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With love from PAAFE

MARI SASANO

In February, we celebrate Valentine's Day. But for all the love and romance in the air, there are still women selling sex on our streets. It's a crime and a nuisance for those who live in our neighbourhoods and have to deal with used condoms on the lawn and johns harassing us when we're trying to go about our lives. But it's a complex problem that doesn't end with arrests and fines; it's a cycle of misogyny, abuse, poverty, addiction, and the targeting of vulnerable women for profit.

To recognize this, we are profiling PAAFE, the Prostitution Awareness and Action Foundation of Edmonton, an organization that works to address the causes as well as provide solutions for the women (and men) who are involved in prostitution. Kate Quinn is the Executive Director of PAAFE, and as a community resident, understands what it's like to live with sexual exploitation just outside her door. Though it would be easy to condemn the women, she asks people to see the issue as a symptom of greater social problems, starting in the lives of the men who buy sex.

"We try to work to address the whole circle. We work with police and other partners in providing offender programs, which is how we started in the '90s. People in Boyle Street, McCauley, and Alberta Avenue were concerned with the impact of men cruising our neighbourhoods. A group met with police and politicians and front line workers and we decided to advocate on taking action against the demand side—the johns," says Quinn.

Ask any woman who lives near Alberta Avenue or 95th

Street: men cruising for sex are a nuisance. They leer at us when we are waiting for the bus, when we take our children to school, and when we are simply trying to run errands. To that end, PAAFE runs the Prostitution Offender Program, which is offered to men who are caught for the first time. The one-day workshop includes an information session with police, health care workers, families of prostitutes, sexual health educators, and women who have gotten themselves off the streets. For first-time offenders, it's a chance to change:

"It's very powerful. At the end of the day, we make every man say one positive action they will do. Many of them apologize to the community or to the women. I live in the neighbourhood, so I see these men in their parked cars. I always ask, "Where were you arrested?" It's the community league hall, parks, churches, schools. It makes them think."

Quinn notes that the attitudes of johns—from objectification, a casual lack of compassion, to outright violence—stems from a fundamental disrespect of women. PAAFE, while seeking to educate male offenders, also has a program to recognize men who are positive role models with their Men of Honour awards, which are awarded in April.

And on the other end, PAAFE provides services and support for women who want to get off the street. Quinn says that it's not as simple as getting a new job: these women often have barriers such as addictions, mental health issues, and a lack of safe housing. Often these women are victims of abuse and systemic racism—60% are aboriginal.

"Asking for help is hard to



Illustration by Lorraine Shulba, www.lshulba.com

do. It takes a number of things, starting with a safe place to live and an income. What we do is help find housing and income support—the basic needs. But first of all, we provide welcome and warmth, kindness and understanding."

Once the basics of life are taken care of through partner agencies, they are also able to provide bursaries to complete education programs at Norquest College, NAIT, and Grant MacEwan.

"It's long term work, connecting with people in the community. They are like refugees, coming from a different culture. They need to learn to make

friends and how to be part of the community."

Quinn knows that the process is long and slow and often frustrating. But she reminds us that everyone deserves to be treated with kindness and respect—without the foundation of self-worth, there is no strength to change.

"None of us, no human beings, are beyond help. For some, it's like being encased in a glacier—it takes love and warmth, but it's important to keep offering help and support before they can be free. One woman said it takes maybe 400 acts of kindness. Are we the first, or the 400th? But the bottom

line is that if people are treated like lepers, they will stay there. We need to help them envision a different way of living."

PAAFE's solutions seem small in comparison to the scope of the issues, but Quinn remains optimistic:

"Small is beautiful, and we're a small organization. We're trying to take a complex problem and break it into little pieces to help women rebuild their lives, step by step."

This Valentine's Day is followed by Family Day. Let's not forget that everyone needs love, acceptance, and a sense of belonging—even women on the streets.

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Are you an artistic talent? Send your stories, poems, photos, or art to the Rat Pack! Email editor@ratcreek.org by February 15.

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Join us for the Rat Creek Press editorial meeting
February 9, 7 pm at the Carrot!

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OUR MISSION

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

OUR FINANCIAL SUPPORTERS

Norwood Neighbourhood Association
Spruce Avenue Community League
Eastwood Community League
Elmwood Park Community League
Alberta Avenue Business Association
PAAFE - Prostitution Awareness &
Action Foundation of Edmonton
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We all need some humour in our lives

EDITORIAL WITH MARI SASANO

It's not long until spring, but lemme tell ya, we can all use a sense of humour in February. There's something about the year's shortest month that makes me feel a little restless. Winter's cabin fever is catching up, and no amount of vitamin D supplements is going help like a good laugh. Welcome, then, to the *Rat Creek Press'* humour-themed issue! I hope you find something here that makes you laugh, and think a little about our need for

humour in our lives.

There is so much that is simply not funny in life— life is hard. Even for the luckiest of us, there is always struggle and loss. But humour gives us a distance from our problems, allowing us to find novel solutions, or at least a break from the everyday. And there's no better time to seek out a few chuckles than in February.

That's because we become susceptible to depression in winter, and it's no fun.

Mental health issues are

no joke— many of us will experience depression in our

lifetimes, either for ourselves or those who are close to us. A new writer for the *Rat Creek*, George Tsoukoulas, takes us into his own experience with

depression— a familiar one to many. Thanks to George for sharing his story— the more we see how common it is, the less we're likely to suffer in silence. Humour works like that, too— it shows us all that none of us are invulnerable, that we become stronger in

knowing that nothing can be too serious.

We should celebrate laughter, and appreciate those around us who make us smile. We talk to new Alberta Avenue resident Chris Craddock, a very funny playwright, improviser, and performer. Our Dog Talk columnist Darlene Taylor, who is an aspiring comic herself, muses on humour and defines what exactly it is— or whether that's even possible! Whatever it is, there's nothing like a great joke to lift the spirits.

But that's life— it's the little things that get you through.

“We should celebrate laughter”

LETTERS TO THE EDITOR

I read the article, “A house of beauty fades into the background” by Mari Sasano in the January issue and I was surprised by the approach it took. I was in the house when it was a pottery place, when Timothie Hill owned it, after he sold it and before it was renovated again. It's the third last paragraph that left me disappointed and wondering about how much research goes into an article. I do know that Timothie put many renovations in that place and partly to support a hair salon on site. It would only make sense. However I know the person who lives in the house and the condition it was in and how much work and effort he has done to make it better. I know he is trying to better his living conditions and by doing so make the neighbourhood better. I just have one question and that is, if your Mission is to

“highlight community news, activities and recreational opportunities as well as local residents and businesses to support growth of a strong, vibrant, well-connected community”

Why would you not ask the people who live in the house and who are local residents what their experience was as well? I moved into my house 17 years ago in this areas and I know that past residents renovated my house, and I continue to do so to make it better. It was built in 1912 and some of the historical features I am glad I changed as they were comically hideous and unsafe. Let's not alienate local residents trying to improve their living conditions and the neighbourhood and please print the story from both sides.

T. Perryment

Hello,

I've been a resident of Delton for about a year and a half now and I thought that the latest issue of the *Rat Creek Press* was one of the best I've seen. Thank you for all of your hard work.

Brian Jackson

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Eastwood off-leash park now official

Dog owners now have a place to let their pooches run free in Eastwood Park: the area east of the hockey rink (119 Avenue and 85th Street) has officially been designated an off-leash area. Temporary signage indicates the dog park, as well as a container of bags. Permanent signs will be installed in the spring.

As with other off-leash areas, please ensure that your dogs are vaccinated, licensed and trained to obey voice commands. Dog owners are also advised to keep the park clean and follow City bylaws. For more information on off-leash parks, visit the City of Edmonton's website at www.edmonton.ca

Norwood School News:

December and January highlights from Norwood School:

Congratulations to Grades 4 – 6, who raised over \$400 through their penny carnival and bake sale. All the students did a fine job of our Christmas concert, directed by music teacher Ms. Featherstone. And, to our community partners, who ensured a Merry Christmas for our students— TELUS-play at the Jubilee Auditorium; Tara Spence, Devine Studio for sponsoring "Cuts for Kids" and gifts for every student; Vanguard College for the gifts and the special day of activities; and Weldco-Beales our Turkey Dinner- a very sincere Thank You.

Thanks also to W. (Bill) Glass, grandparent of two students, for organising our Save Our School petition. Over 1400 signatures were collected, and presented by our MLA Brian Mason in the Legislature before Christmas Break.

And the efforts continue to make sure the decision makers know that our neighbourhoods need our schools – not just Norwood, but all the City Centre Education Partnership schools are anchors of all that is good in our communities. There is still time and need for residents to get involved.

From The Norwood Family

CRUD announces Nice Neighbour Awards

MARI SASANO

Community Response to Urban Disorder, or CRUD, is a community group that focuses on crime prevention. But sometimes it's good to accentuate the positive things that make our community livable, and one of the most important aspects of community is the people in it! To recognize this, CRUD is launching the Nice Neighbour Awards. CRUD president Chris Hayduk explains,

"The idea is twofold: one is to encourage people to participate in their community, shoveling walks and helping out their neighbours. Secondly, it's to encourage people to visit their local businesses."

The organization has been talking to various local businesses through the Alberta Avenue Business Association to provide prize packages for the nicest neighbours every month, for example, a dinner for two at a local restaurant.

Nominations can be made through CRUD's website at crudedmonton.org, by email at info@crudedmonton.org, or telephone 780-996-4728.

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School Board decision to impact our communities

ANNA MARIE SEWELL

On January 26th, the Edmonton Public School Board will present the results of its "Sector Review" Community Consultation process, regarding the viability of our City Centre Education Partnership schools. Certainly, some changes will be recommended. It is likely that there will be a push to close one or more of the seven schools in the CCEP (Norwood, McCauley, Spruce Avenue, McDougall, Delton, Parkdale and Eastwood).

Lack of money is repeatedly cited. One wonders then, at the fiscal wisdom of budgeting some \$500,000 to hire out-of-province consultants for this process. Community consultation has included a series of ill-attended meetings at which facilitators set up parameters for discussion, then community members were asked to present issues and questions to facilitators, who then send this input onward, and supposedly bring answers back two weeks later, in a much touted new "dialogue" process.

At the December 8th meeting of the Edmonton Public School Board, Ward 3 Trustee Dave Colburn presented a motion that the three levels of government responsible for schools – Provincial, City and School Board – meet together, in a more straightforward process. The motion passed, though with the amendment that the current consultation process must be allowed to complete.

Given the massive amounts of money and energy the City is putting into revitalising downtown, let's hope that whatever the hired guns find in their analysis of their process, our municipal representatives realise that shutting schools guts communities, and could send all that revitalising money straight down the drain. What family wants to invest in a neighbourhood without a school? Without families, who will support businesses?

Part of the financial shortfall at our schools is due to the Province changing its funding formula for maintenance, from per-square-foot to per-student. Old schools, with their high ceilings and wide halls, immediately cost more.

Another part of the equation is an overall decrease in funding to the School Board, at the same time as there is a commitment to build several new schools in outlying neighbourhoods. It is tempting to see this in terms of rich vs. poor – taking funds from old poor neighbourhoods to build schools in new upscale ones– but the real question is, in a province whose population is growing, shouldn't the education budget also grow?

If there is a financial shortfall in operating our CCEP schools, what can we do to attract more students? Why not advertise to parents who live elsewhere but commute downtown? Can we improve programs? In 2004, CCEP schools ranked in the top 40 nation-wide. They could be there again. CCEP was built through innovative vision and building partnerships. What are the ways to innovate now – Could our schools become carbon net-zero? Could they also serve the surging elder population? What new partnerships can be found? What vision?

On January 26th, these questions and ideas will hopefully be on the minds of the Board of Trustees, as they meet to determine the direction of our schools, and of our communities. Here's hoping they decide to commit to neighbourhood schools as an integral part of a world-class, revitalised urban core.



Updates from the Spruce Avenue Community League

Two free community programs at spruce avenue community league hall!

Olympic spirit

This active program for children ages 6-12 involves a variety of activities including snowshoeing, sledding, olympic-themed crafts, mascot building and olympic torch route simulation.

Dates: mondays february 8 to march 8

Time: 3:30 to 5 pm

Cost: free

Free community skating program

These skating programs are for children ages 3-12. Learn skating basics and play games like broomball on the ice. A csa-approved helmet and skates are required to participate (referrals to sport central are available for those with no skates).

Dates: fridays, february 12 to march 12

Ages 3-5: 4 pm to 4:45 pm

Ages 6-12: 5 pm to 6 pm

Cost: free

Classes take place at the spruce avenue community league, 10240 115 avenue. To register, call 780-479-8019.

These programs are brought to you by your community league and the city of edmonton.

The Edmonton Food Bank encourages Edmontonians to express their hunger

MARI SASANO

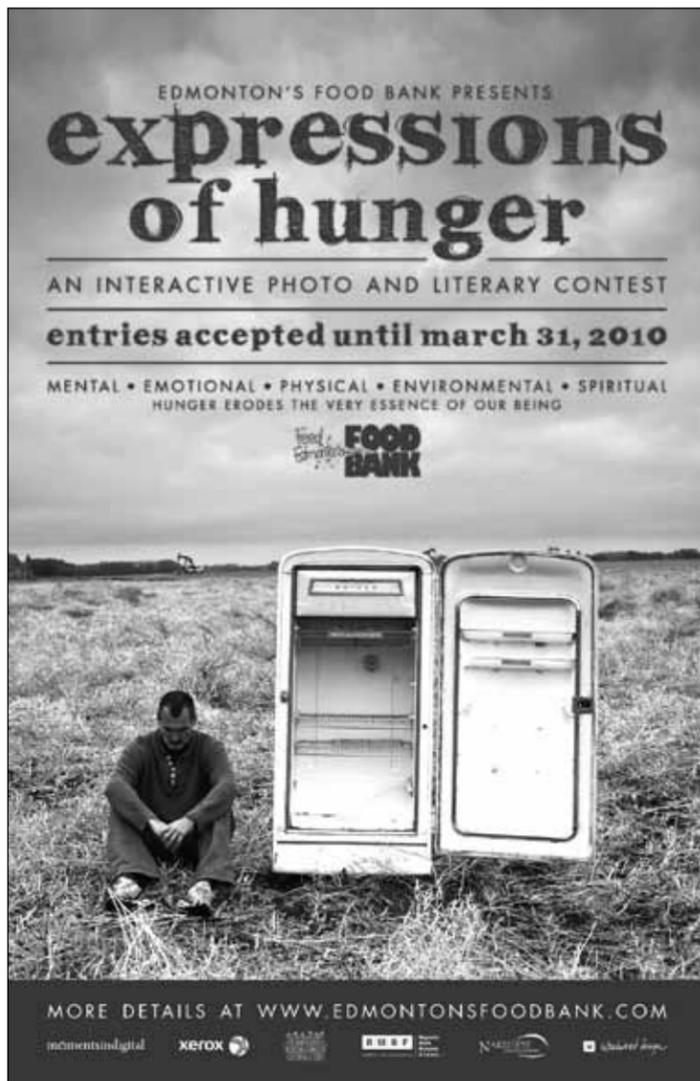
Everyone at one time or another has experienced hunger, even if it's just from waiting too long between meals. It's a terrible sensation, and one that should form strong feelings of compassion for those who experience hunger for days, rather than hours. This shared experience should open our wallets and pantries to those who are in need. But for some reason, there are still those who go without.

That's the idea behind Expressions of Hunger, a photo and literary contest launched in October by the Edmonton Food Bank. More than 15 000 people receive food from the Food Bank per month, and nearly half of those are children. To raise awareness of this problem, the Food Bank is encouraging creative Edmontonians to submit their work under one of five categories, or elements: physical, emotional, spiritual, mental and environmental.

"It's up to the people to explore what the categories mean," says Tamara Steyck, Special Events and Community Relations at the Food Bank. "We're asking for all ages, schools, anyone who likes to pick up a camera or write—we're also asking for poetry and short prose. Images are very powerful, and words do affect people in their own way."

Art, she adds, has ways of drawing out these issues.

"It's to engage Edmontonians so they can think about what hunger means to them, and to encourage discus-



sion on why it happens. In a perfect world, we wouldn't have food insecurity."

Deadline for submissions is March 31. All work will then be uploaded to the Edmonton Food Bank website where the public can vote for their favourites. The winners will be exhibited at galleries across the city so

that people from anywhere in Edmonton can access them—the Nina Haggerty Centre on 118th Avenue will be one venue.

For more information or to submit art, visit the Edmonton Food Bank website at www.edmontonfoodbank.com or email expression@edmontonfoodbank.com.

Friends who eat together look out for the community

MARI SASANO

Part of what makes a safe community requires that people get to know who their neighbours are. It helps to identify the people around them who are familiar and trustworthy, and those who aren't. The fringe benefit of this is the social aspect of banding together—a necessity for human beings, who suffer when lonely, but thrive in the presence of friends.

Community Response to Urban Disorder is a grassroots crime prevention group based in our area, known primarily for their Avenue Takeover events as well as its dog walking group—both designed to “take back” the streets from prostitution and drug dealers. Recently, they have started another activity—group dinners.

"We've been walking every Monday up and down 118th Ave and we thought, look at all these restaurants! We talk about them as we walk by: have you been to this one? How was it?" says Alice Greenshields, one of the regular dog walkers. One thing led to another, and they drew 18 people to their first dinner at Habesha, an Ethiopian restaurant on 95 Street. The January event took place at Szechuan Village on 79th Street. Further restaurants will be announced on their Facebook page. But it's not just all fun, according to Greenshields.

"What I found with the dog walking group, people come from all over the area, all



35 NEIGHBOURS DINED TOGETHER AT THE SZECHUAN VILLAGE AS PART OF THE CRUD DINNER CLUB

the different communities, plus from outside our neighbourhood, from McCauley. So when we're doing the dog walk, we talk about what happens on our street, and the next thing we know we're discussing how we handle our problems. So, socializing and connecting and sharing resources. Our communities have the same issues."

There is an obvious benefit to the local restaurants who get to introduce their cuisine to large groups of people, but it's also a chance to explore 118th Avenue.

"We want to go along the whole avenue, from the Coliseum right to NAIT. Find all those little restaurants," says Greenshields. Smaller restaurants that may not be able to accommodate up to 20 people may require some clever planning, such as arranging for a catered outdoor meal in the summertime, or at the Carrot. And because food is such a universal interest, people from outside of CRUD are starting to join—which, again, widens the circle of people with the common goal of improving the neighbourhood!

"Everybody's excited. Who would've thought?"

For more information, visit www.crudedmonton.org or call 780-996-4728.

Two Alberta Avenue businesses win Urban Design Awards

Two participants in Alberta Avenue's facade improvement program received a boost recently from a Canada-wide jury, winning Edmonton Urban Design Awards in the category of Urban Fragments.

Myhre's Music at 8735 118 Ave. and the tiled building at 11805 94 St. which houses the Bedouin Beats dance studio were two out of 10 projects chosen from 54 entries recognized for setting a high standard in urban, architectural and landscape design.

Judges' comments for the Bedouin Beats building include: "Alberta Avenue is a tough neighbourhood and the project is a different/refreshing expression," and "It's a 'cool-looking' building with a stronger, more cheerful presence on the street than what is currently in the neighbourhood."

Myhre's Music was singled out for showcasing "very sensitive design skills" that are "light, friendly and beautiful," and that it "Adds to the urbanism of the

area through the beauty of its façade," and "effectively expresses the craftsmanship needed to design a musical instrument."

Joe Holtz of Alberta Avenue Business Association sees this as a positive sign for the facade revitalization program and encourages street-facing businesses within the business revitalization zone boundaries to participate. Interested businesses should call the AABA office at 780-471-2602.



MYHRES MUSIC WINS URBAN DESIGN CITY AWARD



BEDOUIIN BEATS

114th ave ice rink



The front yard of Frances Isadore and Terry Cardinal is a Canadian kid's dream: the Norwood residents have transformed the lawn into an ice rink, complete with hockey nets, lights, and a Canadian flag.

"We did it last year, and he did it this year for the kids," says Isadore. "The younger one—he plays hockey and, this is a way to get him on the ice."

This is the second year that the family has made a hockey rink at their home on 91 Street, making it a local landmark. Isadore says that the unusual sight attracts attention from passersby.

"People will drive by and stop to look at it," she says.

The rink took Cardinal about a week to make, but already it is a hit in the community. "Our neighbour next door and some other kids come to play hockey."

New home for the best kubasa in the city

Marchyshyn's Home Meat Market

11104 96 St
780 425-0632
Hours: Mon-Fri 9am-5pm,
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Good news foodies! Some of the best kubasa, cabbage rolls and perogies are now closer than ever. Long time Edmonton business, Marchyshyn's Home Meat Market, has moved from its downtown home of 35 years to the corner of 96 St and 111 Ave and while the outside of the building still needs work, inside they are ready for business.

"We just had too much space in the old place, especially since we closed the restaurant 13 years ago," says Mary Marchyshyn, owner. "We weren't planning specifically to come to this neighbourhood, but everything just fell into place so it must have been meant to be," she laughs.

Taking on the two-storey building that had been a second-hand store for over 30

years meant a lot of renovations. The ground floor of the building became Marchyshyn's while the upstairs was turned into a law office for Mary's son-in-law. Luckily Mary's daughter, Donna, who is an artist, was up for the challenge of redesigning the space. Keeping things in the family is the Marchyshyn way – the business has been family owned and operated for 85 years, started in 1925 by Mary's father-in-law. When Mary's husband Nestor passed in 1981, Mary took over the business herself and runs it today with the help of her son Bill and grandson Adam.

Mary makes most of the food they sell on site herself, still following the traditional recipes and methods used by Marchyshyn's from the beginning. This includes ham kubasa and kubasa burgers, pepperoni, headcheese, cabbage rolls, perogies (both cottage cheese and cheddar) and borsch. She also makes beet and horseradish relish, which she says is very popular. Mary also stocks sour salt, an ingredient used in things like borsch that can be hard to find elsewhere in the city, and has cold cuts brought in from Vancouver.

Come the spring the outside will be finished and permanent signs will be put up,

but in the meantime don't be put off by the unfinished look. The smokehouse is fired up and the kubasa (and everything else) is made and ready to be eaten. I have it on great authority from my Ukrainian friends that Marchyshyn's is the best in town.



MARCHYSHYN'S NEW SMOKEHOUSE, BUILT BY THE SAME PERSON THAT BUILT THE OLD ONE, 35 YEARS AGO!



MARY WITH SOME OF HER FAMOUS KUBASA



PAUL KELLY, ASSISTANT MEAT CUTTER, MAKING KUBASA

The Avenue Initiative is a community based revitalization of 118th Ave from Nait to Northlands. The community has come together to work with the City to develop a council approved strategy that will create a safe, walkable community for everyone.



Idea Shindig!



A rip-roaring, idea sharing...get involved & find out what is happening in the neighbourhood, meet your neighbours!

Have you ever wanted to close down the street to vehicular traffic?

Some people think that'd be fantastic!

Or maybe throw a street party to meet some new friends?

Come with your ideas, get involved and set some new trends!

Monday, Feb 22, 2010

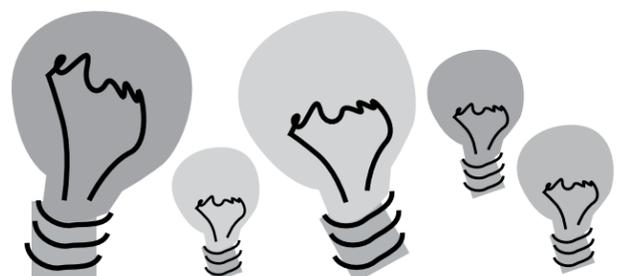
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avenue initiative revitalization

What the comedy?

DARLENE TAYLOR

When you look in the dictionary to try and pin down what “comedy” means – well, you could spend hours at it and be just as baffled as when you started. Let’s not even think about “humor.” In short, nothing funny about it.

There are many forms of comedy and I guess that’s what can make it complicated. For example, pure stand-up comedy is primarily verbal, while mixed stand-up combines verbal and physical. That can break down into monologues, storytelling, satire, and impersonations. When you get into mixed comedy there are prop comedy which includes juggling, music, ventriloquism, entertainment, magic, singing, and sound effects. Add to this pantomime, clowning, and team comedy.

I guess when you think of the number of people who cannot tell a joke it starts to become apparent as to the skills of delivery, timing, point of view and passion required. Never mind personal preference as to what does or does not strike an individual listener or audience as funny.

I found it very interesting that Lucille Ball says, “I’m not funny. What I am is brave.” Carol Burnett admitted, “I’m not afraid to make myself unattractive, most women are afraid.” Talents required in a successful performance tap on the dramatic as well as the story-telling ability. Most comedians were the class clown.

In school, my reports were as short as possible so I wouldn’t have to stand up in front of the class; such a terrifying experience for this shy misfit. I was more the class joke than the class clown. Nothing would have convinced me that a few years later I would be standing in front of a class, teaching people how to use computers simply because I could explain it. It was a time of change when typewriters and word processors were being replaced by computers.

My comfort level in front of people grew to a point where I would attempt to add humor to analogies and explanations to change the nervous secretaries as they embarked on a new technology into knowledge and confidence. Of course, I began writing

“how to” cheat sheets and user guides for them, in everyday language, which were non-existent at the time. I joined Toastmasters and took writing courses to provide a better and clearer presentation in person and on paper. But the humor was more incidental and accidental. People would laugh and I would wonder what it was I said that was funny.

So I’ve decided to take Metro Continuing Education’s Stand-up Comedy class.

“Discover your unique sense of humour! Use it at all times and in any situation ... Comedian and comedy writer, Paul Sveen, is as much fun as he is funny! Wherever he performs he’s part of the party, like having a national headliner in your kitchen!”

I started to research comedy and comedians, especially female comedians, and found out that it is no easy task ahead of me. Either way I will be brave, and not be afraid of looking unattractive so I can be purposely funny, in my dog training, computer training and other classes, as well as in my articles. Wish me luck!

One homemaker’s life, by the numbers

CARISSA HALTON

Budget time has arrived and revenue streams are forecast to dry up by 30% in the next couple months. Like any good manager, I pull out my assessment tools: timesheets and project codes must diligently be recorded. My workbook sits on the counter and over the assessment time it accrues a slight sticky film- perhaps it’s cooking oil, perhaps it’s dried peach juice.

I’m a full-time “home manager,” services paid by the Government of Canada c/o Employment Insurance. That is payable until the middle of this month when Daughter #2 turns one. Then I need an action plan for survival. Mat, my loving husband, has suggested I find a sugar daddy but on my walks to the library, drug store, park and then home I have yet to find someone suitable. I have suggested he find a second job starting sometime after the daughters are in bed.

As when managing any budget cut, one can approach it one of two ways: increase revenue or decrease expenses. To assess the best approach for our family, I tracked my time, talents (gifts) and treasures (money) over a four-day period. Here are some of the highlights (and lowlights) of life as a full-time home maker- er, home manager:

From 4 to 4:20 pm on Tuesday I searched for a lost poo nugget whose existence I know of only because of the scented remains on Daughter #1’s right foot.

Making saskatoon muffins took a surprising 30 minutes of time- double the national average thanks to Daughter #1’s sincere “help.”

Food services averaged 3

hours or 12.5 per cent of the day (included gathering, preparing and consuming- add another 0.5 for clean-up).

Sleep-support services aver-



CARISSA HALTON’S (RELATIVELY) TIDY HOME!

aged one hour or 4 per cent per day (included rocking, hushing and patting).

Daily battles over the *Edmonton Journal* created conflict that coloured my mornings. I wanted to read it. Daughter #1 wanted to use it as flooring for her fort.

Diaper activities (included changing bums and washing nappies) averaged a mere 15 minutes or 0.25 per cent per day.

Early Childhood Development Facilitation consumed, on average, 85 per cent of the day and night (activities included taking Stompy-the-Giraffe to the “hospital,” explaining “why,” and peek-a-boo)

Only once did I get irrationally angry at Mat for leaving his coat slung casually over the kitchen chairs I had just cleared.

Over the course of the time measured, I spent no time crying in a fetal position.

About 50 per cent of the day I felt general resentment at the state of cleanliness of my home, 25 per cent of the day I was dealing with said state and the last 25 per cent I escaped to other environments.

I noticed when my neighbour had a baby. I spent 6 per cent of the day making her food.

Well I can laugh about it now...

DEANNA COX

Last year, shortly after starting work with two Christian radio stations here in Edmonton, I was given the opportunity to bring a guest to Handel’s Messiah playing at The Winspear. As it happened the event was on my husband’s birthday and I thought it might be a memorable experience for us. We rarely ever get dressed up and go out, so we were both a bit excited and managed to leave children and animals early to ensure close parking and perhaps a special birthday coffee at the Winspear.

For some reason, a few of the normally-open outside car lots were closed, so we drove around a bit but found nothing close by. We were dressed nice, but we weren’t dressed warm. Finally we decided on the underground parkade across from the library— time was quickly disappearing so we got in the lineup. I think everyone converged at the same moment to that parkade!

One block took 10 minutes but that was no problem because we still had time (but maybe no coffee now). Finally our turn came to go into the parkade (still huge lineup behind us!) – we had seen many trucks going down (this seemed an important observation...). As we entered, the safety bar that indicates proper height restrictions, grazed the top of our roof. I thought,

“Oh no!” but my now “aging husband” told me, “Go ahead, it will be fine they always give you a few inches leeway.”

Definition of leeway that came to mind was -

2. leeway – a permissible difference; allowing some freedom to move within limits

This was not the correct definition. As we slowly went down down down into the winding abyss (abyss – a bottomless gulf or pit; any unfathomable or apparently unfathomable cavity or chasm or void extending below) (correct definition)

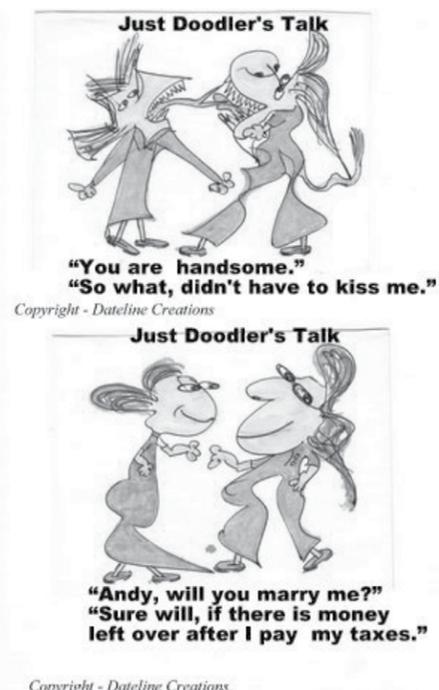
I started my short prayers and put on a brave face. Well we made it near halfway down but unfortunately my husband did not desire a ragtop for his birthday therefore we had to stop. Therefore many many people had to stop behind us. My husband quickly disappeared to stop the traffic flow at the top as the somewhat angry engineer behind me was able to direct and place me as far off to one side as possible so that his little BMW could maneuver around me.

I felt somewhat relieved (momentarily) as cars drove by me. Yes I could take those menacing stares— darn it, I deserved it! But at least they weren’t honking any more and I only learnt about the name-calling much later. Then I saw a truck coming, so I started the prayers again. I tried to kind of scrunch my head down so I wouldn’t see,

unfortunately I was still able to hear. Something was scraping. Another truck came – same sounds.

Finally what seemed like several gray hairs later a young parking attendant came with a big smile and a friendly word (yay!). Traffic was stopped and we could begin to back up, or rather my husband could, as I was now deeply dwelling and perhaps meditating in prayer. The abyss was very icy and after punching in only one of our hubcaps we made it up and I was able to dwell more on Psalm 40: “He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.” Yes, it seemed quite fitting!

We decided to park very far away to avoid meeting anyone who may have been involved in the name calling— my husband was privy to it as he had walked up the abyss and told me about it in great detail. We made it to the Winspear only 20 minutes late but according to the usher lady we had to wait for an intermission. She then went on to tell us about the “talk of the night”— someone had driven a truck too large down the parkade and caused a dilemma. Those aren’t her exact words, I re-phrased it to sound nice. Well, we made it in and enjoyed the rest of the evening and really, I’m not sure how I might make a more memorable birthday for him next year!



Chris Craddock: meet your (funny!) new neighbour

MARI SASANO

Edmonton is known for its share of funny people. Maybe it's the climate that gives us such a good sense of humour— you'd have to have one, just to cope! But we are also the home to world champion improvisors, nationally and internationally recognized writers and performers who bring the funny out. Would you believe that one such person is now your neighbour? The *Rat Creek Press* is pleased to present Chris Craddock, actor/writer/improvisor and new Alberta Avenue resident! Craddock has been part of Edmonton's theatre and improv community for years, and is currently touring *Bash'd*, a hip-hop musical about gay-bashing that has won audiences Off-Broadway, in Europe, and across Canada.

RCP: What makes a joke funny?

CC: Well, when infants first laugh— imagine a game of peek-a-boo— they are first startled, scared a little, then they realize that it's their mother. The cascade of emotion: surprise then the familiar, that creates laughter. That makes up the anatomy of a joke. That's why we say, "It's funny 'cause it's true."

RCP: How do you even know things like that? I'll bet you sit around discussing this stuff with your colleagues.

CC: That tidbit is from a behavioural psychology text. But yeah, we do talk about what's funny, all the time.

RCP: Do you think you can engineer something that is

perfectly, pristinely funny? Is there something that is universally funny?

CC: That I don't know! I think the most universally funny thing is slapstick. It crosses all cultural barriers. Kurt Vonnegut once said that, if humans are around in a hundred thousand years, one person would walk by another and fart and find it funny. Verbal comedy, well, there's a language barrier, but also cultural and time— old movies don't always stand up 10 years, 20 years, 30 years.

RCP: When did you realize that you were funny, that humour was something you could use as tool?

CC: Like most comedians, I developed comedy as a survival tool. You have to bring something to the party! Not only as a way to win friends, but to deflect enemies. But it's a double-edged sword: it can get you into trouble!

RCP: You're not just a comedy writer— you also



www.chriscraddock.ca

cover some serious dramatic ground in your work. What's the role of humour in that other world?

CC: I guess I mostly use humour to make palatable my heavy political messages! To tart it up and to humanize issues. It goes back to recognition, it makes people like you. It's a sympathy-building tool.

RCP: Do you think that works in real life?

CC: I do think so! Remember when Clinton was running against George Bush? He was just funnier. That's how he won people's hearts. Same with Obama, he's much funnier than McCain, and Sarah Palin. Funnier on

purpose, anyways.

RCP: What about for yourself, on a personal level?

CC: Oh yeah! For sure. It's the same kind of thing: I try to make people like me, so they'll help me. I was killing 'em at the passport office. But it's also for enjoying ourselves, it's a way to commune with friends. You sit and laugh together.

RCP: What do you say to someone who is not funny, who wants to be?

CC: What are the main blocks to being funny? An exaggerated sense of self-importance. You can't take yourself too seriously. Or mild depression. If you

consider yourself funny and you can't do it, try seeing someone to find out if you're suffering from depression. Or emulate someone you find funny. It seems insincere, but it's what people do.

RCP: Who were those people for you?

CC: Robin Williams, Eddie Murphy, for this 12 year old boy. But it doesn't hold up. Now? Louis CK, my favourite stand-up. And Chris Rock; he's wise and hilarious. And Stephen Colbert, who has my dream job: to really stick it to the bastards with comedy, and reach a wide audience. The right has got talk radio, but the left has comedy. Generally, when applied to politics, we win.



Rebecca Lipiart-Long

SOULJAH FYAH HEATS UP ALBERTA AVENUE AT THE DEEP FREEZE FESTIVAL

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Take charge of your health

Can an old dog learn new tricks?

JUDY LOVEDA

Or to put it another way, can a senior learn new health concepts and live another 20 or 30 more years?

Let's find out!

Imagine that you have the most adorable little dachshund puppy that sits up so alertly and perkily with her big brown eyes. She is just waiting to be taken home, loved and played with.

Well, that's exactly what happened to my stepmom when she looked at a litter of pure bred dachshund puppies. Immediately, she fell in love with one of them, picked her up and named her Sandy.

From that day forward she fed her, played with her, and loved her but there was one thing she did that caused this story to be written.

An unhealthy lifestyle, one tidbit at a time

Sandy looked so cute that my stepmom could not resist her endearing ways, especially at meal times. As a result she overfed her by feeding her tidbits from the table. Of course, my Dad, who also couldn't resist Sandy, also joined in the routine.

Now, you all know that it only takes one experience of getting what you want and the habit is formed. Dogs are no different. Once the game began Sandy slowly began to gain weight.

However, the weight never became a problem for my family until Sandy was 14 years old.

By this time she weighed 40 pounds, had a gray muzzle, and had lost all but a couple of her

teeth.

In addition, she smelled so bad that anyone coming into the house would wonder what the stinky smell was. Sandy's bed was located right near the front entrance of the house so the odour could not be avoided. And soon enough they learned that it came from the now humongous dachshund, Sandy.

At this same time my Dad was being treated for cancer and my stepmom for diabetes.

I suspect it was disheartening for them to see smelly Sandy lying in her bed all day and night except for her one meal a day and her two bathroom outings.

However, it was so much work for either of my parents to take this 40 pound dog outside twice a day, especially when they felt so unwell themselves.

My Dad decided to build her a carpeted outdoor ramp, which extended from the top of the outside steps to the ground, a distance of four steps. The idea was for Sandy to waddle down the steps by herself, as she could not navigate them on her own. Her weight was too much for her spindly little legs to carry, especially when her belly dragged on the ground. In this way the doggy bathroom outing problem was solved for the time being—or so they thought.

Now, because Sandy never got any exercise except for her two daily trips outside, her heart was weakening. This made the ramp seem like an even better idea to my parents because carrying her outside was out of the question. Thus, their lives continued in this way for about three

years until one day I decided to do something about the situation.

If you can, picture me, Judy Loveda, entering the scene: I was very much into health and a healthy lifestyle, including being a strict vegetarian.

As I watched this scenario unfold each time I visited my parents' home, I was struck by the fact that all three of them were sick. Consequently, it came as no surprise when I heard them announce on one of my visits that they had decided to put Sandy down (euthanize her).

A second chance?

I felt sad about this, especially since I knew the rules of natural healing. I asked my parents if they would be willing to let me take her home and see if I could turn their 14 year old dog's health around.

The offer I made was that if they gave her to me, by the end of 30 days I would have Sandy acting and looking like a frisky young puppy.

I did have an ulterior motive, and that was to show them that their dog was sick for the same reasons they were. In this way, I hoped they would become willing to look at natural options available to them to transform their health conditions and bring them back from the brink of chronic suffering and death. After all, I didn't wish to see them hurt and die anymore than they wished to see Sandy die.

At the time they thought my request was ridiculous but when they made up their minds to see what might happen, they imme-

diately took Sandy to a vet.

The vet gave her a rabies shot and checked her over for everything. He was quite dumbfounded that they would consider giving a 14 year old dachshund a rabies shot instead of putting her to sleep.

He laughed when I told him that I was going to do an experiment with her using natural principles and techniques to see if her health could improve.

This I expected, as at the time (in the early '80s) there were few medical people who thought much about natural methods of healing for animals or for humans. I happened to be one of the few who did.

You can read more about simple ways I learned to diminish or eliminate pain and improve health by going to JudyLoveda.com and checking out the natural pain relief health secrets as the series entitled "Take Charge of Your Health" continues to unfold.

When Sandy and my parents were ready for me to take her, off we went. The Great Health Transformation was on!

There is however, one more thing you need to know: Sandy had arthritis in her right rear hip. This made it very difficult and painful for her to walk. Now, I knew that arthritis hadn't jumped out of the bushes and landed on Sandy's right hip, anymore than it does to humans. But more of that later.

So, off we went: Sandy, myself and my four year old daughter to our country home in Northern Ontario, two hundred miles away from Toronto where

my parents lived. This meant they would not be able to love Sandy in their unintentionally destructive ways and I would be able to work with Sandy in a beautiful country environment.

Lessons learned for dog and humans!

What would you have done in this situation? After all, the dog had lived 14 years by human standards—about 98 years in dog years.

Would you have taken in an arthritic, sick, smelly, aging dog, with the idea of basically reviving her from her deathbed?

Or, would you have let the dog be put to death to end her suffering and the inconvenience and sorrow it caused my family?

Maybe, you would have searched for natural pain relief solutions like I was about to apply to the dog.

Or maybe like most people you would have taken the easy way out?

I, however, believed Sandy's health condition did not have to be terminal and that her life could be prolonged for more years. I believed that the pain could be reduced or eliminated entirely, and that her health could be reversed using natural methods.

I was ready for the adventure to unfold in earnest. Little did I know what surprises waited along the way!

Until the next time,
I remain,
Yours for Abundant Health
Naturally,
Judy Loveda
www.JudyLoveda.com



The Rat Pack

HAPPY PUDDLE BY ANGELA, AGE 13

Rain falls into matted hair,
caressing an angelic face,
Seeping into worn clothes.
A smile creeps up his face,
dreaming of puddles,
Wanting to splash through the collected water.
He rests blissfully in the mist.

CHEER OR CHIRP? BY GIER, AGE 12

Hi folks you know what is funny? It's when comedians are talking they always manage to sneak in, "You know I was on my way over here and something happened to me..." That joke is so old it is almost a tradition! Also if bully has done something and get caught they say "It was a joke." Well a joke is where the crowd is laughing and not you. When the crickets are chirping and the crowd pretends to be somewhere else then that means you out right stink. In my opinion jokes can be played only once or twice and then it's just plain boring.

Here is some advice: you should stage the joke before you play it...I know it sounds like I'm a director advising on Oprah but I could do a lot better on Maury, you know, with all the screaming and swearing I'm bound to get publicity. Hint, hint bullies: knock knock jokes might seem fun but eventually your crowd doesn't want to participate any more.

JOKES BY GALA, AGE 9

Why did the chicken cross the road?
To bravely go where no chicken has gone before
What do you call a boy under a pile of leaves?
Russell
When do zombies leave the table?
When every bodies eaten
What do you call the boy hanging on the wall?
Art

JOKES BY THORIN, AGE 7

What did Obi Wan Kenobi say to Luke Skywalker at the dinner table?
Use the fork, Luke, use the fork!

First person: Will you remember me in a day?
Second Person: Yes.
First person: Will you remember me in a month?
Second Person: Yes.
First person: Will you remember me in a year?
Second Person: Yes.
First person: Knock knock
Second person: Who's there?
First person: I thought you said you would remember me!!

Why did the chicken cross the road?
To show the possum it could be done

What is deep like a hole and round like a spoon,
although all the king's horses cannot pull it up?
A well

TO LAUGH OR NOT TO LAUGH? BY ELLISON, 10

Hey, this month's theme is humour so just in case one of you out there is bored I thought I might suggest a couple of funny things to do that doesn't involve making someone think that they're a bird and make them jump off of something high. I know, I know, and as fun as that sounds it's just not very nice. You could simply watch AFV and see someone else do it. You could be REALLY entertained by watching me try and write this column because I can't type so I use my nose... picture that in your mind (the time it takes you to read this stuff in brackets is how long I'm giving you to laugh) (you don't actually have to laugh :))

Til' next time,
Ellison

Strengthening Community through Art with the Nina Haggerty Centre

JORGE SOUSA

Welcome back for another look at how the Social Economy is thriving in the Alberta Avenue community.

The Social Economy is comprised of many things and has different meanings for different people. As an academic I focus my work on understanding what makes communities strong so I pay attention to seeing how the Social Economy is found in practice.

Co-operatives provide people services

During my travels throughout the country I have seen co-operatives provide services and opportunities that are more than housing and gas stations. For instance, there is one co-operative operating in Saskatoon where the members are youth deemed as being at-risk. However, they combine their skills as artists and as entrepreneurs to run a very successful co-operative. One thing that is clear is that opportunities reflect both the excellent work undertaken by average citizens as well as ensuring that people

feel that their contribution results in strengthening their local community. The different activities and initiatives are intended to help strengthen communities by supporting people to attain greater self-reliance in an ever-increasing complex and alienating world. Well, you could probably understand why I get so excited at the efforts that are now visible Alberta Ave.

People have taken a keen interest in this community for a variety of reasons, but the most common is the recognition that there is something special going on and many want to contribute to change that builds on local strengths rather than deficits. As I walk through the neighbourhood I constantly remind myself to pay attention to the community work, so I seek chances to meet folks who work in a community minded way.

One local arts centre caught my eye

When I walk to my local bakery I always pass by a new building that appears to serve different functions: an art gallery, an art

studio and a housing property. I always peek inside and I have indeed ventured into the gallery on a few occasions. People work together on different tasks: painting, directing, offering advice etc. During the evening I still see people painting and sharing. We all know about places where these activities occur but there is something special about this location—there always seems to be something happening there. In my experience such activity means there is much more going on. I am of course referring to the Nina Haggerty Centre for the Arts. While a well-known name in the broader community, they only recently moved to the Ave. So, I decided to invite Executive Director Wendy Hollo out for a coffee. Fortunately Wendy invited some of the staff, including Paul Freeman so we all ventured to the Carrot for a coffee.

The Avenue and Nina Haggerty mutually benefit

As you may know, until recently the Arts Centre was located on 111th Ave. Of all places that this group could have relocated to they decided to move to

the Ave. So, I wondered why. According to Wendy:

“Specifically we chose this neighborhood because we wanted to be in a place where we could be adding something because the organization that founded the Nina Haggerty Centre for the Arts was really looking at that model of asset based community development and they wanted to demonstrate it. The arts centre demonstrates how one could look at the strengths of people that would normally be supported in ways that are based on what was wrong with them as opposed to what they are really good at. We provide support around what their strengths are. It is a microcosm of the whole thing that is happening on the Ave.”

The centre’s work revolves around programming aimed at supporting persons with disabilities from all over the region. Providing some form of social service is a key feature of the Social Economy, but the activities are intended to be community driven. According to Paul:

“The programming isn’t art therapy but can be therapeutic. We try to look at where

a person could change their narrative. From consumers of services or the person who is of being told what to do to shifting where the person is the only authority in terms of how to begin and what colours to use, what medium to work in, etc.”

Changing narrative seems to resonate with the efforts occurring in the Alberta Avenue community. So, what makes the Nina Haggerty Centre for the Arts reflective of the social economy? A common element of the social economy is that community-based organizations are there to support broader community activities. Well, it is a non-profit organization and they are autonomous, but what is key is the community development approach that drives their mission is put into practice. Clearly the centre’s profile will continue to build as a greater community consciousness becomes clearer. I believe that the work being done through the Nina Haggerty Centre for the Arts is providing a canvas to make that happen. So I strongly encourage you to visit the centre and support the work in any way you can.

The stark truth about depression



RIVER, THE BLACK AND WHITE BORDER COLLIE, AND TATER, THE TAN AND WHITESMOOTH COLLIE ENJOY THE DEEP FREEZE FESTIVAL

Dan Roufasse K9 Korruption Dog Sports and Training Club

Fixing broken windows in your community

LAW AND ORDER WITH CST. REID NICHOL

My name is Cst. Reid Nichol, and I took over the Community Liaison Constable in early January. In the basic form, my job is to listen to the community members, as well as the beat and patrol members, in identifying problems and then directing our resources into the hotspots identified by you. Our Downtown Division management team has put a great emphasis on growing our beat's program. We currently have five beat officers designated for District 1: Cst. Hoople, Cst. Zielie, Cst. Larson, Cst. Offin, and Cst. Meikle.

I am absolutely impressed at the resolve that members of community groups have shown, not only in improving the safety of your community, but also changing the perception of the area you live. This is so apparent with revitalization projects in your area, as well as the community groups which are organized to convey a message that you want your community to be a better place to live. A great example was the highly successful Deep Freeze Festival on January 9 and 10. I want to convey a sincere but serious message, that it is the shared responsibility of the police and the community members to make your community a better place to live.

The best way to phrase the importance of your involvement is your community is the analogy of "Fixing Broken Windows." This theory was first published by Wilson and Kelling in 1982 and stated that if a window is broken in a building and goes unrepaired, that vandals and vagrants will target that same location again, breaking more windows. If still left unrepaired, the vandals will continue to attack the same location, and locations around it.

Your community has suffered many "broken windows" over the past years, not only literally, but figuratively with violence, property crimes, drug use, and disorder.

However, community groups along with the police are taking great strides in repairing these "broken windows" one day at a time.

These groups are meeting, patrolling, and organizing efforts, projects, and festivals to assist in making your community less attractive for those individuals who choose to "break the windows." I encourage you to take part in "fixing the broken windows" in your community.

I also wanted to touch on an ongoing problem in your area, which is something that you can take steps to prevent. The invasion of your privacy felt by a Break and Enter into your home is something that I have dealt with countless times. The worst part of most of these occurrences is that they were preventable! Here are some simple tips to better protect your home:

• Ensure that you have working lights outside your home

• Ensure that your front door can be seen from the street

• Lock your doors and windows

• Use wooden dowelling in window frames to prevent your windows from being opened

• Install a security system

• Place bars on those windows



which are accessible from the ground

• Store valuables in your garage or in your home.

Remember, most intruders are opportunistic – if your home is any east target it is more likely that your home will be targeted! If you want more information, please attend a community station, or police Headquarters, and we can provide you with documents and information to better secure your home.

The Edmonton Police Service is proud of its partnership in your community. If you see a police officer, take the time to stop and say hi. We work hard in your community to make it a safer place to be 24 hours a day, seven days a week.

Belly laughs by the bundle

Sprucewords

WITH PATRICIA FOUFAS

It is often said that laughter is therapy. If you are like me and spent the holiday season with the entire family, then you are probably in need of a little therapy! Luckily, the Sprucewood Library has just the thing for you, regardless of your marketing demographic. We have the laughs to appeal to every walk of life, young or old, shy or bold.

One thing that never seems to go out of style is our customer's appreciation for good comedy. We have online access to video and audio comedy programs through our downloadable materials and a host of spoken word comedy CDs to check out in the audio book section. There are a number of comedy audio and video materials for download and loading onto iPods and other portable devices through our NetLibrary and Overdrive subscriptions. Check out the link from our website or ask staff for details.

For the sillier set, we encourage you to check out

the *Encyclopedia of Imaturity* for all your practical joke and humor needs. It has everything the budding young comedian needs to know including how to send airpuffs to unsuspecting friends and family, how to make sandwich faces and how to play book dominos. If there was every any question about your silliness and immaturity, erase all doubts by pulling some of these ones on your unsuspecting associates!

We can also be counted upon for a huge supply of good old-fashioned comic book humor. We keep a steady supply of comics and funnies in the children's and adults' 741 section for the kind of laughs that take you back. We are well stocked with *Garfield*, *Peanuts*, *Calvin and Hobbes* and *For Better or Worse* to get you through the hard times.

Come in to the Sprucewood branch to check us out for laughs. We're hilarious.

Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia prides herself on being the "go to girl" for goofy jokes.



ICE SCULPTURE AT THE DEEP FREEZE FESTIVAL

EDMONTON

GET A GRIP ON SIDEWALK SAFETY

clear your walks within 48 hrs after a snowfall

In the winter months we are all required to focus effort on sidewalk snow removal.

Snowy walks restrict mobility for seniors, and slips and fall threatened us all. Please do your part to help keep pedestrians safe by removing snow and ice from City sidewalks adjacent to your property. Your customers, friends and relatives will thank you.

Let's keep Edmonton moving this winter.



In this life, dogs have the last laugh



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

When thinking about how humor can apply to dogs I could not help but immediately think of the research by Patricia Simonet, an animal behaviorist. In 2001, Patricia Simonet, the Laughing Dog™ researcher, isolated sounds dogs produced while playing. The one vocalization that stood alone as a happy sound was the forced breathy exhalation, Dog Laughter™. Patricia then did research in 2005 at the Sierra-Nevada College and continued over a period of six weeks at the Spokane County Regional Animal Protection Service, or SCRAPS program, in Spokane, Washington, on Sundays while the shelter was closed. During play, dogs vocalize using at least four distinct patterns: barks, growls, whines, and a breathy pronounced forced exhalation (dog-laugh). The recording of dog laughter was played to the shelter dogs and she noted a significant reduction of stress behaviours:

“The same dogs were compared during the two different conditions. This study suggests that the dog-laugh vocalization diffuses stress related behaviour and initiates

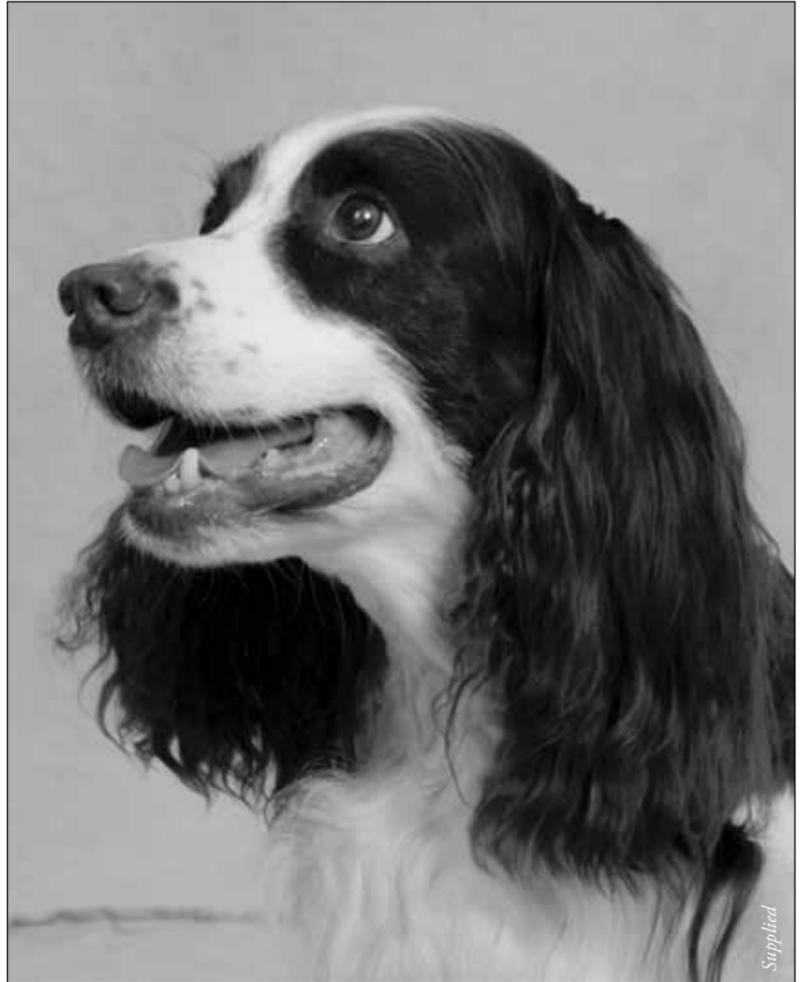
pro-social behaviour in shelter dogs, thus potentially reducing residency time.” The laughing dog recording is actually available for purchase and a sample can be heard at <http://www.petalk.org/DogLaughSpect.html>.

I then start thinking about my own dogs and I definitely feel that not only do they laugh, but they have a sense of humor. Old “man” Dogma bouncing to the back door, turning circles – the two girls pick up on this behaviour and bounce to the door jumping and turning. They want out, so I open the first porch door. Dogma takes a step forward, the girls charge past to the outside door where they make circles. This door swings open and the girls rush out as Dogma quickly turns and steps back into the house. The outside door shuts with the girls outside and Dogma hopping up and down and turning in circles, “laughing” mouth partly opened, eyes wide open and heading to the fridge or a favorite toy inviting his human’s sole attention in play or performing tricks for treats.

Another case is the terrier racing around the park at full speed, only pausing to sniff or leave some scent. A dog or group of dogs begin to approach, she makes her playful turns and hops, then races full speed towards one of the

largest dogs, giving a variety of vocalizations – then skids to a full stop just as she reaches the dog startling him. Even at a distance you can see the dog thrust his head up and back and take a step or two back. After the usual ritualistic type greetings that dog’s do she literally comes prancing back, mouth partly open, head held high, with the “heh, heh, heh” that indicates the laugh heard in the study.

Everyone has experienced their dog running by them with a human valued item such as a sock. They race around in circles, or dash back in forth enticing you into a game of chase. They toss their head up and down and side to side with their prize. Somewhere along the way the dog may drop the sock long enough to exhale several short breaths – of laughter – and hopes that you are enjoying the game as much as they. I know that Dogma loves to do this with my bedroom slippers. In hindsight, teaching him to retrieve my slippers was probably not as cute a trick as



DOGS LIKE THIS “SMILE” AND “LAUGH”

I originally thought.

I’ve always felt that to own a dog is to have a sense of humor because they will make you laugh. I am often amazed at how a dog will repeat the behaviours (regard-

less of whether they are good or bad) if it can solicit a laugh from us.

*Darlene Taylor, K9 Behave
780-915-0213,
k9behave@presplus.onza.net*



Feb 13
HEARTS OF FIRE
Boyle Street Park Sat 3-7pm
Winter Light brings festival fun, fire and a mid-winter feast to inner city families.
Produced by the Edmonton Arts Council



Feb 20-21
ABORIGINAL WINTER CAMP @ Silver Skate
Hawrelak Park Sat & Sun 10am-9pm
In tipis, tents, and ‘tupiqs’, artists and heritage interpreters share their unique culture through fire-tending, story-telling, dance, and music.
Produced by the Edmonton Arts Council



Mar 12-13
ILLUMINATIONS
Edmonton Ski Club Fri 12-9:30pm, Sat 2-9:30pm
Lights, cameras... action! Illuminations brings together dazzling fire performances, spectacular freestyle, and fun at the Edmonton Ski Club.
Produced by the Edmonton Arts Council



Feb 15
FAMILY DAY GLOBAL VILLAGE
Churchill Square Mon 12-4pm
Winter Light celebrates our global family right here in Edmonton, through beautiful music, playful activities, and fascinating performances.
Produced by the Edmonton Arts Council



Feb 26-27
BIG WINTER
Jackie Parker Park Fri & Sat 12-8pm
Skating, sledding, magical lights on the lake and ‘Bark in the Dark’, are all part of free family fun during Big Winter.
Produced by the Edmonton Arts Council



Feb 19-21
SILVER SKATE
Hawrelak Park Fri 3-10pm Sat & Sun 9am-9pm
Edmonton’s longest running winter festival, Silver Skate is held in picturesque Hawrelak Park.
www.silverskatefestival.org
Produced by the Silver Skate Festival



Mar 6
STAR PARTY
Elk Island National Park Sat 4-10pm
Enjoy the beauty and mystery of celestial light at the Winter Light Star Party.
Produced by the Edmonton Arts Council

PH: 780-760-2229
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JAN 6 - MAR 13





PETER GOLDRING
Member of Parliament
Edmonton East

Canadians Proudly On Display

For 106 days, traveling more than 45,000 kilometres through 1,000 communities across Canada, the Olympic Torch relay demonstrated just how much Canadians were looking forward to the 2010 Vancouver Olympic Games. The torch was greeted with enthusiasm and approval wherever it went, including the House of Commons chamber. The long route saw the torch pass within a one-hour drive of 90% of Canada's population. You may have been part of the crowds following the torch when it came to Edmonton, or even one of the 12,000 torchbearers.

As a northern nation we pride ourselves on how we have embraced winter. Canadians are enthusiastic participants in winter sports, from curling to skiing to hockey, and our athletes have excelled on the world stage.

Therefore Canadians are expecting great things at these Games. Our athletes have spent the past four years preparing. Performing in front of a Canadian crowd may inspire them to new heights of athletic greatness. The investment, both moral and financial, from their sponsors and from the people and Government of Canada enables them to represent this country with pride and ability.

Edmonton-born athletes representing Canada at the Vancouver Games include ski jumper Stefan Read, freestyle skier Jennifer Heil (a gold medalist at the 2006 Turin games) bobsledder Pierer Lueders (who has won Olympic gold and silver in the past) and hockey players Scott Niedermeyer and Jarome Iginla (both members of the 2002 gold medal team).

Edmonton Oilers fans may prefer to cheer for Iginla and Niedermeyer (for once) and not for the two Oilers who are playing in the Vancouver Games – Lubomir Visnovsky (Slovakia) and Denis Grebeshkov (Russia).

I expect Canada's athletes are going to make us all proud at the Vancouver Games.

What do you think?

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A place to sit on

AN AVENUE HOMESTEADER WITH CARISSA HALTON

My last couch was saved from a back alley in Spruce Avenue. It was extra long, super-pink and only half of it fit in the hatchback of our small Yaris.

A few years later I traded up. I fell in love with another vintage special at the Bissell Centre Thrift Shoppe. She was saggy, dusty, and, when you found yourself snuggled in a fort built out of her cushions you realized she was also very stinky. But when I sat down, her arms curved familiarly around me. Her brown brocade flower pattern shouted, "Look at me!" I couldn't leave her at the shop, so spent \$50 to bring her home.

My husband Mat wasn't so sure about this new seating arrangement. Pink hadn't been his favorite couch colour, but at least it had no pattern to shout at him from the living room. I convinced

him that we could make the couch fit. I had a vision.

My vision was finally realized over a long weekend, initiated partly by the aforementioned smell and partly due to a strong hormonal need to nest. Here's what happened:

1. I emptied the cushions of their disintegrating foam then soaked the covers in a tub of vinegar overnight.

When it came to rinsing them, those cushion covers required 10 minutes under the hard stream of the tap before the water ran clear.

2. After buying 4-inch thick High Density Foam (bought on sale at Fabricland), I cut the pattern of each cushion cover out, then wrapped and glued on thin quilt batting to soften the edges of the foam (I used spray-on glue).

3. Next I squeezed the new foam into the old covers and managed to pop all four zippers, leaving me no choice but to sew up the covers.



Ryan Miller

4. As I worked on the cushions, Mat feverishly blasted the couch with an upholstery cleaner rented from Save-On Foods.

5. Then I painted the wood parts a Robin Egg Blue—I love this colour but am not brave enough to do a whole wall of it.

6. I used liquid fabric glue to fuse on new trim. Beaded blue trimmed the bottom and a dark brown trim replaced the cream around the arms and back.

7. I sprayed everything with Scotch Guard (A decidedly non-environmentally friendly thing to do, but you didn't see what I saw in that tub!)

8. Finally, I recovered my throw cushions using silk fabric I had found at a liquidation sale and buttons from Value Village.

I write this from a firm, comfy perch. The couch has not gotten any less loud but it has a custom look and a great set of cushions that you have to respect it for.



Ryan Miller

THE RENEWED HALTON COUCH!

Spotlight on Bethel Gospel Chapel

SPOTLIGHT on the Churches WITH DEANNA COX

Bethel Gospel Chapel is a vibrant, well established church, filled with loving faces of all ages. They offer programs galore and are just a blessing to the surrounding neighborhoods. Let me give you a few examples: Are you looking for a positive environment for your teens on Friday evenings? Be sure to check out Bethel's youth service on Friday nights, open to all junior and senior high aged students. You can look for them on Facebook under "Byg Ethel."

Another wonderful gift they provide to the neighborhood is the Conversation Café. Every Saturday morning at 10 am, a free, friendly, supportive group meets to offer people who have English as a second language the opportunity to develop confidence, friendships and empowerment while learning and perfecting this language. They too can be located on Facebook, under "Conversation Café at Bethel

Gospel Chapel."

This church is located at 11461 95 St.. They offer two separate services Sundays, but most definitely invite you to attend both. The first service commences at 9:30 am and is referred to as the Remembrance Service, much time is devoted to prayer and I am pleased to have brought your prayer requests here. The next service starts at 11 am and is called the Family Bible Hour. Here you will find encouragement with worship and praise and sermon.

A funny thing usually happens to me at church. Quite often midway through service my stomach starts rumbling. I know I'm not the only one! Sometimes I bring some inconspicuous mints or candies. However, at Bethel Gospel Chapel they have refreshments between services, a small 15 – 20 minute break which is a perfect opportunity to enjoy fellowship.

Having felt awkward myself when I first began to attend church, I would share with you that this congregation immediately makes you feel welcome. It is a wonderful

family-oriented church which thrives on the positive focuses in life. Their simple statement of faith is, "We preach Christ Crucified, Risen and Coming Again." Of course there is much more to Bethel Gospel Chapel, I invite you to visit them or call for further information, (780) 477-3341.

Please join with me next month as we visit the Presbyterian Church St. Andrew's located at 8715 118 Ave.. I appreciate your continued emails and prayer requests. If you have a place of praise and worship you'd like spotlighted please contact me. Another great resource available to our communities is the community spotlight which is offered through 105.9 Shine FM and AM930 The Light via internet at <http://www.cjry.ca/submitement/>. This is an awesome way for charities and ministry-related events to get the word out on their upcoming functions free of charge. Until next month, drive safe and be blessed!

Deanna Cox dlc@astelier.com

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Learning to ride the barrel: getting out and staying out of debt

FINANCIAL LITERACY

WITH LISA TARA EDEN

I'll never forget the time I lived in Maui, Hawaii. My boyfriend who had been surfing all of his life took me to Hookipa right before a storm to catch some big barrel waves. I thought if Kyle would go, then so would I. I tried to surf those suckers but ended up swirling and twirling only for the next humungous wave to hit me. I looked like a drowned rat with scraped up knees and hair standing on end, thinking a shark would eat me.

I have felt the same way when I've experienced debt: never being able to get ahead, feeling totally out of control, and that it would never end. I was in this situation when I lost my job and wasn't able to pay the electric bill for three months in a row, or when my partner frequently spent money we didn't have. Some of my workshop participants are stressed because they have collection agencies calling them, or are embarrassed to have their employers notified about their predicament and are faced with their wages being garnished.

It is important to start over again and to learn from our mistakes. Talking to a banking officer or a bankruptcy trustee officer about a debt consolidation loan, consumer proposal, or a bankruptcy is a huge step forward. I often tell women who participate in my workshops what worked for me, and no matter how difficult their financial circumstances, I always see changes. Here

are some of the things that worked for me:

1. After trying to pay my bills and still not having enough money to make ends meet, the first thing I would do is use the first three steps in the Alcoholics Anonymous twelve steps and apply it to my financial situation: "I am powerless over my debt – my life is unmanageable, I came to believe that a power greater than me could restore me to sanity, I made a conscious decision to turn my life over to a higher power." *Bridges Out of Poverty – Strategies for Professionals and Communities* by Ruby K. Payne, PhD, Philip E. DeVol, and Terie Dreussi Smith demonstrates how the process of recovery from addiction can be used to help people recover from poverty.

2. I wrote down all that I owed, taped it on the wall in our kitchen by our phone so that I would not ignore it, and tracked my expenses for 12 months. Tapering down on things I didn't need helped me to save money and pay down those bills. Albeit, my Tim Horton's double/single everyday could save me over \$40 a month I was not willing to give that up, but my partner and I were willing to cook most of our meals for the next few years, rarely going out to eat except the odd fast food dinner every few months.

3. Pay down the debt. I qualified for a line of credit so I transferred all of my debts to that. If you are not working, you may not qualify for a line of credit. You could

pay off the credit card you owe the least amount of money on first or pay the credit card with the highest interest rate off first and then close it until you have at the most two credit cards. Importantly, make sure you pay at least the minimum each month. After one credit card is paid, you can put the money you now have towards the other credit card.

4. I worked extra hours and found ways to make extra money. This was challenging because we were raising two young children. It took about seven years for that debt to go away. But it went away and stayed away!

5. Set boundaries with my partner. I stopped taking responsibility for any of the debt he accrued. I closed our joint credit card and he began to share responsibilities of paying the bills.

6. Taking care of myself. A wise woman once told me that you should try to take care of yourself for at least an hour every day. Going for walks and observing the changes in seasons leads me to believe that the mystery of the natural world is there for each and every one of us, and it is in these moments I think I am truly prosperous.

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.



The Daring Diner
WITH ANGIE KLEIN

Bon appetit, mon amis!

Edmonton is truly the "Festival City," and Alberta Avenue is fast becoming a destination for many of those festivals! Deep Freeze: A Byzantine Winter Festival was a yummy spectacular success!! Hundreds of people came out to enjoy roasting hot dogs and marshmallows out on an open fire. As a volunteer I got to see first-hand what a wonderful experience it was. The weenies returned from the fire in all sorts of states from barely warm to burnt to a crisp. Done to perfection, every one.

Inside at the concession I missed the Ukrainian menu (although I had all the traditional dishes that Saturday with my family celebrating Ukrainian Christmas) but I hear it was a huge hit! I did serve up a ton of Tourtiere (traditional French Canadian meat pie), bowls and bowls of soupe aux pois (pea

soup) and a mountain of sweet and spicy baked beans (des haricots cuisines). I would have liked to have sold a few more Torte du sucre (sugar pies) because I like the way it sounds when you call out the order "sugar pie!" Northlands did a bang-up job of getting the food out in huge quantities, and the spices were pretty close to the real deal. I would have liked to have seen the Tourtiere with a top pastry on it, though.

My Daughter Tyra spent the whole day skating with her friends, and she tells me that the Cabane au Sucre (maple sugar frozen in the snow) was the best! It was a wonderful day to try out my broken French and get to know some really good people in our community! The cost? Under \$20. The experience? Priceless.

Until next time...Happy Eating!

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New program dances into artists' centre

AMY FUNG
PrairieArtsters.com

Since opening its doors this past fall with a much celebrated opening including the Minister of Culture, Lindsay Blackett along with Mayor Stephen Mandel in attendance, the Nina Haggerty Center for the Arts finally has a place to call home.

Shifting from its former location on the busy intersection of 97 St and 111 Avenue, NHC and its adjoining Stollery Gallery now enjoy a certain amount of walk-in traffic, and has been connecting to community organizations like PAAFE, Family and Children Services, and Elizabeth House.

Located in the newly built ArtsHub building across from the Alberta Avenue Community League, the building project only took two and half years to realize, an indicator of the value and support the centre gives and receives.

"It still feels new to me," shares David Janzen, Exhibition Coordinator and Artist Facilitator, and a celebrated artist in his own right. Paul Freeman, Lead Artist and a fellow peer to Janzen in

Edmonton's professional arts community, matter-of-factly states, "We would not exist if we were not willing to do things no one else would do."

As an art center for adults with developmental disabilities such as Down syndrome, autism, and cerebral palsy, NHC is demonstrating a wide range of entry points for various barriers and symptoms.

Once a week since the fall, Gerry Morita, Artistic Director of Mile Zero Dance, has been coming in to teach dance and movement, bringing dance to a community that would otherwise not be able to access it.

Building a vocabulary to dance, using basic techniques like mirroring, tactile and verbal imagery, Morita connects directly to dance therapy's ability to pattern brain activity through the body, which she sees as a "great unfulfilled need in this community."

Continuing on, Morita shares, "I've taught a lot, and this is just an extreme form of teaching where each person responds to different approaches. I could see drama and play therapy really thriving here as well."

But both Freeman and Janzen are careful to note they are not delivering art therapy, nor are they a drop-in center. Organized through registered attendance, Freeman speaks on the importance of nurturing the professional dedication of each artist, pushing the activity of arts beyond just recreation and leisure and into a valid pursuit of self worth and purpose.

"These are people who are told what to do each morning when they get up, what cereal they want to eat, what colour of shirt they want to wear, but here, they are left to do their own thing," Freeman says, who believes art is therapeutic by nature. "We engage with materials and identify techniques and facilitate, but what we do is validate everyone's creative potential rather than directing what the art should look like."

The Stollery Gallery's most recent exhibition was "Rangefinders", a low-tech photography exhibition with facilitators Wenda Salomons and Candice Makowichuck. Funded by the Lee Fund, the medium of photography opened up new channels to

attendees who never took to drawing, painting, or ceramics, finding gratification in the art of pinhole and blue print chemistry. Viewing some of the center's newly revealed photographers, Melody Zeggelaar, Robin Friesen, and Faye Frick, their respective works on trees, self portraits, and the neighborhood revealed a newly found-confidence in exploring their surroundings and self-worth.

"We had set up the studios like how we would like it, give them supplies and the space to figure it out on their own," begins Janzen.

"But it's not for everyone," continues Freeman. "It made me think of things differently as not every artist works alone. Some return just because they like the people and the atmosphere."

With David Stokl, a blind musician, coming in once week to generously play the piano by memory, and the studios filled with works-in-progress, Morita sums it up best in saying, "It's definitely artist-run in the real sense: artists empowering other artists."

Community Art Night
 Every Tuesday from 6:30 p.m. – 9:30 p.m., Free, but must register by telephone.
 Led by Sue Srigh

Family night, Kids welcome.
 Every Thursday evening, Free, but must register by telephone. Led by Lorraine Shulba

Call 780-474-7611
Stollery Gallery open 10 – 2 every weekday
The Nina Haggerty Center for the Arts
 9225 118 Avenue
www.ninahaggertyart.ca

Next art show:
February 5-26: REFRACTION
 featuring work by Martin Garber Conrad Ulrike Rossier and Andrea Santos
 Reception:
 Friday February 12, 6 – 10

Also that night:
NHCA's 7th Birthday:
 Nina Haggerty Centre for the Arts presents "100 for \$100" art sale

Nina Haggerty artist pens poem

The Nina Haggerty Centre for the Arts provides many opportunities for its artists to explore many media. But it's not just visual arts; poet Stacey Moon makes her publishing debut here in the *Rat Creek Press* with her poem, "Explore Yourself."

Stacey Moon was born in Edmonton in 1976, and graduated from St. Joseph's High School in 1994. She likes swimming, walking, listening to music, cooking and going to the mall.

As a member of the collective of artists at the Nina Haggerty Centre for the Arts, Stacey enjoys painting and drawing. She has also always enjoyed writing stories and poetry. Through her involvement with the centre, Stacey has been encouraged to add writing and poetry to her practice as an artist.

Stacey says "I like coloring and I like writing stories and journals and I like to talk. It helps me to relax and it makes me feel good."



Explore Yourself

There is a world outside your door
 It is waiting to be explored
 When you come to open it
 That world you see
 Will excite you with adventure
 Meant to entrance you
 As well as bring some romance
 Into your heart and
 These mysteries you will discover
 Will help to solve the friendships
 That this world may bring

- Stacey Moon



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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 Avenue.

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DROP-IN GROUPS & PROGRAMS

SENIORS (55 PLUS) CRIBBAGE TOURNAMENT

Thursday, February 18 from 1pm to 4pm at the Alberta Avenue Community Centre (9210 118 Avenue). Three games on points. Entry fee \$5. Contact: Lloyd 780-479-6770.

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: Mon to Fri 7-9 pm Cocaine Anonymous: Thurs 7-8 pm AA Big Book Study: Sat 12-1 pm, open to everyone Youth Understanding Youth: Sat7-9 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

AVENUE PLAYGROUP

Tuesdays, 10am to 12pm at the Alberta Avenue Community Centre (9210 118 Ave). Come visit with other parents while the children enjoying playing together. Interested in being a host? It's very easy. You just greet people and make coffee! Call 477-2773.

COMBO WORKOUT

Drop-in Mondays, 7:15 to 8:30pm at the Alberta Avenue Community Centre (9210 118 Ave). Stretching, movement and Lotus Qigong for balance, harmony, and to open our hearts. This is a non-strenuous, lift-the-spirits combo which peaks your sense of exploration. Drop-in fee: \$5.00 (Seniors, Students, Unemployed \$3.00). For more info call instructor Astrid Lueth 780-477-0683.

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

SENIORS DROP-IN

Thursdays from 2pm to 3pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play a game or just visit over coffee and snacks. Then peruse the farmers' market.

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. Feb 12 "Babes in Arms" 10:00am-noon "Free Sugar Pie for your Sugar Babe," 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 hours: Monday through Friday 9:00am - 4:30pm and Friday night 7:00pm - 9:30pm

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.

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.

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

Feb 5 - Proper Charlies
Feb 12 - De Meno re Mayor
Feb 19 - Thenea Krohn
Feb 26 - Althea Cunningham

SATURDAYS: Open mic

7:30pm-9:30pm Music, spoken word, comedy, plus every Saturday great Cinnamon Buns!!! Sat Feb 13 "Open Mic" 7:00pm-9:30pm "Sweetheart Special" (2 Lattes & 2 Sugar Pies with Whip Cream for \$10.00) Sat Mar 6 "Kids Take Over the Carrot" 12:00noon-3:00pm

SPORTS & REC

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street).

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

HOT DOG AND MARSHMALLOW ROAST

CRUD (Community Response to Urban Disorder) is hosting a Family Day celebration at the Alberta Avenue Community League rink on Monday February 15, 11 am to 4 pm. The event is outdoors behind the community centre and you can purchase hotdog fixings to roast on the fire for \$2 as well as marshmallows 4 for 50 cents. Coffee, hot chocolate, pop and chips will also be available at the indoor concession. www.crudedmonton.org

ACTION FOR HEALTHY COMMUNITIES COMMUNITY BUILDING CONFERENCE

Keynote speaker Mayor Stephen Mandel, other presenters, and workshops will focus on topics including strategies to connect youth, turning community engagement into community action, and empowering senior citizens to connect with their communities. February 23, 2010 Ramada Hotel and Conference Centre (11834 Kingsway Avenue, Edmonton). For more details or to register, contact our website: http://www.a4hc.ca. Registration and Event Contact: Lisette Moores Conference Coordinator, 780-908-8852. Email: lisette.moores@gmail.com

GARDEN PLANNING

Come meet some other gardeners at the Carrot on Wednesday, February 10 from 7-9pm while we sketch, imagine, and plan our best gardens ever. Bring an idea and dimensions of your garden space and any seed catalogues you've been drooling over. The garden in your imagination is the perfect one where every plant thrives and the weeds don't exist! Questions? avefsn@gmail.com

FARMERS' MARKET

Every Thursday from 2pm to 6pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Buy fresh veggies, meat, eggs and various artisan's goods.

Vendors listed at www.albertaave.org. VALENTINE DAY & FAMILY DAY SPECIAL: Free cake and coffee on Feb 11.

CRUD AVENUE DOG WALKING GROUPS

CRUD's Avenue Dog Walking group meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. CRUD's second Avenue Dog Walking group meets at 7:00 pm every Wednesday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. Contact CRUD at info@crudedmonton.org. Please note: If the temperature is below 15 degree with wind chill or pouring rain the walk will be cancelled.

CRUD COMMUNITY Dinner Club

Join CRUD's monthly Community Dinner Club. Meet neighbours and friends while exploring a variety of wonderful cuisine on the Avenue. Open to all but seating is limited and RSVPs are required. February dinner location and date to be announced. Check the website for details. www.crudedmonton.org

CARROT GIFT CERTIFICATES

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

WOMEN'S SELF DEFENSE

Saturday & Sunday, February 20 & 21 at the Alberta Avenue Community Centre (9210 118 Ave). Come learn realistic, self-defense tactics and techniques. The RAD System is dedicated to teaching women concepts and techniques against various types of assaults by utilizing easy, effective and proven self-defense/martial arts techniques. Cost: \$40/person. For more info or to register call 780-477-2773.

EDMONTON NEIGHBOURHOOD WATCH AGM

Mar 20, 1 pm - 4 pm Spruce Avenue C.L. 10240-115 Ave Everyone welcome

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 to May 28, 2010 Presented by Bent Arrow Traditional Healing Society Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Silly Saturdays

2 pm Saturday, February 13, 2010 Ages: 3 - 6 years Call 780-496-7099 to register Kids, come to our Silly Saturdays! We'll have crafts, stories and games; lots of fun adventures for you and your friends. Information about each program will be available at the branch.

Sing, Sign, Laugh and Learn

10:15 am Tuesdays, to February 16, 2010 Ages: Up to 3 years Call 780-496-7099 to register. For children birth to three and a grown up who loves them. Join us for singing, rhyming and signing. Parents will learn strategies to engage their child and enhance their communication and development. This program is suitable for all children including those with developmental delays. Siblings are welcome. Offered in collaboration with the Edmonton Early Intervention Program.

Calling All Homeschoolers

2 pm Tuesdays, February 2 to March 9, 2010 Ages: 5 - 12 years Call 780-496-7099 to register. Looking for a fun outing at the Library? Join us for an hour of books, activities,

games and crafts.

Family Day Fun

2 pm Monday, February 15, 2010 Ages: 3 - 8 years Call 780-496-7099 for registration. Fun for everyone! Bring your whole family in out of the cold and join us for some great family stories and activities.

Teens

Teen Gaming

6:30 pm Fridays Ages: 12 - 17 years Please call 780-496-7099 to register Come to the library to play some great games!

Adults

Cafe Anglais - English Conversation Club for Newcomers

6:30 pm Mondays Call 780-496-7099 to Register FREE of Charge Learning English? Join the club at Cafe Anglais where you can chat in English, meet new friends, and use our vast resources!

Women's Afternoon Out

1 pm Wednesdays Ages: 18 - 99 years This women's community group comes together every Wednesday to enjoy some crafting and practice their English conversation skills. Come for some fun chats and stitch, knit or even paint! If you have something you're working on, feel free to bring it along.

English Conversation Circle (LACE Program)

10:30 am Saturdays Free of Charge. Drop-In. Practice your English at the library. Drop in and join others who also want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. For more information contact Biviana from Catholic Social Services at 780-424-3545.

Stories from the Heart of the City

1:30 pm Thursday, February 18, 2010 Drop-in, Free of Charge All are Welcome! Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years.

A great day for tobogganing at Deep Freeze Festival!



Rebecca Lipnart-Long

Babes In Arms

SPECIAL!

Feb. 12, FREE SUGAR PIE with beverage purchase!

Come connect with other parents in your community!
Every Friday morning
10am - 12pm



SHOP! THE CARROT FOR VALENTINES!

Cards, Pottery, Jewelry & more!

Shop local art for lovely gifts for your sweetheart. Watch for our special on February 13th!

780-471-1580 9351-118ave www.thecarrot.ca

Kids take Over

Arts Market & Open Stage

The Carrot

March 6, 2010 11am - 3pm

Kids (6 years to 18 years) Arts Market and Open Stage. Take part!

Book your space! Info@artsontheave.org

Upcoming Events in your neighbourhood

Check out the community calendar on pg 15 for more details!

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Mar 20, 1 pm - 4 pm
Spruce Avenue C.L. 10240-115 Ave
Everyone welcome

Register NOW!

LITTLE LEAGUE BASEBALL



East Park Little League Registration
February 15th, Noon-4:00pm
at Bonnie Doon Mall

www.edmontonlittleleague.org

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
www.edmonton.ca



GOT COMMUNITY NEWS?!
CALL US!
780-479-6285



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 contact CRUD.

COMMUNITY RESPONSE TO URBAN DISORDER
T: 780.996.4728 | email: info@crudedmonton.org

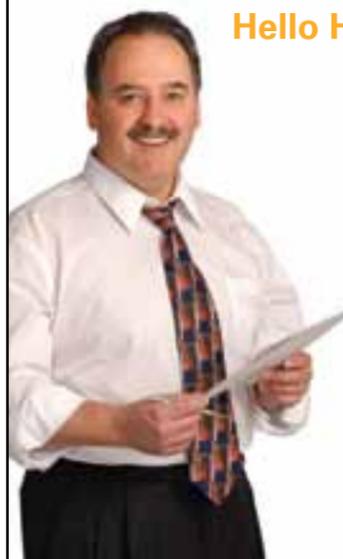
www.crudedmonton.org



Hello Highlands-Norwood!

Friends,

I have had a steady stream of phone calls, emails and letters from you and other Albertans concerned over recent cuts announced by the provincial government. From health care, to education and Persons with Developmental Disabilities, families and individuals are concerned. I take these concerns very seriously and I assure you I will continue to stand up for the best interests of you and your family. We can do better! Please contact me with any questions, comments or concerns you may have. Your voice is important!



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

www.brianmason.ca ph: 780.414.0682