

**FEATURE**

- In Flanders Fields the Poppies Blow ...**
- War Around Alberta Avenue**
- My German Neighbour**
- We Remember Remembrance Day**
- Norwood Legion A Part of Our Community**
- Princess Patricia's Canadian Light Infantry**

**BRIEFINGS**

**Fear of the Neighbourhood**  
If we can join together to share our concerns, thoughts and ideas, ... then we can become a force for change.

**News from Northlands**  
The redevelopment work on the east side of our site is proceeding as planned.

**In Flanders Fields the Poppies Blow ...**  
We will remember and we will observe a minute of silence in honour of those who made the ultimate sacrifice in defense of democracy and freedom.

**My German Neighbour**  
This is the story of one man. He is also thousands of others Germans who came to Canada to build a new life at the end of the Second World War.

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## Eastwood Builds New Playground



**Eastwood's old playground** (top photo)  
**Everyone working together to build the playground** (bottom photo)

*After four playground committees in four years Eastwood is finally getting their new playground. Thanks to all the agencies, service clubs and volunteers who have helped make this a reality.*



**Eastwood's new playground - nearly finished**

## What we wish to see on Alberta Avenue

By Dr. Christel Hus

Most of us residents living close to Alberta Avenue would agree what we don't wish to see on Alberta Avenue: more prostitution, drugs, pawn shops, liquor stores, neglected, empty store fronts, and litter.

But what do we, the residents in this area, wish for?

In order to find out I decided to do a little informal research among my neighbours, shopkeepers, trades people and professionals I encounter on my daily rounds. And here is what I found: Answers as diverse as the background and ethnicity of the people I talked to.

Most of us easily agree on what we like in this neighbourhood and why we live here: the proximity to downtown and the river valley, the closeness to such amenities as bakeries, corner stores, a great vegetable and fruit store, a friendly community-oriented library, swimming pools, recreation centres, community halls and churches. I personally just love most of all the mature

trees and gardens. It is an established neighbourhood with wonderful people living here.

But what are we missing?

Let's start with the person whose wishes I know best myself. Running a small office out of my own home I wish there was a cozy coffee shop around, where I could sit down with a good cup of brew, read the paper and chat with the neighbours. Combined with an attractive bookstore, something along the lines of the Mandolin Café in Highlands, would be my dream, or combined with an art gallery would be even better. Oh, yes, soothing music and some author readings or meet the artist nights would be great.

And how about a small movie theatre with good films, or even better live theatre?

And then I wish for a printing shop with good customer service, one where I could get my last minute printing and copying done at a reasonable price; that would be nice.

Most of my neighbours wish to see smaller ethnic stores and

restaurants, but wonder if they would survive. We have seen quite a few come and go; maybe they suffered from under capitalization or not enough customers.

One of the reasons why we like to live in this area are the reasonable prices, not just for housing, but also in the surrounding stores. Most of us are on a limited income and count our pennies. This does not mean that we only shop in second-hand stores or pawnshops.

*How can we attract desirable businesses and let them thrive in our neighbourhood?*

I am not an expert but it seems to me that well run speciality stores such as Myhre's Music or the Polarbear store not only can survive, but thrive on Alberta Avenue. How can we attract more of them?

More government services, medical offices, more banks, say some of my neighbours. They keep the front clean, and the

prostitution and drugs out.

Then there is my lawyer. He does not want to see any changes because the rent for his office is quite reasonable and he fears it will go up if the area improves. And that's why he has been my lawyer for more than a decade now, because he passes his rent savings on to me. He does not have a fancy office to impress his clientele, but he provides excellent service for a very reasonable fee, which is rare in these days.

Can we keep the cost of living in this area down and still improve our surroundings? How can we attract desirable businesses and let them thrive in our neighbourhood?

I set out with one question, got many answers, and ended up with a whole bundle of more questions. Now I would like to invite your comments and thoughts for further discussions.

That's the function of a community newspaper after all: to provide a voice in our neighbourhood and to connect us all for the betterment of our community.

Box 39024 RPO Norwood  
Edmonton, AB T5B 4T8  
780.479.6285  
info@ratcreek.org

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**Managing Editor**

Karen Mykietka

**Editor**

Dawn Freeman

**Designer**

Michelle Hayduk

**Ad Rep**

Joy Dyck

**Distribution**

Coordinator Needed

**BOARD MEMBERS**

Kathleen Quinn, PAAFE  
Peter Rausch, AABA  
Jill Oliver, Alberta Avenue  
Margaret Guthrie, Norwood  
Verna Stainthorp, Spruce Avenue

**MISSION**

*The mission of the Rat Creek Press Association is to highlight community news, activities, and recreational opportunities as well as local residents and businesses for the purpose of building a strong, vibrant, well-connected community.*

**GOALS**

Build Community  
Encourage Communication  
Increase Capacity

**AD RATES**

The price per column inch is \$7.75  
Business card size is \$40.00  
2 column square is \$60.00  
3 column by 3.5" is \$80.00  
1/4 page banner is \$150.00  
1/2 page is \$300.00

**UPCOMING ISSUES**

December/January  
Faith & Traditions  
February  
Families  
March  
Health & Wellbeing

# Fear of the Neighbourhood

By Dawn Freeman

Lately some of our neighbourhoods have been in the news but sadly not for any positive reasons. I just hated reading the headline "Eastwood after dark a neighbourhood of fear" from the *Edmonton Journal* on Saturday September 24, 2005. How horrible for those who live in Eastwood to read that about their neighbourhood. How horrible for those who live there to feel that way about their neighbourhood. And how can it be changed?

One option is to move, and I've heard of a number of people who did just that. But is any area truly safe these days? My friend's neighbour's camper van was stolen a couple of weeks ago in Virginia Park. Millwoods has been the scene of a number of violent incidents. Another friend

who moved to a new sub-division in the west to get away from crime had a wanted U.S. felon living right next door – until the police showed up. And grow houses turn up in all sorts of quiet neighbourhoods.

*If we can join together to share our concerns, thoughts and ideas, ... then we can become a force for change.*

According to articles in the *Edmonton Journal* on September 24, 2006, the 29 murders that happened in Edmonton in 2005 are spread throughout the city. Although there is a high number of violent crimes and property crimes in our area, they also happen everywhere else especially if you happen to live near a mall or a LRT station.

And what if moving is not an option? And why should we uproot our families because of a few nefarious individuals? Do we want our families and our neighbours to be safe? Absolutely. Do we want to be afraid every time the doorbell rings or we step outside? Absolutely NOT! No one should have to live in a neighbourhood of fear. So how do we get rid of our fear? I think fear can be beaten by action.

Get involved in your community and its groups. If your street has derelict houses on it that are being squatted in or being used for illegal purposes get involved in the Community Action Project (CAP) – this is a group that works hard to get rid of these kinds of buildings. If there is prostitute activity in your area become involved with the Prostitution Awareness and Action Foundation of Edmonton

(PAAFE). If you notice suspicious comings and goings in a house on your street report it to the police. Get to know your neighbours, join Neighbourhood Watch. Find out from these types of groups and from the Edmonton Police what else you can do to make your neighbourhood safe.

Most of the people in a neighbourhood are honest and nice and want the rest of their community to be so too. If we can join together to share our concerns, thoughts and ideas, at a family level, at a community level, at a city level and a country level, then we can become a force for change. We can create a zero tolerance policy for antisocial activities, we can give support to victims of crime and to those who want to change their lives, and we can create a neighbourhood, city and world of peace.

## Air of Excitement at the Spruce Avenue AGM

By Angie Klein

On October 18 at 7:00 the annual general meeting was held for the Spruce Ave Community League. There was an air of excitement for the future and a genuine feeling of community involvement. Our community center is in great shape, and not just to look at, lots of renovations have been done and there is still room in our finances to do more great things! We elected a great new Board of Directors with some officers changing positions and many fresh faces to bring new life to the league.

As you can see there is a very important space to fill and anyone who has a good knowledge of sports, some free time and a love for kids would be welcomed and appreciated.

Get Involved! Become A Member!

**THE NEW BOARD:**

**President:**

Ken Johnston

**Vice President:**

Tony Flath

**Secretary/Treasurer:**

Verna Stainthorp

**Social Director:**

Trish Stefanuik

**Neighborhood Watch:**

David Despins

**Membership:**

Ray Cote

**Communication:**

Angie Klein

**Hall Rental/Maintenance:**

Henry Stainthorp

**Sports Director:**

VACANT



## Volunteer of the Month

Lawrence Wallace  
Rat Creek Press Carrier in  
Alberta Ave



Lawrence Wallace

Lawrence is one of the wonderful people who bring the Rat Creek Press to your door every month. But he doesn't just do a couple blocks, he has a route of over 500 papers. He also delivers for Flyer Force and the Examiner, and he works occasionally at Northlands.

"I enjoy walking around the neighbourhood, meeting people and getting the paper to them," says Lawrence. "I like to look at the beautiful old houses."

Lawrence also enjoys walking his dogs, gardening in the spring and summer and shoveling snow in the winter.

We are especially grateful to Lawrence for delivering an extra 500 papers for us last month when we ran into delivery problems.

Thanks so much Lawrence! We appreciate it!

### Rat Creek Press Appreciation Night

Please Note the changed date

You are invited to attend the first annual general meeting of the Rat Creek Press Association & our volunteer appreciation celebration.

Monday, November 7 at 7pm  
Spruce Avenue Hall 10240-115 Avenue  
Guest Speaker: Phil O'Hara

Phil O'Hara is a McCauley resident who volunteered for the Boyle McCauley News for over 10 years in various capacities (editor, board member and chair). He works at the Edmonton Social Planning Council as a Research and Policy Analysis Coordinator.

## Type it at Sprucewood Library:

### Four Edmonton Public Libraries offer free word processing service

As a pilot project, customers can book a word processing computer on a first-come, first-served basis in four library locations. The computers can be booked in advance for one hour per day.

Making the announcement was Patricia Jobb, associate director responsible for public services. "A customer survey conducted recently showed that

word processing service, offered free of charge, is a high priority, particularly for library customers who do not have access to computers at home or at work."

The computers will have Microsoft Word software and equipment allowing customers to use diskettes or flash drives to save and retrieve files. "To help customers who are not familiar with word processing, the Library's website provides links to online tutorials and a basic guide on how to use the software

is also available at each word processing station," said Patricia Nelson, manager of Mill Woods branch and chair of the pilot project.

In addition, a part-time trainer, hired with funding from Industry Canada's Community Access Program Youth Initiative, will be at the four library locations on a regularly scheduled basis to provide group or individual training to customers on how to use word processing, the Internet and email.

## News from Northlands

The redevelopment work on the east side of our site is proceeding as planned and it is hoped that these new parking lots will be ready for use as of October 31. We hope that you will take some time and visit us during the upcoming months. Please visit our website ([www.northlands.com](http://www.northlands.com)) for information on all our events.

Northlands Park recently received \$35 million from this year's provincial surplus as part of the province's investment in centennial projects. This one-time grant will be used to provide capital funding for a new exhibition facility. We hope to

meet with the neighbours of our surrounding communities once again in the new year to share our plans regarding this facility.

If you have never had the opportunity to attend Farmfair International (November 5 to 13), it is a great family event that truly brings a piece of the country to the city. Farmtastic Weekend on the opening days of November 5 and 6 will feature a new farmers market plus small livestock shows, stock dog and draft horse competitions as well as great country entertainment. Check out the Canadian Finals Rodeo (November 9 to 13) for a lot of country and western!

Or do your Christmas shopping at the Celebrations Craft Show November 25 to 27 where you'll find fun for the whole family.

A reminder again that Northlands Park has a community donations program, which may be beneficial for any fundraising projects you are involved with.

Please feel free to contact me with any questions or comments you may have. I can be reached at 471-7336 or via e-mail at [cschneider@northlands.com](mailto:cschneider@northlands.com).

Cheryl Schneider

Community Relations Manager  
Northlands Park

## Art Needs to Be Seen

The Alberta Arts Support Society, an art promoting organization launched in Calgary more than a year ago, has most recently set up a regional Edmonton office in our Alberta Avenue neighborhood. The mandate of the not for profit society is to strengthen the arts image in the eye of the public through various art community building efforts.

"Art needs to be seen," says Dr. Christel Hus, the society's president. "Our goal is to make the arts in Alberta more visible; to create public awareness particularly for new, smaller and innovative art venues and for lesser known or unknown Albertan artists who don't have the means to promote themselves. We have lots of ideas how to do that. Some are geared to the near future; others will need considerable time and money to become implemented. We need all the help we can get in this process."

In accordance with its mandate the society will publish a guidebook to the art scene here

in Edmonton titled ART SEEN. The book will feature the wide spectrum of Edmonton's amazing eclectic art venues including theaters, museums, galleries, music and dance venues and our many festivals. It will also feature individual artists from each genre.

*"Art needs to be seen," says Dr. Christel Hus, ... "Our goal is to make the arts in Alberta more visible ..."*

To make entrance fees and tickets to performances more affordable valuable coupons, most of them 2 for 1, will be found in the back of the book. ART SEEN will be sold for a very reasonable price of \$20 at various arts locations such as Tix on the Square as well as through nonprofit organizations such as schools, colleges, etc and local bookstores. The ART SEEN book raises funds for various community groups while

providing visibility to the diverse art scene in Edmonton.

"We launched the first Canadian edition of the ART SEEN book in Calgary last fall and it was well received there. The concept originated in Germany, where these guidebooks are published yearly in Hamburg and Berlin", says Dr. Hus.

"In order to launch our book for the festival season in May we need all the community support we can get. Members and volunteers are very welcome; information from different art groups can be sent in by Email to [info@aass.ca](mailto:info@aass.ca). Businesses and groups who are willing to advertise in the book or sell it as a fundraiser should contact us as soon as possible."

Contact: Dr. Christel Hus  
Alberta Arts Support Society  
Edmonton Office  
12156 - 93 Street NE  
Edmonton, AB, T5G 1E8  
Tel 780.477.6892  
[info@aass.ca](mailto:info@aass.ca)

## Every library lover has a unique story to tell. What's yours?

The Edmonton Public Library invites everyone to participate in the Beyond Words Library Stories Contest by submitting stories about their personal experiences with the library that changed their world, a little or a lot.

Stories can be submitted online, in person, by mail or fax. They can be written or be in audio or video formats, in 1,200 words or less. Deadline for entering is Wednesday, November 30th. This contest is open to library users aged 18

or older. Selected stories will be published by the Library on its website or in print, in January, 2006. Prizes, courtesy of Citadel Theatre, Edmonton Art Gallery, the *Edmonton Journal*, Kate Walker and Company, The University of Alberta Press and Winspear Centre, will be awarded for the top three stories and honourable mentions. Stories are not judged by their literary merits.

For details, visit your local Edmonton Public Library or the website at [www.epl.ca](http://www.epl.ca)

## Spruce Avenue Centennial Harvest Festival

On September 17th, Spruce Avenue community residents and former residents joined together in celebrating Alberta's 100th birthday.

Fun was had by all with hayrides and activities for both the young and old.

MLA David Eggen presented the Alberta medallion to present and past volunteers of the community league in recognition of their dedication and commitment to the community. The day was capped off with a barbeque and corn roast.

## Update on the Locke Site

The horrible mess on the empty Locke lot chronicled on the cover of the October Rat Creek Press was cleaned up by the owner just as that issue went to press. Thank you! You can be sure we'll let the owner know if it becomes a problem again.

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Jamie LaBonté photographer resident of Eastwood



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## Practical Thoughts

There are lots of things I have discovered about this neighborhood in the last year I have lived here. You probably know about them too. Tree lined streets, houses that are old and beautiful. The gardens and the people walking by who are willing to stop to chat and pet my dog.

They aren't readily apparent though. A friend is looking at buying in this neighborhood, I went house hunting with her today. There are some gems in the area; houses that are cute, houses that are grand, houses that you walk into and think "Someone loved this place once. They were proud of it." I remembered all of this today; I remembered something else too – the first house we looked at. Cute house. Asked the neighbors what the neighborhood was like. She told me she was mugged. Last

week. I could still see the black eye. Ugh. Next house. Or the house we almost bought, until we looked at the neighbouring houses in the daylight.

I encouraged my friend to come to the Avenue Initiative meeting with me tonight. I wanted her to see that the neighbourhood isn't all bad. There are every day kinds of people here, who work everyday kinds of jobs, who have families and mortgages. People that are normal. We haven't wound up here because it's one of the few neighborhoods in the city we could afford. We saw what was wonderful, it was home. We had dreams about how to make it better.

I discovered something else tonight at the Avenue Revitalization meeting. We are practical people. The Avenue Initiative gave voices to our

dreams, and now we want action. We read in the report about the initiative of "Safe Streets and Spaces", and we agree that safety is a problem in this neighbourhood. But we want that to mean something. Increased policing – more cops on the street. Better lighting. Not just another committee, report or empty promise, but action. People in this neighbourhood are starting to stand

*... I want to show off my neighbourhood ...*

up for their rights as residents, as homeowners, as business owners. The neighborhood doesn't belong to prostitutes, john's, pimps, porn shops, drug dealers and pawn shops. It belongs to us and we want better. We won't tolerate lower standards for

our neighbourhood.

Don't believe me? Think for a moment of the hulking relic of the Cromdale. Imagine it plunked down in the heart of old Glenora, right next to the Provincial Museum. Go ahead, grin. Think of lawyers and doctors and bankers driving past it everyday. Smile at the impossibility. I can hear you saying "That wouldn't happen!"

You're right. It wouldn't. Now ask yourself why? Can you imagine if it did? The picketing? The threatened lawsuits? The media attention? The City Councilors who would find themselves out of a job if it didn't go away.

Higher standards. What we need to be talking about. We don't want to be old Glenora. But we do want to be listened to. We want to be treated like real people. We want action.

So the bottom line is this. The Avenue Initiative is great. But it isn't a treat, it isn't a perk and the city isn't doing us a favour. They are giving us something we are entitled to – safe streets, pleasant streetscapes, businesses of value to residents.

We need to keep standing up, keep pressing for action. I hear that there will be committee for citizens to join. Great – Where can I sign up? I want higher standards. I want to show off my neighbourhood. I want everyone to see what I see.

Oh, and the Cromdale? I'm thinking wrecking ball. I'm thinking replacement with something new, something better. I'm dreaming of a Second Cup. What about you?

Cheryl Walker  
Parkdale Resident



## The Power of Working Together

A member of our block club was contacted for a follow-up story about a community meeting that was recently advertised in the Rat Creek Press. We are happy to oblige and hope the following write-up is of use to your paper.

Drug deals in front of our homes, prostitutes doing their business and a problem house on our block, along with the noise, all night parties and drunk drivers throughout the night have taken a toll on our lives.

Lack of sleep and anger towards the illegal activities resulted in some of the neighbours teaming up to call for changes. Without actually putting a police station on the corner of our block we needed some help. A community announce-

ment in the local paper, Rat Creek Press, offered a place to find out how to be more effective in our attempt to create a better and safer environment around our homes.

*... no longer feeling alone in our fight to correct these problem activities. CAP showed us real people with a vested interest in their neighbourhoods ... how to deal with the problems.*

Three neighbours attended the meeting hoping to gain information. We did! The Community Action Project (CAP), who presented the meeting, was a library of information.

An orderly plan of action was discussed on how to deal with the variety of problems we mentioned. We were no longer feeling alone in our fight to correct these problem activities.

CAP showed us real people with a vested interest in their neighbourhoods and a record of success in how to deal with the problems. We learned from discussing "How would you respond?" to past scenarios of actual neighbourhood problems and solutions. We learned how to utilize the multitude of departments and agencies that are available to assist people with many of these concerns.

The Edmonton Police Services is not always the only answer to get action against

problem activities.

Since the meeting we have received a follow up visit and support from CAP and other participants of that meeting. We feel connected now and not alone. By organizing as a group of neighbours we are making a difference. Our problem house is up for sale. We know exactly who the drug dealers and buyers are and they will be dealt with.

Thank you Rat Creek Press for telling us about the meeting. Thank you Community Action Project for your work and time. We look forward to a better block in our Delton neighbourhood in the near future.

Lynne, Shawn, Patricia and Mike  
Neighbours on 95 Street

Volunteers make Rat Creek a Success. Getting Rat Creek to over 8,000 mailboxes takes a lot of time and energy and it could not be done without the hard work of our volunteers.

Call: 479.6285



### Community Art Show & Sale



**Saturday, December 10**  
10 am to 6 pm  
**Sunday, December 11**  
12 pm to 5 pm

**at the Alberta Avenue Business Association 11770 – 95 Street**

For more info contact Shelly @ 477-7473

## Doggone Troubles

Dear Editor:

I am a resident of Norwood and I want to start a fund to help provide our dog owning neighbors with hearing aids. They must need them and can't afford them. Otherwise there is absolutely no other reason why they can't hear their, hounds barking, woofing, howling, or baying whenever they are outside. I have spent the summer having to choose between, keeping my windows closed and living in a sauna, or opening my windows, and having to turn my TV up to ear splitting levels. This was very upsetting to me, and I'm a dog

lover. I have no idea what it must have been like for a non dog person. People please! If you are deaf to your animals, try looking out your window. Lip-read your pet. It isn't that hard, dogs have a limited vocabulary, if their muscles move; there is a good chance your beast is yodeling. I beg of you to use these coming winter months to train, tranquilize, or lobotomize, your barker. If need be take it to a trainer, vet, or taxidermist, whatever will shut it up.

Garry Murphy  
Norwood Resident

**Brian Mason, MLA**  
Edmonton Highlands-Norwood



**Edmonton Highlands-Norwood  
Constituency Office**

#100, 8930 Jasper Avenue Phone: 414-0682  
Edmonton, Alberta T5H 1E9 Fax: 414-0684  
e-mail: edmonton.highlandsnorwood@assembly.ab.ca  
www.brianmason.ab.ca

# 11 Things You Need to Know to Pass Your Home Inspection

EDMONTON – According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these eleven items could cost you dearly in terms of

repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for. And knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

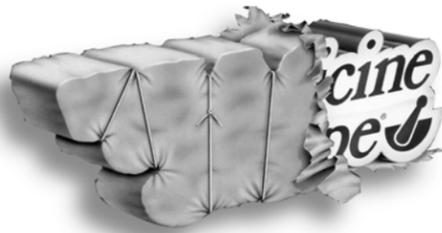
To help homesellers deal with this issue before their home

is listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your free copy of this report, call 1-866-815-9646 and enter ID# 4003. You can call anytime, 24 hours a day, 7 days a week. Call NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

*This report courtesy of Donna Straus, Realty Executive Challenge. Not intended to solicit properties already listed for sale.*

## Parkdale Drugs Becomes The Medicine Shoppe® Pharmacy



**Parminder Bhui, B.Sc. Pharm.**  
Pharmacist/Owner

8111 - 118 Avenue  
Edmonton, AB

**477-1192**

Hours: M-F 9 a.m. - 6 p.m. | Sat 9 a.m. - 2 p.m.

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.

### Professional Services:

- Prompt and caring service
- Friendly and knowledgeable staff
- FREE Pick-up and delivery of prescriptions city wide
- FREE blister packaging/dosette compliance packaging
- Custom compounding to meet individual patient needs
- Pre-filling of insulin syringes and palliative medications
- FREE home visits and medication reviews
- Health and Wellness Clinics including FREE blood pressure measurements everyday
- Senior and group benefits
- Exclusive access to Rexall™ brand products
- Honor all major drug plans
- Medication disposal program



## PET CORNER

# Caring For Our Furry, Barking Friends

By Trish Stefanuik

As the weather begins to get cooler, here are some things to keep in mind when it comes to caring for our furry friends.

### SKIN

In winter low humidity is common and pets are typically kept indoors, exposed to dry heat from furnaces as well as dry environment conditions. Without enough moisture in the air, skin problems can occur. The most common skin problem in the wintertime is dry flaking skin. To help your pet maintain a healthy skin and coat, try a few of these suggestions:

- Avoid bathing your dog during cold, dry weather. Bathing

removes essential oils from the skin and can increase the chance of developing flaky skin. If bathing is necessary, use a soothing oatmeal-based shampoo and follow it with a moisturizer.

- Brush your dog often to remove dander and any shedded hair.
- To keep the skin full of luster, feed your pet a high quality diet. Avoid supplements and don't add oil to the food unless specifically recommended by your veterinarian.

### PAWS

When there is ice and snow, you can expect various melting products to be on the ground. Ice melt products are typically made of salt. When your pet walks through the ice and snow,

particles of salt, sand or even ice crystals can become lodged in the webbing. Your pet may ingest the salts by licking his paws, which can cause illness. Keep your pet's paws healthy in winter by following these suggestions:

- After each walk, wash off your pet's feet. This will remove any ice and road salt that can cause excessive dryness.
- Trim the hair between your pet's toes to reduce the chance of collecting ice and snow crystals.
- Petroleum jelly can be placed on the surface of the pads, especially prior to walking outdoors.
- For serious cases, special booties made of neoprene can be used to protect the footpads.

### FEATURED PET



**Name:** Jasper  
**Home:** Spruce Avenue  
**Owner:** Henry Stainthorp  
**Favorites:** Jasper is a great, great grandson of "Sarge", who was the first Police Dog in Edmonton.

# Business on the Avenue

By Peter Rausch  
Executive Director, AABA

One of the mandates for our association is to promote and develop businesses within our zone. Over the past year our association has been trying to attract retailer chains and developers to locate along the Avenue with initial limited success. We will continue to work at trying to locate these anchors along the Avenue and recognize that the Avenue Initiative will greatly support these efforts.

Harpooning some of these “whales” is only part of our efforts. We know that we need to locate more independent businesses

that provide goods and services that meet resident’s needs. Filling the vacant store fronts with new businesses will not only serve to draw more shoppers to our area, but eliminate the derelict look in many parts of the Avenue.

Our office is here to help start up businesses as well as existing businesses that are looking to grow or relocate. If you (or someone you might know) is interested in starting a business please call us; our office provides information, contacts and support to get you started.

We can also provide you with the results from a recent marketing study undertaken as part of the Avenue Initiative

– this report identifies the types of businesses and services that local residents want and would support along the Avenue. As well, we have information from the City of Edmonton on licensing, permits and zoning for businesses.

Our association works with the Business Link, financial institutions, other business associations and resource centers to help you develop a successful business plan. The Business Link is a joint provincial and federal effort that provides free consulting, a library and resources centre, and seminars and networking for start up businesses – it is a tremendous resource. If you are not familiar

with the Business Link please see their website at [www.cbcs.org.alberta](http://www.cbcs.org.alberta) or visit their office at 100, 10237 -104 Street.

AABA also works with a number of property owners along the Avenue. Two of our best assets are the affordable rents and property owners who want to fill their vacant stores. We can refer new businesses to these opportunities.

If you are thinking about starting your own business feel free to call me with any questions.

**Alberta Avenue Business Association** Ph: 471-2602  
E-mail: [aaba@telusplanet.net](mailto:aaba@telusplanet.net)

## AABA WORKSHOP

*Alberta Gaming & Liquor Workshop for any business with a liquor licence: owners, management team & staff welcome.*

*Review of operating guidelines for licenced premises.*

*November 6 & 13 at the Alberta Avenue Business Association*

*Call Peter at 471.2602  
11770 - 95 Street*



## BUSINESS SPOTLIGHT

# A Staff, A Store, and a Whole Lot More

By Rita Jandrey

The Salvation Army continues to attract loyal shoppers by offering clean, still-in-style clothing and a vast array of useful household items at their shop at 10131 Princess Elizabeth Avenue, in operation since 1992. It is one of five thrift shops the Salvation Army runs in Edmonton, including an antiques/collectibles store.

business hours as donations left outside overnight have been ransacked in the past. Only about 30% of donated clothing is put out for sale; dirty, torn, or toxic items are discarded, as are completely out-dated ones, although vintage clothing is currently a hot seller. Only 15% of other types of donations are sold in the stores. The Salvation Army fills a 40 yard dumpster in Edmonton

between cashier and customer, especially for the larger items, or if a defect on a garment has been overlooked. All clothing is priced with tags of various colours. Every Monday, items with a particular coloured tag are put on sale for \$1.00 to move the stock along. Furniture is usually on the floor for 2 weeks before the price is reduced until it is sold. The goal is to always

wedding dresses that are sold for a fraction of the original cost. Recently, a stunning wedding dress with a \$1,300 price tag was selling for \$250. Some donations defy explanation, such as cage with a dead hamster still inside. Some donations amaze the staff, such as the leather couch and chair set, and an oak pedestal dining room table and chairs in mint condition. One

## THE SALVATION ARMY

*The Salvation Army offers a pick-up service with a three big-bag minimum. Items must be in good, usable condition, not requiring repair, maintenance, or cleaning. Used mattresses, box springs and major appliances are not accepted. Call 437-6861.*

*Seniors are given a 20% discount every Tuesday, except for new mattresses and box springs.*

*Gift certificates are available; also customers can now purchase Salvation Army Thrift Store Cash Cards, which can be loaded with any amount. Every Wednesday customers with a Cash Card, who have a \$5.00 minimum balance on the card, get a 15% discount except on new mattresses or box springs. These Cash Cards are good in any Salvation Army thrift shop across western Canada.*

*People who cannot afford to pay at all are sent to Salvation Army Family Services at 9612-101 A Avenue where they can get vouchers and shop for free.*

*Photo (left): Salvation Army Thrift Store  
Photo (right): Karin and Jocelyn from the Salvation Army Thrift Store*



It takes six employees to run the 6,000 square foot thrift store, which is open 6 days a week Monday through Saturday. They are cross-trained in all aspects of running the store, from the pricing of donations to running the cash register. Karin, the store manager, loves her job.

“I have seen how the store can help change lives just through a smile, a laugh, and a welcoming atmosphere,” she says. She wants to see all customers leave the store feeling hopeful and good about themselves.

Store policy is that all donations must be made only during

and area every three days with unsellable items, and pays \$45,000 a year to dump these goods — down from about \$80,000 a few years ago when they had outside donation bins. All donations are important, however, as all profits are channelled into the many social programs the Salvation Army offer.

The condition of the kept item plays the key role in setting the sale price. While consistency in pricing across all stores is a goal, the location of the store, and local demographics are also determining factors. Prices can sometimes be negotiated

have fresh stock in the store and every effort is made to ensure this happens.

Clothing that does not sell for \$1.00 is recycled. Some go offshore, are sold to rag dealers, or are sent to overseas missions. Some may go to other stores, or are given to victims of fire, emergency, and disasters.

The thrift stores never receive too much of anything. They are always in need of men’s and boys’ jeans, and heavy winter clothing, including boots, for both sexes and all ages. Not all donations are used items. A local wedding shop, for example, donates new

of the most unusual donations ever received is an 1800s traveling mortician’s embalming table, including the instruments used to remove blood from the corpse. It is presently at their antiques/collectibles store.

Maureen Stewart, the Salvation Army’s Recycling Operations Manager, invites new and regular customers to visit the store often because, as she says, “Come on and experience the thrill of the hunt – you’ll never know what you find.” Thrift shops have provided affordable goods and a warm, welcoming environment for decades.

# Business Brief

## HOMEMADE STEAK AND PIZZA

8541 - 118 Avenue  
Ph: 471.1424

Opened since 1988, Homemade Steak and Pizza specializes in pizzas, steaks and pastas and the best thing is, everything is homemade. Their hours are extensive: 11 am - 1 am for dining in, and 11 am - 5 am for take-out and delivery. And believe it or not the early morning hours are the busiest time.

## PAUL PARTH, CHARTERED ACCOUNTANT

Paul is moving from around the corner of the Trading Post (95A) to the 96 Street end of Easy Homes. He is renovating an old house across the street on 96 Street for his office space and plans to be in by November.

## ROMA BISTRO

9737 - 118 Avenue

This new restaurant is promising to open at the end of October. They will be offering Italian and Spanish cuisine and using only fresh ingredients. Sounds delicious!

## MILE ZERO DANCE AT THE LANDING PAD

#201, 10923 - 101 Street  
Ph: 424.1573 or 450.3336  
www.milezerodance.com  
info@milezerodance.com

Mile Zero Dance is a cutting edge company devoted to the vitality of contemporary dance in Edmonton. Their philosophy is based on fostering education, creative exploration, and performance. Forming the cornerstones of the company's activ-

ity are the Annual Dance Lab Series, Concert Performances, Artists in Schools Residencies, and Artist in Residence Programs. During the past five seasons Mile Zero has commissioned over ten new works. Call or e-mail Mile Zero Dance for information about their programs.

## THE WINDOW JEANNIE

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The Window Jeannie has painted many windows for businesses throughout the city over the past 26 years as well as being responsible (with 77 inner city

school kids) for the wonderful murals at Northlands and Cash Canada for Ringette and Grey Cup '02.

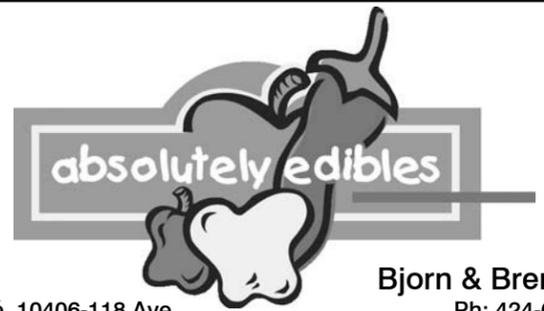
## Have you received your copy of the Fall 2005 Avenue Business & Community Directory?

Over 8,000 copies were delivered to homes with the November issue of the Rat Creek Press. If you didn't receive a copy and would like one, extra copies are available from:

Alberta Avenue Business Association  
11770 - 95 Street Ph: 471.2602

Rat Creek Press  
Ph: 479.6285 E-mail: info@ratcreek.org

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We thank all applicants for their interest, however only those selected for an interview will be contacted.

## In Flanders fields the poppies blow...

By René Ladsous

On November 11th, at the 11th hour, we will remember! But we will remember what? We will remember and we will observe a minute of silence in honour of those who made the ultimate sacrifice in defense of democracy and freedom.

The first Remembrance Day (originally called Armistice Day) was celebrated in 1919 in what was then the Commonwealth to commemorate the end of the war. From 1923 to 1931 Canada celebrated Armistice Day on the Monday of the week in which November 11th fell. In 1931, Allan Neill, a BC Member of Parliament, introduced a bill to hold Armistice Day on November 11th: the 11th day of the 11th month at the 11th hour. It was passed

and the decision made to call it "Remembrance Day". The exact date is November 11th, 1918, when the Germans ceased fire and signed the Armistice that would put an end to the First World War. Of the 7.8 million people living in Canada at the time, more than 600,000 enlisted; more than 60,000 were killed and more than 150,000 were wounded. The last Canadian to die in that war was Private George L. Price.

This was the war to end all wars; never in the civilized world had there been such carnage and such viciousness in war, and never would there again. History proved that wrong.

Since then, Canada has been involved in the Second World War (1939-1945) and the Korean War (1950-1953). Today, Remembrance Day commemo-

rates Canadians who fell in all three wars. In May 2000, an unknown Canadian soldier was interred at the National War Museum to represent our country's commitment to peace and freedom in the past, the present and the future.

The poppy became a symbol of Remembrance Day following the great success of Colonel John McCrae's poem. The money raised by the Royal Canadian Legion on that occasion is used to help the veterans of these wars.

Almost 90 years have passed since the First World War, 60 years since the Second World War, and 52 years since the Korean War. Let us not forget and let's not allow our children to forget those who will never grow old so we can enjoy our life and our old age.

### IN FLANDERS FIELDS

John McCrae

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

## War Around Alberta Avenue

By Alex Mair

Reprint from "Through the Years - Alberta Avenue" © 1995

Edmonton was a fascinating city in which to live during World War II. It was an unhappy world, with injuries and death on the battlefields, in the air and on the seas, and although Edmonton was geographically a long way from the battlefields, it played a vibrant role in the scheme of things. It was a time to walk up 118 Avenue and feel the crackle of activity all around you. It was a good time to be on the Avenue.

You could stand on the corner of 95 Street and 118 Avenue and see the world from four different directions. To the south, there was downtown Edmonton. Filled with activity, and milling with a mix of people from all over the world. There were the airmen, representing every commonwealth country. There were the soldiers, come from all over the province and the north to enlist and take their role in the Canadian Army. There were the sailors, enlisting and starting their basic training at the foot of McDougall Hill. It was called H.M.C.S. Nonsuch, one of the original Brick Frigates, and it had been the Hudson's Bay Company stable for a while.

The downtown streets were filled with Americans. Many of them were military personnel,

involved with the construction of the Alaska Highway. Many were civilians, drawn to this part of the world to help build that highway. Many were fliers, ferrying aircraft up the Northwest Staging Route, the aerial highway that led to Alaska and on to Russia.

And there were the Russian ferry pilots, some of them women. They came to Edmonton to take over the transport of the planes destined to be part of the much touted Second Front in Russia. The planes had been built in the USA, but by the time they reached Edmonton, they had been painted with camouflage colours and had the Red Star of the Russian air force painted on their wings and fuselage. It was interesting to see these Russian lady ferry pilots in downtown Edmonton, doing their shopping at the Bay before they climbed into the cockpits of the fighter planes and the bombers and took off for the flight home.

And if you were standing on that corner and looked east, you could almost see the buildings and the blue Air Force uniforms of the new recruits at the Manning Depot out at the Exhibition Grounds. This was where all the new R.C.A.F. recruits were gathered for their basic training before they were sorted out as to their air force careers and sent on for additional training.

If you looked to the north

from that corner you could see the airplanes disappearing in the clouds over Calder. And if you looked to the west, you could see the sky filled with airplanes. There were the yellow Tiger Moths, lurching around in the circuits of the old Blatchford Field, as new pilots learned the basics of flying. And at regular intervals, there would be a series of yellow Avro Ansons, steady, low, reliable, taking off and heading out across Alberta on the missions that trained the navigators that would be assigned to combat operations overseas when they graduated.

There would also be the planes of the American Air Force, some being ferried to the north, some, as mentioned, already earmarked for the Russian front.

Heady stuff, and not always appreciated as such by the people who stood at the corner.

You might have gone up the Avenue to have a prescription filled at Mitchell's Drug Store. You might have gone into Cotter's Hardware for some shingle nails, or you might just have gone into the Avenue Coffee Shop for a milkshake.

Whatever your reason for going there, the Avenue was a comfortable neighbourhood centre. This community was a small village set in the midst of a busy city. It was home. It was where you caught the streetcar.

It was where you lived, and it was all you needed. The Avenue was home.



118 Avenue & 95 Street: Mitchell's Drug Store, Cotter Hardware, Payless Meat Market, Glauser Jeweller, Elkstroms, 1939



Army recruits on parade in front of Smith's Bakery & Avenue Theatre, 1942



Soldiers' plots at Edmonton Cemetery, 1947

# My German Neighbour

By John Masciuch

My German neighbour had joined the German Army to learn a trade. By 1944, he found himself a prisoner of war (POW) and remained a prisoner for several years. When finally released from a POW camp he survived by working at various jobs and some time after the year 1950, he left Germany for Canada. Now into his eighties, a husband, father, grandfather and a Canadian citizen, he is a German war veteran who still feels uneasy on Remembrance Day

At the beginning of his time in the military, things were good. There was a lot of food and a youthful excitement in the air. He had his place as a mechanic in the Tank Corps. However, by 1939 they were at war. By 1940, every day and soon every night the Allied planes bombed German cities. The bombing closed the factories for weeks at a time. Trains ceased running for days. Food and fuel were getting scarce.

As the war progressed, attitudes were changing. One particular event, the British defeat of the "Africa Corps" highlighted the changing German fortunes. Now 200,000 German and Italian soldiers were POWs on their way to the United States. The constant bombing by Allied planes was nerve wracking, particularly

when there was not enough food, and as bombing continued, cities like Dresden were in ruin. There were stories of the German POWs that were living in the United States. Families had heard that they were well treated and had lots to eat. Some were working picking fruit in Florida others picking cotton in Mississippi.

When the Russians were on the Eastern frontiers of Germany it was difficult to move in the streets and roads. You could see the hunger and fear in men's eyes.

Thousands of Germans from eastern Germany were fleeing the advancing Russians and this meant food was becoming even more scarce because food traditionally came from Germany's eastern provinces.

The Allies were now bombing with incendiaries. These bombs produced so much heat that machines and factory tools melted where they stood, and factories ceased to exist. There were rumors that people were roasted alive in bomb shelters

because of the heat of these bombs.

In 1945, when Germany fell to the Allies, the soldier and others made their way to the U.S. sector to surrender; it was better to surrender to the Americans



than be captured by the Russians. Herded into fenced compounds like animals, they stayed in the open as POWs. As part of a "disarmed enemy force", they would not receive rations equivalent to the soldiers that were guarding them. He knew that the food came from eastern Germany and the Americans had a million prisoners to feed. There was not going to be enough food for everyone.

By 1946, those that were POWs in the United States

were returned to POW camps in Germany while others were turned over to the French as forced labour. Even though the war was over, he and a million others were still being held in overcrowded POW camps. The

United States, Canada, and Australia were taking the displaced people (DPs) crowded into camps in Germany and France to replace the returning POWs who had been working in those countries. All the DPs needed to be sponsored by a relative or sign up for a

two-year work contract.

There seemed to no hope for a German POW Even Canada had a law against allowing former German soldiers to immigrate. It was hard to believe that POWs indifferent to Hitler's National Socialism were considered low security risks. As such, they worked in Britain, United States or Canada while they were still POWs. However, he did not give up hope; he still kept on learning English.

Released in 1947, he came

to see the terrible existence that Germany was reduced to. Food was hard to come by and not many factories were in operation. To survive he had to find work where he could. The Russians were threatening the Allies and by 1948 had closed off all the roads and rail into Berlin.

In 1950 he heard that Canada no longer classed German soldiers as enemy aliens but war records were still taken into account; the Waffen SS was barred from entering Canada, but those young soldiers that could show they were coerced into joining the SS were allowed in. He made an application and was interviewed. A request was than made to central records in Berlin. He was found to be an acceptable candidate to work and live in Canada. He arrived in Canada penniless but free.

The Germany and the Europe he knew had changed forever. The Russians wanted to keep eastern parts of Germany under Russian control and refused to allow the former eastern provinces to join the newly created German Republic. Thus the cold war began and an "iron curtain" stretched across eastern Europe.

This is the story of one man. He is also thousands of others Germans who came to Canada to build a new life at the end of the Second World War.

## KIDSPEAK

# We remember Remembrance Day

By the Grade 5/6 Ultimate Leaders  
Norwood Elementary School

On November 11, Canadians remember Remembrance Day. We remember all the people who died in and participated in wars. They died to protect our freedom and our country. Some people remember family members who fought in wars. We have a moment of silence to respect the brave people. We buy and wear a poppy to remember all the soldiers who died in wars. Some people go to family member's graves or memorials to remember and to pray.

Norwood School has a special Remembrance Day assembly. We start our ceremony with the singing of our National anthem. Two grade six students are our Master and Mistress of Ceremonies. We have some students who recite the poem "In

Flanders Fields" by John McCrae. We sing some songs and listen to some songs performed by our choir. We talk about the soldiers who died in wars. We also talk about what we can do to bring



peace. Each class contributes ideas and decorations with ideas of how to bring about peace. We usually share a book about peace. We have a moment of silence followed by the playing of "The Last Post." We usually end our ceremony with a song called "A Round of Peace."

We can all do our part to make the world and our com-

munity a more peaceful place. We try not to fight with others. We tell other people about Remembrance Day. We can help one another. We try not to offend others. We work to stop racist comments. We respect others. We try to connect with new people and new friends. We encourage each other to help our parents more. We help others be safe like when we are Safety Patrols. We like to help others who are hurt. We are encouraged to volunteer around our school. We try to choose good friends and not to be a bully.

Although Remembrance Day is a holiday for us at school, we make sure that we remember how important it is to recognize the sacrifices of others and the importance of each one of us working to make our world and community a more peaceful place.

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# Norwood Legion A Part Of Our Community

By René Ladsous

The Norwood Branch (#178) of the Royal Canadian Legion was born on February 23, 1946. From the beginning, its purpose has been to act as a representative of Canadian veterans and their dependants, insuring proper recognition of their sacrifices and adequate pension benefits. In that capacity, the RCL deals directly with the Federal Government.

Over time, membership to the Legion has come to include active and former members of the military, as well as the RCMP or the police forces. The Royal Canadian Legion is a not-

for-profit organization and has played an important role in the tradition of Remembrance Day. Every year on that occasion, the Legion runs a "poppy" campaign raising funds to help needy veterans.

Today, the Legions everywhere in Canada are a part of our communities. Above their mandate, they engage in many activities and offer many additional services. The Norwood Legion is no exception. It employs over 3000 full time personnel; provides direct support to needy veterans; contributes financially to veterans and seniors housing projects, youth activities, medical services and equipment as well as

various charities, and it offers volunteer services in many areas.

Whether locally, through its branches, or nationally, the Royal Canadian Legion has a tremendous impact on our lives and the preservation of our heritage.

Inaugurated on May 7, 2000, the Norwood Cenopath is a pentagon monument representing the five world powers and symbolizes our hope for world peace. This year, the veteran year, through the work of the RCL, Alberta launched a special license plate, available to veterans, so that we shall not forget the work of those who dedicated, and sometimes gave their lives for us.



## Norwood Neighbourhood Association



**Next Meeting Wednesday, Nov 9 at 7pm**  
at Norwood Centre 9516-114 Avenue. Feel free to join us.

**Volunteers needed for Casino**  
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Contact Darcy 479-0963 or Margaret 440-1534

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# Princess Patricia's Canadian Light Infantry

By René Ladsous

From a simple colony of the Empire, Canada gained recognition as a fully fledged country through its participation in the First and Second World Wars as well as others. A proud military tradition is embodied here, in Edmonton, through the 4th Battalion, Princess Patricia's Canadian Light Infantry, also called The Loyal Edmonton Regiment.

Alberta's oldest infantry regiment traces its lineage back to April 1, 1908 and the founding of the 101st Regiment. Raised at the outbreak of WWI as the 49th Battalion, the Regiment served

with the Canadian Expeditionary Force in Europe. Renamed The Edmonton Regiment in March of 1920, the Eddies became the Loyal Eddies while serving overseas with the allied army in WWII.

Today, the Loyal Edmonton Regiment is often in the news for its involvement in various UN missions around the world. Its members are well trained and constantly commended for their professionalism. They are great ambassadors of our country, and her people. We are proud of our "Eddies!"

The Princess Patricia's Canadian Light Infantry is one of the most decorated regiments

in Canada. Two members of the original regiment (the 49th Battalion) were awarded the Victoria Cross: Private J.C. Kerr, on September 16, 1916 (Battle of the Somme), and Private C.J. Kinross, 280th, November 1st, 1917 (Passchendaele).



Princess Patricia's Canadian Light Infantry today

## School at War

By Janet Buterman

In today's weapon-free school environment, it's hard to imagine the local gymnasium doubling as a shooting range, but in the 1920s the Edmonton Public School Board Superintendent extended special privileges to cadets training in schools by allowing their school Assembly Halls to be used as a target range. Strict regulations as to the specifications of the target and the use of live ammunition were spelled out, and if the school became damaged from gun use, the superintendent would withdraw the privilege. Marksmanship competitions were very popular during the years of compulsory cadet training. In 1932, Norwood School Cadets won the Cadet Rifle Competition.

The school war effort was not through cadet operations alone. McCauley School principal Locksley McKnight died on September 16, 1916 at the Battle of the Somme. In 1917, 45 male students from Victoria High School petitioned the school board for leaves of absence for "working on the land," to assist with farming and harvest-

ing operations. Permission was granted, although students were encouraged to return to the city to participate in final exams. Empire Day (Victoria Day) festivities included cadet drills and singing patriotic songs. Cadets were composed of all boys 12 years and older, and training was compulsory until the 1930s; girls learned gymnastics and exercise drills. Teachers across Canada took special training for cadet operations and received bonus pay for cadet instruction, lecturing on loyalty to the Empire and working with students to learn and improve rifle marksmanship.

World War II saw continued participation in war efforts. While the mandatory school cadet program had been discontinued in the 1930s, schools and students worked hard to collect wastepaper, rags, bottles, tin foil, and scrap iron for war use. In addition to drives for materials we would today consider for recycling, students filled Ditty Bags for sailors that included anything from cigarettes and razor blades to a sweater, socks, and mittens. Condensed milk, hard candies, and many other tiny luxuries were all listed as

suggestions suitable for these sailors. At least one Edmonton school raised money by planting a Victory Garden, selling the produce and forwarding the money to England.

War Savings Certificates were another popular way of raising funds across Canada. Students could purchase savings stamps at \$0.25 each. Once a book was filled with 16 stamps, the book could be exchanged for a \$5.00 War Savings Certificate. These savings books explained that "each stamp will buy 12 bullets," and spaces for affixing stamps were jauntily filled with political-cartoon-style caricatures of enemy leaders. War Savings Certificates raised over \$140,000 across Canada, twenty-five cents at a time.

Even the Royal Canadian Mint helped Canadians in their efforts. The 1943 nickel, sporting a V for a hoped-for victory, also contained a message in International Code inscribed along its outer edge. The message said, "We win when we work willingly."

This period was a difficult time for conscientious objectors. While Canada's armies did

not rely on compulsory draft for recruitment, teachers and students were required to salute the flag. As early as 1916, the Alberta Department of Education required all teachers to take an Oath of Allegiance. In 1941, two students at Oliver School were expelled for not saluting the flag. The Education Act in Alberta was not changed to allow for conscientious objection on religious grounds until 1944.

In 1945, EPSB Superintendent Ross Sheppard noted that out of 1,400 Edmonton Public school students enlisted, 115 had died. In the previous year, his report noted that 15 per cent of teaching staff (including both men and women) were on leaves of absence for military duties overseas or domestic. At the Mackay Avenue archives, the McDougall Commercial High School enlistment roll is framed and displayed, showing over 200 male and female students, as well as three teachers, enlisted in WWII. At Spruce Avenue School, the WWII Roll of Honour displayed at the front entrance notes enlisted students' names as well as a tiny notation next to each one who died in action.



Schoolboy Cadet, 1947

### ONLINE RESOURCES:

*A list and links to war memorials throughout Alberta.*

<http://www.cdli.ca/monuments/ab.htm>

*Canadian Military History News.*

<http://northernblue.ca/mblog/>

*A Reader's Guide to Canadian Military History (from the Library and Archives of Canada).*

<http://www.collectionscanada.ca/military/h13-4000-e.html>

*The Canadian War Museum.*

<http://www.warmuseum.ca/>

*Royal Alberta Museum online exhibit on WWI propaganda posters.*

<http://www.royalalberta.museum.ca/vexhibit/warpost/english/home.htm>

*Virtual Museum of Canada.*

[http://www.virtualmuseum.ca/English/index\\_noflash.html](http://www.virtualmuseum.ca/English/index_noflash.html)

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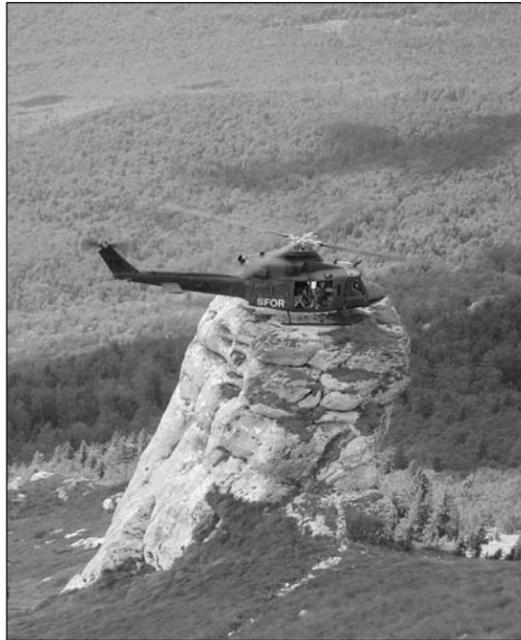
# Serving Our Country

By Lana Phillips

John Hayes from Elmwood Park has served our country in various deployments over the years. He spent six months in Cyprus in the 1980s, six months in Haiti, as well as time in Somalia and Kenya. His most recent deployment sent him to Bosnia.

This time John was on a kind of deployment that sent him overseas for about two or two-and-a-half months at a time then brought him back home for a short period (anywhere from a week to a month). After his "vacation," he would then return to his post. This form of service meant that out of a year, he would spend about six months in the country he served and about the same amount of time here at home.

"This way of serving had its benefits as well as downsides for my family. My children, who are now ages 11, 8, and 4, all had their unique ways of responding to my coming and going", remembers Hayes. The oldest child remembered what it was like to have a father on deployment and seemed to have less trouble adjusting to the unique schedule. But the two younger children reacted in a more emotional way. There would be some added stress in the family for about a week before his departure in anticipation of the separation, then continue for about another week after he left.



Griffon helicopters from the Helicopter Detachment Task Force Bosnia - Herzegovina

This is the sign for a minefield, a common sight everywhere in Bosnia

Then the family would settle down, and life would go on as normal until the next term would expire. This same cycle would repeat for each change.

As a helicopter mechanic, John's duties required him to ensure each of the eight heli-

copters his squadron used was properly maintained. Out of the eight helicopters, five needed to be serviceable and ready to go into action at any one time. Inspections were required at specific intervals and this required a constant "24/7" kind of readiness

which would ensure the safety of the mission. The squadron had fewer than one hundred members, out of which about twenty-five were dedicated to maintenance.

John was not isolated from his family while in Bosnia,

although his contact was limited. He was allowed thirty minutes of paid phone time a week, and was allowed to choose whether he used that time all at once or in smaller increments to allow for more frequent phone calls. There were also pay phones available and common computers that allowed him to communicate by e-mail. He was able to receive mail and photographs of his family. This kind of contact made a difficult situation a little easier for all concerned.

"This deployment was different for me because now that I have three children, I don't want to be away from my family; I have a constant pull toward home. But the concerns I had for my children here in Canada were less deadly than the ones parents in Bosnia had for their children," said Hayes. Bosnian parents were concerned about their children stepping on mines and being caught in gunfire, while his concerns for his children's safety focused on their daily lives — going to school and extracurricular activities.

John enjoyed his time in Bosnia, but is glad to be back at home. He doesn't know when or where he will be deployed to next, but when it happens he, and his family, will be ready. We are so thankful that family men like John Hayes still serve their country with honor to make the world a better place.

## PAAFE

# Remembering Cara

By Kathy King

When a family member is murdered, private grief becomes public grief. When that murder victim is a woman who lived a "high risk lifestyle," the family suffers in the public spotlight even more. This is a reflection written by Kathy King, a bereaved mother whose daughter Cara is one of Edmonton's murder victims whose death is being investigated by RCMP Project KARE.

After Margaret Trudeau lost her son in the avalanche, she heard a voice saying, "Do not look for me in the lake. I am not in the lake any more, I am everywhere". We, too, can hear the voices of our women,

"We are no longer in the ditch or the alley or the field or the trunk of your car. We are not even on the street corner. We are now present in the sun that shines, the stars that twinkle

peace and freedom that we were denied."

We who have been wounded must hear and believe that we have a right to be healed, even though healing often feels like a betrayal. The premature loss of a child or young woman challenges the natural progression of life. We each strive in our own way to make sense of our loss and to honour the memory of our loved one. Some of us may use music, pictures, or words. Others work to change laws and social awareness. We who have been blessed must be generous in sharing our gifts. Everything I do now has new significance as I dedicate every day to the memory of my daughter.



**Prostitution makes victims of us all.**

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

**PAAFE** Prostitution Awareness & Action Foundation of Edmonton  
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paafe@telusplanet.net

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*Presented in partnership with the Prostitution Awareness and Action Foundation*

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**Keynote Speaker:** Dr. Sue McIntyre, author of *Strolling Away and Under the Radar*.

**To learn more and obtain a registration package, contact S/Sgt. Brian Nowlan at 780.421.2610 or via e-mail at brian.nowlan@police.edmonton.ab.ca**

# Library Contest Winners

Winners of the "Out of this world" summer writing contest at the Sprucewood Library:

**Anita Hoy**, age 8

**Trisha Chow**, age 11

**Stephanie Le**, age 13

Here is second of the winning stories. We hope to have space to print the third story in upcoming issues.

## THE SPACE GEMS

I heard a small whisper in my ear saying, "Everything will be all right." It was my older sister Julia. "Julia, ever since mom and dad died nothing has been all right," I said. Hi, my name is Megan, I'm ten years old and I am a foster child. I live with my Uncle Sam and my sister Julia now. My dad and mom are astronauts and they have been searching for powerful space gems for five years. On August 21, 2000 my dad and mom had an important space mission to go on. They have been looking forward to go on the mission for months. They were going to look for three very powerful space gems once again. My dad and mom already have one of the three space gems. If all three space gems are all together they will form a powerful crystal called a Crestina. The Crestina has many extraordinary powers and if you have the Crestina you will become a god or goddess of it. Along with that you will have eternal life, everything that you could ever wish for and much more. There have been numerous people who have tried to look for the three space gems, but no one has succeeded. My dad and my mom were extremely determined to be the ones to find the space gems. For the reason that they already had one. The gem my dad and mom have is call glamlock. They still need the hopestone and the sunshama to make the Crestina. Finally, on August 21, 2000 my dad and mom went on the space mission. My dad and mom's boss Mr. Fester assigned them the job. It was awfully peculiar, because the boss never liked my parents. Finally, on the day of August 21 we hugged, kissed and said goodbye to our dad and mom. We watch them launch off. It was a very heartbreaking and tragic day, because I wouldn't see my dad and mom for a very long time. I will sure miss them greatly.

We were about to leave, then we heard a man say, "Hey what's that in the sky." Next we heard a loud boom in the distance.

All you could see was a smoke everywhere and it smelled awful. As soon as the smoke cleared out everyone gasped to see my dad and mom's spaceship in the field nearby. I could hardly believe it I was so frightened I wanted to run to the spaceship to see if my parents were all right yet I just couldn't for it was like my feet were glued to the ground. Suddenly all the memory flashed in my head of all the times I spent with my dad and mom. All the great times with one another. My eyes got teary and I started to cry. After, the ambulance, fire truck and the police came and took our parents away. My Uncle Sam followed the ambulance trucks. Julia and I crossed our fingers and prayed that our dad and mom would be all right. We continued to weep, until we reached the hospital. We rushed out of the car and slammed the door. I ran quickly to catch up with doctors, I could see my dad on a life support and I saw my mom unconscious. I think I was breathing harder than my

parents. I finally caught up with the doctors and asked my mom "Are you all right," I said. I panicked. I could see her eyes open. She slowly reached in her pocket with a small grunt. She handed me a small beautiful, silky box and said, "Keep it safe and I love you." Her voice was so sweet and gentle but raspy. Then a security guard pulled me away. I shouted, "I love you mom." I tried to get to my dad but the security pulled me away again. "Dad are you all right," I shriek. He didn't reply. The security took me into the waiting room. I lifted my face to see my older sister Julia sobbing quietly and as I turned around I could see my whole family praying or weeping. It was long wait in the waiting room. I felt like the time was not moving. Soon the door opened it was the doctor, I ran to the doctor "Are my parents all right," I asked. He let out a big sigh, "I'm sorry to say but your dad didn't make it," he said quietly. "Your mom on the other hand has a serious concussion, very serious burns

and she might not make it," he said. Then he stood there sadly. I look down and bawled my eyes out till I couldn't cry any more.

My Uncle Sam was looking after both of us and took us home. That night I couldn't sleep, I kept thinking about my dad and mom. Then I started crying, soon enough I cried myself to sleep.

I could see the sun shining through the curtains, meaning it was morning. There was a phone call; my Uncle Sam picked it up. He was whispering. Afterward he hung up and said, "Can you two come down right now," We sat down at the kitchen table. "Your mom passed away," he said. My heart stopped, I couldn't believe it. I wanted to sob except



I couldn't my eyes were so sore.

Later, in the day the police were called and said they knew what happen to my parents. Their boss Mr. Fester had assigned them that job so he could get his hands on the glamlock. So he cut a few wires in the spaceship. When my parents got into outer space they tried steering the spaceship but the steering wheel fell off. Then they crashed into a gigantic meteorite and fell down to earth with their spaceship in flames. I couldn't believe my ears how could Mr. Fester be so selfish and so extremely cruel. Why did he have to kill my dad and mom? At least he's going to jail for his whole lifetime I thought.

A few days after, there was a funeral. I remember those two days like it was yesterday. I remembered my mom gave me a small box, I hadn't opened it because I was so scared. Today I found the courage to open it. I opened it slowly. I was so surprised to see the glamlock, the gem my dad and mom had found. There was a note it read

My dear child,

I have left you with the glamlock gem, take care and be careful with it. Megan if you and your sister collect the remaining gems you can revive your dad and I. I trust you. With the glamlock you can travel through space.

With love mom

I couldn't believe it; I had to tell Julia at once. "Julia," I yelled. "What," replied Julia. "I know a way that we can revive dad and mom," I said. "That's crazy," laughed Julia. "I'm serious," I said. "Dad and mom left us with the glamlock see," I said. "Oh my gosh you're right," said Julia. Then, she started reading the note I had read earlier. I picked up the glamlock and I saw a tiny note stuck to it. It said: If you want to go to space join hands

And say Crestina to go home say Crestina once again.

Julia and I looked at each other oddly. "Why don't we go to space tomorrow," said Julia. "The sooner we find the two other gems we

can see dad and mom again," I said. "I miss dad and mom," said Julia. That night I kept thinking about our space trip and soon I fell asleep. It was morning, I ran to Julia's room. "Are you ready to go yet," I said quietly. "Not yet, we'll go after dinner," she replied. "What are we going to tell Uncle Sam?" I asked. "We'll tell him we're going to band practice," said Julia. "I don't want to lie," I said quickly. "It's for his own good, he'll find out later anyways," whispered Julia. "I'll go downstairs and tell him," I said. "No, we'll leave him a note," said Julia. "Okay," I said. "Come on hurry up," Julia said. Later on I asked again, "Are you ready," "I am now," said Julia. "Okay we have to say Crestina remember," I said. "Crestina," we said at once. We traveled through a portal and landed in a spaceship. "Wow," I said in amazement. "Come on, let's try to locate the gems," said Julia as she tried to walk to the other side of the spaceship with her spacesuit. "We'll use the locater on the spaceship," she said.

"Hey, look I just located the hopestone," said Julia. "Megan, you can steer and I'll tell you where to go," commanded Julia. "Okay," I agreed. "Go north then turn to the east," commanded Julia once again. I followed her directions. "Megan, meteorite up ahead turn left," yelled Julia. I quickly looked up as I turned left. "That was a close one," I said. "Concentrate, we're almost there," said Julia. We approached a red planet. "According to the computer we are on Mars," said Julia. "Mars is the red planet. It has polar caps of water and carbon dioxide ice, colored by windblown iron-rich dust." Said Julia. "Let's go," I said. "Okay, click on your harness," said Julia. Therefore, we opened the door and jumped out. "The locater says to go fifty-five paces north again," said Julia. "The locater says the gem is right in this crater," said Julia. "It must be under all this red dust in this small hole," I said. "It's called a crater," said Julia. "We'll just scoop it out," I ordered. I put my hand in the crater and dug through the red dust. It was full of small rocks. I scoop out another big handful and then another and another. Then I touched something hard. "I think I found it," I said. "Hurry," screamed Julia excitedly. I pulled something sparkly out. "This must be it," I said. "It's so beautiful," said Julia. "Come on, let's get back to the spaceship and go home," I said. "Okay," said Julia. "We'll have to come back tomorrow okay," I said sleepily. "I wonder where the sunshama will be," said Julia. "Hopefully where there's not much dust, the dust on Mars is making me sneeze," I said. "There's the spaceship," said Julia. "Come on, let's go before Uncle Sam gets suspicious," I said. Once we get to the spaceship we'll say Crestina together okay," said Julia. "One, two, three Crestina," we both said. Soon we were at home in our bedroom. "Wow! That was fun," I said.

"Julia, Megan is that you, I didn't hear you come in," said Uncle Sam. "Yes, Uncle Sam," we both said quickly. "How was band practice," said Uncle Sam. "Great," I said. "Go wash up and go to sleep," said Uncle Sam. "Sure thing," we said.

A few days passed and we had been busy. "Julia, do you want to go to space today," I said. "Maybe, but my nose is all stuffy, I think my allergies are

Continued on Page 14

OUT OF THIS WORLD CONTINUED

starting to kick in," said Julia silently. "Must be all that dust from Mars," I said. "Let's go anyways," said Julia. Therefore, we went through the same routine as before but we had landed on the moon. "Wow! This is so cool," I said. "Come on we're almost there," said Julia. "The locator said that it should be right in this big hole," I said. "No more digging please," said Julia as she sneezed. "Fine, I'll do the digging," I said hastily. "I can't find it," I said. "Help me dig, there's no dust on the moon," I said. "Fine," she said. I kept digging and digging until I heard a scream of help. It was Julia. "I'm coming," I yelled. "I cut my hand on a shiny rock," cried Julia. "Oh no, it's bleeding really bad," I screeched. "I'll get the first aid kit," I yelled. "Hurry," said Julia. "Here's some cloth, stay calm," I said. "There's something stuck in my hand," said Julia. "Come

on let's go back to the spaceship and go home," I said. We ran to the spaceship as fast as we could. "Crestina," we both said. We were in my room and Julia's blood was seeping through the cloth. "Uncle Sam, help, Julia's in trouble" I yelled at the top of my lungs. "I'm coming Julia, don't worry," cried Uncle Sam. "I'm here, what's the matter," Uncle Sam gasped for air. "I cut myself on a very sharp shiny rock and it's in my hand," exclaimed Julia. "It's okay, let's have a look," said Uncle Sam calmly. "Okay, this might hurt, I'm going to pull this rock out with these tweezers," Uncle Sam said. "One, two, three," grunted Uncle Sam as he cleaned off the wound on Julia's hand and put a cloth around it. "Where's the rock," I said. "Over there, I have to wash it off because it's covered in blood," said Uncle Sam.

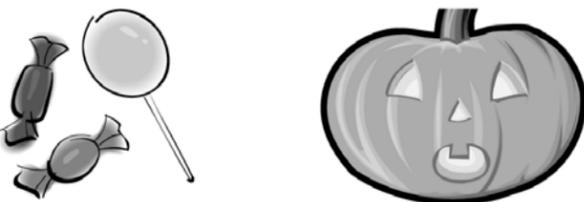
We watched Uncle Sam wash off the rock. Then we heard Uncle Sam gasp in excitement. "Girls where did you find this," Uncle Sam said eagerly. "Um, we, ah," I said hesitantly. "What you got here is the sunshama, I didn't think you could do it," said Uncle Sam proudly. "Huh," I said. "How did you know," gasped Julia. "Your dad, told me that when he passed away your mom and him would give you the glamlock, I knew you would go search for the rest of the gems," laughed Uncle Sam. "Wow, you're smart Uncle Sam," said Julia. "Do you have the other two gems," said Uncle Sam seriously. "Yes, they're right here," I replied. "Come on, let's revive your parents," said Uncle Sam. "Put the gems in a triangle and I want you, Megan to say space gems unite and you and I will make the world right." "Okay,

that's simple enough," I said as I arranged the space gems in a triangle. "Space gems unite and you and I will make the world right," I said strongly. The gems floated high in the air as they swirl together in beautiful colours to form the Crestina. I thought in my head at any minute I would see my dad and mom again. The Crestina fell into my hands, it was so beautiful. Then Uncle Sam said meaningfully, "Megan my child, you are now the goddess of the Crestina it belongs to you as if it were your blood, you will protect it with all and throughout your life and remember it's yours to control." "Can you revive dad and mom now please," said Julia. "Of course, Crestina, I wish with my power and with all my heart to revive my dad and mom." Swirling colours ran all around the room into a beautiful whirlpool; I could

feel the graceful wind on my cheek. Two figures appear across my room, the colourful smoke shielding them. The colourful smoke cleared, I could see my dad and mom. "Dad, mom," I screamed in excited I was in tears of joy. "We knew you could do it sweetie," cried my mom. "We love you both very much," said my dad happily. All this work was worth it I thought happily. A year had passed, and I was the happiest girl ever, I lived with my dad, mom, my uncle and my sister. I help people with important needs and protect them like they were my family. I have won various awards and saved and helped many lives. However, the most rewarding part is to see the happy smile on their face and to know they will live a better life just like me.

By Trisha Chow  
(Age 11)

Alberta Avenue Business Association  
1st Annual  
**Safe Halloween Walk**



Monday, October 31st  
5 pm to 7 pm  
Along 118th Avenue



Look for this sign in store windows

**COMMUNITY LEAGUE CONTACT INFORMATION:**

**Alberta Avenue**  
9210-118 Avenue  
ph: 477.2773

**Delton**  
12325-88 Street  
ph: 477.3326

**Eastwood**  
11803-86 Street  
ph: 477.2354

**Elmwood Park**  
75 Street & 125 Avenue  
ph: 479.1035

**Parkdale Cromdale**  
11335-85 Street  
ph: 471.4410

**Spruce Avenue**  
10240-115 Avenue  
ph: 471.1932

**Westwood**  
12139-105 Street  
ph: 474.1979



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

**Remove the GST from a Necessity of Life - Home Heating Fuels**

Once again, we are approaching the "challenges" of an Edmonton winter. This year in particular, with instability in global prices, we can expect an even more expensive winter, in terms of trying to keep warm. While Canadians pay tax on tax and GST on top, Californians get Canadian gas GST free.

As oil and gas prices increase, total GST payable also increases and the GST for Canadians only, is another "tax on a tax". Once again, the federal government is attempting to address high heating costs through heating rebates paid to those considered by them to be most in need. However, these rebates are not given every year and it's not only the abjectly poor who get squeezed by high heating costs, topped with GST. Nobody really has a choice when it comes to paying for heat in the winter. Home heating fuels are one of the basic necessities of life, and should therefore be GST exempt.

I have taken action and presented motions on this issue in the House of Commons on three occasions - the most recent in September, 2005. The motion reads as follows: "That, in the opinion of the House, the Goods and Services Tax should not be applied to the sale of home heating fuels." The motion has not yet come up for debate.

The federal government is not averse to periodically rebating the GST to further a particular political agenda. If the federal government can rebate the GST for some purposes, surely they can provide permanent GST relief for all taxpayers for a necessity of life - home heating fuel. For a change, let's see some federal sensitivity for the tax burden of the individual taxpayer. What do you think?

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# Community Programs

## PRE-SCHOOL GYMNASTICS

### Toddler Tumbler\*

(18 months - 3 years)

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.

\*Parent Participation required

6 Thursdays, Nov 17-Dec 8  
9:30-10:15 am at Parkdale  
Cost: \$25.00 members; \$30.00 non-members  
Instructor: Shauna Dowson

### Pre-School Gym\*

(3-5 years)

Introduction to tumbling movements on mats, progression to balances on beam, jump sequences on box horse and fabulous activity related games interspersed throughout 45 minutes.

\*No aerial stunts.

Thursdays, Nov 17 - Dec 8  
10:15-11:00 am at Parkdale  
Cost: \$25.00 members; \$30.00 non-members  
Instructor: Shauna Dowson

## INSTRUCTOR PROFILE

Shauna Dowson is the Head Coach for the U-13 North Provincial Girls Soccer Team. She 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. In the past, she played soccer for the U of A Pandas and coached track and field for Athletics Alberta. Shauna has run many successful community gymnastics and pre-school soccer programs since starting her company "Gymfit Sport and Recreation" in 1995.

## REGISTRATION

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

Call **Brad MacCallum** at 479.2313 or 982.3052 (cell)

Then bring cheque (made out to Alberta Avenue Community League) or cash to one of the following locations, whichever is most convenient.

**If you have a community league membership (from any league), you receive a discount!**

### 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

See page 14 for Community League Hall addresses.

Your registration must be confirmed by payment of fees (if applicable) 3 days prior to the start of the class.

Good Luck to our Under 8 and Under 12 soccer team this year! I know it will be an exciting and fun filled 05-06 indoor soccer season. Thanks to all the parents and kids who are participating this year. Also thanks to our coaches who will be working very hard to improve the skills of our players, as well as provide an incredible soccer experience for our neighborhood kids.

I also would like to thank the Edmonton School of Ballet

for supporting our 4-5 year olds ballet program and our 6-10 year olds ballet and jazz-fusion class. This partnership will hopefully be expanding in the New Year to include some other forms of dance. Special thanks goes to Margret Flynn and Laura Flemming who are facilitating these classes with an outstanding passion for the world of dance.

During this time of the year I should remind you to watch the weather and keep your eyes

on our rinks. If we should get a stretch of snow and cold the rink caretakers will be bursting into action to put ice on the rinks. Learn to skate and hockey programs are planned for the rinks this year. I am always interested in your ideas for the rinks, please give me a call with your thoughts.

December's paper will include a series of programs that will commence in January... Stay tuned!

If you have ideas for the Sports program, please share them with me. For more information on a program or to register for any of the events or activities below, call me.

**Brad MacCallum**  
Community Sports Coordinator  
for Parkdale-Cromdale, Eastwood,  
Elmwood Park, Alberta Avenue  
Community Leagues  
office: 479.2313  
cell: 982.3052



## Free Preschool Skate Program



For 3 to 6 year olds at Westwood Arena (12040 97 St) on Sunday Afternoons from January to March (8 weeks; ½ hour lesson). For more info or to register call Shama at 474-9393. If eligible skates can be provided free of charge. Sponsored by Success by 6

## FREE Pre-School Soccer

For girls and boys 2 to 8 years

Saturdays  
10:30 - 12:00 PM  
starting Nov 5th

At Sacred Heart School Gym  
9624 - 108 Avenue (East side entrance)

Introduction to basic soccer skills by experienced soccer coaches. Children of all abilities and special needs are welcome.  
**WE PLAY FOR THE FUN OF THE GAME!!!**

For more information about participating or to volunteer as a coach, please call Action for Health Communities 944-4687.



## Celebrating 25 Years

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**NORWOOD CHILD & FAMILY RESOURCE CENTRE**



**PRE-SCHOOL PROGRAMS**

**Books & Fun for Toddlers**  
Explore books, play games, sing songs and do crafts. For ages 13 months to 2.5 years.  
10:00 to 11:30 am, Tuesdays, Nov 1 - Dec 6 OR  
1:30 to 3pm, Thursdays, Nov 3 - Dec 8.

**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 to 3:30 pm, Tuesdays, Nov 1 - Dec 6 OR  
10 to 12 pm, Thursdays, Nov 3 - Dec 8.

**Rhymes that Bind**  
Rhymes, finger play, songs and movement games for infants and toddlers. Free drop-in program including lunch. Newborn to 3 yrs. 11:30 am to 12:30 pm, 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.

*Call and register for all programs unless stated otherwise.  
9516 - 114 Avenue  
Ph: 471.3737*

**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.*

**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, Nov 12, Dec 10.

**Family Storytime** Join our storytellers for stories, songs, activities and fun for everyone. 6:30 pm Monday Nov 7, Dec 5.

**Learn Science the Easy Hands-On Way** (6-12 years). Create fun

science magic by experimenting with everyday household materials. 2 pm Saturday, Nov 19.

**Totally Tree-mendous**

(5-12 years). Come on down to the library for a tree-trimming party full of festive delights! We'll be making decorations of all kinds to fill the branch with the holiday spirit. So put on your Santa hat, leave Scrooge at home, and join us for an afternoon of Christmas cheer! 2 pm Saturday, Dec 3.

**TEENS**

**Knitting Basics** Bring a pair of knitting needles and a ball of yarn and learn how to cast your stitches on. Learn how to knit and purl. Learn simple patterns and how to cast those stitches off. Now that you have mastered the basics, a handmade scarf makes a great Christmas gift. 6:30 pm Fridays, Oct 28 to Nov 4.

**LIBRARY PROGRAMS**

*Please call 496.7099 and register for programs unless they are specified as drop-in programs.*

**CLASSIFIEDS**

**Mature Office Help Needed:**

The Alberta Arts Support Society. Hours: Tuesday to Friday from 10 am to 1 pm. Pays \$10/hour. Call 477-6892 or email info@aass.ca

**Space for Lease:**

750 sq ft for \$700 & 650 sq ft for \$600 at 9405 - 118 Avenue Phone: 709-9249 or 443-1987

**To Give Away:**

12 cubic feet **deep freeze** in working order. Used until last month. Call 477-3214.

**For Sale:**

**Pellet stove** paid over \$2000 installed, asking \$500. Included the plate, the stove and the pipe. Call 477-3214.



**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, 12-2 pm at Eastglenn Pool, 11410-68 Street

**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**

**C.O.W. Classroom on Wheels**

**Children's Bookmobile**

**Rhyme Laugh**  
**Play Read Learn**  
**Hug**

Tuesdays, 1-2:30pm @ Athlone Community 13010 129 St (between school and league)

Thursdays, 12:30-1:30pm, Mother Theresa School 106 Ave & 90 St (north side)

Thursdays, 2-3pm, Eastwood School, 12023 81 St (by school & playground)

Fridays, 10:30-noon, Baldwin, 68 St & 131A Ave (near KARA)

A **free** drop-in program for parents and children from birth to 6 years that helps support children's learning.

**Community Programs Central Lions Centre**

11113 - 113 St  
Ph: 496.7366

**Brighten Christmas with Fused Glass**  
Wed, Nov 23, 6-9pm  
Cost: \$18M/\$38N

**Country Two Step**  
Mon, Nov 7-Dec 12, 5:30-7pm  
Cost \$33M/\$53N

**Retirement with Reworkment**  
Wed, Nov 2, 7-8pm  
Cost \$17M/\$37N

M=members  
N=non-members

Parenting Enhancement Workshop

**THE TOXIC PARENT**

Free yourself from the frustrating patterns of your relationship with your parents. Discover a new world of self confidence, inner strength, and emotional independence while overcoming your parent's hurtful legacy. (Bring your own lunch)

**Saturday, Nov 26 from 10am to 3pm**

Call 481-1292 or 481-1235 to register.

Sponsored by Parent Talk, a community program of the Boy's & Girls Clubs of Edmonton.

**CRAFT SALE**

**November 19 from 9am to 4pm**

at Alberta Avenue Community league

**Interested in renting a table?**

Contact Arlene at 916-0940.  
Table rental \$10.00 each.