

Your Community Paper November/December 2004

The People Have Spoken



Falling snow and slushy, slippery streets didn't keep people from the

polls. Voter turnout was 42% that's up considerably from 35% last civic election This certainly

contributed to the surprise Mayoral win of Stephen Mandel, who was originally seen as the underdog and not a serious contender.

The councillor results were predictable; all incumbents were re-elected including Ron Hayter (Ward 2), Ed Gibbons (Ward3) and Janice Melynychuk (Ward 3). A new councillor, Kim Krushell, was elected in Ward 2 to replace Allan Bolstad who stepped down.

Voters also selected school board trustees. Dave Colburn is

the new trustee for Edmonton Public in Ward D. The Catholic School trustees in ward 2 and 3 were both re-elected; Janice Sarich and Mark Razzolini respectively.

Our role in "civic politics" did not end with marking lines on the ballot. It is our job to hold our representatives accountable. We need to remember who they are and what they've said.

(continued on page 3)

Year of the Vote

October 18th marked the second time in less than four months that Edmontonians headed to the polls to exercise their right to vote. And it's not over yet. Premier Ralph Klein announced a November 22nd Provincial Election.

In June, Canadians elected a minority Liberal government. (Well actually Ontario did, the majority of the West voted Conservative.) There was a short reprieve over the summer and then we were back in the midst of political discussions, this time around mayoral and councillor candidates. Now we've just wrapped up the civic election

and campaigning has already started for the provincial one.

Are people welcoming this participation in the democratic process? According to voter turnout, a large percentage of people are going anywhere but the polling station on Election Day. The June Federal Election had the lowest voter participation ever at 61%. Municipal elections always receive less interest with a little over a third of eligible voters casting a ballot.

Ironically, it is at the local level that your vote can have the most impact. Justin Harder, a local Community Organizer who helped organize a "Get Out the Vote" campaign in Alberta

Avenue said, "During our door knocking campaign, we found that many people don't feel informed enough [to vote]. Voting's not just a personal responsibility, it's also a communal responsibility, and that communal responsibility has been lost over the years."

At the provincial and federal levels, decision-making can be made easier by the presence of political parties. On the other hand, the voter can be torn between the candidate they like best and the political party they would like to support.

When Albertans go to the polls in November there will be revised electoral boundaries

based on updated census data.

For Edmonton, the changes mean losing one of its 19 seats, the riding of Edmonton Norwood. Portions of the Norwood and Highlands ridings are being amalgamated to form a riding called Edmonton Highlands-Norwood. The new dividing line on the west is 97 Street, so now two of the North Central Edmonton communities (Spruce Avenue and Westwood) will fall into a different riding - Edmonton-Calder.

Whether you like it or not, we will be inundated with more talk of politics, candidates, issues, and political parties for at least another few weeks.

By Karen Mykietka

Norwood's Beat On the Street

Many of us have noticed the presence of "Beat Police" in Norwood since May, but after speaking with my neighbors, I realized that we weren't at all sure as to their role.

There are two Beat Officers assigned to patrol the Norwood area, Constables Brad Pearce and Kurt Martin. Initially it was a three-month assignment, but six months later, they haven't heard anything official regarding their length of tenure here. Meeting with Constable Pearce, I asked him about the service.

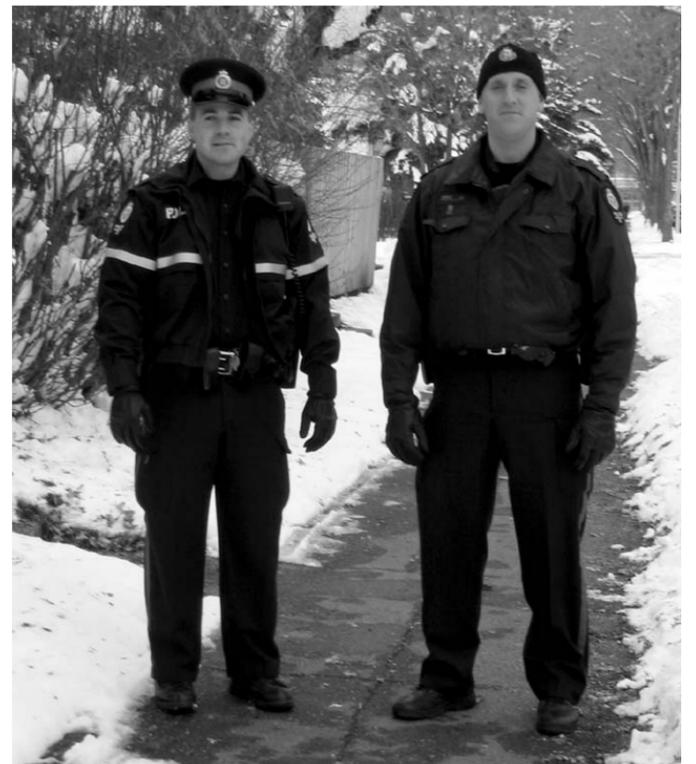
"I'm glad to be in the community of Norwood. I volunteered to come here and I did it because I know the area. There's a great sense of community here. I'd like the residents to feel

comfortable in approaching the beat officers; it's good for us to get to know our local residents," says Constable Pearce.

Part of their job is liaising with community groups and Youth Programs, but generally they look at how to make the neighbourhood safe. Since they have been on the job, they have shut down close to a dozen derelict houses.

"We're pro-active in looking for potential things that will affect the community, when we're not responding to calls", says Constable Piece.

We're interested in any type of criminal activity that affects the quality of life of the residents of Norwood.



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Voter Turnout

Federal(Canada)
Best 79% in 1958
Worst 61% in 2004

Provincial (Alberta)
Best 82% in 1935
Worst 47% in 1986
Last 53% in 2001

Municipal (Edmonton)
Best 84% in 1918
Worst 10% in 1956
35% in 2001
42% in 2004

OUR PARTNERS

Alberta Avenue
Community League

Eastwood
Community League

Spruce Avenue
Community League

Norwood
Neighbourhood
Association

PAAFE

Success by Six

Rat Creek Press

Volume 6

Issue 11

November/December 2004

The Rat Creek Press is a non-profit community newspaper supported by local community organizations.

Partners:

Alberta Avenue Community League
Eastwood Community League
Norwood Neighbourhood Association
PAAFE
Spruce Avenue Community League

We will not publish articles or ads detrimental to the community. We reserve the right to choose our advertisers. Opinions expressed in the newspaper are not necessarily those of the partners.

All writers and would be writers welcome!
Submissions subject to editing for length and suitability. The next issue is January 2005. Deadline for all articles and ads is December 15, 2004.

Managing Editor: Karen Mykietka

Editor: Dawn Freeman

Design: Theresa McBryan

Advertising: Interested?

Distribution Coordinator: Interested? Let us know.

Phone: 477-2773
Email: ratcreek@telus.net

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9210 - 118 Avenue
Edmonton, AB
T5G 0N2

AD RATES
\$7.75 per column inch

Full page	\$600
Half page	\$300
Quarter page	\$150
Eighth page	\$ 75
Two Thirds page	\$400
One third page	\$200
One sixth page	\$100
One twelfth page	\$ 50
Business card	\$ 40

Editorial:

What the Heck's Going On?

M.I.A.

Your community paper—the Rat Creek Press—has been missing-in-action the last few months. I heard some of you noticed and were even upset about its absence. Good! This means someone was reading the paper. Both July and August issues were printed; unfortunately, a big distribution mix up in August resulted in the majority of homes not receiving a copy. The paper was shut down in September and October as the partners discussed the future of the paper. But before we look at the future, I'd like to talk about the past.

HISTORY

The Rat Creek Press started in 1999 as a joint initiative of five community organizations. The first year the paper paid a managing editor. Since 2000 it has been run by volunteers who sometimes received an honorarium. In the six years the paper has been running, the partners have changed. One thing that remains the same is the name. The name "Rat Creek" may seem bizarre to some of you; however, it comes from our area's history. What is now Norwood Boulevard used to be a creek—a creek called (you guess it!) Rat Creek.

THANKS

The only reason we've had a paper the last few years has been because of the dedication of Jackie Ryan. Jackie Ryan, a Spruce Avenue resident, started

volunteering on the paper in 2000. As volunteers dwindled, she ended up managing and producing the paper on her own. Partner representatives, busy with their own affairs, didn't take an active role. While getting the paper put together and printed was quite a task, so was getting the printed copies to your mailbox. For over two years, Arlene Kemble worked hard coordinating delivery to businesses and block carriers. On behalf of the community I thank Jackie Ryan and Arlene Kemble for their time, perseverance and commitment to this paper and their community.

UNDER CONSTRUCTION

Back to the present. It was time for the paper to get an overhaul, from its look and content to its management and organization. Restructuring and reorganizing take time, but the partners couldn't afford to wait. They need a regular means of communicating with the community. Therefore, the partners decided to print three issues (November, January, and March) with an understanding that the paper will be a "work-in-progress". In March, the final structure and management of the paper will be finalized.

The goal is to have a vibrant and financially sustainable community newspaper that keeps residents in touch with what is happening in their community. In the past, the Rat Creek Press has only been delivered to Spruce Avenue, Alberta Avenue and sometimes

Eastwood neighbourhoods. Our lives and our interests do not end at our community league boundaries. So, ideally all North Central Community Leagues will participate in the paper and have it delivered in their area.

VOLUNTEERS

This newspaper will not have a future unless more people support it with their time, energy and business. While people from outside North Central Edmonton may think this area is poor, I know differently. Our community is rich with history. It is also rich with people—people with diverse skills, people with vision, and people with hidden potential. A handful of residents are already involved in numerous activities and organizations in the community. There are many more of you who are not. Here is a chance to give to your community; share your skills or develop new ones.

Start by giving us feedback on the paper. What do you think of the new design? What would you like to see in the paper? Share your ideas for articles, stories, features, columns, etc. There's no shortage of great ideas, and if you have one, maybe you could volunteer to write it yourself! And speaking of volunteering...

NEEDED

Writers - Anyone willing to give writing a try. No experience needed. We can help you with ideas and guidelines. We hope to organize a workshop on writing in the spring.

Photographers - People willing to go to community events or around the neighbourhood and take pictures. Anyone with good pictures of people in the community or community happenings is invited to submit them (prints or high-resolution digital files).

Ad Rep - Someone interested in finding new advertisers and managing advertiser accounts including invoicing and collection. We first of all want to promote desirable local businesses and then other businesses or services that would be of interest to residents.

Distribution Coordinator - Coordinate delivery of the paper to businesses and organizations and oversee residential delivery.

Other Contributions - Send us any informational tidbits, interesting facts, quotes or sayings, stories, opinions, letters to the editor, sketches, cartoons, graphics, etc.

NEXT ISSUE

January 2005 Theme "In Our Community": We will be featuring the richness of our community through stories on people, places, businesses, organizations and activities in our community. To submit your suggestions or offer to write something—call 477-2773 or email ratcreek@telus.net. Deadline for articles and ads is December 15, 2004.

Karen Mykietka
Managing Editor

Home Buyers: Discover How to Avoid These 6 Costly Mistakes Before You Buy

Edmonton - A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make before buying a home.

Mortgage regulations have changed significantly over the last few years, making your options wider than ever. Subtle changes in the way you approach

mortgage shopping, and even small differences in the way you structure your mortgage, can cost or save you literally thousands of dollars and years of expense.

Whether you are about to buy your first home, or are planning to make a move to your next home, it is critical that you inform yourself about

the factors involved before you buy.

In answer to this issue—industry insiders have prepared a free special report entitled "6 Things You Must Know Before You Buy"

Having the right information beforehand can undoubtedly make a major difference in this critical negotiation.

To hear a brief recorded message about how to order your FREE copy of this report, call 1-866-815-9646 ID#4004. You can call anytime, 24 hours a day, 7 days a week. Call NOW to find out what you need to know before you buy a home.

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**ALBERTA AVENUE
BINGO**

9210 - 118 Avenue 477-2773

Wednesday, Thursday and Friday evenings starting at 6:10 pm.
Also midnight bingo Fridays starting at 11:15 pm.

Bingo workers needed.

Workers receive a credit toward sports programming at community leagues and other clubs throughout the city.

News and Views

The People Have Spoken



Photo: CBC

(From page 1)

Stephen Mandel (Mayor)

entered the political scene in 2001 as a councillor for Ward 1. Prior to this he was involved in business development, real estate and construction. Mandel wasn't after the mayoral salary; he is wealthy enough to retire at 59. Mandel says he is committed to:

-Neighbourhood revitalization and infrastructure improvements (he specifically mentioned Alberta Avenue as a priority for community renewal).

-Addressing the need for 5,000 units of affordable housing.

-Working with by-law enforcement to speed up response to complaints about derelict housing.

-Community-based policing.

-Meeting with residents and businesses from struggling neighbourhoods about how City services can be more responsive to communities.

-Cost effective strategies to motivate business and residential upgrades.

Ron Hayter (Councillor, Ward 2)

is starting his 10th term on City Council. Prior to his career as a politician, he was a reporter, editor and correspondent. Hayter is forthright and outspoken; he understands poverty and hardship as he has experienced them first hand growing up. Hayter supports neighbourhood rehabilitation, infrastructure upgrades and community policing. Hayter says, "I want police officers on the street, not behind desks."

Kim Krushell (Councillor, Ward 2)

may be a new Councillor but she is not new to civic politics; she spent nine years as Executive Assistant to Councillor Larry Langley. Krushell says she's talked with community residents and heard their concerns. She will focus on aging infrastructure, community policing, getting more funding for community leagues and keeping libraries open.

Janice Melynchuk (Councillor, Ward 3)

is entering her second term on city council after spending two terms as a public school board trustee. She will represent her constituents and work to make their communities "healthier and better places to live." Melynchuk's vision includes working to change legislation regarding derelict housing and commercial buildings, putting more police on the streets, increasing grants to community leagues and enhancing Borden Park.

Ed Gibbons (Councillor, Ward 3)

spent a term as a Liberal MLA before jumping to municipal politics in 2001. He says he is a team player and good listener. As your city councillor, he has an open door policy and will be accessible to you. Gibbons will continue to provide steady leadership and negotiate for residential and business development that meets the needs of residents.

David Colburn (Public School Board Trustee, Ward D),

a former conductor/locomotive engineer, has a long history of involvement in parent council and parent advocacy groups. Colburn, who currently has one child in junior high, says, "I will work to create regular communication between myself and parents in my ward. Parents could and should play a greater role than they presently do."

Janice Sarich (Catholic School Board Trustee, Ward 2)

hosted three Ward 2 community meetings in her previous term as trustee. Prior to being elected, she served in various capacities on numerous community organizations and ran a consulting company. Sarich, who has two school-aged children, says her commitment remains "to defend and advocate for your children's education needs and interests."

Mark Razzolini (Catholic School Board Trustee, Ward 3)

is returning for a second term as trustee. Previously, he was a human resources advisor as well as an active volunteer in the community and Catholic School system. Razzolini, who actively door knocks in his constituency, says, "I feel it is essential for me to have a strong relationship with the people I represent." Smaller class sizes are one of his top priorities.

By Karen Mykietka

THE RIGHT TO VOTE?

I have lived in Edmonton for 6 years now; I am aware of and affected by our Mayor and city councillors. I own a house; I have a job; I pay rates and taxes. I have children who will be using the public school system. I collected E.I while on maternity leave and I am a paid up member of the Alberta Health Care Plan. So, did I vote in the recent civic election? Well, no, I'm not allowed to. You see, I'm just a Landed Immigrant, not yet a Canadian citizen. Who has the right to vote? Everyone, except me and all the other Landed immigrants.

Now obviously a person who is in Canada on a work or study visa does not get to vote - they are not here for the long term. But a Landed Immigrant is someone who is committed to calling Canada their home, someone who has put time and money into making it happen. A Landed Immigrant is someone who has said goodbye to their old life in order to make a new one here, and most will obtain Canadian Citizenship in due course. But until then, our electoral voice is silenced.

Will I know more about Edmonton once I am a Canadian citizen? Will that piece of paper teach me the secrets of municipal politics?

Don't I have more right to vote having lived here six years, than someone who has lived here six months - and is a Canadian citizen?

Margaret Guthrie, a local of Ward 3, used to be able to vote. She emigrated here in 1952 with her parents, grew up here and later married a Canadian citizen. But she never became a Canadian citizen herself - which didn't matter until the 1970's. That was when the then Prime Minister, Mr. Trudeau, made it so that only Canadian citizens could vote. Margaret was so mad about this she refused - and hasn't voted since. Now Trudeau has passed on, she feels like she can finally move on too; she is planning on becoming a Canadian citizen soon to gain back her right to vote.

Another local resident, Linda, also is in a similar predicament. "I'm a homeowner, a worker, a volunteer in my community, but I'm voiceless when it comes to elections."

Neither woman sees why they have to be a citizen in order to vote in a mayor. And neither do I. After all, I live in Edmonton; I am a citizen of this city, even if I am not one of this country. That should be enough to allow me to cast my ballot on municipal election day.

By Dawn Freeman

27 Quick & Easy Fix Ups to Sell Your Home Fast and for Top Dollar

Advertorial

Edmonton - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get

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Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips, you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the most profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense

approach, you get the straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money. Order your **free** report today. **To hear a brief recorded message about how to order your FREE copy of this report, call 1-866-815-9646 and enter ID#4023.** Call anytime, 24 hours a day, 7 days a week.

Brian Mason NDP

To the Residents of Edmonton Highlands-Norwood,

I would like to take this opportunity to welcome the residents of Norwood into the Highlands constituency. I am proud to announce that our new riding name is Edmonton Highlands-Norwood. I have been working hard to represent the residents of Highlands for the last few years. I am your Alberta NDP candidate for the upcoming provincial election.

I have been recently elected the Leader of the Alberta NDP.

With an election just around the corner, I'm asking for your support. Our campaign always needs volunteers and sign locations, if you can help out please give us a call at 443-4688.

Alberta needs an effective, trustworthy voice on issues that really matter. The Alberta NDP and I are the only party who will effectively fight for:

-Health care when you need it, not when you can afford it
-Stable funding for

schools, not just election-time goodies
-Affordable utility costs

-Making our streets and neighbourhoods safer

I look forward to your support in the upcoming election. See you at the polls! This time there is a better choice. This time vote NDP.

Yours truly,
Brian Mason
Leader Alberta NDP

SPORTS IS THE NAME OF THE GAME

There's a new man in the neighbourhood, he's crazy about activity and he wants you on his team! In a joint venture, the Community Leagues of Alberta Avenue, Parkdale-Cromdale, Eastwood, and Elmwood Park have hired a Community Sports Coordinator.

"Our goal is to set up better sports programs as well as develop programs for adults and seniors in our communities," says Jacquelyn VandenBorn, President of Alberta Avenue Community League, "I think it's wonderful that the Community Leagues are working together on this." Spruce Avenue is also considering becoming involved.

The new Community Sports Coordinator is Sherwood Park local Mr. Brad MacCallum, and he is both experienced and enthusiastic. He has been involved in the development of sports programs for the last 5 years, specializing in the arena of competitive swimming, in which he is a former national and international participant. He is also currently Assistant Head Coach of the Silver Tide

Swim Club, and is close to completing his Masters in Sociology.

Mr. MacCallum believes wholeheartedly in the benefits of organized sports from a young age. "It builds self esteem and helps strengthen kids and teenagers, it helps them learn to set goals and have priorities outside of their regular school and home life. It makes for a well rounded individual."

Mr. MacCallum believes all children need to have the opportunity to participate in organized sports at a community level and he is aiming to create programs that are local, affordable and available to all Community League members. By the New Year, he would like to have one or more children's programs operating in each community, increasing this to ten by the summer. As well, he is working on ideas for adult and senior programs, including a possible walking club in the spring.

"I would like to offer introduction camps for different sports to Community members; I would like there to be more

than just hockey, soccer and baseball," says Mr. MacCallum. He would like your opinion too. "Please call me and tell me your ideas, kids as well as parents."

Mr. MacCallum will be coordinating programs already operating in the halls and rinks, such as soccer, dance and shinny hockey, as well as organizing activities in the new gymnasium created at Alberta Avenue Community League by combining the two little used racquetball courts.

For more information, to register for a program, or to volunteer, please contact your Community League (see page 6 for contact numbers), or contact Mr. MacCallum directly at 479-2313 between 7.30 a.m. and 11.30 a.m. Monday to Friday. Please remember you must be a Community League member to be able to participate in league programs.

By Dawn Freeman

ALL ABOUT BRAD

**30 years old
Married, with 2
children**

**Born and raised in
Sherwood Park**

**Former Provincial
Medalist in
swimming**

**Prior careers
include career
counselor and
First Nations
student counselor**

**Ass. Coach at one
of Alberta's high
performance
swim clubs - Silver
Tide**

**Has coached
Provincial
champions,
medalists and
finalists**

Get Out the Vote!

Some residents didn't have to fight the snow to get to the Norwood polling station on October 18th. CAP's Get Out the Vote! team was door-knocking all day, reminding their neighbours to vote and offering rides to the poll.

"At the beginning of the campaign the city clerk warned us not to gauge success on increased voter turnout," says Fred Dicker. "He warned us that the weather plays a large role and you can't control that." Despite the bad weather, there was a significant increase in voter turnout, so the Get Out the Vote! Campaign can be considered a success.

"Although the official numbers are not out yet, we know there were 942 ballots cast at Norwood School [Poll 330] on Election Day," says Pamela Mason a long-time community resident. "Those 942 ballots give us 285 more votes than in 2001...I'd say that's a significant improvement!"

The campaign included a number of different actions intended to engage Alberta Avenue residents in the democratic process. This included a canvassing effort to develop a sense of what pressures were important to residents. Residents were invited to a "Meet the Community Night". This was a unique forum where over 70 residents gathered in three homes in the community

to tell stories of pressures they are facing and request commitments from candidates running for City Council and School Board Trusteeship. As well, community leaders put up signs encouraging their neighbours to "Vote Council to Attention".

In September, a Mock Poll was held at Norwood Elementary School in partnership with the City Clerk's office and the School. "The Mock Poll was an opportunity to let Grade six students get an early and exciting experience with voting," recalls Monique Nutter, a community leader who helped coordinate the Mock Poll. "Their [the students'] insight into community issues was amazing...there was a real infectious enthusiasm throughout the event."

The idea for the campaign came out of conversations residents were having. "It's obvious communities don't get the attention they need just because they need it," says Amber Andersen, one of the community leaders involved in the Get Out the Vote! campaign.

"We knew we [the residents] had to continue to find new ways to challenge perceptions people have of North Central Edmonton, as well as draw the attention of the decision makers to the pressures we are all facing." The lowest voter turnouts are in central Edmonton, which does little to get the recognition



or interest of councillors.

"Hopefully the campaign reminded people to vote," comments Nutter. "But I hope it also challenges them to remember that they shape their community every day - not just on Election Day."

By Justin Harder

Residents

Wouldn't let

Neighbours

Forget to Get

Out the Vote!

The Inside Scoop On Play

**There is a
new drop-in
playroom
in our
community!**

Children are running in circles around the room while parents put out the new toys for the indoor playground. Like magnets, the children are attracted to a blow-up climber parents are pumping full of air. They can't wait to jump all over this new addition to the playroom.

The kids make their way from the slide to the tunnel then move on to playing ball. As the children enjoy themselves, the parents and caregivers are helping put the toys out, talking with each other and playing with the children. There are a variety of toys such as a slide, soft blocks, cars, little people, and ride-in toys; the list goes on.

That's right. There is a new drop-in playroom in our community! The Avenue Indoor Playground is open on Mondays from 10 am to 12 noon at the Alberta Avenue Community

League (9210-118 Avenue). Check for additional hours in the New Year.

One of the goals of the project is to encourage community league membership, so it is free for community league members from any area. If you don't have and don't want to buy a membership, there is a drop-in fee of \$3 a family per visit.

"A playgroup like this is important to the community because it gives children and parents an opportunity to be active and socialize. It is a safe place for children to play while parents enjoy some conversation with other adults," says Karen Mykietka, chair of the Indoor Playground Committee. As one mom said, "It's great to have a place for the kids to play and a chance to talk to other moms without having to go to McDonalds."

A group of parents applied for a grant from Action for Healthy Communities and received \$1000. The grant allowed for the purchase of a few major pieces of equipment (a blow-up climber, a playhouse/slide combo; soft blocks) and a numerous smaller items.

Wal-Mart donated \$300 to purchase foam floor tiles and balls, and IKEA gave a 5% discount on items purchased. A \$500 donation from the Norwood Neighbourhood

Norwood's Beat On the Street

continued from front
 "We do pretty much everything: issues with drugs, prostitution, neighbourhood disputes, anything to do with the schools, parks, bars and community. If you notice any unusual behavior, don't hesitate to contact us. Any concern, don't think it too trivial, especially when related to suspicious people."

If the problem is urgent or there is a crime in progress, Constable Pearce urges the community to dial 911 rather than the Norwood Station number. When you call the Norwood Beat Police at 421-2083, the call is forwarded to the cell phone of the police officer on duty; however your message may not be heard straight away. The two constables only cover up to 20 hours a day, five days a week, so there are periods of time when they are unavailable. If a call is taken about an incident outside of their area, it is passed onto a coordinator in the Downtown Division Station to be forwarded to the correct station.

"You need to assess whether or not the problem can wait when you decide who to phone".says Constable Pearce. When it comes to the ongoing problem of theft, he advises common sense.

"Make sure you have motion-sensitive lights on garages and your doors are locked with no possessions left in view. There are a lot of unsavory characters living downtown, who make a living going through the back alleys at night checking to see if your doors are locked. Your possessions may turn up at the pawn shops the next morning."

Information helpful to the police is the date and time of the incident, descriptions of the people involved (age, height, weight, gender, race, clothes), car make, color and if possible license plate number.

There are also Beat Police operating out of the Eastwood Community Police Station located (at 81 Street and 118 Avenue)

adjacent to the Safeway. The area they patrol runs from 78 to 97 Streets between 117 and 120 Avenues.

Constable Pearce says, "We're here for the community and the best way to make this community a better place is to work together. Remember, if there are concerns in your community and you do nothing about it, you are contributing to the problem."

By Linda Maude

Police Phone Numbers

For Emergencies 911
 Norwood Police Station 496-8510
 Norwood Beat Police 421-2083
 Eastwood Police Station 496-8502

The Rat Creek Press will be publishing future articles on policing in our community and would like to hear your stories and experiences or any questions you have. Please contact us at 477-2773 or ratcreek@telus.net.

ASK YOUR REPRESENTATIVE

Question posed to Gary Masyk, Alberta Alliance, current MLA for Edmonton-Norwood:

Why did you leave the Conservative Party?



Answer:

Many people have asked me why I chose to leave the Conservative Party. At one point I realized that Premier Ralph Klein and his team opted to abandon Edmonton, in favour of Calgary. They eliminated the needy Edmonton-Norwood riding so two new ridings could be opened in Calgary. In spite of all the objections from the City of Edmonton, and our constituents, we recognized that the Premier did not care about Edmonton.

I was deeply disturbed when I saw how the Premier and his Team favoured the insurance industry to the detriment of the average Albertan. After voicing my concerns about the plight of the seniors of this province I became aware that the Premier and his team had their minds made up and they paid no attention to the underprivileged in our province.

Perhaps the "straw that broke the camel's back" was the Premier's ill-timed comments on health reform, undermining the Conservative prospects in the Federal election, which is, no doubt, to the disadvantage of Alberta. That was the time I determined to join a party that will work for the benefit of Albertans-the Alberta Alliance. Gary Masyk will be running under the Alberta Alliance in the Edmonton-Decore riding.

Send us your questions for your city councillor, mayor, school board trustee, MLA or MP.



Association is still pending.

Volunteer hosts are needed for the indoor playground.

Hosts oversee the set up, answer questions, greet parents, and ensure sign-in sheets and contact

cards are filled out. If volunteering interests you, please contact Sheryl Boisvert at 474-5010.

By Sheryl Boisvert

Do you have an idea to improve the health of your community? Do you need some help developing the idea or money to make it happen?

Contact Action for Healthy Communities. They provided leadership training and grants up to \$1000 for resident groups.

Any project or initiative dedicated to making a neighbourhood a better place to live

contributes to the health of the community.

To get started: (1) Call Action and discuss your idea, (2) form a group of at least 3 people from Central Edmonton neighbourhoods, and (3) work with a community facilitator to develop a proposal.

For more information: Go to www.a4hc.ca or call 944-4687.

Terry Martiniuk PC

Giving residents of Highlands-Norwood a Voice

Terry Martiniuk wants the residents of the Edmonton-Highlands-Norwood constituency to have a voice at the government table. That's why he decided to run in the Provincial Election this November as a candidate for the Progressive Conservatives.

"For too long, the hard working people of this constituency have not had their concerns voiced to government. The sitting MLA is not a member of the caucus and rarely brings up issues specific to this area to those that can make some posi-

tive changes," says Martiniuk. The successful small business owner believes Highlands-Norwood is a vibrant, diverse constituency on the verge of becoming a true success story. "I have talked to shop owners, community league members, service clubs, you name it," Martiniuk says. "Everyone has a lot of pride in the area and most people would rather live, work and play here than anywhere else in the country."

If elected as the local MLA, Martiniuk believes he can help the area revitalize itself, attract-

ing new business and investments to 118 Avenue. He also will work closely with Edmonton City Council to address the area's crumbling sidewalks, high crime rate and lack of health services. "Highlands-Norwood needs an MLA who has the ear of both the provincial and municipal governments and has the best interests of all residents in mind."

Terry Martiniuk's campaign office is located at 6509-118 Avenue. For more information, please call 491-0505.

RE/MAX SINCERE REQUEST

We urgently need good homes in your neighbourhood for young families.

2 or 3 bedrooms - garage preferred, but not essential.

Buyers will pay top market value.



Please call:
 Joe Clare
 488-4000
 ReMax Real Estate
 Central Branch



The advertisement is not intended to solicit properties that are currently listed for sale.

Community Organizations

Norwood Neighbourhood Association



Darcy Flemming 474-2743
dflemming@ualberta.ca

Meetings: 2nd Wednesday of the month @ 7pm at Norwood Family Centre 9516-114 Avenue.

Norwood (the area between 89-97 Street and Norwood Blvd and 118 Avenue) is part of Alberta Avenue.

Success by Six



Paul Kane House,
10220-121 Street
Phone: 474-9393
www.successby6edmonton.ca

Working with community members to find ways to meet the needs of preschool children.

PAAFE Prostitution Awareness and Action Foundation of Edmonton



www.paafe.org
Phone: 471-6137

Working towards long-term solutions to the complex issues central to prostitution through awareness, education, community initiatives, advocacy, and support for survivors.

A Life-Long Struggle

I believe I have always been an addict. Ever since I was a kid I remember being addicted to something, whether it was video games and spending every quarter I could get my hands on at the age of 9, or cocaine and alcohol as a 16 year old. Although I have been free of active addiction for more than a decade, I recently had an opportunity to experience the truth in the old adage: "Once a junkie always a junkie".

I was on a holiday with my husband after a recent conference in Ottawa. We were visiting with my in-laws and an aunt, and we decided that an afternoon at the casino would be fun. So armed with quarters from a relative's gumball machines, we happily hit the slots. After about an hour I was finished my quarters and began to explore the casino. Although I had no disposable cash left, I felt compelled to get money from the ATM machine, even though that money was earmarked for groceries and bus passes once I returned to Edmonton. My little "inner addict" had been awakened and wanted more. I was able to resist and did not cross the line that day. But I could have, and that scared me.

Addiction is not a choice people make. Usually people are using drugs for other reasons, such as a sense of belonging to a group, or because they want to have fun. But addiction creeps in, like a fog that blankets the soul, covering up the real person, and the real reason for the use. In my case, the reason was a childhood and adolescence marred by abuse, isolation and depression. I was the product of my environment; my mother is an adult survivor of the residential school system and a recovering alcoholic.

In terms of treatment and prevention for addiction we need the following:

Housing for all stages of transition.

Detox and treatment beds that are substance, gender, and age specific.

Recognition of the part mental illness plays in addiction and vice versa.

Opportunities to provide awareness of addiction and its effects, taught by those with direct experience in addiction.

But most of all, we need to love each other and remember that "there but for the grace of God, The Creator, go I".

By Dawn Hodgins, PAAFE

Your Child's Development: Birth to six months

It is important to understand and support children's physical, intellectual, emotional, social, and moral development. Although children learn and grow at different rates, it is useful to be aware of general developmental milestones. Parents can learn basic skills to assist a child in reaching those milestones thereby giving their children the chance to fulfill their potential. In this issue we will look at development in the first six months of life.

Physical Development

yourchild will:

Have sucking and grasping reflexes, reach towards objects and grasp them. Move arms and legs. Focus on and follow objects with their eyes. Roll over. Sleep a lot. Have no bladder or bowel control. Have rapid physical growth and change

You can:

Ensure that during this time you hold and cuddle your child. Interact with your child when feeding in order to establish a feeding pattern.

Intellectual development

Your child will:

Vocalize by making cooing noises and chuckles. Vocalize spontaneously. Discover that he or she has impact on the environment (e.g. if cries, caregiver will

come).

You can:

Encourage and reward noises made by your child by talking back to your child. Speak or sing or coo to your child as this lays the foundation for language development

Emotional Development

Your child will:

Establish a bond and develop attachment with you. Both cry and smile, and will comfort self with thumb or pacifier. Learn to trust that basic needs will be met. Be concerned with satisfaction of needs and will begin to distinguish between physical self and physical others. Learn to read your cues.

You can:

Learn to accurately assess your child's cues and signals as this

will contribute to the child's developing sense of worthiness and trust. Respond promptly and sensitively when your child is in distress. Feel and communicate warm feelings

Social Development

Your child will:

Recognize caregivers. Be very dependent on caregivers for fulfillment of needs. Initiate social contact (e.g. smiles when caregiver is near).

You can:

Return your child's smiles with positive reinforcement. Respond with genuine warmth.

Moral Development

Your child will:

See him or her self as the center of the world
Have no sense of right or wrong

You can:

Ensure that you understand that your child needs you and will be dependent solely on you.

These are guidelines only. If you have any concerns about your child's development, please consult with your family doctor or go the Public Health Centre nearest to you.

Next issue: Developmental milestones for ages six months to one year.

Being a parent is a hard job. All families need support. Call Success By 6 at 474-9393 if you would like further information.

This information has been adapted from various sources including the Region 6 Child and Family Services website and Invest in Kids.

Elect Edmonton - Highlands - Norwood

Terry Martiniuk

"I look forward to being a strong voice in government for the residents of Edmonton-Highlands Norwood. I ask for your support in electing me to be your representative in the Legislative Assembly."

I am committed to:

- I have lived in Edmonton and the surrounding area for most of my life.
- My wife Evelyn and I have 3 grown children and 2 grandchildren.
- I have over 20 years of business experience with both small companies and large national corporations.
- I currently own and manage a successful business.
- My community involvement includes minor hockey activities as a coach, manager and board member.

- Providing additional policing to make our community safer.
- Providing infrastructure funding to improve street lighting and sidewalks within the neighborhood.
- Providing increased educational opportunities for the youth within our community.
- Supporting quality health care for all citizens by providing greater access to these services within the area.
- Re-establish a vibrant business environment to promote more shops and services within our own community.

martiniuk.buildingalbertasfuture.com



Community Leagues

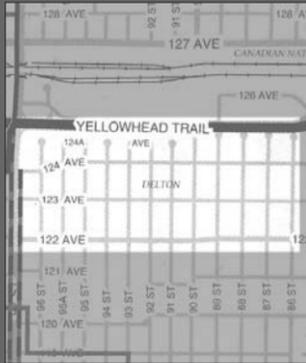


Alberta Avenue Community League



9210-118 Avenue
Phone: 477-2773
Email: office@albertaavenue.ca

Office Hours: Mon 9-12pm;
Wed 2-6 pm; Fri 9-12pm
Membership: \$20 family/\$10
single or associate
Meetings: 2nd Tuesday of the
month at 7pm



Delton Community League

12325 - 88 Street

Membership: \$25 family/\$15
single parent/\$10 single.
Contact Lillian 474-0606.
Meetings: Nov 8th at 7pm



Eastwood Community League

11803 - 86 Street
Phone: 477-2355
Email:
ewmember@telusplanet.net
www.cadivison.com/eastwood

Membership: \$15 family/
\$5 single.
Contact Robin 433-9918.
Meeting: Dec 4 at 11 am



Spruce Avenue Community League

10240-115 Street
Phone: 471-1932



Membership: \$15 family/\$7
single or senior.
Contact David 477-6716.
Meetings: 3rd Tuesday of the
month at 7 pm.



Parkdale/Cromdale Community League

11335-85 Street
Phone: 471-4410

Membership: \$15 family/\$10
single/\$2.50 seniors. Contact
April 488-9636
aprilwillier@hotmail.com
Meetings: last Thursday of the
month at 7pm



Westwood Community League

12139-105 Street
Email: west105@telus.net

Membership: \$20 family/\$15
single/\$10 senior.
Contact Marlene 477-2387.
Meetings: 1st Wednesday of the
month at 7:30 pm.



LIVE IN ELMWOOD PARK?

Information for:
Elmwood Park Community League is not listed here because they
have no building and there is currently no board. The city will
help organize an AGM in the near future. If this fails to produce a
board, Elmwood Park will have to merge with another community
league. In the meantime, contact the Edmonton Federation of
Community Leagues at 437-2913 to obtain a community league
membership.

Community League Notices

EASTWOOD

**Annual General Meeting and Xmas Party
Saturday, December 4, 11 am at the hall**

AGM followed by a Christmas Party. Santa will
be making a special appearance and he's bringing
presents for all the kids who are members of our
community league. The party is free to all
Eastwood Community League Members.

Spruce Avenue

Residents are encouraged to attend the
Community League

**Annual General Meeting
November 16, 7 pm at the hall**

This is your opportunity to have a voice & meet
people in your neighbourhood.

EASTWOOD

Needs volunteers to work a **CASINO** on Dec 28
& 29. This fundraising is essential for community
leagues. A variety of shifts are available. It's easy
work and you get free food! Call 477-2355

SPORTS PROGRAMMING

We have a sports coordinator and a new commu-
nity gym (at **Alberta Avenue**), now we need you!
Plans are in the works for children's sports
camps, ice skating instruction, and gymnastics.
The gym will also be open for adult pick up
sports such as basketball and classes such as yoga
and pilates. What are you interested in? What
day and time work for you? Would you like child-
care to be available? Call and chat with Brad
MacCallum 479-2313. He's here to set up pro-
grams for you!

Maintenance person needed

Alberta Avenue Community League
is looking for a handyman to do general build-
ing maintenance and basic repairs.
Approximately 8 hours month, flexible work
hours unless emergency repairs are needed.
Preference given to qualified persons living in
the community. References required. Pays \$20-
30/hour. Call 477-2773.

PUBLIC SKATING

Use any of the outdoor rinks for free with a com-
munity league membership. Call each community
league for days and times.

FREE SAND

During the season for slippery sidewalks, the City
of Edmonton would like to offer you some trac-
tion. Just bring along a container, and pick up
your free sand from boxes at your community
league.

Community Calendar

Pre-schoolers

MONDAYS

10-12pm; **Indoor Playground** at Alberta Avenue. For caregivers and children ages 0-6 years. Free for CL members otherwise \$3/family. Call 479-4812 for more info.

TUESDAYS

10-11am; **Rhymes that Bind** at Mother Teresa School (9008-105A Avenue). Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program running from Sept 14 - Nov 16.

11:30am-1pm; **Books and Fun for Toddlers** (13 months to 2.5 years) at Norwood Family Centre 9516-114 Avenue. Free program (including lunch) running Nov 2 - Dec 7. To register call Tina 471-3737.

WEDNESDAYS

11:30am-12:30pm; **Rhymes that Bind** at Norwood Family Centre 9516-114 Avenue. Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program (includes lunch) running Sept 15 - Nov 17.

THURSDAYS

11:30am-1pm; **Books and Fun for Pre-schoolers** (3 to 5 years) at Norwood Family Centre 9516-114 Avenue. Free program (including lunch) running from Nov 4 - Dec 9. To register call Tina 471-3737.

2-3pm **C.O.W. Bus** (Classroom on Wheels) outside Eastwood School 12023-81 Street. For parents and children 0-6 years. Stories, songs, free book borrowing & draws for books.

School Age

Saturday, Nov 6 & 27, 2pm; **Fabulous Readers' Club** at Sprucewood Library. Read, share your opinions, write a review, and enjoy games and prizes. Nov 6 Graphic novels: discuss them & try to create one. Nov 27 Celebrate Canada's cultural diversity. A surprise fun activity is planned. For Grades 4 and up. Please call 496-7099 to register.

Saturday, Nov 13, 2pm; **Reptiles and Amphibians** at the Sprucewood Library. Learn about these fascinating creatures and the special needs they require as pets. For ages 5-12 years. Please call 496-7099 to register.

Saturday, Nov 20, 2pm; **The Gingerbread Dude** is in the House at Sprucewood Library. Come hear our new take on

"The Gingerbread Man" then make a gingerbread dude of your own to take home. For ages 6-12 years. Please call 496-7099 to register.

Saturday, Dec 4, 2pm; **I Was Framed** at Sprucewood Library. A Christmas mystery and a mysterious gift craft to keep you on your toes. For ages 6-12 years. Please call 496-7099 to register.

Family

Public Skating. Free skating for community league members at all our outdoor rinks. Contact each community league for days and time.

Adults

Monday, Nov 8, 11am-1pm; **Anger and Stress Management** for parents of

young children at Alberta Avenue. FREE session. Childcare and lunch provided. Please call 477-2773 to register.

Monday, Dec 13, 11am-1pm; **Finding ways to exercise when you have little ones.** FREE session. Childcare and lunch provided. Please call 477-2773 to register.

Fridays, 6 to 7 pm: **Pilates Primer** at Alberta Avenue. Four sessions from Nov 12 to Dec 3 for only \$20. To register call Brad. 479-2313

Seniors

Mondays, 1pm; **Seniors drop-in** at PCCL

To list your event in the community calendar, email us at ratcreek@telus.net or phone 477-2773

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STRESSED?

Come to a

ANGER AND STRESS

MANAGEMENT SESSION

for

Parents of Young Children

November 8, 2004

11am-1pm

Alberta Avenue Community League

9210 - 118 Avenue

Please register at 477-2773

Childcare and lunch provided

No cost for the session

PILATES PRIMER

Dec 13, 6 to 7 pm

Alberta Avenue
Community League

9210-118 Avenue

To register call Brad at

479-2313

What is it? Pilates is controlled exercises that engage the mind and condition the total body. It is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up.

Holiday Decoration Workshop

For kids ages 7 to 12

Children ages 4 to 6 welcome with a parent
Come make a holiday decoration.

Perfect for yourself or as a gift for the holiday season!

Saturday, November 27th

1:00 pm - 4:00 pm

Spruce Ave Community League,
10240- 115 Ave



For more info or to register, please contact
Verna at 479-8019



Brian Mason
Your Alberta NDP candidate
for Edmonton Highlands-Norwood.



A stronger voice. A better choice.

Visit the campaign office at 9142-118 Avenue,
call us at (780) 443-4688,
or e-mail BrianMason@albertaNDP.ca.