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## Alberta Avenue theatre venues show you theirs at the 2010 Fringe festival

MARI SASANO

The Fringe returns for a second year on the Avenue, with twice as many shows and venues: three shows are scheduled at the Avenue Theatre (9030 118 Ave.), and another three at the Alberta Cycle building (9115 118 Ave.). All but one—Live on 118, an improv comedy show—responded with a first chance to pitch you their plays.

### rooms//apart

**Old Cycle Building**  
Mathew Bittroff and Tim Cooper, a couple of recent Grant MacEwan theatre grads, penned rooms//apart beginning with the idea of two men forced into a friendship, and setting it in a psychiatric facility. "It's about two men in an institution who talk through the wall between them. They have their differences but the only ones to talk to are each other," says Bittroff.

"My character is schizophrenic, and his is manic-depressive. We did a lot of research to learn how someone



MATHEW BITTROFF AND TIM COOPER IN ROOMS//APART

with schizophrenia would see the world."

"It's about having differences, but building a friendship and overcoming common obstacles."

### impULSE

**Old Cycle Building**  
Tasha Weenk doesn't know what her play is about. That's because it's still in creation. Though it should be complete by the time the curtain goes up, the collective process—with fellow actor April Killins and director Liz Hobbs—means that by press time (mid-July), there are still a lot of unknowns.

"The idea is based on many different writers writing a monologue on the idea of high emotion," she says. So far, they have a poet, a comedian, and a singer/songwriter in their roster.

"Everybody has their moments that are really excellent, really frustrating, really sad and so on. The body has a physical response to those moments, things that they do without recognizing it."

Inspiration for impULSE came from the collective reaction at a David Gray concert, where the audience shared a reaction to the performer's music.

"I'd like to make that happen, in theatre," says

Weenks, and is excited to be bringing her work to the Avenue.

"The three of us were all doing theatre in the area, and we all feel it's a great place to work! It's a great community, coming together in different

ways."

### The End of Civilization

**Old Cycle Building**  
The director of The End of

Civilization, Liz Hobbs, is no stranger to this area: she produced the Serca festival in June and is involved with Theatre Prospero, which has offices in the Alberta Avenue Community Hall. "I find the community here has good, interesting people who are excited about doing things."

She was thrilled to be asked to direct this play, written in the late '90s by Canadian George F. Walker. The characters and situation drew her in.

"It's a play about a crisis—a middle-class couple falling into poverty. It explores what people will do in hard times," she says.

It's a struggle that is familiar to many, since the economic crisis began a couple of years ago.

"I think they play shows the human struggle and the rawness of the characters who are trying to find a way to survive."

### Fairforall

**Avenue Theatre**  
Playwright/director Mac Walker doesn't mince words.

"It's a political play," he says of his first play, Fairforall. In it, two university students begin a discussion of determinism and free will.

"The NDP wins the election and a criminal gets sentenced under a socialist system. It's about fairness. The Conservative Party is not concerned with fairness."

Walker, who is a criminal defense lawyer by day, had a message that he wanted to get out, and felt that the theatre was



MARY'S WEDDING

the best way to disseminate it.

"It just struck me. It seemed the proper vehicle. I wrote this to get ideas out there. It's been accused of being preachy, and I suppose it is.

It's not meant to entertain; I'm trying to get people to effect change," he says, and is very happy to be able to present at the Avenue Theatre.

"I changed it so it occurs in the area. It's working-class, so it fits with the neighbourhood."

### Mary's Wedding

**Old Cycle Building**  
When Mary Ellen Perley was asked by two young actors to direct a Fringe version of Calgary's Stephen Massicotte's, she jumped at it.

"April Killan and Stefan Rumak wanted to do it for quite some time. I enjoyed it years ago when I saw it at the Kaasa—it's the idea of stories of young people who fall in love, told through letters and dreams. It's a beautifully constructed play," she says.

The two characters, Mary and Charlie, meet in a prairie barn during a storm, but their relationship is complicated by the start of the Great War. It has been produced twice in Edmonton, attesting to its popularity.

"Because this is a Fringe show, it will be staged much more simply, but that's how I like it. It needs a minimalist set because it's a dream play—Mary's and Charlie's dreams of each other. My angle is to keep it simple and strong."

### Your neighbours at The Fringe

Here is a list of who's doing what at other venues this year—check the Fringe program guide, available at Safeway, or online at www.fringetheatre.ca for more details.

**Jenn Best** (stage manager): Game Face (King Edward)

**Amber Bissonnette** (actor): Death: LIVE! (Walterdale Playhouse)

**Leona Brausen** (actor): DIE-NASTY (Varscona Theatre), Witness to a Conga (Varscona Theatre)

**Chris Bullough** (director): Shimmer (Strathcona Library)

**Chris Craddock** (actor): Gordon's Big Bald Head, Supervillain Monologues (Academy at King Edward), Bash'd (Walterdale Playhouse), Fairytale Scratched (Fringe Cabaret)

**Sheldon Elter** (actor): Ankles Aweigh (Varscona Theatre)

**Kristi Hansen** (actor): The Dying City (Westbury Theatre)

**Aaron Macri** (composer, stage manager): Bash'd (Walterdale Playhouse), Grimmer Than Grimmer Than Grimm (la Cite Francophone)

**Scott Peters** (lighting, design): Spiral Dive II (la Cite Francophone), Bigger Than Vegas (Westbury Theatre)

**Elena Porter** (actor): Game Face (King Edward)

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### Write for the Rat Creek Press

Do you have a news tip or an idea for an article? Come to the next editorial meeting on August 10, 7 pm at the Carrot Cafe or email editor@ratcreek.org

#### Upcoming Themes:

September: Education (deadline August 16)  
October: Technology (deadline September 13)  
November: Small Business (deadline October 11)  
December: Home (deadline November 15)

### Attention shutterbugs!

Love taking pictures? Send your shots of community events, interesting happenings, or interesting local features to editor@ratcreek.org

### Rat Creek Press seeks managing editor

The Rat Creek Press is looking for a Managing Editor. This is an honorarium position that consists of approximately 20 hours per month. Organizing, networking and administrative skills a must! Community residents will be given preference.

If you are interested, send your resume to the Rat Creek Board at info@ratcreek.org by August 31, 2010.

# Going green, or it's going, going, gone

## EDITORIAL WITH MARI SASANO

I first became aware of environmental issues as a kid. I would hear about endangered species, about DDT, about deforestation. My family tuned into David Suzuki every week. Later, I'd read about acid rain and pollution creating a hole in the ozone. And it was obvious that there was plenty of waste in our society as landfills overflowed.

The environment, we were told, was going to be the main issue of the 21st century. Now, decades later, we have some good news: since the banning of CFC's the depletion of the ozone layer has slowed down significantly, and the atmosphere is beginning to heal itself. People recycle as a matter of course, and government and industry know that implementing

environmental safeguards (however grudgingly) is good policy.

But we're still barreling our way towards disaster. Climate change. The Gulf oil spill. It seems hopeless. What can we do?

For one, we should educate ourselves. Follow the news.

Listen to what scientists say. The impact of one North American on the Earth is huge; try to reduce your footprint. If it's too hard for you to do everything that they recommend, try a few and tell your friends.

Convert your incandescent lightbulbs to LED's or

compact fluorescents. Drive less, or not at all. Bring your own bags to the grocery store, and while you're there, think before putting something in your cart. Choose less packaging, less processing, and less distance to your plate.

Alberta Avenue has a farmer's market. Have you visited it?

Stop drinking bottled water, like Sheelagh Semper suggests. Get a reusable bottle, and refill it with Edmonton tap water— it's some of the

best in the world. New Rat Creek contributor Brittini Carey asks you to consider nontoxic, organic products in your daily routine. Or just

get to know and understand the world around you, as our Daring Diner has done, by traveling.

Finally, contact your government to tell them your concerns. Local environmentalist Trey Capnerhurst urges you to make a change in your mentality, then share with your neighbours, and then take it to higher powers. Tell them that you'd like to help the environment, but you can't do it alone. The ozone hole would still be growing if it weren't for governments getting together to sign the Montreal Protocols, and it's only because of the pressure of governments that industry followed suit and stopped using CFC's.

It's not hopeless. We're a smart species. We've survived this long, and adapted to many changes. This is just another challenge.

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we were told,  
was going to be  
the main issue of  
the 21st century.”**

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**“Who is He, Lord, that  
I may believe in Him?”**  
John 9:35 - 36 NKJV

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## Dehli2Dublin to get Kaleido dancing

MARI SASANO

Interesting things happen when diverse groups of people come together. They share ideas, they combine and collaborate. Connections bring new ways of thinking and fuse into something completely new, yet familiar. The Kaleido festival (September 10-12) is one of those gathering spots, and this year's Saturday headliner is appropriately the result of an international mix of sounds and influences.

Delhi2Dublin is a Vancouver-based band that bring together musicians with backgrounds in Indian music, Celtic sounds, electronica, dub and reggae. Such an interesting combo has an interesting back story:

"It was supposed to be a one-off show in 2006," recalls vocalist Sanjay Seran. "It was a matter of being in the right place at the right time: people in the audience loved it, and we ended up being booked after only a two song collaboration."

A year after that one-time experiment and one sold-out E.P. later, the group— Seran, DJ and tabla player Tarun Nayar, fiddler Kytami, guitarist and sitar player Andrew Kim and Ravi Binning on dhol— decided to go ahead with the

band as a serious, full-time project.

Blending musical heritages comes naturally to Seran— he grew up surrounded by the idea, courtesy of his parents, who were Indian but lived in multicultural Singapore before settling in Canada:

"My parents used to listen to a lot of Indian music from the U.K., which is more modern and includes Western instrumentation. So there was that, and Top 40 radio. But I was always singing."

"I sang in the choir in high school and I was a percussionist. I learned how to play the dhol— an Indian drum— and I met a crew of people to perform with. But this is definitely more what I'm about. It lets me express what I need to express."

And there's room for a lot of expression, coming from all directions.

"Having a DJ in the band is great, because he brings in what's new and we can get some direction from that. What I'm into are breaks, dub, and reggae. A lot of the other members of the band are into metal! There are no boundaries. There is so much to draw from, so it's actually easier."

But the band writes songs organically, melding the styles



DELHI2DUBLIN

and influences until you don't remember that reggae, bhangra, and jigs span an entire globe's worth of travel.

"Everyone brings their own ideas. Tarun would do a beat and say, 'What do you think?' And Ky will be working on something new, and I'll do a vocal. Andrew might come up with a riff, and we'll record

everything there. Just jam it out, have fun."

Seran realizes that what they do is unique, and he is grateful for the chance to be a professional musician, doing what he loves to do. He hopes that Kaleido-goers get a glimpse of the magic that happened when five very different people took the stage four years ago.

"We realized that day, the crowd went off and we fed off that. It wasn't us; there was a greater force. It's greater than all of us, and it had to be done. We want to have fun. Our live shows are high-energy, and we want people to dance. It's an outlet to let go, and we want to give them a piece of our world."

### Me and Money – Financial Literacy workshops for women

Elizabeth Fry Society of Edmonton 10523 100 Ave.

This program helps women to become financially self-sufficient. Through these workshops, women will increase their self esteem and help them to make healthy decisions managing their money according to their values. When you pay attention to money and respect money, you are better able to transform your financial situation. After participating in this program, women will be able to keep track of their spending habits, pay their bills, reduce debt, achieve financial goals, and save money.

Two groups will be starting in September. The first group meets on Thursdays from 5 -7 pm from September 2 to December 2, and the second group on Mondays and Wednesdays from 9:30 am – 11:30 am running September 13 to October 27 at Elizabeth Fry Society of Edmonton. Each workshop has components on creativity through art and journaling, self esteem and stress management.

For more information or to register call Tara at 780-784-2203.

### 2010 North central indoor soccer registration

Registration for all community leagues- south of Yellowhead Trail to 111 ave and 75 St to 107 St

**Where:** Delton Community League 123 Ave and 88 St

**When:** Tuesday August 31, 6:30-8 pm; Wednesday Sept. 1 6:30-8 pm Saturday September 18 during membership BBQ

Please note that teams may fill quickly- so register EARLY to ensure your child has a spot on a DELTON team

#### Please bring:

- Cheque/cash for payment (costs will be available by Aug 31)
- Cheques for bingo deposits (2 bingo shifts/ soccer registrant to a maximum of 3 shifts/family)
- Cheque for uniform deposit
- Community League Memberships will be available to purchase
- Child's birth certificate
- Sport funding applications will be available

Soccer Director-Susan Nozack- 780-474-3491

### Parkdale-Cromdale Community League news

New this month:

#### Parkdale-Cromdale seniors group

Join us at the Parkdale-Cromdale community hall at 11335 85 St. for seniors bingo every Monday from 10 am to 2 pm. Coffee and snacks provided.

**Join Parkdale-Cromdale Community League on August 25** at Sherriff Robertson Park at 8112 111 Ave. from 4 pm to 8 pm for the Green Shack wrap up party. There's fun for everyone with a free BBQ, petting zoo, and gladiator arena! Call 780-471-4410 for more details.

**Parkdale-Cromdale Harvest Festival** on Sept 18 from 4 pm to 8 pm at 11335-85 St. Food, entertainment, harvest swap, kids activities and more! Call 780-471-4410 for details. Volunteers are needed!

#### Parkdale-Cromdale Lil' Sprouts Playgroup

Come join our playgroup Fridays from 10 am to 12 pm at Parkdale-Cromdale community hall, 11335 85 St. A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure. For more information, please e-mail info@parkdalecromdale.org or phone 780-471-4410.

#### Parkdale-Cromdale Collective Kitchen

Join us at 5:30 pm on the last Wednesday of the month at 11335 85 St. Email lvrizzi@hotmail.com for information or to register.

### Spruce Avenue Community League

#### Volunteers Needed for Spruce Avenue

Casino workers (cashiers, banker, chip runners and count room) are required for the September 22 & 23 casino at the Baccarat located at 101 street and 104 avenue for the day and evening shifts. Hours for the day shift are 10:30 am to 7:00 pm; the evening shift 7:00 pm to 2:30 am and the count room 9:45 pm to 3:30 am. If required transportation to and from the casino will be provided. Contact Verna at 780-479-8019 or Angie at 780-474-8514

### Rat Creek Press Association Upcoming Casino

The Rat Creek Press is holding a casino on September 16 & 17 at the Baccarat located at 101 street and 104 avenue.

Casino workers (cashiers, banker, chip runners and count room) are required for the day and evening shifts. Hours for the day shift are 10:30 am to 7:00 pm; the evening shift 7:00 pm to 2:30 am and the count room 9:45 pm to 3:30 am. If required transportation to and from the casino will be provided. Contact Verna at 780-479-8019 .



**Alberta Avenue BRZ Leads the way...**

For a third year in a row, Alberta Avenue BRZ is once again leading the way in Façade Storefront Improvement Applications to the City. To date, five façade applications have been approved and signed with another four applications under consideration by the façade review committee.

We highly commend all those property owners who have completed the facades to their buildings, or are ready to start. It is making such a difference on the Avenue.

**Streetscape Construction...**

The third phase of construction between 92nd Street and 97th Street is proceeding well. Our association is actively working as communication liaison between our business members and the project manager to help minimize inconveniences to the businesses as much as possible.

**Economic Impact Assessment Study...**

We currently have an MBA summer student working with us to prepare an Economic Impact Assessment Study on the whole BRZ, stretching from the overpass at Northlands to 105th Street across from NAIT. To date, 100 questionnaires have been completed by our business members. The report is expected to be completed by August 31st.

**Development Incentive Program...**

Brochure and Applications are available on this program. This is a grant funding program designed for revitalizing and reinvesting in Edmonton's main street commercial areas that need added support. The financial incentives may be provided to property owners in these enterprise areas of the business revitalization zones who invest in new development, redevelopment, and or conversion of their properties for mixed use, multi-unit residential, and or eligible Retail and Commercial Use Store Front occupancy. Property owners must meet the guidelines of the program to qualify.

**Would you like to make a difference?...**

If you are interested in serving on our 2011 board of directors or on one of our committees, please contact Joe Holtz, Executive Director at 780-471-2602.

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**NET cleans up formerly crime-ridden apartment**

MARI SASANO

The police used to come here all the time, responding to calls about crime and gangs. But they now consider Rutherford House, an apartment block at 119th Avenue and 82nd Street, a model for other buildings in the area. The EPS, We Believe in 118, landlord John Stobbe, Capital Health, HALO (Healthy Active Lifestyle Opportunities) Youth, and local businesses worked together to deal with problem tenants and to paint and improve the property.



**VOLUNTEERS PAINT THE HALLWAYS OF RUTHERFORD HOUSE AS PART OF A NET CLEANUP EFFORT**

"This year compared to last year, there was a 100 per cent increase in crime at this building," says Constable Stephan Vachon-Zee. "But there have been no calls in the last two weeks, something that hasn't been seen for over two years, he says.

The hope is to continue to improve other buildings in our area, concentrating on those that have a high incidence of crime. The benefit is to the community and to other tenants of these buildings, many of whom are AISH recipients or other low-income individuals. But landlords stand something to gain as well, says this building's landlord, John Stobbe.

"It's good to have a building that doesn't bug [the police] because they have my phone number and I don't want them calling me!" he laughs as he pitches in with the painting.

"It started with having a bunch of crappy tenants. And these guys asked, "Do you want to change that," and I do. So we've been working together. What we've seen is getting a better profile of tenants. For me, I do care. It's nice to be able to share some of the good things that happen here."

**Alberta Avenue Playground Celebration**



**Celebrate the re-opening of the Alberta Ave playground August 23 from 6 - 8pm. Giant snakes and ladders, hand stilts, fun and games!**

**Do you own a unique car?**

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## Stan's Barber Shop

LAURIE TOD

### Stan's Barber Shop

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780-477-7498

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8 am to 5 pm

Friday 3 pm to 6 pm

Sunday - Closed

Many times I have parked by Stan's Barber Shop. Almost always, the front door is propped open and I receive a warm hello or wave from the gentleman inside. I have had some great conversations about the Avenue changes with Kelly Tarbine, the owner and Barber of Stan's Barber Shop.

When I meet with Kelly, I automatically assumed his name was Stan. Not the case. Kelly gave me the history on Stan's Barber Shop, which he acquired over 16 years ago. The shop was originally owned by Stan, Kelly guesses,

over 40 years ago. The shop has been in the same building for over 30 years. Incredible! How many hair cuts have taken place in there?

Born in Lebanon, Kelly moved to Edmonton when he was two. He did not live in Canada long before returning back to Lebanon, but when he was 17 he moved back to Edmonton alone and started building his future. I asked Kelly why a barber. He said, "When I came to Canada I wanted a trade that was quick

to complete so I could start working very soon." He researched, and a barber seemed to be a good fit. He did admit he wasn't sure if he would like it.

Now, Kelly admits he loves it. He really enjoys and likes all the different people he is privileged to meet. He likes all the great stories clients tell him. Kelly doesn't need to read the paper, because by the end of the day he knows everything going on. His clients are mostly male and of all different ages. He does do about 30 ladies with shorter hairstyles and if it is longer he recommends a hair stylist! Good to know!

Kelly, his wife, and four young children live in the Castledowns area. He loves working on the Ave and has met many great people. I had a conversation a while ago with him and I know he as his eye on a home close to the shop, so you never know one day if that house comes for sale he could also be our full time neighbor.

I asked him what he thinks of all the changes taking place.



40+ YEAR CLIENT GEORGE MAYHEW LOOKS GREAT WITH HIS NEW HAIRCUT



KELLY TARBINE BARBER AND OWNER OF STAN'S BARBER SHOP

He said, "I have really noticed all the positive changes on the Ave since the construction has been taking place." He is excited to see the final leg completed, as it is the one to showcase his part of the Avenue. He also said, "The police are doing a great job, but I would like to

see more presence from the beat officers." I think like most of us living in the area or working in the area that is true.

So, if you are looking for a great Barber, check out Stan's Barber Shop. Cuts are \$16 and \$14 for seniors. I am sure you will not be disappointed!

am,

# Eastwoodfest

A Street dance Celebration!

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For Schedule of events [www.avenueinitiative.ca](http://www.avenueinitiative.ca)

# A Taste of rural life on the Ave

JORGE SOUSA

A common fixture across Alberta Ave is the increasing appearance of social purpose businesses, commonly referred to as social enterprises, which represents one of the many manifestations of the social economy. I am referring to several unique businesses that operate for-profit, but exist with a social purpose. Examples include coffee houses, thrift stores and agriculture outlets. The social enterprise model is also found in promoting awareness of the environmental and nutritional value of consuming local food and promoting local food systems.

Over the last few years it has become more common to have a piece of rural life in the city, which is found in the presence of farmer's markets across the city. When I moved into the Alberta Ave neighbourhood almost two years ago I lamented at the thought that I would be moving further away from the farmer's market south of the river. Well, you could imagine my delight back in 2009 when the Alberta Avenue Community League advertised that a farmer's market was going to start operating in our community. It has since celebrated its one year anniversary. Farmer's markets are a type of social enterprise

that applies a business model to directly or indirectly raise awareness about local food systems.

Farmer's markets are places where one can buy fresh fruits and vegetables, flowers, herbs and other farm products, including processed food like jams, pies and sausages. The purchases are made directly to the farmers and growers who sell at the stalls or tables. Just to give you a sense of context about farmer's markets: in Alberta they are supported by various networks and regulated by the provincial government. According to Alternative Agricultural Markets in Alberta, the total economic impacts of farmer's market activities in 2003-2004 were estimated at a \$213.1 million injection into GDP, generating \$141.1 million in household income and creating 5823 jobs. It really should not surprise anyone why our market is an important part of neighbourhood revitalization.

At first glance it is a bit small relative to other markets throughout Edmonton, but the quality is astounding. While you won't necessarily get oranges (yes, I do take mycitrus requirement seriously), there is a wide selection of other things: jams, vegetables, pastries, cherries etc. Most of all they are all fresher and more local than

what you would get at the big store down the street. But it isn't only the food that should make us support this important initiative. There are many social and learning opportunities available as well.

For instance, it gets us outside to meet the very people that grow the food or manufacture the products. It also provides us with another chance to get to know each other as a community, which is what the social economy is intended to foster. An added

feature is that the market also demonstrates and celebrates Alberta past and present heritage—you could enjoy some fresh perogies.

I have always been a city boy, but I have also believed that one does not need to go far to experience a piece of rural life. So write in your day planner or leave a note on your fridge that you could further support our community every Thursday from 2 to 7 pm. If the choices seem limited at this point, don't worry because the more supportive we are of this important initiative the bigger it can be. I have since attended several times and while it is still relatively small in size, the potential is limitless. I am still enjoying my jam. It is always different and also affordable. When you are there, ask questions to the people at the tables



ALBERTA AVENUE FARMERS' MARKET

about the food. Meet the person next to you and talk about what you will make with your purchase.

As I said, farmer's markets are one kind of social enterprise. I will continue exploring the different social enterprises

that exist on the Ave over the coming months. While some believe that consumerism is the cause of social ills, social enterprises allow us the opportunity to use capital as the means to contribute to constructive community development.

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## August Listings for the Avenue Theatre

**Tuesday August 3 – Donnybrook!**  
w/ Withdrawal & Guests, All Ages Welcome,  
Doors open 6:30 pm, admission is \$15

**Thursday August 5 – The Unofficial Warped  
After Party**  
featuring The Ghost Inside w/ Betrayal  
& Guests. Sorry no minors. Doors open at 9 pm,  
admission is \$5.

**Friday August 6 – The Holly Springs Disaster  
Farewell Tour**  
w/ Architects and Structures.  
All Ages. Doors at 7:30 pm

**August 12 to 22 – Come catch the Fringe at The  
Avenue!**  
Full details to be announced on [www.avenuetheatre.ca](http://www.avenuetheatre.ca)!

**August 27 to 29 – Soundwave Music Festival!**  
Full details to be announced on [www.avenuetheatre.ca](http://www.avenuetheatre.ca)!

## RAINBOW DREAMS sylvia hafermehl

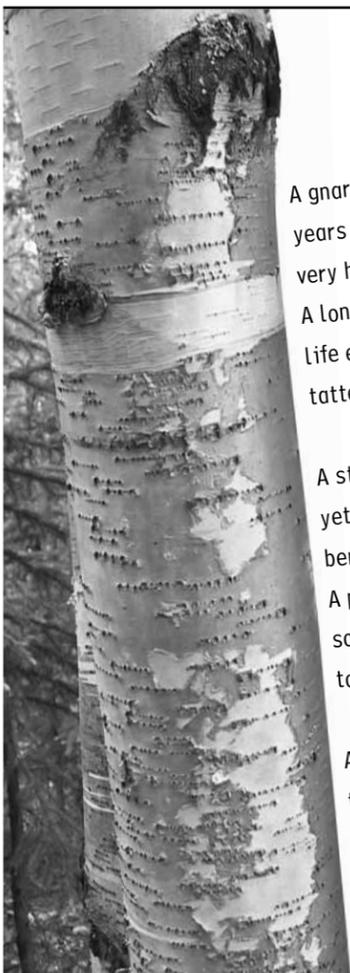
rainbow dreams  
oh it seems  
so real, so bright  
within my sight  
The colors are intense  
not held back by a fence

A promise to behold  
on this I am sold  
rainbows should last  
but they disappear so fast  
it's like a secret code  
it puts me in a special mode

rainbow, oh so kind  
creates thoughts in my mind  
I wonder when the 1st one showed  
of this I have been told  
a promise to all mankind  
a life and world to find

## Analogies

Sharon E. Riley



A gnarled, lonely tree with the  
years of its life turned back and its  
very heart exposed.  
A lonely person with the wounds of  
life exposed and a heart lying in  
tattered shreds.

A stately spruce, heaven-bound—  
yet with the burdens of life hidden  
beneath the bark.  
A person with a burden upon their  
soul- trying to decide which branch  
to follow.

A delicate white birch tree— with  
the bark peeled partially away.  
A person with the scars of life  
exposed and the wounds still raw.

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# Greening your life: not a matter of simple, easy steps

MARI SASANO

Environmental educator Trey Capnerhurst can't imagine not living a green life.

"I'm not even sure why people don't! To me, it's not even a subject— not killing the place you live isn't just an interest. It's just a not-being-crazy thing."

But can you? You've seen the articles: Simple, Easy Steps for a Greener Lifestyle! Despite the shopping guides and tip sheets, Capnerhurst says living green is much more than that: it's a complete change in mindset.

"We don't need that much, but our culture has decided we need a lot of things and that natural things are peasant-y. When people say, 'I don't care about that,' I don't get it. Why would you make choices that deliberately harm other people as well as yourself? Everybody should be doing it."

Of course, she has her suggestions, like cooking at home, composting, using alternate sources of energy (like Bullfrog Power), and eliminating the use of disposable water bottles. But some of the biggest impacts are harder to give up.

"Celebrities might offer easy choices, but if I were to ask for one thing, it would be stop driving your car. There

are twice as many cars on this planet than humans. Or turn off your lights, or change them to LED ones. But we're still talking about individual consumerism. You can't shift all the responsibility to individual consumers."

Though the initial costs for greening one's life may seem to be expensive, in the long run, Capnerhurst says that her family saves money by living simply and making an effort to find the best solutions. That includes not owning a car, making things from scratch, and thinking twice before buying anything. The short answer is that we need to become aware of our own impact, and to demand that our governments and industry do the same.

"There's a culture of powerlessness. We need to take power. If everybody decides to focus on this, then something will happen. We need to think about far bigger terms than just me and my family— which is still really great, but it's not going to solve the issues."

"Letters can help. If you physically write a letter, it makes a much bigger impact than signing an internet petition, e-mail, or a phone call. They know it represents a thousand or two thousand other people."

Though it may seem like an insurmountable effort, Capnerhurst says the important thing is to not lose hope:

"Pick what you can do to make a difference. It's a personal choice issue. But people do it, they use less resources and it can be done. No one should feel like they are not good enough if they aren't going to an extreme level."

Capnerhurst admits that she and her family are an anomaly, but emphasizes that it's very important that everyone, extreme or not, pitch in. So, to answer the question, "What can I do?" the response is an enthusiastic one:

"Do something! You can't do everything, but you can do something. Not everyone has the same gifts, so find something that you can do. We can change people through our own behaviour. There are so many things people can change in their lives to be healthier, but they have to make those changes happily."



TREY CAPNERHURST

## Alberta Avenue's Community Walking Map puts residents on their feet



DAWN FREEMAN SHOWS OFF THE NEW COMMUNITY WALKING MAP

MARI SASANO

Last month, you probably received a copy of the Alberta Avenue walking map. It's a simple map of our area, highlighting walkable areas and local features such as businesses, schools, and parks. The City of Edmonton, the U of A's School of Public Health, and the local community worked together to create the map, and Dawn Freeman, one of the 10 community members involved in the project, is excited to see the possibilities now that the map is in our hands.

"Last spring about eight to 10 community members who already walk around the neighbourhood, got together and decided on the different areas and routes. Over the summer last year we all had a turn with a measuring wheel and plotted out routes," she says. Now it's our turn, she says.

"Why we made it was to give people some different routes to start on, and then they can branch out from there."

There are obvious benefits to walking: it's one of the easiest ways to get exercise to improve one's health. But there are side-effects that go beyond a healthy body, according to Freeman:

"It gets people out, so it's an encouragement for people to exercise. But I think for our community, it encourages people to be out and about looking at the lovely things in our neighbourhoods."

"It's a greener alternative than driving, and if we can shop local, that helps too. Although a lot of the routes don't go down 118th Avenue, any time people are out and walking they will start looking into the businesses and supporting them."

## Bottled Water – Not as healthy or environmentally friendly as you may believe

SHEELAGH SEMPER

Sitting on a desk. Swinging from a hand. Placed quietly on a conference room table. Standing on a shelf in the grocery store. Single-serve plastic water bottles have become ubiquitous in modern Western cities and are all but taken for granted. Why is bottled water so popular?

A random sampling of office mates might return a glimpse into its appeal: “It’s convenient”, “Tap water tastes bad”, “I don’t like drinking from fountains; they’re unsanitary.” These are but a few of the reasons provided to explain why people choose to drink bottled water over drinking tap water from a refillable mug or bottle.

There are a number of assumptions surrounding the safety and purity of commercially produced bottles of water. However, bottled water may not have earned its reputation. The bottles themselves may contribute to human illness. Some plastic containers are known to contain Bisphenol A, a chemical that can be released into the water contained within the bottle and may, as the bottles degrade, severely contaminate rivers, lakes and ground water supply.

But water is a necessity for life. The Yale-New Haven hospital indicates that 50 to 75 per cent of our body weight can be attributed to water and this

water must be replenished as the body voids it through natural cycles of perspiration, urination, etc.

Often Western based health organizations that advocate an increased consumption of water do not distinguish between bottled and tap water. But what about the advertised health benefits of drinking bottled water? Despite the assumption that bottled water comes from a “special, safe, clean source somewhere in the mountains,” many bottlers obtain their water from municipal supplies.

Coca Cola filters and bottles water from municipal sources for its Dasani brand, and Pepsi’s Aquafina brand is sourced from Vancouver and Mississauga. The “safer, fresher” water is, in some cases, the same tap water that individuals are unwilling or uninterested in drinking in their homes. There is an additional health risk associated with bottled water – while municipal water supplies are tested on a daily basis, bottling plants are only required submit to an inspection every three years.

Societal pressure and norms, convenience, personal preferences, and the incorrect assumption about the health benefits of bottled water provide a fertile base for marketing water brands. Bottled water is expensive; it is sold at a higher cost than a comparable amount of gasoline. Consumers are paying as much as 3000 times the price for

bottled water as they would pay for the same water through their municipal taxes.

Along with the recent increase in the commoditization of water, there are a number of environmental concerns relating to bottled water. While Canada holds a significant amount of the of the worlds freshwater supplies within her borders, not all of the water is accessible or considered to be from renewable sources.

Environmentalist Dr. David Suzuki writes that, “Canadians consume more than two billion litres of bottled water a year, and globally, we consume about 190 billion litres a year,” yet as water becomes a commodity bought and traded between communities and countries, only a fraction of that amount may return to its original watershed in the form of precipitation to replenish the source.

Production of bottled water is both expensive and a contributing factor to carbon dioxide release into the environment through high levels of fossil fuel consumption. The Pacific Institute estimates that in 2006, 17 million barrels of oil were required to produce bottles for American consumption. This caused 2.5 million tonnes of carbon dioxide to be released into the atmosphere, and the ratio of water required for bottle production VS. water contained within the bottles was 3:1. This discounts the additional fuel

requirements to transport the product to consumers.

In an attempt to address these concerns, a number of Canadian cities and provinces have reviewed the possibility of single-serve bottled water bans. Arguments against banning the sale and distribution of single-serve bottled water include “health reasons” and the availability of recycling technologies. While popular concepts in the general public, neither of these arguments are scientifically based.

Not all communities participate in recycling programs to the same degree – estimates range from 40 to 85 per cent of water bottles are not returned to recycling. In many developing nations, the concept of a bottle depot or recycling centre to address solid wastes is completely foreign.

Encouraging the use of re-usable containers, such as stainless steel mugs, and in-home water filtration, such as a Brita filter, on a community level may decrease the demand for bottled water products and encourage drinking of tap water; saving the environment and increasing the money in your bank account.



## How using organic shower products makes for a healthier Earth and a healthier you

BRITNI CAREY

You don’t have to dye the water to have a green shower. Going organic is an alternative that many people are opting for, whether that’s for natural shampoos, conditioners, or soaps – and why shouldn’t they? Using organic shower products cuts down chemical wash-off and is easier on the body. Though it can be tricky finding personal care items that are truly organic, the fresh and environmentally-friendly feeling you get from using them is well worth the search.

One of the benefits of using organic shower items is a cleaner water table. North Americans consume the greatest amount of fresh water per capita in the world, and waterconservation is becoming a more stressed, and stressful, issue. If we don’t want to be buying fresh water in the near future, it’s important to take care of the water

resources we already have. Part of this means watching what gets washed down the drain. Regular shampoos, conditioners, and shower gels contain chemicals that are harmful to the environment; organic products use natural ingredients such as lavender that are easily biodegradable and will not remain in the water system. Cutting out chemicals makes for a healthier water supply.

Showering green is a healthier choice for your body too. Chemicals in run-of-the-mill shower products that are absorbed through the skin into the body can cause illness. Take parabens and phthalates for example: these chemicals are used in many regular shower products as preservatives; however, they also mimic estrogen and are being increasingly connected to breast cancer and lowered sperm counts. As for other chemical ingredients in shampoos and shower gels, some actually irritate and dry

out skin. Organic shampoos and gels combine nourishing ingredients such as oils and plant-based materials that are safe for your body to absorb. Natural products clean without all the chemical baggage.

Caution is needed when choosing legitimately organic products. Misleading labels are becoming more common on the front of personal care items, but just because a product has “Natural” in the title doesn’t mean it’s chemical-free. Check to make sure that the bottles you buy are full of natural ingredients and not harmful toxins.

Based on the pros of showering green, it’s not hard to see why more and more organic products are becoming available in health markets and grocery stores alike. Organic personal care items are sustainable, attainable, and effective. By making small changes in your showering ritual, you can make a difference in the health of your body and of our planet.



TRY USING ORGANIC PRODUCTS IN YOUR SHOWER

# Greener Gables



**The Daring Diner**  
WITH ANGIE KLEIN

Our family recently took a whirlwind tour to the Maritimes. Ten days, six beds and three provinces later, this is what I know for sure: there are only as many people living in Nova Scotia (the whole province) as in Edmonton, PEI really does have red mud, and they are the greenest, most earth-friendly locavores I have ever had the pleasure to meet.

Everywhere you go restaurants serve fresh local produce and seafood, proudly stated on their menus. Fresh fruit and veggie stands and stores line the edges of any main street. Fresh bread is really bought at local bakeries (and served hot with almost every meal, much to my thighs' chagrin), even flying into Halifax was greener—all you could see from the sky was a sea of trees.

We had the pleasure of home-cooked Lobster twice, served simply with fresh local asparagus and warm fresh buns or potato salad. At \$6.99 a lb off the back of the local fish monger's truck, who could resist! We visited the home of Anne of Green Gables in PEI where I sampled some of the largest oysters I had ever eaten, for a mere \$3 each, grown and harvested in the bay behind the restaurant!

In our cabin was recycling

garbage, one section for compost, one for paper, one for plastics. Refundable products had a separate section yet! This wasn't just in PEI. Everywhere we went, the good citizens of the Maritimes were separating their trash! A walk along the boulevard in Lunenburg (where the Blue Nose harbors) on recycling day was a bit ripe, but the good it does my heart to see all that food waste composted made the smell much sweeter.

We had a fabulous lunch in a charming Victorian manor in Sackville, New Brunswick where Queen Victoria herself had eaten, along with a list of other celebs too long to mention. It was the best value for our dollar spent on the trip. Large servings, wonderful taste and white glove service to boot! The trip reminded me that I have a long way to go in my own journey to being green. But I do recycle. I don't bag garden waste, I put it in cardboard boxes so it will decompose. I wash my cans and squish my boxes. I return my empties and reuse my bags, I bring my re-usable bags to the store (but often forget to take them out of the car). I've installed low flow toilets and have three rain barrels. I grow my own garden veggies, and dream of Greener Gables.

Until next time...  
Happy eating!





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# Ever wonder where your neighbourhood name comes from?



**Resident Profile**  
WITH HARVEY VOOGD

Ever wonder why your neighbourhood is called what it is? I recently came across a book called Naming Edmonton which was published by the City of Edmonton in 2004 as part of the City's 100th birthday. The information in this article is taken from that book.

Delton is named after Edward Delegare "Del" Grierson, who came to Edmonton in 1890's while working on the CPR. In the early 1900s, he served a number of terms on City Council. Grierson was active in real estate speculation and a number of developments incorporated his nickname, including Delton. The name of Delton has been in use since around 1907.

Elmwood Park was formerly Grierson Estates (after Edward Grierson), but it was renamed around 1945. Most of the residences were built in the late 1940's and 1950's, since the area was developed to accommodate returning World War II veterans. The name comes from the fact that the veterans were given elm trees to plant along the boulevards.

Eastwood was part of the

Village of North Edmonton until it became part of the City of Edmonton in 1912. Parts of Eastwood were subdivided as early as 1906 and a streetcar line began servicing 118 Avenue in 1910. The name is likely descriptive, meaning it referred to the east woods.

Alberta Avenue was adopted from the historic name for 118 Avenue, which used to be called Alberta Avenue. Alberta Avenue first appeared as a road name around 1904. It was probably named after Princess Louise Caroline Alberta who was the fourth daughter of Queen Victoria.

Princess Louise was considered a strong, independent woman. She studied art and was an accomplished sculptor. In 1914 the name was changed to 118 Avenue. The community has used the name since at least 1922, as the Alberta Avenue Community League was formed that year.

The part of Alberta Avenue between 111 Avenue (formerly known as Norwood Boulevard) and 118 Avenue used to be called Norwood. Alex Rowland was the first European to settle this area. In 1903, he sold his property to the McDougall and Secord real estate investment company.

The company named the area Norwood and put lots up for sale the following year. In

1906, the first building was erected on Norwood Boulevard and in 1909 the Norwood School was opened.

Parkdale is a name that has been in use since around 1907. In 1908, construction began on a street car line along Alberta Avenue, bordering the neighbourhood. By 1911, land developers were selling lots in Parkdale. This name is likely also descriptive, meaning it referred to a Park like area.

Spruce Avenue was originally named 114 Avenue-Spruce Avenue. The oldest portion of this area is along 97 and 101 Street as these two streets were major thoroughfares leading to the downtown. The area was likely named after the spruce tree, which was native to the area.

Westwood was annexed by Edmonton in 1910 and remained largely rural until after World War II, when it underwent large scale development. There is no record of why this name was chosen, but I like to think it referred to the west woods. It makes sense to me to think that our area used to be surrounded by both the east and west woods.

If you want to know more about Edmonton place names check out Naming Edmonton, a copy of which can probably be found at the Sprucewood library.

# Create some light along the Ave with the Nina Haggerty Centre

The Nina Haggerty Centre for the Arts plans to celebrate its first anniversary on the Ave with a giant spectacle — a parade of unique lanterns complete with drummers and fire dancers. Create your own lantern and enter for a chance to win prizes. Lanterns can be made from wire, paper-mache, tree branches, and other found materials. Visit the Re-use Centre! Use your imagination, while keeping the environment in mind. You do not need to attend a workshop to register for the contest. To register in advance email: [volunteer@ninahaggertyart.ca](mailto:volunteer@ninahaggertyart.ca)

Workshops take place at the Nina Haggerty Centre for the Arts located at 9225 - 118 Avenue. Sessions are FREE and open to the public, with materials provided.

**Saturday July 31  
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Sculptor's Association of Alberta

**Saturday August 7, 14, 21, 28  
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Special guest and movement facilitators: the Good Women Dance Collective

**Monday August 30  
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**Friday September 3  
1 - 5 pm**

Focus on youth; Taking place at iHuman Art & Recording Studio at 10231 95 Street



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The Parade is set to hit the Ave at 10 pm on Friday September 10, the same night as the Kaleido Family Arts Festival kicks off!

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# Rock it with arugula

## AN AVENUE HOMESTEADER WITH CARISSA HALTON

I have discovered this season that arugula is a lettuce green that is a perfect compliment to the summer heat. It's the first year I've grown it in the garden and I'm hooked- the flavour, the texture, its versatility. So good!

Arugula is an extremely spicy green, without much hint of bitterness. The young leaves have the texture of soft cheese. Like spinach, you can eat it fresh or steamed.

Across our alley, an Italian family has lived for the past 40 years. The Mrs. is a wealth of information on the Italian culinary arts. She has also maintained a large garden up until this year when she decided it was time to just let it go to seed. Odd looking weeds took root. When I asked her about these she said, "It is Aroooogala."

Apparently, if allowed to, it self-seeds copiously and successfully overwinters.

Even now in the heat of summer, it's not too late to plant. Sow the seeds in a partly shady spot (under a tree could even work if there is dappled sun.) Mine is planted to the north side of my neighbour's garage and after only four weeks it's ready to harvest. Because it bolts quite quickly, you should succession plant every few weeks starting in May and into the fall. If it does bolt, collect the seed to re-sow or use the seed to flavour oils or sauces. In fact, according to Cambridge World History of Food, the seed (AKA Rocket Seed!) has been used as an aphrodisiac since the first century. Is there a better reason than that to eat it up? Here are some recipes to savour while soaking in the sunshine.

### Arugula Veggie Pizza

- Roll out pizza dough.
- Cover with tomato sauce and sprinkle with basil, salt, and garlic powder.
- Cover sauce completely with arugula.
- Sprinkle with mozzarella and parmesan cheese.
- Top with favourite veggies (mushrooms and onions recommended)
- Bake at 425F for 18- 20 minutes until dough is golden and cheese is bubbling.
- Add fresh tomatoes.

### Arugula & Tomato Salad

If you cut everything very small, this makes a great bruschetta and is good fresh or broiled on toast or crackers.

- Dice tomatoes.
- Add chopped arugula, mild purple onion and bocconcini (the fresh mozza balls from the Italian Centre).
- Mix dressing: two parts oil, one part balsamic vinegar, a squirt of lemon juice and salt and pepper to taste.
- Pour dressing over veggies and cheese and toss to coat.

**NOTE:** If you let it refrigerate for an hour or two, the flavour is even better.

### Arugula & Parmesan Pasta

This recipe comes from my neighbour; it's exceptional cold or hot.

- Cook up some pasta and in the last two minutes of cooking, add available arugula leaves to the pot
- Drain both pasta and arugula.
- Pour into a large serving bowl and mix in your favorite oil (flavoured or plain).
- Add grated parmesan.
- Add chopped fresh or sun dried tomatoes.
- Sprinkle in salt and pepper to taste.



Carissa Halton

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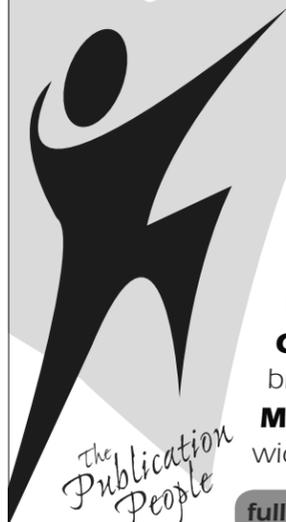
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Member of Parliament  
Edmonton East

## Safe, Secure Oil Sands Energy And Alberta

In 2008 federal NDP leader Jack Layton flew over Fort McMurray in his campaign plane and announced that the Alberta oil sands should be shut down. He claimed the oil companies were polluting and putting human health at risk, but offered no substantiation, only hyperbole.

His preferred alternative, it would seem, would be to put tens of thousands of Edmontonians and Albertans out of work in favour of imported oil. With the oil sands shut down, much of North America's oil would necessarily come from countries with serious human rights violations, regimes that use oil revenues to oppress their citizens or participate in international conflicts and terrorism. Such "blood oil" isn't what Canadians want.

Other options, such as oil from offshore sources, also have problems. An accident in the Gulf of Mexico in April has allowed an estimated 35-60,000 barrels of oil to be spewed into the Gulf daily for more than three months. That's up to 5,000,000 barrels, to date and much more if the well remains uncapped, an environmental disaster (the 1989 Exxon Valdez spill was "only" 260,000 barrels). By early July thousands of birds and other animals had reportedly died because of the spill. Alberta's oil sands by their very nature cannot spill on their own and are inherently safe compared to deepwater drilling with its risk of out of control well blowouts.

Both federal and provincial legislation is already in place to protect the air, land and water during oil sands development. Environment Minister Jim Prentice has stated that the government will hold energy companies to account, to ensure all oil development in Canada is done in an environmentally sound manner.

With proper controls and a commitment to clean energy, I think the Alberta oil sands have become the safe, clean source of choice for North America's energy needs.

What do you think?

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# Got a news tip? Give us a call!

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## dog talk

WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

# Accident or attitude

One of the most common phone calls and client questions is related to house training or housebreaking their pet. What a strange name for it – it means a pet eliminates in a designated container, pad or outside.

When an "accident" occurs, put the dog in his crate, a room, or outside while you clean up. Be very low-key about this. Any sort of punishment or attention to the deed can, and often does, worsen the problem. Use a pet designated or non-bleach cleaner. Something with a citrus base or scent can act as a deterrent. Make sure you clean at least one to two feet beyond where you see the accident to remove any unseen drips or odors that remain. Try having a lemon or orange scented freshener in the area.

Some reasons why house training can be a challenge are: we stop "training" too soon. Various growth stages both mentally and especially physically can require occasional reminders to help pets keep on track. Accidents can occur up to two years of age.

Changing environments make it difficult for the animal to figure out what humans want. For example, an adult dog that goes through several homes before finding his forever one can have slip ups as they try to

figure out your rules. Patience and persistence in training will yield results.

Sometimes there may be a medical reason for the accidents, so mention it to the veterinarian.

Take a feces sample so it can be checked for parasites.

Excited dogs can be a bit of challenge, move the greetings outside, when first arriving home take the dog directly outside and without fuss before greeting or interacting with him.

Periodically, train by getting the dog a bit excited with a treat or toy and then calming them.

Humans had to learn patience when we were small and a relative or special event that was coming we did not understand next week, we wanted it now! When the dog is calm use a word like settle. You can even encourage a calm behaviour by slowly stroking the dog's full body or with slow gradual massage. Does your dog have a safe place where they relax and even hide out if things get too stressed? Can they sleep or lay down without being bothered by other pets or humans? If not,



**KARMA HAS SANITARY PANTS ON – PROBABLY CAN'T TELL -BUT DOGS ARE "SETTLED" (WELL, SORT OF!)**

designate some down time and a place the dog can retreat. Just like we want to go to a hobby room or bedroom and relax away from the busyness, so do dogs and cats.

Dogs that mark tend to patrol an area and only urinate a small amount at a time. Areas that are being marked must be thoroughly cleaned. During the training period monitor the dog at all times. Limit the dog's freedom. Have the dog wear sanitary pants or the male/female doggie diapers so no accidents or marking is done. If the dog goes to make the motion to mark, redirect the dog into playing with a toy or performing tricks instead. Soon the dog will stop this habit.

For more details or help, contact me.

# Edmonton Public Schools Believe in 118!

KRIS ANDREYCHUK

That's right... on June 24th, grades five and six students from the City Centre Education Project (CCEP) participated in a We Believe in 118 session at Eastwood School, focused on working together towards a safer community.

The idea came out of a meeting between CCEP and your Neighbourhood Empowerment Team (N.E.T.) as a way of following up on the Story Avenue project done with grades five and six students last year. Every year, students in CCEP schools collaborate with local writers and illustrators at a two-day Story Avenue workshop. Last year, facilitators were alarmed by the overwhelming themes of community safety and fear of personal harm in the students' letters.

As a response to these letters, N.E.T. presented sessions to the students focused on the concerns of community safety and personal harm cited in the students' letters. These interactive presentations went further than speaking to youth about community safety. Instead, facilitators spoke with youth by providing students with an opportunity to present their ideas, while driving home the message that they are the experts on how to make their community safer and more connected.

The students amazed pre-

senters with their insights and suggestions. These youth care deeply about this community and are invested in increasing the safety of their neighborhoods. The feedback received speaks to how we can work together to make this community safer for these youth, their friends and family.

This year, the We Believe in 118 session focused on the culture of community and provided students the opportunity to learn about the local We Believe in 118 initiative.

The session kicked off with a skit, followed by a presentation from Constable Reid Nichol and N.E.T. social worker Kris Andreychuk on We Believe and 118 and the effort to stop the sale of weapons and drug paraphernalia along 118th Avenue.

Thanks to Arts On The Ave artists Marita Dachsel and Lori Youngman, youth had an opportunity to express themselves through various media,

including letter writing and participating in visual arts. The goal was to empower the voice of youth from the community, and garner their insights. Both Marita and Lori volunteered their time to help students explore their personal beliefs regarding community, safety and working together towards a common cause.

In addition to all of this, N.E.T. youth workers hosted a World Cup style giant outdoor soccer game after the session, received a visit from Superintendent David Veitch



**BELIEVE IN 118 TURNS TO KIDS' CREATIVITY FOR SOLUTIONS**

with the Edmonton Police Service, and created We Believe in 118 buttons!

All-in-all it was a great day for the students, We Believe in 118 and the community at large!

# Return to the lawn

*the Garden Diva*  
WITH CHERYL WALKER

Ahh dear readers, again with the grass. You say that you have holes in your grass? Large, ugly dead patches? When TGD and the Tres Wonderful Garden Diva Husband bought their house, the grass was in a sad state. There was much discussion and angst dear reader, about grass and how to fix it, and if it should be fixed and how it might be fixed and what a cost effective way of fixing it might be.

For five (five!) years, dear reader, TGD over-seeded, raked, watered, coaxed, begged and pleaded. Do you know what the end result is? A yard covered in six different types of grass, each type growing at a slightly different rate, with a slightly different colour. In short, dear reader, TGD has a crazy quilt back yard and not a nice, lush, lawn.

## Repair or Replace?

You must ask yourself: Do you need to patch an area that has died, or is all your grass in terrible shape and wanting replacement? (Or even better yet, and the subject of next month's column, should you have a lawn at all?)

The instructions for sodding or seeding your entire lawn are not especially different from patching, but it is better to do either in the early spring or the early fall, cooler temperatures will help your new lawn take off. Using her inexhaustible experience, TGD determines the split as follows: if you have a small area to patch (larger than our premier's brain and smaller than his ego – less than six feet square), then follow the TGD instructions for patching with seed. If you have multiple areas, or a large area, you should seriously be asking if you have a larger re-seeding or re-sodding project on your hands.

## Patching With Seed

Rake the area clean, water it well, lay down some good quality dirt or compost to a thickness of about half an inch, and sprinkle the grass seed on top. TGD does not care if you buy some sort of all-in-one grass seed, with mulch et al., or if you just purchase seed. In her inexhaustible experience, they work about the same. Do not believe them, dear readers, when they tell you that you don't need to put soil down. They lie.

## Patching with Sod

Remove the dead sod to get down to bare dirt. If the dirt is

hard packed, spread compost on the ground, work it into the existing dirt, and then rake smooth. Working early in the morning or late in the evening, roll out the sod, cut it to size, press down firmly and ensure not to leave large gaps between the sod pieces.

## Watering

TGD assures you, the watering is the single most important step in the entire process. Each morning, early in the morning, you will water your grass seed or new sod, using a very light spray. You will water every single day for two weeks, unless there has been over an inch of rain the day before. At the end of two weeks, you will see new growth, or the sod will be established. Six weeks after this new growth has appeared (and not a moment before), you may fertilize the grass. Do not fertilize too soon; you will kill your new grass.

*TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. She allows that a nice lawn feels lovely on her pedicured toes, but cannot fathom what other use it could have. Next month she will talk about all of the things you could be doing in the space your lawn takes up.*

# Home ownership easier through The HOME Program

**FINANCIAL LITERACY**  
WITH LISA TARA EDEN

Dark grey clouds envelop the sky outside of Elizabeth Fry Society of Edmonton as Brian Finley, program coordinator of The HOME Program, relaxes at a table with seven women. They are here to talk about the real possibility of home ownership. The HOME Program helps people buy their first home through education, individual support, financial aid, partnerships with mortgage providers, and free education sessions.

To qualify for The HOME Program, people must attend two free education sessions. Tonight the women are taking the first session. There will be another session for registered individuals at the Stanley Milner Edmonton Public Library on September 22 from 7 to 9 pm. Most of the women tonight will register for the second session on September 25 from 1 to 5 pm. To qualify for The HOME Program, participants MUST attend both sessions.

Many people dream of buying their first home. Sometimes it's a matter of giving up stuff now so that they can buy a home. Sometimes it's more complicated: there isn't enough income, credit isn't good enough, and there is no equity. An acronym which Brian uses is "ICE" (income,

credit, equity) that can open the doors to obtaining a mortgage.

"The mortgage is the most expensive purchase you will likely ever make. We can't help you with income," Brian says, "But I can tell you that there are people who start the education program years before they buy their first house and then successfully buy a home and maintain their mortgage payments. That can be you."

Monthly income is important so the bank will know that you are able to make payments over a long period of time. The banks want to make sure that your monthly payments for your mortgage are approximately 35% of your income. Banks will want to see your tax assessments from previous years so that they know you will be able to afford the monthly mortgage payments. They also want to know your history of paying bills. The banks will also pull up your credit report.

A credit report will give banks a history of how you pay your bills. Equifax and Transunion have either a FICO or a Beacon score on the credit report so creditors will know if you are a high or low risk for borrowing money. All of the women tonight have seen their credit report and know how to build their credit. Eva Harder from Sterling Credit and Troy Tisserand from 4 Pillars Consulting Group Inc. have given the women tips in

previous workshops on how to both repair and rebuild their credit. Rebuilding credit takes time, patience, and diligence but it can be done. Learning how to save money in the Me and Money group helps them to save up for equity.

Equity may then be used for the down payment for a mortgage. RRSP's can be used for first time home buyers. Banks typically want five per cent down. Carrie's household income is \$35,000. The bank will approve a home under \$96,000 but she has to come up with \$4,800 for the down payment. The HOME Program may help her with up to \$3000 for the down payment as long as she can prove that she has the income to maintain the monthly payments and her credit history is good.

Education is key for these women in the Me and Money group to believe that home ownership is a real possibility. The HOME Program partners with CHMC, Habitat for Humanity, and First Nations groups. To find out more information and how to register visit [www.thehomeprogram.ca](http://www.thehomeprogram.ca)

*Lisa Tara Eden is the financial literacy coordinator for Elizabeth Fry Society. To find out more about Elizabeth Fry's Me and Money workshops call Tara at (780)784-2203.*



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# Nice Neighbour Recognition Award for June

MICHELLE HAYDUK

The June recipient for the CRUD Nice Neighbour Recognition Award lives in the North Central community of Alberta Avenue. This month's recipient volunteers countless hours for local community events, and makes everyone feel happy and welcome in her community. If you are around Alberta Avenue very much you are quite likely to meet Irene Yauck.

The nomination letter that CRUD received identified Irene's commitment to the community. "She is a very nice person, she helps everyone, and she is always very friendly." Irene has gone out of her way to give people rides when they need it, and helps out her friends and neighbours in any way that she can. She is a tireless volunteer that makes the Carrot (and the community) a better place to be. When we asked around about Irene, people were quick to say that she continually volunteers at many community events, festivals, casinos, and other fundraising events.

Irene has supported numerous CRUD events; she regularly brings water to the

dogs of Avenue Dog Walking group on hot summer days and helps out with other CRUD activities. Also, Irene previously volunteered at community soup kitchens that helped local disadvantaged people as well as provided rides to people that required cancer treatments.

Irene is mostly known for her work at the Carrot Community Arts Coffeeshouse where she works, part-time, as the manager. On top of her management duties, Irene volunteers another 15 to 25 hours per week to make sure that this valuable community landmark continues to be successful. Over and above her normal duties she regularly fills in on shifts when other volunteers don't show up. Irene has quickly become one of the important faces of the community that represents all of the positive change occurring in our communities. Irene is known to always greet you with a smile and a happy hello when you meet her.

Thank you Irene for contributing to the health and growth of your community. We are honoured to call you our Nice Neighbour for June.

CRUD would also like to



NICE NEIGHBOUR IRENE YAUCK ACCEPTS HER AWARD

thank all of the contributors that make this monthly award possible. The prize pack sponsors for June are: Habesha and Creative Quality Catering and Bistro restaurants, Councillor Tony Caterina, Safeway, and The Carrot Coffeeshouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit [www.crudedmonton.org](http://www.crudedmonton.org). Nominations can be made at [info@crudedmonton.ca](mailto:info@crudedmonton.ca) or by phone at 780-996-4728.

Please include your name and contact information, the nominee's contact name and information, plus details on what makes your neighbour so great. Let's work together and recognize all of the great people in our neighbourhood.

## Making Green

*Sprucewords*  
WITH PATRICIA FOUFAS

Educating yourself about what it means to be eco-friendly often involves sifting through a dizzying array of soundbytes, online information and snippets of information in newspapers and magazines. Too often, the information we get about how to "green" our lives lacks the depth and specifics that we really need to fully understand and commit to the changes we are making.

Too often, pleas to "go green" are not followed up with the real information that we need to make the kind of changes we are looking for. Luckily, the Edmonton Public Library has the information you need to begin making an impact with your choices.

Lets face it: when we are buying goods for our home, even if we are attempting to be environmentally conscious, it is difficult to weigh the impact of all the factors that have become part of the green debate. In which factor do we place most emphasis? Between buying locally, reducing total packaging, reducing plastics, considering pesticides and chemicals, and genetically modified foods, it is easy to become overwhelmed when simply deciding which brand to buy.

A great place to start if you are unfamiliar how to green your home is a National Geographic publication titled,

Green Guide: The Complete Reference for Consuming Wisely. The Green Guide is created by the editors of Green Guide magazine and contains a wealth of good information to use when deciding what factors are most important in deciding what to consume. The Green Guide contains very useful information and explanations that cover everything from your everyday grocery routine to the building materials in your home.

Another good book worth a look is Green Metropolis: Why Living Smaller, Living Closer, and Driving Less are the Keys to Sustainability by David Owen. This book challenges the notion that cities and compact urban centres necessarily mean being wasteful. Owen challenges the notion of what green looks like and argues that large cities can mean less travel, less fossil fuel consumption, less production of greenhouse gasses and more of a local focus because people spend less time in their cars.

The Edmonton Public Library has the information you need to get past the soundbytes and get the information you need to green your home. Come in and ask us, we can help.

*Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. On days off, Patricia spends her time hunting for roots and berries at local markets.*

## Eastwood dog park



THE DOGS HAVE THEIR DAY AT EASTWOOD DOG PARK



EASTWOOD DOG PARK CELEBRATES ONE YEAR ON JULY 17

# COMMUNITY CALENDAR

## ART & THEATRE

### THE CARROT'S VISUAL ARTISTS COLLECTIVE

Second 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

### CALL FOR SUBMISSIONS: NINA HAGGERTY CENTRE

The Nina Haggerty Centre for the Arts provides a studio where a collective of artists who have developmental disabilities can explore their creative potential and contribute to Edmonton's art community. The Stollery Gallery, located at the Nina Haggerty Centre, is accepting submissions for exhibitions throughout the year. Priority will be given to artists or organizations that experience barriers to the conventional art world, such as artists with disabilities, mental health issues, low-income or self-taught artists. For more information, please phone 780-474-7611, email info@ninahaggertyart.ca www.ninahaggertyart.ca

### COMMUNITY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making ranging from clay building to printmaking and everything in between. There is no fee required, just an interest in art. 18+ Limited space so please phone ahead to register: 780-474-7611. Tuesday evenings from 6:30 - 8:30 PM at 9225 - 118 Ave.

### CROP AND CRAFT

Bring your scrapbooking or crafting tools and supplies and enjoy an evening of cropping and crafting from 6 pm until midnight! The fee for the crop is \$20 which includes a thank you gift; supper, refreshments and snacks throughout the night; and a chance to win the door prize. This hall is great to scrapbook at as the parking is free and there are NO STAIRS from the parking lot to the cropping room. Feel free to invite a friend (adjoining tables can be reserved). October 8, 2010, Alberta Avenue Community League, 9210 118 Ave. For additional information or to register contact Kerry at 780-453-6121 or kerry\_h@shaw.ca.

## MUSIC



### PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus at 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.

### GUITAR LESSONS

All styles, all ages. Experienced and tailored to you. Call Reg at 780-915-1241.

### DROP-IN GROUPS & PROGRAMS

#### PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234  
**YouthSpace** (Youth under 25) Drop-In: Tues to Fri 3-7 pm, Sat 2-7 pm

**Youth Movie:** Fri 6:30-8:30 pm

**Community Drop in:** Tues to Fri 1-10 pm, Sat 2-6:30

**Seniors Drop-In:** Tues and Thurs 1-5pm

**TTIQ** (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm

**Community Potluck:** last Tues of every month, 6-8:30 pm

**Drop in Counseling:** by appointment and drop in (if available) Wednesdays 7-10 pm, except the first Wednesday of the month.

**Cocaine Anonymous:** Thurs 7-8 pm  
**AA Big Book Study:** Sat 12-1 pm, open to everyone

**Youth Understanding Youth:** Sat 7-9 pm

**Gay Men's HIV Support:** Second Mon of the month 7-9 pm

**Free School:** Second Sun of the month 11 am-5 pm

### CARROT WRITERS' GROUP

Every Tuesdays at 7pm-9pm at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

### MOMS & TOTS

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

### SENIORS DROP-IN

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

### STITCH AND CHAT

Every second Wednesdays, 7pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave) Meet other fibre artists from the neighbourhood. Knit, crochet, cross-stitch, sew.

### 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 for more info.

### SALVATION ARMY

Edmonton Crossroads Community Church (EC3), 11661 95th St, Ph 780-474-4324. Drop-in summer hours: Tuesday - Friday 10:30 am - 4 pm and Friday evening 7 pm - 9:30 pm.

### 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 to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm.

### BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on second Thursday evening of each month from 7PM to 9PM for Book Club! Lively discussions, humor, and enlightenment! For more info, call Ann @ 780-752-4867.

### COPS AT THE CARROT

Join EPS members every Tuesday from 9:30 am to 11 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Please join us, bring your questions and comments, or come in for a visit and

coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

### ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3), 10:00- 11:30 AM at Bethel Chapel, 95 St. @ 115 Ave. Free child care provided.

### PARKDALE-CROMDALE LIL SPROUTS PLAYGROUP

Fridays from 10 am to 12 pm. Come join our playgroup! A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure! For more information, email info@parkdalecromdale.org or phone 780-471-4410

## ENTERTAINMENT

### THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue

**THURSDAYS:** Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones Ph: 780-752-4867 Email: windsorhouse@shaw.ca

**FRIDAYS:** Live music, 7:30pm-9:30pm \$5 cover charge

Aug 6 - Where's Lula

Aug 13- Scott Cook

Aug 20 - Blake Paul

**SATURDAYS:** Open mic 7:30pm-9:30pm Music, spoken word, comedy, plus every Saturday great Cinnamon Buns!!!

Neither bulldozers nor jackhammers can uproot the Carrot - we are open during the current street renovations. And Carrot is now selling fresh flower bouquets from Zocalo.

## SPORTS & REC



### FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street). Show your 2009-10 community league membership card and swim for free at outdoor pools. Mill Creek Pool (May 22 - Aug 29) from 7:00 to 9:00 pm everyday OR Borden Park, Oliver and Fred Broadstock (June 5 - Aug 29) on Sundays, Mondays, Tuesdays and Wednesdays from 5:00 - 7:00 pm.

### GIRL GUIDES AND BROWNIES

If you're a girl looking for fun, friendships, and new challenges, Girl Guides of Canada - Norwood District has a spot for you! Sparks (girls aged 5 and 6 or in Kindergarten or Grade 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7 and 8 or in Grades 2 and 3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9 to 12 or in Grades 4 to 6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more information, call Jean at 780-469-4487 or Angel at 780-642-0879.

## VOLUNTEER



### 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

Now settled into our new home on the Ave, extended hours for the Stollery

Gallery are in the works. That is where you come in! The Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more information on volunteering at the Stollery Gallery, please contact Anna at volunteer@ninahaggertyart.ca

### 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.

### THE LEARNING CENTRE LITERACY ASSOCIATION

is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall. Contact: Denis Lapierre Coordinator at 780-429-0675 or email: dl.learningcentre@shaw.ca

## NOTICES & UPCOMING EVENTS

### COMPUTER HELP AVAILABLE

Having trouble figuring out how to do things on the computer or setting it up? After consulting with you, I find out how to do these things and create easy to understand "cheat sheets." Rate includes printout of sheet(s) or a copy of the document on your flashcard. Flashcards are extra. Software help for: Windows XP, Windows 7, Microsoft Office 2007, Open Office 3, Firefox, Windows Live Mail, Windows Messenger, Microsoft Works. Learn to blog (Wordpress), share photos online, use Twitter and Facebook. Call Michelle @ 780-232-5822 for more information

### EASTWOOD COMMUNITY GARDEN

If there are any community members interested in starting or being involved in a community garden please email Eastwood Community at ewcl@telus.net or call the League at 780-477-2354

### AVENUE COMMUNITY GARDEN

Interested in helping start a community garden in Alberta Avenue? Email info@albertaave.org or call 780-477-2773.

### INNER CITY SCHOOL CLOSURES

Keep up to date with developments on the proposed closures of three Edmonton Public inner city schools. Go to http://districtseven.weebly.com

### SATS BOARDROOM AVAILABLE FOR RENT

Seniors Assisted Transportation Society of Greater Edmonton (SATS) located at 9907 108 Ave. has a Board room for rental. SATS charges \$100 for a Business to rent the board room a day and \$50 a day for non-profits and charities. A deposit of the same amount is needed to hold the space, in advance of the rental. The Board room is 380 square feet with a large

Boardroom table with 12 chairs around it plus four desks and 20 chairs. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

### FARMERS' MARKET

Every Thursday from 2pm to 7pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Buy fresh veggies, meat, eggs and various artisans goods. Vendors listed at www.albertaave.org.

### CRUD AVENUE DOG WALKING GROUP

CRUD's Avenue Dog Walking Group provides an excellent opportunity to meet your neighbours (and their canine companions) as well as spend some quality time walking around the neighbourhood. The Dog Walking Group meets at 6:30 pm every Monday in front of St. Alphonsus Church (11828-85 Street), then walks west towards 95 Street. For more info contact CRUD at info@crudemontion.org.

### CRUD COMMUNITY DINNER CLUB

Meet neighbours and friends while exploring a variety of wonderful cuisine along Alberta Avenue with CRUD's Community Dinner Club. Every month the group discovers a new flavor and restaurant. Please visit www.crudemontion.org or call 780.996.4728 to find out the time and location of this month's feast.

### CRUD'S NICE NEIGHBOUR RECOGNITION AWARD

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for the monthly Nice Neighbour Recognition Award. For further details visit www.crudemontion.org or call 780.996.4728.

### CARROT GIFT CERTIFICATES

Buy your friends an original gift: tickets to Friday Night For Two at the Carrot (evening performance) or gift certificates.

## CHURCH SERVICES

### AVENUE VINEYARD

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

### 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.

### ST ANDREWS PRESBYTERIAN

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

### SALVATION ARMY

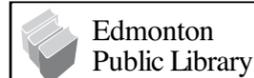
Edmonton Crossroads Community Church (EC3) 11661 95 Street, Ph 780-474-4324 Sunday 3:00 pm and Wednesday 7:00 pm

### ST FAITH'S ANGLICAN CHURCH

11725 93 St, 780 477-5931 Sundays 11 am Holy Communion & Christian Education for children

### BETHEL GOSPEL CHAPEL

11461 95 St, 780-477-3341 Sundays 9:30 AM - Communion; 11:00 AM - Family Bible Hour



**SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to www.epl.ca for more program details**

## Children

### Aboriginal Family Storytime

11:30 am Fridays until August 27, 2010  
 11:30 am Fridays, September 3 to December 31, 2010  
 Drop In. Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories. Presented by Bent Arrow Traditional Healing Society.

### Summer Reading Club: Shadow Puppets in the Jungle

2 pm Thursday, August 5, 2010  
 Ages: 3 - 12 years  
 Register in Person beginning July 24, 2010 or call 780-496-7099  
 In the jungle, the mighty jungle the lion sleeps tonight... or does he? Special guest shadow-puppeteer, Dave Tyler, presents classic jungle tales such as The Lion & the Mouse, Where the Wild Things Are and more in a whole new light. Enjoy the show and take home Dave's tips on making your own

shadow puppets and stage.

### Summer Reading Club: Swinging to the Jungle Beat

2 pm Saturday, August 7, 2010  
 Ages: 6 - 12 years  
 Register in Person beginning July 24, 2010 or call 780-496-7099  
 Can you identify the sounds of the jungle? Make an instrument and join in the musical activities.

### Summer Reading Club: Make a Jungle Puppet

2 pm Tuesday, August 10, 2010  
 Ages: 5 - 8 years  
 Register in Person beginning July 31, 2010 or call 780-496-7099  
 Bring your hand to life with a puppet. Create your own jungle-animal puppet to take home.

### Summer Reading Club: From Balloons to Animals in a Twist

2 pm Thursday, August 12, 2010  
 Ages: 8 - 12 years

Register in Person beginning July 31, 2010 or call 780-496-7099  
 Huff, puff, twist and fold, but try not to break your balloon! Join Edmonton's award-winning balloon artist, Charis Hamm, and learn to make jungle balloon animals. As a seven-year old, Charis became interested in balloon sculpture. A few years and thousands of balloons later, she won the Ralph Dewey Excellence: Rising Star Award, as well as the Aspiring Diamond Award three years in a row. In 2008, Charis was named one of the Edmonton's Top 5 Women Entrepreneurs. Balloons provided.

### Summer Reading Club: Wild Animal Masks

2 pm Saturday, August 14, 2010  
 Ages: 3 - 7 years  
 Register in Person beginning August 3, 2010 or call 780-496-7099  
 Create your own jungle-animal mask to take home.

### Summer Reading Club: Live Reptiles and Amphibians

11 am Wednesday, August 18, 2010  
 Ages: 6 - 12 years  
 Register in Person beginning August 3, 2010 or call 780-496-7099  
 Meet live frogs, toads, salamanders and snakes while you explore the fascinating world of reptiles and amphibians with our special guest, Gloria J. Brons. Gloria, the owner of Butterfly Wings 'n' Wishes, raises butterflies for release at special events and travels to schools throughout Alberta teaching children about the amazing world of insects, reptiles and amphibians through hands-on experiences.

### Summer Reading Club: Closing Ceremony and Farewell Celebration

2 pm Saturday, August 21, 2010  
 Ages: 2 - 12 years  
 Register in person beginning August 9, 2010 or call 780-496-7099  
 Congratulations - you survived a

summer deep in the library jungle! Your summer reading adventure has come to an end, but there is still fun to be had: come celebrate with us.

## Teens

### Teen Gaming

6:30 pm Fridays until August 27, 2010  
 6:30 pm Fridays, September 3, 2010 to January 28, 2011  
 Ages: 12 - 17 years  
 Drop In. Come to the library to play some great games!

## All Ages

### English Conversation Club

6:30 pm Mondays, until September 27, 2010  
 Call 780-496-7099 for more information  
 Are you learning English? Practise your English, meet new friends and have some fun at the English Conversation Club. Speakers of all levels of English are welcome!

# Canada Day



THE PUNJABI DANCE GROUP ENTERTAINS THE CROWD AT BORDEN PARK'S CANADA DAY CELEBRATION



BARKING MAD'S FLYBALL TEAM DEMOS THEIR SPORT FOR AN ENTHUSIASTIC CANADA DAY CROWD AT BORDEN PARK



PARTIERS PERUSE CANADA DAY ITEMS AT BORDEN PARK



BON JOVI HAS A MESSAGE FOR 40,000 FANS AT THEIR COMMONWEALTH STADIUM CONCERT JULY 15

## Proud to Live In Ward 3



**Councillor Tony Caterina**  
2nd Floor City Hall  
#1 Sir Winston Churchill Square  
Edmonton, AB  
T5J 2R7

Phone : 780.496.8333  
Email: [tony.caterina@edmonton.ca](mailto:tony.caterina@edmonton.ca)  
[www.edmonton.ca](http://www.edmonton.ca)



## Hello Highlands-Norwood!



Hope you are enjoying your summer.

A special thanks to all those who could come and enjoy my BBQ.



**6519 - 112 Avenue**  
**Your MLA, Brian Mason**  
Edmonton Highlands-Norwood

[www.brianmason.ca](http://www.brianmason.ca) ph: 780.414.0682

# Kaleido

## family arts festival

September 10, 11, 12

visit [KaleidoFest.ca](http://KaleidoFest.ca) for details

**118 Avenue**

between 92-94 Street

**Free Event:**  
Donations Welcome