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## Puppets parading!

### Celebrate Mayweek Labour Arts on the Ave

DAWN FREEMAN

The annual Mayweek Labour Arts parade that usually happens on Whyte Ave has been moved this year to 118 Ave.

“There are a couple of reasons why we wanted to do something on the Ave. Firstly there are many working people who live in this area and many new immigrants too. Secondly, Mayweek is about art as well as the labour movement and I clearly see organizations in this community trying to build bridges between the community, businesses and art,” says Pedro Rodriguez.

Christy Morin, President of Arts on the Ave, agrees with it being a great fit for the neighbourhood.

“We have a number of certified trades people as well as artists living in our community. We partnered two years ago with mayweek Labour Arts to a great success and we are hoping

it will continue in the years to follow,” she added.

#### Parade

The parade will take place on Friday May 1, starting at 5:30pm with a drumming circle held at Eastwood Park on 86 St. Then at 6pm the police-escorted parade will wind its way west on 118 Ave until it reaches the Alberta Ave Community League park at 92 Street.

Afterwards, starting from 7:30pm, the Carrot Arts Coffeehouse will be alive with the sounds of traditional music and songs from the labour movement, as well as other folk music. The line-up includes Notre Dame des Bananes Choir, a choir that sings songs of peace, freedom and equality. Its members are from diverse backgrounds and include different political philosophies—communist, anarchist, social democrat, green, but all are firmly committed to struggles against a rapacious capitalism. Utah Philips is also slated to perform.

#### Puppets

Puppets will be the big draw of this parade. Making puppets is a tradition from many parts of the world; it is used as a way for people to celebrate being part of a community and working together, as well as a way to show political concerns. The plan is to make 3 or 4 very large puppets – 4 metres tall – out of wire and paper maché, to depict workers from the past and present

Renowned artist Memi Von Gaza will be leading the puppet design and building at



2007 MAYWEEK MARCH ON WHYTE AVE HAD A HUGE TURNOUT. ORGANIZERS ARE HOPING TO SEE THE SAME THING ON 118 AVE THIS YEAR

#### Mayweek: The Labour Arts Festival

April 26 to May 2, 2009

www.mayweek.ab.ca  
info@mayweek.ab.ca  
info line: 780.660.7876

#### Mayweek Parade – May 1

Please join us in a celebration of history and labour rights.  
**5:30:** drumming circle at Eastwood Park (86 St & 118 Ave)  
**6pm:** parade along 118 Ave to Alberta Ave Community Park (9210 118 ave)

#### Puppet making workshops

at Alberta Ave Community Hall (9210 118 Ave) Led by Edmonton artist Memi Von Gaza. April 18 from 3-5pm and April 24 from 7-10pm  
For more information call Memi at 780 988-9736

Check out the website for a complete listing of events - [www.mayweek.ab.ca](http://www.mayweek.ab.ca)



EVERYONE IS WELCOME TO JOIN THE DRUMMING CIRCLE AT 5:30PM, EASTWOOD PARK

workshops to be held at the Alberta Ave Community Hall on April 18 from 3-6pm and April 24 from 1-5pm and the group would welcome community volunteers to come and help create the puppets.

“This year we are hosting two workshop about puppet construction and stencil, in commemoration of the 90th anniversary of the 1919 general strike.

“We invite all to come and help us create art depicting archival and contemporary images of labour history,” says Pedro.

At the end of the parade the puppets and the people will dance at Alberta Ave park to symbolize the bringing of past and present together.

#### The past and the future

This year’s Mayweek theme is “1919: From the past to the future.” 1919 was the year of the big general strike that took place in many Canadian cities, in which many went to jail, were deported or lost their jobs. Pedro sees the connection between then and now.

“We are a different group, but still there is a crisis. Still immigrant workers are not

getting contracts. Still workers have to fight for a workers’ agenda. We can learn from the past.”

May Day is celebrated and recognized as the International Workers’ day, chosen over 100 years ago to commemorate the struggles and gains of workers and the labour movement. Most notable reasons to celebrate are the 8-hour day, Saturday as part of the weekend, improved working conditions and child labor laws. It is also a time for organizations to speak out around issues that are impacting working-class people today.

#### CONTENTS

Editorial..... 2  
Community News..... 3  
Business Spotlight..... 4  
Crafts..... 6-7  
Columns..... 8-10  
Community Calendar..... 11

## Rat Creek Press Connect Awards

Recognizing contributions that support the growth of a strong, vibrant and well-connected community

The Rat Creek Press Association seeks nominations in each of the following award categories: Building Community, Encouraging Communication, Increasing Capacity

Deadline for nominations: April 17

Download details at [www.ratcreek.org](http://www.ratcreek.org) or contact the Rat Creek Press at [info@ratcreek.org](mailto:info@ratcreek.org) or 780-479-6285

## Rat Creek Press Editorial Meeting

Tuesday, April 7 at 7pm

The Carrot (9351 118 Ave)

All are welcome!

PHONE 780.479.6285

WEB [www.ratcreek.org](http://www.ratcreek.org)

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*More board members welcome.*

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**OUR 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 to support the growth of a strong, vibrant, well-connected community.

**OUR FINANCIAL SUPPORTERS**

Norwood Neighbourhood Association  
Spruce Avenue Community League  
Eastwood Community League  
Elmwood Park Community League  
Alberta Avenue Business Association  
PAAFE - Prostitution Awareness &  
Action Foundation of Edmonton  
Alberta Lottery Fund

**EDITORIAL**  
WITH DAWN FREEMAN

# The lost art of crafts

The word "craft" these days seems to have developed a bad reputation. Poorly made junk, amateur nonsense or something only for kids to do with used toilet paper rolls and milk bottle caps.

I'm not sure when this happened because the word craft, and the things that it applies to, has a far reaching and glorious history. After all, the term craftsman didn't come from toilet paper rolls.

In history before you had the right to call yourself a craftsman (or woman) you had to be a master at your trade. A craftsman would

make every sort of thing, from swords and shields to clothes and everyday needed kitchen items. And art of course – sculptures, paintings, and beautiful jewelery. Even books were made by a craftsman – not only the binding, but the paper and the writing too.

Whenever someone has the notion to learn to create something they are starting on the road to true skill – to becoming a craftsman, a skilled worker, of their trade. Let's take back the word craft and apply it only when it is truly deserved; to those things made with true artistry, clev-

erness, dexterity and expertise, by a person at the peak of their trade. And as for that other stuff, let's call it something else – I'm open to suggestions.

And just for the record

I believe all children are craftsboys-and-girls. After all, who else is the best at creating something wonderful out of a toilet roll, some tape and a couple of milk bottle tops?

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**Arts On The Ave Edmonton Society 2009 AGM**

**Sunday, April 19, 4-6 pm. at the Carrot**

Members must have purchased membership 30 days prior to AGM (2008/09) in order to vote. Buy your memberships at The Carrot (9351-118 Ave).

For board nominations contact Christy Morin at [info@artsontheave.org](mailto:info@artsontheave.org)

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## CRUD members witness crime and act quickly

Dining and Dashing took on a new meaning for members of Community Response to Urban Disorder (CRUD) earlier this month.

While meeting at the 123 Thai Restaurant, members witnessed two individuals spray painting the side of a newly painted building on 118th avenue.

Quick thinking and even quicker running led to the apprehension of one of the

individuals. Police were called and the individual was arrested and charged. The second individual was later apprehended and charged.

The offender was caught by Bert Greenshields, a CRUD board member, along with help from Chris Hayduk and Dave Jones. Hayduk is also a CRUD board member.

"I am glad we were able to work together on this. The more eyes on the "Avenue" the less

crime hopefully," he said.

CRUD is working to clean up 118th avenue through community involvement and initiatives such as "Avenue Take Overs." They meet on a monthly basis.

After the dash to catch the graffiti artists Greenshields returned to finish and of course pay for his meal.

If you'd like to learn more about CRUD you can visit [www.crudedmonton.org](http://www.crudedmonton.org). - TE

## Phone Survey and Measurement Clinic Steps to Healthy Living

Norwood/North Central Edmonton area residents are about to have an opportunity to take another step towards healthy living. A telephone survey, running from March 23rd to June 30, will collect information about the health and well-being of individuals living in Norwood/North Central Edmonton.

At the measurement clinic, participants will get an accurate measure of their height and weight and will learn about

Body Mass Index (BMI) and what this may mean for them. They will also get information about chronic disease risks and ways their community is working to reduce them.

The phone survey and measurement clinic are being conducted by Healthy Alberta Communities, a project of the Centre for Health Promotion Studies in the School of Public Health at the University of Alberta. - SUPPLIED

## Make tax time pay

Volunteer tax preparers are making tax time pay for many Edmonton residents until the end of April. Call 211 to find a location and book an appointment to get your taxes done for free, if you meet the eligibility requirements. Eligibility is based on family

NET incomes of up to \$30,000 for a single person and up to \$47,000 for a family of five. Last year Make Tax Time Pay helped over 1350 families and individuals complete their tax returns and apply for benefits.

This made-in-Edmonton initiative is coordinated

by Vibrant Communities Edmonton in conjunction with churches, community groups, schools and city facilities.

For more information check [www.vibrantedmonton.ca/mttp.asp](http://www.vibrantedmonton.ca/mttp.asp) or call 211 to find a Make Tax Time Pay site. - SUPPLIED

## Community victory stems from active group communication

After hearing news of a 'done deal' plan to turn two aftercare apartments in the Eastwood neighbourhood into active addiction treatment centres, community members Cora Shaw and Brenda Kuzio moved quickly into action.

"Judy Allen (Avenue Initiative coordinator) and I both called the downtown Salvation Army to express our concerns about what we had heard," said Shaw. "We were able to set an appointment time the following week to discuss their plans," said Shaw. Meanwhile, Kuzio was contacting councillors, active community members and City Planning representatives, as well as gathering information.

Then the two women and a number of other concerned community members and stakeholders got together to prepare for the meeting.

"Captain Stanley [of the Salvation Army's addictions and residential services] was a little surprised when 8 people turned up to the meeting, but we felt it was important to show him

that this community is committed to making sure plans are for the betterment of the community and are in line with the Initiatives goals of a safer neighbourhood," said Shaw. Her point was well-taken; with her were two other community residents, and members from EPS, City bylaw, the Community Recreation coordinator for Eastwood Community League and two City Council executive assistants.

The two apartments in question are owned by the Salvation Army and have been used for years as a sober housing unit for men (Keystone Apartment) and women (Cornerstone Apartment) in recovery who have successfully completed an addiction treatment program. When they were first set up the community very clearly told the organization that while they were happy to support the aftercare program, they did not think an active treatment centre was a good fit in the neighbourhood. Salvation Army agreed to these terms.

"We feel like the Salvation Army were trying to change the status of these apartments very quietly without any community consultation or even notification," said Shaw. In fact, the only way the community found out about it was through an anonymous tip from someone who became aware of the situation and came forward because of respect for the community.

A few days after the meeting the group received this response.

"The Salvation Army will continue to operate the existing Keystone Transitional Program out of our building at 11830 - 85th Street. We will not be bringing active, addictions programming to this site at this time, or in the foreseeable future," said Captain W. Mark Stanley, Executive Director of Addictions & Residential Services for the Salvation Army by e-mail. A further e-mail also indicated that the Cornerstone transitional housing/programming for women will also stay the same. - DF



### What's happening in Spruce Avenue Community

**Community Garage Sale April 30, May 01 & 02**  
at the Spruce Ave Community Hall. Contact: Verna @ (780) 479-8019. \$10.00/table for the weekend. Donations needed for the Community Garage sale table, with revenue donated to the Spruce Avenue Park re-development.

**Municipal Airport Open House Sat, April 04, 9:30am - 3:30pm**  
Ramada Hotel (Kingsway) - Wildrose Ballroom 1 and 2

**Silent Auction Fundraiser supporting Spruce Avenue Park Re-Development**  
Boston Pizza (10115 Princess Elizabeth Ave)  
April 17, 7pm to 11pm. Entry is \$10.00, includes a free drink. Door prizes, 50/50 draw. Contact Verna (780) 479-8019

**A Discussion with Counselor Kim Krushell**  
Spruce Avenue Community League Hall. Monday April 20, 7pm  
Topic: The future of the Municipal Airport

**Meetings: Second Monday of the month at 7pm**  
**Hall address: 10240 115 Avenue Hall phone: 471-1932**  
**League boundaries: 97 St to 106 St from 111 Ave to 118 Ave**  
[www.spruceavenuecommunityleague.blogspot.com](http://www.spruceavenuecommunityleague.blogspot.com)

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## KARA Family Resource Centre Celebrating 25 years of empowering families

KARA Family Resource Centre emerged from a collaborative process involving 16 Edmonton agencies and was incorporated in 1984 with a focus on the needs of low-income families, especially single parent families. KARA has since evolved to provide parent education, family support, information & referral and early childhood programming to families of all income levels. However, the majority of their clients are low-income, single parent families, many of whom are socially isolated. All of the programs and services that are offered by KARA Family Resource Centre are free of charge for anyone who wishes to access them. In 2006 KARA was designated by Alberta Children's Services as the Northeast Edmonton Parent Link Centre. KARA Family Resource Centre is located at 6717 - 132 Avenue and is open from 8:30 AM - 4:00 PM, however there are also programs that are offered in the evenings

and on weekends.

In 1993 KARA-Lot Secondhand Store was established to meet two emerging needs: requests from clients in need of affordable clothing and household items and the increasing number of donations from the community. All of the proceeds from KARA-Lot come back to support the programs and services that are offered by KARA. KARA-Lot accepts donations of gently used clothing and household items during regular store hours. KARA-Lot is located at 12030 Fort Road and is open from Monday to Saturday from 10 AM - 5 PM and is closed on Sundays & holidays. Customer parking is available right behind the store.

For more information about KARA Family Resource Centre or KARA-Lot Secondhand Store please visit their website at [www.kara-frc.ca](http://www.kara-frc.ca) or call the office at 780 478-5396 or the store at 780 472-0610. - SUPPLIED



2007 CAPITAL REGION UNITED WAY ENGINEERING DAY OF CARING

## Bedouin Beats: keeping folkloric music and dance alive

**The modern man forgot to dance altogether: dancing is tuning your body and spirit to authentic music. It is a specific cultural response that one, man or woman, is capable of, or not**

I grew up within a culture where everybody danced, at any times. It was an urban culture, so though our bodily response to music was an inhibited one, from the outset: our urban clothing was, as anywhere in Europe, a "civil" one, a practical and comfortable one, and the whole bead work and decorations present in the traditional wear from Eastern Europe, Middle East and Orient, as well as the ultra feminine cuts, were amiss.

**"We recover important gold veins of invaluable folkloric repertoire and spirituality and retribute it to our modern people." Denise Leclair - dancer, instructor and owner of Bedouin Beats.**

I thought I would visit Denise Leclair in her new Bedouin Beats shop on 118 Avenue...but the whole set up of her space reminded me more of the holy trilogy of must study museums that we had to attend in Romania during our training as anthropologists: Museum of Ethnography, Museum of Village and Museum of Romanian Peasant, invaluable for their ethnographic objects, tools, whole households and other data and folkloric recordings. Her collection of traditional music from Europe, the Middle East and the Orient, comprises very powerful beats and melodies. She played for me some of her (collected) music and the drums were so authentic and their sound so clear and harmoniously mingled with the

woodwinds and strings. Denise also showed me her displays and retail stock of traditional wear and accessories from Tunisia and Turkey, wonderful purses, as well as dance costumes amazingly decorated with hand made bead work.

**Recuperating the homo saltatus (our fundamental dancing component) in its most graceful variants; Egyptian belly dancing is so much about an intricate dosage of motion repertoires and pace lexicons of our body.**

When I say string instruments, don't think violins, though. The folk songs and folk dances recorded by reputable ethnologist Dimitrie Gusti in Romania and famous Hungarian music composer Bela Bartok in Hungary and Romania, at the beginning of 20 century, by means of musical noting, photographs, drawings, and radio technology, showed that the Eastern European villagers made strings of horsehair and the sound-box of their instruments was hollowed out of all sort of squashes. Egyptian villagers would have the sound-box made out of coconut shells and fish skin. During my auditions at Bedouin Beats, Egyptian folkloric instruments drowned our senses in waves of trills; these sounds typically go to the cardiac plexus and produce delicate vibrations, inducing imperceptible mood changes and bring-



Allan Yucoco

SHELLEY PIDWERBESKI AT THE KHADEJAH AND MUSTAPHA SHOW IN 2008 AT THE ARDEN THEATRE

ing soothing and relaxing brain waves, but setting a mood for dancing, as well.

Bedouin Beats has gorgeous dance studio spaces where people can learn many of the traditional dances of the world, including Flamenco and Egyptian belly dancing. The instructors are artists and experienced dancers that received their own training in the very country of origins of these folkloric dances, on their spiritual quests that took them to Oriental villages or brought them musicians from these remote villages.

**"We educate people's sensitivity and perception to original folkloric music and dances."** sounded Denise Leclair's final thought during our meeting.

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- April 13th — Closed for Easter Monday
- April 24th & 25th — 50% off all clothing in the store

Bring this coupon into KARA-Lot Second-hand Store and get 10% of your entire purchase.  
*Valid until May 30, 2009*

### Greetings Highlands-Norwood!

I would like to take this opportunity to wish everyone in my constituency a very Happy Easter!

We have had many issues arise in the last few weeks: from the Alberta Pharmaceutical Strategy, to the end of the Natural Gas Rebate Program, the Provincial Government is making drastic changes that affect Albertans. I would appreciate your feedback on these or any issue you may have.

I value your opinion.

**6519 - 112 Avenue**  
**Your MLA, Brian Mason**  
Edmonton Highlands-Norwood  
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Happy  
Easter  
from the  
Rat Creek  
Press!

# The Ride to Conquer Cancer

The Alberta Cancer Foundation is the registered charity dedicated to supporting cancer research and programs at the Tom Baker Cancer Centre, the Cross Cancer Institute and 16 other cancer centres across Alberta. The Foundation provides funding for basic, translational and clinical research, advanced treatment programs, prevention and screening initiatives, equipment and facility enhancements, and a patient financial assistance program and psychosocial initiatives at all Alberta cancer centres. The Ride to Conquer Cancer is a unique, two-day cycling journey that will take place in Alberta on June 27-28, 2009. Got to [www.conquercancer.ca](http://www.conquercancer.ca) for more information.

We have two community members participating in this monumental ride. Read their stories.

## Gearing Up To Cure Cancer

### Sheryl Boisvert

According to the National Cancer Institute of Canada, over 153,100 new cases of cancer and 70,400 deaths from cancer were estimated to occur in 2006 and men outnumber women for new cases by 5% and mortality by 11%.

My family has personally felt the anguish caused by my father dying of prostate cancer. My memories of growing up with my dad are of being protected by a strong gentle giant. Knowing how strong he always physically was made it that much harder to watch him wither away to nothing. He never complained, yet you could



SHERYL, HER DAUGHTER AND HER SISTER WITH HER DAD

see in his eyes that he was in tremendous pain. Four months in the hospital brought my dad and me closer together, and it also brought me closer to my siblings.

My sister, Denise Marcotte, my brother Neil Stewart and I are now honoring our dad by raising money to contribute to a cure, so others will not have to watch their loved ones die of this horrible disease. Our team, called Gear up to Conquer Cancer, is planning to bike ride 200km along the Rocky Mountains for two days on June 27/28 in the The Ride to Conquer Cancer. I can't think of a better way to spend my time; I love my bike and I will be contributing to finding a cure.

This is where I need your support. To participate, each of us is required to fundraise \$2,500. To donate, please go to [www.conquercancer.ca](http://www.conquercancer.ca), choose 'Sponsor a Participant' and search for Sheryl Boisvert, or e-mail me at [kusari@telus.net](mailto:kusari@telus.net), and I will provide you with a donation form. All money raised through the event goes to the Alberta Cancer Foundation and is then distributed to the Tom Baker Cancer Centre, the Cross Cancer Institute and 16 other cancer centres across Alberta.

## I Ride For Hope

### Lisa McNalley

My reason for riding in the event is because at one time or another we have all needed help from someone to overcome the challenges of life. I myself have never had cancer, although my mother died of cancer when I was 21, but I do have the disease of addiction and if I had not discovered my passion for cycling, I would not be 18 years clean and sober.

I ride in charity events simply because I can; it is a way for me to give back. I ride to give hope to those who are sick so they know people do care and we have not forgotten about them. This is a huge event and we need to raise a lot of money.

Each rider has agreed to raise at least \$2,500. So here's where you come in, because I need your help to do that. Could you please consider making a donation of \$100? To donate, please go to [www.conquercancer.ca](http://www.conquercancer.ca), choose 'Sponsor a Participant' and search for Lisa McNalley. Please keep in mind the commitment I'm making to end this heartbreaking disease and the personal efforts I'll have to make to accomplish this.

To put it simply "I ride for hope."



ALBERTA



**Doug Elniski**  
MLA Edmonton Calder

## It's ALL in Calder

MLAs are supposed to champion their constituencies. I spread the word about Edmonton-Calder to both the people who live in my constituency and to those who don't, but should.

Edmonton-Calder is large. It is one of the largest land mass constituencies in any urban area in Alberta and its population continues to grow. Two thirds of the constituency is comprised of commercial and industrial businesses.

Edmonton-Calder is home to some big hitters: The Edmonton Oilers, RCMP K Division, the Glenrose Rehabilitation Hospital, Finning Caterpillar, Nelson Lumber, City Lumber, the Polish Deli, ElSafadi Brothers, Peterbilt, Sterling, International, Isuzu, Mack truck dealers, Jake's Potatoes, Lehigh Inland, Waste Management, OEM Reman, Northgate Coin and Stamp, St. John Ambulance, Wellington Bakery, the Nina Haggerty Center and much more. We have a TV station, several radio stations, NAIT, the container yard, CN mainline and the City Center Airport.

Edmonton-Calder is also home to cultural facilities like the African Center, the Somali Center, the Polish Hall, Orthodox Ukrainian Hall, and the Italian and Dutch cultural centers.

In short, Edmonton-Calder provides virtually all of the services needed to make life in Edmonton complete. We have services for seniors, affordable housing, great transportation, and anything else you could possibly imagine.

It's ALL in Calder.

Be proud of where you live, look around and realize just what a great neighborhood it is.

Doug

## ARROW ROOFING



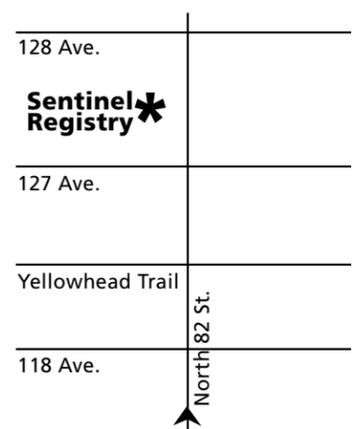
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# A Cinderella story with a difference



slipper, then, not be impossibility for her?

When Becky returned, she held the most beautiful, tiny, delicate works of art on her finger tips that this writer has ever seen. Instead of being transparent, each thimble was a collage of opaque colours. A bright Cobalt blue one caught my eye first. Around its glistening circumference an organic streak of pistachio green meandered slowly, culminating in a delicately-shaded five-petal flower, a three dimensional dew drop of clear glass resting in its center. And each one had the required number of tiny dimples pressed into the top. Incredible!

Answering my questions patiently, Becky revealed that in spite of the fact that her thimbles could quite properly be used in sewing and darning, most of her pieces were being sought after by thimble collectors around the world for their unique artistry. "I view each one as tiny canvas, limitless with what I can do and express with it. Thimble collecting seems to be quite popular due to the small size, weight and portability of thimbles, the vast array of materials (metals, ceramics, glass, etc) that can be used to create them, and the variety of colors and designs that can be incorporated into each one," she says.

How did she get into creating glass thimbles? "One day, out of curiosity, I looked online for information about lampworking (the process of melting glass and letting it cool to form shapes and designs)," Becky recounts, "and I was very intrigued. I took a beginner's lesson at a local glass studio, and I was

promptly hooked!"

How can readers view and purchase one of your works, I query? "I have an online Etsy shop, at [www.etsyalberta.blogspot.com](http://www.etsyalberta.blogspot.com) [then click on Bexrox]," Becky relates. "I strongly urge people to investigate this amazing international online marketplace of everything handmade. Artists can list their goods for only 20 cents per listing, there are no other fees, it connects directly to paypal, and is very user friendly."

Do you accept custom orders, I wonder? "Absolutely! I love to create exactly what people want, if I can. Unfortunately, I have a full time job, and I'm a single mother, so sometimes I can't put the time I'd like into my art. However, I still do all I can to keep my customers happy."

How long have you lived in this area of Edmonton? "I've been here for about 3 and a half years now. I also spent my preteen years in Norwood in the 70s."

What is it about living near Alberta Avenue that appeals to you, I asked? "I'm so delighted at the initiative taking place to recognize this area as a vibrant arts community. There are a great many very talented people here, and some really interesting venues that have their own rich histories. It's nice to see our area getting a spotlight shone on some positive stuff happening here, for a change, as it is well-deserved!"

Oh, and my glass slipper idea? "Certainly possible," she said, "but not by me with my present torch and tools."

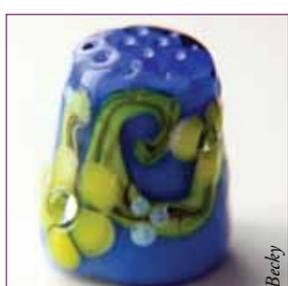
That's ok. There are other ways to find my Cinderella.



JOHN HENKER

"Glass thimbles,?" I questioned. "Thimbles, made of...glass?" Her chuckle and ensuing wide grin let me know that I had indeed heard her correctly. "Want to see some?" she asked

As my good friend Rebecca Smith retreated to her glass studio, my mind leaped back in time to a childhood book image of Cinderella's crystalline glass slipper, held up hopefully by a dejected Prince Charming. Questions raced through my mind. Would she bring out a clear glass thimble like my vision? Who on earth would want a glass thimble? Wouldn't they break easily? How could one begin to make such an item from the Notions department? Indeed, where had this 'notion' to create glass thimbles come from? Would making a glass



## Flowers – a pressing matter

ANGIE KLEIN

Pressing flowers is a great way to preserve memories of special occasions or the beauty of your own back yard. Simple pressing is easy enough to be a child's project, but there is so much to this lost art it can be challenging to the most skilled crafts person.

You can press flowers in several ways. All apply the same principle s, heat and pressure.

**Book Pressing:** Place flower between 2 pieces of plain white paper.

Insert between the pages of a good size hard cover book. Place heavy weight on top.

You can speed up the process by microwaving the book with the flowers for short 30-45 second bursts, let cool, and then press.

**Microwave Pressing:** On top of the smooth side of a ceramic tile, layer a thick wad of paper towel, a plain piece of paper and the blooms you want to press. Repeat layers.

Hold the stack together tightly with big rubber bands. When pressing in the microwave, err on the side of caution. Start out with short bursts on a medium setting (30-60 seconds). Let flowers cool between bursts, opening up

the press to let out the steam. Repeat until almost dry. Transfer the plain paper and flowers to one of the presses mentioned above and let dry – this can take anywhere from a few hours to a couple of days, depending on the type of flower you are drying.

When dry, use them in any pressed flower crafts.

**Wood Pressing:** Cut 2 boards, drill holes into two opposite corners. Place a bolt through the hole and fasten with a wing nut. Lay a layer of cardboard, a layer of newsprint and a sheet of plain white paper on the bottom board. Place flowers to be pressed on top.

Repeat layers. White paper, news print, cardboard, wood. Tighten wing nuts.

Color retention will be better if you change the news print every few days.

Keep somewhere warm and dry. Flowers will turn brown if they dry too slowly.



# The lesson of knitting

CHERYL WALKER

For those of you who have never done it, knitting has an almost meditative quality. After a while, you find your hands know the stitches so well that they continue without your conscious mind paying attention. You are free to float along to wherever your fancy takes you, to carry on discussions with others, to go on trips in your imagination. More than a way to relax, it's a chance to leave this time and space, and move along to somewhere slightly different. I never know quite where I'll go with a simple pattern. I knit, and my mind wanders off, and the item I am knitting grows longer, and my thoughts flow more easily. I learn life's lessons in knitting.

A knitting project is nothing more than several million stitches, repeated one after another. Its essence is the same two motions, repeated, ad nauseum. Knit and purl, purl and knit. Thus, knitting is not just about careful consideration for pattern, for fit, for colour, for fibre choice, and it is not merely about my time; it is a lesson in dedication. When I continue with a project long past the time when I am interested in it, through the time that I am frustrated, and through the time when I am seemingly making no progress, through to a finished project, I am learning about devotion. Knitting is a gift of my care for another; it is a visible demonstration of my love.

And in this meditative place I am thinking of the first baby item I knitted, a few years ago. One of my dearest friends called, to tell me that his wife was expecting their first baby. And I could not give him my best wishes that day. I stumbled through congratulations and wished him well, and hung up

the phone and wept: that they, so soon married, would be expecting a wee one, while Mr. Spit and I would continue on with an office, not a nursery.

And so, I resolved to knit for this babe to be. If I couldn't give them my good wishes, I could give them knitting. And I scoured pattern books, carefully consulted the mother to be on the colours, and decided upon a baby blanket. For 8 months, I picked it up almost nightly, and knitted more and more rows. 9 squares in all, each made of a 12x12 block. The same colours, the same stitches. Repeated. Then I picked up stitches on the edges, and knit the lace around the edge. Into each stitch I put what love I could. As time went on, I made my peace with this wee one. I truly did knit until I was glad for his birth. I learned I could be happy for others amidst my own tragedy and sorrow. I doubt the parents were aware of my pain, or the depth of the gift, or the lessons I learned in that blanket.

The morning before my diagnosis with pre-eclampsia, in December of 2007, I was back at the wool store. I picked out alpaca spun locally, chose a pattern of Shetland lace. I thought of the amazing woman who was guiding me through my pregnancy, and how I could thank her. I thought of the lessons in motherhood she was giving me. I found something perfect for her. The morning before the testing began, I dyed the wool a soft agate colour.

I came home from the hospital on the 12th of December, 2007, with ashes and not a



baby, and I began knitting. For hours each day, I knit. My mind was so numb with grief it was not possible to knit and speak, to knit and watch a movie, even to knit and think. I knit. Fiercely, grimly, with an all-consuming fire. Into every stitch, into every yarn over, I knit my thanks, my care, my concern and my gratitude. I prayed for a woman who walked with us through our darkest hours, who held me as I wept, who caught our son in her strong and loving hands. Who stood in the valley of the shadow of death, and was not afraid to be there. And I gave back to her what I could, the only skill, the only accomplishment I had left. I knitted for her. I put my chaotic and heartfelt prayers into a shawl to keep her warm. I prayed it would see healthy and happy births. I learned the lesson that when you are lost, when there are no answers, pick up what you are working on, and start on the first stitch. I don't need to see the pattern, I just need to knit each stitch as it comes.

This is the lesson of knitting: we knit to show others they are loved, to put body and mind back together, and to learn about patience and devotion and dedication.

# Why do I knit?

CORA SHAW

I am often asked this question and depending on my mood I have a number of answers.

"I knit to... meditate, because I can, when I am craving alcohol, through a panic attack."

My mom had patiently tried to teach me to knit so that I could earn my crafting/knitting badge in Brownies, but I just couldn't get it. Fast forward to 1987, I'm living in Vancouver BC and become pregnant with my daughter. I was missing home and family, so as my Christmas present, I was given a return ticket to Edmonton. While visiting, my mom decided that I needed to learn how to knit so that I had knitted items for my baby.

So out came this really cute book with baby outfits, knitting needles and baby yarn. Mom patiently showed me how to cast on and how to make my first knit stitch. I worked on a Garter Stitch (knit all rows) Baby

Jacket in a nice yellow yarn. I had gotten the back finished while visiting family that year. I had time to cast on for one of the fronts and I worked diligently on it, even on the long bus ride home. The jacket did get finished, however it was horribly misshapen; one sleeve way too big, the other wouldn't have fit around a chubby baby's arm.

Back home I knew a lady in my building who was a knitter, so I picked her brain and finally made a beautiful, proportioned baby layette from one ball of wool and 2 needles (string and sticks). I never looked back.

I have been knitting now for almost 22 years and crochet-

ing for almost 16. Knitting can become an obsession, as my husband can tell you, especially with all the beautiful yarns that are out there. I have branched out to designing in the last two years as well as teaching. I had worked at Lewiscraft, before it went bankrupt in 2006, and was often asked to give impromptu lessons. I had one fellow come up to me who wanted to make a scarf for my girlfriend. He paid for the needles and yarn, then asked me to show him what to do with them. I showed him how to cast on, then the garter stitch, and he was on his way. He dropped in to get help with the cast off and the look on his face was wonderful. And yes, his girlfriend loved it.

There are some wonder-



ful Local Yarn Stores, aka LYS, in Edmonton. River City Yarns (10106 111 Ave), Wool Revival (6513 112 Ave), Knit and Purl (10412 124 Street), and Ewe Asked For It (It 6523 111 Street). River City Yarns and Ewe Asked for It both have knitting groups that are great to attend and get support from, especially for the new knitter. There is a knitting group located at The Carrot Arts Coffeehouse (9351 118 Ave) on Tuesdays from 7:00-9:00 and a fibre group, which includes knitting, on Wednesdays from 7:00-9:00. There are also some great sites on-line that have videos to help you with cast on, cast off, and everything in between. Try out [www.knittinghelp.com](http://www.knittinghelp.com) and [www.lionbrand.com](http://www.lionbrand.com). And visit my blog at <http://craftygal1965.blogspot.com/>.

Here is my favorite scarf design. I recommend a smooth yarn so that you can feel for the stitches.

## Simple Garter Stitch Scarf Materials

Red Heart Worsted or Caron Simply Soft or Patons Décor: 1 skein (ball)  
Size 8/5.00 mm knitting needles.

Cast on 15-20 stitches (depends on how wide you want your scarf)  
Row 1: knit across  
Row 2: knit across  
Continue knitting your rows until you have reached the length that you like.  
Cast Off





**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## Attainable Singles Affordable Housing "At The Crossroads"

MP Peter Goldring held a meeting in Ottawa of Parliamentarians to examine the proposed Mayfair Village attainable housing project.

"Homeless counts have grown, mostly because 90% of all singles private sector housing has been torn down, and not allowed to be replaced by city planners, let alone increased. Most single people need independent living affordable housing, not social welfare sheltering. We can do much better for less cost for those many in great need," Mr. Goldring says.

Randy Ferguson of developer ProCura showed his private sector plan to create 700 units of attainable affordable (10% less than market average rents) singles and couples housing – bachelor and one-bedroom apartments. ProCura proposes to build and operate attainable housing for less than half the cost of the social non-profit providers, but have been stalled on funding applications by provincial and municipal shelter-centric funders.

"We are at the crossroads," Mr. Goldring states. "We must stop the wasteful plans of creating more and more small, inefficient, non-profit social transitional shelter projects. We can do much more with the private sector at half the cost."

The United States has modeled how to deal with the confusion of social industry vested interest exaggerations of the homelessness issue. They created a national understanding of the issue, defined it as best possible, decided how to most effectively deal with it, and implemented that plan. It is my suggestion that Canada form a comparable agency to the United States Interagency Council on Homelessness to begin the process nationally. Such a new agency could really help bring about an end to homelessness confusion that sadly serves to inhibit efforts to help those truly in need.

Now, with encouragement from colleagues, Mr. Goldring will approach the provincial and municipal governments to see what is necessary to make singles housing projects such as this a reality.

What do you think?

780-495-3261 [www.petergoldring.ca](http://www.petergoldring.ca)

*Oh Happy Day*  
SHARON E. RILEY

*The days of winter soon will pass,  
The snow will melt,  
There will be new green grass,  
The trees will bud,  
The birds will sing,  
Oh happy day—it will soon be Spring.*



**LAW AND ORDER**  
WITH CST. ANDREW LARSON

## The Police Perspective

Alberta Avenue, Eastwood and Parkdale have had some great successes over the past few months in crime reduction. But one of our major problems I would like to address has been break and enters. Many of you reading this may have been a victim of a break and enter or know someone who has. I can tell you from many of the victims I have spoken to that there is nothing worse than the feeling of violation that comes when someone has broken into your house and stolen your personal belongings. Break and enters are a real problem that the police are dealing with, but it is something that we also need your help with.

The vast majority of break and enters occur during the daytime hours while people are away at work. The subject will enter through a rear door or window so they cannot be seen from the street by people. The criminals who do this type of crime work fast. In fact they will be in and out of your house in a matter of minutes, taking as many valuable things as they possibly can. The items they steal (jewelry, CD players, iPods, lap-top computers) they will take to a pawn shop to pawn off for cash which they will then use for drugs. Or they will trade it directly to the drug dealer for drugs. I can't tell you how many drug houses I have been in where the entire house is filled with laptops, Blackberries, iPods, etc.

You can prevent a break and enter from happening to you quite easily. Follow any of these recommendations and I assure you will not be a victim as well:

**1. Get an alarm system** – often they are very cheap (\$0 install, \$30/month for basic package) and an effective deterrent. When you are gone on vacation or away at work, it gives you peace of mind that your house is secure. If it is registered to the EPS, we will

respond to the break and enter in a matter of minutes. Of the hundreds of break and enters not in progress that I have investigated, I can't think of one that had an alarm system.

**2. Get a dog** or at the very least have a sign that says you have a dog. Criminals will not put themselves in harms way and having a guard dog is a good deterrent.

**3. Get to know your neighbors.** This works especially when you're away from your house for a length of time. Have this person look over your house and call the police if they see anything suspicious.

**4. Keep all the serial numbers of your tools and electrical equipment.** When police investigate a break and enter this becomes an integral part of our investigation. Our Pawn Detail Unit has a good relationship with the pawn shops in Edmonton and when someone pawns a piece of equipment, they place the serial number in a database. That way when you report your property stolen, we can trace who attempted to pawn that

item and charge that person with Possession of Stolen Property. Also, we can then release your item back to you.

In other news, I would like to inform you that we are planning a **Crime Prevention Open House on Thursday, April 16th at the Alberta Avenue Community League, from 6 pm to 8 pm.** We will be having speakers from the Edmonton Police Service, Safe Communities and Neighborhoods (SCAN), Community Action Project (CAP) and Community Response to Urban Behavior (CRUD). You can come meet your local Bylaw officers, Alberta Avenue Revitalization, successful building managers in the area, as well as other community working teams. We will be raffling off an alarm system donated by BOLT SECURITY which will include free installation and one free year of monitoring. I am looking forward to this event and hope it will be a start to a safe and enjoyable summer season. Take care and see you on the beat.



### PRESCHOOL CREATIVITY

Thursdays April 9, 16, 23, 30. 9:45 am to 10:45 am for 3.5 to 5 year olds. 11am to 12pm for 1 to 3 year olds. Music, movement, creative play, craft and story time with Marie Butler aka The Willow Lady [www.returntorustic.com](http://www.returntorustic.com). Cost: \$20 members of any league; \$40 non-members. Call 780-477-2773 to register or email [info@albertaave.org](mailto:info@albertaave.org).

### YOGA

Eight Mondays, April 20 to June 15 (no class May 18) OR eight Wednesdays, April 22 to June 10 from 6pm to 6:45. Cost: \$35 members of any league / \$55 non-members. Instructor: Melanie Ustina. Call 477-2773 to register or email [info@albertaave.org](mailto:info@albertaave.org). Drop in and try it out on Monday, April 6 and/or Wednesday, April 8. Drop-in fee: \$4. Call 780-477-2773 to register.

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**Resident Profile**  
WITH HARVEY VOOGD

# Balancing cross-cultural understanding in Japan

Did you know that in Japan students clean the schools everyday, not janitors? This is one of the things Parkdale resident Heather Ehlers learned during her two years teaching English in Japan.

"At the end of the day, teachers and students clean the school," said Heather. "Everyone has a role using a mop, broom or cleaning the board. When I told them Canada used janitors, they were shocked."

"School is treated more like a home in Japan. It is a much more communal place, than somewhere you just come and go."

Heather went to Japan in July 2004 as part of the Japan Exchange and Teaching (JET) program. It is a program that brings native English speakers to complement English language education in schools. English is mandatory for all students in grades 7 through 12.

"I was placed in a small rural village of 5,000 people in the mountains of central Japan," said Heather. "I was the first Assistant Language Teacher to be hosted by the village. It was a big deal, with my arrival a story in the newspaper."

"Japan is a very homogeneous country. There was only one other foreigner, a Filipino woman who was married to a Japanese man. Because I was different, people were very curious about everything."

"They wanted to know

what I ate for breakfast, what I cooked, did I use chopsticks and could I use Japanese toilets. Traditional toilets are porcelain holes in the floor that are used by squatting. They are still found in old buildings and public places, but most people have western style toilets in their homes."

Heather taught at a junior high school. The Japanese teacher taught grammar and she provided pronunciation and a cultural perspective.

According to Heather, "the students really wanted to know about hobbies and schools in Canada."

"Hobbies are taken more seriously in Japan and are usually connected to the school. If it is basketball, you spend all your free time with others doing the same thing. It is more than a hobby, it's a social group like a family."

"Kids and teachers spend more hours at school than in Canada. There are a lot more after school activities and most kids stay till dinner. Often they are also at school on Saturday, doing their hobbies."

The number one hobby is baseball. Other popular hobbies are judo, brass band, and volleyball, especially for girls.

Japanese students wear slippers in school. All outside footwear is left at the front door. In addition, there are special communal slippers to use when you go to the bathroom.

"One time I accidentally wore the bathroom slippers back to the teachers' staff room and boy did I get a lot of strange looks," remembers Heather.

Japan has a national lunch program, so all students eat at school. "It is very organized," said Heather. All the kids take turns serving and cleaning up after lunch."

"Nobody eats till everybody is served. Everyone sits and waits. Then before you eat itadakumasu is said. It's not a prayer, but kind of like saying enjoy your meal."

"Lunch rooms when I was at school in Sherwood Park was a free for all. I wouldn't say Japanese kids are more well behaved, but when I first got home to Canada I found it rude that everyone just started eating as soon as they were served."

Heather also found Japan interesting for how problem solving occurred. She remembers the first time she asked students to form groups of three.

"Here in Canada most kids would look left and right and form a group. In Japan, it would take 10 minutes as long discussions would ensue among the students."

"It was important to create fair and harmonious groups so no one is left out. Group harmony is highly valued in Japan. Everyone is included, even if they're very unpopular."

Watching people in another culture problem-solve



led Heather to undertake a Masters in Conflict Analysis and Management. It also led to her current job as the Community Mediation manager at the Mediation and Restorative Justice Centre.

"It is a free service which helps Edmontonians experiencing a conflict or dispute with their neighbour. It could be an overhanging tree, barking dog, broken fence or noise from a business."

"We talk to people about the problem and how they want to approach the neighbour. If everyone agrees, volunteer mediators facilitate a face-to-face meeting. Everyone talks about the problem and together come up with a mutually satisfying solution."

When Heather thinks back on her two years in Japan, three happy memories stand out. She

met her husband Ben, who was an American also in the JET program. And their daughter Elise, who just turned two, was conceived there.

Heather also remembers her friends from aikido, a martial art based on balance and redirecting an opponent's force. There is no hitting or kicking. The goal is to neutralize an attack without harming your attacker.

"I was thinking of leaving after the first year, as teaching was okay but it wasn't my dream job," said Heather. My aikido sensei convinced me to stay a second year because he wanted me to have my black belt before I left."

"My sensei was very open to cross-cultural exchanges. He was a role model to me and the other students and created a tight knit community that led to many friendships."



**Saturday, May 9, 2009**  
9:00 am - 3:00 pm  
9210-118 avenue  
Alberta Avenue Community Centre

## that **Bloomin'** garden show & art sale

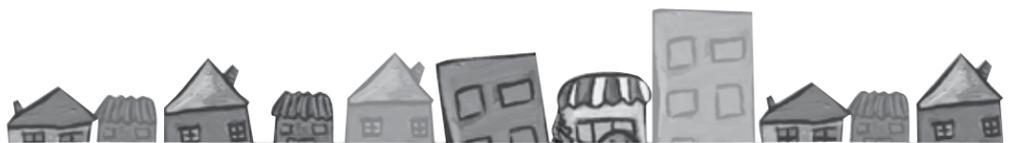
- Plant & gift sale
- Workshops - Experts on site
- Botanical information
- Children's art & plant workshops
- Art show
- Plant & seed swap

Sign up for the family Worm Composting Workshop!

## avenue initiative revitalization

*The Avenue Initiative is a community based revitalization of 118th Ave from Nait to Northlands.*

*The community has come together to work with the City to develop a council approved strategy that will create a safe, walkable community for everyone.*



## Get connected to the community!

Be a part of the excitement! Volunteer at one of these upcoming events.

**Saturday, May 9th - That Bloomin' Garden Show & Art Sale**

**Saturday, June 13th - Avenue Goes To The Dogs**

**Sunday, June 14th - Large Item Pick-Up**

**Saturday August 15th - EastwoodFest & Street Party Grand Opening**

**Friday/Sat./Sun. September 25,26,27th - Kaleido Family Arts Festival**

### Come and volunteer:

- Set-up/take-down
- Clean up
- Sales
- Information tents
- Security

No experience necessary. All events will be located in and around 118th Avenue.

**Come be a part of your neighbourhood & make a difference!**

**For more information call Judy Allan**

**780-496-1913**

**Sign up online at**

**[www.ratcreek.org/volunteer](http://www.ratcreek.org/volunteer)**



## Walking for fun and fitness



health & wellness  
WITH JENNA HOFF

It's April, the month when (at least in theory) spring arrives in Edmonton, heralding sunshine, warmer weather, and even a flower or two. As I wave goodbye to Frosty, my thoughts turn to my favorite spring and summer activities that I can once again resume. At the top of my list is walking through our city's renowned river valley.

Of course, Edmonton's trails are breathtaking in winter. However, come spring, I can walk farther and less tentatively, and my family is less apt to mistake me for the abominable snowman on my return!

My favorite trail is the Kinnaird (aka Rat Creek) Ravine, east of the Stadium. A natural oasis of trees and solitude, it's a great place to meditate, reflect, or pray- and you'll likely spot a variety of wide life such as squirrels and birds.

Walking provides amazing health benefits. According to the Public Health Agency of Canada, "regular brisk walking for 30 minutes on four to seven days a week will reduce the risk of cardiovascular disease, diabetes, obesity, osteoporosis, and some cancers. Habitual walkers also benefit from increased energy levels, more stamina, better sleep, and lower stress levels."

To get maximum benefit, you need to move at a challenging enough pace to elevate your heart rate. You can add intensity by walking on paths that have hills, taking larger strides, and vigorously swinging your arms.

As with any new physical activity, check with your doctor to ensure that this is safe for you. Even if she gives you the green light, it is imperative that you listen to your body. If your heart is hammering out of your chest, or you are too winded to carry on a conversation, you need to slow down, or take a break. It is best to walk with a companion, and if possible, carry a cell-phone so that you can call for help if needed.

For some, thirty minutes of brisk walking is too strenuous. In this case, it is better to set realistic goals of shorter and slower walks, carefully building your endurance. Whatever your ability level, take pride in the fact that you are challenging your body by exercising to your capacity- and are likely having fun to boot!

Happy walking- and happy spring.

*Jenna Hoff is a former pediatric Physical Therapist turned freelance writer. Contact her at [physiowriter@yahoo.ca](mailto:physiowriter@yahoo.ca) with health questions, or with suggestions for health topics that you would like to see addressed in a future column.*



dog talk  
WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

Oh, aren't they cute! As the weather turns nicer I'm starting to see so many of those precious little bundles of fluff. In the off-leash parks, on the streets and in homes. I just love working with young puppies because they are such little sponges for learning. So many start as wonderful puppies that are so good, we often think they don't need training. But they do need some guidelines.

Training starts day one when you first bring a puppy or dog home, whether you mean to or not. Here are some tips to try and ignore the cuteness and prepare for the adult dog:

- Low key – keep activities like people coming to the door, the phone ringing, family coming home, noises outside, all low key. We make the mistake of saying things like, "Who's that?" when a family member comes to the door, which leads to jumping up and barking excitement. As much as we want to bond and see that happy little face greet us, keep it low key. Drawing attention to the car of a family member driving up or someone coming up the stairs leads to barking and jumping and possibly scratching, biting and clawing at doors and windows.

- When puppies do get excited, usually during play, take periodic time outs to calm the puppy, getting him to settle down and stay as quiet as possible for a

## Puppies! Training starts from day one

minute or two. This teaches self-control and patience. Patience is important, especially in an adult dog. Getting the dog or puppy really excited and then getting her to quiet down is critical for breeds that may urinate or drool when they are excited.

- While placing collar or harness and lead on puppy, use your voice, a toy, and encouragement to move the puppy along with you. The lead is only so the dog can't run out into the street. Most puppies do not start out pulling on leash. Yes, really! We accidentally teach them how to pull. So let's make it easy—don't teach them to pull in the first place! Never use a flexi/retractable lead on a puppy.

- Grooming for puppies, even when little or no grooming is required, should be practiced on a daily basis. This is a fact of life that puppies need to get used to. Just using the back of your hand to pretend you are brushing through the fur will help him understand that he must be settled when being groomed. Run a nail file or use human clippers to take the very tips off the nails and this will save you a lot of grief. Also, use this time to play vet and examine the puppy all over, apply a bit of pressure to his chest, ears and teeth and examine the dog. If



the puppy struggles, bites and fusses, use treats and toys to keep the puppy focused while doing very quick exams and then build it to longer.

- Never chase your puppy or dog. A favorite game of any two dogs is "chase me" and automatically means fun and games. It's okay for him to chase you, but never the other way around, or else when the puppy darts out the door or the lead breaks he may think it's just another game of "chase me." Use a toy or treat to tempt or draw the puppy to you, hold it close and make it fun for the dog to come to you.

There are many other tips that can be found on the Internet, in the *Puppies* magazine from Dog Fancy, from your veterinarian, groomer and dog trainer. Start early and prevent problems.

*Darlene Taylor, K9 Behave, 780-915-0213*

## EDMONTON



## Clean up your mess before it cleans out your business

After the snow melts, the spring season often reveals unsightly litter and graffiti, making our city look dirty and unattractive.

The Community Standards Bylaw requires property owners to keep their property litter-free. There is also a \$250 fine for anyone caught dropping garbage on public or private property, so please put trash where it belongs. Property owners are also required to remove graffiti and the City of Edmonton is here to help. We offer helpful advice and free graffiti removal kits that include discount coupons for paint. Just remember to record the graffiti, report, and then remove it.

Call 311 or go to [www.edmonton.ca](http://www.edmonton.ca)



Spruce Up For Spring!

THE CITY OF  
**Edmonton**

# COMMUNITY CALENDAR

## ART & THEATRE

### THE CARROT'S VISUAL ARTISTS COLLECTIVE

2nd Wednesday of the month at 7pm at The Carrot (9351 118 Ave). Drop in, have a coffee, discuss visual art related topics. For more info contact: Michael Germann, mikalow@shaw.ca, 780-909-7027, www.meetup.com/Carrot-visual-artists-collective

## MUSIC

### PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus @ 780-479-1330

### PIANO LESSONS IN YOUR HOME

All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 780-490-1922. Must live within the Rat Creek Press boundaries.

### PIANO LESSONS FOR BEGINNERS

5 to 9 years. In my home using the John Thompson series only. A low rate at \$50 a month, includes books. Call soon, limited openings. Excellent references available. Call Sharon Riley at 780-479-4054.

### KEYNOTE MUSIC

Learn to play guitar, bass, piano. Over 10 years teaching experience. Call Reg Taylor at 780-915-1241.

## DROP-IN GROUPS & PROGRAMS

### PRESCHOOL CREATIVITY

4 Thursdays April 9, 16, 23, 30. 9:45 to 10:45 am for 3.5 to 5 year olds. 11am to 12pm for 1 to 3 year olds. Music, movement, creative play, craft and story time with Marie Butler aka The Willow Lady www.returntorustic.com. Cost: \$20 members of any league; \$40 non-members. Call 477-2773 to register or email info@albertaave.org.

### YOGA

8 Mondays, April 20 to June 15 (no class May 18) OR 8 Wednesdays, April 22 to June 10 from 6pm to 6:45. Cost: \$35 members of any league / \$55 non-members. Instructor: Melanie Ustina. Call 477-2773 to register or email info@albertaave.org. Try if out in a drop-in class on Monday, April 6 and/or Wednesday, April 8. Drop-in fee: \$4.

### FREE FAMILY ART NIGHTS

Thursdays from 6:30 - 8 p.m. for parents and children up to 17 at

the Nina Haggerty Centre for the Arts (9702 111 Ave). All materials, instruction and a light snack are free. No experience necessary, but space is limited. Call 780 474-7611 to register your family.

### CARROT WRITERS' GROUP

Every Thursday morning at 10 am at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

### SENIORS DROP-IN

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8718 118 Ave).

### MOMS & TOTS

Tuesdays and Thursdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8718 118 Ave).

### BABES IN ARMS

Fridays, 10am to 12pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave). Come and connect with other parents in the community. Call The Carrot at 780-471-1580 or email trisha.estabrooks@gmail.com for more info.

### THE AVENUE COMMUNITY PLAY GROUP

Every Tuesday from 10am to noon at Alberta Avenue Community Hall (9210 118 Ave). Residents from all communities are welcome to join us. For more information contact Becky at peacebeadz@hotmail.com.

### SCRAPBOOKING

Thursdays from 6 pm to 8 pm at Ben Calf Robe Society (12046 77 St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Childcare is available. Call 780-477-6648 for more info.

### PARENT SUPPORT GROUP

Fridays from 1 pm to 4:15 pm at Ben Calf Robe Society (12046 77 St). Join us for crafts, coffee, snacks and great conversation. Call 780-477-6648 for more info.

### ST. FAITH'S

Community Collective Kitchen meets at St. Faith's Church on the 2nd Wednesday of the month. There is currently space. If you are interested, please call 780-477-5931.

### CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283 Youth program (ages 6-17): Mon, Tue, Wed 3-8pm, Thur 2:30-8pm, Fri 3-10pm, and Sat 1-5pm.

## ENTERTAINMENT

### THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue  
FRIDAYS: Live music, 7:30pm-9:30pm  
\$5 cover charge  
April 3 - Mike Sadava  
April 10 - Lindsey Walker and Drew Malcolm  
April 17 - David Shepard  
April 24 - Dave Von Bieker  
SATURDAYS: Open mic  
7:30pm-10:00pm  
Music, spoken word, comedy

## SPORTS & REC

### FREE PUBLIC SKATING/ INDOOR ARENAS

Grand Truck (13025 112 St) Sundays from 1pm to 2pm  
Russ Barnes (6725 118 Ave) Saturdays from 5pm to 6pm  
Oliver (10335 119 St) Tuesdays from 6:15 to 7:15pm  
Westwood (12040 97 St) Sundays 3:15 to 4:15pm

### FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street). Call 780-496-7384 for full pool schedule or go to www.edmonton.ca and search Eastglen pool.

### OUTDOOR SOCCER

2009 Outdoor Soccer registration for those living in the following communities-Delton, Elmwood, Eastwood, Westwood, Alberta Avenue, Spruce Avenue, and Parkdale/Cromdale.

Teams still available for player registration-Under 8, Under 10, Under 12, Under 14, under 18 Please bring birth certificate, 2 cheques /child (max. 3/ family) for volunteer commitment, 1 cheque for jersey deposit, registration fee-cash or cheque  
Interested in coaching--courses are available and fee is covered by community league.  
Contact Susan Nozack, Delton Soccer Director at 780-474-3491

### SEEKING OUTDOOR SOCCER REFEREES and ASSISTANT REFEREES

Must be over 15 yrs of age  
Great income! You determine the nights you would like to referee-you are usually scheduled 2 games per night (Referee-\$45.00/ game, Assistant Referee - \$25.00/ game)  
Courses are available March through April-depending on course level-one or two day or evening time commitment. These courses fill up quickly especially the ones booked on the weekend. The course fee will be reimbursed after 10 games have been refereed. To register or ask questions call Sue Nozack, Delton Soccer Director at 780-474-3491

### PLAY FIELD HOCKEY

A game that combines the fitness of soccer and the finesse of hockey. Try it free. There are events, spring and summer

programs. Inexpensive sport!  
Boys and girls 5-14 years of age  
Register now! www.fieldhockey.ab.ca or 780-760-2180

## VOLUNTEER

### LARGE ITEM PICK UP VOLUNTEERS NEEDED

Sunday, June 13 from 9am to 5pm. Trucks provided. Lunch and supper provided. Must be able to lift heavy items. Call Karen 278-4812.

### VOLUNTEER DRIVERS NEEDED

Do you know what a Volunteer Driver is? It's a community member who can spare 3-4 hours once a month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 780-732-1221.

### NINA HAGGERTY CENTRE FOR THE ARTS

Do you love art and people? Then the Nina Haggerty Centre for the Arts can use you! Come volunteer and show off your talents and passion. www.ninahaggertyart.ca or 780-474-7611

### THE CARROT COMMUNITY ARTS COFFEEHOUSE

Learn how to make lattes and other coffees, then hang out at a cool coffee shop for 3 or 4 hours and visit with the interesting people who stop in. Stop in at 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

## NOTICES & UPCOMING EVENTS

### PENNY CARNIVAL

Saturday, April 4 from 1pm to 4pm at the Alberta Avenue Community Centre. Games, challenges, balloon animals, concession and lots of fun. Bring your small change! Sponsored by Avenue Vineyard Community Church www.avenuevineyard.com

### EATING MADE EASY: HEALTHY EATING FOR A HEALTHY YOU

Edmonton Meals on Wheels (11111 103 Ave)  
First Tuesday of the month from Noon to 12:45pm  
Monthly discussions about healthy eating with a registered dietician.  
April 7 Colour Your Plate - the benefits of coloured vegetables  
May 5 Grocery Shopping Made Easy. Bring your own lunch or enjoy the meal of the day for only \$2.25. To register, or for more information, please call 780 429-2020

### CRIME PREVENTION OPEN HOUSE

Thursday, April 16th at the Alberta Avenue Community League 6 pm - 8 pm

### ARTS ON THE AVE EDMONTON SOCIETY 2009 AGM

Sunday, April 19, 4-6 pm. at the Carrot. Members must have purchased membership 30 days prior to AGM (2008/09) in order to vote. Buy your memberships at The Carrot (9351-118 Ave). For

board nominations contact Christy Morin at info@artsontheave.org

### ALBERTA AVE LANDSCAPING AND BUILDING FACADE COMMITTEE

Sunday, April 22 at 2pm at Alberta Ave Community League (9210 118 Ave). Call Karen on 780-278-4812 for more info

### BLOOMIN' GARDENING SHOW AND ART SALE

Saturday, May 9 from 9am to 3pm. Plant & gift sale, children's art & plant workshops, workshops from the experts. For more info contact Christy 722-3733 or go to www.avenueinitiative.ca

### CRUD COMMUNITY WALKING GROUP

Community Response to Urban Disorder (CRUD) is interested in creating a community walking group. Walking is good for your health and good for your community too. Create community safety with eyes on the street by joining with other residents to take back the Avenue and get fit too! Contact info@crudedmonton.org

### CRUD COMMUNITY DOG-WALKING GROUP

Meet Mondays 6:30pm at St Alphonsus church (11828 85 St) or 6:45pm at The Carrot (9351 118 Ave). Create community safety with eyes on the street by joining with other residents to take back the Avenue and keep your dog fit too! Contact info@crudedmonton.org

### CARROT GIFT CERTIFICATES

Buy your friends an original gift... Carrot gift certificates available at the Carrot and Tickets to Friday Night For Two at the Carrot Gift certificates for our evening performance.

### GRAFFITI REMOVAL KIT

A graffiti removal kit is available for residents to borrow free of charge. Call Joe at the Alberta Avenue Business Association at 780-471-2602.

## CHURCH SERVICES

### ST. ALPHONSUS CATHOLIC CHURCH

11828 - 85 St. 780-474-5434. Mass every Sunday at 10 a.m. Saturday mass at 4 p.m. Morning mass from Tuesday to Friday at 7:30 a.m.

### AVENUE VINEYARD

8718 118 Ave (Crystal Kids) Sundays, 10:30 am www.avenuevineyard.com

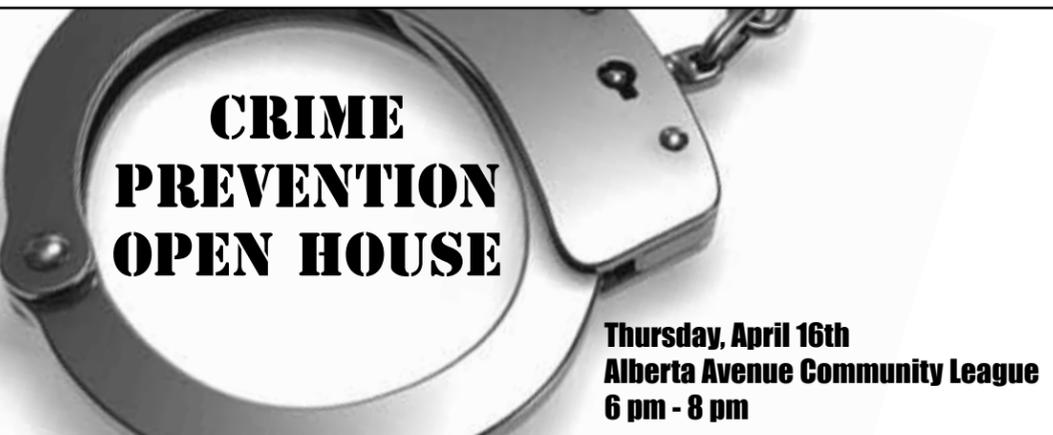
### ST ANDREWS PRESBYTERIAN

8715 118 Ave, Ph 780-477-8677 Regular service, Sundays, 11 am

### SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 2nd floor, 11726 95 St, Ph 780-474-4324. Mon, Tue, Wed, Thur., noon to 4pm Fri., 7pm - 10pm

 <b>Edmonton Public Library</b> <b>SPRUCEWOOD BRANCH 11555 - 95 Street</b> <b>Call 780-496-7099 to register</b> <b>Go to www.epl.ca for more program details</b>	
<b>CHILDREN</b> <b>Aboriginal Family Storytime</b> 11:30 a.m.-12:30p.m, Fridays, January 9 to June 26 <b>Calling All Homeschoolers</b> 1:30- 2:30p.m. Tuesdays, March 3 to April 28 Ages: 5 - 12 years <b>Claymation Workshop</b> 2-3 p.m. Saturdays, April 18 to May 2 and July 25 to August 15 Ages: 8 - 14 years	<b>ADULTS</b> <b>Cafe Anglais - English Conversation Club for Newcomers</b> 6:30-8 p.m. Mondays, January 5 to June 29 Free of Charge <b>English Conversation Circle (LACE Program)</b> 10:30a.m.-noon. Saturdays, March 7 to June 20. Drop-In/Free of Charge <b>Stories from the Heart of the City - with Linda Goyette</b> 1:30 p.m. Thursday, April 16 Drop-in/Free of Charge <b>Seniors' Spring Tea</b> 1-3 p.m. Thursday, June 4 <b>ELL (English Language Learning) Tours</b> Call 780-496-7099 to book a tour
<b>TEENS</b> <b>Teen Gaming</b> 6:30-7:30 p.m. Fridays, April 17 to June 26 Ages: 12 - 17 years <b>The Isabel Miller Young Writers Award for Poetry or Fiction</b> For 12-18 year olds Deadline May 1, 2009.	



**CRIME PREVENTION OPEN HOUSE**

**Thursday, April 16th**  
**Alberta Avenue Community League**  
**6 pm - 8 pm**



**GOT COMMUNITY NEWS?!**  
**CALL US!**  
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**EDMONTON**

**Stadium Station Transit Oriented Development Plan  
 Community Workshop #2**

**Where:** Santa Maria Goretti Centre - Theatre  
 11050-90 Street

**When:** Wednesday, May 6, 2009  
 7:00pm – 8:30pm

The City of Edmonton is continuing to prepare a plan for the area surrounding the Stadium LRT Station. The Plan aims to create a vibrant, higher density, mixed use and walkable community that makes transit easy to use. The project is part of the City's Smart Choices Program to promote urban development that is comprehensively planned and integrated with major transit stations and centres.

This Community Workshop is the second in a series of three to be held in 2009. It is an opportunity for interested citizens to learn about and evaluate land use and circulation alternatives for the Plan area, and to identify their preferred concept.

If you plan to attend this workshop, please contact Lisa Larson at the email address or telephone number below by April 27, 2009.

**For more information contact:**

**Lisa Larson, Planner, Smart Choices Program**  
 Phone: 780-944-0103 Email: lisa.larson@edmonton.ca

**For more information about the Stadium Station Transit Oriented Development Plan please visit [www.edmonton.ca/smartchoices](http://www.edmonton.ca/smartchoices).**



Services for deaf or hard of hearing persons provided upon request.  
 Call 311 or TTY/NexTalk 780-944-5555.



Learn more about and get involved in City issues affecting you and your neighbourhood. Go to [www.edmonton.ca/PublicInvolvementCalendar](http://www.edmonton.ca/PublicInvolvementCalendar) for a list of City of Edmonton public involvement opportunities.

**Fine and Design**  
 Carrot Arts Market

Come shop Edmonton made originals!

**Saturday 25th**  
 1:00pm - 4:00pm

**April Artists**  
 Lorraine Shulba - paintings and prints  
 Dan Kiefert - paintings silhouette portraits  
 Joy Dyck - textiles  
 Laurie Taylor - recycled treasures and crafts  
 Colleen Hutnam - stone and bead jewelry

**THE CARROT WRITERS CIRCLE**  
 Every Tuesday of the Month  
 April 7, 14, 21, 28

**VISUAL ARTISTS COLLECTIVE**  
 April 8th, 7:00 - 9:00pm

**STITCH & CHAT**  
 Every 2nd Wednesday of the Month  
 April 8, 22 7:00 - 9:00pm

**LIVE MUSIC FRIDAY NIGHTS!**  
 \$5 cover

Mar 27	Jan Baker
Apr 3	Mike Sadava
Apr 10	CLOSED
Apr 17	David Shepard
Apr 24	Dave Von Bieker

**9351-118 ave**  
**[www.thecarrot.ca](http://www.thecarrot.ca)**

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