

Cloister's Demolished - Redevelopment to Benefit Neighbourhood



Karen Mykietka

Just after 8:00 am on April 7, the steel bucket of an excavator ripped into the south wall of the apartment building at 11409-96th Street, the beginning of the end of the Cloister's apartment buildings. By 8:30, a few neighbours and representatives from the Edmonton Housing Trust Fund were on scene to witness the demolition.

"I think it's wonderful" said Rayleen Ninomiya, who works at the Norwood Child and Family Resource Centre next door to the site. "This takes a lot of stress off us [Norwood Centre staff]. The stuff that happened here right around the children was scary. What the community did to get it closed and demol-

ished was great."

While the demolition was greeted with cheers from residents, it was not without controversy. Perhaps this is appropriate, as the buildings had been a source of controversy since they were taken over by the Aboriginal Partners and Youth Society in October 2001.

In a meeting the previous evening, the Edmonton Housing Trust Fund told neighbourhood representatives they would have five days notice of the demolition. Rob Martin, the Executive Director called the start of demolition the next morning "a colossal communications screw-up." However, Martin did echo the sentiments of the neighbour-

hood saying, "We're turning the page on a piece of property with a long sordid past."

After a brief discussion between Martin and neighbourhood leaders, it was agreed to continue the demolition on the big building that day, and leave the smaller building for a community celebration.

On Saturday April 9th, more than 40 residents turned out to the same corner to watch the smaller second apartment building be demolished. Billed as a community celebration, this event helped all area residents turn the page on the enormity of troubles these buildings caused in the past 3 years. Cheers, hugs and bright smiles of neighbours and their children greeted the sound of the steel bucket taking out chunks of wall.

One child maybe summed up the feelings of all those who watched when she said, "Daddy, the bad buildings are coming down".

Aboriginal Partners and Youth Society (APYS) bought The Cloister's apartments in October 2001 with the assistance of a \$436,500 Edmonton Housing Trust Fund grant. The

Trust Fund reclaimed the buildings in June 2004 after APYS fell into significant management and other difficulties. This was only after a series of problems *(see Goldring p.3) which included a murder, stabbings, numerous arrests, more than 200 police and ambulance visits, police connection of the apartments to at least two other drug houses in the area and the occupation of some of the suites by members of local gangs.

Residents of the Norwood neighbourhood met regularly with the EHTF over the past year to get these buildings torn down. A representative group will continue to work with the

Housing Trust in the coming months to initiate redevelopment on the six-lot site that will benefit the neighbourhood. A community meeting was held on April 20th at the Norwood Child and Family Resource Centre to discuss what type of redevelopment residents would like to see on the site.

The demolition of the Cloisters is another example of the power of organized people working together to make change happen. Snaps to all who dedicated thousands of volunteer hours, nights, weekends and time away from their families to bring this to fruition.

By T. Parker Hogan



Pieter de Vos jr

Redesigning the Avenue and Its Neighbourhoods

Are you satisfied with our community? With the shopping available in our area? Do you think it is a safe place to live? Does it have enough parks or green space? How important is it to have more light on 118th Avenue? What kind of housing do you want to see built? There are a few of the questions residents, business owners and other stakeholders have been answering as part of "The Avenue Initiative."

The Avenue and its neighbourhoods have a lot of potential; residents and other stakeholders can see it and they want it developed. About 125 people turned out at two community meetings on April 2nd and April 4th to share their vision for the area. People want to see the Avenue cleaned up and made more attractive through improved storefronts and streetscape beautification. People want an Urban Village or Town Centre feel that encourages walking, shopping and community gathering. There seemed to be consensus that redeveloping will need to include both tax incentives for desirable family-friendly businesses as well as dis-

incentives and strict bylaw enforcement for property owners who don't "get with the program".

Interestingly, a number of the residents groups in both meetings reported they want to get rid of the Sports theme on 118th Avenue (Avenue of Champions) and the big baseball bat. Residents feel the most appropriate theme for the area, the one most fitting with its character, would be a historical one. The idea of having a free trolley travel up and down the Avenue also came up numerous times. Communities want to see more home ownership and incentives or grants for homeowners to improve their properties or restore the historical character of their homes.

As this issue is being delivered, Dan Burden, an international expert on walkable and pedestrian friendly communities, is working with community members to complete the design charette. A charette is an intense, short-term, on-the-spot collaborative design project that incorporates a hands-on experience. Councillor Janice Melnychuk says, "[It's] a more

active engagement in creating the solutions that work for people living in the community." Active it is. On Saturday, April 30th, community members will be divided into teams and led through a one hour "walk around audit" where they evaluate the physical environment. In the afternoon, groups will work with detailed maps to draw out possible solutions.

Burden and city workers will compile all the information collected (see sidebar) into a plan for the Avenue; reporting back to the community on Monday, May 2 from 6:30 to 8:30 at Eastwood Community League. Melnychuk describes the design charette process as a combined approach to developing a community vision and a plan to carry out that vision. She says while it is not an ARP (Area Redevelopment Plan) it can be used as the basis for one. Some people may feel the whole planning process has been rushed; others feel it's not fast enough. But the bottom line according to Melnychuk is, "We're not going to push something through if the community is not ready for it. But we did make a

commitment to the community to try to get something into this year's budget process."

And it's not like everything is over come May 2nd. There will still be options to explore and negotiations to do. Such as what do we do with a Sports theme that the community doesn't want and the property owners along 118th Avenue are paying for for the next 20 years. Councillor Melnychuk is willing to work with the community to find a way to meet the needs of both groups. And who's going to decide what the next steps are, what is feasible, and what the priorities are. Melnychuk didn't want to prejudge what the community would want and felt it best to defer some things like the scope of the project to Dan Burden's wisdom and recommendations. In the end Melnychuk believes, "to be a healthy process you need to put in place an actual group who every year say, 'how are you doing on this plan.'"

A caterpillar doesn't change into a butterfly over night, nor will our community be created into something new, colorful

and vibrant in a few short months. It will take time, effort and tenacity, but it is possible and working together we can make it happen.

By Karen Mykietka

The Avenue

- 5 bordering neighbourhoods
- 2 neighbourhoods off the Avenue
- 21,200 people in the 7 neighbourhoods
- 21% of those under 19 years
- 27 blocks or 2.8 km (from Northlands to NAIT)
- 21,000 to 25,000 vehicles cross the Avenue daily

Community Input

- 400 telephone interviews with residents
- 200 in-person interviews with on-site shoppers
- 100 interviews with business or property owners
- surveys circulated through local organizations and stakeholders
- 2 community meetings
- community walkabout (Apr 30, 9am)
- design tables (Apr 30, 1-3pm)

CONTEST

See page 4 for details.

Rat Creek Press

RAT CREEK PRESS

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Editorial: Spring Has Sprung

The days getting longer, the warming weather and the first hints of buds on the trees get me thinking about change. New Years Eve is the traditional time for making resolutions, the time for thinking about our lives and what we want to change. But is it really the best time to do this? January and February are the mid of winter, notoriously the time of the coldest temperatures and the deflated feelings (and wallets) that come after the wonderful and magical Christmas season.

I never feel like changing anything in these grey months; rather I want to hibernate, cocoon myself in my warm house and do comfortable, energy conserving things like read, eat, and watch movies. I find it a wonderful time to pause, turn inward and reflect on aspects of my life and my self but I have no motivation from inside myself or

outside my house to start something new or stop something familiar.

Then comes the first stirrings: March and April bring gradually warming days and shorter nights, the snow and ice

begin their melt; and the first rainfall comes. The trees push forth their little buds

and some brave flowers poke tiny shoots up through the barely uncovered earth. The energy of the earth is vibrating and rising daily and our energy can't help but respond to it. We are shaking off our slumbering ways; we want to start doing, instead of just being.

Now is the time to take the answers that have come out of the last 2 months of quiet reflection and turn them into action.

Now is the time for resolutions, the time for change within us just as the world is poised to change. For really isn't spring the best feeling? And isn't it so much easier to follow through

on that action plan when the trees and flowers are starting to bloom and you can walk outside without your winter

coat on? Isn't this the time when you have the most positive thoughts about who you want to be? After all, it isn't called spring-cleaning for nothing!

For me, just seeing the return of life to the earth puts me in a place of change. Suddenly I want to shake the rugs and scrub the windows, both of my house and my soul. I want to plant seeds in my garden to grow food to nourish my

body. I want to take daily walks and runs to strengthen my muscles. I want to organize my office and make plans for my house. I want to shake off those winter cobwebs and run and laugh and chase my children. I want to sing that spring is here and it sure is great to be alive.

Spring is nature's time to start afresh; it can be your time too. If you made New Years resolutions and didn't keep them, now is your second chance. If you didn't feel mentally able to even think after Christmas, let the warming wind blow the cobwebs from your mind. Take a step outside and just breathe. Breathe in the newness of the earth, breathe in the energy of spring and let it help carry you to that new place you want to go.

Happy Spring!

The return of life to the earth puts me in a place of change.

CAP's New Beginning

The Community Action Project held its annual general meeting on March 17, 2005 at the Avenue Vineyard church.

The AGM was an opportunity to hear some stories about what CAP was involved with over the last year, such as the ongoing story surrounding the Cloisters site, as well as the Get Out the Vote campaign held in conjunction with the last municipal election. It also was a time to look ahead at what our neighbourhoods are facing, and what we hope to become. There was a lot of energy and enthusiasm in the room, as people talked in small groups about some of the issues facing our communities and the areas where they could see themselves getting involved

Over the past year, some of CAP's members, along with some neighbourhood institutions, have been working through the discussion of where CAP has worked well, and where CAP needs to change. The first piece of that work was brought to fruition when, towards the end of the meeting, CAP's members adopted two resolutions that essentially left CAP temporarily with no members at all.

The two resolutions, in a nutshell, agreed in principle to requiring that a membership fee be paid as a qualification of membership, and then agreed that for this year the membership fee would be set at \$40. The idea behind having a membership fee was in part to make it easier to identify who CAP's members actually are. More significantly, the overwhelming consensus in favour of both resolutions demonstrated that CAP's members feel a strong sense of ownership in CAP, and want to see their investment prosper and

grow. They recognize the value in moving towards self-sufficiency so that CAP can reflect the values of its members, the residents and institutions of the community, rather than the values attached to other people's money.

While the meeting closed with new members being signed up, the AGM marked a new beginning for CAP, too. In the coming months, CAP will be amending its bylaws to permit institutions and organizations to become members of CAP. The Norwood Neighbourhood Association and Avenue Vineyard church are ready to join as soon as the votes have been counted. The goal of having institutional members is partly to build power by sharing it. CAP is not the only voice in the community, and we don't want to be. We also don't lay claim to having the inside track on what people want. We hope that by gaining institutional members, we'll also gain their insight into the community, and share ours, too.

Finally, the Monthly Meetings will be returning, and be a place for people to catch up with neighbours they might not have seen in a while. More importantly, they'll help CAP to be accountable to the neighbourhood by keeping both our members and an interested public at large abreast of what CAP is doing and where we're going. We're hopeful that the year ahead will be one marked by greater neighbourhood cooperation and a stronger voice for those of us who call North Central Edmonton home.

By David Stockburger

The Norwood Neighbourhood Association and the Rat Creek Press are pleased to present a JOURNALISM WORKSHOP SERIES

We invite all community members who are interested in contributing to the paper but don't feel they have the skills or know where to get started to attend any of the following workshops. All workshops are free; however, we expect you to submit one item to the paper for each workshop you attend.

To register contact Rat Creek at 479-6285 or ratcreek@telus.net

MAY

Tour of the City of Edmonton Archives
Learn about the wealth of information available and how to get started doing historical research. Tuesday, May 10 from 10am-11:30am, 10440-108 Avenue. Transportation available.

Photojournalism
Tips on how to take great photos that are interesting and unique including hands-on work with digital cameras. If you have a camera (digital or film) bring it along. If not, don't worry, we'll have a few disposable cameras available. Saturday, May 14, 1 pm-3 pm at Avenue Vineyard Church, 2nd floor, 11726-95 Street. Taught by Pieter de Vos, freelance photographer.

What to write - Types of articles

An overview of the different kinds of articles you find in newspapers such as news stories, opinion pieces, back-grounders, profiles, how-to articles, reviews & personal essays. Monday, May 30, 7 pm-9 pm at the Sprucewood Library. Taught by Cheryl Mahaffy, freelance writer.

TENTATIVE DATES FOR JUNE

How to write a good article
Saturday morning, June 11

Research: Finding the information you need
Monday, June 20, 6pm-8pm

Reporting and Interviewing Tips
Wednesday, June 29, 7pm-9pm

Rat Creek goes Monthly!

Well almost - we're going to 10 issues a year.

The Rat Creek Press will be printed monthly except for a combined July/August issue and a combined December/January issue. Look for it in your mailbox or in businesses along 111th & 118th Avenue the beginning of each month.

We will continue doing features in each issue. Please contact us with your story

ideas or if you'd like to write one of our regular features like the Business Spotlight or Resident Profile.

Upcoming Features
June - Now it's History
July/August - Summer Favourites & Holidays
September - Back to School

The deadline is always the 15th of the month.

News and Views

The Opening of Trinity Manor



Jim Molnar, Edmonton Housing Trust Fund.

The ribbon of hope had its beginnings 20 years ago half way around the world. On its journey to Edmonton it has gathered people from Sudan, Afghanistan, Somalia and a dozen other countries. On Saturday April 2nd, some 100 plus people came together to celebrate the culmination of this journey with the opening of Trinity Manor.

What is this ribbon that ties these people together? They are all refugees, exiles from their homeland who for many different reasons found their way to Edmonton. Some came sponsored by the church or government; others had family connections. Their common experience is the challenges of learning the language and culture, acclimatizing to the weather, finding employment and sorting their way through the legal hassles in gaining landed immigrant status.

The vision for this community is the dream child of Moheb Michael and Samir Hannah, founders of Trinity Developments, who moved to Edmonton from Egypt 20 years ago. Their memories of the challenges encountered moving to a new land are still very clear. Although not refugees themselves, they encountered many of the same struggles.

Out of that experience came the idea of establishing a home for refugees. A little over a year ago, Moheb contacted Jim Gurnett of the Edmonton Mennonite Centre for Newcomers about establishing a small apartment unit for refugees in Edmonton. They then linked up

with Debbie Saidman of the Edmonton Housing Trust Fund. From there the vision expanded in resources and scope, involving support from private and public sector, and resulting in the development of a 36 unit apartment building at 10733 101 St.

Rentals for all the suites are subsidized, some tied to income, some kept at 10% below market value. Criteria for residence are that the individual or family has refugee status and has been in Edmonton for at least 6 months. Current residents come from 16 countries and age range is from 2 weeks to 72 years old.

This project is one-of-a-kind in Canada. Although there are temporary residencies for refugees across Canada, there is no other facility that provides long-term housing while at the same time assisting with other community access and assimilation issues. "To have all these people and resources come together in this project is a dream come true", said Moheb. "I've seen unlimited compassion and unconditional kindness towards others. We hope it is a new beginning for the hundreds and even thousands of less-fortunate in our community for many years to come".

For more information about Trinity Manor contact Randall Nickel, Housing Coordinator - Edmonton Mennonite Centre for Newcomers, at 423-9683

Article by Gordon R Vickruck, Earth Sky Reflections.



PETER GOLDRING
Member of Parliament
Edmonton East

A Community Member Who Needs Our Help

I recently made a statement in the House of Commons about new technology that allows some seriously disabled to "speak" through a computer, using only eye lid movement. As many Edmontonians are aware, for nearly five years, Dougald Miller has been unable to speak, stand or feed himself after being severely injured by notorious psychopath Leo Teskey, who has only recently been declared to be a dangerous offender and jailed indefinitely. Leo Teskey, before beating Dougald, had been convicted of 35 previous offences, seven of which were violent. A failure of the justice system allowed him to return to the street and viciously attack Dougald.

Dougald Miller requires 24-hour care at the Norwood Continuing Care Centre. His physiotherapy is at present largely funded through the resources of his wife Lesley, who pays \$1,500 per month for this supplementary care. Dougald Miller can only communicate through blinking his eyes. There is technology available through Eye Tech Digital Systems (www.eyetechds.com) that might enable Dougald Miller to use his eyes to speak again. Mrs. Miller needs funding to acquire this equipment to enable Mr. Miller to live as full a life as possible.

Leo Teskey received a life sentence, but he is still able to appeal. Dougald Miller has no such possibility. Leo Teskey gave Dougald Miller a life sentence of near total disability, from which there is no reprieve. As a caring society, we must do all that we can to give back to Dougald Miller at least some small amount of his past life that Leo Teskey has so viciously taken away. We have much to learn from the experiences of Dougald Miller, but first we must help him with the \$25,000 cost of this important equipment, to enable his eyes to speak for him again. What do you think we should do?

495-3261 www.petergoldring.ca

Owner Charged in Rooming House Fire

Elma MacLellan, owner of the illegal room house where a fire killed two people in February, has been charged with 10 violations of Alberta's Public Health Act. The fire, which started in the kitchen, killed John Bell, 46, and Leslie Berrea-Buxton, 48. The couple, who had only lived in the building 9 days, died in the bedroom where there was no window. They had no ventilation or escape route.

You cannot plead ignorance when it comes to contravening health and safety codes. It is the owner's responsibility to make sure their building meets all the codes and regulations especially in a rental situation. Violations are not criminal charges, so MacLellan does not face any jail

time, but she can be fined up to \$2,000 per offence. She will appear in court May 4.

Pieter de Vos, a Community Organizer with the Community Action Project (CAP) says, "We support that Capital Health has laid charges in this matter. It sends a strong message that this type of negligence will not be tolerated. All people have the right to safe housing."

There are still hundreds of basement suites in the neighbourhood that are being rented out which, like this one, have not been inspected and do not have proper permits. "I would like to see bylaws and codes enforced," say Jessie Radies, a community resident. But the

City and Capital Health only inspect building on a complaint basis; they don't have the resources to do any more than this.

Shelly Severson, a community representative on the Derelict Housing sub-committee, says, "There's not a lot of action on one person's complaint. That's why we need to work together through organizations like CAP." Hence the saying, the squeaky wheel gets the grease.

"Residents have fought for years to shut down these illegal suites and the slum landlords who profit from them," say Radies. Obviously the battle isn't over yet.

By Karen Mykietka

Alberta Needs a Fiscal Vision: Parkland Institute Releases New Report on Provincial Economy

"The Provincial Government urgently needs a long term vision," says Parkland's Research Director Diana Gibson. "One-time injections to post-secondary education, and increases to AISH rates and minimum wage are simply short-term fixes to long-term issues."

"Homelessness and poverty are growing at alarming rates, the gap between rich and poor continues to grow, average tuition has increased by over 200% since 1990, and the government is actually generating more revenue from gambling than from royalties on the oil sands," says Gibson. "Poverty indicators such as food bank usage and homelessness have continued their upward trends, increasing by over 11% over the past year. Alberta should be leading the country in more than GDP growth and employment. We should be setting an example by creating a comprehensive long-term plan that ensures the highest possible quality of life for all Albertans".

Parkland Institute recommends the following legislation.
-Reinstate a progressive tax system and eliminate health premiums.

-Increase all social assistance rates to above the poverty line.

-Raise the minimum wage to \$10.00 per hour.

-Introduce benefits for part time workers.

-Commit adequate funding to implement all of the Learning Commission's recommendations.

-Eliminate tuition fees at all Alberta universities and colleges.

The Parkland Institute is an Alberta-wide research network that examines public policy issues. Based in the Faculty of Arts at the University of Alberta, the Parkland Institute has a research network that includes members of most of Alberta's academic institutions and other organizations involved in public policy research.

Copies of the report are available from Parkland either by phone at (780) 492-8558 or on the web at www.ualberta.ca/parkland.

Above text is taken from press release by Gordon Vickruck, Earth Sky Reflections

Is Your Suite Safe? Is it Legal?

-All bedrooms must have an emergency exit window that is at least 0.352 square metres (3.8 feet square) with a minimum height or width of at least 38 centimetres (~ 15 inches).

-Any security bars and deadbolts should be easily opened from the inside.

-Basement stairs require a minimum head clearance of 6 feet or 183 centimetres.

-Doors must open onto a landing (they cannot open

directly over the stairs).

-Stairways require handrails. There must be a hand basin in the same room or in close proximity to the door leading into a room containing a flush toilet.

Neighbourhood Voice

TIMOTHIE HILL
TH
HAIRDRESSING

These women are *happy* new clients.

Thank you Rat Creek Press

Before After Before After



448-7473 Tuesday-Saturday 11507-87 Street



WIN A NEW LOOK

The Rat Creek Press is running its first contest. Enter our draw to win a spring hair cut and style courtesy of Timothie Hill Hairdressing. (Check out Timothie's work in the Spring Fashion Shoot on page 10.) Send your name, address and phone number to us via email at rat-creek@telus.net or fill out a ballot at Sprucewood Library (95 St & 116 Ave) or Video Station (80 St & 118 Ave). Contest closes May 18th.

Eyesore

I'm one of the seniors living in the neighbourhood. I'm really, really upset that the Cromdale Hotel is still standing. I wonder how these people that own it get away with putting up their price. And why they aren't pressured to either clean up or take the building down or sell it immediately. I cannot see why the people in this district have to be subjected to looking at this terrible mess.

Elsie
Eastwood Resident

A great new find

I always enjoy reading your paper, as I live in the Norwood Area, and find your paper very informative when it comes to neighbourhood events and news.

Last month I read an article about a new hair salon that had opened in the Norwood area. The article featured the owner Timothie Hill as a designer of hair, which caught my attention, as this was exactly what I was looking for. I called and made an appointment. I was not disappointed.

I went in with long unruly hair, which has looked the same for years. With one look at me and a cut, I had a completely new look. The cut brought out curls I never knew I had, friends actually though I got a perm. Timothie also showed me how to do my hair, which actually only takes about 10 minutes to do.

Timothie Hill, thank you

for the new me and thank you Rat Creek Press for the article. I highly recommend anyone looking for an exceptional hair stylist to give Timothie a call; you will not be disappointed.

Sincerely,
Terry Donnelly
Norwood Resident

Clean up the crap, literally!

I enjoyed your editorial in the March/April issue of the Rat Creek Press. (First time I have seen or read it). I too enjoy this neighborhood and the great possibilities it has. I have been lucky that nothing has been borrowed from my yard and that my neighbors keep their yards & houses up.

One thing that does get me is people walking their dogs and letting them do their business without cleaning up after them. I have two dogs (probably why nothing has been borrowed) and always clean up after them on walks. I just wish others would do the same as it helps make the neighborhood that much better, among the other things we can do.

Keep up the great work

Regards,
John Motuz
Eastwood Resident

Praise from the outside

Hola, I was visiting a friend this afternoon and found a copy of your paper in his mail box ... the best I have seen in years ... Much improvement both in design and content, congratulations & keep up the good work :)

Leo Campos A.
The Community Networks
Group (c)
Tel/Fax: (780) 474-6058

Kinds words, generous soul

I want to thank you for the Rat Creek Press. You do a marvellous job. I'm sure you do a lot to get the paper out and into so many homes and businesses. Some months ago I offered to help, but I'm not going to make such promises ever again. I'm now 86 years old and I find I cannot do many of the activities I could handle 5 or 6 years ago. Sorry. I enclosed a few mint stamps for your own use and a few dollars for your coffee fund. Thank you again for your caring approach to making this area a better place for all our citizens.

Yours Truly,
Ted Smithman
Norwood Resident

Editor's Note: Thank you for your kind words and good intentions! We know you would help if you could. We used your money to start a coffee fund and bought some doughnuts for our editorial meeting. A big thank you from all who enjoyed the treat!

NDP Constituency Outreach Meeting

An NDP Constituency Outreach event was held in the meeting room of the Sprucewood Library on March 19 at 11am. Approximately 15 constituents, Brian Mason (MLA for Edmonton-Highlands) and his assistants attended it..

A number of questions specifically regarding our community were asked of Mr. Mason. These were:

Q: *There is currently some community momentum toward a revitalization of 118 Ave. Is there something that the provincial government should be doing to assist with this?*

Mason: Streets are the responsibility of municipalities. The cities get their income from property taxes. However, property taxes do not provide adequate dollars to cities to cover these expenses. Before the election the province promised a billion dollars for Edmonton infrastructure and now are attempting to renege on that promise. City council is trying to fight the province on this issue. Edmontonians are not stupid. They know that they did not benefit from electing Tory's reps in the prior election and so they didn't re-elect them in this past election.

Q: *What happened to the bill that was going to legislate the confiscation of cars of the john's caught procuring sex. This approach has been very successful in other provinces in reducing prostitution.*

Mason: I supported the bill when it was introduced because that is what the constituents of this riding wanted. However, there is some concern about the legalities of confiscating someone's car before they have a hearing. At this point it seems to be stalled over this issue.

Q: *When are the AISH benefits and the minimum wage going to be increased?*

Mason: We are expecting an announcement coming out the end of April. It is bizarre to think that we have a burgeoning economy and a massive budget surplus and we have the lowest minimum wage in Canada and AISH benefits haven't been increased in ten years. In spite of this, the government is reluctant to increase either but is being pressured to do so.

Q: *I am concerned that the formula outlined in the bill for assessing the viability of public schools, (i.e., the number of students divided into the square footage of the school), is unfairly biased against older schools.*

Mason: The formula does work against older schools because the halls are larger and there is more non-classroom space. While this is healthy for the students it does work against neighbourhoods like ours getting appropriate funding to keeping our schools open. We were optimistic when Lyle Olberg left the education portfolio to become minister of infrastructure that some new funding initiatives would come into play, as the government had promised. However, as it turns out, funding for education was transferred to the ministry of infrastructure. So we are back to square one, still fighting the minister who has been spear-headed the government's attack against public education for the last 10 years.

Mr. Mason also responded to a number of other questions on general topics including electricity, post-secondary education, democracy in Alberta, the NDP party, health care, preparation for disasters and water resources. Please e-mail the Rat Creek Press if you are interested in receiving a full record of the forum.

By Gordon Vickruk

Brian Mason, MLA Edmonton Highlands

The Legislature's
Spring Session is now
in full swing and is
likely to end in May.

If you would like to visit
the Legislature please
call my office.

Also call to receive
monthly updates through
my constituency
newsletter.



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Resident Profile



A Passion for Volunteering: Verna & Henry Stainthorp

Curling brought them together in 1976 and they have been a winning team ever since. Verna and Henry Stainthorp, long-time residents of Spruce Avenue, truly share a passion for volunteering. Verna has been the Secretary-Treasurer of the Spruce Avenue Community League since 1995 while Henry looks after the hall and maintains the property.

Verna loves Spruce Avenue because of its central location, large lots, mature trees and friendly people. She has made enduring friendships with many of her neighbours over the years. She feels that Spruce Avenue faces a challenge in that there are now more revenue property dwellers than homeowners in the area, which can lead to a run down community. "The yards used to be better tended than they are today," she thinks. Verna and Henry both enjoy gardening and traveling. They have visited Hawaii, cruised the Caribbean, were dazzled by the bright lights of Las Vegas and

will be traveling to England for 3 weeks this May.

Henry, now 63, was born on a farm near Westlock. He worked for Edmonton Northlands for 37 years as a professional ice-maker, and he made ice for most of the Oiler games, including their five winning Stanley Cup games. Henry retired in 1999 but he is as busy as ever. He runs his own ice-making business and volunteers his ice-making skills at many curling events, including the recent Tim Horton's Brier, the Canada Cup in Kamloops, and the Continental Cup in Medicine Hat. In all, Henry has been making ice for 42 years and says, "I like it, that's why I do it". Naturally he looks after the community skating rink in winter, as well as the building all year round. If renovations are required, it's Henry who gets the estimates and ensures all specifications are met and it was he that oversaw the community hall addition eight years ago. Renting out the hall is also on

Don't Pay Another Cent in Rent to Your Landlord Before You Read This FREE Special Report!

EDMONTON - If you're like most renters, you feel trapped within the walls of a house or apartment that doesn't feel like yours. How could it when you're not even permitted to bang in a nail or two without a hassle. You feel like you're stuck in the renter's rut with no way of rising up out of it and owning your own home.

Well don't feel trapped anymore! A new FREE Special Report entitled "How to Stop

Paying Rent and Own Your Own Home" has already helped dozens of local renters get out from under their landlord's finger, and move into a wonderful home they can truly call their own. You can make this move too by discovering the important steps detailed in this FREE Special Report.

It doesn't matter how long you've been renting, or how insurmountable your financial situation may seem. With the

help of this report it will become suddenly clear to you how you really can save for the down payment and stop wasting thousands of dollars on rent.

To hear a brief recorded message about how to order your FREE copy of this report call 1-866-815-9646 and enter ID#4301. Call anytime, 24 hours a day, 7 days a week and stop wasting thousands of dollars on rent NOW.

This report courtesy of Donna Strauss, Sutton Challenge. Not intended to solicit properties already listed for sale.

the list of Henry's duties.

Verna was born in 1946 on a farm near Tofield and moved to Edmonton in 1964, after graduating from high school. She got her first job at the Royal Alexandra Hospital as a Unit Clerk. She had three daughters, Cathy, Karen and Kim with her first husband. After their marriage, Verna and Henry added a son to the family. Verna has been employed by Alberta Social Services since graduating as a social worker from Grant MacEwan College in 1978.

Verna moved to Spruce Avenue in 1967 and Verna started volunteering in the early 1970s - her first experience was organizing a girl's baseball team. For 10 years, from the mid 1970's on, Verna was involved with Girl Guides, as well, she also taught Sunday school at the Norwood United Church, until

its closure in 1996.

Verna is definitely a woman who enjoys working with numbers; she served as treasurer of her son's hockey team and of the Spruce Avenue School's Parent Association. To this day, Verna and Henry maintain strong ties to the school. They help organize the annual spring plant sale, the proceeds of which go to the Parent's Association. Other volunteer activities Verna is involved with include raising money for the Heart & Stroke Association, Stars Ambulance, and the Canadian Cancer Society. Verna plans to sponsor a child through World Vision this year.

Verna believes that volunteering goes in cycles: some years, there is lots of involvement, other years very little. She says that "you can't look to someone else, you have to take

responsibility for your community, for taking care of it. It's important that everyone does a little bit, whatever he or she can. Even buying a membership is showing support. If people can attend a meeting now and then and show support that would be very helpful".

Volunteering gives Verna a sense of satisfaction and makes her feel a part of the community. "When someone steps forward and wants to run a soccer program, or any other program, that's what makes it worthwhile for me volunteering in the community". She is considering retiring next year and plans to volunteer even more of her time, especially in the area of family violence.

Volunteers such as Verna and Henry are gifts to their community.

By Rita Jandrey

Pet Corner



Elton, a 2 year old Shih-Tzu, is the only child of Amanda and Steve. Elton is very affectionate and loves kisses and cuddles--on his terms! He enjoys going to the park to socialize and to run his heart out. He is quick to learn new tricks and knows when to use them to his advantage! Elton may appear arrogant at times, but he is never far from the ones he loves!

Proud Parents:
Amanda Lewis and Steve Hobbs

Don't Poison Me...Love Fluffy

Most homeowners do the bulk of their lawn care in the spring and summer months. In the process of trying to keep your grass greener than your neighbours' grass you may overlook the potential hazards you are coating your lawn with. While fertilizers have been proven to boost the health of your grass they can also be hazardous to animals' health. Similarly, pesticides that keep insects and rodents away from your yard have been shown to be dangerous to pets.

Pet owners know that eating grass is a favorite animal pastime. Most owners try to train their animals not to chew the

grass, both for its unbecoming appearance and because animals get sick from over eating grass. The reason a pet may be getting sick from grass is often the presence of pesticides or lawn fertilizer on the yard. Researchers at the National Cancer Institute have connected frequent chemical lawn treatments to a rise in deadly cancer among household pets. It has been found that the most serious problems occurring as a result of fertilizer ingestion is due to the high presence of heavy metals such as iron in the chemicals.

Fertilizers are not as dangerous to pets as pesticides. Fertilizers that do not contain

herbicides or pesticides will not harm your pet. In fact, most fertilizers these days are pet friendly as long as you follow the instructions on the back. In general you must apply the fertilizer, water your lawn thoroughly to dilute the solution, and wait at least two days before you let Bingo or Fluffy out on the grass. To prevent other animal owners from walking their pets on your recently fertilized lawn you should alert them with a flag indicating the lawn has been coated with chemicals.

While many fertilizers and pesticides have been made to be pet-friendly, there are some you need to be especially wary of. Cocoa bean mulch is an item homeowners have used to deter snails and slugs. The mulch has been found to attract curious dogs and to act as a poison on these pooches. Cocoa bean mulch contains caffeine and theobromine, both of which are toxic to dogs. If Rover eats too much of the mulch he may die.

Some fertilizers used in other places in your yard, such as the trees, can also be dangerous. Broadleaf weed killers, which work by sticking to the leaves in your yard, can be hazardous to your pet's health.

These chemicals should not be watered down as the fertilizer only works when it sticks to the leaves for at least 48 hours. During this window of time pets should be kept away from the trees.

Although most pets exposed to fertilizers and or pesticides do not die, they can become very ill. Symptoms of pets with fertilizer poisoning are continued vomiting and diarrhea. If you think your pet has consumed fertilized grass and is experiencing the poisonous effects you should contact your vet immediately.

Remember to always look at the label warning before you apply any chemicals to your lawn. If you have concerns about the possible effects a spe-

cific fertilizer may have on your dog or cat, it is wise to call the manufacturer and make the necessary inquiries. Lastly, be sure to store your fertilizers well out of your best friend's reach, as undiluted fertilizer can be deadly.

By Tricia Stefanuik

See page 8 for tips on environmentally (and pet) friendly lawn care.

Do you have an unusual pet? Or just a very cute cat or dog? Maybe you have a funny picture of your pet. Send us a picture and up to 75 words about your pet. Mail us a print or email a HIGH resolution picture.

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Edmonton, Alberta

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Business on the Avenue



Peter Rausch
Executive Director
Alberta Avenue
Business Association
11770 - 95 Street
Ph: 471-2602
Email:
aaba@telusplanet.net

A lot has happened over the past few months as we rolled out the 118th Avenue Initiative. The initial public consultations and design charrettes have been completed, and our Association looks forward to working together with the community leagues on the next phases of this initiative. May and June will see further consultation as we work towards developing our visions for the Avenue and then submitting our requests to City Council.

While the "bricks and mortar" aspects of this revitalization

will take a year or two to complete, we are pleased that the initiative is designed to be an ongoing process. This will allow all of us to continue to work together to revitalize our area. AABA will be posting upcoming meetings on our website at www.alberta-avenue.com.

To help celebrate our Avenue, there are two events in the next months sponsored by our Association. In May we will be undertaking a "Spring Street Sweep" along 118th Avenue. In cooperation with Edmonton Transportation and Streets and

Edmonton Transit we are asking all businesses and property owners to get out and give a good cleaning to their buildings and properties -front, sides and back! Due to the length of the Avenue we are splitting the work over three days (see sidebar).

It's quite a large undertaking and we could use all the volunteers we can muster. Please call me at 471-2602 if you have any free time during these dates to volunteer!

Here's the second one to mark on your calendar. In conjunction with NAIT, the Champs Auto Race, and 40 plus car clubs in Edmonton, our Association will be sponsoring a citywide celebration of cars, people, fun and summer. "Shine & Dine" will feature over 200 custom cars, Champ cars and drivers as well as entertainment and a number of food kiosks from Avenue restaurants and food businesses.

The event will take place on Friday, July 8th & 9th at the NAIT parking lots at 118th Avenue and 106 Street, from 12:00pm to 8:00pm on both days. We hope to draw over 5,000 people from our communities and throughout the city during this event.

This is a massive undertaking and we need over 400 volunteer hours to ensure its success. If you are interested in planning and promoting this event, or can free a couple of hours during these days - please call our office at 471-2602. We are also asking that our businesses help in these events by donating prizes or gift certificates. Please call our office if you can make a donation.

These are two great chances to show the positive aspects of our area to the City - and have some fun at the same time. See you there!

Spring Street Sweep

Tuesday, May 24th,
8:00 am
Kick-off with local dignitaries and media.

This will take place at the parking lot at Coliseum Steaks and Pizza.

8:30 am - 4:00 pm
 Cleaning from Northlands to 88 St.

Wednesday, May 25th
8:30 am - 4:00 pm
 Cleaning from 88 St. to 97 St.

Thursday, May 26th
8:30 am - 3:00 pm
 Cleaning from 97 St. to 105 St. including business and properties around the traffic circle.
 3:30 pm - 4:30 pm

Hot Dog BBQ for participants

Business Spotlight

Zocalo-A Gallery Of Courtyard Surprises

SPRING FLING
 AT THE GALLERY OF COURTYARD SURPRISES

HUGE LOAD OF SPRING CONTAINERS JUST IN. THE PERFECT SQUEEZE, WHATEVER YOUR SIZE.

GET SOME FLOWERS, ORDER A CAPPUCCINO AND MAKE IT A DATE.



ZOCALO

IN LITTLE ITALY AT 10826 - 95 STREET, EDMONTON, AB (780) 428-0754 OPEN: MON-WED 10AM-6PM; THUR 9AM-9PM; FRI 10AM-6PM; SAT 9AM-5PM; SUN 12PM-5PM



There is a business in the heart of Little Italy that will come to define the neighbourhood; it will draw people from all over the city, in much the same way the Italian Centre, situated one block north, does. Its trademarks are bold and innovative design, trend-setting gardening and home decorating products, along with quality and affordability. I find myself returning over and over again. The layout is as beautiful as an art gallery, the atmosphere restorative with light, live plants and flowers, soulful music and the rich scent of coffee from their cappuccino bar.

Zocalo describes itself as a "gallery of courtyard surprises". On first approach it greets the eyes and senses with the bright bold colours of plants and home decorations. The 2000 square foot indoor space with its 13-foot high ceilings gives the viewer the impression of being in an out-

door market full of exotic and whimsical plants, gardening information, cut flowers, and tools and implements, all artfully displayed. Dominating the rear of Zocalo's is a massive hand-made pine table with chairs on each side, perfect for reading the paper and drinking your coffee or just visiting with a friend.

I am curious about the name and partners Miranda Ringma and Ken Bregensen surprise me with the definition. The Zocalo (pronounced with the accent on the first syllable) is the town square, a gathering place with benches, gardens and fountains; a place with snack vendors, kids running around with balloons and other fun things. Merchants and vendors locate their stalls in and around the square.

The couple's love of travel with frequent visits to Mexico, Guatemala Belize and other European locales led them to

imagine a Zocalo somewhere in Edmonton, an indoor place to provide relief from the long months of winter. The idea was hatched five years ago and after a long search for a location they bought the building at 10826-95 Street. Miranda and Ken were drawn to the neighborhood originally because they had lived in McCauley on and off for many years.

After exploring many other possible locations they made a conscious decision to invest in the community that would best encompass the true Zocalo idea: room for friends to visit over a cup of tea or coffee, and spaciousness for browsing through the store. The pair have a love of this part of the city with all of its diversity and untapped potential and wanted to add to the existing business life of the area. They value neighborhood street-shopping and independent retail as a contribution to vibrant city-life.

Not afraid of hard physical labour (the couple met tree planting), Ken and Miranda worked together for eighteen months on renovations, design and set-up before they opened for business in November 2003. When the derelict building next door was demolished last spring and they expanded and opened the outdoor courtyard.

Ken's background is in silviculture, the study of forestry and the planting of trees. He also worked as a landscaper for many years and studied in the Master

Gardener program at the Devonian Botanical Gardens. Miranda comes to the business with a Master's degree in philosophy, three years of teaching, and many years as the owner of a communications and editing business in Edmonton.

The couple travel three or four times a year to New York, San Francisco, Toronto, Mexico City, and other places to keep abreast of trends in gardening, floral design and home decorating. Their plants and seeds are geared for quality and survival in the Edmonton climate and Ken and Miranda, or Zocalo's other staff, offer simple instructions and good advice for any kind of plant care. And if you like orchids, Zocalo brings in the ones that have the best chance of blooming again for the novice.

This is indeed a gallery of surprises. Did I mention that they have a great line of unique greeting cards? And you will find, amid the stylish vases of cut flowers, ceramics with humour and attitude. The flowers are hand-tied and arranged in a stylish way. I have a bouquet in my living room right now that is 10 days old and still bright and healthy.

Let Ken and Miranda help you create a private zocola in your own house or yard.

By Patricia Dunnigan

DIVINE HAIRLINES AT GLENROSE

At the forefront of cutting edge technology, utilizing the most up-to-date techniques and product lines.

Tender Loving Cut, Curls, Colour
 Glenrose Rehabilitation Hospital

JUDY KOCIANCIC
 Master Hairstyling Judge



10230 - 111th Ave.
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 Walk-ins welcome

Business Briefs

Di Pietro Signs Alley, 93 Street & 118 Ave 708-3150

Through a back door of MetroTown Market, accessible only from the alley, is a new business owned and operated by Sam Di Pietro. He just recently moved his graphic design business into this space and is still in the process of painting and putting up exterior signs identifying the business. To see samples of his work check out the signs of MetroTown as well as those of the Alberta Avenue Business Association.

Divine Hairlines at Glenrose 10230 - 111 Avenue 735-8254

Tucked away in a tranquil corner of the basement at the Glenrose Rehabilitation Hospital is a hair salon few, aside from those in the hospital, know exists. Judy Kociancic leased the space and opened her business September 9, 2004. During the 41 years she has been cutting hair she has taught hairdressing at a variety of hairdressing schools and continues to be a gold and silver medalist judge at Hair Arts & Sciences. She continues to take several

hair cutting classes each year so as to remain on the cutting edge of current trends. Although located in a hospital, patients comprise only a small part of her clientele and she welcomes outside business, walk-ins included.

Center 101 Auto - Firestone 10121 Princess Eliz Ave 479-3217

Although there has been a garage at this location for some time, on January 18 of this year it became Center 101 Auto - Firestone, a Firestone franchise under new management and with almost entirely new - and friendly - staff. The office appears newly and professionally decorated. Full auto service, including air-conditioning, is available. It is open Monday through Friday 8 am - 6 pm and Saturday 9 am - 4 pm.

MetroTown Market 9320 - 118 Avenue 477-7733

'Sunny' and 'welcoming' are some first impressions on walking through the door of this new business on 118 Avenue. A wall of south-facing windows allows the sun to stream in and

walls painted purple and yellow more than compensate when sunshine is lacking. The great selection of fresh fruits and vegetables is increasing, including many less common ones.

Frozen perogies, basic refrigerated items including milk, eggs and juices and a good selection of shelved grocery items are also stocked. At the back of the store is an area marked "Bulk Sales" in which case loads of fresh produce are available. And nothin' is wasted. Produce that is on its last legs is available for farm animals and compost piles. And then there is the rather delightful area by the windows where you can sit at cafe tables, chat with a friend or read the paper and enjoy a cup of freshly-brewed gourmet coffee and a pastry. Oh, and by the way, the Grand Prize winner of the Lagostina cookware set is Shelley Simpson of Mornville.

Are you a new business in the area? Have you renovated or expanded? Do you have an open house or other special event coming up? Contact us at 479-6285 or ratcreek@telus.net and we'll do our best to get a few lines in our Business Briefs report.

By Joy Dyck



Norwood Neighbourhood Association

Invites Norwood residents to attend our *Annual General Meeting* and participate in the election of executive officers.

Wednesday, May 25th from 6:30 to 9:30
at the Norwood Family Centre 9516-114 Avenue
Refreshments will be served.

Yard Sale & Canada Day Celebration

Dig out those items that are collecting dust because you haven't used them in months! Rent a sale table and make a few bucks. Spread the word to your friends. Come out July 1st to enjoy bargain hunting, music, food, inflatables for the kids and much more.



Watch for details in the next issue or call Margaret 440-1534.

Veggies And Fruit Made Easy

When your child can choose between a vegetable snack and a processed high fat or sugary food, he will choose junk food any day. If he has the choice between the cut-up carrots in the fridge and hunger, he will choose the carrots, guaranteed. Do a pantry raid and rid the house of the less healthy choices to help your family consume five to ten veggies and fruits a day. Make healthy snacks easier by cutting up veggies as soon as you arrive home from the store. Make the healthy choice the easiest choice.

After cutting up veggies and

fruit, store the vegetables in a small amount of water, sprinkle cut-up fruit with lemon juice and place in a separate covered containers. Surprise your family with cut up pineapple after school or work.

Breakfast can be made easy and transportable. Try a banana tortilla; spread a whole-wheat tortilla with peanut butter, roll a peeled banana up in it and give to your child heading out the door for school. Instead of chopping up a fruit for cereal, just sprinkle on a tablespoon of dried fruit. Or throw fruit, yogurt and milk into a blender,

WHIRL! and pour into a large coffee cup to enjoy on the way to work.

Kids will eat veggies and dip for lunch. Choose vegetables that your child enjoys eating. Kids are super tasters, and vegetables we love can taste very bitter to a child. You can make vegetables like broccoli, cauliflower or green beans tastier by dropping them into boiling water for a few minutes until just tender, and then chill under cold water. Always place different colored veggies together like yellow peppers, cherry tomatoes, and baby carrots. Just like a

bowl full of M & M's looks appealing, so can mixed vegetables. Don't forget the low-fat dip.

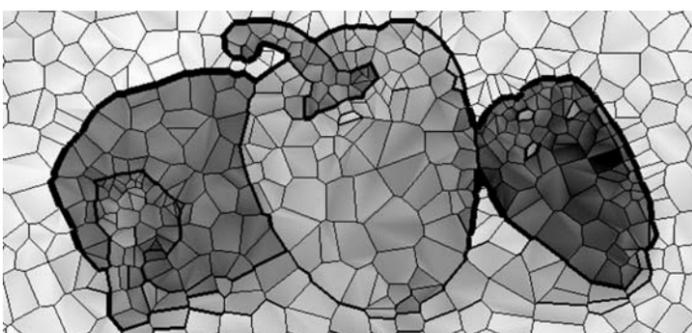
Enjoy a meal sized salad, topped with a protein food, like boiled egg, cooked chicken or smoked salmon. These are easy to make or find take out, but be mindful of the amount of dressing you add. A large salad can easily count as two or three of your five to ten vegetables and fruit a day.

For easy suppers, pull out your slow cooker and throw in cut up veggies and potatoes in your favorite slow cook recipe.

Cover with water and place in the fridge over night. Drain in the morning and add your broth and seasonings (ready from the night before), put on low, and your meal will be ready when you return home.

Have 5-10 veggies and fruits a day. This can be 1 cup of solid fruit/veggie, 1 cup of leafy vegetable or 1/2 cup of juice. You can get veggies into every meal and snack as the easy choice AND the healthy choice.

By Rainbow McBryan
Nutritionist



Area residents have a choice of 6 stores that sell produce; some are chain stores, others are small family businesses. Ever wonder which stores had the best prices? We sent shoppers out to investigate the cost of a produce basket consisting of 8 fruits and 10 vegetables (prices were checked April 23-25). There isn't a Superstore close by but we included it because many people do shop there. This is just a price comparison; quality of produce was not evaluated and may vary. While

Superstore may beat other stores on packages and canned goods, it doesn't beat many of our local stores when it comes to produce. The added benefits of shopping locally are it saves you time and gas expenses. You dollar will go further if you buy your produce at the independent stores: MetroTown's prices come in lowest, followed by the Italian Centre and then Ben's (on the items she has). So shop locally and support those small groceries and produce stores whenever you can.

PRODUCE BASKET	Price	Safe way	Save-on	Metro Town	Ben's Fruit & Veggies	Bob's IGA	Italian Centre	Super Store
FRUIT								
Apples, Gala	Lb	1.19	1.19	0.47	1.00	1.29	0.79	1.18
Apples, Lowest price	Lb	0.99	0.79	0.39	1.00	0.89	0.49	0.87
Bananas	Lb	0.57	0.57	0.49	0.50	0.59	0.59	0.56
Cantaloupe	Lb	1.19	0.68	0.82	none	1.03	0.69	0.51
Grapes, seedless	Lb	2.99	1.48	0.79	2.00	2.73	1.69	1.99
Mangoes	Each	1.59	0.98	0.99	none	0.98	0.98	0.88
Oranges, navel	Lb	0.99	0.53	0.59	0.60	0.68	0.59	0.98
Pears	Lb	1.79	1.49	1.05	1.00	1.49	1.29	1.48
VEGETABLES								
Broccoli	Lb	2.49	1.69	1.69	none	1.15	1.29	1.63
Cauliflower (head)	Each	1.86	2.99	2.19	3.00	2.99	1.98	2.78
Carrots (2 lb bag)	Bag	1.89	1.53	0.99	1.00	1.49	0.98	1.47
Carrots, baby (2 lb bag)	Bag	3.89	2.50	2.39	none	3.98	1.49	2.38
Cucumber, long English	Each	0.97	0.88	1.29	1.50	0.96	1.69	1.48
Green onions, bunch	Each	0.99	0.50	0.69	0.50	0.99	0.69	0.68
Pepper, Green	Lb	2.49	1.28	1.49	2.00	2.99	1.69	1.99
Pepper, Red	Lb	4.19	3.99	1.49	2.00	3.99	2.49	3.98
Romaine Lettuce	Each	1.99	1.29	0.69	none	1.99	1.29	1.78
Field Tomatoes	Lb	1.99	1.48	0.99	2.00	1.79	1.69	1.68
TOTAL		34.05	25.84	19.49	N/A	32.00	21.41	28.30

Spring and Gardening

Growing Things



Dawn Freeman



Dawn Freeman

Having a garden can be large and time-consuming or small and low maintenance, but just about everybody agrees that it is a lot of fun, especially for kids. How great is it to plant little seeds and watch them grow into big strong plants, how delicious to eat vegetables grown and picked "all by myself". How wonderful to be able to pick a flower to share with a friend while walking through the backyard. Gardening is a magical and very rewarding enterprise. It requires thoughtfulness, care, consistency, reliability, and hard work. In return it provides peace, beauty, confidence, boun-

ty and a sense of achievement. So whether it is a couple of planters on a balcony or an entire backyard turned over, lets get this garden started.

Ready: Brighten up those deep winter months of January and February by doing some spring planning. Hold a garden meeting with everyone involved. Make a list of what everyone wants to grow - no idea is too silly at this stage! If you are just getting started, decide how big the garden will be and if it is to grow vegetables, flowers or herbs or all three! Perhaps the kids will get their own 10' by 10' plot to design, or perhaps everyone gets

a pot each. Draw a diagram of the space and mark in everything you want to grow. Kids often have very definite ideas of what they want; this year my daughter wants to grow carrots, cucumbers, an apple tree and pink roses! Of course you can't grow everything so sharpen those negotiating skills and use them until everyone involved agrees on what is going in the ground.

Research: Once you have the finalized list it's time to find out the how's and when's of each plant. The library is, as always, an excellent source of material - books magazines and perhaps even videos. Search out the ones that have information on the plants you have chosen as well as for the climate in our area. My new favorite book this season is Lois Hole's *Vegetable Favorites*. The Internet is another excellent source, if you don't have access at home then again head to the library.

Organize: Organizing all the information is a neat project to do with kids. Make a booklet by hole punching and tying together a bunch of paper. On every page draw or glue a picture of the vegetable or flower then write out the information about how to grow it underneath. Another cool idea is a gardening calendar. Buy or make a calendar and plot out when things

need to be seeded, planted and harvested. Then just follow your own time-line!

Supplies: Time to go shopping. Go to a gardening centre to find the kids (and yourself) some good gardening gloves, as well each kid and adult should have their own gardening tools (shovel, trowel and watering can) so there's no fighting! Buy the seeds you want, some potting mix to start then off and some compost to help them grow. Go to a craft store to buy supplies to make markers for the garden plot - it's important to know what you've planted where. Start saving yogurt pots, milk jugs, large juice boxes or soda bottles to be seed growing pots.

Sow, Sow, Sow: Some plants require a longer growing season than we get here, so they need to be started indoors in March or April and transplanted to the garden when the weather warms up. If you haven't done this or didn't want to be bothered, head to a garden centre to buy seedlings. Locally, seedlings can be found at Zocalo on 95 Street.

Outside: Prepare your garden as soon as the ground is dry enough and the threat of frost is past. Turn the earth and remove any rocks, weeds or fall/winter debris that has gathered. Top up the soil if needed and add a thick layer of compost; have the kids dig it in with their new

tools or digging toys. Check out your information list for which seedlings can go outside early (some are frost hardy) and which need to be coddled. Then everyone start planting, and don't forget to put those markers in too!

Maintenance: June, July and August are the maintenance as well as reaping months. Make weeding fun for yourself and the kids. Maybe it's a race, or maybe those dump trucks can help haul it off. Teach kids to test the soil to see if it needs water, poke a finger in, and if it's dry water deeply at the base of the plant. Think about installing a rain barrel to save on your water costs. Check plants for bugs and go back to the library or computer to find environmentally and kid friendly ways to eliminate them. Harvest those delicious vegetables when they are ready and share with neighbours if your crop is bountiful; pick some beautiful flowers to have on your table or to give to a friend. Enjoy just walking around your creation.

Good Night, Sleep Tight: In September and October it is time to put your garden to bed for another winter. After the first frost pull out any plants left and compost them. Spread a layer of compost over the bed to tuck it in and say goodnight until spring comes again.

By Dawn Freeman

Gardening ideas

Make A Garden Journal.

Buy or make a journal.

Take photos every week or so, write out what worked and what didn't and what to try next time.

Draw pictures of the garden.

Keep a record of the best thing grown or most delicious thing made from your own produce.

Resources

Magazine: *Alberta Gardener*

www.localgardener.net/alberta

Books: Check out the many book by the Hole's family including

Vegetable Favourites

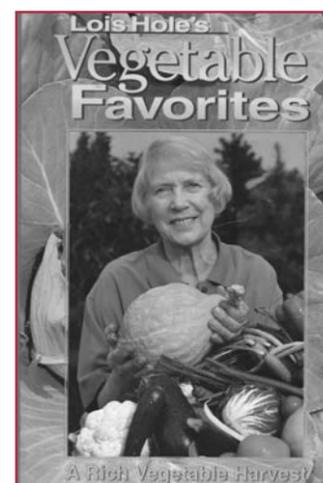
www.icangarden.com

(Check out *Kidz Korner*)

www.blm.gov/nstc/soil

(Check out *Just for Kids*)

www.kidsgardening.com



C.A.P. Head Start Program Now accepting Registrations for 2005 - 2006 School Year

C.A.P. Head Start is a free preschool program for children aged 3 1/2 to 5 years old, from low income families, living in the Boyle/McCauley, Parkdale, Delton and Alberta Avenue areas.

The C.A.P. Head Start program helps children develop the school readiness skills needed for kindergarten and grade 1.

C.A.P. Head Start children belong to a wide variety of cultural backgrounds. We strive to build ethnic pride and multicultural awareness in honour of this diversity.

C.A.P. Head Start is located at 11035-92 Street. Children attend either morning or afternoon sessions, Monday to Thursday, through the regular school year. Busing to and from the program is available at no charge. Some parental participation is required. For more information, please contact Elizabeth at 422-7263.

Want to stretch your food dollar? Want to help those in need in the community?

You can do both by participating in a community food basket program called **Sharing and Responsibility** run by the **Branches of Life Society**. The Society donates \$2 from each basket to PAAFE to use for housing needs. And they encourage you to volunteer 2 hours a month for the program or the community or look for way to do random acts of kindness.

Conventional Basket

3rd Saturday of the month
Basic fruits & vegetables
1 pkg chicken (legs or thighs)
1 pkg natural ground beef
1 pkg cheese
Cost \$20 (Value \$35)
Next Delivery: May 21st
Payment due: May 14th
Contact: Betty Ann
474-5546

Organic Basket

1st Wed of the month
Organic fruit
Organic vegetables
Cost \$25
Next Delivery: June 1st,
6:00-6:30pm
Payment due: May 25th
Contact:
Dorothy 466-5707

PICK UP for both baskets is at 9142-118 Avenue
(use the front doors on 118th Avenue)



Northlands - Creating a New Tomorrow

Northlands Park has a vision for the future that will serve this community and the entire region better. As we build business, agriculture and entertainment opportunities for the future, we value your support. As community partners, we want to share this vision with you.

Please join us at one of the following meetings to hear about our revitalization plans within our site.

Eastwood Community League (11803-86 Street), Saturday, May 7 at 1 p.m. or

Alberta Avenue Community League (9210-118 Avenue), Tuesday, May 10 at 7 p.m.

For further information, please contact Cheryl Schneider at 471-7336 or e-mail: redvelopment@northlands.com

Building a Composter

My first composter was a pile in a corner of my backyard. It worked fine, but it was messy and the dogs tended to play in it. Plus, it had to be turned over from time to time to accelerate the process, requiring more space and making more mess.

Then I discovered I could make a composter box out of those wood pallets used to ship all kinds of heavy or not so heavy equipment. I went looking for them, at work and in the back of warehouses and got 6 pallets free or for a few dollars. I used 2 to build the back of the composter, then put 1 pallet at each end plus one in the middle. For the front part, I cut one pallet in half and nailed each half in front of the cubicles so created.

My 2-cubicle composter sits straight on the ground. In one side I pile the grass clippings, kitchen scraps, the leaves - anything that is vegetable and not cooked (plus egg shells of course). Within 2 days, it is so hot you cannot leave your hand inside the pile. After a week or so, I fork everything over to the other cubicle, and so on. In the fall or in the spring (a few weeks

before turning it over), I empty the whole thing into my garden. Et voilà!

I also have an "express composter" because I found that the



continually added kitchen scraps sometimes don't have time to disintegrate in the regular one. It was quick to make and has a much cleaner appearance.

I got a plastic barrel and lid from the Italian Center; those they apparently use to ship olives (cost: \$25). I used the drill to punch holes all around, and there it is. It stands not far from my back door. I put in it a few shovels from the big composter, then all the kitchen scraps as they become available. Once a week I "roll" it around the yard (just a return trip to the end and back). When half full I stop adding to it and generally the

following month I have a good compost I can either use in the garden or the flower beds.

One pallet or a few non-painted boards and chicken wire can also make a 2-cubicle composter. Plant 4 five-foot 2x2 in the ground to form a rectangle of the desired size. Cover the sides and the back with chicken wire. Plant another post in the middle, against the back, and yet another in the front (or use the single pallet). Use them as support to nail a few boards across for the middle partition, and a few boards halfway up in the front.

Now remember to add a few shovels of soil when the pile of compost material grows. Remember also that horse or cow manure is good but dog poop is not recommended for a vegetable garden. It can be composted, but it is safer to use that compost only for your flowerbeds. I am told the little red wigglers do an excellent job at composting quickly, but I have never tried them, as well, they do not survive the winter. I do however have many of the regular wigglers in my garden.

By René Ladsous

Organic Lawn Tips

-In spring gently rake the lawn to remove fall and winter debris and to lift grass and weed foliage for efficient cutting. Resow bare patches so weeds do not take over.

-Aerate yearly to ensure that moisture and fertilizer can reach roots.

-Use organic fertilizer in the spring or fall. Test the pH of the soil and add what is needed to make it optimum for great grass growth (6.5 to 7). Using Corn Gluten Meal will stop the growth of many weed seeds before they germinate. It is both a fertilizer and a herbicide. Corn Gluten Meal, sold under the name TurfMaize is now available in Canada. Find it at the Big Fresh and Earth General Store in Edmonton.

-A higher mowing height (3 to 4 inches) will keep weed seedlings in the shade thus denying them sunlight to grow. Keep mower blades sharp so that the grass is cut not ripped.

-Leave clippings on the lawn, they become fertilizer for the grass.

-Water infrequently but deeply to force grass roots to burrow

deeper into the soil, then weeds with shallower roots will dry up while the grass is still able to access the deeper water. Water the lawn in the morning. Water about 1/2 inch, wait an hour, then water another 1/2 inch again to ensure good absorption.

-Hand-dig mature dandelions. Control bugs naturally. One method is to mix dish-wash soap with water as a spray, vinegar and water can help eliminate fungus.

On-line Resource list

www.richsoil.com
<http://www.immuneweb.org/articles/lawncare.html>
www.members.tripod.com/~Gardeningguru/index-11.htm
www.bbc.co.uk/gardening/basics/techniques/organic_lawn-care.shtml
www.organicgardening.com
www.allaboutlawns.com - has a list of Edmonton companies that use a particular organic product
www.caps.20m.com - Canadian list of organic landscapers
www.gardensalive.com
www.pestinfo.ca - responsible pest management articles

Compiled by Dawn Freeman



Uplifted diner food

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simplecreativefood

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



Bjorn & Brenda
Cafe and Catering

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Ph: 424-6823
absolutelyedibles.com



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ONLY **\$8.95**
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Upsize to XL for an extra **\$2.00**

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FAMILY PACK

2 large pizzas with up to 3 toppings
1/2 kilo of wings
1 litre of Pepsi
\$27.95 + gst

Pick up or delivery only

Our Second-Hand Trip



Amanda Lewis

Justine and Charlotte were given the mission to buy a fabulous spring outfit for just \$20. This is their story...

It started like any other day.....

Except for the fact that we spent our morning devouring our many fashion magazines, looking for any fashion statements that caught our eye. Once we had ripped out all our favorites (that was a lot!!), we cut down to a reasonable amount of inspiring photographs to carry with us. Many of Charlotte's favorites included the layered t-shirt effect and classic jeans, while Justine leaned towards the more classy style such as blazers and skirts.

Our shopping trip began at Value Village, where we were able to find Charlotte's hot pink American Eagle t-shirt, and Justine's Susan Bristol black blazer. After a few more times through the racks and racks of clothing, we headed towards Salvation Army. The place was pretty bare, and we almost gave

up, until Justine spotted a pale pink Jacob shirt.

It worked perfect under Charlotte's American Eagle tee. On the way to the cash counter, we spotted a perfect clutch that completed the whole outfit. Justine was still in need of a shirt, so we continued our search at the Bissell Centre. Among the blouses, we found a fitted blue striped Club Monaco dress shirt. What luck!

10 days later.....

In preparation for our photo shoot, we had a hair appointment at Timothie Hill Hairdressing. Timothie started with Charlotte's hair, putting lots of pre-curl product into it, and then using hot curlers. After they were all put in, she went under the hot air cap.

Meanwhile, Timothie took one look at Justine's short self-cut hair, and told her she was getting a shorter trendier cut. Once he was done cutting her hair, she had a great haircut. (Charlotte was sitting patiently under the hot air cap all this time). But because of previous

attempts at dyeing her hair, Justine was left with leopard print hair coloring.

The solution was a new hair color. Timothie found a great Fiery Red color in his cabinet. Once it had been applied to Justine's hair, it was her turn to sit under the hot air cap. While Justine's hair was setting, Charlotte's curls were styled into the perfect wind blown effect Timothie was looking for. Soon after it was time for Justine's dye to come out. Her hair was dried, styled, and product added. Both ended up with very chic hair dos.

Later that day.....

After the glitz and glam of having our hair done and perfectly applying our make-up, it was time to head to the photo shoot. It was a windy afternoon, and Borden Park was the destination of choice. Our photographer, Amanda Lewis, was amazing. She gave us tons of direction, and was very skilled in choosing original poses, yet made sure we were posing naturally and with awesome backgrounds. We also had a variety of props to add diversity to our pictures.

The overall experience was great. We were able to find trendy outfits on a small budget. Our hair appointment was an opportunity to find new ways to style our hair. The photo shoot was a chance to just let loose and find a whole new side of us. It was fun to get a taste of the modeling life.

By Justine Dyck and Charlotte Taverner



Amanda Lewis



Amanda Lewis

Any other teens out there with story ideas? Would you like to see your words in print? Contact us, we'd love to hear your ideas. We can help you work on a story or pass the idea on to someone else. Phone 479-6285 or email ratcreek@telus.net



Joy Dyck

Amanda Lewis

specializes in creating portraits on location in a place that is meaningful to her clients. She adores capturing beautiful images of children, pets, couples, families and individuals. She graduated from Nait's Photographic Technology program in 2004. Amanda is committed to making your experience fanciful, fresh and fun! You can contact Amanda at 780-887-8812 or whimsyphoto@shaw.ca

Pint Size Fashions



Karen Mykietka

Two year old Sadie got a head-to-toe spring outfit from Value Village for only \$10.49. A blue/white/lime green/yellow Kerchief with checker squares alternating with squares of flowers, \$0.49. A Northern Getaway size xxs tank top; yellow with embroidered blue & pink flower on the front and the top half lined with lime green tank and straps, \$2.99. Please Mum size 24 month pants; lime green with 2 navy strips down the side of each leg, \$3.99. And pink Size 7 River Sandals by Grendene, \$2.99.

Your Child's Development 18 months to 3 years



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 or his greatest potential. The following information has been adapted from various sources including the Region 6 Child and Family Services website and Invest in Kids.

Physical Development

Your child will:

- Learn to go up and down stairs, usually one step at a time. You will need to stay with them to provide support, encouragement and safety.
- By about 24 months, begin to ride a tricycle; throw and kick a ball; jump and climb.
- Put on simple clothing.
- Hold a crayon with fingers and have increased eye-hand coordination.

-Be able to do fine motor tasks like handle small toys, puzzles, use small eating utensils and handle building blocks.

-Gain bladder and bowel control.

You can:

-Provide lots of support and encouragement. Let your child know that these things happen slowly and over time.

-Continue to provide support and protection but allow your child to feel a little independence.

Intellectual Development

Your child will:

- Learn to scribble and may begin to draw.
- Talk in sentences and speech is understandable some of the time.
- May begin to use pronouns like I and you.

You can:

- Provide your child with crayons, paper and a space to draw.
- Talk directly to your child and encourage appropriate language.

Emotional Development

Your child will:

- Express feelings verbally, initially with single words but

eventually in short 2 to 3 word sentences.

-Show sympathy.

-Refer to self as I and me.

-Be able to be separate from caregivers for short periods.

-Recognize people outside of immediate environment.

You can:

-Encourage your child's expression of emotions and help your child to put names to feelings.

-Provide a positive role model so your child will begin to model his or her self after the adult caregivers.

-When reading to children talk about the emotions that are in the story. You can say things like "Baby bear looks sad. Do you think he needs a hug?" This can help your child to put words to their own feelings.

Social Development

Your child will:

- Play with other children and can sometimes play cooperatively.
- Wash and dry own hands
- Become toilet trained.
- Test boundaries and limitations and learn to say NO.
- Learn to consider needs and

feelings of others.

-The world expands beyond home to the outside world.

You can

-find opportunities for your child to interact with other children.

-Check with your local library, community league or even call us at Success by 6 to find opportunities.

Moral Development

Your child will:

-Begin to learn about right and wrong.

You can:

-Positively reinforce good behaviour.

-Reward your child with hugs, positive words and special activities.

These are important developmental times for children. All children develop at different rates. Provide lots of stimulation through books, toys, playtime with others and your child will thrive. These stages are only guidelines. If you have any concerns about your child's development, check with your own family doctor or the local Public Health Centre.

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

Anger Management for Parents



Five moms met with Carolyn from the Family Centre on Monday, April 11 to discuss anger management. Anger Management for moms? What do moms have to be angry about? It turns out taking care of small children is a stressful job! When you combine lack of sleep, constant physical and emotional demands, isolation and lack of mental stimulation (i.e. no time for friends or recreation) in a 24/7 job, you have a recipe for anger.

Anger is a secondary emotion that erupts when stress builds up to an unmanageable level. Stress results from painful emotions such as anxiety, fear, depression, hurt, guilt, and feelings of failure or helplessness, and also from physical pain like muscle tension, headaches and fatigue. Stress builds up from the frustrations of not being able to meet your own needs or wants, and is also caused by the perception of threat; feeling attacked, suffocated, and abandoned all result in stress.

If you have unmanaged stress, you will have anger. Some people express it outwardly by shouting or hitting. Some bottle it inside where it can result in physical symptoms such as headaches, stomach problems, backache, sexual problems, or other physical complaints. Some turn the anger on themselves where it develops into depression or suicidal thoughts. Some become passive aggressive, denying the feeling verbally while giving out clues in behavior about how they really feel. It can also come bursting out and hit people who have nothing to do with the problem being experienced.

There are lots of stressors involved in being a parent. Paying attention to what is causing you stress and finding ways to alleviate as much as possible, will go a long way to reduce the amount of anger you experience. Some things that can help are: relaxation, exercise, a healthy diet, a network of friends, cre-

ative activities, exploring the "shoulds" in your life (finding out where you put stress on yourself with your expectations) and avoiding negative self talk.

For parents, it is important to make time for yourself and as a couple. It can help to accept that you might not get anything done today besides caring for your kids. (No laundry, no cleaning, no homework, no reading, no phone calls...). It is important to be clear with your spouse or support network about what kind of help you need - everyone in the group agreed that if you don't ask for it, you won't get it.

Partners are often willing to help in whatever ways are needed, but if you don't tell them you want the dishes done at the end of the night, or the living room picked up each day, they might not do it. And if you don't schedule breaks for yourself, you won't get them.

The best way to reduce stress, and therefore anger, is to organize your life so your needs are getting met - sleep, recreation, friends, home under control. Life with small children is going to be challenging but it's easier if you can get yourself some breaks and ask for the kind of help you need.

So if you find yourself getting angry with your kids, your partner or yourself, look at your life and try to identify the sources of your stress. Then make a plan to tackle that stress. Ask for help if you need it from friends, family or community groups such as the Family Centre. And be kind and patient with yourself - you can make the changes needed for a (relatively!) stress-free life!

GREEN FROGS



Neighbourhood Pub
9349 - 118 Avenue
479-7902

Drink in a safe place

- Free Snacks**
- Free Pool on Mondays**
- Free Karaoke for parties (15+ people)**

Karaoke
Over 100,000 karaoke songs
Special shooters 2 for \$5.00
Available Wednesday and Saturday
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Everyday Specials
12 oz mugs of beer **\$1.75**
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Michele Rouble - Consultant
A7906 - 122 AVENUE
EDMONTON, AB
T5B 1A2
780-477-9777

Lunch and childcare were provided free of charge at this workshop. Funding for this

workshop series was provided by a grant from The Kristy Foundation.

By Kathleen Arnold

Play & Save: Low Cost Summer Program Guide 2005

REGISTER EARLY

Early registration will take place in your communities at the following locations:

Alberta Avenue Hall
9210-118 Avenue
Wed, May 11, 5pm - 7pm

Spruce Avenue Hall
10240-115 Avenue
Thur, May 12, 5pm - 7pm

PRE-SCHOOL CAMPS: All preschool half-day programs include early drop-off 15 minutes before and late pick-up 15 minutes after the program.

A,B,C's and 1,2,3's (3-5 years). Learn your ABC's and 123's, colours, tones, and other fun stuff. Through a variety of songs, games, stories and crafts, children will get a head start on the new school year.
July 25-29, 9:00-11:30 a.m. at Sprucewood Library (11555-95 St) Cost: \$12. Code: 172541

Hop To It (4-6 years). Come groove to the beat and move to the music. This program will help your child get a feel for the music and learn some basic dance moves.
July 18-22, 9:00 - 11:30 a.m. at Oliver Hall (10326-118 St). Cost: \$13. Code: 172540

Kinder Art (3-5 years). Young artists will love creating their own masterpieces by molding clay, smearing paint, and squishing dough.
August 2-5, 9:00 - 11:30 a.m. at Sacred Heart School (9624-108 Ave). Cost: \$11. Code: 172542

Kinder Cooks (3-5 years) Learn to cook up some yummy treats! With a cup of games, a tablespoon of songs and a sprinkle of crafts, you'll have a recipe for fun.
July 11-15, 9:00-11:30 a.m. at Queen Mary Park Hall (10844-117 St.) Cost: \$12. Code: 172538
August 15-19, 9:00-11:30 a.m. at Queen Mary Park Hall (10844-117 St). Cost: \$12. Code: 172539

Kinder Sports (4-6 years). Children will have a ball and learn some basic skills playing cooperative sports and games like tee ball, bowling, mini soccer, obstacle courses, relay races, nerfing, and more.
July 25-29, 1:30 - 4:00 p.m. at Queen Mary Hall (10844-117 St). Cost: \$12. Code: 172553
August 2-5, 1:30-4:00 p.m. at Alberta Avenue Hall (9210-118 Ave). Cost: \$10. Code: 172556

Out 'n' About (3-5 years). It is a bug's eye view of the outdoors as

children discover nature through games, songs, and crafts. Nature walks, bird watching, and bug spying are all part of the fun.
August 8-12, 1:30-4:00 p.m. at Sacred Heart School (9624-108 Avenue). Cost: \$12. Code: 172580

Puppet Theatre (3-5 years). Come join us for a week of puppet making, story telling and crazy, zany games. Take part in a puppet show and take your own puppet home.
July 4-8, 9:00 - 11:30 a.m. at Alberta Avenue Hall (9210-118 Ave). Cost: \$12. Code: 172537

T Rex and Friends (3-5 years). Dinosaurs galore! From the gentle giants to fierce meat-eaters, learn all about these prehistoric creatures by playing games, making crafts, singing songs and listening to stories.
July 4-8, 1:30-4:00 p.m. at Eastwood Hall (8524-118 Ave). Cost: \$12. Code: 172544

HALF-DAY CHILDREN'S PROGRAMS: All half-day programs include early drop-off 15 minutes before and late pick-up 15 minutes after program.

Art Alive! (6-9 years). Explore the world of art in this program; sample everything from molding clay to paper mache.
August 22-26, 1:30-4:00 p.m. at Spruce Avenue Hall (10240-115 Ave). Cost: \$13. Code: 172689

Kitchen Kapers (6-12 years). Mix, measure, cook and eat. You will make special treats in the kitchen or over a fire in the outdoors. Children will create their own personal recipe book to take home
August 15-19, 1:30-4:00 p.m. at Queen Mary Park Hall (10844-117 St). Cost: \$12. Code: 172688

Move and Groove (6-9 years). Explore basic movement through various dance forms like jazz, rock 'n' roll, line dancing and ethnic dance. There will be a performance for parents at the end.
July 18-22, 1:30-4:00 p.m. at Eastwood Hall (8524-118 Ave). Cost: \$13. Code: 172605

FULL-DAY CHILDREN'S PROGRAMS: All children's full-day programs run 9 a.m. to 4 p.m. with early drop-off at 8 a.m. and late pick-up until 5 p.m.

Adventure Us (6-12 years). Join us for a week of fun! Exciting days of active sports and games, arts and crafts, songs, and nature activities.
July 18-22 at Alberta Avenue Hall (9210-118 Ave). Cost: \$22. Code: 172738.

August 15-19 at Sacred Heart School (9624-108 Ave). Cost: \$22. Code: 172788

Center Stage (6 - 12 years) Does your child have the acting bug? Bring them to Center Stage to learn mask making, drama games, and theatre sports. Be ready for some serious story telling and acting up! Sacred Heart Elementary School 9624 - 108 Avenue Date: July 11 - 15 Cost: \$22 Code: 172691

Just for Girls (8-12 years). It is exciting, active, fun and only for girls. Come out to enjoy a variety of activities including games, sports, arts and crafts, drama and a field trip planned by the girls.
July 25-29 at Sacred Heart School (9624-108 Ave). Cost: \$25. Code: 172739

Kids with Capes (6-10 years). What kind of super hero would you be and what super powers would you have? Enjoy a week of

super hero challenges and design your own costume and mask and record your adventure in a comic book with you as the hero.
August 8-12 at Eastwood Hall (8524-118 Ave). Cost: \$22. Code: 172742

Outbound Adventure (9-12 years). Adventure into the outdoors and discover activities such as in-line skating, orienteering, archery, biking, ropes, canoeing and swimming.
August 2-5 at Woodcroft Hall (13915-115 Ave). Cost: \$21. Code: 172740
August 22-26 at Sacred Heart School (9624-108 Ave). Cost: \$26. Code: 172741

Sportin' Around (8-12 years). If you would like the opportunity to try a variety of different sports like soccer, flag football, ultimate Frisbee, come on out! Skills are varied but smiles are mandatory.
July 4-8 at Spruce Avenue Hall (10240-115 Ave). Cost: \$22.

Code: 172690
WATERIFFIC
Wateriffic registration made easy: In order to receive this discounted rate for swim lessons, you must drop by one of our early registration locations for a Wateriffic "Letter of Confirmation." You will then be required to take this letter to one of the pools listed below to register.

All summer swim lessons are 2-week programs.
Dates: July 4-15; July 18-29; August 2-12; August 15-26.

Time: Preschool lessons are 1/2 hour. Children's lessons are one hour.

Cost: \$5. Maximum two programs per person

Pools: Jasper Place Leisure Centre, Grand Trunk Leisure Centre, Eastglen Leisure Centre, Londonderry Leisure Centre and O'Leary Leisure Centre.

Some restrictions may apply. Levels available may vary by site.

EDMONTON CATHOLIC SCHOOLS

Announces the **JEAN FOREST Junior High Leadership Academy!** (for All Girls)

with a special focus on developing leadership skills

Beginning with Grade 7 for September 2005 at **St. Basil School - Busing will be available**
10210 - 115 Avenue, Edmonton, Alberta T5G 0L8

(St. Basil also offers the K-9 Polish Bilingual Program)

For more information please contact
Jacquelin Dahlen at 477-5725

Faith and Choice
EDMONTON CATHOLIC SCHOOLS



CITY CENTRE EDUCATION PROJECT

Edmonton Public Schools (EPS) is committed to improving student achievement and to making sure students get the support and resources they need to reach their full potential.

That's why EPS created the City Centre Education Project (CCEP), an innovative collaboration that allows seven different city centre schools to combine resources, energy and talent, and offers enriched learning opportunities for all students.

Mission

All students will complete high school.
Students in city centre will receive excellent education with enriched environments and experiences.
Equality of opportunity requires **INEQUALITY** of resources.
Strong relationships and partnerships are the foundation of our success.

Instructional Focus

Pillar 1
Instructional Programming -
How do we teach?
Pillar 2
Interagency involvement -
How do we involve others to support learning?
Pillar 3
Organizational -
How do we organize to support learning?

Schools

Delton (K-6)
12126-89 St, Ph: 477-8742
Principal Gary McCorquodale
gary.mccorquodale@epsb.ca

Eastwood (K-6)
12023-81 St, Ph: 477-2352
Principal Paul Gish
paul.gish@epsb.ca

John A. McDougall (K-6)
10930-107 St, Ph: 426-0205
Principal Arlene Bowles
arlene.bowles@epsb.ca

McCauley (K-9)
9538-107 Ave, Ph: 424-4121
Principal Brad Mamchur
brad.mamchur@epsb.ca

Norwood (K-6)
9520-111 Ave, Ph: 477-1002
Principal Heather Raymond
heather.raymond@epsb.ca

Parkdale (K-9)
11648-85 St, Ph: 477-7443
Principal Marlene Hanson
marlene.hanson@epsb.ca

Spruce Ave (K-9)
11424-102 St, Ph: 479-0155
Principal Nancy Petersen
nancy.petersen@epsb.ca

Colin Inglis Coordinator

12023 - 81 Street,
(Eastwood School)
Ph: 471-2630, Fax: 474-7693,
Email: colin.inglis@epsb.ca
Web: www.ccep.epsb.ca

Schools are currently registering for September 2005. Please contact the school principal for more information.

Sports & Fitness



Our free soccer camps with Concordia Thunder Men's coach Sasha Samadi were a huge success. There were 18 kids at the March 28 & 29 Soccer Camp. Nine year old Jessie, seen blocking in the picture, said, "It was good, I learnt to dribble the ball!" Cordell, age 7, also learnt new skills, "I learnt to use the inside of my foot to kick with. It was a lot of fun." The camp gave 10 year old Isabella, a novice, a chance to check out the sport, "I never played before, now I definitely will play again." Coach Sasha

Samadi said, "With so much interest we will need to hold it in a bigger facility next time!"

Thanks to Coach Samadi for running four outstanding sessions with our local players and agreeing to facilitate a fifth camp. His knowledge, skill and wit make for an excellent learning experience (for both players and parents!) in a really fun environment. Soccer is a great way for kids keep fit, learn new skills, make great friends and represent their community in organized sport.

kids have a blast learning their new skills in fun games and activities.
July 18-22 from 9am-12pm.
Location TBA. Cost: \$50.
Instructor: Shauna Dowson.
Registration Deadline: June 30.

It's Not Sports Art Camp (6-12 years)

I know it is not SPORTS!! For all those youngsters who find excitement in creativity...call it brain exercise! Pick a medium - painting, drawing, mixed media, sculpting, cartooning, chalk, charcoal, masks or printing and art instructors teach the tools for kids to create masterpieces from landscapes to drawing in motion to small base supported sculptures!

August 15-19 from 9am-12pm.
Location TBA. Cost: \$50.
Instructor: Shauna Dowson.
Registration Deadline: June 30.

Soccer

The outdoor season is here and our soccer program quickly returned to fine form. Alberta Avenue, Eastwood, Parkdale-Cromdale and Elmwood Park now have an under 6 team, an under 8 team, an under 10 team and an under 12 team! We also have a fantastic pre-school soccer program that has close to twenty-five kids enrolled in our May session. Here's hoping every player has an excellent season and enjoys representing her or his community in a fun and exciting sport.

I would like to thank the following community members for lending their experience, expertise and time towards coaching our soccer squads: Barry Gabbruch (U12 Avalanche); Marcos Manuel Garcia (U8); and Lance Vandenberg (U6). And thanks to Christine Zuk for "piloting" the soccer program through registration and into the season.

Pre-School Soccer (3-5 year olds)

Learn instep pass, shooting, dribbling, throw-ins, stopping a ball, co-operative play and game simulation. Tag games, keep away games & mini-games. 6 Mondays, June 20 - July 25 from 5:30-6:15 at Alberta Avenue Community Field. Cost: \$40.00. Instructor: Shawna Dowson.

Outdoor Soccer Camp (8-12 years)

The camp will focus on techniques including dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading. The camp is free and concludes on both days with a short game and pizza!
June 4 & 5 from 1 pm to 3pm at Eastwood School. Instructor: Sasha Samadi

Registration

To register for any community league sports program or fitness class:

Call Brad MacCallum, Community Sports Coordinator for Parkdale-Cromdale, Eastwood, Elmwood Park & Alberta Avenue Community Leagues at office: 479-2313 cell:

982-3052.

Then bring cheque or cash to one of the following locations, whichever is most convenient.

Eastwood Hall 10am-2pm on Mon, Wed, or Fri.

Parkdale-Cromdale Hall 11am-2pm on Mon, Wed or Fri.

Alberta Avenue Hall 5:30pm-7pm on Thur or Fri.

Your registration must be confirmed by payment of fees (if applicable) 3 days prior to the start of the class. Did you know that community league members can work bingos to offset their registration fees? Call Brad for details.

Brad would also love to hear your ideas for the Community Sports Program!

Adult Fitness

Yoga and Pilates are great ways to increase strength and tone the entire body! Come enjoy movements that work both the body and mind. Strengthen your core muscles and take stress of your lower back. Learn to control your breathing, relieve tension and increase your self-confidence.

Intermediate Pilates

4 Tuesdays, May 17 - June 7 from 6pm-7pm at Parkdale-Cromdale Hall. Cost: \$20.00. Instructor: Rhiannon Faragher.

Morning Stretch/ Beginner Pilates

4 Tuesdays, May 17 - June 7 from 10am-11am at Parkdale-Cromdale Hall. Cost: \$20.00. Instructor: Mirella Zadkovich

Pre-School Gymnastics

Kids that need to burn off some fuel? Want to give your little ones some social time with other "little people"? These activities will do both plus teach some valuable skills such as

coordination, flexibility and friendship!

Toddler Tumbler

(18 months-3 years)
Exploring movement patterns and kinesthetic senses using gymnastic stunts, gymnastics apparatus & games. Parent Participation required.
6 Thursdays, May 19 - June 23 from 9:30-10:15 at Eastwood Hall. Cost: \$40.00. Instructor: Shauna Dowson

Pre-School Gym

(3-5 years old)
Introduction to tumbling movements on mats, progression to balances on beam, jump sequences on box horse & fabulous activity related games.
6 Thursdays, May 19 - June 23 from 10:15- 11am at Eastwood Hall. Cost: \$40.00. Instructor: Shawna Dowson.

Summer Camps

Here a couple of ways to keep your kids busy during the summer. More camps will be developed as the summer gets closer. If you have any question or ideas regarding summer camps contact Brad MacCallum at 479-2313.

Basketball 101

(7-12 years)
Hot-dogging on indoor or outdoor courts, participants learn to dribble like the Globe Trotters & shoot like Micheal Jordan or LeBron James. Rules of the game are introduced and

Out of This World Writing Contest At Sprucewood Library

Show your show in this inter-galactic writing contest. Whether a tale of terrestrial turmoil or a poem of planetary pursuits, let your imagination run wild in a space-age story. Entries must be space-themed, to a maximum of 750 words. Contest deadline: August 20. Prizes will be awards in two age categories. Entries accepted beginning June 25.

Solid Rock Evangel Church

Meeting at Chapel Colosseum B&B

11827 - 85 Street

Worship: Sundays 11am;

Wednesday 7pm

Pastor: Stanley Burdett

Ph: 463-5950

All Welcome

Arcade Flooring and Supplies

- CARPET & LINO REMNANTS
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11714 - 82 Street
Edmonton, AB T5B 2W1
Tel: (780) 944-9300
Fax: (780) 477-5526

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

The Prostitution Dilemma: Exploitation, Nuisance Activity or Consumer Product?

On March 31st, four members of the Parliamentary Sub-Committee on Solicitation Laws spent a day in Edmonton listening to experience, fact and opinion from a diversity of presenters. The Edmonton stop was part of a cross-country tour to gather input for recommendations the sub-committee hopes to make in June. A public session was held in the morning; the afternoon was a closed session where the members could listen to the stories of those with past or present experience on the street or inside (escort, massage).

The debate centers on whether prostitution is work, named "sex work", and therefore should be regulated as any other form of work governed by labour, health and human rights standards. Or is prostitution a form of exploitation and violence against vulnerable people, starting with children? What is often lost in this debate is that the average age of entry into prostitution is around fourteen. The 25 year old woman standing on the corner did not choose prostitution as her job from a range of options at the high school career fair. Chances are, she wasn't even in school.

PAAFE's stance is that prostitution, and related drug-trade activity, harms many individuals, families, and communities. We all pay as taxpayers for increased policing, courts, jails and other costs. PAAFE does not think a red light district or the repeal of all the solicitation laws will help anyone. PAAFE is committed to chipping away at the root causes of exploitation, poverty, abuse and system barriers that keep people trapped.

PAAFE works through partnerships to implement strategies that create hope and positive social change. One of our starting points is listening to the stories of families:

§ the family who has a daughter harassed by johns and recruiters as she walks to school

§ the family who has a daughter/son on the street enslaved by drugs or pimps

§ the family who has a mother turn to prostitution to buy baby food or to pay rent, phone and power bills

§ the family who runs a small business and loses customers due to prostitution activity,

§ the family who has a father/son/brother who cruises and picks up children/women.

A second starting point is to take what exists in the policing and criminal justice system and work with partners to create innovative approaches that foster positive change. The John school gives first time-offenders a chance to learn how their actions have hurt others and to challenge them to turn their lives around. The Diversion program gives prostituted individuals a chance to connect to community and government resources to rebuild their lives. The Drug Treatment Court gives individuals a

chance to address their addictions in a holistic way that helps them look at why they use drugs and what they can do to regain power in their lives.

One important fact for all taxpayers to know is that it costs \$103 per day to house someone in the provincial jail, and even more at the Remand Centre. The 15 bed-transitional housing program run by Crossroads cost \$64/day to run. It closed because no funder would commit to operating costs. Where do we want to spend our taxpayer dollars when it comes to dealing with prostitution offences? Surely we can be more creative as a society.

When over 50% of those who ask for help from our Diversion Program have no safe, healthy place to live, why can't we shift our energies to creating these options? When over 50% are struggling with addictions, why can't we have more detox beds and shorter waiting times for treatment? People often recycle back to the streets and back to jail. PAAFE works to break this cycle, but resources and real options are limited.

It frustrates many Canadians that there is no simple solution and there is no quick fix. Some call for a "red light zone" as the way to stop prostitution activity from victimizing residential communities. What is lost here are the two other parties - the buyers (johns) and the profiteers (pimps, drug dealers, organized crime, entertainment industry). Red light districts make it acceptable for men to consume and for profiteers to make money off the sale of human beings. One Amsterdam Sex Crimes detective said, "we never counted on the Russian mafia when we set up red light districts". What about holding the buyers and profiteers accountable for the harm they cause?

PAAFE has researched Sweden's bold approach to prostitution, where it has been defined as a form of violence against women, children and vulnerable males. Sweden decided to tackle prostitution by going after the demand side and created a law that prohibits the purchase of sexual services. In addition to the law, the government committed resources to help women leave prostitution and recover from the violence. Furthermore, all addicted persons have access to treatment on a timely basis.

It's the two things working together - laws and services - that makes the difference. There was an immediate decrease in street prostitution. Five years after the law and social services were in place, 80% of the Swedish population supported this unique approach. Of the 20% who oppose it, 14% are men and 7% are women. Laws themselves are only part of the solution and always need to be reviewed periodically to reflect changing realities. It's the vision behind the laws that is most important.

With this in mind the PAAFE

Board decided to draft a similar law that reflects the Canadian reality and will lobby to bring it to Parliament. Our version recognizes the power imbalance between the buyer and the prostituted person. It recognizes the impact of street prostitution on families and communities. We define vulnerability, and challenge our government to protect vulnerable persons. For example, in Edmonton, we need first step housing for women who are struggling with addictions and homelessness. We need a place for outreach workers, beat officers and vice officers to take youth and women when they say, "I want off and I don't have a place to go". This is just one thing that would make a radical difference here, with long lasting results.

Vancouver MP Libby Davies advocated for the construction of

the Parliamentary sub-committee as one response to the murders of women and the horrors of the Pickton pig farm case. Her desire is to engage Canadians in dialogue about how to increase safety for those who prostitute and for communities impacted by prostitution. She also asked the Federal Justice Minister to declare an immediate moratorium on the police enforcement of S. 213 CC (communication for the purposes of prostitution). Other groups, such as PIVOT, a Vancouver legal advocacy organization, are calling for the repeal of all laws relating to prostitution (communicating, pimping, bawdy house) with the exception of those sections relating to children and trafficking. Their stance is that the laws contribute to the violence and murders, especially S. 213.

The sub-committee plans to report to Parliament and Canadians in June. Go to www.parl.gc.ca/sslr to read the presentations, questions and responses.

Just as this article went to press, police released the name of the latest murder victim, 20 year old Charlene Gould. Her body was left burning in a field near Camrose, far from Little Italy where she often stood. In the month before her death, she phoned Crossroads, crying that she wanted to quit the drugs and the street, but felt so trapped. This young woman lived a difficult life and died a horrible death. One positive action could be to write your MP and City Council to advocate for more youth drug treatment and transition homes.

By Kate Quinn

St. Alphonsus

Catholic Elementary/Junior High School

St. Alphonsus Challenge!

People at this school are very easy to be friends with so you won't have to be shy!
Lily Gr. 7

Teachers encourage you to follow your dreams, and bring together a class of many cultures.
Korrina Gr. 7

We have teachers who are always willing to help with school work and activities.
Cody Gr. 6.

St. Al's is a clean, warm school with nice teachers and students who make you feel welcome.
Josh Gr. 7

All the teachers have a great personality and treat everyone fairly.
Jenny Gr. 7

St. Al's represents a good example of what schools should be like.
Kassandra Gr. 7

St. Alphonsus
Catholic Elementary/Junior High School
11624 - 81 Street
Edmonton AB T5B 2S2
Tel: 477-2513 Fax: 479-5949
www.stalphonsus.ecsd.net

EDMONTON CATHOLIC SCHOOLS

Why St. Al's?

- Strong Academic Programs
- Focus on Core Values and Catholic Faith
- Free Busing
- Free Snack Program
- Free Daily Breakfast
- Daily Elementary Lunch Program
- School-funded Field Trips
- No School Fees

Extracurricular Activities

- Ever Active Fitness includes: Badminton, Basketball/Volleyball, Running Club, Intramurals, Fitness Center, Hoops and Jump Rope for Heart, On Site Ice Rink, Journal Games
- School Barbeques and Special Events
- Leadership Team and Student Council
- School Dances
- "Girl Power" and "Boy Power" Groups
- Homework Club
- Jazz Band
- Art Club
- Axe Music Lessons (electronic guitar and drums)

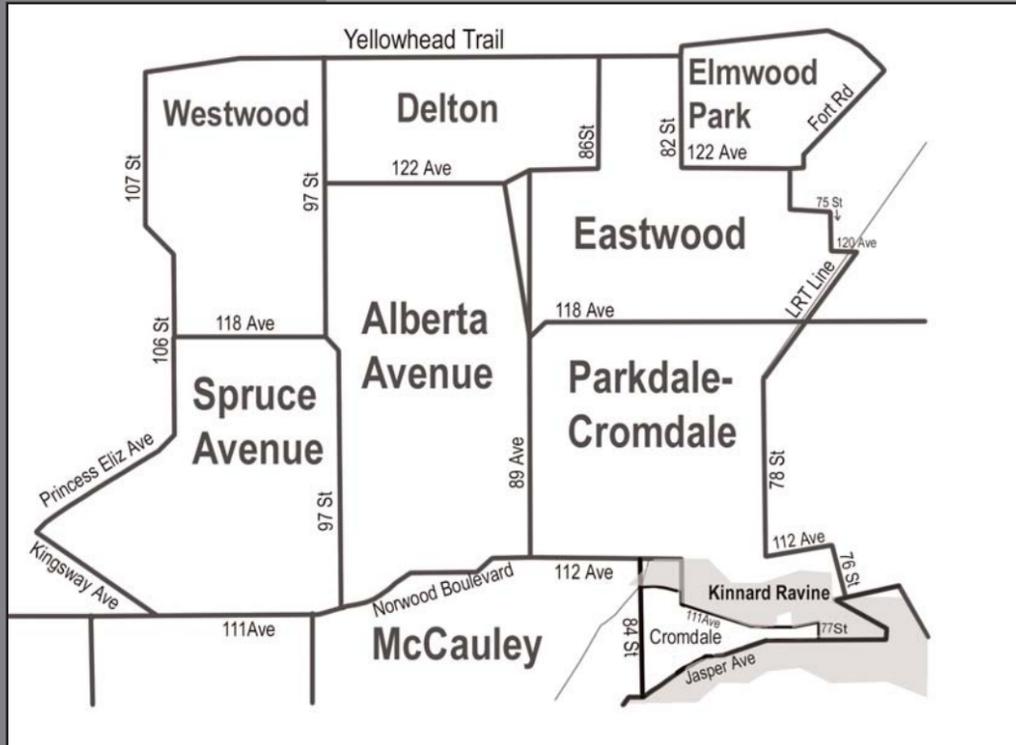
Programs

- Junior High Options include: Music, Drama, Art, Legal Studies, French, Study Skills, Computers and Web Design, Outdoor Education, and Home Economics, Native Studies
- Academic Focus: Math and Writing Contests, Newspaper Publications, Extensive Bookroom with Leveled Books, Portfolios, and Reading Comprehension Focus
- Career Fair
- All City Junior High Band
- Drug & Alcohol Resistance Education Program (D.A.R.E.), Instructed by Resource Officer
- Braided Journeys Aboriginal Program
- English as a Second Language (ESL) Assistance
- Awards Program
- Study Buddy Program
- Mentorship Program
- Student & Staff Involvement in Religious Celebrations

Resources

- Safe and Caring School Member
- Differentiated Programming
- Interpreters for ESL Families
- Counseling Services
- Inclusive Education (Individual Program Plans for Special Needs Students)
- Aboriginal Liaison Worker
- Clothing Bank for Families of St. Alphonsus

Community Leagues



Partner Leagues:

Alberta Avenue Community League

9210-118 Avenue 477-2773

Email: office@albertaavenue.ca

Office Hours: Thu & Fri 5:30-7:00pm

Meetings: 2nd Tuesday of the month at 7pm

Eastwood Community League

11803-86 Street 477-2354

Email: ewmember@telusplanet.net

Office Hours: Mon, Wed, Fri 10am-12pm

Meetings: 1st Saturday of the month from 1-2pm

Elmwood Park Community League

Playground/rink: 75 St & 125 Ave

Contact: Glenn 472-1101

Spruce Avenue Community League

10240-115 Avenue 471-1932

Meetings: 3rd Tuesday of the month at 7pm

Other Leagues:

Delton Community League

12325-88 Street
477-3326

Parkdale Cromdale Community League

11335-85 Street
471-4410

Westwood Community League

12139-105 Street
474-1979

Fast Cats Defend Thy Self



On Saturday March 19, 13 kids aged 6 to 12 joined instructor Alaine Haynal in a F.A.S.T. C.A.T.S. Self Defense class at the Alberta Avenue hall to learn valuable self-defense skills. Helping coach the class were three "aggressors" - men dressed in very padded suits for the kids to practice their defensive moves on.

To a loud chorus of "Eyes, eyes, eyes" and "Kick set, kick set", the kids practiced what to do if someone tried to hurt them - say loudly "I don't know you!", poke their eyes, kick them in the groin, run as soon as you

can. Both parents and kids thought the class was a great success.

"It's a good idea, I want them to be confident so they won't be intimidated by bullies" said Trinity, who had both her son and daughter in the class. Another participant in the class, Schandra, aged 10, agreed that it was very cool. She said "You need to learn how to defend yourself in case something bad happens. Now I know how to."

Self defense is also important for us adults. Check out the upcoming Adult class on May 15



Fear - The #1 Factor in *successful self-defense* is dealing with the Fear.

Adrenaline flooding - spontaneously occurs with Fear in dangerous situations.

Stress is induced by adrenal flooding, impeding *judgement* and *control*!

Training now exists that addresses Fear, and provides the effective self-defense.

In this training you will learn:

- To recognize warning signs of an attack & avoid situations before they become dangerous
- How to avoid attackers by not looking like a victim
- To use the power of your voice and body language
- To find and utilize the *power* of your fear, not be paralyzed by it.
- **And** when all else fails, to protect yourself and your loved ones with *simple & effective* FULL FORCE techniques to the attacker's vulnerable areas.



What: A 3.5 Hour Adult Self-Defense Course

Where: Alberta Avenue Community League

When: May 15th, 2005 1-4:30 pm

Cost: \$80 per student or \$65 each if you and a friend sign up together

Contact: 444-4444 or 413-4009 to register

Mr Albert Says
"Join us for Bingo!"



Wednesday, Thursday and Friday evenings starting at 6:10 pm

Late night bingo Fridays starting at 11:15 pm

at Alberta Avenue, 9210-118 Avenue, 477-2773



Elmwood Park

Annual General Meeting

Monday, May 30th, 7pm at the Sands Hotel

Special presentation by the Edmonton Police on crime & safety.

Vote in a new executive!

Volunteers needed to work a fundraising Casino on July 22 & 23

Community Calendar

CHECK THE SUMMER PROGRAM GUIDE ON PAGE 12 AND COMMUNITY SPORTS & FITNESS ON PAGE 13 FOR ADDITIONAL PROGRAMS.

Pre-Schoolers

MONDAYS
Indoor Playground
 For caregivers and children ages 0 to 6 years. When weather permits, we will meet at the Alberta Avenue park. 10-12pm at Alberta Avenue, 9210-118 Ave. Contact Karen 479-4812.

Soccer (3 to 5 years)
 May 2 to June 6 from 5:30-6:15 at Alberta Avenue Field. Cost \$40. Call Brad 479-2313.

TUESDAYS
Drop-in Playgroup
 9-11am at Prince Rupert Hall, 11245-113 St. Call Ann at 378-0530 for more info.

Books and Fun for Preschoolers (3 to 5 years)
 Free program including lunch, May 10 to June 14 from 12:00-1:30 at Norwood Family Centre, 9516-114 Ave. Call Tina at 471-3737 to register.

Cantonese Rhymes that Bind 1-2pm at the Edmonton

Chinese Mennonite Church, 10324 - 107th Ave. 11 pt

WEDNESDAYS
Vietnamese Rhymes that Bind 10-11am until June 19 at 10867-97 St. Contact Nahh 991-2799.

Rhymes that Bind
 Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch. Apr 6 to Jun 8 from 11:30-12:30 at Norwood Family Centre, 9516-114 Ave.

PRINTS Program (Parent Group to Support their Children's Literacy) for families with children 0-6 years. Explore how and what children need to become readers and writers. Childcare is available but MUST be booked in advance. April 27 to June 29 from 1:30-3:30 at Norwood Family

Centre, 9516-114 Ave. Call Tina at 471-3737 to register.

THURSDAYS
Books and Fun for Toddlers (13 months to 2.5 years) Free program including lunch, May 12 to Jun 16 from 12:00-1:30 at Norwood Family Centre, 9516-114 Ave. Call Tina at 471-3737 to register.

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

SATURDAYS
Pre-school Storytime
 A delightful half-hour program of stories, songs and finger plays for pre-school children. Some crafts are included. Apr 2 to May 7 at 10:30am at Sprucewood Library. Please call 496-7099 to register.

Children, Teens & Family

Children & Teens
Captain Underpants to the Rescue! For ages 8-12. Meet the Wicked Wedgie Woman and the evil Professor Poppypants. Make your own flip-o-rama. Traaaa-la-la! Saturday, May 21, 2pm at Sprucewood Library. Call 496-7099 to register.

Write Right! For ages 10 and older. Join other aspiring authors as we set out on an epic quest for literary greatness. Each session will feature a different style of writing. Thursdays, June 2 to 23, 4pm at Sprucewood Library. Call 496-7099 to register.

Learn Science the Easy Hands-On Way For ages 6-12. Create fun science magic by experimenting with everyday household materials. Saturday, June 4, 2pm at Sprucewood Library. Call 496-7099 to register.

Bite-sized Cheesecake Delights For ages 12-16. Calling all future bakers! Learn how to make scrumptious bite-sized cheesecakes. Wow your friends and family. Saturday, June 18, 2pm at Sprucewood Library. Call 496-7099 to register.

Family
Flea Market
 Saturday, May 7, 9am-3pm at the Central Lions Centre, 11113-113 St.

Free Family Swim
 Saturday, May 7, 1-4pm at the Downtown YMCA (10030-102A Ave). For more information call 423-9623.

Mehndi-Henna Body Art
 For ages 12 and up. Ever wonder how this intriguing form of body decoration is done? Find out and wow your friends with your own temporary henna tattoo. For those who want to try Mehndi at home, supplies will be available for purchase from the instructor. Saturday, May 14, 2pm at Sprucewood Library. Call 496-7099 to register.

Community Swim
 FREE swim for Alberta Avenue and Parkdale community league members (you must show your membership card). Use the 25m saltwater pool, steam room or hot tub. Sundays, 12-2pm at Eastglen Pool, 11410-68 St.

Free Public Skating
 Mondays in May, 7:30-8:30pm at Grand Trunk Arena, 13025-112 St.
 Wednesday, May 18 & 25, 7:15-8:15pm at Castledowns Arena, 11520-153 St.
 Friday, May 13, 20 & 27, 7:45-8:45pm at Clareview Arena, 3804-139 Ave.



2005 YMCA Summer Day Camps
 8 weeks camps with over 20 camps to choose from. Camps offered at 4 locations. Registration begins May 2, 2005. Early registration for YMCA members begins April 25, 2005. Call 423-9622 for more information.

Adults & Seniors

Adults
Immunization Discussion
 Session is free and childcare and lunch are provided. Monday, May 9, 10-12pm at Alberta Avenue. Call Chantal at 477-9765 to register.

Ornamental Landscaping: The Natural Way
 Monday, May 9, 6:30-9pm at Central Lions Centre, 11113-113 St. Cost \$35 members/\$55 non members. Call 496-7366.

Hound Sense -
 Understanding your dog
 Tuesday, May 31, 7-9pm at Central Lions Centre, 11113-113 St. Cost \$11 members/\$31 non members). Call 496-7366

Internet Awareness
 Pointers on protecting your computer from potential threats on the Internet. Presented by Network Specialist John Zabiuk. Thursday, June 9, 6:30pm at Sprucewood Library.

Bingo
 Wed, Thu & Fri, 6:10pm and Friday late night, 11:15pm at Alberta Avenue. Call 477-2773 for more info.

Drop-in basketball
 Tue & Thu 7-9pm; Sun 12-4pm at Stadium Fitness Centre, 86 St & 111 Ave. Cost \$6.75 (or buy a pass).

Drop-in badminton
 Wed & Fri 7-9pm at Stadium Fitness Centre, 86 St & 111

Ave. Cost \$6.75 (or buy a pass).

Seniors
Upcoming programs
 at Central Lions Seniors Centre, 11113-113 St. 479-7366
 May 6 Birds: Springing into Edmonton
 May 10 Spring Flowers
 May 13 Alberta - Our own Backyard (with a nature photographer)
 June 2-23 Community Pacers (walks around the neighbourhoods)
 Friday Night Dances, 7-10pm. Call for more info & prices of these programs or pick up a program guide at the library.

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

Celebrating 25 Years

BIG RED
INCOME TAX & ACCOUNTING
 11107 - 95 Street
471-6251

Enter To Win

1 of 25 Gift Certificates with a combined Total Value of \$1,750.00. No purchase necessary. Winners determined by random draw and must correctly answer skill testing question by phone. Odds based on number of entries received. Please enter at Big Red Income Tax & Accounting location, where entry forms and details of draw will be available. No facsimiles accepted. Deadline for entries is Dec. 4, 2005. Draw date Dec. 5, 2005. No cash value. All employees & families of Big Red Income Tax & Accounting are ineligible to win.

***FREE Consultations & Quotations**
***FREE Review of Past Returns**

2 FOR 1
 Pay for one Tax Return and get 2nd of equal or lesser value FREE

With Coupon
 New Clients Only
 Not Valid With Any Other Offer

\$20 OFF

Each Tax Return Prepared

With Coupon • Not Valid With Any Other Offer

Classifieds

For Sale: Air hockey table, \$40, and Raleigh Mountain Bike, junior boy's size, \$75 - both in good condition. Upright piano \$250.00 Call 471-1699

For Sale: 1994 Pontiac Grand Am SE, 4 door, red, PL, PW, air, command start & remote entry, great condition, 215K, \$2500. Call 479-4812.

For Sale: Modern halogen dining room chandelier, brushed silver finish with 4 blue fluted shades, \$25, Call 479-4812.

If you are a member of a community league, you can list your classified ad for FREE! This only applies to ads for personally used items not for items that are a result of a money making venture. For business or real estate ads call for a price. 479-6285 or ratcreek@telus.net