

Happy 100th Alberta!

Alberta Avenue

Centennial Party

Sunday, Aug 28

11am - 4pm

9210 118 Ave

Food, Music, Games

Alberta Avenue
Community League

OPEN HOUSE

Saturday, September 10
2 pm to 4 pm

Free hot dogs and cake
Magician for the kids

Alberta Avenue Community
League

Annual General Meeting

Tuesday, September 13
at 7 pm
9210 - 118 Avenue

*Come out and make a
difference in your community*

Dealing with Problem Properties

Strategies & Actions that
Get Results

A Community Workshop

Saturday, September 24
9:30 AM to 11:30 AM
Norwood Family Centre
9516 - 114 Avenue

Refreshments will be
provided

If you are interested in
attending the workshop,
please RSVP the
Community Action Project
at 474-8318

Contact Us

479-6285

ratcreek@telus.net



EA-10-3116.jpg
Inauguration Day, September 1, 1905

Now it's History

On September 1, 1905
Alberta became a province
and full partner in confeder-
ation.

Alberta was named after
Princess Louise Caroline

Alberta, fourth daughter of
Queen Victoria, by her hus-
band Marquis of Lorne, the
Governor General of Canada
in 1882. When it was named,
Alberta was one of four pro-
visional districts of the
North-West Territories, and
included only part of the

present province.

By the end of the 19th
century, stories of this boun-
tiful land began to attract
settlers looking to start a
new life in the West. All it
took was a \$10 filing fee, and
a quarter section of land was
theirs. But moving to the
Wild West was no picnic;
they had to endure back-
breaking labour and long
harsh winters.

Farming joined trapping
and fishing as an important
economic activity. In 1947, a
new industry was born
when oil was found near
Leduc. Now Alberta is one
of the biggest energy pro-
ducers in the world.

Settlers originally came
to Alberta to farm, but now
80% of the population lives
in urban centres. The quarter
section settlers got for \$10

goes for \$90,000 plus today.
In 1905, you could buy a lot
in Edmonton for \$50 to
\$1500. Now, you would be
hard pressed to find a lot for
\$50,000; you'll most likely
need to spend closer to
\$100,000. Phone numbers
were one to three digits in
1905. Now, we have so
many phone numbers we
have two different area
codes on top of our seven
digit phone number.

A lot has changed in 100
years!

By Karen Mykietka



Alberta Facts

- First Premier: Alexander C. Rutherford, 1905-1910
- Population: 70,000 in 1901; over 3 million today
- Provincial Motto: Fortis et Liber, which means "strong and free".
- Provincial Colours: Blue to representing the sky and gold/deep yellow representing the prairies.
- Floral Emblem: The Wild Rose

Official Centennial Events in Edmonton

Thursday, September 1st
City of Edmonton
Centennial breakfast
Churchill Square, 7:00 a.m.

Alberta Legislature
Grounds Kick Off
Celebration

11:00 a.m - 1:00 p.m.
Procession; Performance by
the Emeralds and Royal
Canadian Artillery band;

Lunch BBQ; Speeches, gift-
giving; Free birthday cake;
Theatrical re-enactment of
1905 Inauguration
Celebration;
Historical characters:
Alexander Rutherford; Emily
Murphy; Wop May and oth-
ers.

Party of the Century Event
5:30 p.m. at the Provincial
Legislature

Host: Kurt Browning
Entertainment includes: The
Emeralds, Barrage, Adam
Gregory, Bobby Curtola, the
Kupalo Dancers; Children's
area with face painters, play
area, petting zoo, craft tent,
magic show, balloons; Food
area, representing Alberta's
agricultural industry;
Alberta Centennial Time
Capsule.

This School Bus has Feet not Wheels



School is about to start;
you've got kids and they
want to get to school. Well,
maybe not want, exactly, but
they do need to get there.
You have to be at work
before they have to be at
school, your aunt could take
them except her engine
needs repair, and the neigh-
bour isn't such a great driv-
er. They can't hop on a
broomstick like Harry Potter,
and because you live down-
town there are some huge,
incredibly busy roads for the
kids to cross.

Setting up a Walking
School Bus is a way for your
kids to get to school, across

those busy roads, safely and
on time.

The Walking School Bus
is great for all participants.
For parents or guardians, it
is a way to know your kids
are going to and from school
safely with other children
and adults. Even if you don't
need to be at work or an
appointment, having a free
morning or afternoon some-
times is a nice treat. Walking
is also a lot cheaper than
gasoline, and starting and
running a car for a short
period (such as a round trip
from home to school to get
the kids to class) is very hard
on the engine, leading to
greater wear-and-tear in a
shorter time. And the bene-
fits for the kids are huge: a
walk in the morning wakes
up their brains, helping
them be more alert and
ready to learn. They get to
spend more time with their
friends, or even make new
friends. And they get to

know their neighbourhoods
- no more zooming past
everything just to appear, as
if by magic, at school.

Anyone can set up a
Walking School Bus. First
you need a group of kids
that live fairly close to each
other (within 'walking' dis-
tance!) and a few grownups
to help "drive" the group,
especially across those crazy,
busy streets. Once the group
is together, figure out the
best way to get from where
everyone lives to school.
Everyone on the 'bus' needs
to know the rules: what time
to be ready, who to call if
you're not going to school or
coming home on the 'bus',
how the 'bus' is going to
cross roads, and what hap-
pens when the weather is
really, really cold. The driver
does have a few extra
responsibilities like making
sure everyone follows the
rules and perhaps reporting
to the school office if passen-

gers are absent that day.

Your school might end
up with just one Walking
School Bus, or maybe your
school will have a dozen or
more groups walking as a
Bus. Just get out there and
walk!

To learn more about set-
ting up a Walking School
Bus for your school, please
visit the Walking School Bus
website at
<http://www.uberwench.com/bus>

By Janet Buterman



Rat Creek Press

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THANKS THERESA

Our faithful designer of the past 7 issues is taking a leave. She is heading to India for 6 months!

Back in Oct 2004 Theresa graciously agreed to lay out our 8 page paper for free. But it quickly grew to 12 then 16 pages. Thankfully, we've been able to give her a small honorarium the last few issues.

Without Theresa's countless hours of volunteer effort, you wouldn't have had a paper.

We appreciate all you have given Rat Creek, Theresa!!

Upcoming Issues

Oct:

Creativity

Nov:

Remembering our Past

Dec:

Faith & Traditions

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Tired of your job? Want to do something more exciting, more fulfilling or meaningful? Or maybe you want to do something safer and more secure. Something that makes more money, gives more benefits, or has more flexible hours? It's not too late!

Do you wish you knew more about a particular subject, or maybe had a lot more general knowledge? Would you like to have letters to put after your name, a high school diploma or know how to correctly use an apostrophe? Do you want to learn how to do something you have never done before? It's not too late!

Would you like to be able to run more than a block before collapsing? Do you wish you were part of a team? Would you like to be toned and strong, trim and fit? Would you like to fit those clothes stuffed in the back of your closet? Is there something you have always wanted to play but have been too afraid to try? It's not too late!

It's not too late to learn.

It's not too late to change. It's not too late to try. It's not too late to listen to yourself. It's not too late to be something. It's not too late to be something else. It's not too late to

Take a night class. Take a day class. Take an on-line course. Take a four-year degree. Read a book alone, or join a book club so you can discuss what you are

week. Make more food from scratch. Eat fresh. Go to the gym. Go swimming. Take a ball to the park. Get healthy. It's not too late!

What's holding you back? What's stopping you from trying? We all fear failure and we all lack self-confidence. Sometimes we can get past that with research and information, sometimes with the help of our family and friends. Sometimes we can move through it with a good stern talking to ourselves or by just closing our (metaphoric) eyes and taking that first step. Sometimes we need outside help and we can find that too, in the form of social assistance agencies, counsellors and groups. Help is somewhere for those who search for it.

So, are you happy with you? Are you content with your life? Have you become the person you dreamed you would when you were a kid? Or do you want something new, something different, something more, something better? It's never too late!

By Dawn Freeman

Editorial: It's Not Too Late

It's not too late to follow your dreams. It's not too late to set a goal.

follow your dreams. It's not too late to set a goal. It's not too late to be the you you want to see in the mirror. It's not too late.

Tired of your job? Be proactive. Think long and hard about what you would like to do. Research your choices. Talk to people in that field. Upgrade your skills. Send out applications. Get that new career. It's not too late!

Wish you knew more?

reading. Watch an instructional video. Surf the Internet. Read a newspaper. Watch the news. Start a discussion with your friends. Join a club. Get that knowledge. It's not too late!

Would you like to be fit? Start slowly, but start now. Go for a walk. Go skating in the winter and running in the summer. Walk up a hill. Walk down a snow bank. Take the stairs. Join a team and learn a sport. Play every

Sprucewood Library

Hours:

Mon-Tues 10am-8pm

Wed-Fri 1 pm-8pm

Sat 10am-5pm

Sun Closed

11555 - 95 Street,
496-7099

Please call and register for all Library programs

CHILDREN

Fabulous Readers' Club

(Grades 4 and up). Join a fun group of people who love to read and share their opinions on different material. Enjoy some games, win some prizes. 2 pm Saturday, Sept 17, Oct 15, Nov 12, Dec 10

Discover China (ages 9 - 12). Explore this unique Asian culture and learn traditional Chinese stories, crafts and games. 2 pm, Saturday, Sept 24

Write Right Again (age 10 and older). The epic quest for literary greatness continues. Join other aspiring authors in a whirlwind writing adventure! Each exciting session will feature a different style of writing. 4:30 pm, Thursdays, Sept 29 to Oct 20

Teens Advisory Group (ages 13 - 19). Teens! Come discuss books, plan teen programs, decorate the Teen Area and give us your

advice on our teen collection. Don't delay, come and make your opinion count! 6 p.m. Thursday, Sept 22.

ADULTS

Introduction to Quilting. Earthly Goods, the premier quilting store in Edmonton, proudly presents a program on quilting. Introducing the basics of quilting as well as ideas for quilting projects. 6:30 pm, Tuesday, Sept 20.

Financing your Future: the basics of Financial Planning. An experienced Financial Planner, Lionel Chong, will discuss the basics of people's financial philosophy and behaviors. Learn the four steps to proper financial planning. 6:30 pm Tuesday, Sept 27.

Energy Efficiency For Your Home. Want to make your home more energy efficient? Stephen Farrell from Verda Tech Inc., Alberta's Energy Experts, will tell you how. 6:30 pm, Thursday, Sept 29.



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Salad Roll (4) \$7.00
Lemongrass Beef
With Vermicelli \$8.00

Neighbourhood Voice News from Northlands

On behalf of Northlands Park, we want to thank all residents of Alberta Avenue, Eastwood and Parkdale for their patience during Edmonton's Klondike Days Exposition. We had a very successful fair, setting a new overall attendance record of 810,504. We also worked very closely with Edmonton Transit to encourage people to take the LRT to and from the fair.

You have probably noticed that construction has begun on the new parking area as well as improved lighting and landscaping on the east side of our site. Work is expected to be completed by the fall of 2005. All of the asphalt and concrete removed from the area will be recycled, and the wood chips have been sent to com-

post. This newly enhanced area will accommodate both pedestrian and bike traffic, and also feature new plantings and landscaping initiatives on the east edge parallel to Wayne Gretzky Drive, and at the south end adjacent to 112 Avenue. There will also be a pedestrian promenade with landscaping and lighting enhancements on the west side of the new parking area between 112 Avenue and 116 Avenue. Trees will be included in the parking area to provide direction and beautification. Construction on the new Exposition Centre on the northeast corner of the site is tentatively scheduled to begin in the spring of 2006. More information will be provided as it becomes available.

The fall will be a busy time at Northlands Park especially with the return of the NHL. Please visit our website for a list of all our events (www.northlands.com).

We are currently actively recruiting dynamic, enthusiastic individuals with a winning attitude to join our Northlands team. We offer a fun and exciting work environment that includes Klondike Days, Canadian Finals Rodeo, NHL hockey, concerts, trade shows, racing and gaming, and many more events year round. We offer flexible shifts, a competitive compensation package and a range of training and development opportunities. You can access job postings online at

www.northlands.com/hr/index.html or by visiting the HR department, which is located in the Sportex.

Also remember that although Northlands Park is a not-for-profit organization, we do have a community donations program, which may be beneficial for any fundraising projects you are involved with. Please visit www.northlands.com/about

.html for more information about this program.

Please feel free to contact me with any questions or comments you may have. I can be reached at 471-7336 or via email at cschneider@northlands.com.

Enjoy the fall!
Cheryl Schneider,
Community Relations
Manager
Northlands Park

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

Circle of Support



On June 23, an innovative pilot partnership between community agencies offered a unique circle of support to women involved in street prostitution. Project Snug (Integration of Services for People Involved in Prostitution) provided immediate emergency support to women involved in prostitution after their arrest and processing by the Edmonton Police Service.

Edmonton's Safer Cities Initiatives facilitated the pilot project, bringing together more than 12 organizations and three levels of government to explore new ways of working together to help women involved in street prostitution. The Edmonton Police Service routinely offers information and referral to the COARSE Diversion Program when they arrest women. Project Snug offered immediate and compassionate help, reaching out to women in need of some of life's basics - temporary shelter, food, counselling, treatment for addictions and just a friend to listen. Of the 18 women who were arrested by the Edmonton Police Service the night Project Snug was piloted, half accepted the immediate support offered to them.

The Project Snug team consisted of support workers from Métis Child and Family Services and the Prostitution

Awareness and Action Foundation of Edmonton (PAAFE) working in coordination with the Edmonton Police Service Vice Team. AADAC, the YMCA Housing Program and the Women's Emergency Accommodation Centre were on stand-by for emergency referrals. The Income Support Worker from Human Resources and Employment was ready to meet with participants the following day. The team helped the nine women assess their immediate needs and offered concrete help and links with support, emergency accommodation, food and counselling.

The Project Snug team reported that this pilot project made them feel like they were part of a positive effort to provide real and immediate support to some individuals in our community who are particularly vulnerable and in need. The partner organizations of Project Snug also found they gained new insight into how to more effectively reach those involved in street prostitution and facilitated building better working relationships with the women, the Edmonton Police Service and with each other. "Our intention as community and government partners collaborating on Project Snug is to explore new ways of coordinating limited resources to

assist women in dealing with the poverty and addictions that trap them in prostitution," says Kate Quinn of PAAFE.

"Project Snug is a creative pilot initiative and is just one piece of the puzzle in dealing with the complex issues around addictions, homelessness and street prostitution," says Gary Nelson of Safer Cities. "This collaborative effort is modeling a unique Edmonton approach to caring for the vulnerable in our city. Project Snug has clearly illustrated for all of us that we need to focus our efforts on both immediate needs and on advocating for sustainable resources for addiction and treatment services and affordable housing which lie at the root of many problems." The partner organizations of Project Snug recognize the value of this

kind of front line collaboration and plan to continue with the pilot in the months ahead.

Kate Gunn, Safer Cities
Advisory Committee



BS

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\$25.00 discount with your community league membership card on orders of \$150.00 or more.



Lumberjack

For your free estimate call
Travis 242-9292

Tree Removal
& Stump Grinding



We have many great gardens in the area! This beautiful front yard on 97th St with red brick, shrubs and flowers is the editors top pick.



Aspiring Star in the Community

Sapphire Le Blanc, a long-time friend, is a 13-year-old Norwood resident of five years. She lives in a pastel yellow house on 95 A St. with her mother Dora Le Blanc and 15-year-old cat Pumpkin. Sapphire comes from a Cree family on her mother's side and their family tree dates back in Canada to the 1800's!

"Life here [in Norwood]

is good", she says. "But the abandoned house on the corner scares me and some-

times, the neighbours are mean." When asked if she'd like to see this change, she replies with the simple and favourite answer of many teenagers, "Duh".

Resident Profile

Sapphire is a girl of many interests and has dreams of becoming a star. Some of her celebrity-esque hobbies include clothes design, singing, song writing and acting; as well she performs in the band, Scarlet Rain. As inspiration she listens to musical stars such as Britney Spears, Christina Aguilera, Jessica & Ashlee Simpson, Ashanti, Ciara, 50 Cent, Eminem, and Green Day. Other inspirations

include actresses Marilyn Monroe, Reese Witherspoon, Nicole Kidman, and Canadian Rachel McAdams.

"And, of course, my mother is my inspiration, for

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

without her I would be nothing", says Le Blanc. Sapphire hopes that her dreams will take her far, "...and someday, I will be famous!"

About a 20 minute walk from Sapphire's home is her school, Victoria School of Performing and Visual Arts. Every day, she walks to and from school with two friends and her mom. "School is fun", Sapphire comments, but she wishes that our premier would give the school more money, as she believes Vic is falling apart. She also wishes she could feel a bit safer on the walk to and from school, and that she wouldn't meet drunk people on the way.

A very important community issue for Sapphire right now is "the poor, stray

cats that everybody doesn't like". She believes that teens can play a part in saving these animals by taking them in or sending them to a kind shelter. Hopefully, many people will share her view. As a last word, she says, "I hope that all the people will pitch in and help the animals of the community!"

By Emily Guthrie

Emily Guthrie is a 13-year-old girl living in a red and white house on 95A St. in Norwood. She has 3 dogs, is in grade eight at Victoria School and aspires to be a singer.

Pet Corner



FEATURED PET

Name: Diesel
Owner: Tanya
Area: Eastwood

Tanya says he's cute all the time, but especially when he wakes up in the mornings and "rubs" his eyes with his paws. Known affectionately as the world's biggest food mongrel, his favorite foods are Fruit Loops and Ichiban Noodles. He Sits, Stays, Shakes a Paw, and Speaks. He then tops it all off with one single kiss. How Sweet!

When Fluffy Makes You Sneeze

As an animal lover and owner for many years, I have been on the receiving end of much love from my fur babies. For many of us this animal love can result in debilitating allergic reactions that can last for days.

Cat or dog allergy occurs in approximately 15% of the population. For those with asthma, the percentage jumps to 20-30%. In general, cats produce more severe allergic reactions

than dogs. The allergy is an immune reaction to a protein (an allergen) found in the saliva, dander, or urine of an animal. People are not allergic to the hair of an animal, as many may believe. Rather, the allergen gets carried in the air on very small, invisible particles.

So what do you do if you love animals but are allergic to them? The latest breakthrough in technology could be the answer to the

prayers of cat lovers with allergies. In a couple of years, and for about \$5000 (CAD), you can own your very own hypoallergenic cat. The cat in question is no clone. It's also not fur-free. It's the product of animal genetic engineering, which will "silence" the gene that produces the Fel d 1 protein, produced by a cat's glands.

"When the cat allergy gene is suppressed, the cat produces very little of the allergen protein," explains Simon Brodie, president of ALLERCA Inc. of Los Angeles, the biogenetics company developing this special cat. "It's not allergy-free, but it produces much less allergen," he explains. "It's like hypoallergenic makeup. The allergens are still there, but in very small amounts that don't trigger allergic reactions." A British shorthair cat -- a playful, friendly lineage - was chosen for this first line of hypoallergenic cats. Every kitten will be sold spayed and neutered. "We don't want our cat to breed

with a non-hypoallergenic cat and [have] someone attempt to sell the kittens as hypoallergenic," says Brodie.

Most of us can't afford the new Hypoallergenic Cat. So if you have allergies, and you really have to have a cat, experts suggest the following ideas: First, keep the offending pet out of the bedroom, where we spend much of the day. Second, bath the animal weekly. Third, have a non-allergic family member brush your pet outside, as well as clean the litter box or cage. Finally, frequently clean areas such as carpeting, mattresses, cushions, and other horizontal surfaces of a room. Studies have

shown that immunotherapy will improve but not completely prevent allergic symptoms. Cat and dog allergen immunotherapy works better in cases where the patient has only occasional, unavoidable exposure, rather than in cases where the animal stays in the home all of the time. Medications can be taken to prevent symptoms if you are only exposed occasionally. These medications may include antihistamines, decongestants and asthma medications.

If none of these suggestions help with your pet allergies, you may have to consider getting a goldfish.

By Tricia Stefanuik

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Business Association
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aaba@telusplanet.net



A car with everything Spiderman. A big hit with the kids at the Alberta Avenue Shine & Dine

I can't believe the summer has gone by so quickly. I'd like to reflect on the past few months before we get into the autumn mode.

We had over 2,300 people and 180 cars attend our first major event, the Shine & Dine. We met with a number of the key participants to

identify what we did "well" and not so "well". As a result of this input we will hold a one day "Shine and Show" in the future and still focus on promoting our restaurants and food businesses along the Avenue.

I'd like to thank the following businesses for con-

tributing prizes for the Shine & Dine: Boston Pizza, El Rancho, Alberta Treasury, Popular Bakery, The Barbeque House, Centre 101, Avenue Skate Park and Theatre, Downtown Auto, Northlands, Metrotown Market, Renato's, and Coliseum Steaks and Pizza. In total we had over \$500 in prizes for the car owners. I'd also like to thank all the restaurants who participated by setting up a booth.

July also saw a K-days breakfast sponsored by the Coliseum Safeway on July 30th which about 650 people attended raising over \$200 for charity. We will be working with their management to host an even bigger party next year.

The summer wrapped up with a 100th Birthday Party, a local Centennial event for our communities, hosted by Brian Mason, MLA. I hope you had a chance to attend this party and meet your fellow residents and sample some of the birthday cake.

I was pleased to hear from a number of residences and businesses that they felt the Avenue hasn't looked this good or been this active in years.

As autumn approaches, our Association plans to

build on these successes. We will continue to work with By-Law Enforcement and other City Departments over the next few months focusing on some of the more derelict buildings and properties. We also look forward to working on the next phases of the Avenue Initiative. City Council will have the

proposal before them in November and the detailed work and programs will start shortly afterwards.

AABA is having its Annual General Meeting on Wednesday, September 21 at 7 pm at 11770 95 St. I encourage all business owners to come out and participate in electing a new board.

Be seen in the fall Alberta Avenue Business Directory
SEND IN YOUR FREE LISTING NOW

or buy advertising
 Contact Peter at AABA 471-2602
 or the Rat Creek Press 479-6285
 for details

Deadline September 30

Spruce Avenue Harvest Festival

To Welcome Current and Former Residents of Spruce Avenue



Saturday, September 17
 2 pm to 7 pm
 Spruce Avenue Community Hall
 10240 - 115 avenue

Events Include: Barbeque, Hay rides, Soccer, Games, Street hockey, Face painting, & Crafts for the kids



Let's Celebrate Alberta's 100th Birthday Together!
 If you know of former residents please pass along the invitation.

BUSINESS SPOTLIGHT

Pizza by the Slice now open!



Junior prepares Hawiian Pizza at Pizza by the Slice

Hungry? Don't feel like cooking tonight? Tired of burgers & fries? Head to Pizza by the Slice at 8246 118 Ave. This 24 hour eat in/take out pizza joint has bright yellow, orange and red walls and an eating counter with bar stools looking out onto 118 Ave

through the full glass storefront windows.

The menu consists of only 3 basic pizzas but you can't beat the price. Order by the slice or order a whole extra-large (14") pie: cheese \$0.99 (\$10.00), pepperoni \$1.50 (\$14.00) or Hawaiian \$2.00 (\$18.00). Payment must

be in cash but if your wallet is empty there is an ATM machine on site (unfortunately this doesn't do you any good if your bank account is also empty!).

The store is quite warm from the continual running of the industrial ovens but it's filled with the aroma of pizza. The pizza slices are sizeable and won't leave you with greasy fingers. Cold pop is available to quench your thirst.

Camille & Junior, the business owners, were looking for a business venture. They saw the Avenue as a substantial business district with a promising future. Aware that the population in this area is different than Whyte Avenue or 124 Street, they wanted to keep their pizza prices affordable. "I think everyone can find a \$1.00 to eat a slice of pizza," says Junior.

Junior actually isn't very "junior" at all but a big Cuban guy! He came to Canada five years ago after marrying a Canadian tourist he met at a Cuban resort he was managing. You'll probably find him behind the counter rolling pizza dough and putting on the fixings. Camille, originally from Lebanon, also runs a con-

struction company so his presence at the pizza shop is more erratic. They are both very friendly so when you don't have your mouth full of pizza take a minute to

have a chat with them.

Next time you're in need of a quick bite to eat, skip McDonald's and try Pizza by the Slice.

By Karen Mykietka

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Jamie LaBonté photographer resident of Eastwood

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Business Briefs



Swish Moving

Sadly we have to say goodbye to another fabulous business - Swish is moving from its spot on 111 Ave and 95 St to a Highlands location. Angela, the owner of Swish, is also sad to be leaving the community but she said that this summer has just been ridiculous.

"There have been drug users coming into the store, a man tried to have sex with one of the mannequins and I can't count the number of people offering to sell me

stolen bikes and lawn mowers. I have no neighbours and it has just become a safety issue."

Swish closed its doors on Sunday August 14, 2005 and hopes to reopen by September 15 in its new, already renovated space at 6507 112 Ave.

Computer help: Foreland Technology

There's a new computer guy on the Avenue to help you with all your computer woes! After operating out of his home for a year, Eric

Wong decided to take the plunge and opened a storefront. Wong, who is a Microsoft Certified System Engineer, open his shop at 11741 95 St in August.

Foreland Technology provides consulting, services and sales. They can help you with purchasing a whole computer system, new or used, or assist with peripheral installations, parts and accessories. If you're computer is causing you to pull your hair out, bring it in and Wong or his associate Hassan will do the troubleshooting for you. Or if you prefer, call them for an on-site visit.

If you need to web surfing or work on a resume but don't have access to a computer or the internet, Foreland provides computer stations with internet access for an affordable \$2.50 an hour. Techies are amazingly at solving computer problems when us mere computer users have lost all hope. So call a computer guy before you take a baseball bat to that heap of plastic and computer chips! Phone Foreland at 479-6018.

New Pilates & Dance Studio

After much dreaming, training and renovation, a new business has opened up

in Spruce Avenue. Dana Pilates and Dance (11322-104 street) is an exercise studio that offers a variety of classes such as Pilates, belly dance, and creative dance.

Dana Pilates and Dance is a fully equipped home studio with specialized Pilates equipment and props, cork flooring, radiant heating and artful decorating. The studio is unique in Edmonton catering to the individual needs of students. Workouts are adapted to individual personalities and range from class to class. Our bodies are not the same every week; why should our workouts be?

The studio offers private, semi private and group classes. Classes begin in September. You may sign up for a class or "create your own" with Dana Pilates and Dance. For more information please contact Dana Rayment at 471-0064 or email dpilates@telus.net

New Convenience Store

There's a new shop in the Alberta Avenue neighbourhood at 11739 95 St. called Quba Halaal Meat & Convenience Store.

This shop which opened July 1st is run by two Somali gentlemen, Abdirashid Hussein and Hassan Irobe. Their shelves are stocked

with some basic dry goods with a focus on ethnic foods. The back of the shop is the meat department where you can buy fresh or frozen cuts of goat, lamb, chicken, beef or fish in individual servings or in bulk. Inquire about their free delivery service.

If you need a chocolate and caffeine fix, you can get it here but you wouldn't find any tobacco products. The store is open Monday to Saturday from 9 am to 9 pm and closed on Sundays. Drop in or phone 474-7774 or email qubahalaal@hotmail.com.

Print Shop Open For Business

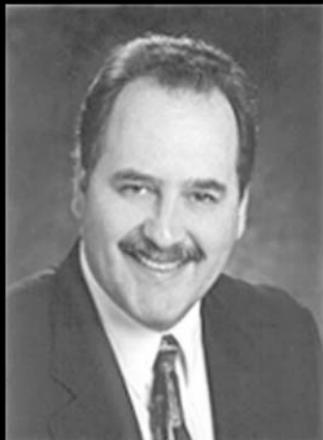
Pads Plus Supplies and Specialities is a new print shop opening at 8618 118 Ave in the old Canada Auto Glass store.

Diana Westen, a self described 'old broad who knows what she's doing', is an experienced printer offering standard offset printing services as well as the ability and willingness to take on weird and wacky work that other printers have turned down. As well she will be making some unconventional items such as metallic bookmarks and magnets.

Call Diana to make an appointment at 405-0698 or at 474-8003.

Brian Mason, MLA Edmonton Highlands

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BACK TO SCHOOL

Starting Kindergarten



Hi! My name is Melanie Ustina. I'm Gavin's Mom. Gavin went to kindergarten last year at one of the local City Center Education Project schools. Gavin. Two hundred days of school and one hundred twenty late days give or take. Gavin who said, "I can't walk to school by myself. I can't see over the counter to get a late slip." Some would say I'm

the last person who should be giving advice on how to prepare for kindergarten but duty calls and I'd like to share with others what I learned last year.

Encourage independence.

Furnish your offspring with Velcro shoes and pint size backpacks or book bags. Help your kids to help themselves by providing them

with things they can cope with on their own. Let them dress themselves in what ever they like. No one ever died from wearing the same old pirate clothes 5 days in a row.

Expect the unexpected.

Children are individuals. Each child is born with a unique temperament and will respond to the experiences and opportunities

kindergarten provides in a way that complements individual character and maturity. Allow your child to be who they are. Don't compare them to other children. Your child will surprise you and not always in good ways. We went to an all day kindergarten. Once in a while Gavin would ask if I could pick him up early. So I did. He needed a little time away from the demands of school so he could just play by himself. He needed the time to reflect.

Visit the school with your child before school starts.

The staff is usually back at school a week or two before the children are. Walk to school. Have a look around. Say "Hi" to the teacher. Ask questions if you have them. What time does school start? What do we need to bring? Does the school have any food restrictions?

Pack a lunch (if you need to).

Offer healthy choices but let the child decide what they want to eat and encourage them to make as much

of their own lunch as they can. Try to stick to unprocessed foods from all the food groups. We invested in a steel thermos and used it for leftovers, soup or hot chocolate milk.

Get the children to bed early.

Never underestimate the amount of time you need at the end of the day to restore your sanity or the amount of time it takes at the beginning of the day to get out of the house.

Reinforce what your child is learning.

Listen to the stories they tell. Pay attention to how they feel. Read to them every day.

Network

Participate in school activities. Volunteer in the class or on field trips. Attend a few parent meetings. Get involved. Say "Hi" to the principal and the custodian. Chat with the other parents and support staff.

I hope this information has been useful. And I hope you all have a successful school year.

Get an A+ for Your Brown Bag Lunch

Tirelessly toiling away at your kids' tuna fish sandwiches that still end up in the trash? Got the brown bag blues?

With all the talk these days of nutrition and childhood obesity, everyone wants their kids to have a healthy, well-balanced and appealing lunch to pack along with their textbooks.

Convenience products like Mr. Noodle, granola bars and goldfish crackers are not only expensive - they're often loaded with hydrogenated oils, sodium and refined sugar. Unfortunately there is a high demand for these types of products because that's what other kids have in their lunches.

"The trick is to give lots of variety," says Jennifer Pretty, a Parkdale mom with 2 kids at Victoria Composite School. "Parents are looking for something that will end up in their child's body rather than the trash can."

Keep in mind when you're preparing lunches the time spent sitting in a locker until lunchtime. A drink box full of ice water or a frozen (real) juice box will help to keep things cool. On a cold and blustery day, a thermos full of homemade soup with some cheese and crackers or a whole-wheat bun should warm tummies (don't forget the spoon!).

If there's a microwave where lunch will be eaten, you could consider packing up last night's leftovers. Pizza and pasta keep well and translate well into something that might be appeal-

ing to a kid. You could freshen it up a bit by adding some extra chopped meat, tofu or veggies, or by sprinkling some Parmesan cheese on top.

The important thing to remember is to keep things balanced. Add some fruit and vegetables to make sure all food groups are represented. Carrot, pepper and celery sticks are sure to be eaten if you include some peanut butter or salad dressing to dip them in. Fruit is more likely to be consumed if it's chopped up into a fruit salad rather than leaving it whole. Throw some berries or pieces of pineapple or mango for added interest.

It's always nice to have some kind of treat to round things off. Your picky eater will eagerly devour a homemade muffin or granola bar with some yogurt.

By Rima Devitt
Healthy Banana Bran
Chocolate Chip Muffins*
Nonstick spray
1 cup all-purpose flour
1 cup whole-wheat flour
½ tsp salt
1 tbsp baking powder

¼ tsp baking soda
¼ cup granulated sugar
¼ cup (packed) brown sugar
2 cups wheat bran
2 cups buttermilk
2 large eggs
½ cup canola oil or melted butter
2 bananas
½ cup chocolate chips
Preheat the oven to 375F.

Lightly spray a standard muffin tin with nonstick spray. Combine the flours, salt, baking powder, soda, bran, granulated sugar and chocolate chips in a large bowl until thoroughly blended. Mix together the buttermilk, eggs, oil or butter and bananas. Add the wet mixture to the dry mixture, being sure not to overmix (a

few lumps are okay). Spoon the batter into the prepared muffin tin and bake for 20 to 25 minutes, until a knife inserted in the centre of the muffin comes out clean. Cool before serving.

*Adapted from Molly Katzen's Sunlight Café Cookbook, Hyperion, New York, NY 2002.



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BACK TO SCHOOL

Back You Go Too

So. You've shopped for school bags and supplies and that all important first day back outfit for the kids, but wait! There is still one more person to shop for. You! Yes, you, like Tommy Lee are headed back to school though, of course, you will be doing it without the entourage and cameras. But without baggage? Not likely!

Every year thousands of adults return to school in spite of the harrowing memories of math or Shakespeare, of being harassed at the lockers, and don't get me started on Chemistry or...! But here we are at some further stage in our lives about to take the plunge. This decision to return to school as an "adult learner" or (somehow worse) "mature student" isn't one we make lightly. For many this decision will mean financial hardship for several years while other portions of our lives continue to make their usual demands, along with the need to find time to make this dream a fulfilled reality.

My own decision to return to school was made after raising two children as a single parent. The boys were beginning their own lives as young adults and it seemed that for the first time in



many years I was free to put myself first. That "me first" decision was huge for me. I spent about 6 months flirting with the idea of finally going to university, and that summer my sister and I sat on the beach every weekend while I went back and forth over this momentous decision. Yes I can, No I can't. Finally there came a day when there was only "Yes, I can". And so I did.

I remember the anxiety and fear of going to campus to get the catalogue. All I knew was that I was going to have to enter

into an introductory arts program. As I read course descriptions I was sure I would never be able to do this course work, and then my sister reminded me that this was what I was going to learn in a course, not what I was expected to already know about any given subject.

On registration day I stood in unending lines to register for classes and then in even longer lines in order to buy books that cost as much as last month's groceries. And all the while I looked for other students who looked like me, but it seemed

that most looked like my own kids. I was sure I had made a huge mistake. But my sister phoned that night and we laughed about my fears and I went to bed. I don't think I slept for the first 3 days. I'd lay awake worrying that I wasn't taking proper notes, that I wasn't "getting" it, whatever that "it" might be. The next week was better, and the week after that was easier again. Soon I began to enjoy my days. I learned I love the process of reading several views on a subject, on marshalling arguments for and against, of sitting in the library with the smell of dusty books. I loved talking with others about what we were learning. I learned I love researching and writing. I learned to read on the bus, the trick was to sit in an aisle seat. I even mastered Statistics - no small feat!

In time I found other students who were facing some of the same stresses as me, and somehow just talking about our fears helped to manage them. There really were a large number of mature students, just in the higher levels; by the time I was in third and fourth year the number of mature students in classes had increased dramati-

cally. As time passed and goals became clearer, the tighter focus and interest seemed to give increased energy to completing assignments. By second year I had friends who offered support and experience when I found myself in difficulties, and in turn I was able to help others.

I completed my program about 18 years ago and I know that now things have changed dramatically. There are many more adult learners at all levels. Being a mature student is no longer such a fish-out-of-water experience. There are more supports in educational systems and even the general public is in some way used to seeing older students carrying backpacks full of books. But still to begin something so big, so life altering, while at the same time remembering to make sandwiches for little school lunches, and to take something out for supper, and to buy that 6 year olds birthday gift, and....and....and....how will you do it?

How can you not?

I promise, soon you'll be smiling while it's all going on around you, and when it's finally over you'll find it as hard to leave as it was to stay.

Playing In The Big Leagues: Starting Your High School Career

"Hello Ladies and Gentlemen, I will be your

teacher for the next 10 months, please open your books and

we'll begin."

Groan, another year begins and already you can't wait for it to be over. Except this year you're playing in the big leagues, yes that's right, high school. The teachers expect more, your parents expect more, the work is harder, and this is supposed to be the best time of your life...right? Right, at least in some respects. Your teachers WILL expect more, and granted it might be hard, but you are on the road to adulthood and your teachers are there to help you out.

Academically your courses will broaden to a variety of topics from dissection to fashion studies, sometimes requiring extra work and yes, more homework. No longer will you be graded by letter; all of your marks will be in percentages, with credits your ultimate goal. Many of the lessons you'll learn may have nothing to do with

school, and everything to do with life. Dealing with a ton of new people in the halls everyday you'll soon develop great people skills and the art of backpack dodging will come naturally.

High school is great for diversity: diversity of people, diversity of classes, and diversity of activities. Some of your fellow students may come from backgrounds quite different from yours; this is the time to embrace that and make some new friends. Get involved and join a club. Most schools have a few, like acting troupes, straight and gay alliances or community spirit teams. Be a team player! Like to make a point? Join Debate. Want to hear the crowd? Maybe football's for you. If you get involved and make school important to you, soon enough you'll look forward to every day. Plus becoming involved in school activities

looks great on a resume or college application, so why not give it a try?

High school can be really fun, but remember you are there to learn. Respect your teachers by coming to classes prepared and show them you respect yourself as well. So when you hear that first bell ring, don't cringe and run away, be excited for this new chapter of your life and pull out that pen and paper so you can begin.

By Tamara Raynor-Cote
Tamara is a grade 12 student at Ross Sheppard High School. She is involved in her school's dramatic activities as well as community theatre. She loves biking and exploring Edmonton's downtown core with her friends. This September Tamara will also be writing for "NextGen" in the Edmonton Journal. She lives in the Norwood area.



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BACK TO SCHOOL

Education without "school"



At this time of year many parents are counting down the days until the kids go back to school and to a routine. For Aleri and Peter Van, along with thousands of families like them, the children will not be returning anywhere but to the home computer, their desks and/or the kitchen table. The fall curriculum will be re-assessed according to the requirements of each student.

Aleri Van has home schooled her six children for the past twelve years. This year in the Van household Michael, who is in Grade 11, is considering a blended program with some subjects at home and some in the public system. Jonah 12 and Matthias 9 will be working at home on grade 7 and 5 curriculum respectively.

Did you know?

Alberta is the only province in Canada where home schoolers are supported financially. Anyone can chose home schooling and receive the support to be successful.

Aleri's initial motivation for home schooling was her dissatisfaction with both the public school in her small town and subsequently with a Christian private school. "Neither school system was capable of managing the behaviour of disruptive students in the classes. As a result the quality of education was being affected. Once we were paying tuition out of our own pocket for private education we expected better results for our children."

An equally important benefit was the ability of the family to ensure that children learn appropriate moral components to accompany the subject matter. For example in regards to sexual education, Aleri says, "I wanted to start young with them to create safe boundaries within which they can learn and explore moral character and Scriptural principles."

How did Aleri find the confidence to take on the daunting task of teacher to her six children? Coming to trust that the parents are the primary and foundational educators of their children was a starting place. "Families do better if all members

support the idea of home schooling. It is a life style. We are so good at living a segmented life in this culture. Home schooling gives you the freedom to negotiate your everyday routine with flexibility according to the needs of all."

Experience has taught the Van family that the most successful home schoolers have defined their own expectations, values and desired results for their children. "We want our kids to have skills for a successful life. This includes the ability to read, to problem solve, to do research, to be critical thinkers and to grow into responsible adults."

At the beginning she thought that her degree in Education would serve her well in her new role. She soon discovered that it was an obstacle in many ways and she had to "unlearn" some principles. For instance the idea isn't to get through a unit of curriculum as much as to engage in all experiences as opportunities for learning. The Home Schooling Support Network has been her greatest resource in making decisions about curriculum and in providing group educational experiences. "The advantage is that each family has the freedom to participate in as many or as few of the organized learning activities provided."

Over the years Aleri has developed her own curriculum based on her interests and the values she wants to have instilled in her children. "Who says that the Alberta Education curriculum is the best for our children? We have access to a global source of learning materials in all subjects." She uses a Mennonite curriculum in some subjects because of its biblical orientation and its strength in language formation. She has found a Saxon math program that is incremental in approach. This allows students to continue practicing all skills while engaging in more complex functions rather than teaching skills individually for a period of time and only going back to them sporadically.

After seeing four of her six children through to either high school or post secondary education, Aleri has learned that each one has a unique approach to learning. Home schooling has given her the flexibility to tailor her teaching to their particular learning needs and educational goals.

The most frequent criticism made of home schooling is the perceived social isolation of the students. Aleri says this is an invalid criticism. Socialization is happening within the family, the neighborhood, and other groups they belong to.

She also thinks it is healthier to be socialized within an intergenerational group than to spend all of the instructional time with people of the same age.

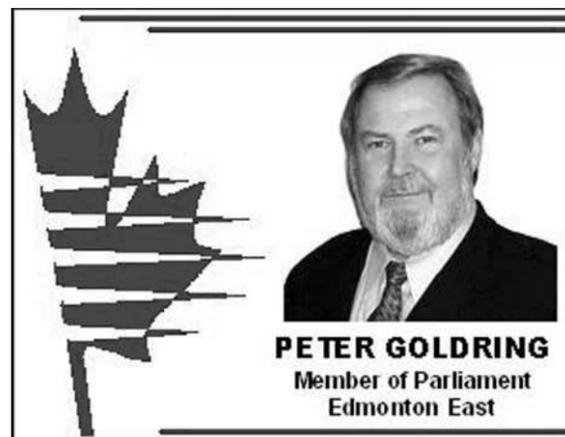
Aleri uses a gardening metaphor to support her educational choice. "Plants are started in a greenhouse in a protective environment. When they are strong and have developed good roots they are introduced into the garden. Similarly with children, they do well in a safe home environment where they are not exposed to damaging influences like being offered drugs in grade 5 or to bullying in the schoolyard. When they are older they have the maturity and moral formation to make sound decisions and to protect themselves."

What keeps this dedicated mother going? "After twelve years I have come to the conclusion that this choice isn't for everyone. I wouldn't have missed the experience. I may not be the best educator in all subjects but nobody knows and can love my children like I can. We have such a strong family bond because of our choice."

Aleri offers this advice to others.

- Start because you know somebody else who is home schooling
- Create a network
- Research what you are looking for in content, supervision, support and financial assistance because Boards are so diverse.

By Patricia Dunnigan



Smokey and The Victoria Cross

Wednesday, August 3, marks the end of an era, with the loss of a national treasure. Ernest Alvia Smith, a common but very exceptional man, has passed away, at the age of 91. Everyone in Canada should, and indeed must know his name. The reasons are all around. We touch, feel and breathe the freedom from tyranny and oppression that he gave us. He was a man who, by circumstance, came to be confronted by a threat so huge that many could only shudder and find shelter. Not Smokey. He single-handedly disabled a World War II German Panther tank using a PIAT anti-tank weapon, and then faced a squad of German infantry, moving from behind. Using a Thompson sub-machine gun, Smokey killed several and sent the rest fleeing for their very lives. Such are the Hollywood tales of legendary bravery. For Smokey Smith, the call to brave, selfless action was very real.

The war was won by the heroic efforts of many. Among those, some were so exceptional in their defence of our freedoms that they were awarded Canada's highest honour for valour: the Victoria Cross. Since Confederation, over two million Canadians have served in uniform, protecting our freedoms in war and in peace. Some 120,000 have paid the ultimate price and died, defending our principles and democratic freedoms. Very, very few have been awarded the Victoria Cross for their heroism. The last living recipient is now dead.

I am humbled to have known Smokey Smith, traveling with him on several veterans' pilgrimages to remember their fallen comrades, including the commemoration of 55th anniversary of the World War II Battle of Ortona in Italy, during Christmas, 1998.

Smokey Smith, VC, will be remembered and respected by all, and for all time. Smokey—rest in peace. You and your comrades brought peace to Edmonton and to Canada.

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Some resources for home schooling

So You're Thinking About Homeschooling: Fifteen families show how you can do it. By Lisa Whelchel.

Alberta home-based learning resource page; <http://www.flora.org/homeschool-ca/ab/>

SHiNE - The Society for the Homeschool Network of Edmonton; www.shine-hs.com; Email: info@shine-hs.com; Voice Mail: 887-7463

The Homeschooler Guide; <http://www.homeschoolersguide.ca/> Calgary-based magazine and website.

Sports & Fitness

Fall is right around the corner which means it is time to think about moving indoors to keep yourself, your children or your family fit! This fall the community sports project is offering a full schedule of adult fitness activities as well as some great gymnastics for children. In November/December, I will be implementing two fantastic new programs. Look for an outstanding Hip Hop dance class as well as a children's rhythmic movements/ballet class. Winter will bring learn to skate and hockey programs on our rinks to complement the indoor programs being offered



Of course at this time of the year, I would encourage anyone who is interested having their children play indoor soccer to call me or see below for registration details. Our soccer program is one of the fastest growing and innovative in the city. In preparation for a successful indoor soccer season we are once again running two free soccer camps for local players. These camps have been so well attended in the

past that we are moving the indoor and outdoor camps to Concordia University College. See below for details! Our u12 soccer team won gold in their division during the last outdoor season, as well as, participated in the city finals. These players represented their community very well by showing sportsmanship and competitive spirit! Our brand new u6 team also won gold in their division! These players improved considerably over the course of the season and will continue to

become better players during the indoor season. Our u8 and u10 teams were also brand new teams and they remained committed to learning new skills from their dedicated coaches over the course of the season. Get your kids involved in a fantastic soccer environment!

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

Adult Fitness

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. This equipment includes exercise balls, balance boards and exercise bands (Dynaband).

-no previous sporting or fitness experience required
September 19 - October 31 (no class on Thanksgiving Day)
Monday 7-8pm
Cost: \$25.00 for community league members (associate memberships available!)
\$30.00 for non-members
Location: Alberta Avenue Community League
Instructor: Owen Lepps

Post-Natal Yoga

This class will provide an opportunity for moms with young ones (6weeks to 14 months) to relax and bond with their infants while socializing and getting some exercise

.Gentle stretching, flexibility and strength exercises will be taught to enhance mental and physical wellbeing .

-no previous fitness experience required
September 28 - October 19
Wednesdays 10-11am
Cost: \$20.00 for community league members (associate memberships available)
\$25.00 for non-members
Location: Alberta Avenue Community League
Instructor: Melanie Ustina

Beginner/Intermediate Pilates
Pilates is an exercise form that focuses on developing core strength, mobility, improved postural alignment and coordination. Core strength is developed by using the deeper abdominal muscles and connecting these movements with the breath. This results in creating a body that is stronger, leaner, more flexible and better balanced.

This program is not new, as it was first developed by Joseph Pilates during World War I to help rehabilitate injured soldiers. The program was later expanded to help elite dancers and athletes improve in their performance.

-no previous fitness experience required

September 29 - November 17
Thursdays 7-8pm
Cost: \$30.00 for community league members (associate memberships available)
\$40.00 for non-members
Location: Parkdale-Cromdale Community League
Instructor: Mirella Zadkovich

Introduction to Hatha Yoga
Hatha Yoga is an exercise system designed to create a unified and balanced state of grace. This class will provide instruction on the fundamentals of yoga postures. It utilizes relaxation techniques and breath and body awareness to improve body alignment, as well as, physical and mental wellbeing.

-no previous fitness experience required
October 25 - November 15
Tuesdays 6:30 - 7:30pm
Cost: \$20.00 for community league members (associate memberships available)
\$25.00 for non-members
Location: Eastwood Community League
Instructor: Melanie Ustina

Registration

Please call me for information or to register for any of the events or activities below. I also want your ideas for the Community Sports Program; feel free to call me at the numbers listed below!

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

How to Register

To register for any class: call Brad MacCallum to register. After you have registered

- Bring cheque or cash to Eastwood Community League between 10:00am and 2:00pm Monday, Wednesday, and Friday OR
- Bring cheque or cash to Parkdale-Cromdale Community League between 11:00 am and 2:00 pm on Monday, Wednesday and Friday OR
- Bring cheque or cash to the

bingo office at Alberta Avenue Community League between 5:30pm and 7:00pm on Thursday or Friday
***make all cheques payable to Alberta Avenue Community League

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....

Youth Programs

Soccer and Pre-school Gymnastics

Indoor Soccer Registration Dates
Working two mandatory bingos is required as part of registration
Alberta Avenue/Parkdale-Cromdale/Eastwood/Elmwood Park soccer registration dates
Sept 10 2-4pm
Sept 17 1-3pm
Sept 24 1-3pm
All at Alberta Avenue Community League (9210 118 ave).

Tentative Indoor Soccer Playing Days

- Under 6 - Saturday mornings
- Under 8 - Saturday mornings
- Under 10 - Saturday mornings/ afternoons
- Under 12 - Saturday afternoons/ early evenings
- Under 14 - Sunday mornings
- Under 16 - Sunday mornings/ afternoons
- Under 18 - Sunday afternoons/ early evenings

Toddler Tumbler

(18 months - 3 years old)
Program Length: 6 x 45-minute classes
**Parent Participation required*
Exploring movement patterns and kinesthetic senses using gymnastic stunts, gymnastics apparatus (mats, ladders, balance beams, mini-trampoline, box horse) games, parent participation play, percussion and imagination.

Session 1 - October 6 - November 10 - 6weeks
Thursdays, 9:30 - 10:15 am
Cost: \$30.00 for community league members (associate memberships available)
\$40.00 for non-members
Location: Eastwood Community League
Instructor: Shauna Dowson

Session 2 - November 17 - December 8 - 4 weeks
Thursdays, 9:30 - 10:15 am
Cost: \$25.00 for community league members (associate memberships available)
\$30.00 for non-members
Location: Parkdale-Cromdale Community League
Instructor: Shauna Dowson

Pre-School Gym (3-5 years old)
Program Length: 6 x 45 minute classes
Introduction to tumbling movements on mats, progression to balances on beam,

jump sequences on box horse & fabulous activity related games interspersed throughout 45 minutes.
**no aerial stunts.*

Session 1 - October 6 - November 10 - 6weeks
Thursdays, 10:15-11:00am
Cost: \$30.00 for community league members (associate memberships available)
\$40.00 for non-members
Location: Eastwood Community League
Instructor: Shauna Dowson

Session 2 - November 17 - December 8 - 4 weeks
Thursdays, 10:15-11:00 am
Cost: \$25.00 for community league members (associate memberships available)
\$30.00 for non-members
Location: Parkdale-Cromdale Community League
Instructor: Shauna Dowson

Soccer Skills Camp (Outdoor)

This camp is a great way for kids to improve their soccer skills and/or prepare for the upcoming soccer season. The camp will focus on techniques including dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading. Coach Samadi always includes plenty of time for a game or two so that the kids can tryout their new skills and techniques. In the spirit of fun this camp is free!

-no previous soccer experience is necessary
September 25
Sunday, 1-3pm
Cost: FREE (call Brad MacCallum to register - see below)
Location: Concordia University College of Alberta
Instructor: Sasha Samadi

Soccer Skills Camp (Indoor)

This camp is specifically designed for the indoor game of soccer and will focus on techniques including dribbling, receiving and controlling the ball, short and long passing, shooting, crossing, and heading. Once again kids will experience an indoor soccer camp of the highest quality in Concordia University College's spacious main gym.
October 9
Sunday 5-7pm
Cost: FREE (call Brad MacCallum to register - see below)
Location: Concordia University College of Alberta Gymnasium
Instructor: Sasha Samadi

*Mr Albert Says
"Join us for Bingo!"*



Wednesday, Thursday & Friday evenings starting at 6:10 pm.
Late night bingo Fridays:
10:20 pm -Precall Bonz,
10:40 pm - Early Birds,
11:00 pm - Regular games
at Alberta Avenue,
9210-118 Avenue, 477-2773



Community Notices



The City of Edmonton invites you to celebrate our great facilities!

FREE Admission from 10 a.m. to 6 p.m.

FUN activities for the whole family

Swimming and Fitness

Free admission to your community leisure centre* with lots of fun activities in and out of the pool! *Confederation pool will be closed but the arena will be open. Coronation pool will also be closed.

Free swimming at these outdoor pools:

- Fred Broadstock
- Mill Creek
- Borden Park
- Oliver

Free access to Kinsmen Sports Centre and Commonwealth Stadium and Fitness Centre.

Skating

Enjoy free skating and lots of fun activities courtesy of the The Kinsmen Club of Edmonton.

- Callingwood
- Castle Downs
- Clareview
- Confederation
- Mill Woods

Golf

Free nine holes of golf at Rundle Golf Course when you book a tee time in advance.

Attractions

- City Archives
- Muttart Conservatory
- Valley Zoo
- Fort Edmonton Park
- John Walter Museum
- John Janzen Nature Centre

Parking will be limited at all major facilities. Call the ETS Bus Link at 496-1600 for direct service to our facilities.

Support the Food Bank

- help them stock up
- donation boxes will be on site at all facilities



Canada Day in Norwood Square:

250 hotdogs and hamburgers were given away while the Norwood Brass Band entertained the crowds and the children enjoyed the inflatable castle, spider man train and face painting. Two beautiful Belgian horses pulled wagonloads of people around the neighbourhood. NNA would like to thank all volunteers; we couldn't have done it without you!



Norwood Neighbourhood Association



Darcy Flemming
474-2743
dflemming@ualberta.ca

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



NORWOOD
Child & Family
Resource Centre

9516 - 114
Avenue
471-3737

Call and register for all programs unless stated otherwise.

PRE-SCHOOL PROGRAMS

Books & Fun for Toddlers

Explore books, play games, sing songs and do crafts. For ages 13 months to 2.5 years. 10-11:30, Tuesdays, Sept 13-Oct 18 OR 1:30-3pm, Thursdays, Sept 15-Oct 20

Books & Fun for Preschoolers

Read stories, tell stories, sing, dance, do crafts, play games and meet other families. For ages 3-6 years. 1:30-3:30, Tuesdays, Sept 13-Oct 18 OR 10-12pm, Thursdays, Sept 15-Oct 20.

Literacy & Parenting Skills (LAPS)

Support for parenting, community building, alternatives to TV & learning reading and writing. Childcare provided but must be booked in advanced. For parents with children 0-6 years. 9:30-11:30, Wednesdays, Sept 21-Dec 7.

Rhymes that Bind

Rymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch. Newborn to 3 yrs. 11:30-12:30, Wednesdays, Sept 21-Nov 23.

CHILD & YOUTH PROGRAMS

Planet Norwood

Recreation, personal development, life skills, cultural awareness, academic skills and more. For children ages 6-13 years. It's FREE but please register. Monday to Friday, 3:30 to 6:00 pm
Thursdays, 2:30 to 5:00 pm
Saturdays, noon to 4:00 pm

Teen Night

For ages 10-13 years. Fridays, 6:30-8:30 pm

Family Night

Encourages fun and positive interaction with parents and youth. Call for day & time.

The Candora Society of Edmonton

Room 248, 3210 - 118 Ave in the Abbottsfield Mall

DAYHOME TRAINING PROGRAM

Sept 12 to Nov 30
Mondays & Wednesday
from 6:00 pm-8:30 pm
Call Trina Keiver 474-5011
for more info

HOW TO PROVIDE SERVICES FOR SENIORS COURSE

Starting Sept 26
Mondays and Wednesdays
from 1:30 pm to 3:30 pm
Call Lenora Yarkie 474-5011 for more info.

HOUSE CLEANING COURSE

Estimated start date
November 2, 2005.
Call Lenora Yarkie 474-5011
for more info

Need childcare?

Adult female in Alberta Avenue able to provide after school care or babysit in the the evenings. Your home or mine. References available. Mia 479-6872.

Looking for happiness? Lost?
Confused??? Got Questions?
What is Christianity? Who is Jesus?

JOIN



INTRODUCTORY DINNER

WEDNESDAY, SEPTEMBER 21

6:30 PM - 9:00 PM

Christian Life Centre

10123 Princess Elizabeth Avenue

Anyone can come. Anyone interested in finding out more about the Christian faith is welcome.

Learning and laughter. Join others in a relaxed atmosphere.

Pasta (or other great food). Each weekly session begins with a free dinner.

Helping one another. Dinner is followed by a video and small-group discussion.

Ask anything. Here's your chance to ask questions!

PLEASE REGISTER BEFORE THURSDAY, SEPTEMBER 15TH.

CALL: 471-2250