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Nominate an area garden
 See page 4 for details.

Editorial Open House
 Monday, July 11, 7pm at the
 Business Assoc, 11770-95 St
 You're invited to come
 share your story ideas and
 discuss how you can con-
 tribute.

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Wading Pools May Soon be a Thing of the Past

Our summer may not be very long but on a hot summer day kids love to walk down to their nearest wading pool to cool off and enjoy some water play, even adults dip their feet or sit in the cool water to beat the heat. Next year water play in our community may look different.

The City of Edmonton has implemented a plan to phase out our 39 aging wading pools and convert them to spray decks. Many of our pools are 35 to 50 years old and crumbling or leaking; the cost of fixing or replacing them is prohibitive. Since water spray is the trend and costs significantly less, the City planned to retrofit 2 pools a year over the next 15 years. The City, however, may not have the luxury of time.

Next year Alberta Health and Wellness will introduce changes to the Public Health Act on Swimming Pools. The new water quality guidelines will require all pools including wading pools to have circulated, filtered and disinfected (chlorinated) water. Except for the pool/fountain at City Hall, our wading pools do not have the infrastructure to do this. Water



testing over the last two years revealed that 80% of samples had unsatisfactory water quality. This isn't to say that our wading pool water is unsafe. No cases of illnesses have ever been reported in Edmonton although there have been a few elsewhere in the province.

This summer the City in conjunction with Concordia College's Environmental Health Department will test a manual chlorination process. If this process it

unsuccessful, our wading pools will likely not be allowed to open in 2006. A temporary solution to ensure water play options in communities will be to add a spray nozzle to pool taps to create a sprinkler effect.

In light of the upcoming regulation changes, Community Services will be proposing a plan to City Council that would see the spray deck retrofits done in 3 years at a cost of \$3.2 million dollars. The basic retrofit paid for by the City will

include installing the required plumbing and 5 to 6 water spray heads. Communities could fundraise to upgrade and add more water spray features or equipment if they so desired. It will also be recommended that district level sites like Borden Park and Kinsmen Park either get their wading pools converted to meet the new standards or be changed to full fledged water spray parks.

By Karen Mykietka

Groups Put Pressure on Property Owner to Take Action



He has owned the property since 1968, but he obviously doesn't give a darn about it or how it affects the community. The three story apartment building on 118 Avenue and 95A Street is a den of criminal activity, a regular stop for the local beat officers.

Residents at the Avenue Initiative weekend got a peek into the goings on at this property when Dan Burden shared photos he took while on tour with the beat officers. He showed a picture of a woman hanging

out a window facing the alley which is apparently used as a drive through drug service (Want a side order of fries with your cocaine?) Inside the apartment were several strung out men and women. One woman shared that she'd been high for 5 days.

"Business owners are responsible to curb any illegal activities in their building," says Bruce Grams, owner of Select Framing and board member on the business association.

The Alberta Avenue Business Association started action against the property in mid-March. Complaints were made to bylaw about a broken window and junk in the back yard; complaints to Capital Health followed. A titled search revealed the owner to be Ernie Bernstein of Norali Investments. After an on-site meeting May 6, Bernstein indicted he would evicted the problem tenants

but it never happened. He has also been approached by interested developers and so far has refused to sell.

Negotiations with Bernstein were going nowhere and municipal channels had been exhausted, so the business association joined forces with a resident group - the Community Action Project (CAP) - and held a media event at the site on June 9th. At this point the drive up window was boarded but it was not closed for "business". In the middle of the media interviews with cameras rolling, a man and a woman drove up in a pick up truck, the woman hopped out, knocked on the back door, an exchange was made and off they went.

Pamela Mason, a long time community resident says, "I'm really mad to see negligent landlords make it difficult for business owners like Renato to thrive on the

Avenue." Renato's Italian Restaurant is adjacent to the apartment building. He has just finish extensive renovations in his restaurant and doesn't want a building like the one next door negatively impacting his business.

Mason says, "Under the vinyl siding is a beautiful red brick building. I'd like to see the building owner take some responsibility so the building can once again be an asset to the community."

Peter Rausch, Executive Director of the business association, isn't letting up the pressure.

Safe Housing was called in and found some building code violations; Bernstein has two months to address them. With buyers still interested in the property, everyone involved hopes Bernstein will do the right thing and sell.

By Karen Mykietka

**Have a story idea?
 Interested in writing?
 Come to our Editorial Meeting, Monday, July 11, 7pm at the the Ab Ave Bus Assoc 11770-95 St.**

Classifieds

For Sale Century Stroller with seat at back for older child. Good condition. \$60. Call 454-7809

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

Rat Creek Press

RAT CREEK PRESS

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We will not publish articles or ads that will be damaging to the community. We reserve the right to choose our advertisers.

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Alberta Avenue Business Association, Alberta Avenue Community League, Elmwood Park Community League, Norwood Neighbourhood Association, Spruce Avenue Community League, & PAAFE. Opinions expressed in the paper are not necessarily those of the partners.

AD RATES

\$7.75 per column inch
Business Card \$40
Quarter Page \$150
Half Page \$300
And all sizes in between!
Contact us for an Ad Rates & Specifications sheet.

Congratulations to Molly Kwasek winner of the pizza and movie.

Editorial: The Little Stuff Makes a Big Difference

I rode my bike down the Avenue after the May Spring Sweep sponsored by the Alberta Avenue Business Association, sadly I didn't see any difference. Litter blew down the street and most of the buildings were still dirty and grimy. A couple weeks later I was at the Norwood clean up and spent two hours cleaning in and around Norwood Square. I walked back down 114 Avenue to return the shovel and broom I had been using and to my dismay a chip bag had already been discarded on the boulevard. What's the point? Is cleaning up the neighbourhood a hopeless and futile endeavour?

It certainly seems like a losing battle many days. But how is it any different than mowing your lawn or pulling weeds? You mow your lawn and you pull the weeds from your garden and a week later you'd never know it. Yet responsible homeowners do it again and again as much as is needed.

Cleaning up the business district also seems like an overwhelming task. Drive or walk down 118th Avenue and you'll see shop after shop with bars on the windows; windows that are dirty, sometimes cracked, broken or boarded up; old, ratty signs; signage overload; dirty empty storefronts even dirty occupied storefronts. Do you think all this makes passer-by's want to stop and explore the shops? I live here, I'm on the Avenue a lot, I feel safe; and it's not

very appealing to me.

You'd think a business would do everything it could to attract customers. Well bars and broken windows scream "There's crime

impact pick up the garbage on the vacant property next door and give it a hose down too while you're at it. Check out Scooter Boyz and the Green Frogs Pub to see



See the difference a simple coat of paint and new sign can make on a property.

here. It's not safe. Don't stop." Garbage on the sidewalk and ugly dirty storefronts aren't going to entice people to check you out either. I cannot understand why a business owner wouldn't do simple things like pick up garbage in front of their store or keep their windows clean. A simple hose down on some of these storefronts would make a world of difference. If you want to make a larger

the difference a simple coat of paint and new sign can make on a property.

Once you have a storefront that people feel safe walking by, why not try something to draw in them inside. An attractive window display would be a start. A free tip for business owners - a window is a window not a wall or bulletin board - treat it as such. Don't shove your shelving up against the window, your showing your

backside to potential customers. And don't cover up the windows, do you got something to hide? If you don't know what's attractive and what's not, give me a call and I'll gladly come tell you. Good examples of attractive, inviting businesses are MetroTown and Renato's Italian Restaurant.

So what difference does it make to pretty things up a little? If we want to transform this community from "the inner city that people avoid" to "the place to shop and live", then we need to look at the image we present. Image and perception speak louder than reality. When it comes to image - little stuff makes a big difference. Plus we need to do everything possible to reach the "tipping point" for revitalization. George Galster of the Urban Institute in Washington argues that to turn a bad neighborhood around, "You get nothing until you reach the threshold then you get boom."

I understand that some businesses have a customer base already (often from the ethnic community) and therefore they are not concerned about advertising or appearance. But remember you are not operating in a vacuum. You exist in this community and have some responsibility to the community, so do your part to support it and the revitalization efforts that are underway.

By Karen Mykietka

The Avenue Initiative Next Steps

With a preliminary streetscape plan completed for 118 Avenue from Northlands to NAIT, the Advisory Committee is finalizing community involvement activities for the next six months. The streetscape plan is a vision for 118 Avenue that will continue to be developed. For now, there is enough detail for relevant City Departments to put together some 2006 budget requests to start making changes along 118 Avenue. The permanent streetscape construction could potentially be implemented in 2008 once Council approval is received. This would provide enough time to develop an acceptable theme, along with corresponding streetscape and façade enhancements along 118 Avenue.

In the community consultations and surveys three top priorities were identified for the Avenue Initiative:

- ♦Address crime and safety;
- ♦Increase sidewalk lighting along 118 Avenue; and
- ♦Improve conditions

and look of the fronts of the buildings along 118 Avenue. Many more ideas were

identified, and this information has been sent to everyone who has participated in the Avenue Initiative. In the meantime, two City departments are completing capital budget requests to ask City Council for funds to pay for temporary pedestrian-level lighting along 118 Avenue for 2006, and to provide incentive funds to property owners along 118 Avenue to fix up the fronts of their buildings.

On June 20, community members met to develop initiatives and activities for four areas identified as priorities for quality of life.

- ♦Community Safety;
- ♦Cleanliness and Beautification;
- ♦Programs and Services; and
- ♦Development and Rehabilitation.

Participants mapping out key activities and timelines and discussed possible membership of a collaborative community-based committee structure that will further detail their ideas into an action plan.

With the recommendations from the June 20th community workshop, City

staff will take all information developed by stakeholders and write the Avenue Initiative Revitalization Plan for City Council's approval in October 2005. The recommendations in this plan will be presented at a July 27 Open House. Participants will be able to comment and further refine these recommendations which will be fairly broad, but focused. The recommendations will then be finalized in a report to first go through the senior administration of the City of Edmonton late summer, then to a Community Services Committee and finally onto City Council mid October.

In early fall, the proposed community governance structure will be worked on further and hopefully finalized. Roles and responsibilities will be confirmed so that recruitment can begin. About this same time, City Council will be making decisions on the Avenue Initiative Revitalization Plan. It is hoped that a community governance structure can be ready to begin its work by late November. City staff will then be assigned to sup-

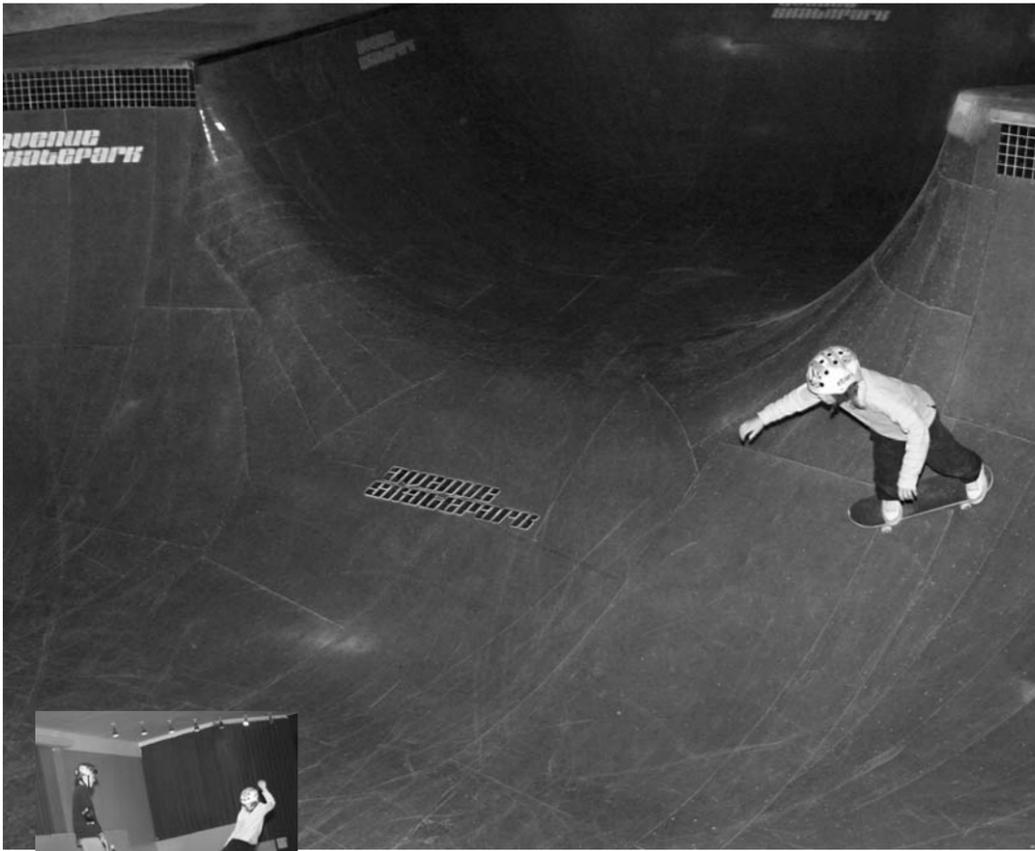
port successful implementation. The Avenue Initiative Advisory Board wish to thank everyone for their ongoing support and creativity in creating a vibrant place to live, work and shop.

Susan Coward
Project Coordinator

Avenue Initiative
OPEN HOUSE
July 27
Call 496-1913 for details

CLARIFICATION

The front page story "Community Participates in Design Process" in the June issue mentioned a Hell's Angels clubhouse in the area. We want to clarify that this did not refer to a house on 85 Street and 115 Avenue in Parkdale that at some point was a clubhouse but is no longer one. The beat officer referred to a new clubhouse in Eastwood.



Amanda Lewis

Karen Mykietka

Avenue Skatepark Opens

Story Business Briefs page 7
Dylan, 13 years, Mathew 10 yrs.

Mega Superstore Proposed for Downtown

Gateway Casinos, operator of the downtown Baccarat Casino, is trying to entice City Council to approve their proposed move and expansion plans by throwing in a big box Superstore at their current location on 101 Street and 104 Avenue.

The proposed 2 story, 191 000 square foot Real Canadian Superstore would be the largest in Canada. Rather than the usual green exterior, it would have glass panels, open spaces and shops along the outside flush with the sidewalk. So in addition to the groceries and general merchandise of Superstore, shoppers would find specialty retailers, restaurants, clothing shops and amenities like a fitness facility and doctors' office.

Concerns about the development include traffic and parking issues, lack of green space, the negative effect on the rest of downtown businesses, and lack of

residential uses. Some people feel the modern design doesn't fit well with the historic warehouse district it will border and that big-box stores belong in the 'burbs not in the middle of the city.

With various pros and cons to the development, the public and City Council will likely be split on whether to support it. Many of the concerns could be alleviated with design changes. Put a residential development above the Superstore, add some green space, include design details that will fit better with the historic area, and be smart about traffic, parking and transit design.

The reality is that many people already drive to the outlying suburbs to go to Superstore; this could direct some of that traffic back to the core. There's no doubt the mega store would draw more people and therefore businesses to the area around 104 Avenue. It would also provide better

shopping and amenity access to residents of Central Edmonton who are less able to get to the big box stores in suburbia. But are we willing to trade the success of 104 Avenue with the demise of the business community along Jasper Avenue? Will this development just hurt downtown businesses a little or will it decimate them?

Last year, City Council narrowly defeated the casino expansion plans. What will they decide with this new bait added in? Feel free to contact your councillors and voice your opinion.

By Karen Mykietka

Ward 2

Ron Hayter 496-8128

Kim Krushell 496-8136

Ward 3

Janice Melnychuk

496-8333

Ed Gibbons 496-8138

THANKS TO THE BLOCK CARRIERS WHO HELP MAKE THIS PAPER A SUCCESS

A huge thank you to all the volunteers (former and new) who are delivering the Rat Creek Press in Spruce Avenue, Norwood, Alberta Avenue, Delton, Elmwood Park and Eastwood areas. These people are big on community spirit, so say "Hello" and thank them when you see them.

Parkdale has not yet been canvassed for block carriers but we would like to have that area delivered by

volunteers for the September issue. If you live in Parkdale and are able to deliver the paper to a few blocks call Elaine at 486-0635.

Elaine Mantua,
Distribution Coordinator

NOTICE TO EASTWOOD RESIDENTS

On June 4, Eastwood Community League voted to stop partnering with the Rat Creek Press and they are no longer providing a financial contribution to cover the costs of delivery to Eastwood residents. If you

have any questions or concerns regarding this matter contact the league at 477-2354 or ewcl@telus.net.

We know many of you in Eastwood really enjoy reading the paper. We don't want you to miss out on this only source of community news, so as long as we are financially able to we will continue delivering in Eastwood. We are now using block carriers for delivery which we hope will increase reliability. If you or someone you know doesn't receive the paper, please contact us and let us know.

Churches Work Together to Clean Up Norwood

A few weeks ago, approximately 20 people gathered on a hot, sunny Saturday afternoon to pick up garbage. The clean up was organized by Frank Parker, pastor of Bethel Gospel Church on 95 Street. Members from St. Faiths Anglican Church, Avenue Vineyard Church and CAP pitched in to clean streets

and alleys between 93 Street and 96 Street.

Why bother? Parker says, "To serve the community. We are part of the community too...Being a Christian is not just something you do on Sundays...Jesus came to serve and that's what we are doing."

A New Playground for Eastwood

After years of planning, construction will soon get underway on a new \$300,000 playground behind the Eastwood Community Hall. Construction fences will go up in July and the old playground and wading pool will be removed. The site will be landscaped and prepped for some fabulous new playground equipment for preschoolers and elementary children. The wading pool will be replaced with a spray deck.

One unique thing about this playground is the majority of the surface will be rubber matting rather than sand. This not only keeps children's and parents' shoes free of sand but it also is easier to clean. Dangerous objects such as glass or needles won't get buried and hurt someone.

Unfortunately children will not have access to a playground or wading pool this summer but the City of Edmonton playground program will still run. Playground leaders will be at the rink shack offering games, crafts, music, drama and special events from

Monday to Thursday 10am-5:30pm and Friday 1:30-5:30pm.

Eastwood Community League raised over \$315,000 for their new playground including \$65,000 from the City, \$125,000 provincial grant (Community Facility Enhancement Program) \$100,000 from the North East Rotary Club and \$15,000 from the Avenue of Nations Rotary Club..

Thank you to all the groups who gave financial support and all the volunteers who worked on the planning process. The new playground will be an asset to the neighbourhood and a hit with all the kids.

The new playground equipment is scheduled to get installed in the latter part of September. It will take a 75 volunteers a whole week-end to get the task done. G.E. Commercial Finance will be bringing 20 volunteers and making a donation. Watch for a sod turning ceremony and BBQ near the end of the summer. Contact the community league at 477-2354 for more information.

Neighbourhood Voice

NEIGHBOURHOOD WATCH

www.watch.edmonton.ab.ca

Go to the website and check your own neighbourhood crime stats or download an application to become a member. The member perks are: FREE membership, auto dialer messages which give individual Community League crime stats, and any alerts of high necessity.

Serial number registry
www.SerialNumberRegistry.ca

Police recover lost and stolen items such as bicycles, cameras and laptop computers every day, but are often unable to return the items because owners cannot specifically identify them. Although manufacturers affix serial numbers to many products, most people are unable to provide police with this number after the item has been lost.

All citizens are encouraged to register the serial numbers of their possessions in the Serial Number Registry. When police recover an item, they can search for the serial number in the

database and notify the owner that their property has been recovered. Don't wait until its too late, register your serial numbers now!

This registry is an initiative of the St. Albert RCMP and the Neighbourhood Watch Association of St. Albert. Numerous police agencies have already registered as well as hundreds of individuals and it is now Canada wide.

Auto theft scam

Criminals are copying serial numbers from the dash of vehicles, then calling the appropriate dealership saying they have "lost" their keys. They provide the stolen serial number, the dealership cuts them new keys, and your car is driven away. To avoid being a victim, cover your serial number with place a piece of paper or thin cardboard.

If you require info on ENW, call Arlene @ 477-5606

Appreciation of Rat Creek and changes in the neighbourhood

I just want to express my appreciation for the community paper that you are regularly sending to the residents of our area. It's good and informative. I commend you all for the job well done. Your contribution and those of others in making this community a better place to live in is wonderful.

It feels good to notice improvements that have occurred in our area. I have contemplated moving out of this area in the past, but I'm still here and glad that this area has become nicer and quieter. I am seeing more new houses being built and old houses being renovated and more presentable business establishments around our area. I can foresee if this positive trend continues on, years down the road this part of the city will have an entirely different look. Even a much better look than we can imagine now; we just have to wait and see.

Anyway, the hard work of all those people concerned has, slowly but surely, paid off. Congratulations and thanks to all of you for mak-

ing this possible.
Keep up the good work!

Celia de Castro
Eastwood resident

A dining gem in the neighbourhood

I read about Renato's in the Rat Creek Press, and of course had seen it in my travels around the neighbourhood.

I wanted to surprise my wife with a nice dinner out. It's something we don't do often any more as we have two small children. I decided to give it a try, especially after stopping in one day to check it out and finding a tastefully decorated room filled with the fantastically delicious smells of tomato sauce.

We had a very nice dining experience served by a friendly staff in an environment which is cozy but not

stuffy. The food was very good and the feeling that one gets of being in Italy is very pronounced. This probably comes from the fact that the restaurant is run by an Italian family, very proud of what they are bringing to this community: fine food, which is moderately priced, and a homey stylized atmosphere.

Having a restaurant like this right down the street is fabulous. This is the kind of dining gem we used to drive all over the city to enjoy. Certainly not something you could walk to in suburbia. Having places like this in the neighbourhood makes this a great place to live. We plan to take my parents there when they come to visit this summer.

Thanks,
Victor Pipin
Alberta Avenue Resident



Community Action Project

Monthly Meetings
July 20 & August 17
Contact: 474-8318

Crystal Kids Youth Centre

8718 - 118 Avenue Ph: 479-5283

Programs & Activities for kids ages 6-17

Hours

Mon, Tue, Wed, Fri. 3pm to 8pm
Thu 2:30 pm to 8pm
Sat 1pm to 4pm

Daily activities:

Snack from 5pm to 6pm
Computers with internet access
Homework help

Access to:

pool table, video & computer games, air hockey, board games, gym (as available)

Avenue Boxing Club boxes daily from 6pm to 8pm. Contact Coach Roland Labbe at 475-7520

Regular Programs:

Arts and Crafts
some Tuesdays, 3:30pm to 5:30pm
Full court Sports (Basketball, Floor hockey, Badminton or Volleyball) on Thursdays and Fridays
Movie Nights on Fridays
Late Night Basketball for 14 to 17 year olds, Fridays, 8pm to 10pm

Summer Extras:

Drop-in Sports Time by the City of Edmonton
Thursdays 1pm to 3pm
July - Flag Football Camp
August - Basketball Camp

NOMINATE BEAUTIFUL NEIGHBOURHOOD GARDENS

Is there someone on your block or in your neighbourhood that has a fabulous garden? Or maybe it is your thumb that is greener than the jolly green giant. The Rat Creek Press wants photographic proof! Send us a photo and address of your favourite beautiful neighbourhood garden by August 15th and the hard-working team of the Rat Creek Press will choose one lucky dirt digger to win a \$20 gift certificate from Zocalo. We will print photos in our fall and winter issues, a wonderful reminder of summer. If you can't get a picture yourself contact us with the address and we'll see if we can come snap one.

ELMWOOD PARK HAS A NEW BOARD

Elmwood Park Community League is being revived. After nearly a year without a board and discussions of amalgamation, several brave people stepped forward to carry on the torch that was lit in 1946 when the league was formed. We look forward to hearing more about Elmwood Park in upcoming issues.

A GREAT BIG THANKS!
Staff and volunteer writers want to join together to publicly say thanks to the Norwood Neighbourhood Association for funding the Journalism Workshop Series. Five learning opportunities

were offered to all community members interested in contributing to the paper. The turnout was high and the quality of learning was excellent. Those who attended will be submitting an article to the Rat Creek Press in return. We appreciate your investment in us as volunteers.

Patricia Dunnigan

2ND ANNUAL PERFORMANCE CAMPS FOR YOUNG CHILDREN

Back by popular demand, Northern Light Theatre and Maralyn Ryan are teaming up again to produce two camps available for children 6 to 15. Artist-based camps with emphasis on the development of the young person's creative voice and performance abilities. A disciplined process combined with teamwork and fun will produce a children's theatre production with integrity. Young people will derive great sense of accomplishment and appreciation for theatre as an art form of creative thought and expression

in a professional theatre setting.

Playmaking

6 - 8 years old
August 2-5, 9 am-Noon
\$99.00

The Prince and the Pauper

9 - 15 years old
August 8-19, 9 am-3 pm
\$295.00 (before July 1)
\$325.00 (after July 1)

Maralyn Ryan will be directing the camp, bringing a wealth of experience with her. She founded the first Children's Theatre in Alberta after immigrating here some 25 years ago. The St. Albert Children's Theatre received a National Award for Canadian Municipal Programming Excellence and Innovation. The festival remains a jewel in the vibrant arts scene in St. Albert. Maralyn is an accomplished director, playwright and actor.

All the camps take place at Northern Light Theatre's Third Space (11516 - 103 Street). For more information or to enroll your child, call Northern Light Theatre (780) 471-1586 or visit www.northernlighttheatre.com.

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

Glenn's Oasis in the Middle of the City



Amanda Lewis

Resident Profile

Our neighbour, Glen R. Kuhn, has lived in Norwood for 20 years, and for 19 of those years, he has worked as a salesman for Saputo. He originally owned three rental properties in the area but he sold two of the properties and lives in the other to this day. Glenn enjoys good neighbors, the central location, lower taxes and mature trees in this part of the city. He is often aware of what is going on around our block, and that makes our area a better place to live.

Nature is a big part of Glenn's life, and he brings it

into his life in a variety of ways. His garden definitely represents his need to have nature around him. He also has been hiking for 15 years around Edmonton. When hiking, one of Glenn's favorite pastimes is bird watching. When we first met, Glenn would tell me about his hikes; eventually, I started hiking with him once a week, and five years later we are still going. Glenn loves being out in nature and he hikes year round at Elk Island, Blackfoot, and Waskahegen trails. There are many things to see on hikes:

Why 3/4 of Homesellers Don't Get the Price They Want for Their Home

Edmonton - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three

quarters of homesellers don't get what they want for their home and become disillusioned and - worse - financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue,

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

industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-866-815-9646 and enter ID#4900. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home

wild animals, trees, flowers and birds, and he has taught me a lot about nature. Glenn is part of the American Birding Association and is very knowledgeable about birds. He can tell you what kind of bird is in the tree just by listening to its song. He hikes slower in the spring as he watches the return of the birds.

Glenn's garden is for the birds. His garden started out as ornamental 20 years ago



Amanda Lewis

and has been transformed into a wild garden to attract birds. You can see his passion for nature with one look at his garden, which looks like a decorated forest. The

front garden is mostly flowers with a few trees. There are many shiny decorations hung carefully from above while others are placed on the ground. If the front garden impresses you, the back will amaze you. It has pathways, a pond with fish, bird-baths and feeders, and more decorations. It is truly peaceful to sit in Glenn's backyard. Every square inch is used for his hobby, even the boulevard and back alley. I think this garden is a work of art, and many people love stopping to admire it.

Glenn's garden adds beauty and value to our community. If you have a chance, take a look at it on 93 Street and 115th Avenue. When walking down our block, you can't miss it.

By Sheryl Boisvert

Glenn's Garden Tips



Amanda Lewis

Spend most of your time preparing the soil and improving it with compost.

Let nature take care of nature. That means no pesticides! Allow the good bugs to eat the bad. Also try to attract birds to your garden to alleviate bug problems.

Water your garden less frequently but for long periods of time when you do. More frequent watering forces roots to stay near the top of the soil.

Do not fertilize after July.

Pet Corner



Featured Pet

Bingo is a 14 year old Tortoiseshell cat that lives happily in Spruce Avenue with her loving family. Her favorite things to do are eat, sleep, and taunt humans. She likes to let it all hang out.

Want your pet to be famous in the neighbourhood? Submit your pet's photo and a few brief words about him or her.

Want to Live Longer - Get a Cat!...Love Fluffy

Ever notice that when you pet a soft, warm cat or throw the ball for a dog over and over again, you relax, forget about your troubles and your heart feels a little warmer. Scientists have noticed the

same thing, and they've started to explore the complex way animals affect human emotions and physiology. Studies have shown that owning and handling animals significantly benefits health, and not just for

the young. In fact, pets may help elderly owners live longer, healthier, and more enjoyable lives. In addition to lowering blood pressure in independently living seniors, pet ownership results in more activity, stress management, and better overall health. In fact, one study of a residential home for seniors showed that having animals present lowered the mortality rate by 15 percent.

How do those furry little buggars do it? First, pets need constant care, resulting in action from the owner. Whether brushing a cat or getting up to let out the dog, small amounts of activity can benefit the cardiovascular system and joint health. Pets may also aid seniors simply by providing some physical contact. Studies have shown that when people pet animals, their blood pressure, heart rate, and temperature decrease. Pets are an excellent source of companion-

ship; they can act as a support system for people who don't have any family or close friends nearby. Also, pets give seniors a chance to interact in the community. This can help combat depression, one of the most common medical problems facing elders today. The responsibility of caring for an animal may also give older people a sense of purpose, a reason to get up in the morning.

We pet lovers know how much pets enrich our lives every day. When you're feeling sad and

alone, a dog licking your face, or nuzzling you with their nose can make all that disappear in an instant. A cat doing something crazy or even just giving you attitude can brighten your day. And let's face it, when your guinea pig is mowing through a big chunk of celery, you feel good. And when you feel good you live longer. So I say hug your cat! Scratch your dog's belly! And feel the love!

I feel better already.
By Tricia Stefanuik

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Edmonton, Alberta

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Since 1994

Business on the Avenue



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

As you shop and stroll down the Avenue this summer you'll notice some positive changes. The Avenue Skate Park and Theatre is now open, the Nova project and new building for Popular Bakery should be completed in the next few months.

You will also see some

new activity. Construction on the "Alberta Avenue Inn & Suites" at 83 Street and 118th Avenue and two new buildings at NAIT will start. As part of the City's façade program - Myher's Music, EC Automotive and the building with Select Framing and Natalia's Hair Salon will be giving new looks for their

storefronts. Our Association is looking at two additional buildings to participate in this year's façade program. Other new business, including a flower shop will be opening their doors. These are all great steps as part of the revitalization of the Avenue and our communities.

The results of the surveys from Banister Research, which was part of the Avenue Initiative, identified several businesses that shoppers and residents would like to see and be willing to support on the Avenue. Feel free to contact me if you are interested in taking advantage of these opportunities for new businesses.

Don't forget to attend

our "Shine & Dine on Alberta Avenue" on July 8 & 9. It will be held at the NAIT parking lot at 118 Avenue and 106 Street, from 12.00p.m. to 8:00pm on both days. There will be over 200 of the hottest custom, collectors and antique cars from over 20 car clubs from the Edmonton area. The Edmonton Grand Prix will have a display for the public to see their cars and meet the drivers. NAIT will have an open house of their Automotive Departments and a number of commercial vendors will have displays, including Bud Park and Edmonton Raceway.

The event will be rounded out with a food court featuring a number of restau-

rants from the Avenue as well as street performers entertaining the crowds. I'm still looking for entertainers, volunteers and donations for prizes at this event.

Other summer activities will include a Kday's Breakfast at the Coliseum Safeway. Check the store for the date and time. To round out the summer activities, Brian Mason, MLA will be hosting a 100th Birthday Party for all residents at the Alberta Avenue Community League, on August 27th from 11:00am to 4:00pm.

The summer will be a busy one for the Avenue. Be sure to come out to these events and have some fun.

Business Spotlight

The Perfect Place For Visitors To Stay



Karen Mykietka

Lately, there seems to be a welcome renaissance on Alberta Avenue and in the city in general. North Edmonton has attracted many exciting events from the World Masters Games to the Grand Prix of Edmonton, not to mention the trade shows, business fairs and entertainment at Rexall Place, and the festivals happening all over town throughout the summer. Tourists and visitors to Edmonton who are looking for centrally located, restful accommodations will be happy to know that the Colosseum Bed and Breakfast has just opened its doors and is ready for business.

As a resident of Eastwood, I am always pleased to see new and interesting businesses spring up

in the area, so when I noticed a colourful sign advertising a bed and breakfast on the front of the a local building, I decided to talk to the owners and learn more. Situated on a beautiful tree-lined street in charming Eastwood, Colosseum Bed and Breakfast is one of the inner city's latest additions to what is shaping up to be a very creative business community. Owners Joanna and Edmund Fraczek have been hard at work renovating the building inside and out and are now ready to receive guests. In fact they already have several weeks worth of bookings this summer.

Guests at the Colosseum B and B are in for a special treat because Edmund Fraczek is a professionally trained chef with over thirty years of experience. He

received his training in his native Poland and has worked all over the world. Breakfast is included with your room fee and lunch and dinner are available at very reasonable prices. Catering is also available for conferences, receptions, workshops and parties. Each of the fifteen rooms is newly renovated and uniquely decorated. All rooms are equipped with a sink and some rooms have adjoining bathrooms. There are two family rooms with adjoining bedrooms available for those traveling with small children. The building is equipped with two kitchens, a common dining area, a banquet and conference room and even has a fully operational chapel. A newly built deck offers guests a beautiful place to sit and enjoy the pleasantly landscaped private backyard in the summer months. For winter guests, there is a cozy sitting room with a big fireplace to warm up in front of.

Most B and Bs have interesting histories and this

one is no exception. Originally built in 1956 as a nun's residence, an addition was added in 1977 to complete the 7000 square foot property. It was inhabited by the nuns until the Fraczeks purchased the property in 1999. They used the building to operate a senior's lodge (Helping Hands Senior's Lodge) until late 2004 when they made the decision to convert it to a bed and breakfast. Its tranquil atmosphere is sure to make any stay a peaceful one.

Colosseum Bed and Breakfast is located at 11825-85 Street, within walking distance to Rexall Place, Northlands and the LRT and

only one block from a major bus route. Only five minutes away from Little Italy and Chinatown, Kingsway Garden Mall and the downtown core, it's in the perfect place for visitors who wish to explore Edmonton's diversity. The next time you have out of town guests visiting, suggest the Colosseum Bed and Breakfast and do your part to contribute to the vibrancy and success of desirable businesses on the avenue. For more information, please visit the website at www.colosseumbb.com or call Edmund and Joanna at 477-2805 to arrange a tour of the building.

By Cindy Burgess



...we are the budget
Bed & Breakfast

11825-85 St
 Edmonton, Alberta, Canada T5B 3E8
 Phone: (780) 477-2805
 Toll Free: 1-877-477-2805
 Fax: (780) 479-6704
 email: relax@colosseumbb.com
 web: www.colosseumbb.com



Karen Mykietka

Business Briefs

Inside Riding

A little later than expected, the doors to **Avenue Skatepark** at 9030 118 Ave are finally opened, and riders from everywhere will tell you it was worth the wait. The 6000 sq feet of skating pleasure includes a wood bowl with a deep and shallow end, 2 hips, waterfall and concrete coping, a street area with hips, ledges, banks, 1/4 pipes, wall-rides, tabletops and rails plus a 4ft x 12 ft mini half-pipe. Fees are reasonable at \$9 per 3 hour session or \$12 per day; less if you pick up a membership card. Helmets, pads and skateboards are available to rent. Hours of operation are Mon to Fri from 3:30 p.m. to 10:30 p.m. and weekends from 11:00 a.m. to 10:30 p.m. Contact them at 477-2149 or online at www.avenueskatepark.com.

Double theBargains

You used to trip over piles of merchandise in the aisles in the **Canadian Dollar Store** at 90 St and 118 Ave but not any more. The family run business has doubled in size taking over the space adjacent to them, which used to be Wai-Kee Restaurant. Now you can pass through wide aisles filled with everything from household products, grocery items, hardware, gifts and party supplies, to beauty products. Shoppers will also find hot coffee, ice cappuccino, slurpees, cold pop and 5 gallon bottles of purified water. The owners want it to be a convenient place to stop and pick up a variety of things that you need.

Two Wheels Good

Scooter Boyz, located at 8219 - 118 Avenue, is now open for business Monday to Friday from 10:00 am to 6:30 pm and weekends from 10:00 am to 7:00 pm. They have some of the lowest prices in the city on mini choppers, mini quads, pocket bikes and scooters and they are dedicated to beating any competitor's price. In fact it's already happened - one lucky customer in June brought in a competitors flyer and got the deal! Contact the Boyz at 477-6803.

What's for lunch?

It's official, the delicious foods of **Absolutely Edibles** has expanded! The new take-and-go deli, located at 9567 118 Ave, opened June 13 and is stocked full of tasty sandwiches and salads with a fabulous selection of vegan and vegetarian choices for those who prefer meat-free food. And don't forget the coffee and treats! The perfect place to take your picnic basket to and say "Fill 'er up!"

Dawn Feeman

More New Businesses on the horizon

Pizza by the Slice, 8246 - 118 Avenue

Exotica Flora, 94 Street next to Ben's Fruit & Veggie

Avenue Inn & Suites: a new development on 83 Street and 118 Avenue.



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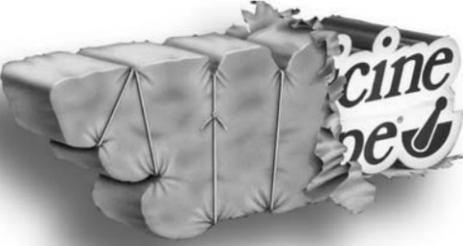
Mr Albert Says
"Join us for Bingo!"



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



Parkdale Drugs Becomes The Medicine Shoppe® Pharmacy



Over the next few months, we will be converting the store into a Medicine Shoppe® Pharmacy, a recognized industry leader in customer service and patient care. Our signs will change and we will remodel the interior of the pharmacy to better serve your needs, as we strive to be your community destination for prescriptions, health services and health information. We know that you will appreciate all of the changes and improvements we have planned.

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- Exclusive access to Rexall brand products
- Honor all major drug plans
- Medication disposal program

The Medicine Shoppe® PHARMACY

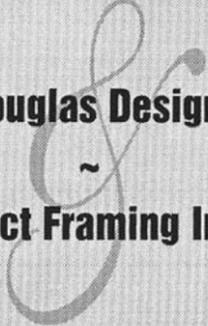
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Pharmacist/Owner

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Summer Favourites

Top 5

summer activities

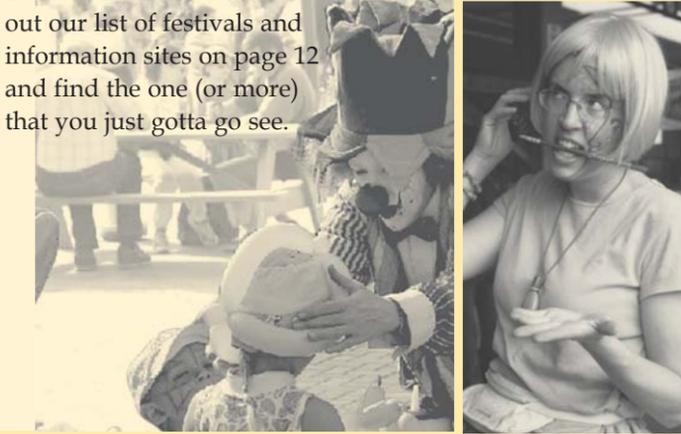


Enjoy nature

Our city and its surrounding areas are so vibrant with nature; take the time to enjoy its richness and beauty. Go for a walk in the Kinnaird Ravine or through the River Valley trails. Take a stroll in the gardens of the Legislature or just walk around your neighbourhood and spot our own areas keen gardeners. Or plan a day trip outside the city and go explore Elk Island National Park. Enjoy the summer up close and personal with the wonders of nature.

Take in a festival

It's not called Festival City for nothing! Edmonton is jammed packed with festivals over the summer. There is something for everyone and best of all the majority of them if not entirely free or have free or low cost options. Our favourites for kids are the Street Performers and the Kids Fringe; for adults the Taste of Edmonton. Check out our list of festivals and information sites on page 12 and find the one (or more) that you just gotta go see.



Get Active

We all want to be healthier right? So get active this summer! Walk, run, bike or rollerblade to all the places you want to go. Did you know there is a path from The Stadium to downtown that follows the LRT line? And it is so much easier to not have a car to park when going to one of the festivals. The Cycle Edmonton map shows the City's roadway network, bicycle facilities and multi-use trails. It also outlines safe cycling information and traffic laws. Paper copies of this map are available at many bike shops and park facilities at no charge. Downloadable copies are available on the City of Edmonton website.



Splash and play at the park

The sun is shining, the sky is blue and it's hot, hot, hot. What better place to go than the park especially one that has both a playground and water play available. Our favourite is Westwood Park at 122 Ave & 104 St. with its fountain and two level pond. Technically the pond is ornamental but you'll find it packed with kids and adults enjoying a splash. Or check out Elmwood Park (125 Ave & 75 St) which has a wading pool and new playground. Pack a picnic and drinks, extra clothes and towels and don't forget the sunscreen and bug spray for a perfect day out. And don't think you have to have kids to come here - walking in the cool water and snacking under the shady trees is for everyone!

Spend a day at the beach

Want to escape the city for an afternoon or enjoy a weekend of camping? In 45 minutes you can be at a beautiful warm prairie lake with wide sandy beaches - Miquelon Provincial Park. This park has 275 camping sites, flush toilets, showers, a boat launch and bike trails. On this huge beach you won't have to fight for a piece of sand to lay your towel but you won't find any shade either so make sure to bring your own! The lake is shallow for quite a distance making is a good spot for children to play. Or the kids may want to head to the fabulous playground adjacent the beach - the largest of any provincial park. You'll find Miquelon 3 km south of New Sarepta on Highway 21, then 20 km east on Secondary Highway 623. Call (780) 672-7308 for camping reservations.

I scream! You scream! WHERE CAN WE FIND ICE CREAM?



Burger Baron

7920 - 118 Avenue
474-3466

They don't sell ice cream cones but they have 4 or 5 flavors of floats and around 20 flavors of milkshakes. Both cost \$2.45 for regular size and \$2.95 for large. Very yummy!

Burger Baron

11068 - 95 Street
429-0449

All they sell when it comes to ice cream are milkshakes. They only had about 5 flavors and we found there not to be enough flavor in the milkshakes. The prices are the same as the other Burger Baron.

Cafe Cubita

11732 -95 Street
477-8412

Three flavors of ice cream available: strawberry, chocolate and vanilla. For \$1.50 you get one big scoop of Best West ice cream on a regular cone and very friendly service.



KIS Club Cafe

11720 - 82 Street
471-4705

Chapman's is the brand of hard ice cream carried here and up to 10 flavors are on hand at one time. You get one scoop for \$2.50 and two scoops for \$3.25. Soft ice cream is \$2.00 or \$3.00 if you want it chocolate-dipped. Sundaes (\$3.25) and banana splits (\$4.50) are available as well. Good ice cream!



Handy Bakery

8660 - 118 Avenue
477-8842

Handy bakery offers a wide selection of Foothills ice cream. One scoop is \$2.00 and two scoops are \$2.75. Ice cream is available on regular cones, or waffle cones for no extra charge.



Lucky 777

9578 - 111 Avenue
477-7995

Eight flavors of ice cream available. For \$1.25 you can get a good sized scoop of Breyers ice cream on a regular cone. Slushes with ice cream in them are also available for \$1.75 and \$2.75.

Renato's

9515 - 118 Avenue
477-7179

They do not have ice cream in a cone but what they do have is a rich, creamy, Italian hard ice cream treat called tartufo. It is tennis ball sized, rolled in nuts and served very elegantly on a plate drizzled with chocolate sauce. Some of the flavors available are baci, amaretto, cappuccino, chocolate-raspberry and vanilla-chocolate. Eat it outside at a cafe table, very slowly and you will quickly forget it did not come in a cone. It cost about \$4.00.

By Justine Dyck

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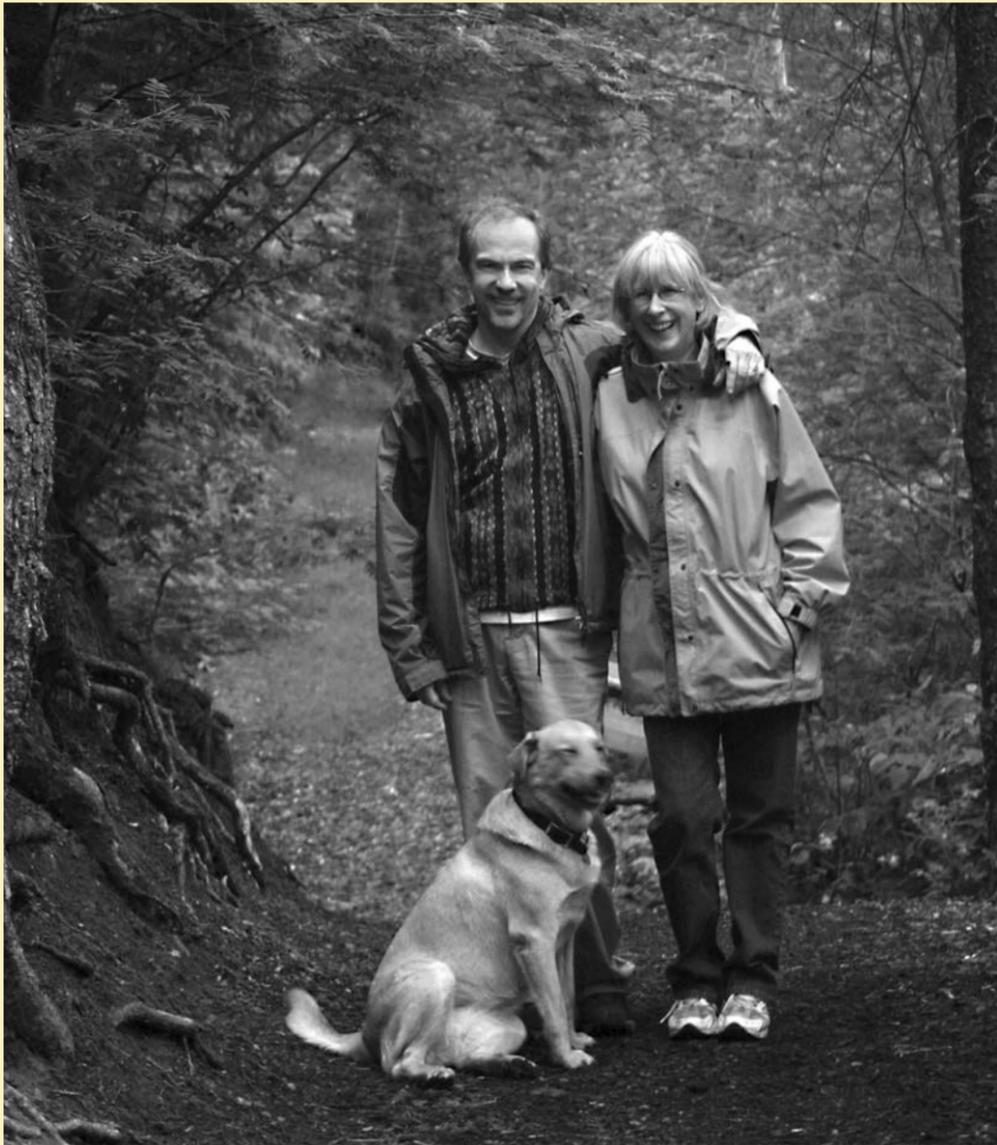
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Parking in rear or on
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Natural Wilderness in the Heart of the City



Amanda Lewis

Gordon Vickruck, Patricia Dunnigan and their dog Sport in Kinnard Ravine

The Kinnaird Ravine in East Central Edmonton is a hidden treasure. It is many things to many people.

As a designated off-leash area dog walkers are its most frequent visitors. There are joggers and cyclists in summer, cross country skiers and crazy carpet riders in the winter. One family clears the ice on the biggest pond along the creek and uses it as their private skating rink.

The cleft is about 120 meters in width and runs for approximately 2 km, from the Stadium LRT Station to the River Valley. It is home to an old growth Spruce and Poplar forest with steep embankments and a creek at its base. My favourite entrance is on the North side; it overlooks the ravine from above the treetop level, giving the impression of entering another world. Its 101 steps mark the deepest constructed descent into the ravine. A bridge crosses the creek then a short staircase brings you up to the path that skirts the south side of the ravine.

The forest is dense and lush in appearance with its deep undergrowth from early summer to fall. The stately old Spruce and Poplar trees that dominate the woods greet you at the top of the stairs. Birch, Manitoba Maple, Mountain

Ash, Chokecherry, Saskatoon, and even the occasional Apple tree compete with them for the light that filters through. Sounds of birds along with scents of seasonal blossoms invite the visitor to make the steep descent and explore further.

One night in March my partner Gordon and I went after dark and stood in wonder watching the full moon rising over the treetops. Somewhat intoxicated by the vision and assuming that I was unobserved, I stretched out my arms in a Shakespearean gesture and proclaimed, "Behold the moon!" To my delight coyotes in the vicinity sang an immediate and eerie response.

The forest in the ravine is a different ecological environment than the windswept prairie. The air is still and seems to contain more moisture. On stormy days it offers shelter within its protective walls and under its tall trees. There are risks, however. Many times we have found Spruce trees, as long as a normal backyard, uprooted by high winds and blocking the path. I wouldn't want to be in the way of one of those falling giants on its descent.

I have been exploring the Kinnaird Ravine regularly, and in all seasons, since I moved to this part of the

city in 1991. At that time the place was home to a dozen or more beavers. One year I counted 14 dams built along the creek. Often we would go with a group of young children, climb down from the path to one of the many pools and watch them swim. We'd wait until the biggest of the family would slap the water with its paddle tail before diving and disappearing from view, and if we were patient enough, we'd see it resurface in another location. The kids could climb up the steep hill and crouch within five feet of a feeding beaver so large that they were almost at eye level. This place was magic, alive, and most times it seemed that we had it to ourselves. Every year we'd wait for the creek to melt, then take our ritual trip to see how many had returned after the long winter.

One year I took my five-year old grandson for a wilderness adventure and picnic. As we approached the entrance from the park access we heard a deafening blast. A worker emerged from the trail and blocked our way, saying that there was construction in the ravine. Austin, eager to see the beavers, asked what was happening to them. "The beavers are safe," said the man in the hard hat. "We are blowing up their dams

because there are too many of them." It was with heavy hearts that we took another route into the river valley and for the next two hours listened to repeated detonations. Austin kept asking, "Why do those men have to blow up their homes? What if they kill some of the beavers at the same time?" I had no answer because I knew that what had been magic for us was a nuisance for others.

While my partner Gordon and I find much joy in the ravine, for our dog Sport it is a serious addiction. She is walked there on an average of four times a week. We always use the same route, driving east from our Norwood home on 115 Avenue and turning south on 79 Street past Northlands. As soon as we cross the LRT tracks she starts howling as if she can't contain her longing to be free to run and track the scents that await her. She bolts from the van and tears off down the steep hill beside the steps. Her greatest pleasure seems to be chasing squirrels. She also tracks porcupines, so far avoiding injury. With her owners' influence, she has, on more than one occasion, turned down the invitation of coyotes to come and "play" with them. They, like wolves, are wily and often use this ruse to bait their domestic kin for their next meal.

Not every dog has escaped the enticement. Gordon was walking alone with Sport one early winter morning when a woman approached, asking if he had

seen a small dog. Later he heard the ear-splitting yelps of an animal in its death throes. While normally things are more serene, one needs to remember that the wilderness has a menacing side. The mosquitoes are a great threat at this time of year. The humidity is high in this lush and enclosed environment and these pests swarm and risk carrying you off as you make your way toward the river. Humanity also is a menace. More than one woman has been attacked in the ravine since I have been walking there so take along a dog or a companion for extra safety.

As the path winds in a gradual descent to the river valley many side trails can be seen going up the steep banks to the Kinnaird Park or to the creek below. The ravine opens up to the bike trails and a picnic area west of the Highland Golf Course. It could be easy to miss seeing the path when approaching from the river valley bike trails. A tall spruce tree blocks the view of this entrance as if protecting its secrets for those initiated to its splendour.

By Patricia Dunnigan

Access Points

82 Street & 111 Ave. at Sheriff Robertson Park

North Access -

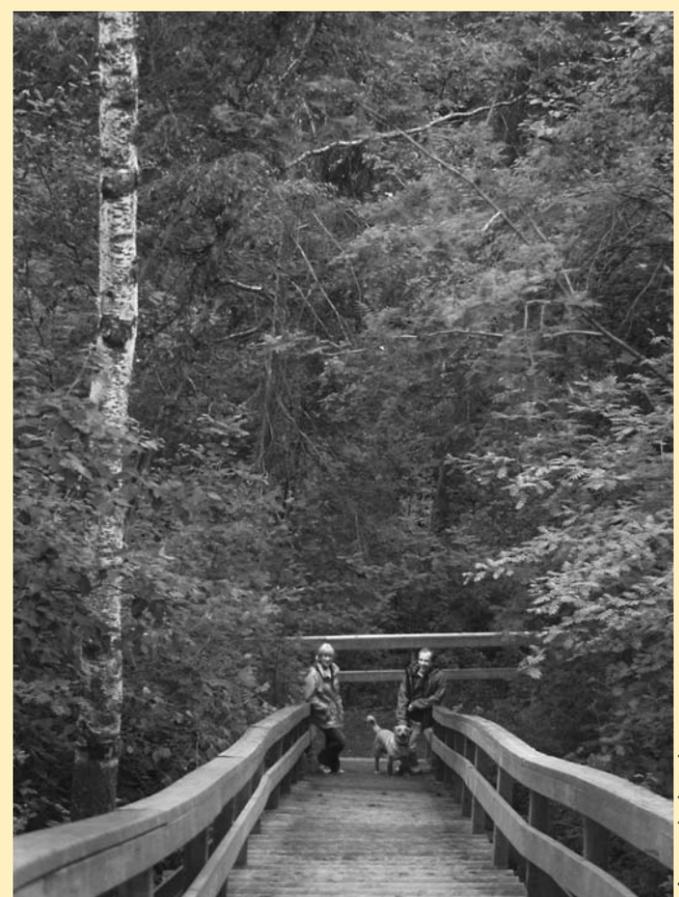
78 St. & 112 Ave

South Access -

78 St. & 111 Ave

East Access -

River Valley trails west of Highlands Golf Course



Amanda Lewis

Summer Favourites

Hiking Day Trips



Elk Island National Park

Elk Island is located approximately 50 km east from central Edmonton on Highway 16. It is 195 square km of wildlife and nature. One of the first things that comes to mind when thinking about Elk Island is the buffalo herds. The park has two types of buffalos: wood and plain bison. You will also have the opportunity to view a variety of other wildlife at this park, especially in the early morning hours. Activities you can enjoy include picnicking, golfing, camping, hiking or canoeing. Please visit www.elkisland.ca for more information about this park.

Blackfoot Recreational Area

Blackfoot has four staging areas and 85 km of trails. Two of the staging areas are located east on Highway 16 and the other two are just off of Highway 14, and it is only a 30 to 40 minute drive from the city. Blackfoot is also the proud home to the annual Birkebeiner cross county ski race. Visitors can horseback ride or mountain bike on designated trails. Hiking is allowed throughout the area, but it is suggested people stay out of the fields with cows. Although there are 85 km of trails, there are also many fields and roads to explore. This area is also open for hunting during the appropriate season or year round for Aborigines. For more information about this area call 922-4676.

Waskahegan Trails

The Waskahegan trail is 235 km long, and the majority of it is on privately owned property. All the trails are maintained by volunteers. The whole trail makes a loop; you could start and end in the same place if you hiked it for a couple of weeks. The path goes through Edmonton, Coal Lake, Wetaskiwin area, Camrose, Miquelon Lake, Ministik Bird Sanctuary, Hastings Lake, Cooking Lake, Blackfoot Recreational Area, Elk Island National Park and Fort Saskatchewan. For additional information about Waskahegan Trails visit www.boreal.net/wta.

I enjoy hiking in all of these areas; each has something special to offer. Pack a lunch, take a day trip and enjoy some of Alberta's beauty nature trails.

By Sheryl Boisvert

Elk Island National Park, Blackfoot Recreational Area and Waskahegan Trails are great places to hike near Edmonton. It is amazing how much access we have to nature so close to the city.



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8411 - 118 Avenue
477-8586

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Summer Favourites



Wading, Picnics and Dogs

Free Fun! Playground Programs

Check out this free drop-in program run by the City of Edmonton in conjunction with the Community Leagues and other partners. While all children are welcome, children under 6 must be accompanied by a parent or guardian at all times. Playground Leaders have security clearance, are trained in first aid, and are easily identified by their blue shirt and nametag. They will ensure participants play safely but parents are responsible for their children at all times and must be available in the event of an emergency.

Activities include exciting games, crafts, music, drama and special events. Programs are still offered on rainy days. Playground locations marked with an * have a wading pool/spray deck on site which will be in operation, weather permitting, at the discretion of the playground leader.

Alberta Avenue
9210 118 Ave
Mon-Thur 10 am-5.30pm
Fri 1.30pm-5.30pm

Delton - 12325 88 St
Mon/Wed 10 am-5.30pm
Tue/Thur 1pm-8.30pm
Fri 1.30pm-5.30pm

Eastwood - 11803-86 St
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

*Elmwood Park -12505 75 St
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

Norwood Centre -
9415 114 Ave
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

Parkdale - 113 Ave and 85 St
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

*Queen Mary Park
10844 117 St
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

Spruce Ave - 10240 115 Ave
Mon-Thur 12.30pm-4.30pm
Fri 1.30pm-5.30pm

Sheriff Robertson Park 82 St
and 111 Ave
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm

*Westwood - 12139 105 St
Mon-Thur 10am-5.30pm
Fri 1.30pm-5.30pm



Neighbourhood Parks For Paws Sites

Off-leash areas for dogs

121A St City Level Park
East side of 121A St from
108 to 119 Ave, excluding
playgrounds at 109A Ave
and 112 Ave.

Lauderdale
South end of Grand Trunk
Park from 127 to 129 Ave
and 113A to 109 St.

Prince Rupert (119 St)
East boulevard from 108 to
111 Ave, excluding play-
ground and 112 to 114 Ave.

Cromdale
North side of Kinnaird
Ravine, 78 to 79 St. Access
off 112 Ave.

Jasper Ave and Riverbank
Top of riverbank from 82 to
92 St.

Join Hound Sense for a
FREE dog training session.
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Lauderdale. Call 496-1475
for info.



Picnic Sites

There are sheltered and unsheltered picnic sites available for rent at Borden Park (112 Ave and 73 St) from May 1 to October 10, 2005. Each site has 6-12 picnic tables and offers camp stoves and firepits (wood not included). Other services such as power and water are available at certain sites for an additional fee.

2005 hourly picnic site rates are: Sites without canopy/shelter \$19.50. Sites with canopy/shelter \$25.75. Prices includes GST. Call 496-4999 to book a site.



Wading Pools & Water Spray Parks

Open 7 days a week from July to September, 11am-6pm.

Borden Park Wading Pool - 112 Ave and 74 St

City Hall Wading Pool - Churchill Square

G Edmund Kelly Spray Park 150 Ave & 79 St

Castledowns Spray Park 153 Ave & 115 St



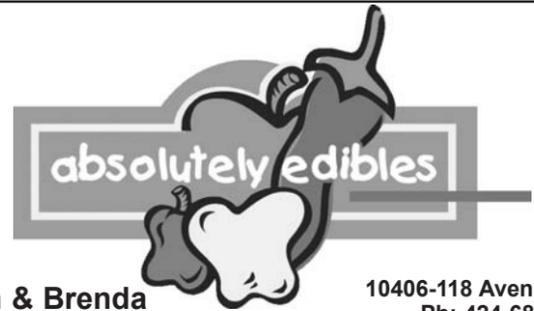
VLADIMIR BJELIC

BALKAN STYLE

SAUSAGE, DELI & BARBEQUE HOUSE

Ph: (780) 378-0253

9403-118 Avenue



Bjorn & Brenda
Cafe and Catering

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

Brighten
up your
hair with
some
summer
colour



Open Tuesday
to Saturday
by Appointment
448-7474

11507 - 87 Street

Jr. Stylist Anthony is
finishing school in
July and will be
taking clients in
August.

Thank you for supporting your neighbourhood salon.

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- DOBRO
- BASS
- VIOLA
- CELLO

CHICAGO JOE'S

PIZZA & PUB

Est. 1995

9604-111 Avenue

Ph: 479-4040

Fax: 474-3865

1 LARGE
PEPPERONI PIZZA

ONLY \$8.95

gst included

Upsize to XL for an
extra \$2.00

Pick up only

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

Summer Favourites

Edmonton: City of Festivals

FREE OR LOW COST

The Works Jun 24 to Jul 6 99 St & 102 A Ave, 426-2122. This visual art "Feast for your senses" featuring nearly 1000 artists in over 70 exhibits. All special events are free and suitable for all ages.

Celebrate Canada Day Downtown July 1 Check out the pancake breakfast and activities at the Legislature (7am-4pm) or enjoy cake, games, crafts and entertainment in and around City Hall (11 am-4 pm).

Old Strathcona Silly Summer Parade July 1, noon, Whyte Ave, 433-5866. Every year this parade just gets crazier as local organizations strive to put in the silliest entry.

Edmonton International Street Performers Festival July 8 to 17, Churchill Square, 425-5162. Artists from Alberta, Canada and abroad. A unique approach to the street arts. Great free family fun!

Shine & Dine on Alberta Avenue July 8 & 9, NAIT parking lot at 118 Ave and 106 St. Antique cars and a food court featuring a number of restaurants from the Avenue plus street performers to entertain the crowds.

4th Annual Transitional Tournament, Medieval Market and Feast July 9, 11 am to 4 pm, 103 St and 83 Ave. www.knightsofthenorth.ca A medieval style tourney where knights clad in historical plate, leather and mail armour from the 14th century meet in combat. A medieval market includes

goods from swords to jewelry and psychics to food. The children's area includes a suit of armour for a toonie a try and the medieval games Hunker Down and Little John.

River City Shakespeare Festival June 21 to July 17, Hawrelak Park, 9330 Groat Road, 425-8086 www.rivercityshakespeare.com Pay what you will Tuesdays - July 5, 8pm Romeo and Juliet and July 12, 8pm Love's Labour's Lost.

Whyte Avenue Artwalk July 15 to 17, 432-0240 For three days, 130 visual artists from all backgrounds transform Whyte Avenue into an outdoor studio and marketplace.

ITU International Triathlon Union World Cup July 23 www.triathlon.org and www.triedmonton.com

Klondike Days July 21 to 30 10 days of fun

Klondike Day Parade, Downtown, July 21 at 10 am. Mascot Follies: Following the parade go to Churchill Square for family entertainment and sports demonstrations.

Taste of Edmonton, July 21-30, Churchill Square, 11am-9pm, 423-2822. Ten days of delectable food sampling presented by 28 of Edmonton's finest restaurants.

Sunday In The City, July 24, 1pm-6pm. A celebration of Edmonton including music mascots, street performers, vintage cars, demonstrations, and much more.

Fun Tubs Derby, July 25 to 29 on 102A Avenue in front of City Hall. Different teams race bath-tubs up and down the street.

Sir Winston Churchill Square July 21 to 30. Amateur and professional Edmonton talent combine to create the most dynamic ten-day, free, non-stop festival entertainment in downtown Edmonton. Appealing to all tastes and ages, the stage will feature live music including country, easy rock, blues, ragtime, rock & roll, and Klondike.

Coliseum Safeway Breakfast - check store for date and time. Come and enjoy pancakes, sausage or bacon and coffee for \$2.50 at this and other Safeway Locations.

Third Annual Historic Edmonton Week July 22 to 31, 439-9166 Bringing history to life with special events including horse drawn carriage tours, church and cemetery tours, walking tours of historical buildings and the river valley, old fashioned children's games, street car rides, garden tours, story telling and much more. Brochures will be available at City libraries, the Old Strathcona Foundation, Museums and Tourist Information Centres by July 1.

Doors Open July 23 to 24, 439-9166. Buildings in and around Edmonton open their doors to the general public with free tours of historically and architecturally interesting places. Brochures will be available at City Libraries, the Old Strathcona Foundation, Museums and

Tourist Information Centres by July 1.

Edmonton Heritage Festival July 30 to Aug 1, Hawrelak Park, 9330 Groat Road, 488-3378. Sixty cultures at fifty-plus outdoor pavilions feature non-stop international music, dancing, food, arts & crafts, costumes and more. Admission is free, but please bring along a non-perishable food item to donate to the Edmonton Food Bank.

Cariwest-Edmonton Caribbean Arts Festival Aug 5 to 7 Churchill Square Celebrate the music, food and arts of the Caribbean. This popular event features a colourful costume extravaganza, calypso competition, a gala parade through the city centre, and a dance. A family-style block party is held on Saturday and Sunday at Churchill Square with Caribbean food, arts and crafts, a costume workshop for children and a steel band music competition.

Edmonton International Fringe Theatre Festival Aug 18 to 28, 103 St and 83 Ave and surrounding area, 488-9000 www.fringetheatre-adventures.ca "Fringe A Go-Go": More than 130 unjuried & uncensored shows from around the world, an entertaining street scene, as well as a plethora of food vendors and craft-work by local artisans. Performances on the indoor and outdoor stages, from noon to midnight.

Edmonton Dragon Boat Festival August 19 to 21 Louise McKinney Park, 493-8158 www.edmontondragonboat-festival.com

Local Cennetential Celebration, August 27, 11am - 4pm Brian Mason, MLA is hosting a 100th Birthday Party for his constituents at the Alberta Avenue hall.

IF YOU HAVE SOME CASH TO SPARE

Canada Day At The Valley Zoo July 1, Buena Vista Road & 134 Street

Grand Prix of Edmonton July 15 to 17 Ticketmaster 451-8000

2005 World Masters Games July 22 - 31 Various locations www.2005worldmasters.com

Blueberry Bluegrass & Country Music Society Festival Jul 29 to 31 Exhibition Park, Stony Plain. For tickets: Myhre's Music 8735-118 Ave or 1-888-526-6464 or www.blueberrybluegrass.com

Edmonton Folk Music Festival Aug 4 to 7 Gallagher Park, 94 St. & 92 Ave, 429-1899 www.efmf.ab.ca

Labatt Blues Festival Aug 19 to 21, Hawrelak Park. Ticketmaster 451-8000 or Chateau Louis Hotel at 11727 Kingsway Ave.

Enbridge Symphony Under the Sky Sept 1 to 5, Hawrelak Park Contact Winspear Box Office 428-1414

Taking the bus

Use the ETS Trip at www.edmonton.ca. Click on the Transit button, then on the option. You can use a Bus Stop number or a location to figure out what bus you need to catch.

You can also plan your bus trip by phone. Call BusLink on 496-1600 - this is an automated service so you need to enter your closest bus stop number. If you don't know the bus stop numbers call 496-1611 to talk to a person.

Festival Tips

Save money by packing some bananas, apples, grapes, fruit bars, crackers, or trail mix. Then you can splurge on one ridiculously expensive but delicious festival food treat, but still get

to eat the rest of the day. Remember, hungry people are grumpy people, and hungry children are the worst.

Bring a change of clothes and small towel for the kids if you are going to be anywhere near water- it doesn't matter what you say, they're gonna get wet!

Information Hotbeds!

www.edmonton.foundlocally.ca
www.discoveredmonton.com
www.eventsedmonton.ca
www.festivalcity.ca
www.infoedmonton.com
www.visitusinedmonton.com

Edmonton Tourism has a great brochure called Edmonton: Plan On Having Fun which they will mail out to you. Call 1 800 463 4667 to request it.

An event not to be missed! Shine and Dine on Alberta Avenue

July 8 & 9
12:00 pm to 8:00 pm
118th Avenue and 106 Street

Come see the Grand Prix Cars & their drivers
200 of the best street cars in Edmonton
Street Performers
Taste the fare from our local Restaurants!



Mark your calendar now!



Gathering to Grieve



When will the killing stop? A third public Memorial was held Friday, May 20th to mark the third murder of a street-involved

woman since January. Around 200 mourners gathered in Sir Winston Churchill Square to remember Ellie May Meyer and the



many other women who have been murdered in the Edmonton area. The Spirit Women Singers quieted the crowd when they began to drum and sing. Friends of Ellie May lit the Memorial candle and laid flowers, while another friend read a poem called "Missing Girl" by local poet, Betty Nordin. Maria Dunn, an Edmonton singer-songwriter, sang "You Can't Take That Away" in memory of women who are victims of violence.

Martin Garber-Conrad, new CEO of the Edmonton Community Foundation said it well: "Too many women have been murdered, too many women have died". He was joined by Don Langford, Executive Director of Métis Child & Family Services, who called for our leaders to shift their priorities from creating a debt-free province to a violence free province. When half of the women who ask for help have no adequate housing

and when there are waiting times for detox and drug rehab, one way to prevent historic murders is to create holistic healing programs and safe housing.

Representatives of RCMP Project KARE and the Edmonton Police Service spoke about their work. However, gathering in a public place highlights the fact that these deaths are not just a police issue, not just an inner city issue, not just a woman's issue, and not just

an issue that affects one cultural group or one level of income. The deaths of vulnerable women are a family issue, a community issue and a national tragedy. People gathered in Kamloops, Calgary, Winnipeg, Toronto and other cities, on May 20 as well to light candles in memory of women murdered in their communities.

By Kate Quinn



Karen Mykietka



Sprucewood Library

11555 - 95 Street,
496-7099

HOURS

Monday - Tuesday 10 am - 8 pm
Wednesday - Friday 1 pm - 8 pm
Saturday 10 am - 5 pm
Sunday closed

FREE MEETING ROOM

Sprucewood's large meeting room can accommodate 50 seated participants with standing room. Our room is bookable both during and after library hours.

LIBRARY PROGRAMS

Please call 496-7099 and register for programs unless they are specified as drop-in programs.

Out of This World Writing Contest

Whether you're a veteran of the Write Right! program or you just love to write, show your stuff 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, 2005. Prizes will be awarded in two age categories. Winning entries will be published in the October Rat Creek Press.

Crazy For Crafts

June 27 to August 26
During the summer, use our art supplies to create a different project each week. No need to register. Just drop-in and follow the directions to make the craft of the week.

Come Fly With Me

6:30 p.m. Monday, July 18
Please call 496-7099 to register
The countdown is on for a launch into outer space. A Family Storytime for all ages.

Blast Off With Animals

2 p.m. Wednesday, August 3
Ages: 3 - 14 years
BLAST OFF to the Library to see some live "earth animals" and make a craft while you are there. You won't be disappointed!

Moon Mania

6:30 p.m. Monday, August 8
Stories and crafts about the brightest and biggest light in our night sky. A Family Storytime for all ages.

Our View of Saturn

2 p.m. Thursday, August 11
Ages: 6 - 12 years
Cassini-Huygens Mission to Saturn and Titan entered orbit June 30th 2004. Let's explore the second largest gas planet in our solar system. From how cold it is to what the rings are actually made of, see what scientists are making of Cassini's new findings.

Summer Reading Club Closing 2005!

2 p.m. Saturday, August 20
Attention aliens and astronauts! It is now time to return home from our space exploration. Come and celebrate the intergalactic adventures we had this summer! For members of the Summer Reading Club.

Cooking - a Recipe For Fun

Session 1: 6:30, July 11 - 13
Session 2: 6:30, Aug. 9 - 11
Session 3: 6:30, Aug. 15-17
Ages: 12 - 19 years
Try out a few different recipes while learning how to follow the instructions to make great food.



PETER GOLDRING
Member of Parliament
Edmonton East

Decriminalize Marijuana?

The federal Liberal government wants to decriminalize the possession of fifteen grams or less of marijuana, with fines of less than \$100, rather than criminal code records for younger people. Fifteen grams will make up to thirty marijuana cigarettes ("joints"), which can sell for \$10 to \$20 each and, if shared, are sufficient to impair up to 100 people. Former Health Minister Anne McLellan said decriminalization is a good thing, though she also says that this doesn't mean that marijuana is good for your health. In fact, she just didn't know. Health Canada is still conducting tests to determine whether marijuana has any medicinal benefits. Unlike alcohol, where levels of alcohol are tightly controlled, the intoxicating ingredients of marijuana are practically unquantifiable, effects vary in intensity from person to person and products vary in strength from region to region of growth.

Now the Liberal Party youth wing wants to even fully legalize marijuana. They must think that it's their "Charter" right to do drugs. Pretty scary!

The issues of decriminalization of marijuana are quite complex enough. The further step of legalization should never be considered as marijuana and its derivatives, hash and hash oil, are dangerous gateway drugs. Marijuana should not even ever be considered to be decriminalized until:

- (1) We have the results of a comprehensive study of the health and mobility effects of marijuana consumption;
- (2) Reliable roadside testing mechanisms are available;
- (3) All of the provinces indicate that they are ready for the legislation, and are prepared to deal with marijuana on their roads;
- (4) The decriminalized possession limit is three grams, not thirty;
- (5) Penalties for marijuana possession in excess of the de-criminalized limit are the same for everyone, and are at a level to truly deter possession and usage.

What is your view? Should marijuana ever be decriminalized?

495-3261 www.petergoldring.ca

Sports & Fitness



Karen Mykietka

As this issue of the Rat Creek Press goes to the printer our soccer teams are winding up their very successful seasons. Every player, coach and parent contributed to this outstanding outdoor soccer year. Our older players continue to develop and we have a tremendous number of young children that are 3 to 8 years old playing soccer in our communities. I hope this is a sign of great things to come! I am extremely happy with the commitment our coaches have to the ideas of skill development, fun and fair play. I look forward to their continued role in our sports program. Thank-you to Christine Zuk for her steady loyalty to the soccer program and dedication to seeing it grow. To all those that helped out with their child's team, thank you.

Brad MacCallum
Community Sports Coordinator
 Parkdale-Cromdale, Eastwood, Elmwood Park, Alberta Avenue Community Leagues

Alondra, 5 years old, Alberta Avenue Park

It is a great time of the year to get your kids outside and have them participate in activities that teach them new skills and keep them fit and active! This summer the communities of Eastwood, Alberta Ave, Elmwood Park and Parkdale Cromdale are making a considerable commitment to residents to provide some exciting opportunities for kids to play differ-

ent sports through the summer. I look forward to filling these new camps and activities with energetic participants!

Many of you who have participated in the sports program will notice a difference in the fees for summer camp and classes. This reflects your community league's pledge to offer high quality, low cost activities throughout the summer months.

Programs

Summer Soccer

(6-12 yrs)
 Learn and practice basic and advanced technical skills, positional play and tactics and play in inter-group scrimmages. This class is great for new players or for more experienced players that want to keep their skills up in anticipation of the indoor season. 6 Tuesdays, Jul 12 - Aug 16 6-7:30 pm at Alberta Avenue
 Cost: \$15.00
 Instructor: Shauna Dowson

Monday Night Sports World

(9-12 yrs)
 Each night is action packed! Experience a new sport or game every week of this four week class. Participants will learn the essential elements of a variety of sport and games, as well as, the value of an active lifestyle. Special attention will be given to the sports preferred by the class participants! 4 Mondays, Jul 18 - Aug 8 6-7pm at Alberta Avenue
 Cost: \$15.00
 Instructor: Owen Lepps

Adult Circuit Fitness

This class is for adults, male and female who are looking to learn and incorporate exercise activities in to their daily routines. It will provide a great aerobic workout as well as improve strength and flexibility. These fitness activities will increase daily well being and/or enhance athletic performance. This class will use some fitness equipment that is supplied. -no previous sporting or fitness experience required 4 Mondays, Jul 18 - Aug 8 7-8pm at Alberta Avenue
 Cost \$15.00
 Instructor: Owen Lepps

SUMMER CAMPS

Here's a couple of ways to keep your kids busy during the summer. If you have any question or ideas regarding summer camps call Brad at 479-2313 or 982-3052.

Basketball 101

(7-12yrs)
 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 kids have a blast learning their new skills in fun games and activities. July 18-22, 9 am-Noon at Parkdale/Cromdale Hall
 Cost: \$15.00
 Instructor: Shauna Dowson
 Registration Deadline: July 8

Artists in Training

(6-12yrs)
 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, 9am - Noon at Eastwood Hall
 Cost: \$15.00
 Instructor: Shauna Dowson
 Registration Deadline: July 8

Tennis Camp (7-12 yrs)

Learn the sport of a lifetime from a professional instructor. Previous tennis experience is not necessary as the camp is appropriate for beginners and experienced players. You will learn the forehand and backhand ground strokes, master your serve, and develop that killer smash in an energetic, enjoyable program. Tennis is an inexpensive sport that you can play your whole life. In Edmonton tennis courts are free and open to everyone. Tennis racquets and balls will be provided for use at the camp at no charge. Wilson Hammer Tennis Racquets (retail \$70.00 or more) may be purchased from the instructor for only \$30.00. July 18 to 23 or Aug 15 to 19 12:30pm - 3:00pm at Parkdale-Cromdale Hall
 Cost: \$15.00
 Instructor: Steve Gould

Registration

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

Call Brad MacCallum at 479-2313 (office) or 982-3052 (cell). 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.

INSTRUCTOR PROFILES

Shauna Dowson completed a Bachelors of Phys.Ed from the U of A in 1995 and holds National Coaching Certifications for soccer, gymnastics and track and field. She coached track and field for Athletics Alberta in their Sport Outreach program for 3 seasons and played soccer for the U of A Pandas, but retired after numerous knee injuries. Currently, she holds the position of Head Coach for the U-13 North

Provincial Girls Soccer Team. Shauna has run many successful community gymnastics and pre-school soccer programs since starting her company "Gymfit Sport and Recreation" in 1995.

Owen Lepps is currently Head Age Group Coach (12 years old and under) and Dryland Conditioning Coach for the Sherwood Park Swim Club. He is a graduate of the U of A and

holds National Coaching Certifications in swimming, volleyball and athletics. Owen is currently training to compete in an Ironman triathlon. His sporting experience include swimming at the national level, rugby, volleyball, athletics and soccer. When he is not coaching or training, Owen provides well planned fitness programs for individuals and groups using various training disciplines and principles.



Recreational Edmonton Co-Ed Hockey League

No-Hitting Indoor Hockey - Fun, Safe & Inexpensive

Ages 9 - 21 in age/ability appropriate Divisions

Games Only on Weekends

(Rental Equipment available at low cost. Subsidized registration available.)

Call (780) 990-1301 or email us at info@rech.ca

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

2005

Alberta Centennial Alberta Avenue Centennial Birthday Party

Saturday, August 27
11 am - 4 pm
at Alberta Avenue Hall
9210 - 118 Avenue

Food Music Games

Fun for people of all ages.
Presentation of Centennial Silver Medals.

Sponsored by MLA Brian Mason, Alberta Avenue Business Association and the five area Community Leagues: Alberta Avenue, Delton, Eastwood, Elmwood Park and Parkdale-Cromdale.

Norwood Neighbourhood Association



Darcy Flemming
474-2743
dflemming@ualberta.ca

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



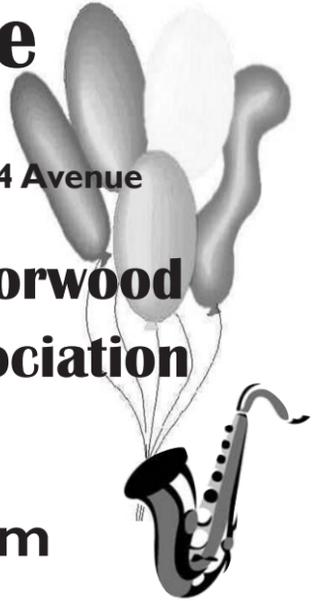
Canada Day Celebration and Yard Sale

at Norwood Square 9516 - 114 Avenue

Sponsored by the Norwood
Neighbourhood Association



July 1st
11 am - 4 pm



Horse and wagon rides
Norwood band
Hotdogs and hamburgers
For the kids: inflatables, castle,
spiderman train & face painting



Got stuff to get rid of? Rent a table in the yard sale for \$10. Call Margaret 440-1534



CANADA DAY

CELEBRATION

Friday, July 1st @ 1 pm

In the parking lot at 101 St. &
Princess Elizabeth Ave
(Next to Boston Pizza)

Live Music

Games for Kids
Door Prizes

Free Hamburgers
&
Hot Dogs

Christian Life Center

471 - 2250

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KZAMM KIDS SUMMER DAY CAMP

IT'S FREE

Where? Eastwood Community Center
11803 - 86 St

When? July 19 - 23 ... 10 am to 1 pm

Who? Ages 5-11

SPACE IS LIMITED
CALL TODAY!
471-2250
Deadline- July 4



DON'T MISS OUR
OPENING...
PARK PARTY
JULY 16

- ☺ Games
- ☺ Cool Prizes
- ☺ Funky Music
- ☺ Delicious Food
- ☺ Water Fun
- ☺ Trip to the Zoo



Sponsored by CHRISTIAN LIFE CENTER - 10123 Princess Elizabeth Ave