

Your Free Community Paper January/February 2005

OUR PARTNERS

Alberta Avenue
Business Association

Alberta Avenue
Community League

Elmwood Park
Community League

Eastwood
Community League

Norwood
Neighbourhood
Association

Spruce Avenue
Community League

PAAFE

How to Reach Us

Phone: 477-2773

Fax: 474-6175

Email: ratcreek@telus.net

In the Works

AABA Initiatives

An updated business directory.

A May Spring Sweep of the Avenue.

A parade down 118 Avenue in June.

A Taste of the Avenue in mid-July while the Edmonton Indy is in town.

A 5 km road race on July 24th followed by a K-days breakfast at Safeway.

City Plans

\$2 million for pedestrian street lighting on 118 Avenue in 2005.

Matching Façade improvement grants up to \$20,000 for business property owners.

Road rehabilitation such as repaving streets and fixing curbs in 2007-2008.

High speed transit between downtown and Kingsway/NAIT which may include modifying the traffic circle on 97 Street and Princess Elizabeth Avenue (3-5 year timeframe).

Preliminary talks of a new recreation centre to serve North Central Edmonton.

Elmwood Park Community League Facing Extinction



Elmwood Park residents were called to an emergency meeting December 2nd. Twenty residents showed up at the Sands Hotel to discuss options regarding the future of their community league. The last board comprised of only four

people dissolved in July 2004 after one person moved, another faced a family crisis and the time demands on those remaining became overwhelming. "You have nobody. No help," said Glenn Tarkowski, past-president. "None of the young families are

involved or buying memberships."

This meeting, facilitated by the Edmonton Federation of Community Leagues (EFCL) and The City of Edmonton, was not the first of its kind. Elmwood Park has been at such a crisis point a number of times over the last 10 to 15 years. The league continually has difficulty recruiting a full board and rarely has enough members at meetings to constitute a quorum.

While the residents bantered about the demographics of the area, condition of the rink, and lack of volunteers, in the end there was consensus that a community league is an important and valuable part of a community. One long time resident said, "It's almost an icon. We can't let it go." Another resident expressed that with no hall to run community programs in, it was essential that the communi-

ty league offer the ice rink in the winter and the playground program in the summer.

Russ Dahms from the EFCL presented the residents with their options. "You can set up a new board or hook up with another league but doing nothing is not an option. A decision needs to be made tonight even if that decision is to have another meeting."

Three amalgamation options were presented: one, Elmwood Park could merge with Eastwood; two, Elmwood Park could merge with Delton taking with it the 9 blocks of Eastwood that are between them; or three, Delton could take the 9 blocks while Elmwood Park joins the remainder of Eastwood. An Elmwood Park property owner suggested a fourth option: Elmwood Park could take the 9 blocks in hopes that it would generate more members

Continued on page 2

Promising Future for 118th Avenue



L to R Julian Proskow and Peter Rausch

As a child, Julian Proskow used to feed the horses that trotted down 118 Avenue delivering milk. He would stroll down the Avenue stopping at the Night and Day Restaurant. "I had my bottle of Coke and plate of French fries and would hang around there. It was a great place," says Proskow, "Everyone was friendly. It was a great neighbourhood."

"Great neighbourhood" are not the words mostly frequently associated with 118 Avenue and the surrounding communities anymore. But Proskow says, "I believe this Avenue has the potential to boast that once again."

Proskow, who was born and raised in the Delton area, is working both as a business owner and as chair of the Alberta Avenue Business Association to

restore the Avenue to its former glory. In the past he operated a pawnshop because that was where the economics were. Now he is attempting a new venture, a produce shop called MetroTown Market in the old Georges Cycle building on 118 Avenue and 93 Street.

After years of neglect, the Alberta Avenue area was plagued with prostitution, drug use, crime and a run down commercial district filled with pawn shops, but the future of Alberta Avenue looks promising. With a new board, Executive Director, and street level office, the Alberta Avenue Business Association is gearing up to effect positive change in the area. "I think we're going to see a lot of results in the next year or two," comments Proskow.

The battle is not only

against the physical problems but also against the negative perception of the area which continues to be fed by negative media. Peter Rausch, the new Executive Director, points out, "We can spend a lot of time looking at the bad but there is 95% good that we have to celebrate."

Past initiatives of the association did not deal with the real pressures facing businesses and residents. This year "The board is looking at three main areas: crime and security, promotion, and working with the City in terms of streetscape," says Rausch.

Both Rausch and Proskow stress that better communication is at the heart of these three priorities. The new board recognizes the need to work with all stakeholders to ensure there is synergy in efforts to revitalize the

Avenue. "Safe, secure businesses rely on safe, secure neighbourhoods and vice versa," Proskow says.

No one group has the people, power, or money needed to get rid of the bad elements in our neighbourhoods and replace them with what the community desires for the common good. But every person that gets involved makes a difference and moves us closer to that "great neighbourhood" we want. Start by supporting desirable local businesses. Participate in local events such as the ones the business association plans for the summer, or even volunteer to help out. Speak up. Talk to the business association about your ideas and vision for our business district, call the police and report suspicious or criminal activities, and call the City about transportation, bylaw or community issues.

Proskow has a positive outlook, "The whole block [93 Street & 118 Avenue] could be a trend set throughout the Avenue. We've got the Balkan Deli, the Popular Bakery who is building a new bakery, Ben's produce shop and now my produce shop going in. I think we will probably see more businesses go up in the area that cater to the general public. I think this is what people really want to see on the Avenue."

AABA's new office is at 11770-95th Street. Phone 471-2602
By Karen Mykietka

Rat Creek Press

Volume 7 Issue 1

January February 2005

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

Partners:

Alberta Avenue Business Association
Alberta Avenue Community League
Eastwood Community League
Elmwood Park Community League
Norwood Neighbourhood Association
Spruce Avenue Community League
PAAFE

We will not publish articles or ads that will be 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!

Contact the managing editor with your ideas. Submissions subject to editing for length and suitability. The next issue is March 2005. Deadline for all articles and ads is February 15, 2005.

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AD RATES

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

Editorial: Building Community

Round Two

I volunteered to work on restructuring and redesigning this paper because I could see the potential it had to help build community in North Central Edmonton. Before I go any further, I need to apologize if this is the first redesigned Rat Creek Press you are reading. The first issue was November/December; it had some excellent articles on Norwood Beat Cops, the civic election results, the new community sports coordinator, and a new indoor playground at Alberta Avenue hall. A distribution problem occurred which we did our best to correct; unfortunately, it appears some houses still got missed. I do not have any paper copies left, but if you're interested and have email I can send you an electronic version.

Partners

I'd like to welcome our two new partners this issue: Elmwood Park Community League and the Alberta Avenue Business Association. Some of you in Elmwood Park might wonder how you can be a partner when you don't even have a board to make decisions. Since it is important for you to be informed and have a way to be connected with programs available in the larger community, the City is ensuring you receive the paper until your community league issues are sorted out.

I truly believe this paper will help foster community and communication and would love for all North Central communities to have the paper delivered to their homes. If your community league isn't a financial partner in this endeavour, then we cannot promise you'll receive the paper (check the Partner box on the front page). If we have extra funds, we may try to print extra copies and deliver to areas not

covered by our partners.

Richness

I've enjoyed the richness and diversity of our neighbourhoods as I've walked, ridden my

my comfort zone at first either.

These projects gave me a reason to start up a conversation. Why bother? For me part of it was just curiosity about my

personal level or agree about everything to work together. Don't write off an entire organization because of some past negative experience. Don't boycott your community league because of clashes with one person or some bad history. You are part of the community whether you choose to participate in its institutions or not. Make your community a better place to live by getting to know your neighbours and helping shape the institutions that were created to provide you with an opportunity to have a voice.

Full Circle

Back to the paper. I am ecstatic with all the people who have already come on board to work on this paper and thus contribute to their community. We went from six contributors in November to nine in this issue. As you read through this issue, you'll come to the end of a number of articles and see my name. While I enjoy researching and writing, I also enjoy having a family life. There is still enough work for many more writers. Please call me and let's talk about how you can contribute to the continued success of this paper.

Next Issue

In the March/April 2005 issue we will have a feature on development. This will include past community successes in getting rid of derelict properties, areas still needing work, commercial development, new residential infill and residential renewal and upgrading. Have any story ideas? Information? Contact us.

Karen Mykietka
Managing Editor

**Community literally means
to give among each other.**

**Community could be defined
as a group of people who**

**share gifts which they
provide to all.**

bike and driven around during the six years I've lived here. There is certainly no difficulty finding community news or article topics for the paper. Since getting involved in the community through church, CAP, the community league and now this paper, I have met many interesting and wonderful people who live here. If you slow down long enough to show genuine interest in people and their stories as well as share about yourself, you will be richly rewarded.

Connecting

I try to do at least one thing a year that makes me connect with all the people on my block. In 2003, I organized a block party which required knocking on everyone's door to have them sign the permit application. This summer I volunteered on the Get Out the Vote! Campaign and once again was knocking on my neighbours doors. I know many people wouldn't be caught dead door knocking. It wasn't in

neighbours and their interesting houses. It's also an opportunity to share about any common concerns or issues. You can find out a lot about the community especially from old timers. One lady on my block has lived here since 1970! In the end, I feel connected and part of a community. I feel safer knowing my neighbours are watching out for me and my property.

Bickering

Community groups and neighbourhood institutions all have a lot of history. Unfortunately, they also have a lot of baggage. Get involved in any group and you will encounter personality conflicts, power struggles, in fighting, etc. But when groups can put their differences aside and work on common goals for the greater good of the community much good work can get done.

Let's show maturity. Forgive and forget. GET OVER IT! You don't have to like everyone on a

Elmwood Park Facing Extinction continued from page 1



and volunteers. The 9 blocks in question are 82 Street to 86 Street from 122 Avenue to the Yellowhead.

The majority of the group preferred to maintain Elmwood Park as a distinct community league. Linda Oberg who served on the board for 5 years believes it could work "if it got the right people" such as young families involved. She says, "It's going to take people who are interested in getting to know their neighbours."

All their neighbours. Some people have found homeowners have an us and them attitude when it comes to renters in the apartment blocks. Mr. Tarkowski who personally knocked on all the apartment doors when doing a membership drive said, "They are part of the community. Everyone should be included."

Not everyone was optimistic about Elmwood Park's chance of survival. One resident said, "Unless we merge, it's a dying entity." While another said, "I'd like to see it stay as is, but from all I hear that doesn't sound feasible." According to Mr. Dahms a critical mass of 100 family memberships and enough volunteers to create a full board would likely be needed for the league to work.

In the end, the general agreement was there had not been enough notice for the meeting and a larger group of residents was needed to make a decision on such a critical issue. Those present agreed to talk to neighbours and friends and encourage more people to come out. The next meeting is set for Monday, January 17th from 7-9pm at the Sands Hotel 12340 Fort Road. If you can't make the meeting, you can still demonstrate your support for the community league by purchasing a membership, call Russ at EFCL 437-2913

Elmwood Park is a small community with only 585 households, over half of

which are renters. It is located between the major roads of 82 Street, Yellowhead, Fort Road and 122 Avenue. The neighbourhood was developed after World War II for returning veterans. The area is filled with characteristic semi-bungalow "wartime houses" and Elm trees veterans were given to plant along the boulevards.

The community league incorporated in 1946 was at one time a very active and thriving centre of the com-

munity. It managed a hall and an outdoor rink (one of the few regulation size outdoor rinks in the city) and ran numerous programs. Today, the league is left with a rink in disrepair and no hall. Their hall was burnt to the ground by an arsonist in 1993. In 2001, a new playground, made entirely out of stainless steel to ward off vandalism, was installed.

By Karen Mykietka

Residential Distribution Coordinator needed for the Rat Creek Press.

Duties include recruiting community groups and/or block carriers to deliver the paper every other month and overseeing the delivery.

Fundraising Opportunity

We need community groups or individuals to deliver the Rat Creek Press to homes in North Central Edmonton every other month. Pays 4 cents/paper. Choose the area size appropriate for you or your group.

News and Views

Renewal Starts With Local Business Association

The Alberta Avenue Business Association (AABA) has a new face, well actually, many new faces. The board has had almost a complete turnover and a new Executive Director, Peter Rausch, was hired in November. "The board is refocusing on basic objectives," says chair Julian Proskow.

As you read this, the AABA will be settling into their new office at 11770-95 Street. This street level location will give the business association a more visible presence and be more inviting for people to drop-in. The plan is to create a resource centre where people can find information on the association, its initiatives, and local businesses as well as information on starting a business, available properties in the area, local demographics and statistics, bylaw enforcement, and other City services.

The AABA represents one

of ten Business Revitalization Zones (BRZ) created by the City to recognize commercial districts within municipalities. They serve as a vehicle for businesses to work with the City and City Administration to promote and develop businesses. The Alberta Avenue BRZ includes 118 Avenue and intersecting roads from 78 Street to 105 Street.

The association's budget of \$70,000 is completely recovered through levies on businesses in the BRZ.

"The board and the association are accountable to the businesses. There were 190 businesses at the last tax assessment but there is room for over 220. You don't have to be a business owner to be involved or on the board. You just need to be interested in the community and area businesses," says Peter Rausch.

The mandate of the association is to focus on supporting

businesses. Proskow states, "We can't deal with community issues, it's not part of our mandate." However, the business association is very interested in communicating with different associations and organizations that deal with the neighbourhood so that their work can compliment each other.

Being a watchdog is also part of their mandate. Proskow says, "We have to be assured that one business isn't negatively affecting other businesses. Every business has laws, bylaws, codes and regulations to run its business. And if they don't comply, there are procedures to reinforce those laws." The business association invites residents to bring any problem businesses to their attention and work with them to get bylaws enforced.

Residents are welcome to contact the office and speak with Peter Rausch to discuss any concerns or ideas. In the short

two months Rausch has been on the job, he has met with half the businesses in the BRZ. Rausch, an Ontario native, moved to Edmonton in 1978. He worked for Alberta Transportation, Alberta Power, and then was in industrial sales for the oil patch. After a mid-life crisis, he decided to change gears. "I saw the ad for this and I thought it's an interesting job. Over less than half the pay, twice the fun and half the stress! It's a job where you get real fulfillment."

The AABA's recent accom-

plishments include: getting the issue of street lighting before City Council; using bylaw enforcement to get the owners of Cash Canada to clean up the remains of the fire; moving the crosswalk in front of the Treasurer Branch to a safer location; and negotiating several changes to the Nova development on the site of the old flea market. They hope to have many more successes in the next couple of years that will help turn this historic Avenue around.

By Karen Mykietka

	Office	471-2602
	Call	717-9398
Alberta Avenue Business Association Peter Rausch Executive Director	Fax	477-1378
	Email	aaba@telusplanet.net
11770 - 95 Street Edmonton, AB T5G 0N6	Web	www.alberta-avenue.com
	Next AABA Open Meeting: March 16	
	Community Development	Through Sports & Active Living

Don't Forget, They Work For Us

Ultimately our elected MLA is responsible to us, the people. We, the taxpayers, employ them and need to share responsibility in holding them accountable. We have a 4 year "contract" or term with our elected MLA. If he or she is going to represent us, then we need to be informed and let them know what we think.

Both the MLAs in our area belong to the opposition. Their role is to criticize the government's activity and propose improvements. With only four members in the NDP caucus, there is only so much they can do. We can help by bringing information and issues to their attention. Our MLAs can also introduce private member motions and bills (but only those that do not require spending public money). While these seldom

In NDP Territory

A strip through Central Edmonton from East to West, which includes the ridings of Beverly-Clairview, Highlands-Norwood, and Calder, was claimed by the New Democrat Party (NDP) in the provincial election. The New Democrats won a total of 4 seats, all in Edmonton. For the first time in over 10 years, the NDP has official party status which gives them more resources for staff. While Brian Mason easily won his riding with two-thirds of the votes, David Eggen edged out PC incumbent Brent Rathgeber with only around 400 votes.

Brian Mason, MLA for Highlands-Norwood, is returning to the Legislature of Alberta for his second term: since July 2004 he has also been leader of the New Democratic opposition. Previously Mason spent 11 years as a councillor for Ward 3. Before life in politics Mason was an Edmonton Transit bus driver. He is married and has 2 sons.

Mr. Mason says he will "vigorously stand up" for his constituents. "Whenever constituents have a concern with a provincial government matter they should contact the constituency office...When a group of people are having difficulty with an issue, I will meet with the group to hear about their issue and assist them in whatever way I can."

David Eggen, MLA for Calder, is jumping from teaching politics to doing politics. This 41-year-old teacher who was born in Brazil doesn't shy away from adventure. Eggen taught in Zimbabwe for 3 years, lived in Thailand for a year, and played in a Reggae band for 6 years. He is married with three school-age children.

Mr. Eggen ran for MLA because he wanted to address the growing inequalities in Alberta. "My goals are to address the social and economic deficit that has been created over these past 10 years," say Eggen. "This province is a place of great wealth, but regular income Albertans are not sharing in this good fortune as they should."

By Karen Mykietka

	
	PETER GOLDRING Member of Parliament Edmonton East

A Fragile Future for Ukraine

In my capacity as Associate Foreign Affairs Critic for the Conservative Party, I recently acted as an observer for the disputed Ukrainian runoff presidential election, and bore witness to dramatic social and political tensions, as events unfolded after the election.

I was asked to be the Conservative Party representative on the Ukraine Transparency and Election Monitoring Project, sponsored by the Canadian Institute of Ukrainian Studies at the University of Alberta. I was honoured to accept, since my wife Lorraine is of Ukrainian descent and of course as a Canadian parliamentarian I have a responsibility to help emerging democracies, when asked.

The runoff election was held on November 21, after the October election produced no clear victor. The declared election result—that Russia favourite Viktor Yanukovich had won the election—plunged Ukraine into crisis, with allegations of widespread electoral fraud. These allegations were accepted by the Supreme Court of Ukraine which on December 3 ordered a new election. This third election for the President of Ukraine will be held on December 26.

For me, a main issue becomes how Ukraine can have a fair election on December 26, while avoiding divisive regionalism. To ensure the election is respected, the process must be honest and fair. Twenty-two percent of Ukrainians are ethnic Russians, while many other Ukrainians in eastern Ukraine seemed to favour maintaining a significant relationship with Russia, if only because eastern Ukraine is at present generally more prosperous than western Ukraine. Kiev, the capital of Ukraine, is located in western Ukraine. It was here that the mass demonstrations in favour of opposition candidate Victor Yushchenko were concentrated.

As I am writing this, the situation in Ukraine is unresolved, yet I sense a great desire for peace and democracy in Ukraine. Ukraine becomes a test-case for true democratic reform for other countries on a similar path. Let us hope that the test is passed on December 26, with flying colours.

495-3261 www.petergoldring.ca

Working With Your Elected MLA

pass, they do provide opportunity for debate on important issues and policies.

The work MLAs do in the Legislature is only a small part of what they do. They perform most of their duties in their constituencies listening to the problems, questions, ideas and opinions of people they represent. Your MLA can assist you with a wide range of services related to Alberta government programs. They will help you navigate government departments and services to find the right services for you. They can also help you fill out applications or file and attend appeals (at the government level, not court appeals). Your MLA will advocate for you when government programs fail to provide needed services and can help you draft and submit petitions.

On a less political level, MLAs also attend special celebrations and public events. They can provide congratulatory scrolls for special occasions such as birthdays and anniversaries. MLAs also function as Public Notaries and can sign and confirm documents for constituents. They will also visit groups based in their constituency such as school classrooms, community leagues, and retirement homes.

So whether you are a parent with issues or concerns about your child's education, a businessperson wanting to expand, a senior citizen with a question about a pension, a worker applying for workers' compensation benefits, or someone trying to negotiate the social service system, remember your MLA works for you!

For more info see *The Citizen's Guide to the Alberta Legislature* at www.assembly.ab.ca

By Karen Mykietka

MLA Constituency Offices

Brian Mason
#100, 8930 Jasper Avenue
Phone 414-0682

Hours: 9:30-4:30 Mon-Thur;
9:30 to 4:00 on Friday

David Eggen
#316, 11808 St. Albert Trail
Phone 451-2345

Hours: 9:00-4:30 Mon-Fri



Featured Pet

Name: "Nermal"
 Home: Spruce Avenue
 Owner: Veronica
 Breed: Shorthaired Dilute
 Tortie
 Age: 6 months
 Hobbies: Terrorizing People,
 Cuddling with "Bingo",
 Looking Adorable

grow an undercoat for winter like larger breeds do, so growing their fur longer doesn't benefit them much in the way of warmth, but could invite other problems. A longer coat can become wet and matted, picking up salt and other chemicals on the ground in winter. Grooming an unkempt dog is also more stressful on the animal in the spring. Mr. Dixon suggests adhering to your regular grooming schedule throughout the winter months, and making use of sweaters and booties during outings in the cold.

Resourceful cats may attempt to warm themselves by crawling under the hood of a recently warmed vehicle, so pet experts suggest banging on the hood of your car before starting it to avoid injury.

These few tips can help your pet survive the cold happy and healthy. For more tips on winterizing and other pet topics check out the following websites PetPlace.com, Furr-Angels.com or CrazyPet.com.

By Tricia Stefanuik

Resourceful cats may attempt to warm themselves by crawling under the hood of a recently warmed vehicle, so pet experts suggest banging on the hood of your car before starting it to avoid injury.

Winterizing Your Pet

With winter upon us, we can expect lots of cold, snow and harsh weather. This brings new concerns for our pets at home, especially outdoor animals. Many dogs in our area stay outdoors for long periods of time. The most important thing to consider is adequate shelter. Experts say a dog's shelter should be raised off the ground with plenty of dry bedding such as straw, carpet, or old towels or blankets. Insulating the shelter and even heating it is also a great idea. In severe cold snaps like we experience here in the North, even the best shelter may

not be totally adequate and experts advise moving dogs indoors temporarily. In garages, make sure deadly and sweet tasting chemicals like antifreeze are out of your dog's reach.

Another thing to consider with outdoor dogs and cats is their diet. Owners may want to increase their pets' protein and caloric intake for the colder months to help them keep warm. Indoor dogs may want to eat less if their activity levels are down.

Unlike larger furrer breed dogs, smaller dogs with fluffy coats need to continue with

their normal grooming routines in winter. Derek Dixon from Puppylove Dog Groomers on 118 Ave suggests you may be doing your pet more harm than good by letting their coat grow out. Many smaller dogs don't

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Pet Corner will be a regular feature including helpful articles of interest to pet owners, as well as a picture and profile of a pet in our area. We would love to hear about and feature your pet. Please contact us at 477-2773 or ratcreek@telus.net

School Choice

I keep running into parents of preschool children in our neighbourhoods who are asking: "Where will I send my kids for school when they reach school age?"

Researchers at the Community University Partnership for the Study of Children, Youth, and Families have recently done a study on school choice across Canada, and have come up with as many questions as answers. However, the findings of a recent study called Choice and Accountability in Canadian Education (CACE) can help parents get the lay of the land.

Sue Lynch, Research Team Leader on the CACE project and former Associate Superintendent with EPSB (1979-84), says Edmonton Public Schools began its experiment with school choice in 1974 with open school boundaries. The Superintendent of the time thought schools would better serve children if they were more responsive to parental desires. He felt schools would not have this capacity if they remained geographic. However, even with open boundaries, Lynch says that "school A was pretty much like school B" until 1978 when the district began to pilot school-

based budgeting. This decentralization "began a process that created real differences between schools". Language-based programs were the first alternatives to emerge.

There are now four types of fully funded schools in Edmonton: Public, Separate,

"Where there are high levels of social capital - face-to-face networks of people who trust and help each other - there are measurably better educational outcomes".

Charter, and Francophone. Within these, there is a vast array of alternatives related to language, religion, culture, subject matter and teaching methods. According to CACE findings, Edmonton Public Schools offers over 50 alternative programs and Edmonton Catholic Schools offers over 25. There are also three charter schools. No

wonder parents are confused about what to do.

The issue of school choice is difficult for parents not only in relation to what educational program will best suit the talents and interests of their children. Also important in their considerations are: how well the program prepares kids for the future, whether the program focuses exclusively on the basics or can offer extra challenges for kids, the convenience of kids walking to school, the connectedness attending a neighbourhood school can support, as well as the fear of kids being embedded more deeply in neighbourhoods some see as unsafe.

Neighbourhood parent, David Stockburger, says the key thing is that a school encourages students to excel. "The one thing weighing against neighbourhood schools is that they seem to be heavily focused on literacy, a good place to start, but I'm hoping they go beyond that." On the other hand, Stockburger says, "I don't like looking at education as a commodity or a consumer good. The open [school] border is very detrimental to neighbourhoods because it leads to parents spending their time taking their kids to schools far away rather than spending their

time in the community. I want to be more involved in my community and its probably better for my kids if they have friends in the neighbourhood."

These tensions are reflected in the research as well. Robert Putnam, author of Bowling Alone, states that where there are high levels of social capital (face-to-face networks of people who trust and help each other) there are "measurably better educational outcomes". He further points out that programs of choice may create social capital that is not geographic. On the other hand, Putnam worries "if only the most engaged parents remove their children to the new schools," this may reduce the positive effects their engagement has for other kids. Sue Lynch says there is no evidence linking school choice with better academic achievement, and that at this point it is difficult to tell what effect choice has on neighbourhoods. The CACE study further raises the important question: "As the diversity in education programming starts to mirror, and perhaps increase, the diversity in the country, how will our sense of community and our ability to understand each other and work together be affected?"

What is clear is that it is important for parents to be involved in their children's education and their schools no matter where they go. Putnam quotes educational researchers, Anne Henderson and Nancy Berla, who conclude that "[t]he evidence is now beyond dispute. When schools work together with families to support learning, children tend to succeed not just in school, but throughout life. When parents are involved in their children's education at home, their children do better in school. When parents are involved at school, their children go further in school, and the schools they go to are better."

So the decision on where to send one's children is only the first step in ensuring they get a quality education. School principals in our neighbourhood schools are generally very happy to provide tours to interested parents. I would encourage all to do this before choosing any school.

By Monique Nutter

See upcoming workshops on page 9 for info session on school options.

A long term resident: 60 years and still loving it!



Resident Profile

Even at 96 years old, Alberta Avenue resident Olga Tom is not afraid to make her opinion known or to lend a helping hand. In July this year she was one of a group of concerned residents who closed down a potential rooming house planned for the neighbourhood; she was featured in the Edmonton Journal and even interviewed by Global and A-Channel. But that has been her way for the 60 years she has lived here in the heart of the city.

"We have to take care of the neighbourhood and look out for each other. If we work together, it will all work out good. If we pull apart, it won't."

Mrs. Tom came to Canada from Poland with her family when she was 21. Her family settled in Grand Prairie, but she decided to stay in Edmonton. She knew no one and spoke no English, but she soon found work and a place to live, learning the language from the kids in the neighbourhood. Mrs. Tom and her new husband moved into the Alberta Avenue community after they married in 1944.

"It was a beautiful new area, very clean and the house was only 20 years old. The people were lovely; they were all old, we were the youngest on the block. And

now I am the oldest on the block! I still love it here, I'll never leave."

The Toms raised two children in this community, taking part in many activities at the Spruce Avenue Community League and rink as well as being parishioners of St Johns Catholic Church on 96 Street.

Mrs. Tom thinks her neighbours are all wonderful especially Michael Walters

Her block hasn't always been great; at one point a drug dealer lived right next door. But with the help of other neighbours and the police, this bad element was removed. Now Mrs. Tom thinks her neighbours are all wonderful especially Michael Walters who used to organize for the Community Action Project. "He is a good leader, a good person," she says, "I say to him our neighbours are good now, our block is good. Just relax and sleep, everything is fine now."

And Mrs. Tom is just fine too, still healthy and active at 96. She says her health is God's blessing; the fact that she eats well and has never touched alcohol probably doesn't hurt either. She is proud of herself and her life and she thinks her block couldn't be any better.

I bet her neighbours feel just the same way about her.

By Dawn Freeman

Why 3/4 of Homesellers Don't Get the Price They Want for Their 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 Strauss, Sutton Challenge. Not intended to solicit properties already listed for sale.

A Cheering Life: Harder than Football



Resident Profile

Why would a football player want to be a cheerleader? This is what I asked 21 year-old Kiel Severson who lives with his parents in Norwood. Kiel played defensive end for the Victoria Redmen for one year while attending Victoria High School. He was razed by the guys on the football team when in his senior year he chose to join the Cheer Team instead of playing football. "It was a new challenge," says Severson. "Something I'd never done before."

After high school, Kiel continued to challenge himself trying out and winning a spot on the Edmonton Eskimos Cheer Team three years in a row. The co-ed Cheer Team is unique in the CFL; the other teams are all

female dance squads and half the size. Their cheerleaders also get paid while the Eskie cheerleaders do not. The Eskimo Cheer Team gets compensated with free gym passes, tanning, and football tickets in addition to travel and training workshops.

Co-ed teams are more entertaining to watch (that is if you are interested in more than short skirts and tops!). The best male cheerleaders can throw a girl eight metres in the air and perform back springs, one-armed lifts and basket tosses according to Diane Greenough, coach for the Eskimo Cheer Team.

But you won't see Kiel in the front lines performing such acrobatics. He's the unsung hero behind the formations providing strength and support and ensuring the safety of team members. Severson says, "It's a good feeling when you've just saved someone's life." But spotting doesn't come without risks. One time Kiel was caught off balance when running to catch a girl who was falling. Nevertheless, he managed to catch her and put her down safely only to have a second girl come crashing down on his head giving him a concussion.

"It's a good feeling when you've just saved someone's life."

In addition to working full-time as a construction site supervisor and volunteering for the Eskimos, Kiel Severson also volunteers as the head coach of the St. Francis Xavier co-ed cheer squad and this past summer played defensive half-back for the Edmonton Stallions in the Alberta Football League.

So how does cheerleading compare to football. According to Severson, "Harder. A lot harder. Football is hard work a lot of hard knocks. Cheerleading is that 10 times over."

By Karen Mykietka

Got Cheer Aspirations?

Edmonton Eskimo Cheer Team
try-outs are held in March; there's an information session January 26th at 7pm at Victoria School.

The Junior Eskimo Dance Team
for boys and girls ages 12-17 take registrations starting in September.

The Eski-Mini Cheer Team
for girls age 4-11 starts in May. Go to www.eskss.com for more information.

A SPECIAL THANKS

to Alberta Avenue Bingo Volunteers

I would personally like to thank all of you for your help throughout 2004. Without your dedication to help us out week after week, I don't know how we would run bingo. We all have a lot of fun working together and the friendships we have made will continue for years to come. Thank you all and the best to you and your families in 2005.

**Arlene Hayes,
Vice President & Bingo Chair**

Mr Albert Says "Join us for Bingo!"

Wednesday, Thursday and Friday evenings starting at 6:10 pm
Midnight Bingo Fridays starting at 11:15 pm.

Bingo Workers needed:

Workers receive a credit towards sport programming at community leagues and other clubs throughout the city.



Also a big thank you to Arlene who volunteers countless hours overseeing bingo!

Live From Spruce Ave



Business Spotlight

Right in the middle of the Spruce Ave community is a little known secret. A white building on 103 Street, called the Third Space, is home to Northern Light Theatre. Northern Light, one of the oldest theatre companies in Edmonton, will be celebrating their 30th anniversary next year. They moved into the area 20 years ago, but it wasn't

until last summer that they renovated the space to become their theatre as well as their office.

"It's a great size for a theatre, very intimate," says General Manager Erin Newell. "And we can put more money into the production of our shows since we are not renting other spaces. Two of our shows have sold-out; people were lining up down the

sidewalk."

The theatre holds between 60 and 80 people and puts on 3 main-stage shows, 1 workshop of a new piece, and 2 fundraisers in their season (September to June). The shows are mostly aimed at adult audiences, but in the summer a children's theatre camp for ages 8-18 is run out of the space by well known Edmonton actress Marilyn Ryan. The facility is also available to rent.

A controversial play entitled "The Beard" by Michael McClure is their next show. This piece, about the eternal conflict of woman versus man as portrayed by the legendary Jean Harlowe and the outlaw Billy the Kid, was seminal in overturning theatre censorship laws when it debuted in 1965; its actors were arrested after every performance on obscenity charges. "The Beard" opens on Friday January 21, 2005. Tickets can be purchased directly from the Northern Light Theatre or from Tix on the Square.

NORTHERN LIGHT THEATRE presents
The BEARD
 By Michael McClure
JANUARY 21-30, 2005
 THE THIRD SPACE (11516-103 STREET)
 CALL 471-1586 OR VISIT
 NORTHERNLIGHTTHEATRE.COM FOR TICKETS AND INFORMATION.

Northern Light Theatre

11516 103 Street
 Ph 471-1586

Tickets
 Adult \$18
 Student/Seniors \$15

www.northernlighttheatre.com

Sunday Matinees are 2 for 1
 Tuesday nights are Pay What You Can
 Groups of 10 or more get 10% off ticket price - please call the theatre in advance

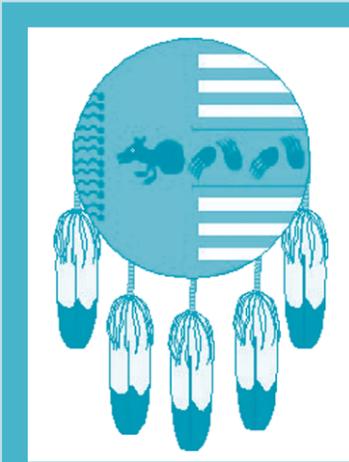
Newell thinks it's great to be part of the Spruce Ave community, although she wonders how many people actually know they are there. She invites everybody in the community to discover Northern Light Theatre at the Third Space.

"People are welcome to come

into our place, to look around and get information. Our doors are usually open between 9.30 a.m. and 5 p.m.," says Newell. "And we'd love to see more local people at our shows."

By Dawn Freeman

Journey of Hope



May your shattered dreams be pieced back together into a beautiful story.

I am a woman who is struggling with many issues. I haven't had a good start in life. I was born with Attention Deficit Hyperactivity Disorder. My father was emotionally and spiritually sick and he was too proud to admit that he had problems. My mother was a victim of residential schools and was physically, emotionally, spiritually and sexually abused for a very long time.

Things were difficult for all of us. I grew up reflecting the evil that lived in both parents. I was very violent and got apprehended at 12 or 13 years of age. I turned to prostitution to support myself and buy clothes and dope. At 14 I got turned on to cocaine and that was that for me. I spent 21 years on and off the street.

My first husband abandoned me when I got pregnant; I also went through a similar situation with my second husband. When I finally decided that the

tediousness and pain [of life] was far easier than the boulder of my resentment, anger and pure vindictiveness of my past and present, I began the search for answers.

Using my native heritage as a guide, I sought out elders who were deep in tradition yet open to problems of the present. I started counselling with someone who was respectful to traditional healing. For me it is very important to make it to sweats, round dances, and special ceremonies like the full moon ceremony. I also need traditional parenting skills and to learn to be of the earth even though I live in the City.

I was asked what I needed to support me in my recovery. I get \$850 in Support Income; I pay \$650 for rent, utilities, phone and cable, so I have \$200 left for groceries. I do get a bus pass from the Well Communities, Well Families Program at Bissell. I said

if I had \$100 extra each month for food, it would take away some of my desperate feelings.

Transportation from the grocery store home would also be a big help.

There are other things that would help too. Membership for the YMCA or some other fitness club because it helps with my addiction and because I don't want to be isolated. I could use money to pay for a bond or security search or even a pardon. I need therapists for me and my children, especially since my youngest is handicapped. I would like my children to have music lessons for music soothes the savage beast and both my boys have a slight case of Fetal Alcohol Syndrome (FAS) and Attention Deficit Disorder (ADD).

I need someone to help me go to, and stay with me at, Cocaine Anonymous meetings. I find it hard to go by myself. I need a babysitter who is reliable and honest and good to my children. I am not expecting hand-outs, I wish to make my own money but not by prostituting myself.

In my life I have caught a lot of problems and very few and far between blessings, yet I have one I want to share with you. I was given a \$100 dollar gift certificate for Superstore for some public education work I did. My bill went over by \$14.00 and I was trying to

scrape it together when this couple behind me tapped me on the shoulder. The man could see the stress in my eyes and he said "I'll take care of that".

Relief rushed into my face as I handed the cashier my certificate. The man took it from the cashier and gave it back to me and said "I will take care of it!" Then they both looked at me

and said "Jesus loves you" and smiled. In complete shock I started to cry; in my whole life no one has EVER been nice to me without expecting something in return.

To me this is a sign for a wonderful new life to begin. Amen, thank you and God Bless.

By Krystal

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

Prostitution makes victims of us all.

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

For more information call "The Health Line": 427-4635 ext. 5000

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



Mark on your calendar
The Community Action Project Annual General Meeting
 Thursday, March 17, 7pm
 Location and details TBA
 Contact: 474-8318

Uncovering Beauty Through Hairstyling



Business Spotlight

If you were to head up 87th Street, north of 111th Avenue, your eye would soon be drawn

to the old Parkdale grocery store, now painted a wonderful bright blue. The name

Timothie Hill is across the front façade, but it is not until you enter the building that you realize you are in Timothie's Hair Salon.

Timothie is an Edmontonian born and bred, growing up on the south side of town. He did his training at Marvel College and with Keith Gabriel of "Keith of London", and has been practicing now for 18 years.

When speaking with him I was struck by his enthusiasm for his chosen profession. Timothie says, "There is nothing more rewarding than having the ability to give people the gift of beauty; to take what they already have and to create a perfect halo of their face by doing their hair."

Envisaging the right hairstyle for your face and lifestyle is important to Timothie and he feels that this is an area in which he has natural flair. "...the right color, shape and the right

amount of texture can really bring out the beauty from people's eyes," he says. "That's what hairdressing has always been to me and always will be."

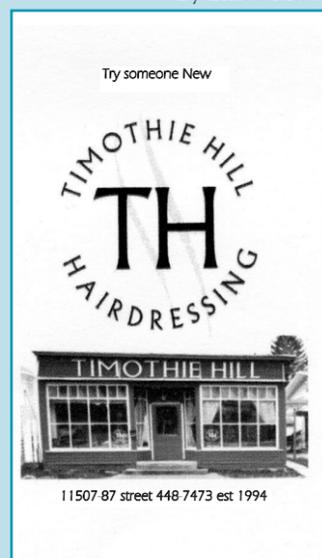
His former salon on 93rd Street and 118th Avenue introduced him to the area, then in 1996 he bought his current building. Except for a brief, 1 year stint downtown he has been happy here ever since. He feels this location is more peaceful and much more of a reflection of himself.

Timothie did extensive renovations when he bought his house, but it is an ongoing process; he is currently redoing the floors and painting the walls. He seems to have poured a lot of himself into his salon. A sense of privacy is achieved by houseplants used as a barrier between his clients and the outside walls and all around there are examples of his design ideas. Working alone allows him to

provide a very personal and quiet environment.

Many of Timothie's clientele have been built up by word of mouth. He offers flexible hours on the days the salon is open and works by appointment only. For information on his prices and hours please contact him at 448-7473.

By Linda Maude



Who Knew: Ten Great Restaurants!

Being residents in the Eastwood neighbourhood for the past eleven years has allowed us to try out many of the "hidden treasures" of the area. The restaurants are diverse and the cuisine superb. Let's take a stroll down the Avenue; allow me to introduce you to some great choices.

Absolutely Edibles (10406-118 Avenue)

Brenda is a wonderful host, and is always ready to help give suggestions for a dinner party that you forgot was coming over at 5:30 and not 6:00! The desserts are to die for! This is the place to meet a friend for coffee or that luncheon date. Their catering is highly regarded among their many repeat customers.

Chicago Joe's Pizza & Pub (9604-111 Avenue)

Looking for a great Pizza? Chicago Joe's is the place to go. Dine in, take out or delivery, you will always be glad you chose Chicago Joe's. The best crust in town! Watch for their neighbourhood flyers for super prices!

Coliseum Pizza & Steak (8015-118 Avenue)

Tired of turkey? Head to Coliseum Pizza and Steak and have a mouth watering grilled steak. I also recommend their delicious Greek salad. If you're in hockey withdrawal, you can head over to Rexall place for a Roadrunner game after your meal.

El Rancho Spanish Restaurant (11810-87 Street)

This El Salvadoran gem is a welcomed newcomer to the Avenue. The cuisine is authentic and very flavourful. Prices are excellent and the ambiance is relaxing! Families, this is a great place to go for that family night out.

Ernest's Fine Dining (west of 106 Street on 118 Avenue)

A fine dining experience located at NAIT. Here you'll find a great dining room where some of Edmonton's finest chefs oversee and develop the new wave of culinary talent. Guys (nudge, nudge), this is the place to take your sweetheart for that special occasion. The food is exquisitely prepared and the experiences will be memorable. And it's only minutes from home. Reservations recommended.

Handy Bakery (8660-118 Avenue)

The best buns in Edmonton! This bakery has fantastic breads and buns! They have recently expanded and now you can sit down for a great deli sandwich and an Orangina!

Maria's Place (11739-83 Street)

Great perogies and Ukrainian food! Dine in or take out. They also cook great eggs and bacon in the morning for that breakfast meeting. Stop by anytime for a homestyle breakfast, lunch or dinner that won't take a big bite out of your pocketbook.

Zocalo (10826-95 Street)

This cafe/boutique is a real find located just north of little Italy. The large wooden table and the

beautiful decor is a must see. Meet your neighbour for coffee and enjoy the great lattes and fresh muffins. Summer, winter, spring or fall, the outdoor garden is a beautiful place to wander through and buy something special for your home or yard. Don't forget to peruse the flower shop and speciality gifts... very artsy and very affordable!

Portugalia Family Restaurant (9737-118 Avenue)

A clean, quiet atmosphere with good food at an affordable price. Great for a breakfast meeting, a family night out, or getting together with some friends to share a few munchies while watching a sporting event on the big screen.

Renato's Italian Kitchen (9511-118 Avenue)

This intimate restaurant has authentic Italian cuisine, great portions, and very reasonable prices. They cater to large groups or to a couple coming in for dessert and coffee. Their tiramisu is out of this world! Reservations strongly recommended for one of Edmonton's top Italian restaurants.

Thanks for joining me, next the best shopping in town. Oh, sorry, that will remain my secret!

By Christy Morin

These are only a handful of the wonderful businesses in our area. Watch the next edition for a directory as well as more business spotlights.

CHICAGO JOE'S
PIZZA & PUB
Est. 1995

SAM SAFADI

9604-11 Avenue
Edmonton, AB

Phone: 479-4040
Fax: 474-3865

**PORTUGALIA
FAMILY
RESTURANT**

DINE IN * TAKEOUT * CATERING

9737 - 118 Avenue
Edmonton, AB T5G - 0P4

**Contact: Maria Inacio
(780) 477-2029**

the importance of...

ERNEST'S

a dining experience...

w of 106 St on 118 ave
evening dining Tues-Fri
reservations 471-8676 or timg@nait.ca

absolutely edibles

**Bjorn & Brenda
Cafe and Catering**

10406-118 Avenue
Ph: 424-6823
absolutelyedibles.com

Sprucewood Library is All Spruced Up!



Enthusiasm and helpfulness are what you encounter from the Library Manager Adrienne Canty and her staff when you enter the newly renovated Sprucewood Library.

"Really, we have received so much with this renovation. We have so much to offer. We've got more than we dreamed we would and it's just marvelous!"

Ms. Canty is referring to the brighter, warmer, more open floor plan, which has an extra 1100 square feet of space. The library is now divided up into separate areas, including one for children and teens, complete with their own reference section.

Sprucewood has received an extra \$40,000 over the last two years to purchase new books, plus funding for 20% longer opening hours - already in effect. Other features include improved shelving, the development of reading areas suited to all age groups, and five extra computers. Twelve year old Amber Hutschal who was using the computer says, "I come here lots. I

like the new library". The library is laid out slightly differently now, but she asks the staff when she needs help. Amber would like to see more computers than the 20 now available, as she sometimes has to wait to use one.

A generous \$10,000 donation from the Ismaili Muslim Community has provided funds for furnishings and equipment for another addition - the new Program Room. The room can be used by anyone and is available both before and after library operating hours. The space accommodates up to 60 people and can be used for meetings, arts and craft groups, block meetings etc. Being fully equipped with audiovisual equipment and an area for providing refreshments, its use will no doubt increase as the public become aware of its availability. The room is free to non-profit groups, but donations are always welcome.

"This is a new facility for the community. Right now, not many people are aware it is here.

There is one new program that is running for immigrant men, called 'A Healthy Masculinity', but there is potential for much more," enthuses Canty.

Programs currently running are listed in The Source, Edmonton Public Library's free magazine.

The development of an "E-mentoring Program" for young people, improved display facilities for books when the new bracketing arrives, and carrels for studying are some of the future improvements the public can look forward to.

Grant, a friend of architects Anthony Eng and Cory Yee, who designed the building, stopped to look at the new facility on the way past. I found him sitting in the new comfy chairs in the adult section with a pile of books on his lap. "It's a fantastic layout and has great light," he says. "I'm also very impressed with the number of young people making use of the library; it seems to be much more than my local library." Not surprisingly, the library staff is noticing an increase in library usage from all ages since the renovation, and they are looking forward to the development of services for the future.

A year ago, with city council considering the closure of one smaller branch library in the city, the local community was concerned the Sprucewood Branch would be closed. In response to this, the community with the support of CAP (Community Action Project) fought hard to ensure their library was kept open by organizing a letter campaign and a rally outside the library building.

By Linda Maude

Sprucewood Library

11555 - 95 Street

Phone: 496-7099

Mon-Tue 10am-8pm

Wed-Fri 1pm-8pm

Sat 10-5pm

Sun Closed

Website: www.epl.ca

Free Preschool & Parent Group

For children aged 3-5 and parents with no post secondary education. Learn ways to help your child prepare to read and write. Improve your own reading and writing. Meet other parents! Help with babysitting & or transportation is available. Runs Mon, Wed, & Fri from 9:00-11:30am, Jan 17 to Apr 29. Call the Centre for Family Literacy at 421-7323



The Library Staff



Amber Hutschal

The Norwood Child and Family Resource Centre



On the corner of 95 Street and 114 Avenue is a large park called Norwood Square that includes a soccer field and playground equipment. Set back from the square you will find The Norwood Child and Family Resource Centre. Walk in, and a friendly receptionist will greet you. You may smell the delicious

odour of lunches or snacks being prepared. A staff member will talk with you to find out what your needs are and how the Centre can support you and your family. Besides offices for staff and program rooms, there is a parent room with comfortable seating, a play area and a phone, and the coffee is always

on!

The Centre began operating in 1963 out of the basement of the Norwood United Church, then moved into its current location in 1979. Originally run out of a house on the site, the Centre has been upgraded several times, the last time in 1996 when it doubled its size to

include a gym, a new kitchen and a basement.

The Centre provides programs for families from prenatal to school age. The staff believes in using a holistic approach to meet the emotional, physical, educational and special needs of the families in the community. All programs include an outreach component where a support worker visits families in their home. Services provided through outreach include information, referrals, advocacy, and access to parenting groups, emergency food and clothing. A new initiative involves a greater focus on family literacy.

The Centre building also houses offices for the Norwood Neighborhood Association and the Community Action Project.

By Christina Arnold

For information about the Norwood Child and Family Resource Centre and its programs, please drop-in or call.

9516-114 Avenue

Phone 471-3737

Programs include:

Early Start: play school program two half days or one full day a week for children age 6 months to 5 years

Head Start: pre-school program four half days a week for children ages 3.5 to 5

Planet Norwood: after-school & Saturday program for children ages 6-12

Healthy Families: home visitation program that works with over-burdened first time parents

Books for Babies/Toddlers/Preschoolers

Rhymes That Bind

Family Literacy Parent Group

Your Child's Development 6 to 18 Months

For the most effective parenting, it is important to understand and support children's physical, intellectual, emotional, social and moral development. All children are different, but there are some basic guidelines for development and some basic skills that can be used to assist any child to develop to her greatest potential.

In this column, we will look at development from 6 months to a year and a half. Infants are active learners, and in this time period babies become more mobile and improve their ability to manipulate objects. But don't forget each child will develop at his own pace.

Physical Development

During this one year period from 6 to 18 months, your child will begin to feed herself with a spoon, will learn to stand and will eventually walk. Your child will move to rhythms in music. She will sit by herself and develop precise thumb and finger grasping, and she will learn to stack two or more blocks.

Intellectual Development

During this year your child will begin to point to familiar things and to at least one part of his body. Your baby will begin to make babbling sounds that the family may be able to understand. He might use one or two words to name things or actions and will start to say basic words like mama, dada, and car.

It is now that your child will become curious about her environment. As fingers, arms, bodies and legs become more coordinated, your baby will begin to explore everything, from the crumb on the floor to furniture and stairs. This is the time to baby proof your home for safety.

Your baby will begin to realize an object can exist when out of sight. For example he will drop things from a stroller or a

high chair and then look for them. Your baby's memory becomes stronger as he searches for dropped or covered up objects. A big achievement at

He will begin developing some independence from his caregivers, but the security of his parents' presence is still needed so that he can explore his environment with confidence. During the later stages of this period your baby might begin to extend his attachment to people other than caregivers.

Moral Development

During this time, your baby sees herself as the center of the world and will have no sense of right or wrong. This is a period when she requires a lot of attention, supervision and stimulating activities. To best support your baby, talk, read and sing to her; provide her with safe places and safe objects with which to play. Give her love, attention, and healthy food.

These are guidelines only and if you have any questions or concerns about your own child's development consult with your family doctor or the Public Health Centre nearest to you.

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

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

this stage is that your baby will begin to respond to his name by turning and looking at you when you call. All the time you have spent talking to your baby will start to pay off during this year.

Emotional Development

Most of your baby's involvement up to this point will have been with primary caregivers. Your baby will trust and recognize those caregivers. She will hug her caregiver and will not like to be separated from her caregiver.

Social Development

During this stage your baby will play simple games like peek-a-boo or pat a cake over and over. He will begin to do some basic things like feed himself (very messily) and reach for objects.



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.

Who Could Be Angry?

What's not to Love?

Your toddler crawls up into your bed, snuggles down beside you and says, "I love you, Mommy!" She is so creative, playful and sweet! Watching that little mind unfold with new ideas makes your heart swell. She is so tender with her little brother. So kind, sharing cookies on her play date! And then she picks up a toy shovel and hits her little friend over the head.

"Oh No! You can't do that! We will have to go", you say.

She flings the plate of cookies to the floor and starts taking off her diaper. You wrestle her to the door but cannot get shoes onto her kicking feet.

Struggling to wedge this naked wild cat into the car seat, you are kicked in the jaw. She is screaming "No! I don't want to go! You are Bad! I hate you!" at the top of her lungs.

Question: Is this normal?
Answer: Yes.

Eight surprised mothers learned at the Anger Management workshop for parents of toddlers, held at the Alberta Avenue Community League in November that just about anything goes for children aged 18 months to 3 years. Tantrums, biting, kicking, and an endless stream of NO... these are the tools a toddler uses as he learns to define himself as separate to his parents. The positive and generous workshop leader, Evelyn Hamdon from The Family Centre, put a spin on these agonizing behaviors that really helps parents keep their cool, as well, everyone got a handout packed with tips for understanding and managing a toddler. The really great part of the workshop was talking with a group of parents and learning

that everyone is going through the same things. Free childcare and lunch (catered by Absolutely Edibles) was provided; it was family centered and easy to attend.

Of course, this workshop was far too short to deal with all the concerns of the parents who attended, and there were a lot of questions raised about children aged three to five. Luckily, there is a whole series of workshops coming up, all with topics of interest to parents of young children. Funding for these events is generously provided by the Kristie Foundation.

By Kathleen Arnold

Upcoming Workshops

Jan 17: Schooling Options for North Central Kids

Feb 14: Relationships in the Midst of Children

Mar 10: Child Development between 1-5 years

Apr 18: Coping Mechanisms for Stressed Out Parents

Sessions run Mondays from 10am to 12pm at Alberta Avenue. The workshops, childcare and lunch are all free. Please pre-register by the Wednesday prior to the event by calling 477-2773.

NNA = People with Passion

NNA stands for Norwood Neighbourhood Association. As a relative newcomer to the Board, I volunteered to provide the community an update on recent NNA activities. But before I do that, I thought I would give readers an "inside look" at the NNA Board. There are eight regular attendees who gravitated into the NNA because we all share ideas about being community members, the most basic being a desire to see the Norwood area as a safe and family friendly community. We're all residents of Norwood and proud to be so and all appreciate the diversity the neighbourhood offers.

When I first joined the NNA I wanted a better sense of the organization and the role we

play in the neighbourhood. My strategy was to sit back with ears and eyes open, in other words learn from the members, from their experiences, from their ideas, and from the past. Believe me, I liked what I heard. This isn't to say NNA hasn't had struggles; because like any evolving group, struggles provide valuable learning opportunities from which to grow.

What word comes to mind when I think NNA? PASSION! Each and every member of the Board has a passion for our neighbourhood because each and every one of us sees the great potential in Norwood and we are a driving force. We want to see organizations working together to achieve a common goal.

So what has the NNA done lately? We contributed \$10,000 to Norwood School to support a number of their programs and have committed another \$5,000 towards the Hot Breakfast Program in which we so believe. We gave \$500.00 towards toys for the Alberta Avenue Indoor Playground. We have supported CAP (The Community Action Project) by giving them a \$10,000 donation.

These are the tangibles, the support NNA can offer to community groups. However, regardless of it being Christmas, those donated dollars don't come from Santa. NNA members always have fundraising at the back of our minds, it is a constant and now we are thinking of new ventures to raise more money for

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.

2005.

NNA, although currently a small group of members, is always looking for interested individuals to join in. There's room for you on our board, and as a newcomer myself, I found my welcome to be warm and accepting. Now I feel completely part of this great community

organization.

I hope you had a wonderful holiday season and if you are a New Year's resolution type person you might want to consider involvement with NNA in 2005!!

Cheers!

Valerie Parr

Sports

&

Fitness

Community Sports and Programs

The New Year is upon us and with it will come a variety of high quality and economical sports and fitness activities in our communities. My goal over the coming months is to provide kids and adults with an assortment of excellent and inexpensive options. I want to get as many people as possible to understand the value of sports and personal fitness. I encourage everyone to get out and give one of these activities a try.

Please call me to register for any of the events or fitness classes or to give me your ideas for the Community Sports Program.

Brad MacCallum, Community Sports Coordinator
Alberta Avenue, Eastwood, Elmwood Park, Parkdale-Cromdale
office: 479-2313 cell: 982-3052

Soccer

Are you thinking about enrolling your kids in soccer this summer? Want to see if they like it? Do your kids already enjoy soccer? Get them started early with a soccer camp. In an effort to rejuvenate the community soccer program as we near the outdoor soccer season, I enlisted the Head Coach of the Men's Concordia Soccer Team to run a series of soccer skill/fun camps.

The camps will focus on techniques including, dribbling,

receiving and controlling the ball, short and long passing, shooting, crossing and heading. Each camp will conclude with a short game and pizza and pop!

The best part about these mini-camps...they are FREE. If your children are between the ages of 8-12 call Brad at 479-2313 or 982-3052 to register them for a couple of hours of great soccer coaching and FUN!!

Instructor

Sasha Samadi joined the Concordia coaching staff in the fall of 2003. He is originally from Iran where he played for the Youth under 18 National Team and semi-professional. Coach Samadi currently holds his Scottish license, European Football Association license and is certified with the Alberta Soccer Association. Last season, Concordia college played 10 regular season games, they won 8 games and tied two games. They finished first in the regular season out of 11 colleges in Alberta that compete in the Alberta College Athletics Conference.

Indoor Soccer Camp 1

For kids age 8-12
Sunday, Feb 20 from 1-3 pm
at the Eastwood School Gym

Indoor Soccer Camp 2

(during Spring Break)
For kids age 8-10
Monday, Mar 20 & Tuesday,
Mar 21 from 12-2pm
at Eastwood School Gym

Indoor Soccer Camp 3

(during Spring Break)
For kids age 11-12
Monday, Mar 20 & Tuesday,
Mar 21 from 2:15-4:15pm
at Eastwood School Gym

Outdoor Soccer Camp

For kids 8-12
Sunday, Apr 24 from 1-3 pm
at Eastwood School Field

Yoga & Pilates

Yoga is a great way to increasing strength and tone the entire body! It can help improve weight control by increasing the metabolism through the development of muscle. In addition, yoga can increase energy levels, overall health and vitality and improve state of mind.

This class will use the IYSE approach to Yoga which is unique in that it modifies all traditional yoga poses to reflect current exercise science and safety standards. It is the only one of its kind worldwide. IYSE has modified many of the exercises to help protect you and your health.

Beginner IYSE Yoga class
4 Fridays starting Jan 28 from 6-7 pm
at Alberta Avenue Community League
Cost \$20.00

Pilates is an exercise system that contains movements designed to work both the body and mind. Pilates will strengthen your core muscles and take stress off your lower back. It will teach you to control your breathing, relieve tension and increase your self confidence.

Beginner class
4 Thursdays starting Jan 27 from 6-7pm
at Eastwood Community League or
4 Tuesdays starting Feb 1 from 6-7pm
Call for location
Cost \$20

All Pilates & Yoga classes require a minimum of 8 paid participants 4 days before the start date to run.

Instructor

Rhiannon Faragher is delivering both the Pilates and Yoga classes. She has been working in the fitness industry for eight years and completed her Stott Pilates mat work instructors course, as well as, the International Society of Yoga Education instructors course. Her career as a fitness instructor consists of teaching in group and private settings. She recently led two classes of Pilates on behalf of the Community Sports Program at Alberta Avenue Community League.

Core Strength Flatten Your Tummy With Pilates

Maybe you saw the information about a Pilates Class at the Alberta Avenue Community League in November but thought "what is that?" Pilates is an exercise program developed by Joseph Pilates, a German born man who studied physical conditioning regimes from ancient Greek, Roman, Zen and Yoga traditions in the late 1890-1910's. During WW1 he used his fitness program with fellow internees. In the 1920's he opened his first fitness studio in New York City where he trained many of the great dancers of the times.

Over the last ten years Pilates has become a regular part of mainstream fitness practices with studios and classes popping up all over the place. The main focus of Pilates is to develop core strength, posture and balance. Other benefits include coordination, flexibility, increased lung capacity, strong back muscles and sleek abdominals.

But what is it like? Well, here's what happened at our floor class, lead by Rhiannon who has recently finished her training in Montreal. We spent

the whole class sitting or laying down. Sounds easy, huh? Guess again. We set our TVA's (transverse abdominals) in the first five minutes and never let them go again. Basically it is an hour of sit-ups, leg lifts and gentle back bends, all done with carefully coordinated breathing and your tummy sucked in and locked into place.

The exercises look easy, but let me tell you, we all felt the burn. The day after the first class I thought I had the flu. But by the end of the fourth class I felt good. I can actually pull my stomach in to an almost flat place - which seems like a miracle at 10 weeks post-partum. And I am standing up straighter, too!

Pilates has many levels, from super beginner to very advanced, and anyone can do it; if you can sit and lay down, you can start Pilates. About 12 women from teens to Grammas took the class. Next time, I'd like to see some men take up the challenge! Check out the community calendar to find out when it's offered next.

By Kathleen Arnold

Hockey

Plans are in the works to run camps in conjunction with the University of Alberta Golden Bears hockey teams. Unfortunately, the details were not confirmed before this issue

of the Rat Creek Press went to print. Call Brad for details! Again these camps would be FREE for kids age 8-12. These would be FUN hockey camps where participation is the goal

not competition! If you are interested but need skates or equipment, call Brad to see what can be arranged.

Pre School

Bring your kids out to run off some energy and learn new skills. For more info or to register call Brad at 479-2313.

Gymnastics

8 Fridays starting Jan 21
9:30-10:15 for 3 to 5 year olds
10:15-11:00 for 1 1/2 to 3 year olds
at Alberta Avenue Community League
Cost \$40

Gymnastics

8 Thursdays starting Jan 20
9:30-10:15 for 3-5 year olds
10:15 for 3-5 year olds
at Call for location
Cost \$40

Skating

Pre school skating instruction for children ages 3-5
8 Saturdays starting
Jan 15 from 12:30-1:00 pm at Eastwood Rink
Cost \$25.00

Hard-Bodied Homemakers

This is the title of the workshop that Shannon McColman led at Alberta Avenue Community League on December 13, 2004. It was an informative and entertaining discussion and provided some practical pointers about exercising with young children.

Here are some of the tips: Do abdominal exercises during all the commercials of your favorite show. Play tag or soccer with your kids. Take your kids on high energy outings like skating, sledding, swimming or to indoor playgrounds like Let's Play at 34 Ave and 99 St. Just keeping them out of danger should get you your work out. Pull a sled full of kids and books to the library instead of driving.

Take a class by yourself and trade babysitting with a friend. (Or, take a class with a friend and get the dads to take care of the kids. Or, dads take a class and trade...you get the idea.) Take a class with your kid - strollercise at the Kinsman is a 75 min full body work-out. Poliyomi Yoga for postnatal recover is offer at several Yoga studios. If your kids are older, join Tae Kwon-Do together. Challenge yourself to stand and sit up straight for a whole day (or an hour, or five minutes - keep your goals realistic.)

Ms. McColman also had lots of great new information about fitness to share.

You get the same benefits

from 6 five minute exercise spurts as you do from one 30 minute workout. Walking is as good as running, step per step. Every step counts, even in your own home, so doing an extra load of laundry or vacuuming after your toddler eats crackers on the couch counts as part of your exercise routine. The new recommendation is 150-250 minutes of moderate to vigorous exercise per week. (That's 5-8 thirty minute workouts or 30-50 five minute workouts). Dieting without exercise causes muscle loss (up to 28%), so it is important to keep moving when you reduce calories.

Varying your exercise activity keeps you burning the most

calories. Set a good (reasonable) fitness goal and work out the baby steps to achieving that goal. (If you want to run a marathon, start with running a minute.) Start a fitness log. Record everything - dancing with your kids, extra steps taken at the super market because you parked a block away. Fun activities can be exercise, too. Maybe you've always wanted to take-up clogging or line dancing or rock collecting in the river valley. Every step counts.

There are four types of exercise: cardiovascular, resistance (strength) training, stability training (abdominals and back) and flexibility. It is best to include a little of each. But in

the end, it all boils down to making exercise a priority. Build it into your daily life. Find the time, both with your kids (modeling an important, healthy way of life) and away from your kids (lets face it, taking a walk with your two year old isn't great cardio for you). We all need strong, healthy bodies so we can still be here for our grandkids.

Information sessions are free and include lunch and childcare. Funding for this great workshop was provided by The Kristie Foundation.

By Kathleen Arnold

Community Leagues

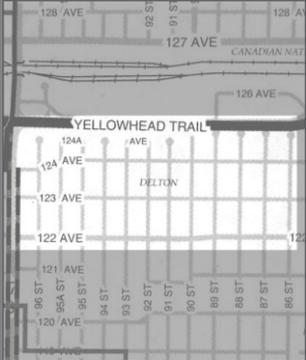


Alberta Avenue Community League



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.



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.
Meetings: General Meetings
1st Saturday of each month
from 1-2pm
Refreshments served.
(Feb 5, Mar 5, Apr 2)



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.



Elmwood Park Community League

Elmwood Park
Playground 75 St & 125 Ave
No building
No board

General Meeting
Monday, Jan 17, 7-9pm
At Sands Motel Hotel
12340 Fort Road

Community League Notices

Eastwood Skating Rink

11903-86 Street

Hours of Operation (weather permitting)

Monday-Wednesday-Friday	Saturday-Sunday
6:00-7:30 pm Public Skating	1:00-2:00pm Public Skating
7:30-9:00 pm Shinny	2:00-4:00pm Shinny

Please bring your skate tags or membership card from your community league to be registered for free skating. Hot dogs, hot chocolate, chips and pop will be available.

FREE Parent Information Sessions

Jan 17: **Schooling options for North Central Kids**
Register by Jan 12th

Feb 14: **Relationships in the Midst of Children**
Register by Feb 9th.

Mar 7: **Child Development - ages 1 to 5**

Register by Mar 2nd
Mondays 10am to 12pm at

Alberta Avenue Community League
Sessions are free and childcare and lunch are provided. Please call 477-2773 to register.

Elmwood Park General Meeting

Monday, Jan 17, 7-9pm

At Sands Motel Hotel

12340 Fort Road

Note: If attendees wish, a board may be elected.

For further info or a community league membership contact Russ Dahms of the Edmonton Federation of Community Leagues at 437-2913.

Need help paying your children's program fees?

You can work a bingo at Alberta Avenue Community League and receive a \$40 credit towards programming at any community league or other sports club.

For more info or to register for any programs contact Brad
Office: 479-2313, Cell: 982-3052

Email: bradmaccallum@hotmail.com

Community League Membership

Remember you must have a Community League Membership to enroll in a class. Your league membership will allow you to participate in any of the classes listed. You always purchase your membership from the league in which you live regardless of where you enroll in programs. Please call Brad or your Community League to inquire about obtaining one!

Fee Reduction Program

Is low income limiting your ability to use the City of Edmonton's recreation facilities and programs? You may be eligible for a card which gives each individual in your family 12 admissions and 3 program registrations per year at only 25% the regular price. You can use this fee reduction card at all city rec centres and areas as well as the City Arts Centre, Fort Edmonton Park, Muttart Conservatory and the Valley Zoo. For more information and to apply for a Fee Reduction Card, call 496-4918

PUBLIC SKATING

Free skating for community league members at any of the outdoor community rinks. Contact each community league for days and time. Please note Alberta Avenue & Elmwood Park are not opening their rinks this year.

FREE SAND

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

Community Calendar



Children & Family

Children

Fabulous Readers' Club
Saturday, Jan 22, Feb 12, Mar 5 & 26, Apr 16, May 7 & 28, at 2pm at Sprucewood Library. Read, share your opinions, write a review, and enjoy games and prizes. For Grades 4 and up. Please call 496-7099 to register.

Gung Hay Fat Choy!
Saturday, Feb 5, 2pm at the Sprucewood Library. Come celebrate Chinese New Year and the beginning of the year of the Rooster. For ages 6-12. Please call 496-7099 to register.

Storigami
Saturday, Feb 26, 2pm at Sprucewood Library. For those who love origami and hearing stories. Take home a handmade souvenir, too! For ages 6-12 years. Please call 496-7099 to register.

Indoor Soccer Camp 1
Sunday, Feb 20, 1-3 pm for kids age 8-12 at the Eastwood School Gym. Call Brad at 479-2313 to register.

Indoor Soccer Camp 2 (during Spring Break)
Monday, Mar 20 & Tuesday, Mar 21, 12-2pm; for kids age 8-10 at Eastwood School Gym. Call Brad at 479-2313 to register.

Indoor Soccer Camp 3 (during Spring Break)
Monday, Mar 20 & Tuesday, Mar 21, 2:15-4:15pm for kids age 11-12 at Eastwood School Gym. Call Brad at 479-2313 to register.

Outdoor Soccer Camp
Sunday, Apr 24, 1-3 pm for kids 8-12 at Eastwood School Field. Call Brad at 479-2313 to register.

Family

Family Storytime
Mondays, Jan 31, Feb 14 & 28, Mar 14, 6:30pm at Sprucewood Library. Stories, songs, activities and fun for everyone. Children up to 12 years. Call 496-7099 to register for each session.

FREE Public Skating
Saturdays, 5-6pm at Russ Barnes Indoor Arena, 6725-121 Ave.

Monster Pro Wrestling
Saturday, Feb 12, 1:30pm at Alberta Avenue, 9210-118 Ave. Advanced tickets: adults \$13; Seniors & 12 years and under \$10. Tickets at the door: adults \$15; Seniors & 12 and under \$12. Call Roni 695-0556 or Kane 868-1452.

Community Swim
Sundays, 12-2pm at Eastglen Pool, 11430-68 St. FREE swim for Alberta Avenue and Parkdale community league members (you must show your membership card). Only the 25m saltwater pool is available; the hot tub and steam room are closed on weekends.

FREE Public Skating
Sundays, 3:15-4:15pm at Westwood Arena, 12040-97 St.

Outdoor Public Skating.
Free skating for community league members at any of the outdoor community rinks. Contact each community league for days and time. Please note Alberta Avenue & Elmwood Park are not opening their rinks this year.

Pre-Schoolers

MONDAYS

Indoor Playground
10-12pm at Alberta Avenue, 9210-118 Ave. For caregivers and children ages 0-6 years. Free if you have a membership at any league, otherwise \$3/family. Call 479-4812 for more info.

Rhymes that Bind
10-11am at Mother Theresa School, 9008-105A Ave. Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program running from Jan 11 to Mar 25.

Books for Babies (12 months & younger)
11:00am-12:30pm at Norwood Family Centre, 9516-114 Ave. Free program including lunch running Jan 17 - Feb 7. To register call Tina 471-3737.

TUESDAYS

Books and Fun for Preschoolers (3 to 5 years) 11:45am-1:30pm at Norwood Family Centre, 9516-114 Ave. Free program including lunch running from Jan 11 - Feb 15. To register call Tina 471-3737.

Cantonese Rhymes that Bind

1-2pm at the Edmonton Chinese Mennonite Church, 10324 - 107th Ave. Vietnamese Group T B A Call Nahn at 468-2090.

WEDNESDAYS

Rhymes that Bind
11:30am-12:30pm at Norwood Family Centre, 9516-114 Ave.

Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch running Jan 12 - Mar 16.

THURSDAYS

Books and Fun for Toddlers (13 months to 2.5 years)
11:45am-1:00pm at Norwood Family Centre, 9516-114 Ave. Free program including lunch running Jan 13 - Feb 17. To register call Tina 471-3737.

C.O.W. Bus (Classroom on Wheels)
2-3pm outside Eastwood School 12023-81 St.

For parents and children 0-6 years. Stories, songs, free book borrowing & draws for books.

Gymnastics
for 3-5 years 9:30-10:15
for 3-5 years 10:15-11am

call for location
Running for Jan 20-Mar 10
Cost \$40

FRIDAYS

Gymnastics
for 3-5 years 9:30-10:15
for 1.5-3 years 10:15-11am at Alberta Avenue 9210-118 Ave
Running from Jan 21-Mar 11
Cost \$40

SATURDAY

Skating Instruction
for 3-5 years 12:30-1pm at Eastwood Rink
Running from Jan 15-Mar 5
Cost \$25

Pre-school Storytime
10:30am, Jan 8 - Feb 5 at the Sprucewood Library. A delightful half-hour program of stories, songs and finger plays for pre-school children. Some crafts are included. Please call 496-7099 to register.

Clifford the Big Red Dog
10:30am, Feb 19 at Sprucewood Library. Come romp and read with Clifford. Bring your camera and get catch hugging the biggest red dog in the world. Please call 496-7099 to register.

Adults & Seniors

Information session on Schooling options for North Central Kids
Monday, Jan 17, 10am-12pm; at Alberta Avenue.

Session is free and childcare and lunch are provided. Please call 477-2773 to register by Jan 12th.

Beginner Pilates class
4 Thursdays starting Jan 27 from 6-7pm; at Eastwood

Community League or 4 Tuesdays starting Feb 1 from 6-7pm at Call for location. Cost \$20. Call Brad at 479-2313 to register.

Beginner IYSE Yoga class
4 Fridays starting Jan 28 from 6-7 pm; at Alberta Avenue Community League. Cost \$20.00. Call Brad at 479-2313 to register.

Information session on Relationships in the midst of children
Monday, Feb 14, 10am-12pm; at Alberta Avenue. Session is free and childcare and lunch are provided. Please call 477-2773 to register by Feb 9th.

Information session on Child Development
Monday, Mar 7, 10am-12pm; - ages 1 to 5 at Alberta Avenue. Session is free and childcare

and lunch are provided. Please call 477-2773 to register by Mar 2nd.

Bingo
Wednesdays, Thursdays & Fridays, 6:10pm (and Friday midnight at 11:15pm); at Alberta Avenue. Call 477-2773 for more info.

Seniors Seniors drop-in
Mondays, 1pm; at Parkdale Community

League, 11335-85 St. **Seniors programs** at Central Lions Seniors Centre, 11113-113 St. including fitness & sport, health & wellness, crafts & hobbies, music & dance, computers, art, games, and general learning. Call 496-7366.

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