

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

## Arts Alive and kickin' on the Avenue The best art festival in town in your own backyard

DAWN FREEMAN with  
ROBYN GALENZA

Imagine the energy and enthusiasm of 30 plus artists, all from different disciplines, sitting around a table creating the form and flavour of the first arts, music and theatre festival in Edmonton. And it's happening, not downtown, not on Whyte, not in the Arts District, but right here on 118 Avenue.

The excitement is contagious and spreading fast as artistic members of communities living around the Avenue come together in a creative coalition to host the inaugural Arts Alive! 2006 Festival on Saturday October 7. Mayor Mandel will be there to cut the ribbon celebrating the grand opening at noon.

"The arts are coming together to celebrate on the Avenue," says festival producer Christy Morin. "This is something phenomenal. We invite community members to come out and be a part of something wonderful; to celebrate who we are – the ethnicity and the beauty of our different cultures and how it is expressed individually and collectively through our art."

### The opportunity to take part

What makes this festival stand out in the city of festivals, is its

attitude towards its audience – organizers want the people coming to be more than just a pair of eyes and ears observing the performances, they want them to have the opportunity to become part of the art themselves.

"I believe every person is a dancer, a painter, a musician; some kind of artist resides inside everyone, and they just need to find what it is. I want people to have the chance to become an artist at our festival," enthuses Morin, then adds laughing, "Of course if you want to come and just listen and look and drink coffee that's okay too."

The opportunity for watching, listening and joining is there in spades for both adults and children at this very family friendly event. From noon until 7 p.m. there will be simultaneous events happening at several venues along the Avenue, from 92 St to 94 St.

A stage in the old Georges Cycle building (118 Ave and 94 St) will house live theatre and dance, including encore performances of two family friendly Fringe plays; *Witches Brew Carrot Stew* directed by Amanda Bergin, and *MaggieNow* by Jennifer Spence.

### Many performances to choose from

The parking lot next to the former Metrotown Market will have another stage, hosting music styles from children's to blues and a few things in between. At the other end of the lot will be the Visual Arts tent presenting workshops in art for kids and adults alike. Also outside, an artist from iHuman will be creating a sculpture with the assistance of anyone who wants to join in.

Inside the Alberta Avenue Community League there will be a gallery for artists and artisans from well-known professionals and up-and-coming local artists. The Van Gogh Café in the corner will host a classical and acoustic concert, featuring a professional cellist and harpist, a jazz trio and many more musicians, and a drum workshop invites up to 50 people to bring their rhythm to the room.

An evening gala runs from 7 p.m. to 10 p.m. on the outdoor stage and features great music by Shakedown and members of Captain Tractor, as well as fantastic unscripted live theatre by the group Atomic Improv. And

don't be afraid of the cold – there will be a large fire pit to keep the night air toasty.

### When the night comes

If all that isn't stand out enough, the cost should make you jump through the roof singing halleluia! A measly \$5 lets you take part in the numerous events, displays, and interactive activities during the day with children under twelve accompanied by an adult getting in free. An additional \$5 will get you into the night show. Tickets will be available at the door or can be bought in advance from the Alberta Avenue Business Association (11770-95 St; ph: 471-2602).

Are you excited yet? Organizers of the festival are very keyed up and are anticipating attendance of more than 1000 people. "It's just taking off. People from the community that I have spoken with are so thrilled that something like this is happening here, and the artists are coming out of the woodwork wanting to be a part of this – we have 70 artists involved and 80% live in communities around the Avenue," says Morin. She also

believes the festival will be a way to bring people in to see the good things on the Avenue, which is an essential step in the revitalization process happening in the area.

"This is not a one-off thing. This festival is going to happen every year," says Morin. And the coalition of artists will continue to happen too; future plans involve finding the perfect space on the Avenue to house their collective works of art.

Don't miss out on this fantastic event! Get your tickets early and plan to be there all day. To learn more about the activities visit the website [www.artsontheave.org](http://www.artsontheave.org).

### Get excited!

Arts Alive! 2006 Festival is supported by a number of community groups and businesses. In particular they would like to thank Judy Allen from Avenue Initiative, Ken Chapman and Satya Brata Das from Cambridge Strategies and The Edmonton Arts Council.

ARTS ON THE AVE PRESENTS:

# "ARTS ALIVE!"

# 2006

Saturday, October 7th, Noon till Ten pm



ART GALLERY . ARTISANS . DANCE . IMPROV . KIDS ART TENT . MUSIC . THEATRE

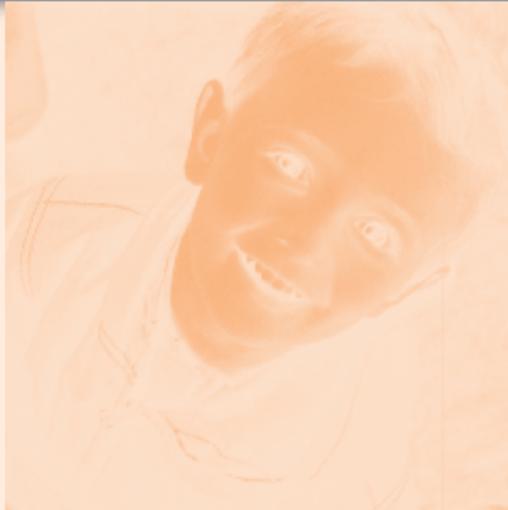
### ALBERTA AVENUE FAMILY ARTS FESTIVAL

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](http://www.artsontheave.org)

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

Are you going to the Arts Alive! Festival on October 7th?

# ???

How about writing a review for us?

Send your thoughts and feelings about the festival to [editor@ratcreek.org](mailto:editor@ratcreek.org) by October 15.

**CONTENTS**

- Editorial..... 2
- Community News..... 3
- Local Business..... 4
- Feature: Haunted..... 5
- Resident Profile..... 6
- Community News..... 7
- Community Notices..... 8

PHONE 780.479.6285  
EMAIL info@ratcreek.org  
WEB www.ratcreek.org

MANAGING EDITOR Karen Mykietka  
EDITOR Dawn Freeman  
GRAPHIC DESIGN Lorraine Shulba  
ADVERTISING SALES  
DISTRIBUTION Canada Post  
ACCOUNTING Arthur Dyck

BOARD MEMBERS  
Kathleen Quinn, PAAFE  
Peter Rausch, AABA  
Michelle Hayduk, Parkdale  
Margaret Guthrie, Norwood  
Verna Stainthorp, Spruce Avenue  
Cheryl Walker, Parkdale  
Cath Jackel, Alberta Avenue  
More board members welcome.

RAT CREEK PRESS ASSOCIATION  
2006 Recipient of the Solicitor General  
Crime Prevention Award  
Box 39024 RPO Norwood  
Edmonton, Alberta T5B 4T8

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.

## The Lazy Days of Summer

DAWN FREEMAN

I love that saying. Whenever I see it or hear it, I imagine blue skies, warm air, and the smell of the summer sun on skin. I'm at the beach, the lake, the pool, the grass; I'm swimming, wading, eating, reading or dozing in those lazy days of summer. It seems even more poignant right now, with summer coming inevitably to a close and the first leaves of fall starting to rustle in the streets.

Sadly, this year the lazy days of summer passed me by without so much as a cheery wave. You see, I was crazy enough to move house this summer. I spent the

best days of July inside packing, and the best days of August inside trying to find things in boxes. My children have no tan and know the schedule for Kids' CBC a little too well. My internet connection went down for a week (during production of the September issue – ahhh!).

My power got shut off accidentally. And I had to spend 45 minutes on hold with Telus so they could tell me why I couldn't get my voicemail to work (it took all of two minutes to fix, of course!).

But it's all okay. I can live in chaos for a while, and the kids seem to grow like weeds anyway.

At least every other day I get something organized, and if at the end of six months I still have boxes unpacked, well maybe I should just donate them. If I haven't needed the stuff by then, maybe I don't really need it at all. Thanks to Karen's organizational article last issue I am seriously looking at everything I unpack, weighing up whether to keep or toss.

I'm exaggerating about missing out on the whole summer, of course. We did get out – to the beach two times, the wading pool a couple more, and the back yard almost every day. Sometimes, even in the middle of moving, or

working, or living, you just have to stop, ignore, and take off into the heat.

I'm storing up those oh-too-few memories for when the grey skies show, and the wind and rain move in, and the snow starts to fall. Because those lazy days of summer are rolling out the back door for another year; now it's time to look forward to Thanksgiving and Halloween and Christmas.

Oh, and unpacking and putting away. Well, maybe there's one more beach day left – at the very least at West Edmonton Mall!



Dawn Freeman

FORGET THE BOXES, GO TO THE BEACH

### 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

RAT CREEK PRESS



ONLINE

www.ratcreek.org

### Brian Mason, MLA Edmonton Highlands-Norwood



Concerned  
about your local  
schools?

Call me.

Remember I'm  
here to serve  
you.

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

## A Letter from the Heart

ANONYMOUS

I'm writing this letter to apologize to the residents of this community, and all others who were affected by my actions.

When I walked your streets, stood on your corners and made your neighborhoods unpleasant, I was a desperate woman in need, putting my life, health, and safety at risk, as well as yours. I know you had and still have concerns for the safety of your homes and families. I contributed to this, and I'm taking responsibility for it.

I'm not a bad person; I am a person who suffers from the disease of addiction and a mental health issue. These are not easy problems to deal with, nor are they an excuse. I've wanted to tell someone, anyone, how sorry I am for how awful my behaviour must have made you feel. I'm not asking for your for-

giveness – I'll ask God for that – I just had to say I'm sorry.

I've sought help since then and have been working hard on my recovery. I have remained clean and sober for over 30 days now, and I have not returned to the streets. I still want to feel welcome to visit your neighborhood, only now it's to attend meetings and get the support required to keep me healthy.

It's hard to say sorry sometimes, but I just had to. I want you to know that you'll never see me practicing my former activities again. I'm glad I wrote, as you will never again have anything to fear from me. I hope that this note, even coming from just this one person, offers some comfort to you – the Prostitution Awareness and Action Foundation of Edmonton: Over 55% of those who ask for help from the PAAFE court diversion

program list addiction as their biggest barrier, followed by poverty and mental health. Over 50% have no stable housing. The drug trade and homelessness are two of the main causes of street prostitution.

### Comment From PAAFE

We encourage community members to join with PAAFE in advocating for more supportive, transitional housing and addictions programs as a concrete way to help women move from a street life to a healthy life, connected to positive people and community resources.

Please write, e-mail, or phone your City Councillor, MLA and MP and urge our elected representatives to make safe, affordable housing a priority as one crucial way to decrease prostitution activity.

the blue pear  
simplecreativefood

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

### 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

### Rat Creek Press Association AGM

Tuesday, November  
7 at 7p.m.  
at Elmwood Park  
Community League  
12505 75 St

Guest speaker:  
Linda Goyette  
Coffee & dessert  
will be provided  
RSVP 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](http://www.roxannehomes.com)

Not intended to solicit properties already listed for sale.



FAMILY BUSINESS SINCE 1952

11349 - 95 STREET  
EDMONTON, AB T5G 1L2

780 477-2213  
780 477-2245 FAX  
[www.xlfurniture.com](http://www.xlfurniture.com)

**"We'll Keep You Happy for Life"**



**Ed Struzynski  
PRESIDENT**

## 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 any-time, 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.*

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



**NEIL CROCKFORD**

## Selling your Home?

### CONSIDER:

- A Realtor Who Lives in Your Neighborhood
- A FREE Market Evaluation and Consultation
- NO Pressure to Sell
- Just Want Some Good Advice?
- A Realtor Who Genuinely Cares About You and Your Investment

**CALL NEIL CROCKFORD TODAY 918-5333  
OR VISIT ONLINE AT [www.neilsells.com](http://www.neilsells.com)**

## AVENUE INITIATIVE REVITALIZATION STRATEGY UPDATE DON'T MISS THESE GREAT EVENTS!

### Arts on the Ave Fall Fest 2006 "Arts Alive on the Ave"

Saturday, October 7 from noon to 7pm  
Tickets \$5 at the gate or in advance from Oct 1-6 at AABA Office (17770 95 St)



### Family Safety Fair Saturday

Saturday, October 28 from 1 - 4:30 pm  
at the Alberta Avenue Community League. Over 20 booths of information. Children's activities—crafts & drama. Door Prizes, Presentations on the following topics: Who are Your Children Hangn' with? Keeping Kids out of Gangs; Your Child and the Internet Auto Theft--keeping your car safe

## WORKING GROUP UPDATES & MEETINGS

### STREETSCAPE

**Next Meeting:** Monday, October 2 at 7pm  
**Location:** Alberta Avenue Business Association  
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, October 4 at 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 October 11 at 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.

### SAFE STREETS

**Next Meeting:** Tuesday October 17th at 7pm  
**Location:** NOVA PLAZA (Landlord and Tenants Office: 8904 - 118th Ave)

FAMILY SAFETY FAIR SATURDAY OCTOBER 28TH at Alberta Avenue Community League 1:00 - 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!**

# Old-time service works best for modern drug store

DAWN FREEMAN

Six years ago, brothers Mohib and Zaher Samnani, who both came to Edmonton from Kenya specifically to study pharmacy at the University of Alberta, bought Nolan Drugs, and they like to consider it a family business. It's not just because their father helps with the deliveries and purchasing, or their wives are the financial experts who keep the books in order, it is also because of the way that their customers are cared for by all their staff at Nolan Drugs.

"Our mission statement and philosophy is to build lasting relationships with clients and colleagues in a per-

sonal manner", says Zaher. "We want to make sure of the well-being of our patients."

This caring for their clients is seen in many ways: from the personal deliveries to people's homes, especially for new patients or patients taking new drugs, to their commitment to the Excel Society, a group that operates 36 Edmonton and area residences for individuals with developmental and physical challenges.

Taking time out of their busy day, Mohib and Zaher visit each of the Society's homes at least once a week. They assist staff to ensure clients are using the latest and most effective medications, and help clients utilize programs and therapies that can reduce

prescription costs, as well as aid low-income clients to pursue funding for medical treatment.

The Society's president, Sharon Read, was so impressed with their efforts that she recently nominated the brothers for the Norm McLeod Dreamweaver Award. The award recognizes Albertans who work to improve the quality of life for people with developmental disabilities.

This is the second time the hard-working brothers have been formally recognized. In 2004 they won the Alberta Alliance on Mental Illness and Health award for exemplary efforts in helping and caring for customers.

Both Zaher and Mohib are also active volunteers. Zaher

is a member of the Ismaili Volunteer Corps and a Board member with the Alberta Avenue Business Association who is heavily involved in the Avenue Revitalization Initiative. Mohib is a member on the Ismaili Council for Edmonton as well as a Director on the Board of Operation Friendship Housing Society, which houses low-income seniors in the inner city.

"When we took over this business six years ago, a lot of the perception of 118 Ave was negative. But we have had a pleasant experience here; our business has grown, we have loyal customers and a great team working with us," says Zaher.

In an effort to serve their

clients better, the brothers from Nolan Drugs are renovating the inside of their store over the next few weeks, although they will remain open to customers during the renovations. They will be expanding the pharmacy area, and remodeling the retail area, as well as getting a new machine that is able to package drugs into individual doses to aid patients with better compliance.

Nolan Drugs hours of operation are Mon to Fri from 9 a.m. to 7 p.m., and Sat 9 a.m. to 5 p.m. They are closed on Sundays and holidays. The pharmacists are on-call 24 hours for emergencies. They are located at 8901 118 Ave, or can be reached at 477-2748/479-3132.



THE STAFF AT NOLAN'S ARE ALWAYS FRIENDLY AND HELPFUL



**absolutely edibles**

Café Deli  
10406-118 Ave 9567-118 Ave

**Cafe Hours**  
Mon, Tues, Wed & Sat 10:30 a.m. to 3:00 p.m.  
Thurs & Friday 10:30 a.m. to 7:30 p.m.  
closed Sundays

Bjorn & Brenda Ph: 424-6823

Purchase one regular entree item at the Café and receive the second one of lesser or equal value at

## 50% off

One coupon per visit and per table. Not valid with any other promotions or coupons. Coupon has no cash value. Valid only at Café location - 10406 - 118 Avenue. Coupon Expires December 31, 2006

VITAJIL 歡迎光臨 BIENVENIDOS DOBRODOSLI

**The Sprucewood Branch Library**

Your cozy, neighborhood source for:

- books and magazines
- music and movies
- internet and word processing computers
- film programs and activities for all ages
- Aboriginal resources - Languages other than English

Hours of Service:  
Monday & Tuesday 10 am - 3 pm  
Wednesday to Friday 1 pm - 3 pm  
Saturday 10 am - 5 pm Sunday closed

**11555 - 95th Street NW Edmonton Tel: 494-7899**  
**RSVP and book drop due to our door**

WELCOME! CHÀO MỪNG 歡迎 Willkommen

## Business Briefs

DAWN FREEMAN

### PETALS ON THE TRAIL

11807 St. Albert Trail  
Ph 482-7673

This new business is a little out of our area, but we wanted to mention it because it is the new venture for our good friend (and contributor to the Rat Creek Press) from Spruce Ave, Angie Klein. With designs by Angie herself, Petals also has specialty gift and fruit baskets, bears and balloons, as well as trendy to traditional arrangements. And all at rock bottom prices!

### BISHARO'S DONAIR

8903 118 Ave  
Open Mon-Sun, 10 am.-10 pm.  
Bisharo's (which means good news in Somali) opened next door to Nolan Pharmacy at the end of August. The owner, Osman Barre, came to Edmonton four years ago from Ontario because of the business and housing opportunities. He likes doing business on the Avenue, and he is happy to be in the company of the many other Somali businesses in the area. Bisharo's serves up donairs, samosas and falafel along with coffee and other drinks, and a

place to sit down and eat if you want. Walk in and sniff - the food smells wonderful, and I know from personal experience that the falafels taste great!

### CHICAGO JOE'S PIZZA & PUB

9604 111 Ave 479-4040  
Sam Safardi, longtime owner and operator of Chicago Joe's Pizza, sold the business in August. The new owner Thanh Lam says the menu is staying the same and he's kept on any staff that wished to stay. So if you have yet to sample their pizza, you really should. It's the best pizza in town.

### METROTOWN MARKET

9320 118 Ave  
Metrotown is closing its doors just 18 months after opening. According to owner Kyle Proscow, business is just not good. He cites difficulties with shoplifting, prostitution and customers being harassed as some of the reasons for the failure. Future plans are in the works for the space.

## 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

# A Haunting in Eastwood

## -My Scottish Guest

CINDY BURGESS

I grew up in a house that was built in 1908 so am quite comfortable in older homes and sensitive to “vibes”, but have never actually had a direct experience with a ghost. That is...not until I moved to Eastwood.

My husband and I have always been attracted to older homes and streets with character, so when we discovered our current home in Eastwood, we were delighted. Looking back, it's almost as though the house found us. I had been looking at homes on the MLS system, saw a picture of the house and immediately fell in love with it sight unseen. There was no address provided so I got in my car and drove to the general area. It felt as though my car ‘knew’ which way to go and

before I knew it I was in front of the house, which was even quaintier than the advertisement portrayed. After viewing it, we knew that we wanted to live there and moved in that spring. At the time, all I knew about the house was that it was built in 1930 and that in the entire 68 years since then, it had only had five families live in it. I didn't know much about any of the owners, save for the last two families that had occupied it.

As I was unpacking, repainting rooms and moving furniture around, I noticed how comfortable I felt in the house. The old French doors, the warmth of the original hardwood, and even the tiny little closets and crawlspaces added to its charm. As sensitive as I am to the energy in buildings, I didn't feel any negative vibes in any part of the house.

However, as the weeks went on, I noticed that there was one room that my husband and I seemed to be naturally avoiding, one of the upstairs bedrooms. We had painted and furnished it and set it up as a guest bedroom but never went in there or spent any time in it after that. I noticed that when I did go in there, I felt slightly uncomfortable...maybe even a bit “unwelcome” so I decided to sleep in that room for a few nights and give it some of my energy. The first night, I slept poorly which was unusual because I'm typically a very sound sleeper. On the second night I fell asleep quickly, but partway through the night, I had a very strange dream. An old man came into the room, a man with grey hair, muttonchop sideburns and dressed in a black suit. My first impression of him was that he

was Scottish, although he never spoke. He stood and looked at me, then pointed to my furniture disapprovingly. Next, he began moving my dresser out of the room! For some reason I said to him: “Put that back, you don't live here any more. This is our house now.” He stopped, looked at me, looked around the room, and then began backing out as he faded away.

The next day, I related the story of my “Scottish visitor” to my neighbor who had lived on my street for over ten years. Astounded by my experience, she told me that the woman who had lived in the house before us frequently saw a ghost of that description standing in various parts of the house. After a little investigation I discovered that our house was built by a Scottish fellow who lived in the house all his life...and

onlineEXTRA Halloween Craft.  
Go to [www.ratcreek.org](http://www.ratcreek.org)

who died here! I guess he was hanging around to see if he approved of the new owners.

I have never seen the old guy since, but on certain dark evenings when I am home alone, I could swear I have heard soft footfalls going up the stairs to the guestroom.



HAUNTED HOUSE

## poems

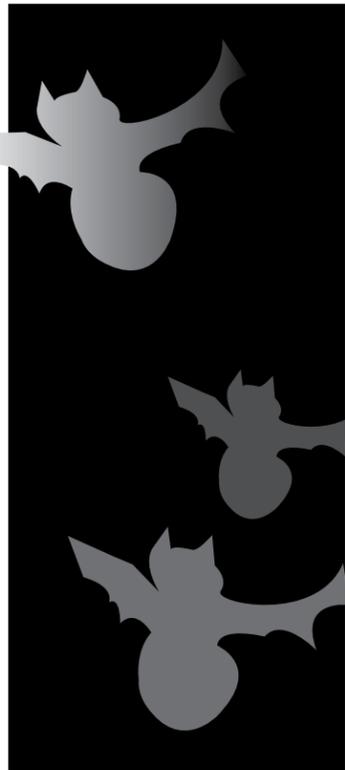
### On the Haunt

By Sharon Riley

Haunting spirits  
linger on Of many who  
are dead, not gone  
The spirits live within  
the walls,  
And listen to our  
silent calls.  
They beckon us to  
come to them,  
We know not how,  
we know not when.  
In peace we live within  
our halls,  
And patters on the  
stairways deep,  
Caring for us  
as we sleep.

## SpOOky Stories

### Around the Ave.



JOAN YOUNGMAN

October generally raises a few shivers as the temperature drops and the north wind picks up. More shivers of fear are developing as Halloween approaches. Alberta Avenue tends to have its share of spooks as well.

While serving at the Alberta Avenue Community League there were occasional reports by staff who heard or saw some spooky things going on over there. Some of these include a report of hearing loud grinding and screeching noises, but those could have been attributed to a passing grader moving snow off the street. Others reported they just felt they were being watched, and were uneasy.

Another report at the hall was that a box of Styrofoam cups was put on its side. Staff and volunteers had removed rows of cups as they needed them. Then one day there was a row of cups that was mysteriously being suspended in the middle of the box with nothing holding it up! There was air on every

side of the cups – it didn't even appear to be a static electricity kind of thing. Several saw this strange event and it still remains a mystery.

There are plenty of stories of the Canadian Native Friendship Centre being haunted. At one time I worked there and witnessed some of the strange goings on. Before the new elevator was installed, the old reception desk upstairs used to be in the spot where the elevator now sits. At precisely 4:30 pm each afternoon, an aroma of aftershave was apparent at the reception desk, although there had been no visitors on the upper floor. Several staff were able to smell it, but agreed it was another mystery.

Another time I was working after hours at the Friendship Centre and about 7:00 p.m. I heard voices in the building. I had locked myself in the building and nobody else was supposed to be in there at that time. I went to investigate who was there; I thought maybe some board members had come

for a meeting, so I went to the basement where the boardroom was. I heard the voices of what sounded like a board meeting in progress, but the door was locked and the lights were out. Then the voices stopped. I reluctantly took a peek inside and saw nobody was even there! I figured it was high time to go home for the night as I whistled to myself and quickened my step. That was kind of freaky.

Most of us keep these stories to ourselves, but I have recently seen several books published about Alberta Ghost stories, and Edmonton apparently has a fair number of these haunted sites. Last week I picked up a copy of an old Ghostbusters video and had a good chuckle over the antics these supposed scientists were using to exterminate ghosts from buildings.

It is the time of year that the topic of haunted houses comes up over coffee with friends or co-workers, but the best kind of spooks around here are the miniature kind that just ring the doorbell and want some candy.

**If You Eat,  
You Qualify!**



Individuals at all income levels benefit from participating.

#### HELP YOURSELF

Stretch your food budget.  
Eat Healthy foods

#### HELP EACH OTHER

Improve your combined economic buying power

#### HELP YOUR COMMUNITY

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

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

## Halloween Tips



With witches, goblins, and super-heroes descending on neighborhoods across the Canada, the Canadian Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some commonsense practices can keep events safer and more fun. (Taken from the Red Cross website at [www.redcross.ca](http://www.redcross.ca))

Costumes should be light-colored and flame resistant with reflective strips so that children are more easily seen at night. And remember to put reflective tape on bikes, skateboards, and brooms, too!

Costumes should be short enough to avoid tripping.

Remind children to keep away from open fires and candles. Costumes can

be extremely flammable.

Use face paint rather than masks or things that will cover the eyes.

Remind children to walk, slither, and sneak on sidewalks, not in the street.

Explain to children that calls should be made along one side of the street first and then the other, and that it's best to cross the street only at intersections or crosswalks.

Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms.

Provide yourself or the children with a flashlight to see better and to be better seen.

Have children plan their route and share it with you and the family.

Trick or Treaters should travel in groups of four or five. Young children should

be accompanied by an adult.

Visit homes that have the porch light on.

Make sure children know they should accept treats at the door and must not get into cars or enter the homes or apartments of strangers.

Remind children not to eat their treats and goodies until they are examined by an adult at home. And candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Make sure you and your children know where the Block Parent houses are located in the neighborhood.

Set agreed-to boundaries with your children. Explain the importance of staying within them and arriving home on time.

# Bringing Back The Art of Scaring

JANET BUTERMAN

Neighbourhood residents may not know the Dagg family by name, but many know their house. The home was a big draw for the Dags to move into Norwood, despite some misgivings about the nature of the area. "We liked it a lot," says Paul Dagg of his 1910 house. And lots of residents like the house too, especially when Dagg goes all out to turn his property at 11319-95A Street into the ultimate Halloween destination.

Dagg loves Halloween — he describes it as "my" holiday—and really enjoys his annual property transformation project. "I started off with a small space in the yard for the kids, but then I found the grownups like it just as much, so it has grown from there," he says. "Parents like getting scared just as much as their kids."

"When I was a kid, Halloween was about being scared. The last 15 or 20 years, though, it seems that Halloween has been a lot more about buying a lot of candy and handing it out until it is gone.

"I like coming up with different themes, and then doing the building to get it all set up," he says. "Finding the right props can be tricky. Nowhere really has exactly the stuff I need, so I end up doing a lot of papier mâché and making things myself." What sort of things does he find the need to make for himself? "I've made lots of heads, some arms, and some feet," he says with a chuckle.

Thrift stores can provide a wealth of unexpected props, and stuffing old clothes

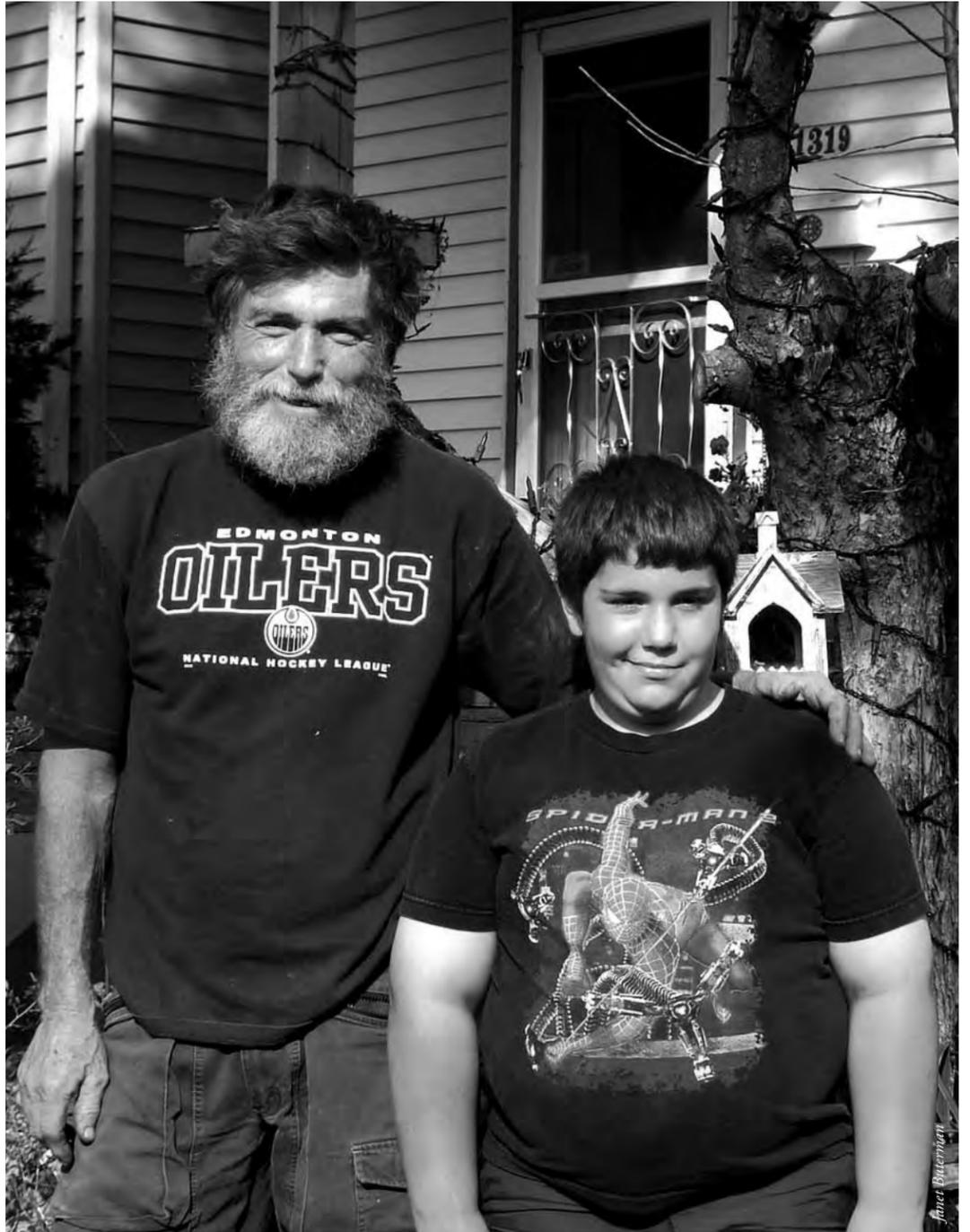
with newspaper and adding a head by attaching a mask is an easy way to spook up your home for the kids.

Dagg takes nearly two months to get his display together, and because he is always changing things, only some items go into storage for re-use the next year. Dagg says, "Nothing scares people like lighting. Everyone does Christmas lighting, but there are a lot of great Halloween lights available, too. Even one little strobe light can turn a leafless old tree covered in fake cobwebs into something very spooky, and a small one can be purchased for less than \$16."

The first year, the Dags had around 30 neighbourhood children come by, but by last Halloween, his fourth year of doing the display, they had about 300. "It's all word of mouth," he says. "Kids would run home and tell everyone about it."

"I've also had kids drop the candy and run away. That makes it all worthwhile," he says. Dagg chuckles when I suggest the real reason he does the display is to avoid having to give out candy.

The Dagg family has clearly made themselves at home in the neighbourhood, with Mrs. Dagg working at Norwood School, where their son also attends, along with regular visits to Sprucewood Library, shopping for the great food available at stores like the fruit market on 118th avenue, and, of course, trips to the thrift stores to search for suitable Halloween props.



PAUL DAGG AND HIS SON THINK HALLOWEEN IS THE BEST HOLIDAY



Alberta Avenue Business Association 2<sup>nd</sup> Annual  
**Safe Halloween Walk**  
  
 Tuesday, October 31<sup>st</sup>  
 5 pm to 7 pm along 118<sup>th</sup> Avenue  
 Between NAIT and Northlands  
  
 Look for this sign in windows of participating businesses

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

**RAT CREEK PRESS**  
  
**ONLINE**  
[www.ratcreek.org](http://www.ratcreek.org)

# New Firehall proposed to be built on 112 Avenue

JILL SCHEYK

A replacement for the torn down Brooklyn Cafe may be on its way if an application for rezoning the empty lot is approved by city council. Fire Services has submitted an application to allow a firehall to be built on the property.

The lot, located at 9012-112 Avenue, is just metres away from a large residential area. For a few neighbours, the firehall would be built quite literally in their backyards.

Brad Goertz, lead organizer of the Community Action Project, said that most of the residents of the area are happy with the idea.

"It (The Brooklyn Cafe) was kind of an eyesore," Goertz said. "Anything is better than what used to be there."

The Brooklyn Cafe had a history of trouble in area. The abandoned strip mall attracted homeless people to the area, as well as the worse problem of drug activity, according to Goertz.

The lot where it used to stand may be empty for a while however, due to the time the rezoning process takes.

Landowners within 60 metres of the proposed rezoning still have to be notified by mail of the possible change, and the Planning and Development Department (PDD) hasn't yet decided whether to extend the notice farther, according to Jeremy Schiff, from the north unit of the PDD.

After that, the PDD prepares the bylaw for city council and decides whether or not to

support it before council. The environment, transportation and various other departments of municipal government also take a position on the issue to report to council, Schiff said.

In the end, city council has the final say on whether the bylaw is passed in a public hearing where Fire Services and residents can both speak if they wish to.

Goertz plans to meet with Fire Services before that happens to discuss the concerns of residents, and to suggest that northbound fire trucks turn off their sirens when using 90 or 91 Streets late at night.

The application should be available to the public to view on the city's website in October.



THE SITE OF THE OLD BROOKLYN CAFE WHERE A NEW FIREHALL IS PERHAPS TO BE BUILT.



**Ed Gibbons** City Councillor  
*Caring for Communities*

(780) 498-5138  
ed.gibbons@edmonton.ca  
City of Edmonton 2nd Floor, City Hall  
1 Sir Winston Churchill Square  
Edmonton, AB T5J 2R7  
www.edmonton.ca



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

My office is available to provide assistance to you in many areas, such as the following, involving the federal government:

**Citizenship and Immigration:** [www.cic.gc.ca](http://www.cic.gc.ca)  
• Passports, Citizenship, Immigration

**Human Resources and Social Development Canada (HRSDC):** [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)  
• Employment insurance benefits (regular, sickness, maternity)  
• Canada Pension Plan (retirement, disability)  
• Old Age Security (OAS) and Guaranteed Income Supplement (GIS)  
• Universal Child Care Benefit

**Canada Revenue Agency (CRA):** [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)  
• Income tax  
• Goods and Services Tax (GST) Credit  
• Child Tax Benefit

My office is also available to provide congratulatory certificates in relation to birthday and anniversary milestones:

Birthdays (65 years and older),  
Anniversaries (25 years and up) and every five years thereafter.

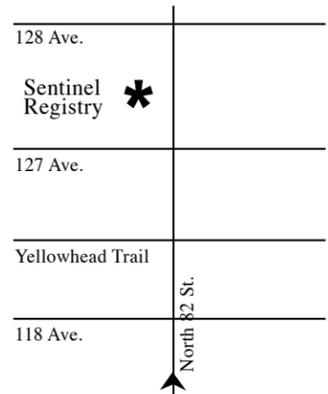
Please call my office for further information:

9111-118 Ave., Edmonton, AB, T5B 0T1  
Hours: 9:00 a.m. to 4:00 p.m., Monday to Friday

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

# Sentinel registry

- VEHICLE REGISTRY
- DRIVER LICENSING
- CORPORATE SERVICES
- VITAL STATISTICS
- LAND TITLES
- LIENS & SEARCHES



12818 82 St. Edmonton AB, T5E 2T2

[www.sentinelregistry.com](http://www.sentinelregistry.com)

Phone: (780) 478-8832 Fax: (780) 476-5887



**City of Edmonton  
Community League  
Wellness Program**

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

For more information, please call 944-7744 or visit [www.edmonton.ca/wellness](http://www.edmonton.ca/wellness).

**SPORTS**

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

Spruce Avenue community league members can swim for free at MacEwan Centre for Sports and Wellness (10700 104 Ave) on Sundays from 2-5pm.

**FREE INDOOR SOCCER PROGRAM**  
Introduction to basic soccer skills by renowned FIFA Soccer Coachat Tony Wallace. Soccer for Boys and Girls ages 2 to 12 years. For more information phone Tony at 420-0760.

Saturdays, 10:30am – 12:00 from Nov 4 to Jun 9 at Sacred Heart School Gym 96 Street 108 Avenue – please enter at the East side entrance of the School

**BEGINNER SCOTT PILATES**  
Pilates is a fun and enjoyable way to strengthen your core and lengthen those muscles you never thought you had! Please bring a towel and wear comfortable clothing. Call Brad to register at 916-0940.

8 Wednesdays, Oct 4 to Nov 22  
6:30 – 7:30 pm  
at Alberta Avenue hall 9210 118 Avenue  
Cost: \$40 for AB Ave members; \$55 for non-members  
Instructor: Barb Adamson

**CREATIVE DANCE + PLAY CLASSES**  
A unique dance class for moms, babies and preschoolers. Call Margo at 461-6244.

8 Tuesdays, Oct 3 to Nov 21 at Alberta Avenue hall 9210 118 Avenue  
10:00-10:30 Mom's and babies (2 mo to prewalking) Cost \$48.  
10:30-11:15 3 year olds Cost:\$64  
11:15-12:00 4 year olds Cost:\$64

**GIRLS IN MOTION**  
High quality recreation and sport for girls age 10-14. Call Brad for more info or to register at 916-0940.

Thursdays, Sept 28-Nov 23  
5 to 7 pm  
at Alberta Avenue hall 9210 118 Ave  
Cost: \$15

©2006 Medicine Shoppe Canada Inc., a Katz Group Company. All rights reserved



*Is your medication hanging out with the wrong crowd?*

At The Medicine Shoppe® Pharmacy you won't find cameras, appliances, stationary, tobacco products, cosmetics or seasonal supplies. That's because we focus on what we do best: helping you to get the most out of your medication therapy.

**The Medicine Shoppe®  
PHARMACY**

**Parminder Bhui, B.Sc. Pharm**  
Pharmacist/Owner

8111-118 Avenue  
Edmonton, AB **477-1192**  
Hours: M-F 9 a.m-6 p.m. | Sat 10 a.m.-2 p.m.

**ASA 81mg Low Dose Enteric Coated**  
120 Tablets  
Product: #769687. Limit 2 per person. While supplies last. Offer expires 30/09/06

**\$6.99** Reg. \$11.99

**Edmonton Public Library**  
**SPRUCEWOOD BRANCH**  
11555 - 95 Street, 780.496.7099

In celebration of Canadian Library Month, the White Buffalo Dancers and Drummers Society will be presenting Aboriginal cultural programs at the Sprucewood Branch of the Edmonton Public.

**Sharing stories** in the Cree language with English explanation. Tuesday October 3, 7 pm – 8 pm

**Traditional drumming** presentation with detail on the use of the drums and drum making. Tuesday October 17, 7pm-8 pm

**Fabulous Readers Club**  
**Saturday Oct 7, 2 pm.** Grades 4 and up.  
If you love to read, play games, do activities and win prizes, then join us every month to check out

some awesome reads and have fun too!

**Writing Workshop**  
**Saturday Oct 14, 2 pm.** Grades 4 and up.  
Facilitated by author Joseph Simons (*Under a Living Sky*), this workshop will focus on generating ideas for all kinds of writing, as well as the actual writing and editing stages.

**Spiders! EEEEEK!**  
**Saturday October 21, 2 pm.**  
A spidery storytime all about those eight-legged wonders.

**Pumpkins Galore**  
**Saturday October 28, 2 pm.**  
Ages 6-12 years.  
Pumpkin stories, pumpkin crafts, pumpkin fun.

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

Go to [ratcreek.org](http://ratcreek.org) online for a complete and up-to-date calendar. Submit your events to [events@ratcreek.org](mailto:events@ratcreek.org) or call 479-6285.

**EVENTS**

**Avenue Indoor Playground**, Wednesdays from 1:30-4:00pm for preschool age children and their caregivers at Alberta Avenue Community League (9210 118 Ave). Free to members of any community league; otherwise \$3/family/visit.

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

**Nina Haggerty Centre for the Arts Family Arts Night**  
9702 – 111 Avenue Ph 474-7611  
[www.ninahaggertyart.ca](http://www.ninahaggertyart.ca)  
The Nina Haggerty Centre for the Arts is a non-profit artist studio that provides a supportive, non- competitive environment in which to make art. We offer family art classes every Thursday evening from 6:30 to 8:00 PM. Instructor: Marta Beranek

- Children must be ages 5-12, and be accompanied by at least one adult.
  - There is no cost to attend any of the sessions, all are welcome, but space is limited.
  - Registrations will be accepted on a first come, first serve basis. People can begin calling to register on the Friday prior to the class at 9:30 am. Due to limited space, only the first 25 people who register will be able to attend class.
- For more information or to register, please call 474-7611 – if no one is available to take your call, leave a message with your name and phone number and we will call you back to let you know if space is available.

October 12 – Look at examples of paintings by the Group of Seven to learn about complementary colours, foreground, midground and background. Then use these techniques to create your own vibrant landscape.

October 19 – Leaf printmaking! We will discuss how and why artists make prints, and then, in the spirit of fall, combine leaf rubbings with ink prints.

October 26 – Pumpkin patch still life! Learn how to show space and volume as you sketch from different arrangements of pumpkins.

November 2 – What is texture? Experiment with different tools to create texture and then use these techniques to make a clay plaque.

November 9 – Jello printmaking! Learn how to make a mono-print as you experiment with various materials: string, seeds, torn paper and Jello.

November 16 – Use fabric, magazine cut-outs, glitter and paper to make your own book. Learn how to bind your book and then use it for sketching.

November 23 – Forget about the paintbrush; use tennis balls, salt, string, glue, fingers and bubbles to create mixed-media paintings.

November 30 – Cartooning! Learn how setting and characters are used in stories, and then draw cartoon characters to tell your own story.

**HALLOWEEN FUN**

**John Walter Museum – Halloween Stories**  
Sunday, October 22, 1 pm. – 4 pm.  
Halloween Celebrations  
Sunday, October 29, 1 pm. – 4 pm.

**Spooktacular at Fort Edmonton Park**  
Friday, October 27, 6 – 11 pm and Saturday, October 28, 6 – 11 pm.  
Cost: \$12.00 adults, \$10.00 children (2-12 years), hayride costs extra.

**Ghosts and Ghouls**  
Bring all your little pumpkins to the Legislature on Saturday, October 28, from 1 to 4 p.m. for some spooky treats. Every year Halloween'Orama brings family entertainment, games, goodie bags, refreshments and more to the north grounds of the Legislature in support of the Rainbow Society of Alberta. For information, call the organizers at 482-7688.

**John Janzen Nature Centre – Halloween Bonfire.**  
Call 496-2925 to register.  
Saturday, October 28, 7 pm. – 9 pm. Fee: \$5 per person.

**Boo at the Zoo**  
October 29, 11 am – 3 pm. Regular admission applies.

**Muttart Conservatory – Pumpkin Sunday**  
October 29, 1 – 4 pm. Regular admission applies.  
Come in costume, create a spooky craft, and get a parting treat. There will be pumpkin carving, unique displays, face painting and fun "gorelore". See the Spooky "Web" sites hidden in the deep recesses, and peep shows of spiders, ghosts and crazy bats. Avenue are invited to attend the Annual Harvest Festival.

For more information about City of Edmonton functions go to the city website at [www.edmonton.ca](http://www.edmonton.ca).