biscuit), ketchup (tomato sauce), trunk of the car (boot of the car), yield (give way) and bathrobe (dressing gown). Then there are words that I still have trouble remembering which one to use: is it flashlight or torch; sidewalk or footpath; tea or dinner and last name or surname? And then there are those moments when I look at my husband and, gesturing wildly, say: 'What do you CALL it here?'

Truth be told though, I've been here long enough now that I don't remember which words or phrases came with me and which ones I've collected on the way. So I've decided to start throwing in the odd NZ saying, just to shake the old brain up. That's why the next time I see you jokers on a smoko, I might tell you to come on round for tea but don't forget to bring a plate. We'll have a fair go at stoking up the ol' barbie and talk about what's cricket. Sounds beauty, eh?

Well, I'll give it a go anyway.



HMMM... YOU MIGHT PET OR WRAP UP IN YOUR AFGHAN BUT I EAT MINE! AND THEY ARE DELICIOUS!



From Vietnam to Norwood

TRACEY COMEAU

Nancy Lau is no stranger to Norwood.

Born in Vietnam, Nancy moved to the Norwood community about 10 years ago after she fell in love with the man who is now her husband. He lived in the community, and she wanted to move here so they could get married and start their new life together. Now, a decade later, she is still living in the same community with her husband and their two children.

"The people here are so kind," Nancy says of Norwood, acknowledging the great cultural diversity of the area. "Having more cultures isn't bad," she adds.

In fact, since moving from Vietnam, she has never lived in any community other than Norwood. She says she likes the idea of living so close to the Norwood Child and Family Resource Centre as both her children are enrolled in programs there and it's easy for them to get there.

When Nancy had children, she knew she wanted to give them a head start in the world and to prepare them as soon as possible for the fresh and exhilarating lives that lay ahead of them. She considered enrolling them in programs offered by Edmonton's Atonement Home, but was redirected to

the Norwood Centre instead. She decided to give it a try.

These days, Nancy is a regular at the Norwood Centre. Her 8-year-old daughter Laura is enrolled in the Centre's Planet Norwood Program, and her 5-year-old

requires of her each day allow her to still be there for her children when they get home.

However, not everything has come up roses for Nancy in the neighbourhood. She awoke one morning to find the locks and the ignition on

her school bus, which is parked on the street in front of her house, had been tampered with in someone's failed attempt to hotwire and steal it. Crimes such as that one, combined with break-ins and other such dangers she has heard of in the area, make her wary of the neighbourhood.

"The area is close to Norwood, so it's easy for my kids to get there, which is good," Nancy says, "(but) I hope this area can change. Hopefully it gets safer."

Nancy beams with pride as she takes out a picture of her family, taken a few years ago. It's clear that Nancy's children are two of the most important people in her life. In their spare time, she and her husband love taking their children out shopping and to the park.

In fact, almost everything she does is for her children, she says, from her job to the location of their house to what they do as a family in their spare time.

"It's for the kids. So if the kids like it, we feel happy. We feel great. We just want them to be happy, that's all," she says.



NANCY AND HER SON VINCENT IN FRONT OF THE NORWOOD CHILD & FAMILY RESOURCE CENTRE WHERE HE ATTENDS HEADSTART.

son Vincent is participating in both the Early Start Program and the Head Start Program.

"The programs are really helpful to my kids. They learn a lot of English inside," she smiles.

And if keeping track of what child is due to be at what program and at what time isn't enough work, Nancy also drives a yellow school bus – a side job that she started in December of 2005.

Driving a bus gives her something to do aside from being a stay-at-home mom. What's more, Nancy says, is that the few hours the job

Big pharmacies can be hard to swallow.

At The Medicine Shoppe, we believe that smaller is better when it comes to getting superior service. We take pride in knowing your name when you walk through our door. And we enjoy building the trust that comes with delivering superior customer care with one-on-one personal attention. We understand that when you need medication the last thing you need is a line-up. Remember, when it matters most, it's The Medicine Shoppe.



The Medicine Shoppe
PHARMACY

Parminder Bhui, B.Sc. Pharm
Pharmacist/Owner
8111-118 Avenue **477-1192**
Edmonton, AB
Hours: M-F 9a.m.-6p.m. | Sat/Sun 10a.m.-2p.m.

59¢
Reg. 99¢



Facial Tissues
2 Ply 150's

Product #229427. Valid at participating stores only.
Limit 1 per person. While supplies last.
Offer expires 06/30/06

8612 - 118 Ave
Edmonton, Alberta
By Appointment
PUPPYLOVE
DOG GROOMING Ltd
All Breeds
Tues-Sat 8-6
with evenings
Derek & Kirsten
Since 1994
479-4378

BLUE PLATE
DINER
"Best New Restaurant"
* Golden Fork Awards
uplifted
diner food
brunch • lunch • dinner
10145 - 104 Street 429-0740

Kitchen Help Required

Norwood Child and Family Resource Centre requires an individual to cover a medical leave in our kitchen. This position involves food preparation, dish washing and other kitchen duties. Hours of work are 8:30 to 4:30 Monday to Friday. A Food Safe certificate and previous kitchen experience would be considered assets.

Submit resume or letter of interest to:
Norwood Child and Family Resource Centre
9516-114 Ave., Edmonton, AB T5G 0K7
Fax: 477-1632. No Telephone calls please.



Capital Health invites you to a presentation about our community's new Primary Health Care Centre

You are invited to a presentation about the new **Primary Health Care Centre** planned for the former Cromdale School site at 79 Street and 112 Avenue.

Date & Location:

Monday, June 12, 2006
Santa Maria Goretti Hall
11050 - 90 Street
7:00 P.M.
Children Welcome

Program Overview:

- Learn about the design concepts for the new primary health care centre based on previous community input
- Have an opportunity to view site plans and to pose questions
- Receive information on next steps planning

Capital Health's new **Primary Health Care Centre** will be staffed with family physicians, registered nurses and other professional health care providers. The new centre will be a state-of-the-art, one-stop location for most of your medical needs and will bring a variety of health and medical services to everyone in your community.



Information: 401-2668 or www.capitalhealth.ca/newhealthcentre
email: newcentre@cha.ab.ca

Your Primary Health Care Centre
Capital Health — Investing in your community



Who are your kids hangin' with? Street gangs - the key is prevention

TRACEY COMEAU

We see the graffiti, we hear the horror stories and we cower in fear. But how much do we really know about the street gangs that recruit our youth and leave their mark on our community?

Street gangs are not to be confused with organized crime groups. Street gangs are defined as a structured group of usually adolescents or young adults who frequently use intimidation and violence to commit criminal acts in the hopes of obtaining power, recognition and control.

"The difference between a gang and a group of kids that are hanging out is that gangs usually have a very clearly defined leadership structure, and there's a systemic involvement in crime," says Karen Erickson, the project manager for the Community Solution to Gang Violence.

Bill C-24, which defines criminal organizations, and became a legal definition in 2002, describes a criminal organization as three or more members who have crime as their main purpose and stand to make money by committing criminal acts. A one-time group working together for a single offence is not classified as a criminal organization.

Sgt. Kevin Brezinski of the EPS Gang Unit says that while parents can supply the first means of prevention when it comes to youth joining street gangs, many are unaware of what they can or should do.

"Many times, you ask the

parent who their kids are hanging out with and they say 'Joe down the street,' but you ask what Joe's last name is or what his parents do and they don't know," Brezinski says. "We encourage parents to be aware of what their children are up to...who they associate with."

Parents are also encouraged to listen to their children and let them know no topic is off limits, make homework and school a priority, teach children to think for themselves and be responsible, and focus on a positive future.

Children can become involved with gangs and gang activities at any age. Warning signs include a lack of self-esteem, problems at home or at school, and money being acquired without a reasonable explanation.

The risk of youth joining street gangs also often comes hand in hand with the need to feel accepted, Erickson says.

"Young people need to belong. We all need to belong, and if you can't get that in positive ways then you tend to find negative ways," Erickson adds. She feels that there are many good programs and services available to help curb gang activity, but that there is always more to be done.

Brezinski says the misconceptions in the media about what gangs are and the risks that are involved with gangs sometimes add to their appeal to youth.

"The gang lifestyle is portrayed on TV as being glamor-

ous...it's not glamorous at all," Brezinski says. "Being involved in a gang - you're always looking behind your back, always looking over your shoulder for a rival gang. It's pretty obvious many of our gang members have been murdered over the past six years," he adds.

In 2004, police in Alberta reported 15 gang-related homicides, which was almost double the figure reported in 2003. Quebec had the highest amount of gang-related murders at 18, while Alberta shared second place with B.C., which also sat at 15 murders.

Governments have been cracking down on gangs, making it clear they are not welcome in our neighbourhoods. Anti-gang legislation has increased the severity of penalties for gang members, and law enforcement agencies have lessened their tolerance level towards gang activity.

In Alberta, gang-related criminal activity is stored in databases that are shared among the Criminal Intelligence Service of Alberta, the Edmonton Police Service and the RCMP. A \$2.1 million courtroom was added to the basement of the Edmonton courthouse to handle gang-related cases, and Alberta Justice provided \$8 million between 1998 and 2001 to target gang activity.

"There definitely is a step in the right direction with provincial funding in (preventing) gangs and organized activity," says Brezinski.



The Community Solution to Gang Violence

To find out how - contact (780) 447-9339 or info@csgv.ca



Volunteers make Rat Creek a Success.

Getting Rat Creek to over 8,000
mailboxes takes a lot of time and energy
and it could not be done without the
hard work of our volunteers.

Call: 479.6285

Call Me 1st



Thinking of Selling?
Thinking of Buying?
Call **Roxanne Litwyn**
439-7000

Your neighbourhood Realtor
Serving Central Edmonton Since 1990

FREE MARKET EVALUATION

List of homes for sale
(some restrictions apply)

www.roxannehomes.com

Not intended to solicit properties already listed for sale.



Have a Safe Summer.
Drive carefully and look out
for each other

Councillor Janice Melnychuk

Ward 3 - NE Edmonton

2nd Floor City Hall

1 Sir Winston Churchill Square

Edmonton AB T5J 2R7

phone: 496-8333

email: janice.melnchuk@edmonton.ca

Edmonton



Spruce Avenue Society's

Annual Plant Sale



Tuesday, June 13 from 10:30 am to 4 pm

Spruce Avenue School Gym 11424 - 102 St

*A variety of bedding plants
donated by Hole's Greenhouse.*

It's all in your head - so take care of it

A brain injury changes everything

GORDON VICKRUCK

Remember the days before air bags or mandatory seat belts or baby car seats? When you went on a family outing, all the kids would pile into the back of the station wagon or van, no thought given to sitting down, let alone buckling up. Kids rode bikes without helmets, and hockey players who wore helmets were called wimps. If anyone complained about concussion-like symptoms, it was dismissed as all being in one's head. Which, as it turns out, it was.



NETWORK PARTICIPANTS PLAYING POOL AT THE CENTRE

What has changed? Knowledge. Today we know a lot more about the brain; how it functions, and how easily it is damaged. In the 'old days' brain injury was not even recognized as a medical condition. Now we recognize it as a serious social and medical problem. A brain injury can typically cost the medical system one million dollars for treatment over a lifetime. As much as we might think that all these restrictive regulations are unnecessarily, they are there for good reason.

It is hard to imagine how drastic the lifestyle changes are when one receives a brain injury.

Overnight one can change from being a fully independent adult to requiring 24-hour assistance in daily living. Everything, from remembering where one put one's keys to remembering a person's name, can be a major daily challenge. In addition there are the personality changes, which lead to loss of friendships and social supports.

One of the programs designed to assist adults with acquired brain injury establish social and recreational connections is Networks, located in the Royal Alex Place at the corner of 101 St. and 111 Ave.

"This is the only program of its kind in Alberta," says George Kapetanakis, Director.

Networks provide opportunities for recreational and social interaction, and for accessing community

resources. About 80 participants in total are served. There are a variety of leisure activities such as pool and foosball tables, cards, board games, baking, computers, crafts, community outings, karaoke and bingo, group discussion, sewing, ceramics, adaptive volleyball, fitness, theatre and producing a newsletter. A recent expansion has provided well-needed extra space for more activities.

The centre for brain injury support in many ways is 111 Avenue. Royal Alex Place houses the Northern Alberta Brain Injury Society (N.A.B.I.S.) and the Edmonton Brain Injury

Relearning Society (E.B.I.R.S.). Further up on the avenue is the Glenrose Rehabilitation Hospital, and a new program for brain injury rehabilitation is being developed next door at Capital Care Norwood.

For more information about resources, and supports for brain injury, call the Alberta Brain Injury Information Line at 479-1757.

Brain Injury Awareness Week, June 2 to 9

Facts about brain injury:

- There are approximately 5,000 new cases of BI requiring hospital attention each year in Alberta alone! Of course, there may be 1,000's more who sustain brain injuries who never enter the hospital system
- BI is the major cause of death in northern Alberta for people under the age of 34.
- BI is twice as likely among men as women.
- Approximately 50% of BI's result from stroke or aneurism, the other 50% from an external trauma (blow to the head).

Common effects of BI:

- Memory loss,
- Impaired reasoning,
- One track thinking,
- Paraplegia or quadriplegia,
- Loss of vision or hearing,
- Sense of smell,
- Speech impairment,
- Headaches,
- Seizures,
- Changes in emotions, depression, moodiness

Orthodox Reformed Church

11610 - 95A St www.orcurc.org

WORSHIP SERVICES Sundays at 10:00 am and 6:00 pm
FREE COMMUNITY SOUP AND STUDY Thursdays at 6:15 pm
COMMUNITY SOCCER for Gr. 9 to adult at Eastwood School on Wednesdays at 7:00 pm

For youth activities and other info
phone Pete 479-1860

LEAGUE SPORTS IN SPRUCE AVENUE

Spruce Avenue Community League is happy to announce that we have found our new sports director!

It has been many years since the community has offered organized recreational sports, so we need your help in determining just what types of activities to offer. The league has a large variety of equipment for all kinds of sports; some ideas put on the table were slo-pitch, hockey and other in-house leagues to start with.

It will take some time to get these programs up and running, so let's start now! Your suggestions are both needed and welcomed.

Families attending Spruce Avenue and St. Basil schools are invited to join in, as well as families from surrounding communities. A valid community membership from any league is all that is required.

Please send us your suggestions along with the ages of those wishing to be involved in organized sports (this applies to both children and adults). We need coaches too! Let us know if you are interested.

Contact Angie Klein at ralphette@shaw.ca, or Verna Stainthorp at verna.stainthorp@shaw.ca. You can also call or fax your suggestions to 479-8019.



PETER GOLDRING
Member of Parliament
Edmonton East

Justice Reform, Finally

The federal Conservative Party has proposed the following reforms to our system of criminal justice: those convicted of serious crimes will be incarcerated for longer periods, and people convicted of serious crimes will no longer be eligible for conditional sentences or house arrest. With respect to serious crimes involving firearms, such as attempted murder, sexual assault, kidnapping, robbery and extortion, there will be automatic jail terms of three to ten years, depending on whether the crime involves a first-time offender or a serious, repeat offender. Other aggravating factors include whether the crime committed involved organized crime or street gangs. Crimes where there will be mandatory jail time include serious violent and sexual offences, manslaughter, impaired driving causing death and crimes punishable by jail terms of 10 years or more.

For too long, it seems, the reform of the offender, accompanied by some particularly charitable views as to how such reform might be achieved, has been the focus of much judicial discretion in sentencing. The harm that the offender's actions has caused others is frequently a secondary consideration. Raising the bar of deterrence will hopefully help to lower the number of offenders, plus assure the public that sentencing is consistent with the seriousness of the crime.

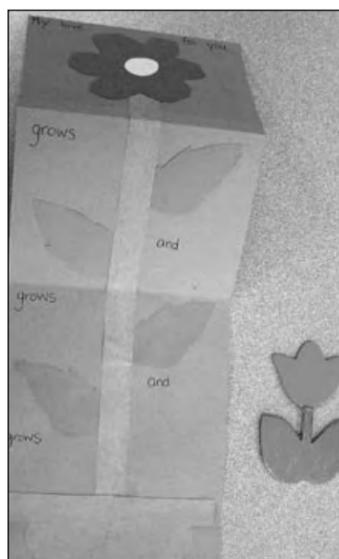
The Conservative actions are supported, across party lines. For example, Ontario Liberal Premier Dalton McGuinty said that he was "encouraged" by the legislation, which he described as "a good example of what we can accomplish when we bring a principles-based approach to a challenge before us, find common ground and then work together toward a solution". In my view, the Conservative government is admirably responding to public concerns that larger social interests, referenced to denunciation and deterrence of serious criminal behaviours, must now be a primary focus in sentencing. What is your view?

Celebrating Mothers

ANGELA ROYER,
NORWOOD JR. K TEACHER

The Junior Kindergarten Busy Bees celebrated mothers during the week leading up to Mother's Day. We read several fictional stories about Mother's Day and talked about the different ways in which children and families in the class celebrate the special day. We made a Circle Thinking Map about mothers and recorded our ideas about why mothers are special and ways to show appreciation on Mother's Day. The children worked hard all week to create handmade gifts to give. On Monday we made

a Community Circle and each child shared how they spent the day with their family.



10643 - 123 Street, Edmonton, Alberta | Ph: (780) 482-7178 | www.thebluepear.com
owned and operated by Darcy & Jessie Radies...residents of Norwood community

CALL US!
479-6285

495-3261 www.petergoldring.ca

PLAY & SAVE LOW COST SUMMER PROGRAMS

Pick up a brochure at Sprucewood Library or call 496.1901. Phone registration call 496.2966.

DANCE

8 Wednesdays, July 12 – Aug 30
At Eastwood Community League
Instructor: Kim Goodwin

Beginner 3-4

Students will begin exploring movement patterns based on themes. Focus will be on balance, levels, co-ordination, direction, and, of course, creativity! Music is chosen to fit the themes presented each week and are recognizable to the students.
Time: 6:00-6:30
Cost: \$35.00 members, \$65.00 non-members

Beginner 5-6

Students will begin to incorporate some of the basic ballet and jazz postures and movements into a class still based on creativity. This gives our young dancers a dance vocabulary that will enhance their experience and skill as a developing mover!
Time: 6:30-7:15
Cost: \$45.00 members, \$70.00 non-members

Beginner 7-10

Students will expand their movement vocabulary in a challenging and rewarding program. Focus is placed on control and fluidity of

movement, as well as a strong sense of musicality and performance. As always, creativity is encouraged!
Time: 7:15-8:15
Cost: \$55.00 members, \$80.00 non-members

ADULT FITNESS

No previous sporting or fitness experience required.

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, June 22 – Aug 22
7-8 pm at Alberta Avenue League
Cost: \$55.00 members; \$80.00 non-members
Instructor: Kim Goodwin

Advanced Pilates

8 Thursdays, April 13- June 1
6-7pm at Alberta Avenue Community League
Cost: \$55.00 Community League Members; \$80.00 non-members
Instructor: Kim Goodwin

SOCCER CAMPS

Soccer Skills Camps
Want your kids to improve their soccer skills and have a great time doing it?? We have partnered with Concordia University College's Sasha

Samadi and to offer two outstanding opportunities for young soccer players. These camps focus 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. No previous soccer experience is necessary.

Sunday, June 25, 11-1 pm
\$10.00 for Community League Members
\$20.00 for non Community League Members
Eastwood School Field

Sunday, July 16, 11-1 pm
\$10.00 for Community League Members
\$20.00 for non Community League Members
Eastwood School Field

INSTRUCTORS

Kim Goodwin
Kim completed her early training in the Royal Academy of Dance method while living in New Zealand. She then moved to Melbourne, Australia where she completed 2 years of pre-professional training. Her professional experience includes being a dancer in the Guangzhou Ballet Company, China. Since 2001, Kim has taught in Edmonton and surrounding areas and she is very excited to bring the Royal

Academy of Dance method to our community. She looks forward to having a great time teaching Ballet in a fun environment.

REGISTRATION

For more info or to register call: Brad MacCallum. Community Sports Coordinator
office: 479-2313 cell: 982-3052
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

1pm-5 pm Wed
Eastwood Hall
10am-2pm on Mon, Wed or Fri
Parkdale-Cromdale Hall
11am-2pm on Mon, Wed or Fri

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!

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!

COMMUNITY LEAGUE INFORMATION:

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

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



**ABC
HEAD START**

Register your preschooler for a **free preschool program** at ABC Head Start!

We are taking registrations at our 12 sites, including Eastwood, St. Alphonsus and St. Francis, for the 2006-2007 school year.

The program is for children aged 3.6 to 5 years from families currently experiencing a lower income. It runs four half-days a week. Bussing and snacks are free. Call 461-5353.



The City of Edmonton invites you to find out more about the community's vision and priorities for the future North Central Community Recreation Centre. Share your thoughts on the project and the partnership opportunity being explored with NAIT.

> **Monday, June 5**
Alberta Avenue Community League
9210 – 118 Avenue
Displays **7:00 to 8:30 p.m.**
Presentation at **7:00 p.m.**

> **Wednesday, June 7**
NAIT – Main Campus, North Lobby
11762 – 106 Street
Displays **4:00 to 8:00 p.m.**
Presentation at **4:00 p.m.** and **7:00 p.m.**

Share your thoughts through an online survey at www.edmonton.ca until June 9.

Everyone is welcome.
For more information, call **496-4940**
or visit www.edmonton.ca



Services for deaf or hard of hearing persons provided upon request. Call the Citizen Action Centre at TTY/NexTalk 944-5555 Press 0, cacentre@edmonton.ca or 496-8200

COMMUNITY NOTICES

GRAND PRIX VOLUNTEERS NEEDED

30-40 volunteers are needed for Grand Prix 50-50 ticket sales. Tickets are sold on the race grounds on July 21-23. Orientation provided in mid-June. This should be a great fundraiser and a fun time for all. Must be 18 years of age. Call Verna at 479-8019.

2ND ANNUAL SHINE & DINE ON ALBERTA AVENUE

Saturday, July 8 from 10am to 4pm at NAIT parking lot K (118 Ave & 106 St). Cars, food & street dance with music by DJ Tanner. Sponsored by the Alberta Avenue Business Association. Call 471-2602 for more info.

SUPPORT GROUP FOR YOUNG MOMS

Come join other young moms as they share the joys and challenges of parenting. Parent Talk offers a support group for moms of children 0-7 years old. Information, support and problem solving techniques are part of this interactive, self-help group. Free childcare is offered and a light supper is served. For more information please contact Darlene at the Boys and Girls Club, 481-1292.

To post a free community notice (max 75 words) email info@ratcreek.org or call 479-6285. Notices are published as space permits and deemed appropriate by the editorial team.

Go to ratcreek.org online for a complete and up-to-date calendar. Submit your events to events@ratcreek.org or call 479-6285.

SUMMER READING CLUB OPENING 2006!

2 p.m. Saturday, June 24 at Sprucewood Library. Quest for Heroes. Opening feature: an heroic puppet show.

ARTS ON THE AVENUE MEETING

Thursday, June 15, 7pm at Metrotown Market (93 St & 118 Ave) BYOC - Bring your own chair. Planning meeting for the fall arts festival. All art forms welcome. For more info contact Christy 471-3585.

NNA ANNUAL GENERAL MEETING

Wednesday, June 14, 7pm

Norwood Family Centre
114 Ave & 95 St

Come out and help do great things in Norwood!



Canada Day Celebration and Yard Sale

at Norwood Square 9516 - 114 Avenue

Sponsored by the Norwood Neighbourhood Association

July 1st
11am - 4 pm



- Horse and wagon rides
- Norwood brass band
- Hotdogs and hamburgers
- For the kids: inflatables, castle, spiderman train & face painting



Got stuff to get rid of? Rent a table in the yard sale for \$10. Call Yoko 424-6917 (evenings)

CANADA DAY CELEBRATION
SATURDAY, JULY 1ST NOON- 3PM



FREE ADMISSION & FREE FOOD



Games Prizes Music

In the parking lot at 101 St. & Princess Elizabeth Ave
(Next to Boston Pizza)

Christian Life Center
471-2250

JOIN US THIS SUMMER WE NEED YOU

KZAMM KIDS SPY ZONE



DAY CAMP



Special Agents Required

Mission: To uncover the secrets of the stones
Where: KZAMM HEADQUARTERS
10123 Princess Elizabeth Ave
When: Week 1- July 10-14, Week 2- July 17-21
Time: Reporting at 9 AM Sharp Until 4 PM
Special Agents from Grades 1-6 Required!

Registration \$15/ week

InCLUdes



CALL TODAY!
471-2250

Limited spaces Available

- ☺ Games
- ☺ Cool Prizes
- ☺ Funky Music
- ☺ Delicious Food
- ☺ Field Trips



Sponsored by CHRISTIAN LIFE CENTER - 10123 Princess Elizabeth Ave