



## Cromdale Hotel sale still pending



Shoppers Drug Mart's offer to purchase the land means the community may finally see the end of this historic eyesore. Negotiations are still underway.

DARREN BOISVERT

Shoppers Drug Mart has announced its intention to purchase the Cromdale Hotel at the corner of 118th Avenue and 82 Street. The announcement was met with widespread acclaim throughout the community, where members have been working hard for years to have the building torn down.

The building was closed in 2004 and has been slated for demolition two years ago for multiple health violations -- an order contested in the courts for years by the owner, Terry Nyquvest. According to the city, the appeals process has been abandoned and officials expect the site to be cleared in 2012.

However, the sale has not been finalized due to unspecified details in the contract.

"We are in a conditional

agreement to purchase the property for the purposes of developing a Shoppers Drug Mart store," said Tammy Smitham, Director of Communications and Corporate Affairs. She declined to discuss the conditional details.

### Questions remain

With negotiations ongoing, there is speculation that the current owner, Terry Nyquvest, is still pushing to have the Cromdale Liquor Store as part of the new building.

According to City of Edmonton documents, on July 26, 2011 Nyquvest applied for (and was granted) a \$100,000 building permit "to construct interior alterations to an existing minor eating and indoor participation rec. building" at 8115-118 Avenue. This is the address of the Cromdale Hotel.

A month before the proposed sale was announced, one resident who called Councilor Tony Caterina's office said that his staff admitted that Shoppers was in negotiations to buy the property and those talks included the liquor store move.

A call by the RCP to confirm the sale before it was announced was hotly denied by Caterina.

"If there are negotiations underway, it's news to us," said Caterina at the time. "If there's a real estate deal going on with Shoppers, I am not involved at all. There have been no discussions on changing the liquor store bylaws."

However, Caterina did vote for a request in 2010 to have City planners study amendments to the liquor bylaw to allow for possible exceptions to the 500 metre rule restricting liquor stores from being too close

together. Paul Kosak, Senior Planner, has been studying the request and said that his staff have decided that any changes to the bylaw would be unworkable.

"Individual exceptions would be very unsuccessful," said Kosak. "If certain ones were approved, it would mean choosing favourites over others."

Those who live and work near the Cromdale Hotel are awaiting news of a possible final deal. Parm Bhui, owner and pharmacist of The Medicine Shoppe Pharmacy attached to the Cromdale, said any new owner would be preferable to the derelict Hotel.

"There are 5 or 6 drugstores in the immediate vicinity," said Bhui. "My clientele have said they aren't going anywhere, and I can only hope to pick up some of (Shoppers) business if they move in."

## New board members for the Rat Creek Press

DARREN BOISVERT

The Rat Creek Press held its 2011 Annual General Meeting on November 7th. Presentations by Harvey Voogd (2010 chairman of the board) and Karen Mykietka (Publisher) outlined a rejuvenated newspaper on sound financial footing. With our house in order, we are looking forward to unveiling exciting new community initiatives planned for 2012.

Our new board members were also selected. Once again, we would like to thank the community and volunteers for continuing to make the RCP a vibrant part of your neighbourhood.

Please join us in welcoming our 2012 board members. They are: Shannon Clarke, Arthur Dyck, Caitlin Hickey, Harvey Voogd, and Dale Youngman.

Learn more about Rat Creek Press's new board members on page 5.

## CRUD honors outstanding neighbours

CHRIS HAYDUK

Community Response to Urban Disorder's (CRUD) Nice Neighbour Recognition Awards (2011) were presented on Sunday, November 27 during CRUD's second-annual Grey Cup Party. The purpose of the award is to recognize the wonderful and often overlooked contributions residents make daily in their neighbourhood. When active and involved people participate in their communities in positive ways, CRUD is there to celebrate their efforts. This year, CRUD was pleased to recognize five people for their dedicated work in the community as well as their thoughtfulness in being great neighbours.

Frank and Dianne Parker live in Parkdale and have been recognized for their continued support of community in a variety of ways. Frank has

been an active member of Safe Streets, he has volunteered at the local police station, and he is quick to help his neighbours with home repairs. Dianne has been known to visit ill or ailing persons in nearby seniors' homes. The couple often shares the bounty from their garden, and participate in the spring and fall community clean-ups. Frank and Dianne are heavily involved with their local church including events such as the English as a Second Language Conversation Cafe', where they help new immigrants learn to communicate in English, as well as the community Christmas Caroling.

Ann Pugh Jones is a friendly, accepting member of the neighbourhood, who will always stop and say hello. Ann lives in Alberta Avenue and has been recognized for her work in the community. She is an active member of a local arts organiza-

tion, and a consistent and dedicated volunteer. She volunteers at the Carrot Community Arts coffeehouse as a regular barista and host of the Zoomer's Open Mic. Ann is also an active member of her community league, was involved in organizing the community garden and sat on the Farmers Market organizing committee. Ann volunteers at several local festivals and is an ardent promoter of our community - its' artists, restaurants, and businesses. Ann is truly a delightful neighbour.

The nomination for Ray and Gina Kent was so eloquently written that it could be copied word-for-word, but with limited space that was not possible. The Kents live in Spruce Avenue and have made their neighbours feel like family. Ray has helped his neighbours work on their vehicles, lent out his tools, and helped his neighbours with their yard work.



Ann Pugh Jones receives one of the 2011 Nice Neighbour Awards from the President and head chef of CRUD.

Gina shares her delicious baking and has knitted sweaters for her neighbour's children. Both of the Kents pick up litter on the street, give people directions, watch peoples pets or provide rides, console people in distress, offer gardening tips, help connect neighbours to each other, and share the harvest from their immaculate garden.

Each individual who has been recognized by CRUD's Nice Neighbour Recognition Award

has demonstrated different ways to contribute to community. Some participate with organizations, working to make the community better, while others are helpful, kind and neighbourly to those around them. Each of the recipients contributes in their own way, helping to make our community friendly and healthy in every way. Congratulations to all of this year's Nice Neighbour Recognition Award recipients!

# An unexpected life through fighting adversity

HARVEY VOOGD

Eastwood resident Austin Mardon was recently recognized twice for his work on behalf of the mentally ill, particularly those with schizophrenia. During the University of Alberta's 2011 spring convocation ceremonies, he received an honorary doctor of laws degree.

In granting this honour, the UofA recognized Mardon as "an inspiring advocate for the mentally ill who has worked tirelessly to eliminate the stigma associated with psychiatric disorders."

Then in August, he travelled to Newfoundland to receive the Canadian Medical Association's 2011 CMA Medal of Honour. "The CMA Medal of Honour recognizes personal contributions to the advance of medical research and education," said CMA President Dr. Jeff Turnbull.

Mardon was diagnosed with schizophrenia in 1992 at the age of thirty, later in life than normal. The majority of people with schizophrenia are men and usually get diagnosed in their late teens or early twenties.

"My mother was an elementary teacher who got diagnosed (with schizophrenia) after the birth of my youngest sister," said Mardon. "I was five when she got sick."

He credits his success with managing his illness by learning

from his mother's mistakes. "I've always co-operated with the doctors, regardless of how difficult it was," said Mardon.

Staying on your meds is not always easy because the side effects can be quite onerous or toxic. Mardon gained 200 pounds because of his meds, though he is happy to report that he's lost 50 pounds since last Christmas.

"Most people only hear voices," said Mardon. "I also suffer from hallucinations and feeling like stuff is crawling on my skin. Sometimes someone has called over to me and I've ignored it because I thought it was a hallucination."

According to Mardon, another common result of schizophrenia is the inability to either read body language or read it wrong. "This can be difficult problem when one is married," said Mardon. "It also can make one socially awkward. You may suffer from no sense of humour or don't know appropriate humour."

Before getting ill, Mardon graduated with a major in geography from the University of Lethbridge in 1985. The following year, at age 24 he was a junior field member on an Antarctic meteorite recovery expedition investigating meteorite impacts 170 km from the South Pole. The expedition was sponsored by NASA and the National Science Federation

and found 24 meteorites. Austin received the U.S. Antarctic Service Medal for his work.

It was a difficult expedition. He fell off a mountain, got frostbite on his hands and feet, suffered altitude sickness and got so sick his urine turned to blood. The result was Post Traumatic Stress Disorder. Mardon thinks this stress also contributed to his illness.

"Maybe if I had led a low stress life," said Austin, "I might not have got it."

In spite of the illness, Mardon entered a distance learning PhD program in geography through Greenwich University in Australia in 1993 and received his unaccredited doctoral degree in 2000. "After being diagnosed," said Mardon, "it was important to prove I could still do academic work."

In 1993, he also began speaking publicly about his illness through his position as member of the Lieutenant-Governor's Circle on Mental Health and Addiction. This initiative, which was launched on October 5th by Alberta Lt. Gov. Donald Ethell is "designed to benefit Albertans of all ages and walks of life who are living with mental health and addiction concerns."

According to Mardon, the Lt. Gov. suffers from PTSD acquired from his work overseas when he was in the Canadian Armed Forces.



Austin Mardon and Governor General Michelle Jean together as he is awarded the Order of Canada in 2007.

"Anything that fights the stigma of mental illness and self stigma is valuable," said Mardon. "Self-stigma is the most pernicious. Fighting stigma means people will seek treatment."

Mardon and his wife Catherine married five years ago and live in an inexpensive condo they bought with the help of realtor Connie Kennedy.

"My income comes from the Assured Income for the Severely Handicapped (AISH) program," said Mardon. "It took us six years to save enough money for a down payment, but a critical reason we were able to receive a mortgage was Connie. When we were having

problems getting a mortgage, she took pity on us and gave us a short term mortgage. Without her kindness and support, we would have been in real trouble."

Mardon believes his Roman Catholic faith has played an important role in his life and his message of hope. "Religion is a very powerful element," said Mardon. "It gives purpose and a sense of place in the world. Where medicine ends, faith starts."

"I didn't expect this life," said Mardon, who also received the Order of Canada in 2007. "But I've made a greater impact out of my greatest tragedy than what happened before."



**PETER GOLDRING**  
Member of Parliament  
Edmonton East



## WORLD WIDE OIL SANDS

For years Canadians have been witness to the NDP's negative attitudes towards Alberta's oil sands, from their leader flying over Fort McMurray and calling for a shutdown in Election 2008, to today's many comments from the NDP caucus. Two NDP Members of Parliament even went to Washington to lobby against the Keystone XL pipeline that would bring oil sands oil to the US market. Now the project

is on hold, at least until after the next American presidential election.

It shouldn't surprise anyone that Canada is not the only source of oil sands. During a recent conference of Arctic countries that I attended in Russia, I saw geological deposit maps indicating vast reserves. Other countries around the world will be developing their oil sands regions, undoubtedly utilizing the advanced technology and methodology of Canadian producers who have set the highest environmental standards for extraction. Last year a devastating deep-sea drilling accident in the Gulf of Mexico saw vast spillage continuing for three months. A pipeline spill in Canada can be monitored and contained within hours. An oil sands bitumen spill at the wellhead can be shut off in seconds. It is processed under totally controlled pressure – it is not under pressure naturally. In short, oil sands oil is amongst the safest oil on the planet.

Yet the Official Opposition continues to work against Alberta and Canada, supporting international environmental extremists and by doing so in effect gives direct support to the brutal and regressive regimes that will supply the world with their oil if safe, clean, ethical oil from Canada is not available.

Why would anyone who cares about fairness, human rights and the Alberta economy agree with the NDP? What do you think?

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The official first day of winter is December 21 known as the winter solstice. Every day gets longer after this!

# Deep Freeze preparations now 'on ice'

DARREN BOISVERT

With just over a month until the Avenues yearly celebration of all things cold, the organizers for the 2012 Deep Freeze: A Byzantine Winter Festival are rushing to get the final details in place.

Aside from the regular events such as the sleigh ride, art galleries, snow carving and roaming artists, this year's festival organizers are encouraging families to get involved.

New to the festival this year is the insanely creative idea of the Cool Runnins' Deep Freezer event. Steve Sharpe, who daylights as a community constable with the Neighbourhood Empowerment Team, is building two freezers on sleds for the coolest running ever race seen in Edmonton.

"This event is designed to bring the kid out of everyone," says Sharpe. "I don't know anyone who has been crazy enough to put a freezer on skis before."

He's challenging everyone in the community to form teams of 4-6 people to sign up beforehand to compete in the time trials around the Alberta Avenue Community League. Corporate teams, kid teams, or family and friends are all encouraged to channel their creative side, and come up with colorful team outfits



PHOTO SUPPLIED

Steve Sharpe and his hammer takes on construction duties for the Cool Runnins' Race.

and names.

"It's all about fun," says Sharpe. "The times are not as important as embracing the zany side of life."

Freezer-sleds will be supplied, and he's hoping as many people as possible will

see how fast -- or silly -- they can run.

In between sled heats, the other perennial favourite event that is looking for pre-registration participants is the ball hockey tournament. The 3 on 3 (with a goalie) teams will

play 35 minute games between 12pm and 5pm on Saturday and Sunday.

For the second year, Jonny Jacques is organizing the hockey players and is hoping even more teams will compete this year. The only equipment required is a hockey stick and a helmet (for safety). United Cycle is supplying the goalie equipment, balls and nets.

His only wish for this year is to have more reasonable weather than last year's snow blizzard.

"It was so cold last year," says a laughing Jacques. "Our hockey balls actually snapped in half."

With no guarantees to the weather, Jacques has found some softer balls that should survive the worst Edmonton's climate can throw at us. Now, he's looking for teams (4-7 people) to sign-up early for the tournament. While the regular tournament is restricted to ages 16 and over, there will be a third rink for all ages pick-up games.

"Everyone's welcome," says Jacques. "It's all based on having fun and sportsmanship, coming out to enjoy the weekend and meeting other people from around the neighbourhood."

For all events and activities, please use the contact information (right) to get in touch with the organizers.

**Get Involved with Deep Freeze: A Byzantine Winter Festival**  
January 7th & 8th, 2012

**Cool Runnins' Deep Freezer Race**  
New to Deep Freeze this year is the Deep Freezer Race! We're looking for teams of 3 to push a Deep Freezer on skis to the finish line.

**When:** 2 TBA race times on Saturday January 7th and Sunday January 8th (visit [www.deepfreezeefest.ca](http://www.deepfreezeefest.ca) for updated times)

**Contact:** [deepfreezerace@gmail.com](mailto:deepfreezerace@gmail.com) for more information or to register

**Street Hockey Tournament**

Recruit your friends and team up for 3-on-3 hockey played on two street rinks on 118th Avenue.

**When:** Round-robin Tournament – Saturday, January 7th 12-5pm  
Playoffs & Championship Game – Sunday, January 8th 12-5pm

**Contact:** [deepfreezehockey@gmail.com](mailto:deepfreezehockey@gmail.com) for more information or to sign up your team

**Ice Sculpting Competition**

We invite all artists to participate in creating a gallery of ice sculptures in the theme "Surf's Up!" Sculptures will be judged for three cash prizes.

**When:** Saturday, January 7th 12-4pm and Sunday January 8th, 12-3pm  
Submission Deadline: Friday, December 16th 2011

**Contact:** [deepfreezeice@gmail.com](mailto:deepfreezeice@gmail.com) for more information or to register

**Surf's Up! Dance**

This year features Tsunami Bros. Surf Band's instrumental "Surf" tunes! Complete the night with a parka fashion show by local designers and hot tubs to warm up in. Bring the whole family!

**When:** Saturday, January 7th 7-11pm  
Advance tickets available for \$10 at The Carrot Community Arts Coffeehouse (9351-118 Ave)

Visit [www.deepfreezeefest.ca](http://www.deepfreezeefest.ca) for more information on this year's programming. To volunteer for Deep Freeze email: [deepfreezevolunteers@gmail.com](mailto:deepfreezevolunteers@gmail.com)

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**Who:** Children 7-12 years of age (For families with children 6-12 years old, please call 311 for details)

**Date:** Tue. Jan 3 to Fri. Jan 6, 2012

**Program Times:** 9:00 am - 4:30 pm (early drop off at 8:30 am and late pick up to 5:00pm)

**Location:** Eastwood Community League  
11803 86 St

**Cost:** \$25.00

To Register: Call 311 and give them the registration CODE 442593

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11:30 p.m. Book of Common Prayer (BCP) Choral Midnight Mass

**CHRISTMAS DAY**  
8:30 a.m. Low Mass (BCP)  
9:00 a.m. Morning Prayer (BCP)  
9:30 a.m. Choral High Mass (BCP)  
11:00 a.m. Christmas Worship Service (BAS)

**MONDAY THE 26TH OF DECEMBER**  
12:00 p.m. Saint Stephen the Martyr Low Mass (BCP)

**TUESDAY THE 27TH OF DECEMBER**  
12:00 p.m. Saint John the Apostle & Evangelist Low Mass (BCP)

**WEDNESDAY THE 28TH OF DECEMBER**  
12:00 p.m. The Holy Innocents Day Low Mass (BCP)

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Outdoor rinks will be opening this month weather permitting. Contact your community league for details.

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#### EDITORIAL POLICY:

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 600-800 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time. All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press. Send submissions to the Rat Creek Press Editor via email editor@ratcreek.org, or 9210 118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

## Editorial

Submissions: editor@ratcreek.org

# Arena deal sends Edmonton off the rails

DARREN BOISVERT

The decision to approve the new downtown arena was a travesty of democracy and complete confirmation that shortsighted politicians will sign onto any deal peddled by any monorail salesman that blows into town.

Most Edmontonians were against the deal, no matter how many robo-dialed polls appeared on their answering machines. Local community groups opposed the deal, knowing too well that cuts to the rest of the City budget would be taken from their neighbourhoods (just watch the budget negotiations this month). Urban engineers predicted massive gridlock downtown when the influx of vehicles compete for space in ill-equipped arterial roads. Economists warned that adding 500 million dollars to a ballooning budget debt

at a time of severe economic turmoil was financially reckless. All to no avail.

The vote to approve the sweetheart deal to the billionaire owner of the Oilers was never in doubt. Mandel and Katz kept up a steady pace of self-imposed deadlines and threats of losing the team to distract councilors from thinking rationally. They spoke of the golden transformation to the downtown core as if hockey fans 40 times a year would populate an abandoned skyscraper wasteland. The only minor surprise -- lost in the roar of clapping by the city's developers -- was the flip-flop by Tony Caterina to support the deal. After a year of being in the press as a reasonable critic of the deal, he threw Katz a 30 million dollar tax credit, claimed he was toughening the agreement, and then promptly abandoned his position. It was

a brilliantly cynical political ploy.

For all the chatter and self-congratulations going on in City Hall, critical questions remain unanswered. No more flowery promises and undefined whitewashes. They are our leaders, and as such, owe their constituents detailed plans.

Please tell us Councilor Caterina, how a city of one million people can possibly support two large event arenas? With Northlands neutered and left bleeding in the ditch, where will the city find money to redevelop the old coliseum land when the Rexall Place sits under-used, un-renovated and becomes yet another development blight on our community?

Most of all, after five years of massive community involvement along 118th Ave, a revitalization project praised

around North America, how will Council continue the necessary funding for our small (but highly cost-effective) festivals and community activism now that you've drained the city's bank account? Campaign signs once every three years are a nice way to know you are still our elected official, but seeing our councilor at our festivals and planning meetings would be a nice touch of democracy. Better yet, a public meeting to discuss your decisions and their impact upon our neighbourhoods would serve this community well.

Consider this an open ended offer. The RCP will host a town hall meeting with Councilor Caterina as our most welcome guest. Anytime. We're here. We were here before the arena deal was approved and we'll be here long after this monorail crashes into the pyramid of City Hall.

## UNIVER BOTTLE AND RECYCLING DEPOT REOPENS ALONG 112th AVENUE

Karen Mykietka, Alberta Avenue Community League

The Univer Bottle Depot was closed by the City in July because the building was unsafe. The owners made the required repairs and re-opened in November. Ultimately, what the owners want is to build a new facility at the existing location or somewhere nearby. They are aware that many in the community oppose their business and that if they apply for rezoning to develop a new facility at their current location they will receive opposition. The owners indicated they have search for a suitable alternate location without success. The reality is the bottle depot can and will continue to operate from its existing location and facility. Residents can report any bylaw or safety issues to 311 and/or police. The community league will keep the neighbourhood informed of any updates to the situation.

## New Designer + Advertising Rep



Michelle Hayduk, a resident of Parkdale, is actively involved in the community. As a founding board member of both Arts on the Ave and CRUD she enjoys advocating for the arts and community. Michelle is no stranger to the Rat Creek Press and is happy to be offering her design skills to the paper once again.



Bettyann Dolata is excited to be returning to advertising sales with a new position with the Rat Creek Press. She brings with her passion, creativity, an outgoing personality and a willingness to grow with the newspaper. She can be found at the Edmonton Chamber of Commerce. She enjoys serving others in many ways and spending time with family and friends.

continued from page 1.

Shannon Clarke was appointed to the board in December 2010 and has served this past year as our Secretary. She works at the Sprucewood Library as a community librarian. Shannon has really enjoyed working in the community for the past year and a bit, and is a big fan of all the fun events that take place on the Avenue. Her favourite part of the paper is reading restaurant reviews and getting ideas for new places to dine in the neighbourhood.

Arthur Dyck was appointed to the board in December 2010 and served since February as Treasurer. He works as a consultant for the Anglican Diocese of Edmonton and is currently seconded to the Parish Church of St. Faith's and St. Stephen the Martyr in Alberta Avenue. He and his wife Joy, and their two children have lived in Alberta Avenue for 16 years. Arthur has served on a number of

boards, including: The Spruce Avenue Society for Children, The West-Central Community Health Council, and is a founding board member of Arts on the Ave. He also volunteers with Circles of Encouragement and Accountability.

Caitlin Hickey is a law student at the University of Alberta and has lived in Alberta Avenue since she moved to Edmonton in May of 2009. "I am interested in becoming a member of the Rat Creek Press board because I have lived in the community for quite some time and have always been really impressed by the community spirit, programming, and volunteerism in Alberta Avenue.

Harvey Voogd was elected to the board in November 2008 and has served the past year as the Chair. "I have always loved newspapers. When I lived in McCauley, I was a volunteer writer and served on the board of its community paper, the Boyle-McCauley News.

Occasionally I have pieces published in other venues like the Edmonton Journal and the Parkland Post, a publication of the University of Alberta's Parkland Institute. My wife and I have lived in Delton since we bought our home in June 2008."

Dale Youngman lives in Alberta Avenue and is the founder and President of PageMaster Publication Services. Dale began his career in publications with a keen interest in photography in high school. His experience ranges from handset type to computer networking, and includes two diplomas (Professional Photography, Advertising and Public Relations). Dale has worked in print shops, sold community newspaper advertising, published a newspaper and magazine, produced books, provided freelance writing and photography, wrote editorial, designed projects and systems and leads Team PageMaster.



## Jesus. He walked the earth as a man.

Some say he was a great prophet, some say a great teacher, others a healer or philosopher. What do you think?

**Interested in exploring this topic but not necessarily into religion? Perfect!**

Come join us for some good coffee or tea (bring a little \$) and hopefully some good discussion!

**WHAT:** 9 interactive sessions on the person of Jesus (it's not necessary to commit to all nine sessions)

**WHEN:** Monday nights from 7:30-9:30pm, starting January 16th, 2012

**WHERE:** Local Coffee Shop, 9351-118 Avenue

For more info call Wayne at 780-716-6823

Check out local businesses at [www.alberta-avenue.com](http://www.alberta-avenue.com). Click on the Businesses tab to search the directory.

# Speaker's Corner

Have opinions? Great let's hear them!

Submissions: editor@ratcreek.org

## Bottle depot problems are also neighborhood housing problems



KYLIE GLESSING

I am writing in response to the Op-Ed in the November 2011 edition of the RCP about the Univer Bottle and Recycling Depot. In that piece Stephen Gallard discussed how eliminating the facility would help clean up our neighbourhood.

I don't disagree. I can see his point, and while it is too bad that I have to go farther afield to do my recycling rather than staying in my own community, I agree that such places do tend to attract people who don't have a neighbourhood's best interests at heart.

However, I think the real problem is that the number of low-income rental properties around here is bringing the area down. The people Mr. Gallard describes don't travel from all over the city just to come to that particular bottle depot -- they are living in or near this area to begin with, and that is a concern.

Currently, the owners of a property across the street from my house are fighting with the city about the multi-family dwelling they are trying to develop. The place should have been knocked down and rebuilt, but they simply added to it and are trying to

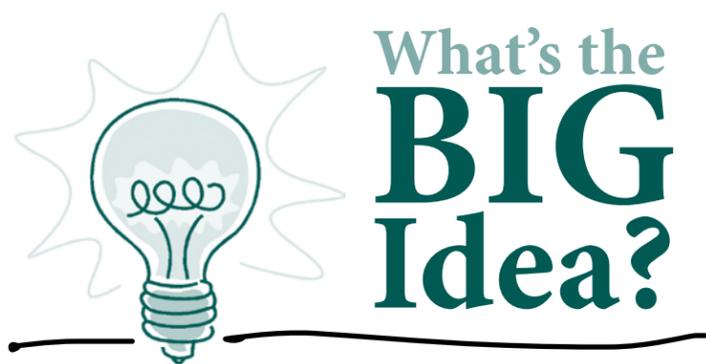
grandfather in all the things that are wrong with the place. If successful, they will turn around and rent it to some low-income families, further dragging down the area. There are too many slum landlords in the area as it is. We don't need more.

Have you been along 122 Avenue, toward Fort Road, recently? There are at least three new, multi-family developments, and it makes me nervous because I don't know if families are buying these places or if landlords are buying them. Check out the Re-Max website and look at all the Eastwood properties listed. Most are duplex or fourplex buildings that people can buy to rent out. Even the bungalows and two-storeys usually have developed basement suites, so a person can buy the property and then rent out each floor.

I understand that low-income families/individuals need to live somewhere, but our area seems saturated with these kinds of rental properties. If we truly want our community to improve, we have to cap the number of rental properties in the area. Just down the street from me is a two-storey house, similar to my own, that has three suites

in it. I'm not sure how many people live there and whether it's actually three separate families, but that is how it was advertised when it was for sale. It would make a lovely single-family starter home for a young family, which would be so much better than cramming who-knows-how-many people into three suites. And across the street from my house is a four-plex. Parking on this street is a nightmare because there are just way too many of these multi-family properties.

So, yes, the bottle depot is definitely a problem, which is really sad because I'd love to have a nice recycling facility close to home. But what is more of a concern, at least to me, is the number of rental properties marketed to low-income earners. It may seem like elitist snobbery to say so, but these types of properties often attract a particular clientele that doesn't do a neighbourhood any good. I would really like to see more attractive single-family properties marketed to people looking to buy starter homes that are affordable in today's overpriced real estate market. That way, we'd have more people actually invested in the well-being of our neighbourhood.



## If you got the time, we got the vegetables

ART ROSSIER

In the Fall of 2008, I visited the Carrot Cafe on numerous occasions for their delightful chai latte coffees. As usual, the staff (all volunteers) and I started talking about the neighbourhood and how to get people out to enjoy growing gardens.

I started talking to Christy Morin, who said the lot behind the Eastwood Community League building could be more than just for a dog run and a rink. She suggested a garden plot as a way of encouraging green thumbs and beginner growers to join together to make the community a bit tastier. We gathered a few people and built eight 10' X 4' raised garden beds.

For the past two years we have planted (more or less successfully) tomatoes, peas, cabbage, beans, broccoli and carrots. We haven't always had great harvests, as our summers have been unseasonable cold. This year I was only able to harvest some cabbages and beans and only enough peas to seed for next year. But we have big plans and high hopes for our little gardens.

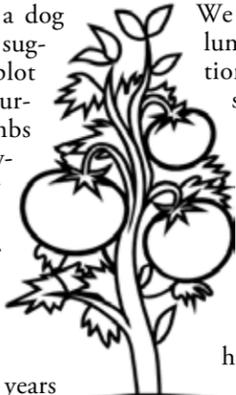
Even though it is winter, it's still a good time to start

planning for the spring. Our plan for the next year (2012) includes building a shed for our tools, and hope to start construction in either December or January. I would like to build a circular shed as we have built the garden beds 'in the round'. It's our way of symbolically suggesting the cooperation of all things, as was our prayer circle to bless our initial group and bring us all together.

Our shed has to be on skids so we can move it around. We have collected enough lumber to begin construction, but we still need some roofing materials, wood screws, and hand tools. More than anything, we need some strong backs and willing hands to help us create a garden for our community.

To those willing to help out with either labour or material, we offer the bounty of our garden, some space for planting your favourite vegetables, and the company of a small group of friendly neighbours.

If you are interested in either gardening or helping to build the shed, please contact me, or find your way to the community league building.



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(leave a message)

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# Our homes in artistic splendor

*"Unfolding Neighbourhoods" was the main gallery showing at the Nina Haggerty Centre for the Arts in October/ November 2011 and featured an exhibition of paintings and clay sculptures. It got the neighbourhood talking, and the Rat Creek Press wanted to share this excellent exhibit with those who couldn't make the show.*

## THE GENESIS OF THE SHOW

When Edmonton Artist Jill Thomson first came to Nina Haggerty to begin working on the project "Unfolding Neighbourhoods, there were several artists like Peter Kolmatycki who were already interested in houses as subject matter for painting. She was immediately inspired by the work that was happening at the centre and in September 2010, she took a group of six artists out to photograph the neighbourhood around Nina and the "Unfolding Neighbourhoods" project was underway.



## THE ARTISTS

Jill Thomson received her BFA from Concordia University in Montreal. She has work in the collections of the Alberta Foundation for the Arts, and in the Art Rental and Sales Gallery at the AGA. She has been part of exhibitions at Harcourt House and the EAG. She has two upcoming shows at Willow Studios in Calgary and Regina. [www.artoblue.com](http://www.artoblue.com)

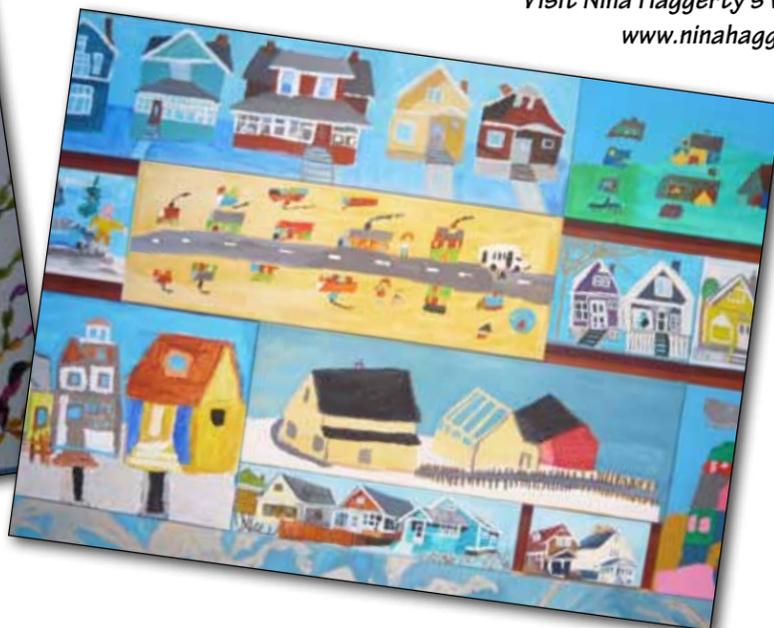
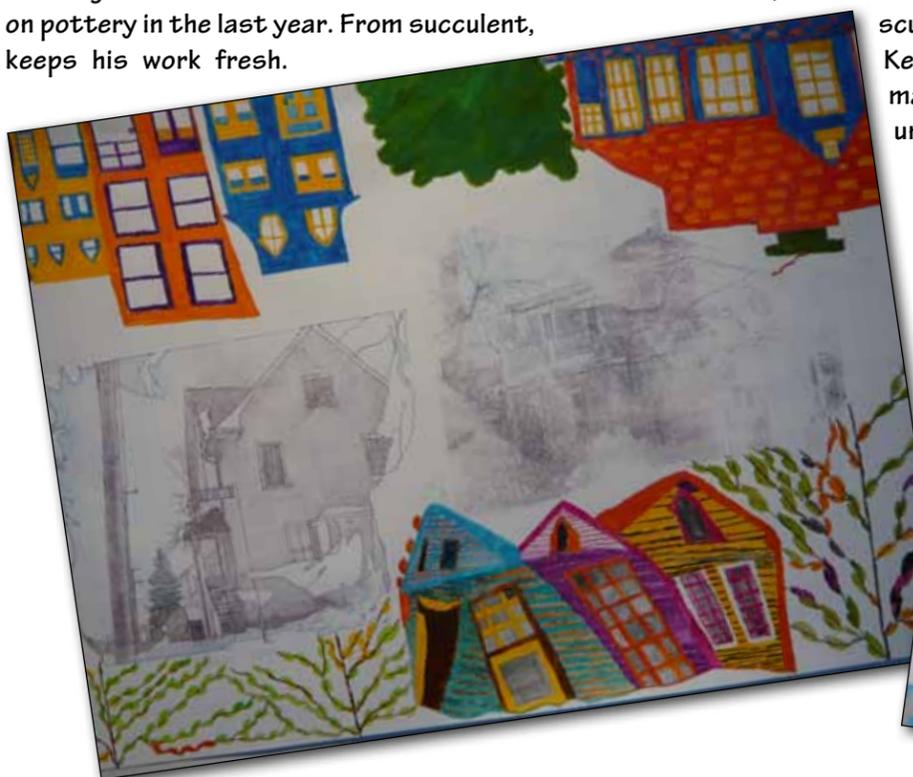
Peter Kolmatycki was born in Lac La Biche, Alberta and has been a resident of Edmonton for fifty years. His media of choice are painting and clay. He often paints scenes that recall rural Alberta: wagons and cars parked on roads outside houses that sit under expansive skies, all painted in bright shades of blue, yellow, orange, green, and pink. He sometimes paints pictures he finds in books; other times he works with images from his own imagination.

Dorothy Loh was raised in Edmonton, Alberta. She spends a lot of her time at the Nina Haggerty Centre for the Arts. She loves to paint and draw and experiment with new media. She says that she enjoys coming to the Centre more than anything else. Dorothy is also involved in the Human Rights Project, an artists' group that incorporates discussing current human rights issues and the creation of activist art.

Ken Hayward was born in Edmonton and spent at least 15 years in Grande Prairie. Working in both two-dimensional and three-dimensional media, on pottery in the last year. From succulent, keeps his work fresh.

Ken has focused sculptural pots to small, rustic cabins, Ken's curiosity Ken is also a landscape painter, inspired by his memories of trips that he's made. He uses watercolor in a traditional style but his paintings have a unique simplicity that give them a dark, desolate edge.

Visit Nina Haggerty's website at:  
[www.ninahaggertyart.ca](http://www.ninahaggertyart.ca)



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# It takes a committed community to raise a child

DARREN BOISVERT

The sound of drumming and rock music reverberates through St. Alfonso's school, and for a change, the teachers are all smiling. Tucked away in hallways and corner supply rooms are children practicing chords, banging out complex rhythms on full drum kits, and nailing down their harmonies for a demo they are

idea that was launched in September 2010. Melanie Kidder, the Centre's Coordinator, shuffles from classroom to classroom, watching the 80 kids engaged in science projects (building circuit boards), playing sports, and learning about cultures from around the world.

"There are a lot of community groups that need space and don't have funding for

like circuit board soldering. Organizations like Action for Healthy Living and the Boy's and Girl's Club of Edmonton run their programs in the school for the kids.

Local residents even help out by holding reading classes, create art inspired from countries around the world, and watch over the kids as they run around the gymnasium.

"The parents who have their



DiscoverE students learn soldering and other science skills from U of A science alumni Amy Smith and student Josh Ikebuchi.

cutting of their self-written song. Every afternoon, professional musicians from the Centre for Arts and Music drop by to inspire and teach the kids the thrill of music.

Thomas Chung, age 9, sits with a group of girls as they learn guitar chords with a volunteer instructor. Even though his fingers are sore from the guitar strings, he's smiling and having a blast.

"It's so much better to be here than just sitting at home," says Chung. "I signed up for the music program here cause it's more fun to play with other people."

It's all part of the Schools as Community Hubs Centre

rental spaces. Schools fit this niche perfectly," explains Kidder. "They are centrally located, have infrastructure for programs, and above all, are seen as safe havens for kids and families alike.

With funding from the Catholic School system and REACH Edmonton, the schools were opened as a link between community organizations and the children of St. Alfonsos. The Edmonton Public Library holds reading classes (run by RCP board member Shannon Clarke), University of Alberta science students and alumni provide the materials and instruction for complex science projects

kids in programs are much more connected to the school now, says Kidder. "They're more comfortable with the staff and help refer our programs to their friends and neighbours."

With the successful cooperation between the students, the school system, and community groups, Kidder says they are planning on opening another hub -- the 'One World, One Centre' at St. Patrick School.

"We have the kids," says Kidder. "We just need more groups to realize they don't need to advertise to find participants. They can just come to the schools."



Gifts of time and love are surely the basic ingredients of a truly merry Christmas. ~Peg Bracken

**nice neighbour**  
RECOGNITION

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**Jingle Jammin' Christmas Caroling Party**  
Friday, Dec 16th. Meet at The Carrot at 6:30pm.

**BRIAN MASON**  
MLA

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[Edmonton.HighlandsNorwood@assembly.ab.ca](mailto:Edmonton.HighlandsNorwood@assembly.ab.ca)

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6519 - 112 Avenue  
Phone: 780-414-0682  
Fax: 780-414-0684  
[www.BrianMason.ca](http://www.BrianMason.ca)

# Grooming your dog to look and feel his best

## DOG TALK

Darlene Taylor

It was with a great deal of joy and anticipation that I attended the first annual PUPtastic Grooming Extravaganza at the Mayfield Inn at the beginning of October. I was able to renew acquaintances, rub shoulders with leaders in the industry, and explore some of the new products and technology.

I was also reminded by one of the presenters, Hayley Keyes, how difficult the groomer occupation can be. A "minor" cat scratch or bite that barely grazes the skin on a dog can lead to some very debilitating diseases and injuries. A dog who suddenly decides that he would rather not be groomed can put himself, other dogs, and the shop staff in danger.

Even without these issues, the hair and dander flying around the salon can cause lung issues in the long term, which has led many groomers to add safety glasses and masks to their daily routine. Physical

groomers who do not use the proper height tables and correct technique for scissoring and shaving can fall victim to carpal tunnel syndrome and back or leg problems.

Training your dog for a visit to the groomer or veterinarian can make life easier for human and dog alike. Prepare your dog by conducting these exams and routines at home where the dog is most relaxed and comfortable with the person they trust and love the most.

Once your pet realizes no harm will come to them, they will be more cooperative. Make the experience as rewarding as possible for them. Like children, they can be enticed to tolerate a few moments of discomfort if there is a squeaky toy or treat waiting for them at the end of the process.

Some things you can do or pretend to do at home are:

- Clip nails every 2-4 weeks. If your dog is walking across the floor and you hear the click of nails they need to be trimmed. They can be cut with nail clippers or filed with a

sanding type tool. Most groomers may discount nail trims between regular visits or charge a nominal fee.

- Check between the pads of the feet. Make sure that behind the pad and between toes are clear of any mats or debris that may be irritating. Pine tree needles and seeds are notorious for embedding themselves and causing great pain to the dog.

- Sniff the ears so you know what they normally smell like. A bad smell could mean problems and a visit to the vet is recommended.

- Even a short haired dog can use a brushing to help prevent loose hair from being shed throughout the house. Use the correct brush or grooming glove for your type of dog. A groomer or pet supply store should be able to help you select the correct tools to keep your dog looking his best.

- Most vets recommend brushing a dog's teeth or feeding them foods that clean the teeth. A weekly check is a good habit to get into. Ask your vet what you should look for.



Are these dogs real? Picture perfect grooming make dogs look and feel their best.

- Lightly massage and examine the dog's whole body looking for sensitive areas, sores, bruises, lumps, and bumps. Make sure the hair around the rear and between the legs is clean and clear of debris or mats. Early detection of problem areas is a good plan.

- Ask your groomer what the recommended grooming schedule should be for your dog. Many long haired dogs require visits every month or two with

the average being 6 weeks. If you are seeing your groomer on a regular basis there may be perks such as free nail trims, alternating lower fee for "bath and tidy" versus "full grooms" and more. Regular grooming can prevent high de-matting fees, short shaves that may reveal skin irritations resulting from the skin being pinched by mats or even high fees because the dog is difficult because he is not groomed regularly.



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# Finding healing inspiration in community art class

## COMMUNITY PROFILE

Paula Gillis

A few weeks ago I received some very sad news. My friend's dog, my foot warmer whenever I visited her, had just passed away. I had not seen Nicky in quite a while as he and his owners live in my old city. This loss was also a reminder to me of the distance between myself and my friends. I was despondent and did not have any words in my heart or fingers with which to express the sadness that I was feeling.

Synchronicity! I had decided to start attending the 'Art on Earth' classes that were being held at the Parish Church of St. Faith's and St. Stephen the Martyr on Wednesday mornings at 10 am. So the day after I learned of the loss of my furry friend, I hopped into the car and drove to the little church on 93rd Street, just off the Avenue. When I arrived at the hall I found about half a dozen people working on a variety of projects.

I met Jean Tait, the woman who is directing this project and she introduced me to the group. Jean is an Art Therapist and the program is funded through the Indigenous Ministry Initiative

of the Anglican Church of Canada, Diocese of Edmonton. Fortunately for me the purpose of the group was not to give space for blooming or professional artists to come together -- although they are welcome.

According to Tait, "the community art studio aims to offer those who attend an opportunity to make art in a place where creativity is valued and, therefore, the person is valued. With others available to share their strengths and abilities with either art or life, the personal experience can be exceptionally rewarding."

Tait does not give art instruction. While she may assist with ideas and ways of getting

started, she simply encourages people to find a way of releasing themselves through color and texture. Studies have shown that using art as an alternative to writing is a powerful method of self-exploration and self-acceptance. The choice of colors and designs reach a part of the brain that words cannot reach.

For me it was a way of saying goodbye to Nicky and to acknowledge the fact that I still miss my northern friends after six years of being away from them. The class also reinforced something that I knew already. While I can transfer my emotions and ideas to paper, I would never make a living as

an artist. That doesn't matter. I enjoyed myself and it served a very important function. I am re-discovering another creative outlet and connecting with new people in the community. It was a wonderful morning.

Come and join us! We will be there until the end of January with a break for the Christmas season. Coffee is on for whoever wants it and you might even find a cookie lying around. There is always room at the table for one more and sharing what your work represents is not mandatory. Self discovery is such a wonderful journey and being able to do it in color makes it fun!

*Art class info: 780-477-5931*

# Koultures Fine Dining: a place for everyone's taste

## FOOD ON THE AVE

Ellie Capster

**KOULTURES FINE DINING**  
8803 - 118 Avenue

Having lived on Alberta Avenue for two months, I now hear the 'buzz' when anything new opens on the Avenue. In this case it was Koultures Fine Dining and we decided that a Saturday night would be a perfect time to indulge in some fine dining. We dressed up a little and ventured out onto the avenue for a leisurely stroll and bite to eat.

Koultures was easy to find and gave a good impression right away. The interior was colourful and inviting and was decorated with bright pink and black walls. The dining booths were accented with cut velvet upholstery and the tables were outfitted in coordinating pink and black linens and a candle. It

was clear we were in for a treat.

As we entered, we were greeted by a friendly and stylish hostess. She mentioned Koultures had only been open a month and seated us in the top area of the restaurant where we had a good view of the restaurant and the avenue.

The first course of the night was drinks. A prominent feature of the restaurant is a fancy bar area to the right of the entrance where a few diners were eating at the counter and enjoying their drinks. The alcohol menu offered a variety of domestic and imported beers and a few signature cocktails. I opted for a peach Bellini and my husband requested a Bailey's Irish Cream and coffee, which was not on the menu but which the staff went out of their way to accommodate. The bar and restaurant set-up will appeal to those wishing to grab an after dinner drink or appetizer tapas.

Once we had settled in with

our cocktails, we were brought the menu which is where a bit of confusion ensued. The menu offered a mix of western and pan-African food which seemed pretty straight forward. My husband selected the rack of BBQ baby back ribs with homemade BBQ sauce and half a well-spiced grilled chicken. I opted for the Obe Ata, a mixed meat stew cooped in a red pepper tomato broth with either steamed leaves or okra. The menu indicated that each meal came with a choice of white rice, cooked cassava (made from sun dried yam flour) or lamala (made from cooked yam flour).

When we ordered, however, the waitress suggested that not all of the sides would accompany the main dishes- that the ribs went best with Jambalaya rice and that the Obe Ata should go with the cooked cassava. For someone not familiar with Afro-continental food, asking for a food and side pairing

might be a good idea. Although we both opted to order a beef dish, there is a variety of seafood options available on the menu and the spicy yam porridge (Asaro) and the plantains sound like an enticing dish that would be worth a try.

While we were waiting, the waitress brought us a complementary appetizer treat called Chin chin. It was made from flour, milk and sugar and was fried and had a taste similar to that of shortbread. It was a tasty introduction to our meal. It was good that we had a snack however as it took a while for the food to arrive. The waitress apologized: explaining they make all meals fresh from scratch and the pounded yam takes a while to prepare.

The food arrived hot and colourful but my husband was disappointed to see that there were only ribs on his plate and no chicken, which we found out was an either-or option.

The tomato stew sauce from my Obe Ata was extremely delicious and a little spicy; it was definitely our favourite of the evening.

We were both pretty full by the time we finished our meals and felt we had already had a dessert with the Chin Chin so we opted to skip dessert. When we arrived at the till we saw a sign saying that you can only pay by cash or debit, so make sure to bring cash and leave your credit card at home.

In all, the atmosphere and style of Koultures was delightful and had a markedly different feel from many of the other restaurants in the area. It offered options that both children and adults would enjoy and included both pan-African and North American options. Given a few months of operation, Koultures could become the go-to place to bring friends and family for a unique taste experience that suits everyone's taste.

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DANCE ★ MUMMERS ★ ART MARKET

## A doorway into the lives of the homeless



A new work of public art has been installed to honour the lives of people who struggle to have adequate housing. The sculpture is located in a small park on 103A Avenue, immediately north of City Hall, between 99 and 100 Streets. It was created by local sculptors Keith Turnbull and Ritchie Velthuis, with the participation of a number of artists who know the experience of homelessness. A public event is scheduled at City Hall on December 1 to dedicate the work.

## Asking yourself some basic money questions

### FINANCIAL ADVICE

Dalena McLean

Let me ask you 3 questions. Why do you wake up and put an effort into earning money? How has having money affected you? Most importantly, how would having no money affect your life?

I went out and talked to people and asked them those 3 questions. Vern and Enza, a middle-aged, married couple with two kids said, "I get up and go to work for the challenge because I love what I do and money is just a bonus. Money helps keep your head above water and provides you the ability to have a lifestyle. If we didn't have money there would be pressures. You'd have to scale down and get rid of the unnecessary. If you hit rock bottom you'd have to build networks and rely on community resources."

Jim and Marie, an older couple with grown up children and grand kids, have a different view. "You go to work because you have to or you wouldn't survive. You need money to take care of your family. It's what makes the world go round. Without it you're not going to survive." Liz a divorcee with adult

children has her own beliefs, "I need money so that I can have freedom. It buys me freedom and allows me to manage my own time. Without money you have no control, no choices. There is no freedom."

Five people - five different views, but one unanimous consensus. Money is an



absolute necessity. With the financial markets in turmoil, people are now occupying city squares around the world, pulling their money out of banks, losing jobs, homes, vehicles, marriages, pensions, and schooling. Everywhere you turn you hear more and more despair surrounding people and their difficult financial situations.

There are debates around the globe as to what caused

our debt problems, but for ordinary citizens, there is only the option of trying to survive. Educating yourself is a necessity to making difficult decisions. I highly recommend finding out about Canadian laws, how financial institutions are regulated, what financial resources do Canadians have, and what insurance is available for your deposits.

Start talking about money with your spouse, kids, friends, neighbours, bankers, financial advisors, investors, and politicians.

Historically in times of financial turbulence, some great financial opportunities do arise, but more scam artists also appear. Yet another reason to wary and find out all you can about the rules and regulations that affect your financial future.

#### Some web sites you may want to resource:

<http://www.cdic.ca>  
<https://www.ific.ca>  
<http://www.mfda.ca>  
<http://www.canseclend.com>  
<http://www.securities-administrators.ca>

*dalena.mclean@sunlife.com*



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# COMMUNITY CALENDAR

for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood

Listings for free events and programs as well as volunteer opportunities. Email your listings to [info@ratcreek.org](mailto:info@ratcreek.org).

## ENTERTAINMENT

### THE CARROT OPEN STAGE

Thursdays for folks 55+ 1:30-4pm.  
Saturdays 7pm-10pm  
9351 118 Ave, 780-471-1580.

## EVENTS

### CHRISTMAS CAROLING PARTY

Join us on the Ave for carolling together. We'll sing down the streets, and warm up in our favourite community arts coffeehouse with warm drinks and holiday treats. You will also enjoy live music from the Lazy River Sextet. Friday, Dec 16 from 6:30-9:30pm. Meet at The Carrot (9351 118 Ave). Dress for the weather.

### RUDOLF'S PANCAKE BREAKFAST

On Saturday, Dec 17 from 10am to 12pm at Parkdale Cromdale Hall (11335 85 St). Free to members!

### TALKS AT THE MARKET

Come learn and participate on Thursdays from 6:30-7:30pm. Dec 1 Meditation; Dec 8 A wacky winter tale puppet show; Dec 15 Pie making workshop. Go to [www.albertaave.org](http://www.albertaave.org) for more info. And don't forget to shop at the market.

### AFRICAN CHRISTMAS CONCERT

African Christmas Concert at St. Faith's Church. Award winning African singer and the Alberta Avenue Choir. Email [princegarth@gmail.com](mailto:princegarth@gmail.com) for tickets.

## NOTICES

### SCHOOLS AS COMMUNITY HUBS COMMUNITY CONSULTATION

Edmonton Catholic School District will soon be opening its second "School as Community Hub" and it's in your neighbourhood! This Hub is an important part of their new initiative "One World... One Centre" which will be located in the former St. Patrick School at 12050 95A Street. You are warmly invited to attend a community consultation on Wednesday December 14th at 7pm at the Alberta Avenue Community League (9210 118 Ave). Representatives from Edmonton Catholic Schools will be on hand to inform the public about Schools as Community Hubs and their plans for One World...One Centre. What they will be most interested in though is to hear your ideas about what sorts of programs and services you think should be offered at this new site. Light snacks will be provided.

### NICE NEIGHBOUR RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for CRUD's Nice Neighbour Recognition Award and give some recognition to those that make our community great. Nominations are accepted via e-mail at [info@crudedmonton.org](mailto:info@crudedmonton.org).

## PROGRAMS/CLASSES

### ADULT GUITAR LESSONS

Bring your guitar, learn a few chords and meet some friends! Saturdays from 10am-11am at Parkdale Cromdale Community League (11335-85 Street). Free to Parkdale Cromdale league members. More info: Sebastian Barrera 780-477-1294.

### NEEDLE FELTING WITH MIKE GERMANN

Learn the basics of felting. Materials supplied and tools will be on hand for those who don't have their own. Share ideas and techniques while chatting over a drink. The Second Saturday of the month at 1:30 pm at The Carrot Community Arts Coffee House (9351 118 Ave). More info: [info@artsontheave.org](mailto:info@artsontheave.org) or call 780-471-1580.

### ENGLISH CONVERSATION CAFE

For those who need to practice their new found English language skills. Every Saturday 10-11:30am at Bethel Gospel Chapel (95 St & 117 Ave). Free child care provided.

## SOCIAL ACTIVITIES

### KARAOKE WITH CRUD

Tune up your vocal cords and join us down Green Frog's Pub (9349 118 Ave) for another hopp'n good time of socializing and singing. On Friday, Dec 16 at 9:00pm.

### ART ON EARTH

An opportunity to explore art through various media with Jean Tait. Lunch is provided. Wednesdays from 10am to 12pm at the Parish Church of St. Faith's and St. Stephen the Martyr (11725 93 St). More info: 780-477-5931.

### DROP-IN TIME

Come in for warmth, conversation, coffee and a bowl of soup. Thursdays from 10am to 2pm at the Parish Church of St. Faith's and St. Stephen the Martyr (11725 93 St). More info: 780-477-5931.

### COMMUNITY MEALS

Breakfast: Saturday, Dec 5 and 19 from 8:30 to 9:30am and Supper: 5:00 to 6:00pm at the Parish Church of St. Faith's and St. Stephen the Martyr (11725 93 St). More info: 780-477-5931.

### ALBERTA AVENUE CHOIR

Join your neighbourhood choir on Sundays 4pm at St. Faith's Church. Check out Garth Prince "Sand and Sea" featuring the choir on iTunes! Contact Garth 780-700-2847.

### MAKE MELODY

Are you a singer, songwriter musician who wants to perform and share your ideas? Join the Edmonton Melody Makers at the Carrot Saturday nights at 6pm. For more info contact Mj at [mjn\\_mjn@hotmail.com](mailto:mjn_mjn@hotmail.com)

### FRIDAY NIGHT DROP-IN

Open-house, free coffee and snacks - games and conversation with friends. A safe place to hang out on a Friday night from 7-9pm at Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

### PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo takes place every Monday from 10am-2pm at the hall (11335 85 St). Coffee and snack provided.

### SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8715 118 Ave).

### PARENT & TOT PLAYGROUP

Drop by Eastwood Hall (11803 86 St) on Thursdays between 9am and 11am to hang with other parents and let the kids play.

### LI'L SPROUTS PLAYGROUP

Come by the Parkdale-Cromdale Hall (11335 85 St) with your little ones Fridays, 10am-12pm. Call the hall for more information. 780-471-4410 or [parkdalecromdale.org](http://parkdalecromdale.org).

### CRUD COMMUNITY DINNER CLUB

Discover new flavours and restaurants while you explore a variety of wonderful cuisine along Alberta Avenue with friends and neighbours. Check CRUD's calendar at [www.crudedmonton.org](http://www.crudedmonton.org) or Facebook for time and location of this month's feast.

## SPORTS/REC

### CRUD WALKING GROUP

Join us for a nice stroll around the neighbourhood. Wednesday evenings at 6:30pm in front of the main doors of the Alberta Ave Community League (9210 118 Avenue). The group walks west to 95th Street, heads south towards Norwood School, then loops back and ends at the League. Walk is cancelled if it is below -15 degrees.

### FREE INDOOR PUBLIC SKATING

Free Public Skating is offered at City of Edmonton indoor arenas year-round. Staff will be on site during all Public Skating times. Skate Assists will be available for Public Skating. Helmets are not required, however highly recommended. Equipment not permitted during Public Skating includes the following: strollers, sleds, hockey sticks, pucks, and balls. Three types of Public Skating programs at our indoor arenas: Family Skate, Parents and Tots and Senior Skate. More info: Call 311 or go to [edmonton.ca](http://edmonton.ca) (search public skating).

### COMMUNITY SWIM

Free swim for Alberta Avenue and Parkdale-Cromdale Community League members. Sundays from 12pm to 2pm at Eastglen Pool (11410 64 St).

### CRUD DOG WALKING GROUP

Meet neighbours and their canine companions while walking around the community. Mondays evenings: 6:30pm in front of St. Alphonsus Church (11828 85 St). Walk is cancelled if below -15 degrees.

## VOLUNTEER

### DRIVE A SENIOR

Be a volunteer driver who spends 3-4 hours once a month to drive an elderly senior to medical appointments, banking and/or shopping. Gas reimbursed. Call 780-732-1221.

### THE COOLEST WINTER FESTIVAL IN TOWN

Help out at the annual Deep Freeze Festival. January 7 & 8. Email: [deepfreezevolunteers@gmail.com](mailto:deepfreezevolunteers@gmail.com) or leave a message at The Carrot 780-471-1580.

### HANG AT A GALLERY

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 info, contact Anna at [volunteer@ninahaggertyart.ca](mailto:volunteer@ninahaggertyart.ca)

### PARKDALE POSITIONS

Looking to: get involved? Add to your resume? Learn new things? Volunteer at Parkdale Cromdale Community League. We are currently looking to fill our secretary/treasurer and bingo/casino positions. All required training provided. Contact us at 780-471-4410 or [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org).

### ARE YOU A DJ?

Do you love music, meeting new people, having fun and volunteering for a great organization? We are looking for a DJ for our "Spring Fling Family Dance" on Friday, April 20, 2012 from 4:30 to 8:30pm. Call Norwood Family Centre at 780-471-3737 if you are interested in volunteering for this event.

### HELP AT NORWOOD CENTRE

Become a Volunteer at Norwood Child and Family Resource Centre (9516 114 Avenue) and gain experience for employment/education, meet new people, learn new skills, have fun and give back to your community. Click the volunteer tab at [www.norwoodcentre.com](http://www.norwoodcentre.com) to view positions descriptions OR Phone: 780-471-3737 to find out what positions are available.

### BEFRIEND A SENIOR

Provide much needed companionship to an isolated senior by assisting them with grocery shopping, sharing life stories, playing cards or completing crafts, going for walks or driving them to and from medical appointments. There are seniors in your community waiting for a volunteer right now. It could take as little as an hour each week! Please contact Carole at 780-342-4421 for more information.

### BE A COFFEE BARTENDER

Learn how to be a barista and 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. Drop by: The Carrot Community Arts Coffeehouse at 9351 118 Ave, call 780-471-1580 or [visitwww.thecarrot.ca](http://visitwww.thecarrot.ca)

## CLASSIFIEDS

### RINK MANAGER NEEDED

Parkdale-Cromdale Community League is looking for a dedicated, responsible person to fill our paid position of Ice Rink Manager for the upcoming season. Contact us at 780-471-4410 or [info@parkdalecromdale.org](mailto:info@parkdalecromdale.org)

### PLACE YOUR CLASSIFIEDS HERE

Contact [info@ratcreek.org](mailto:info@ratcreek.org)

# Church Services

### Avenue Vineyard Church

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way. 8718-118 Avenue (Crystal Kids building) [www.avenuevineyard.com](http://www.avenuevineyard.com) Sundays at 10:30 am

### St. Faith's Anglican Church and St. Stephen the Martyr Anglican Church

St. Stephen uses the Book of Common Prayer in the rich worship style of Anglo-Catholicism. St. Faith worships according to the Book of Alternative Services and has a more contemporary service in language and form. Two Traditions - One Faith. St. Faith: 780-477-5931 St. Stephen: 780-422-3240 11725-93 Street Sunday Services: 8:30 am - Low Mass (St. Stephen) 9:00 am - Morning Prayer (St. Stephen) 9:30 am - High Mass (St. Stephen) 11:00 am - Morning Worship (St. Faith's) 7:00 pm - Evensong (St. Stephen)

### Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship. 11461-95 Street 780-477-3341

### Sunday Meetings:

9:30 am - Lord's Supper  
11:00 am - Family Bible Hour  
Saturdays - Free English Conversation Café for immigrants

### Christian Life Center

Our Vision is to be a growing community of believers who are woven together by the love of God for support, fellowship and prayer. 10123 Princess Eliz. Avenue 780-471-2250 [www.clifec.ca](http://www.clifec.ca)

### Service Times:

9:40 am - Pre-service Prayer  
10:30 am - Worship Service  
10:45 am - Kzamm Kids

Child care provided for ages 0 to 12 years.

Advertise your church here for only \$120/year. Contact [info@ratcreek.org](mailto:info@ratcreek.org)

We would like to thank the Norwood Neighbourhood Association for sponsoring the Community Calendar.



Deep Freeze 2011 hockey players survived the blizzard. Sad to say their hockey balls snapped in half. All those brave enough to take on winter are encouraged to participate in the 2012 tournament. For contact details see page 3.

Have questions for the police? Concerns on your block? Call our Community Liaison Cst. Paul Pilon at 780.421.2602

# December photo contest winner



Laura Kalakalo, fifteen, from Delton is this month's photography contest winner. With a fine eye and sense of mood, she captured the intersection at 97 street and 118 avenue. Congratulations to Laura. The contest runs every month and is open to all residents.

**kid's kornor**

## What would you like to find under your Christmas tree?

(Draw your picture here)

**UNFORGETTABLE ... GIFTS & MORE**

Housewares  
Decorations  
Flowers  
Candles  
And More!

**Grand Opening Christmas Special**  
**40 - 70% Off**

8403-118 Avenue | Open: Tues-Sun 10-6 | Phone: 780.966.9923

**All Photographers Welcome!**

The monthly Edmonton travellers meetup club will be held at the Carrot Cafe on Tuesday, December 6th at 7pm. Presentation for the evening will be a photo display of a bike trip from Canada to Central America. Everyone welcome. Admission is free.

**WINGS** 8541 - 118 AVENUE • (780) 479-8812

**SPORTS BAR & GRILL**

**Open 7 Days a Week 11 AM - 2 AM**

**Wings Nights**  
Enjoy Our Famous Chicken Wings  
Every Tuesday & Friday  
4 PM 'til Midnight  
**25¢ ea**

**Happy Hour**  
Daily  
3-7pm

**Karaoke**  
Thursday, Friday & Saturday  
**\$2.00 Sliders!!!**

*Meet your Neighbours at our Friendly Neighbourhood Pub and enjoy an 8" 2-Topping Pizza with 16 oz. Draft \$10.00*

**Take Out & Delivery Specials**

**DELIVERY HOURS: 4 pm - 4 am Daily**

Minimum order \$15 • Some restrictions may apply • Delivery charges & taxes extra • Please mention coupon & specials when ordering. Debit at the Door available. Please mention credit card when ordering.

<b>VARIETY PACK</b> 1 Medium 10" Pizza with Any 2 Toppings, 1 Pasta, 1 Garlic Toast, 1 med. Caesar Salad, 1 Mozzaburger, 1 2-Litre Pop <b>\$26.99</b>	<b>COMBO PACK</b> 1 Lrg. 12" Pizza with Any 2 Toppings, 1 Pasta with Garlic Toast, 10 Chicken Wings, 1 Caesar Salad <b>\$27.95</b>	<b>SUPER MEAL</b> 2 Medium 10" Pizzas with Any 2 Toppings, 2 Baked Past, 2 Garlic Toast, 2 Litre Pop <b>\$28.99</b>	<b>FAMILY PACK</b> 2 Lrg. 12" Pizzas with Any 2 Toppings, 20 Chicken Wings, 2 L Pop <b>\$33.95</b>
<b>JUMBO HOMEMADE DONAIR</b> with Cheese, Onions, Tomatoes and Sweet Sauce Chicken or Beef <b>\$9.99</b>		<b>2 8oz. N.Y. STEAKS</b> with Fried Mushrooms, 2 Fries, 2 Caesar Salads, 2 Garlic Toast <b>\$24.99</b>	
<b>Oven-Baked Pasta with Garlic Toast and Homemade Meat Sauce</b> 1 ... \$8.99 2 ... \$14.99 3 ... \$19.99 add Meatballs for \$2.00		<b>2 JUMBO CHEESEBURGERS</b> with Fries and 10 Wings <b>\$19.99</b>	

**Chicken Wings**  
BBQ Honey Garlic.  
Hot or Teriyaki  
10 Pieces ... \$7.95  
20 Pieces ... \$14.95

**2 FOR 1 PIZZAS**

Toppings	M - 10"	L - 12"	XL - 14"
1	\$15.95	\$18.95	\$21.95
2	\$16.95	\$19.95	\$23.95
3	\$17.95	\$21.95	\$25.95
Extra Toppings	\$2.00	\$2.25	\$2.50

**2 for 1 SPECIALTY PIZZAS**

M 10" \$21.99	<b>MEAT LOVERS</b> Beef, Ham, Salami, Pepperoni, Bacon	<b>DONAIR</b> Donair Meat, Fresh Tomatoes, Onions, Donair Sauce	<b>HOUSE SPECIAL</b> Pepperoni, Ham, Mushrooms, Onions, Shrimp, Green Peppers, Pineapple	<b>VEGETARIAN</b> Mushrooms, Onions, Green Peppers, Pineapple, Black Olives, Fresh Tomatoes
L 12" \$26.99	<b>CHEESEBURGER</b> Beef, Onions, Mushrooms, Cheddar Cheese	<b>GREEK</b> Beef, Onion, Tomato, Mushrooms, Feta Cheese	<b>BBQ CHICKEN SPECIAL</b> Chicken, Onions, Green Peppers	

# BE PART OF THE SHOW

If you want a job that's exciting, rewarding, and entertaining, all at the same time... that's what awaits when you join the show at Northlands. Be part of the team behind the best events in entertainment, business, agriculture and horse racing. Come share your enthusiasm and commitment to excellent customer service. Be an ambassador for one of the greatest facilities in the world, known for its outstanding spirit and volunteerism.

Here's just some of the great northlands job perks:

- Exciting and fun place to work
- Flexible shifts
- On-the-job training
- Generous benefits
- Pay increase incentives
- Opportunities for advancement
- Gain valuable experience
- Year-round employment available
- Staff incentive and recognition programs

We have a variety of job options available. Please visit [northlands.com](http://northlands.com) for more details.