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RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 8,500

PH: 479.6285 EMAIL: info@ratcreek.org

Bingo closes; Avenue Hall open for new opportunities

BY KAREN MYKIEKTA

For more than 25 years, bingo players from the community and around the city made their way to Alberta Avenue hall for weekly bingo events. As of the end of July, that was no longer an option.

At a general meeting of the Alberta Avenue Community League on July 11, the members present voted unanimously to cease bingo business operations in their community hall. Bingo had been under review since the fall due to declining attendance and revenue.

Declining revenue wasn't the only compelling reason to close the bingo hall. The league has been struggling for years to find adequate volunteers to run bingo; the past year

has been particularly difficult. Having bingo tying up the hall three nights a week has also limited the league's ability to run programs or conduct hall rentals. The last straw was when the cash-strapped league was turned down for provincial grants due to the fact the hall housed a bingo business.

Bingo supporters were not happy with the decision to close the bingo hall. A group of people apparently rallied and picketed at the hall the last week of bingo operation locking out staff and shutting down bingo operations two days early. In the end, the Edmonton Federation of Community Leagues mediated a meeting between the disgruntled members and the Alberta Avenue Community League board.



AROUND 250 BINGO PLAYERS PACKED ALBERTA AVENUE HALL ON AUGUST 23 FOR A FINAL BINGO EVENT WHERE ALL THE ACCUMULATING POTS WERE GIVEN AWAY – AROUND \$17,000 IN SPECIAL POTS.



ORVILLE BARLEY, 86, HAS BEEN PLAYING BINGO AT ALBERTA AVENUE THREE NIGHTS A WEEK FOR YEARS. HIS DAUGHTER BRENDA WHO BRINGS HIM SAYS, "HE'S GOING TO MISS IT. IT'S THE ONLY HALL HE ATTENDS."

MICHELLE MORRIS, 23, HAS BEEN PLAYING BINGO AT ALBERTA AVENUE SINCE SHE TURNED 18. SHE SAYS, "I'M TICKED OFF [IT'S CLOSING]. THIS IS THE ONLY HALL I'VE EVER REALLY PLAYED AT. I CAN'T GET TO ANY OTHER BINGO."

The issues have yet to be settled. In fact, a number of members are suing the league for non-payment of bingo credits. Trish Filevich, league president, says the Alberta Gaming & Liquor Commission has made it clear to both parties that the league has no authority to pay out the monies being demanded. "It is truly unfortunate that these members are taking the position they are, as it only results in division within the League and the incurrance of unnecessary legal costs," says Filevich.

Open Forum for the Alberta Avenue Community League

Tuesday, September 12, 7pm at the hall (9210 118 Ave)

It's a new membership year. To vote you'll need a 2006-2007 membership. Sales table will be open at 6pm. For more info call 477-2773.

A new chance for the old Cromdale Hotel

JILL SCHEYK

The Cromdale Hotel, a long-time local concern in the north Edmonton area, has been sold to Spirits Liquor Marts after years of campaigning from community leaders to redevelop the site.

The new owners are still in the preliminary stages of planning for the fate of



THE CROMDALE HOTEL WAS BOARDED UP IN 2004 AFTER BEING CONDEMNED BY CAPITAL HEALTH.

the controversial hotel. "One of (the plans) is to improve the existing liquor store and clean up the parking

lot," Terry Nyquvest, Spirits Liquor Marts co-owner, said. Beyond that, Nyquvest added, the company is in discussions

with potential tenants and will still need the approval of the City of Edmonton before any change can take place.

Norm Aldi, president of the Eastwood Community League, has been waiting for that change since he moved to the area six years ago.

"(When) we see some actual change, that's when the real jubilation will begin," Aldi said.

Ideally, Aldi would like to see the building scrapped and turned into a condominium with retail tenants on the bottom, but he's open to other projects.

"Anything's better than what's there now," Aldi said.

Peter Rausch, executive director of the Alberta Avenue Business Association, couldn't agree more that the Cromdale has to go.

"In its current state it reinforces the ghetto look of the avenue," Rausch said. In the last ten years, the Cromdale has become

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More board members welcome.

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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.

Connected people make a community

BRAD GOERTZ

It's a funny idea, building community. What's community and how do you build it? Where do you start and what does this community do when you've built it? In many ways community is based on what we share with other people. Communities can be based on ethnicity, occupation, a love of antique cars, anything that people have in common.

At the Community Action Project we are concerned with

the space that people share. You probably share a fence with your neighbour, and your particular street with neighbours a little further away. You might share the burnt out streetlight

and the abandoned car in the alley. You also share the beautiful mature trees that shade the street in summer. If there is a problem property on your block you share that with your neighbours too.

And who knows better than you and your neighbours what needs celebrating and

what needs work on your block? Should there be a three way stop at a busy intersection next to a park? Is John traffic making your street too busy and you would like to see it become a one-way?

Community is also about sensing that it is there. Do you feel comfortable going next door to talk to your neighbour? Do you feel that they too care about the quality of life on your street? Chances are that they do and this forms the basis for community building,

our vague floating goal for this issue of the Rat Creek Press. Reading the Rat Creek Press makes us part of a community by the way, and demonstrates an interest in the area we live in, so we are

already off to a good start.

It is amazing what can happen when neighbours start talking with each other. Strangers at first, soon they learn about one another's children, vacation plans and common stresses. Trust develops and, with a little effort, so does a team that can start talking

about how to make that three way stop or one-way street a reality. Or, as has happened often in the past with CAP, the cancer of a drug house or problem property is removed from the block. This doesn't happen overnight and it is a

forgot to close your garage door. You can get together and plant some flowers or take turns dropping the kids off at school or babysitting.

People that are connected to each other in this way are what build strong and healthy

**"It is amazing
what can happen
when neighbours
start talking with
each other."**



lot of work, but one person alone cannot begin dealing with some of these issues.

Perhaps the greatest thing about community is that once it has started to grow it becomes a force of change in the neighbourhood and vaccinates your area against some of the ills that can occur. Your neighbours know who should be in the alley, they will watch your house while you are away and let you know if you

communities. It makes more sense to think in terms of building relationships between people. Building community sounds a bit like building something out of clouds: it would be a lot of work and you would never know when you were finished. But building community by connecting people through people talking to their neighbours and working together, that's something to sink your teeth into.

Turn down the volume Northlands apologises for excess noise during festival

On behalf of Northlands, we want to thank all Northlands neighbour residents for their patience during Capital EX.

We especially want to acknowledge everyone in the area who took the time to share their feedback with us. We had many successes at our newly branded exhibition, including Global Connections, Northwest Originals and Family Fun Town. Many of you with young children told us how much you enjoyed this dedicated area for your family. We appreciate your comments.

We also heard from a number of you regarding Ed Fest, the new outdoor music venue. Whereas those who attended the concerts were excited about the venue and had no concerns, Northlands recognizes that the noise levels had an impact on our neighbouring communities and we will be looking very closely at this event in our planning for next year.

During the ten days of Capital EX, we worked very closely with our sound engineers and the productions staff to try to mitigate the noise

levels. We turned the volume down, repositioned speakers and added and removed large canvas signage in an effort to prevent the sound from traveling. We brought in noise specialists to assist us in determining why the sound was traveling the way it was. It seemed each change we made impacted another area.

Northlands apologizes for the noise and disruption the music from Ed Fest caused during Capital EX. We have worked very hard to keep the noise levels down during the exhibition, so it was never our intention that this venue would be different.

As we evaluate this year and move forward in our plans for next year, all the concerns and suggestions raised by residents in our neighbouring communities will be at the forefront of our discussions. Thank you for your input and ideas.

On another note, planning continues for our new facility and as these plans move forward we will arrange to update you on our progress at one of your upcoming community

league meetings. Watch for notification in your mailbox about the date and time we will be attending your meeting.

With all the activities that start up in the fall, I want to remind you that even though Northlands is a non-profit organization, we do have a community donations program that may be beneficial in your fundraising efforts. Please visit www.northlands.com/about.html and scroll down to Donation Request Guidelines for more information about this program. Information on our other programs and events is available on our website at www.northlands.com

Please feel free to contact me with any questions or comments you may have. I can be reached at 471-7162 or via email at mtrudelle@northlands.com

Enjoy the fall!

Monique Trudelle,
Northlands Community Relations
Manager

Cromdale Hotel continued from cover

a cause for growing community concern.

Community activist Sheila Bowker fought for years to have the Cromdale torn down, leading numerous protests outside the decrepit building, according to the Edmonton Journal. Her tenacity paid off when the Cromdale was closed by Capital Health in April 2004.

It was the culmination of a long period of drug activity, brawls, and disrepair that led to the hotel being condemned. Between February 1999 and June 2000, the Cromdale appeared in the Journal four times as the scene of a violent crime. From stabbings and beatings to assaulting police officers, the old hotel drew some very negative attention.

The Edmonton Sun described the hotel as a "down-market den of vice," an "open wound" in the neighbourhood, and "118 Avenue's worst remaining eyesore" all in one article dated Sept. 3, 2003.

It wasn't always that way. When the hotel opened in

1954, it was described by the Oct. 26 issue of the Edmonton Journal as containing "44 smart rooms". The hotel took six months to construct and cost \$450,000 at the time, which amounts to just under \$3.5 million in 2006, according to the Bank of Canada.

The sleekly designed building had men's and women's beverage rooms, a coffee shop, and a banquet hall. The beverage rooms were decorated with murals painted by art students from the University of Alberta, stated the Nov. 3, 1954 edition of the Edmonton Journal.

A photograph taken in October 1954 shows an elegant facing with scripted letters announcing the Cromdale Hotel lobby, coffee shop, and men's beverage room.

New development is key in the restoration of Alberta Avenue, Rausch said. Under the new ownership of Spirits Liquor Marts, the Cromdale Hotel property has a chance to be "smart" once again.

**GOT
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Henry Woudstra, Manager

Local schools at risk of closure

KAREN MYKIEKTA

Eastwood and Parkdale schools along with 18 others are on Edmonton Public School Board's sustainability review according to their ten year facilities plan. The trustees have the ominous task of deciding the fate of these schools by

January 2007. Apparently, the plan is to discuss options with parents and the community. However, given the fact that a decision will be made in four months, it is unlikely the process will involve much debate and exploration with the community.

The problem is that while

Edmonton's total population is ever increasing, the school-age population continues to decline every year. This decline is even more substantial in mature neighbourhoods. Older neighbourhoods have severely underused schools while young families flocking to the suburbs have no local school.

On top of the fact that Eastwood and Parkdale have only a small number of school-age children living in their attendance boundaries, less than 42% and 37% respectively of resident children even attend their local school. Obviously, even local parents are choosing to send their children elsewhere perhaps to take advantage of one of the many alternative programs offered by Edmonton Public. Interestingly, these two schools run on a modified "year-round" calendar, yet the board does little to promote this unique alternative.

MLA Brian Mason held a town hall meeting on the future of our schools in June. Another meeting is planned for September. Call Mason's office at 414-0682 for more info.

Go to <http://planning.epsb.ca> for more info on the Ten Year Facilities Plan; School Profiles; School Viability Indicators and more. Call Edmonton Public at 429-8000 or David Colburn, your school trustee, at 429-8083 to voice your opinion on this matter.



EASTWOOD SCHOOL 12023 81 ST
BUILT IN 1922
GRADES K-6
2005/06 ENROLMENT 139
SCHOOL CAPACITY 698
UTILIZATION RATE 25%



EASTWOOD SCHOOL LOBBY



PARKDALE SCHOOL 11648 85 ST
BUILT IN 1912
GRADE K-9
2005/06 ENROLMENT 262
131 IN K-6 & 131 IN GRADE 7-9
SCHOOL CAPACITY 495 - UTILIZATION RATE 54%

AVENUE INITIATIVE REVITALIZATION

STRATEGY UPDATE

DON'T MISS THESE GREAT EVENTS!

Arts on the Ave presents
"Arts Alive!" Saturday, October 7



Family Safety Fair Saturday
 Saturday, October 28 from
 1 - 4:30 pm
 at the Alberta Avenue
 Community League

WORKING GROUP UPDATES & MEETINGS

STREETScape

Next Meeting: Wednesday September 6th 7pm.
Location: Alberta Avenue Business Association (Joint meeting with Development and Revitalization Working Group)

The pedestrian lights are up and brightening the sidewalks! As the Streetscape is developed the lights will be moved to decorative poles and the number of lights will be increased. A concept design is in the works for the new look of the Avenue. The committee has decided on a look that will honor the history and promote community.

DEVELOPMENT AND REVITALIZATION

Next Meeting: Wednesday September 6th 7pm.
Location: Alberta Avenue Business Association
 The inventory of land use and zoning is completed and by September you will be able to see maps that show the changes we are working towards. Currently, there are numerous vacant lots and buildings. There is lots of potential for future development of commercial and residential areas.

BEAUTIFICATION AND CLEANLINESS /PROGRAM SERVICES

Next Meeting: Wednesday September 13th 7pm
Location: NOVA PLAZA (Landlord and Tenants Office: 8904 - 118th Ave)

On October 7th the new Arts on the Ave group will be hosting its first event: A day full of visual arts, performing arts, music and fun for the whole family. The Avenue Initiative Programs Working Group will be providing a children's Arts and Crafts Tent and hosting a BBQ.

SAFE STREETS

Next Meeting: Tuesday September 19th 7pm
Location: NOVA PLAZA (Landlord and Tenants Office: 8904 - 118th Ave)

FAMILY SAFETY FAIR SATURDAY OCTOBER 28TH

at Alberta Avenue Community League 1 - 4:30 pm. A day full of fun and important information for the whole family! Topics will include: House/Home safety, Traffic/Street Safety, Reporting Drug Houses, Personal Safety, Edmonton Police Services, Fire Safety plus much more!

PLEASE CALL JUDY ALLAN AT 496-1913 IF YOU WOULD LIKE TO JOIN A WORKING GROUP!

Long empty store front on 111 Ave gets rainbow of colours

Pride Centre of Edmonton moves to our neighbourhood

DAWN FREEMAN

The Pride Centre, which offers support and resources to the gay, lesbian, bi-sexual and transgendered community in Edmonton, has brought their rainbow of diversity to the

Alberta Avenue community. Taking over the corner building on 95A St and 111 Ave, they are renovating the space to be exactly as they need it now and still have room to grow.

"We are excited about our new location," says Ken MacDonald, president of the centre. "It is more accessible and has more parking. It's not the scary place some people think."

Joe Woytowich, the Executive Director of the Centre, agrees. "It's a very accepting and open neighbourhood, and all the businesses and the community have been very welcoming. We're a community centre, open to everyone, and we've had more

drop-in traffic (that's people we don't know) here in two weeks than in 7 months at our other [downtown] location."

The Pride Centre will be open Mon-Fri from 10 a.m. to 10 p.m. for resources and as a drop-in to the public. The space will be used for various GLBT groups, including youth, gay men and transgendered, as well as for youth, senior, and family programs. Drop-in senior times are Wednesday and Thursday from 10:30 a.m. to 3:30 p.m., and all seniors are welcome. As well, free psychological and lifestyle choices counseling is offered (4 counselors will be starting work in September). There will be monthly potlucks, movie nights, political talks, and dances, as well as internet access for the community, and a children's library in the works. Drop-in at 9540 111 Ave or call 488-3234 to learn more.



EXECUTIVE DIRECTOR – JOE WOYTOWICH, JUNAID – OFFICE MANAGER AND DRURY – EVENTS COORDINATOR ARE 3 OF THE PROUD ORGANIZERS OF THE NEW PRIDE CENTRE.

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For advertising rates and info check out www.ratcreek.org or phone 479.6285

Place a business card ad for only \$40!

DON'T BE FORGOTTEN!

Make sure your business, home-based business or organization is listed in the 2006 Alberta Avenue Business & Community Directory. Listings include name, address & phone number and are absolutely free!

Don't stop there though! Let the community know what you have to offer.

Purchase a display ad starting from \$25 for 1/8 page to \$200 for a full page. If you want to stand out even more go for full color! Early bird special: pay before Aug 15 and receive 15% off.

Download an info sheet from ratcreek.org under News or contact Tracey at the Alberta Avenue Business Association 471-2602.

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Business Briefs

DAWN FREEMAN

NEW BUSINESSES

XAMAREEY RESTAURANT
(Casual African Cuisine)
9570 – 111 Avenue
Ph 424-7222

MULTICULTURE SUPERSTORE
9506 111 Ave
Ph 479-2938

A superstore with wholesale prices selling bedroom and living room sets, curtains and comforters, kitchenware and decorative items as well as clothing and perfume.

Call for hours of operation.

CENTRAL TIRE STORAGE FACILITY
9566 – 111 Avenue

Central Tire from downtown have bought and renovated the old McKeens Saw building to use as a tire storage facility.

This is not open to the public.

PARK PLAZA LIQUOR BARN
11836 – 103 St
Ph 477-0786

The store previously called Spirits Liquor Mart is under new ownership. They give seniors a 3% discount everyday and post-secondary students a

5% discount on Thursdays.

Hours: Mon-Thu 10am to 10pm, Fri-Sat 10am -11pm & Sun 10am – 10pm.

THE MOVIE STUDIO
8030 118 Ave
Ph 474-4292

Well this store has actually been here since January, we just haven't gotten it in the paper before. The location was previously a Video Station.

The store hours are Sun to Thu 10am to 11pm; Fri & Sat 10am to midnight.

Rental rates are New releases \$5.19; Reg stock \$4.01; Cartoons/Family \$0.94; and Community Service Free.

CLOSED FOR BUSINESS

CAFE PARDAL
on 95 St & 117 Ave.

LUCKY FORTUNE RESTAURANT
at 8907 118 Ave.

COLUMBUS GIFT SHOP
at 9321 118 Ave

DICKERING ALS
at 8812 118 Ave

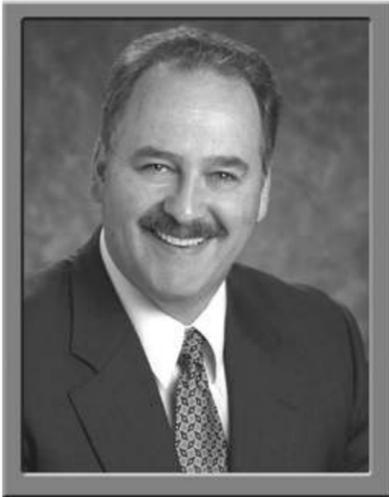
Orthodox Reformed Church

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

Brian Mason, MLA Edmonton Highlands-Norwood



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e-mail: edmonton.highlandsnorwood@assembly.ab.ca
www.brianmason.ab.ca

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.



Café 10406-118 Ave **Deli** 9567-118 Ave

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Capital Health

Building a healthier community

Your Primary Health Care Centre

Your Primary Health Care Centre is a state-of-the-art facility that will provide greater access to comprehensive, one-stop health care for the residents of the community and surrounding areas.

Capital Health is grateful for the contributions of community members who have played a vital role in the planning and design of this innovative facility. Your input has been integral in building a brighter, healthier future for your community while preserving Cromdale Elementary School's rich history and its green space. Below is a brief overview of the project.

Site Selection Process

A number of key community locations were considered as possible sites for the facility.

As part of the site selection process, the provincial government and a private real estate firm each conducted a separate site review based on:

- Size • Safety • Lowest construction cost

Both reviews identified the former Cromdale Elementary School as the optimal site.

New services bring better care

The new facility will offer:

- Urgent care centre (open extended hours to deliver non-emergency services such as casts for simple fractures and stitches)
- Family medical clinics • Communicable disease clinic
- Home care • Specialty clinics for children and the chronically ill
- Mental health

Service partners include

- Child and Family Services • AADAC

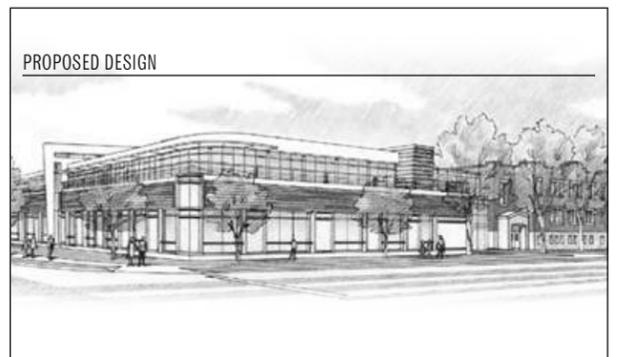
Next Steps

The facility's design is currently being finalized and an application for a building permit has been submitted. Construction could begin as early as winter 2007.

Throughout this process, the entire community and surrounding areas will be regularly informed of the progress on the site's development and construction.



Cromdale Elementary School (above) is getting a second lease on life as part of the community's new Primary Health Care Centre (proposed design, below).



Information

Phone: 401-2668

Website: www.capitalhealth.ca/newhealthcentre

Email: newcentre@cha.ab.ca



Edmonton and area

The little community with the big heart

ANGIE KLEIN

Spruce Avenue is one of Edmonton's oldest communities. It boasts many wonderful amenities such as Kingsway Mall, the Glenrose Hospital, and three thriving schools, and is easily accessible from everywhere in the city. Bordering on Princess Elizabeth Avenue to the north, 111 Avenue to the south and 97th Street to the east, with the west edge ending at 109 Street, the community is within walking distance to Nait, the Royal Alex Hospital, and downtown. Our population is just over 2000 residents, many of which are seniors, but with an ever-growing family contingent. We host many events throughout the year, and are a supporting partner

with both St. Basil's and Spruce Avenue Schools.

In the spring we hold an annual community garage

sale and garbage collection where residents can get rid of all that old junk (and some real treasures) that has been

accumulating over the years. We provide, free of charge, a large bin outside for unwanted or unusable items and rent tables in the centre to sell the things that are still usable.

The summer is the time of year when you can see neighbours socializing everywhere. Block parties are starting to pop up and our large parks are a great place to run and play. The Community League is looking forward to installing new playground equipment, in partnership with the City Of Edmonton, at both schools and at the League itself.

In the fall we hold our Harvest Festival, with special emphasis on volunteer appreciation. Hayrides and a free barbeque are just a few of the great reasons to stop by. Halloween

costume parties are held for the school age children and these are very fun, safe events with lots of crafts and prizes! But the best part of autumn in our neighborhood is seeing all the mature trees turning beautiful shades of red and gold.

Things don't stop in Spruce Avenue just because it's cold outside. The winter holds many great activities too. We have some of the best ice in the city on our well-maintained skating rink, and we provide ice time free of charge to the neighbouring schools, in addition to supplying skates and helmets to those who don't have them. We end off the season with our annual Family Day celebration!

Every season is a great season in Spruce Avenue, the little community with the big heart.



SPRUCE AVENUE PARK

Message from the Alberta Avenue Community League

onlineEXTRA

Read the full report on our website at ratcreek.org or contact the league at 477-2773.

The past year has been one of growth and revitalization of the Community League and its Board. A review of the league operations showed a need for increased control and accountability and creating a League that reflects today's neighbourhood demographic.

The current Board has gone to great lengths to follow the bylaws of the AACL in an attempt to strengthen and ensure legitimacy and integrity within the Board. The residents in Alberta Avenue should once again have reassurances and confidence with this Board that it has as its sole objective the best interests of the Community League at the forefront.

In keeping with the objectives of accountability and openness, this Board invites its members to address any issues of concern they may have and deal with those issues in an open forum for the AACL as a whole to voice their opinion. We also invite the any input the membership may have with respect to additional usage of the hall. This Board is pre-

pared to stand behind any and all decisions it has made on behalf of the AACL as part of that accountability process.

This will occur at a General Meeting to be held on September 12, 2006 at the Alberta Avenue Community League starting at 7:00pm. Residents wishing to become or remain members of the Alberta Avenue Community League must purchase their 2006-2007 memberships to vote at this meeting. A membership sales table will be open at 6:00 pm the night of the meeting to accommodate these purchases.

In recent weeks, statements made by certain individuals have called into question the Alberta Avenue Community League Board of Director's commitment and integrity related to the operation and oversight of the League. Also, there have been suggestions that traditional endeavors like sports are being cancelled. That is not the case. And while there are still some outstanding issues, and it has been a trying and difficult year, we believe the actions we are taking will help move forward our league and our community for the future opportunities that are coming.

RENÉ LADSOUS

Times have changed. We no longer live in a society where our neighbours were somewhat our extended family. We have learnt to distrust our fellow men and women. We hide behind reinforced locked doors and high privacy fences in an attempt to create our own exclusive, controlled, environment. Apartment dwellers carefully avoid each other and a simple ride in an elevator is a stressful, silent, episode. In most instances, contact between neighbours is limited to a quick "Hello!" in a forced encounter. We are no longer "neighbours", but strangers who live next door.

However, whether we like it or not, what we do in our seemingly protected environment impacts on everyone around us, be it the smoke from our BBQ waiving over the patio next door where people are relaxing in the warmth of the summer, or the housewarming party we are hosting. The biggest problem between neighbours remains that of noise. One can forgive and understand the occasional

parking challenge created by a neighbour hosting a reception, or the occasional rowdiness of a celebration, but one cannot forgive and understand the regular excessive pandemonium emanating from an inconsiderate neighbour.

If our homes are our

to run a business from home, or simply trying to live their life?

If, nowadays, being a neighbour may often only mean living next door, we are still a gathering of individuals with personal likes and dislikes. It is up to us to act responsibly, in the knowledge that our



castles, these "castles" are many and contiguous. We are not the only one to hear the music, the hammering, or the dogs barking. Is it possible our noise is disturbing the people next door who are trying to sleep because they work a night shift, trying

freedom stops where someone else's starts. We all want to have a good life, but we cannot do it alone, so why not try to know our neighbour and respect them as we would our relatives. We might just enrich our lives in the process.

A park well worth visiting

KAREN MYKIETKA

It was overcast and a little cool on Saturday, August 19 but that didn't stop kids from testing out Eastwood Community League's (ECL) new spray park at their grand opening celebration.

Kids ran and climbed all over the new playground equipment that went in last summer. Others tested out the water spray – clothes and all. There was face painting, balloon animals, wagon rides and of course food! Entertainment was provided by "Risen from the ashes" – a band from the Salvation Army Church.

We've had some glorious late summer weather but the spray



BRENDON, 6, WATCHES THE WATER SPRAY SUSPEND BALLS IN THE AIR AT THE NEW EASTWOOD SPRAY PARK.



KIELLO, 15, ENJOYS PLAYING WATER BASKETBALL AT THE NEW EASTWOOD SPRAY PARK DURING THEIR GRAND OPENING CELEBRATION ON AUGUST 19.

park will soon be shut down for the winter. If you didn't have a chance to try it out this year, make note of it for those hot summer days next year.



THE KIDS ENJOYED BOUNCING AROUND AT THE ELMWOOD PARK OPEN HOUSE ON SUNDAY, AUGUST 20. COMMUNITY MEMBERS HAD A CHANCE TO VISIT AND ENJOY A BBQ OUTSIDE THEIR MEETING ROOM ON A NEW DECK. OTHERS ENJOYED THE AMENITIES INSIDE THE MEETING ROOM WHICH WAS KEPT COOL FROM THE SUMMER SUN BY ITS THICK STRAW BALE WALLS.

Neighbourhood Heartbeat : A connected community

PATRICIA DUNNIGAN

Every neighbourhood has its own particular identity or way of being; I call that the heartbeat or the soul of the place. Alberta Avenue is the sixth area I have lived in since moving to Edmonton in 1966. As I look back on my four and one half years of calling this place home, I can claim with surprise and satisfaction that I find a stronger sense of community here than anywhere else I have lived.

This idea doesn't come from some naïve idealist who sees the world through a fog of denial; we have our problems, yet here they are visible rather than being hidden behind some façade of niceness and sameness that I find in other neighbourhoods.

We moved here because we love old houses and because we could afford to buy here. We fell in love with our beautiful 2-story home built in 1916, and after taking some investigative precautions to see if this was a safe block to live on, we moved in and have never regretted the decision.

There have been both formal and informal avenues through which I have felt connected to the goals and ideals of many of my neighbours.

Taking a Stand

The Community Action Project was holding regular meetings and through participating in these for a couple of

years, I learned that long term residents were taking a stand to make the streets safe for their kids to live and play on. The idea wasn't about creating some new urban upscale ghetto. The driving principles and values focused on retaining and reclaiming, where necessary, an economically and socially diverse place to call home.

The Importance of Stories

The Norwood Child and Family Resource Centre was my employer for two years. I gained a deeper appreciation of the families who buy and rent homes in this area and how important it is that we work together to maintain affordable accommodation for those with special needs, and to give the children an equal access to a good start in society. The greatest gift I received while working there was of the stories that each family and child brought to the centre; it is impossible to maintain prejudice and judgment once you have had the privilege to hear the story behind the life.

Exchanging Ideas

The Rat Creek Press and the community approach it uses to create each issue is another example of what community means to me. I enjoy reading about happenings in the 'hood', and those of us who volunteer don't need to be professionals to make a contribution. We also work together to plan out each issue so this

gives the volunteers the chance to exchange ideas with others through choosing to write about what matters to them.

Neighbours Coming Together

Our block is special for many reasons. Today, as I write this, I am seated on my upstairs front verandah overlooking the street. It amazes me that I can name at least 70% of the people whose houses I can see. This is in part thanks to Valda, our block party organizer. She is great at shaming us into action to do the planning, and each year she brings new and old block members together to coordinate the event. Somehow it all seems effortless with her ability to delegate.

Knowing who lives here helps each of us to find safe places to go and air our concerns about negligent landlords, drug dealing, theft and dangerous behaviour, and plan how to confront it in a way that is effective and doesn't involve taking unnecessary personal risks. We also tell each other when we need to call in the proper authority to deal with dangerous situations.

Funny & Quirky

And where else would you find

some of the funny and quirky things that we get to see. We have our entrepreneurial bottle collectors, along with designers of all manner of bicycle trailers, traveling through to gather "collectibles" from other peoples' trash. My favourite experience is the story of the return of my stolen Christmas reindeer. Two months after it



was taken, Jerry from across the street found it in a dumpster behind his house. He took time to repair its damaged antlers making sure it would still light up and turn its head back and forth properly. Then he remembered that a deer just like it used to be grazing on our front lawn before Christmas so he brought it back to its rightful home.

A Recipe for Community

There is a spirit here that I think is born in our determination to enjoy peace and safety in our lives, while appreciating at best, or tolerating at least, the differences that surround us. We have a great variety of lifestyles and family configurations, our homes are close together and we can often overhear our neighbours. Sometimes we may know more that we really want to. A huge range exists in what we all believe is appropriate social behaviour, acceptable language, home and property care, but nobody is dictating those norms to us. We work it out among ourselves, with a recipe that calls for a delicate balance of nosiness and discretion combined with a generous sense of humour.

Ways to Build a Community

This list was written on a poster at Ten Thousand Villages. Do a self-check – how many are you currently practicing? Are there two or three more that you could add to what you already do? Together we can strengthen the heartbeat of this part of the city.

- ◇ Turn off your TV
- ◇ Leave your house
- ◇ Know your neighbours
- ◇ Look up when you are walking
- ◇ Greet people
- ◇ Sit on your stoop
- ◇ Plant flowers
- ◇ Use your library
- ◇ Play together
- ◇ Use your local merchants
- ◇ Share what you have
- ◇ Help a lost dog
- ◇ Take children to the park
- ◇ Garden together
- ◇ Support neighbourhood schools
- ◇ Fix it even if you didn't break it
- ◇ Have pot lucks
- ◇ Honour elders
- ◇ Pick up litter
- ◇ Read stories aloud
- ◇ Dance in the street
- ◇ Talk to the mail carrier
- ◇ Listen to the birds
- ◇ Put up a swing
- ◇ Help carry something heavy
- ◇ Barter for your goods
- ◇ Start a tradition
- ◇ Ask a question
- ◇ Hire young people for odd jobs
- ◇ Organize a block party
- ◇ Bake extra and share
- ◇ Ask for help when you need it
- ◇ Open your shades
- ◇ Sing together
- ◇ Share your skills
- ◇ Take back the night
- ◇ Turn up the music
- ◇ Listen before you react to anger
- ◇ Mediate a conflict
- ◇ Seek to understand
- ◇ Learn from new and uncomfortable angles
- ◇ Know that no one is silent though many are not heard
- ◇ Work to change this



HAVING A BLOCK PARTY IS A GREAT WAY TO FIND OUT YOUR NEIGHBOURS' SECRET TALENTS.



Of Human Interest

By Sharon Riley

There had once been freedom
To roam and yowl and fight
If the spirit led you.
To lie and bask in the summer sun
To see if a cat could make a dog run
To flee for your life if a shoe was thrown,
To lie in the sun and chew your bone.
To give barks of protection
For those you loved
And mewls of contentment
To God above
To do some barking or run in your pen
Without a worry of what came then.
To howl in your home when your humans went out,
And everyone wondered what it was about;
But, no one complained to those in power
Even if it went on for over an hour.
Whether those days were better or worse,
We just had to write it out in this verse.

Rat Creek Press

By Sharon Riley

The Rat Creek Press is a cornerstone.
A cornerstone of our neighbourhood,
Building a community,
With memory of the past,
The reality of today,
And hopes for the future,
Like the people who live here.

Organizational Tips – Kids, school & paper

KAREN MYKIETKA

Does your household need a paper diet? Most do. We are swimming in paper – newspapers, flyers, magazines, bills, receipts, photos and on and on. Now add kids to the mix – coloring pages, drawings, creations. Then school – newsletters, calendar, information sheets, home reading, etc.

We waste a lot of time and energy wading through the reams of paper in our lives. This year, use some of these simple organizational tips to keep the paper mountain under control.

Create in and out boxes for your family.

Two ways to do this: each member of the family could have an inbox or you could set up inboxes by topic (e.g. bills, school, reading material, outbox). A very easy and economical option is cardboard magazines files (cost up to \$2.50/each at office supply stores or 2 for \$0.50 at IKEA).

But remember: This isn't a place for long term storage! It



AN EASY AND INEXPENSIVE WAY TO DISPLAY ALL THOSE CREATIONS YOUR CHILDREN MAKE.

should be checked and cleaned out regularly (at least weekly).

Everyone needs to get into the habit of walking in the door and putting their school papers, home reading or mail in the assigned spot and also checking the "outbox" (a separate box or the person's own personal box) on the way out each day. It needs to be located in a convenient and visible spot.

Have a central family calendar.

Any old calendar will do or buy one designed for this purpose that comes with fancy stickers such as the More Time Moms Family Organizer. List all special events, appointments, meetings and children's activities on the calendar. Transfer stuff from school calendar pages so everything is in one spot. Post it near your in or out box and glance at it daily. Tip – have a pen available nearby; tie one on the string and tack it up with the calendar if need.

Display your children's creations.

Both preschool and school age children produce a lot of stuff. Have a spot (or several) where you can display it. One common location is the fridge but there are many other simple options. Buy some small screw hooks, string and clothes pins at the dollar store. Put the hooks on a wall or even across of window, tie a piece of string so it loops down and add clothes pins.

Now when your child draws you a picture or brings art

work home from school you can immediately put it up. Other options are cork board or magnetic strips/boards.

Create an instant memento book.

A lot of times a paper or item is hanging around because we want to keep it as a memento but don't quite know where to put it. Buy some 11x14 manilla envelopes. On the front write your child's name, the school year, their age span that year (e.g. 6 1/2 to 7 1/2 years), the address where you are living, their school name, teacher name. Leave the envelope in a safe but accessible spot so as the year goes on you can add your child's height and weight, programs taken, special events or happenings, injuries, etc (make sure to date your entries). Also choose keepsakes to put in the envelope such as drawings, crafts, cards, school class photo, birthday invites, report cards, certificates. Use an ink pad to make your child's handprints; this is a neat keepsake and useful in case of emergency.

You're limited to what will fit. Tip – Take photos of crafts or larger projects. And remember, you can't keep everything. Pick a few pieces each month to include and trash the rest! If you can't bring yourself to put your child's creations in the garbage, mail some to grandparents or other special people. At the end of the summer, put your envelope away in a filing

RAT CREEK PRESS

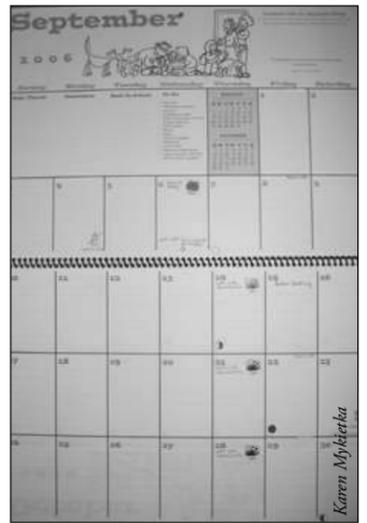
ONLINE
www.ratcreek.org

cabinet or plastic storage tote; add a new envelope every year.

Just do it

It is best to deal with incoming paper the same day because there will just be more tomorrow. Stand at the garbage or recycle box and sort through papers – three-quarters of it can likely be dealt with immediately or filed directly into the trash. Tip – have a reading material box that you can grab stuff from when headed to the doctor's office, a drive across town (if you're not the one driving!) or chauffeuring and waiting for kids at programs.

Put some of these practices into place or come up with other ideas that work for you. Just be disciplined and you will soon see a difference.



HAVE A CENTRAL FAMILY CALENDAR. MARK ALL FAMILY MEMBERS ACTIVITIES AND CHECK IT EVERY MORNING!

COMMUNITY ACTION PROJECT

CAP organizers identify and train leaders in the community to revitalize and protect their neighbourhoods.

For more info call 474.8318 or email

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Beware! You're being watched and reported New Report-a-john campaign kicked off on July 11

KAREN MYKIETKA

Next time you see a vehicle picking up or dropping off a working girl, or you see a vehicle circling the block repeatedly in what you suspect is a search for a prostitute, you can do more than watch in disgust. Pick up your phone and call the new 24 hours/7 day-a-week report-a-john hotline at 421-2656. The hotline received 43 calls the first day and averages 12 calls a day.

The Vice Unit of the Edmonton Police Service has worked with the communities along 118 Avenue to implement this new strategy to tackle the issue of prostitution. Thirty-three signs were strategically placed along 118 Avenue between 34 Street and NAIT in locations frequented by prostitutes. Staff Sergeant Brian Nolan from the Vice Unit says, "It's not a police project. It's a community statement."

The john hotline was piloted in Queen Mark Park last year. Laura Sterling, Community Capacity Builder for the central NET team

(Neighbourhood Empowerment Team) working in Queen Mark Park says, "It's meaningful for the community to be able to see [john] activity and call a number...to know something will in fact happen with it [their report]...There is lot of valuable in it, for one it breaks down the anonymity of johns. But it's only one step. This isn't a magic bullet."

Nowlan says the working girls in Queen Mark Park didn't like standing under the signs so they left and so did the john traffic. He's confident the signs will make a different in our community as well.

Your report-a-john call goes directly to a Vice Unit answering machine where you are instructed to leave a detailed message (see sidebar). Investigators will do a background search on info received. If the info can be confirmed, they will send the register owner of the vehicle a "dear john" letter that says "your vehicle has been spotted engaged in prostitution-related activity". If the vehicle is register to a company, then they will get the letter.

Even though only 15% of calls result in a letter, the police believe the program is worthwhile and will provide valu-

Sprucewood Library and some businesses. So memorize the hotline number 421-2656, post it on your fridge, pro-



NEW "REPORT-A-JOHN" SIGNS AND CARDS, URGE PEOPLE TO CALL IN PROSTITUTION TRAFFIC.

able community intelligence.

Another way to report activity is to fill in a report-a-john card available from community stations, the

gram it in your cell phone, or pick up a few cards, but please take a few minutes to report john traffic in our community. It will make a difference!

Prostitution Facts

- About 500 prostitutes work the streets in Edmonton
- Prostitution draws with it other crimes such as drugs, gangs, serious assaults, littering of condoms and needles.
- 65% of johns are single, blue collar workers

Report the details

If you witness acts of violence or have concerns about a woman's safety, call 9-1-1.

Call 421-2656 to report john activity. Provide the following info:

- Date & Time
- Location
- Vehicle info (licence #, colour, Model)
- Offender info (race, approx age, hair, glasses, features)
- What happened
- Your name & phone number

More on prostitution

Watch an exclusive interview with Staff Sergeant Brian Nowlan online at www.policychannel.com

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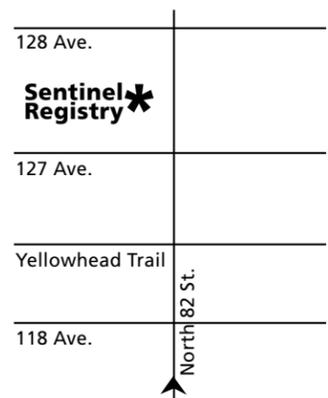
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Darn Those Planets!

VALERIE PARR
President, Norwood
Neighbourhood Association

Sometimes the planets not in alignment can be the only reason!! It all started on a lovely, sunny July 1, the NNA's Canada Day Celebration.

The board members, and assorted valued volunteers, were busy putting the finishing touches on the day's preparation, because Canada Day is our biggest annual community celebration and we wanted everything in order.

Let the fun begin! And begin it did. We had a number of people selling their wares in the yard sale, the jumping structures were inflated and in wait for the influx of kiddies, and the grills were hot for the preparation of a steady flow of hamburgers and hotdogs. Our terrific volunteers, affectionately referred to as "The Spatula Ladies", were at the ready and made sure everything was thoroughly cooked.

We were entertained by the Norwood Brass Band who gave a memorable performance, our community Firefighters drove over in a rig for all to see and ask questions about, and the horse drawn wagon arrived for a neighbourhood tour. Holly created some colourful and sparkly faces with her painting much to the delight of the children, and some adults as well.

Now this is where the planet misalignment comes in. It seemed all was well with the jumping structures; the kids

were enjoying themselves, jumping and somersaulting, when all of a sudden Snow White's castle made a gentle descent to the ground due to an interrupted airflow. No sooner had the happened then the dragon head on the next structure slowly drooped forward and caved in on itself. The kids thought it was hilarious as volunteers quickly ushered them out. If the kids could have had their way they would have stayed inside the deflated heap of fairytale wonder. Once the problem was resolved both structures slowly lifted themselves off the ground and the kids were back jumping about.

When the horse drawn wagon arrived, the driver noticed one tire was a bit soft. He accommodated the people who had eagerly climbed on board and did the first tour. But once back he realized the tire needed air and off he went with his team of horses to the closest gas station with an air hose. Can't you just picture that!



NNA WAGON RIDE

All in all, it was a fun time and the weather was on our side, but we're thinking next year we'll check the celestial charts to have a sense of what's in store.

I'd like to thank by name all the volunteers and board who helped because, as we know, an event is only an idea until people make it reality. A big thank you to Amber Anderson, Fire Hall #5, Darcy Fleming, Rayanne Leschyshyn, Bobbi Malen, Darcy McDonald, Holly Newman-Wilson, the Norwood Brass Band, Yoko Sekiya, Mary Jean Smallman, Greg

Stewart, Evelyn Trowbridge, and my sincere apologies if I've left out anyone.

Rat Creek Press would like to extend a very grateful thank you to Norwood Neighbourhood Association. They have been avid supporters of the paper since its inception. NNA has provide regular financial donations to the paper and now has stepped in to ensure the paper has the funds to continue until a grant can be secured. Without their financial assistance, we would not have been able to continue to produce this value community resource for our seven neighbourhoods. Thanks for saving the day NNA!

PETER GOLDRING
Member of Parliament
Edmonton East

The Evacuation of Canadians from Lebanon: An Historic Humanitarian Effort

On July 12, Hezbollah, a Canadian government outlawed terrorist group, attacked Israel and killed eight soldiers while kidnapping two others after crossing a UN established border in the south of Lebanon. This followed an attack by Hamas weeks earlier, prompting Israel to respond swiftly to these provocations by launching air, ground and naval offences.

The Canadian government reacted immediately, contacting individual Canadians to inform them of the evacuation plan and began the initial evacuation on July 19. Over the next three weeks, 13,052 Canadians were safely removed from Lebanon: it was the largest evacuation in Canadian history.

Canadians should take pride that our government officials performed this monumental task with professionalism unmatched by other nations that had far more resources on hand.

As to the Opposition parties question of why Canada's new Conservative government was not neutral, Foreign Affairs Minister Peter MacKay reminded these members that Canada is not, and has never been, a "neutral" nation when situations involve illegal, terrorist organizations, whether they be hiding in Afghanistan or Lebanon. "Hezbollah is a cancer on Lebanon..." said MacKay.

Canada is committed to helping the innocent victims of war and will provide \$5.5 million in humanitarian assistance to Lebanon. It has already helped deliver vital humanitarian supplies when, on July 29, a Canadian vessel assisted the international relief organization Doctors Without Borders in shipping emergency medical supplies.

No crisis in the Middle East is ever without its complexities and tragedies. Canada's new Conservative government has shown that it is remarkably quick-thinking and resolute in the pursuit of an effective, rapid response to a world crisis involving Canadian citizens and is sensitive to tragedies as they unfold as evidenced by its clear call for sustainable ceasefire solutions. Its first thought, though, is the safe repatriation of Canadians from harm's way, then engaging in a concerted effort at contributing to future peace.

What do you think?

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\$1.00 SUPPER
TUESDAYS @ 5:45 PM

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- Discipleship:** Knowing why you believe what you believe and being able to defend it
- Blessings or Curses?** You can choose

Youth On Friday Nights @ 6:45

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****10123 princess Elizabeth avenue****

Welcome to fall!

I am happy to announce that Alberta Avenue Sports and Recreation is continuing to provide high quality and economical programs to its members and surrounding communities. This fall will be busy with the Indoor Soccer Season, and I am looking to provide a soccer program that has a renewed sense of community. This indoor season we will look to provide players, parents and coaches with a comprehensive and exciting soccer experience.

Girls in Motion is a new program being offered at Alberta Avenue this fall. It is a nine-week class for girls aged 10-14 and is designed to provide recreational and sport physical activity programs specifically for girls. See ad for more details.

Barb Adamson will be teaching a Beginner Stott Pilates course at Alberta Avenue Community League starting October 4. Through her teachings she has acquired Injury and Special Populations, Foam Roller, and Reformer certifications, which enable her to teach in a variety of settings. She is a strong believer that you can do anything you put your mind to and "never say never". Barb has a degree in Kinesiology with a major in Fitness and Lifestyle. With her compassion and knowledge of the body you are sure to have a safe, challenging workout. See below for details!

October will bring the return of Toddler and Pre-School Gymnastics, as well as Ballet and a Pre-School Indoor Soccer class. Look for those programs next month or call me for details

Yours in wellness,

Brad MacCallum

Community Sports Coordinator
Alberta Avenue Community League

BEGINNER STOTT PILATES

No previous sporting or fitness experience required. Come out and join us for a one-hour beginner Stott Pilates class. Pilates is a fun and enjoyable way to strengthen your core and lengthen those muscles you never thought you had. Your instructor, Barb Adamson, is a Kinesiologist and has been teaching Stott Pilates for 4 years. She will put you through a safe and effective 8 week program. Please bring a towel and wear comfortable clothing. Call Brad, Alberta Avenue Sport Coordinator, at 916-0940 to register.

8 Wednesdays, Oct 4 - Nov 22
6:30-7:30pm
at Alberta Avenue hall
Cost: \$40 for members;
\$55 non-members
Instructor: Barb Adamson

INDOOR SOCCER REGISTRATION

Indoor Soccer registration dates for all community leagues south of Yellowhead Trail to 111ave and 75 St to 97 St

Where: Alberta Avenue Community League (9210 118 Ave)
When: Monday, Sept 11, 6-8 pm
Tuesday, Sept 12, 6-8 pm

Please bring:
Cheques for payment
Cheques for uniform deposit
Community League membership
Child's birth certificate

Sports funding applications will be available

For more information call Sue Nozack (Delton Soccer Coordinator) 474-3491 or Brad MacCallum (Alberta Avenue Community Sports and Recreation Coordinator) 916-0940.

CREATIVE DANCE + PLAY CLASSES*

Register now for a unique dance class for mom's, babies and preschoolers. These dance classes will explore brain-compatible principles, making learning, developing dance skills and techniques and creating a lot of fun.

8 Tuesdays, Oct 3 to Nov 21
At Alberta Avenue hall (9210 118 Ave)

10:00 - 10:30 am Mom's and babies (2 mo. - pre-walking)
Cost \$48 for full session
10:30 - 11:15 am 3 year olds
Cost \$64 for full session
11:15 - 12:00 4 year olds
Cost: \$64 for full session

Register by phone/mail:
Margo Lacoursiere - 461-6244
9012 - 101 A Avenue, Edmonton, AB T5H 0C1
Register in person:
Tuesday, September 26th at:
Alberta Avenue Hall (9210 118 Ave)
Between 10am-noon or 6pm-9pm

Registering For Sports & Programs

To register for Alberta Avenue league sports program or fitness class or for more info please contact Brad MacCallum call 916-0940 or email bradmaccallum@hotmail.com or bring cheque or cash to the league (9210 118 Ave) on Wednesdays between 8:30-4:30. Please do not leave cash or cheques in the mailbox.

A receipt will be provided upon payment of fees. 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

for Alberta Avenue Community League, you receive a special members only fee (for some programs)!

Eastwood Community League and Parkdale Community League have chosen not to continue partnering in a joint community sports program. Contact them directly for information on sports and programs they are offering. Residents from all neighbourhoods are still welcome to register in Alberta Avenue programs at the non-member rate. Spruce Avenue Community League has its own sports coordinator contact them for more info.



Alberta Avenue Community League is happy to extend an invitation to girls across North Central Edmonton to participate in this exciting course!! Girls in Motion is a "girl-friendly" program that provides high-quality recreational, sport/physical activity programs specifically for girls ages 10-14 in Alberta. Girls in Motion programs are community run and organized and are made to order based on the needs of individual communities.

The following activities make up Alberta Avenue's nine week Girls in Motion Course! The course will run Thursday evenings from 5-7pm starting September 28 and concluding

Thursday, November 23.

- Week 1 Soccer
- Week 2 Lacrosse
- Week 3 Golf
- Week 4 Basketball
- Week 5 Hip Hop
- Week 7 Fitness and Well Being
- Week 8 Baton Twirling
- Week 9 Bell Dancing

With Leader Chelsea Krupa and other experienced leaders in each of the disciplines, these activities are delivered in a positive, safe and friendly environment! The leaders treat all participants with respect, honesty and trust and strive for the experience to be a positive and rewarding one for every girl. Each week the girls will receive

a nutritious snack during the session.

For more information or to register contact Brad MacCallum at 916-0940 or by email at bradmaccallum@hotmail.com. You can also drop in to Alberta Avenue hall (9210 118 Ave) on Wednesdays from 8:30 am - 4:30pm.

Dates: Thursdays from Sept 28 - Nov 23
Time: 5-7 pm
Who: Girls age 10-14
Where: Alberta Avenue Community League
Price: \$15.00 (not exclusive to AAFL members)
Leader: Chelsea Krupa (and others)

BOOKKEEPING AND TAX PREPARATION

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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

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.

GO TO RATCREEK.ORG ONLINE FOR A COMPLETE AND UP-TO-DATE CALENDAR.

To submit your event or post a free community notice (max 75 words) email events@ratcreek.org or call 479-6285.

Events & notices are posted online and printed in the paper as deemed appropriate by the editorial team and as space permits.

 <p>Edmonton Public Library</p>	<p>SPRUCEWOOD BRANCH 11555 - 95 Street, 780.496.7099</p>
<p>Meet & Greet at Sprucewood Library Saturday, September 9, 2006, 2-4 p.m. Help the Library staff welcome our new manager to the community and enjoy the lilting tones of Celtic harpist Gordon Ritchie. Refreshments will be served.</p>	<p>Author reading: Lois Lesynski 1.30 p.m. wed., Sept. 27, 2006. Ages 5-8 yrs. Participation limit: 50 Sponsored by Canada Council for the Arts, Lesynski's poems can get the whole room boogying along with her. Loris's books include Zigzag:Zoems for Zindergarten, Cabbagehead and Nothing Beats a Pizza.</p>
<p>Cardmaking 101 2 p.m. Sat, Sept. 16, 2006. Ages 10-16 yrs. Participation limit: 12 Beginners guide to designing your own greeting cards.</p>	

NOTICES

FOR SALE: Kettcar pedal car with adjustable seat and brake, \$75 (over \$200 new). Call 479-4812.

Are you unemployed?
Join OSP's Youth Employment Program for youth 16-30 who have a disability. Successful applicants will receive a living allowance while participating in the program. For info. Call 488-8122

EVENTS

Putting the Pieces Together
Free Panel Presentation on Fetal Alcohol Spectrum Disorder

Glenrose Rehabilitation Hospital Auditorium
10230 111 Ave
Thursday September 7, 2006, 7pm - 9 pm

The event will include: coffee and networking opportunities, community agency displays, and a panel presentation including individuals impacted

by Fetal Alcohol Spectrum Disorder and their caregivers. For more information please contact Lisa Rogozinsky at 477-1999 ext 234 or Lisa.Rogozinsky@catholicsocialservices.ab.ca

Come and join us for Break FAS

Join the free celebration of International Fetal Alcohol Syndrome Day
Saturday, September 9, 2006, 8.30 am - 11 am
at Sir Winston Churchill Square.

There will be a free pancake breakfast, performers, community agency displays as well as an Official proclamation by the city.

For more information please contact Lisa Rogozinsky at 477-1999 ext 234 or Lisa.Rogozinsky@catholicsocialservices.ab.ca

City Naming Policy Stakeholder Meeting
Tuesday, September 12, 7pm
at the Green & Gold room at Commonwealth Stadium.

At this meeting the current City of Edmonton policy for sells the name of city facilities will be reviewed and stakeholder input will be sought regarding changes.

To RSVP contact Gary Dewar at 496-1897.

Spruce Avenue Annual Harvest Festival

Residents and former residents of Spruce Avenue are invited to attend the Annual Harvest Festival.

Saturday, September 16, 2006
2 pm to 7 pm,
with supper at 5 pm
Spruce Avenue Community Hall, 10240 - 115 Avenue

Events Include: Free beef on a bun, corn roast, hay rides, games, street hockey, face painting and crafts for the kids. Bring your family and join in the fun.

2006-2007 Community League memberships will be available.

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



Caring for your Community

Let's work together to revitalize the neighbourhood

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.melnichuk@edmonton.ca



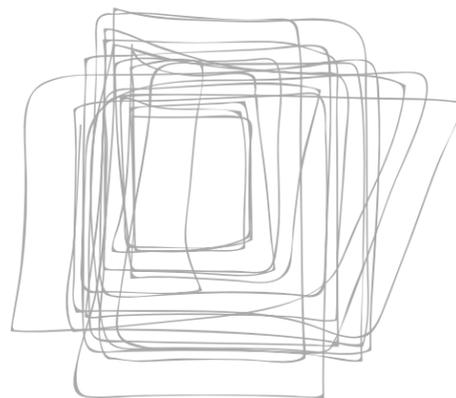
ARTS ON THE AVE PRESENTS:

"ARTS ALIVE!"

2006

Saturday, October 7th, Noon till Ten pm

: arts on the ave



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ALBERTA AVENUE FAMILY ARTS FESTIVAL

HEADLINERS FOR THE EVENING SHOWCASE INCLUDE:

ATOMIC IMPROV
SCOTT PETERS & CHRIS WYNTERS OF
CAPTAIN TRACTOR

Tickets: October 7th At The Gate
\$5 For The Afternoon Access Pass,
And \$5 For The Evening Show Finale
Children 12 & Under Get In Free

Advance Ticket Purchase:
October 1-6 At The AABA Office
11770 - 95 Street



Arts on the Ave is a creative coalition that blends artistic expressions into an educational, mentoring, and sharing environment.

This community based, grassroots initiative will engage the citizens of Edmonton, by establishing 118th Avenue as the Community Arts Avenue of the city.

FOR MORE INFORMATION
www.artsontheave.org

Metrotown Market 9320 - 118th Avenue & Alberta Avenue Community League 9210 - 118th Avenue & Outdoor Venues In-Between