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## Deep Freeze brings the beauty of winter to the Ave

MARI SASANO

It's after Christmas. New Year's has come and gone. Welcome to the blah months. But instead of giving in, why not band together and celebrate this unique winter season with a fun, family festival? That's the idea behind Deep Freeze, a winter festival brought to us by Arts on the Avenue.

"A whole lot of artists were sitting around and talking about the doldrums of winter, and we said, why not do something to lift our spirits? And some of us were Ukrainian and follow the Julian calendar, so we figured we should celebrate the New Year again," says AOTA organizer Christy Morin.

Now in its third year, Deep Freeze will bring a bit of winter fun to the Alberta Avenue Community Centre

(9210 118 Ave.) January 9 and 10. Deep Freeze is also one of several winter festivals city-wide as part of the Winter Light Festival.

Alberta's Ukrainian heritage will be celebrated, but so will other winter cultural traditions—, Saturday night's dance will feature Jamaica, with musical guests Souljah Fyah, featuring food by Saffron's Caribbean. Tickets to the dance are \$10, available in advance at the Carrot or at the door, but all other events are free.

"And Saturday is French-Canadian. You can try some tourtiere, which is a meat pie, or the cabane a sucre, the sugar shack, with maple candy. Zephyr, a French Canadian dance group and musician Jason Kodie are providing the entertainment."

There is plenty to see and hear, but more importantly, there's a lot to do! Festival goers can go skating, try some olde tyme curling, take a ride on a horse and wagon, or join in on a game of street hockey. And the City of Edmonton is building the Family Outdoor Challenge, a winter obstacle course in the park. Or wander through the art market and gallery, or catch a traditional mummer performance. This year's theme is The Magical Kingdom of Tom Fool, a mummer play directed by Randall



**Other Winter Light Events:**

- January 6 Mispon Winter Light Gala, Churchill Square
- January 14-24 Ice on Whyte, Old Strathcona
- January 22-23 Snow Daze (Baba Yaga Trail Adventure), Snow Valley
- February 13 Hearts of Fire, Boyle Street Park
- February 15 Family Day Global Village, Churchill Square
- February 19-21 Silver Skate Festival, Hawrelak Park
- February 20-21 Winter Camp/24 Hours to Ignition, Hawrelak Park
- February 26-27 Big Winter, Jackie Parker Park
- March 6 Star Party, Elk Island National Park
- March 12-13 Illuminations, Edmonton Ski Club

For more information, call 780-760-2229 or [www.winterlight.ca](http://www.winterlight.ca)



Fraser.

For adults, there's the Bailey's Ice Bar. The Sculptor's Association will create a bar and make ice glasses to sip a little drink. Naturally, there will be food from vendors from across the Avenue, including Northlands. Another partner this year is ACUA, the Alberta Council for the

Ukrainian Arts who are hosting a warming tent with carols and folktales.

"Being we are a northern city, we all know how to put up with winter. As a community, we are trying to find creative ways to enjoy it. Some of it is universal; ball hockey is something we all can do. But other parts are just magical and beauti-

ful, like the ice sculptures. I really enjoy Deep Freeze; the light and snow. And it's great to be part of a series of winter festivals. We're getting coverage from Global TV and 630 CHED this year, which is exciting because we're getting support from the greater Edmonton community. It's making this neighbourhood a bit of a destination."

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 January 5, 7 pm at the Carrot Cafe.

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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.

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# Welcome to a New Year, dear readers!

## EDITORIAL WITH MARI SASANO

This issue, we celebrate art. One good reason for doing so is that we're running this issue in full colour, courtesy of the Avenue Initiative insert! I hope you enjoy the photos.

But the other reason is that art holds a special role in our community. Among the many ways that our neighbourhoods are transforming is the emphasis on using art to reclaim our community. At first glance, it might seem like an airy-fairy way of combating the many issues that we face, but have another look—it's actually very sensible.

First of all, a lot of artists actually live here, and many more are looking to move in. They are a unique resource that other areas don't have. It would be strange not to include art in our revitaliza-

tion. Secondly, the arts—and the many arts festivals we are lucky to have—bring people out who support local businesses. It also allows us to meet our neighbours, or simply have fun.

And again, if you know your neighbours, you're more likely to watch out for them, and they for you. As for the fun, there's no harm in that. Plus, don't you feel proud of what we can accomplish? By the way, feeling proud of your community means we're more likely to take measures to keep it clean and orderly, and it attracts more people to move into our neighbourhoods.

Not bad. Of course, it's only a part of a multi-faceted effort, including police and

grassroots crime prevention and business. But most of all, it's our own unique solution. Other communities look to Alberta Avenue as a model for revitalization. And no wonder:

what we have is what economist and author Richard Florida terms an "urban mosaic" neighborhood. We are diverse, close to the centre of the

city. Our area is a magnet for immigrants, working families, and increasingly, young people of the so-called Creative Class. We are transitioning from what most people think of as an "inner city" neighbourhood into... well, what?

My hope is that we can maintain our diversity and openness to newcomers and

youth, while building the infrastructures and services to retain families. As much as we compare ourselves to an early '80s version of Old Strathcona, it would be unfortunate if we followed their footsteps, becoming an over-gentrified and unaffordable "hipster haven," with its emphasis on the commercial: shopping and entertainment. We don't want to push out the studios and the mom-and-pop operations for bars, nightclubs and chain stores. It's going to take a lot of creativity and vision to turn this area into a place that we can all live well in, a place where people are making things and pushing forward new ideas.

Artists help us figure those things out. By showing us who we are. By imagining how things could be. And by demanding places where they are free to do that work. Make space for artists!

“... art holds a special role in our community”

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## East Edmonton Health Centre opens

MARI SASANO.....

After a couple of weeks' delay, the East Edmonton Health Centre quietly opened at the beginning of December, offering one-stop health services for young families in our area.

"There is an advantage of having everything together. If a parent needs to bring in their children for immunizations, they can also get information on senior care or counseling if they need it. There's a convenience factor; they don't have to go to three different offices. And it's much more accessible," says Delmarie Sadoway, Executive Director of Public Health, Primary Care and Chronic Disease Management for Alberta Health Services.

The new health centre, located at 11240 79 St., moved its staff from the old Eastwood Public Health Clinic which was located on 118 Avenue.

Services provided include immunizations for children, support for pregnant women and home visits for new mothers, including programs for high-risk mothers.

"We have a speciality program, the Community Perinatal Program, with physicians to provide medical support for pregnant women who are disadvantaged and don't have doctors—we don't want them to go without medical care or nutrition," says Sadoway.

"We provide services to young families: immunizations, support for pregnant women, home visits and referrals to other services as needed."

Other programs provide dental care and speech and language programs for pre-school and school-age children, as well as school health teams. There are also programs to help parents, such as a pediatric development and mental health for children with behavioural problems, as well as access to social workers.

For adults, the centre will run educational classes for chronic disease management, such as diabetes and asthma, a specialty clinic for communicable disease, home care support, and counseling support for those with addictions and mental health issues. And starting in the new year, people who need flu immunization can receive it at the Centre.

The East Edmonton Health Centre is built specifically to address the unique diversity of the area, says Sadoway.



EAST EDMONTON HEALTH CLINIC

"The area is very diverse: it runs from 50th Street to Downtown, north to the Yellowhead and to the river valley. And there is a large numbers of newcomers to Canada, so we have services with interpreters if they need them. And with the Aboriginal community, we are hoping to get an aboriginal worker for culturally appropriate services," she says, and much of the planning involved feedback from community members.

"What's interesting to me is that during the community consultation lots of people came out, most in favour of the centre. We had a lot of good feedback on the building itself, with many people wanting to retain the old school, which is almost 100 years old. We retrofitted the school so the outside is the same with new, energy-efficient interiors. The attached building in front is on the same property, and we put in underground parking for the staff, so there are fewer people parked on the street. And a lot of green space is retained. I think the people coming down are delighted, and it gives them a sense of being valued to have this new building for them."

An official opening is planned for spring.

The East Edmonton Health Centre is located at 11240 79 St.; call 780-342-4719 for more information or to access services.

## Women's workshop on financial literacy offered

SUPPLIED.....

The Elizabeth Fry Society has a new program called Me and Money – Financial Literacy.

This program helps women to become financially sufficient. These workshops increase women's self-esteem and help them to make appropriate decisions when managing money. How will the community benefit? It reduces the motivation for women to turn to crime. When you pay attention to money and respect money, you are better able to transform your financial situation. After participating in this program, women will be able to keep track of their spending habits, pay their bills, reduce debt, achieve financial goals, and save money.

The next group starts Tuesday evenings from 5 pm to 7 pm January 12 to April 13. Each workshop has components on creativity through art and journaling, self esteem and stress management. Bus tickets, soup, and light snack are provided.

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

## Community meets for Alberta Cycle building's future plans

MARI SASANO.....

About 70 community members, representatives of arts organizations, and other interested individuals met over coffee and sweets November 21 over a very exciting topic: the redevelopment of the Alberta Cycle Building, recently purchased by the City of Edmonton. This is the first of a series of Community Visioning Workshops for the building, which brings together Arts on the Avenue and Arts Habitat Association of Edmonton (ArtsHab) to create an arts centre for our area.

For Linda Huffman, General Manager of ArtsHab, this community meeting is an important first step.

"From here, we'll be doing work in community consultations and meeting with organizations and people who were unable to come today. We're partnering with Arts on the Avenue, looking at what we've got today and see where that takes us next."

Alberta Cycle, at 9115 118 Ave., is actually two buildings, the original block built in 1927 plus an addition for a total of 17000 square feet. The purchase price was \$2.1 million.



PARTICIPANTS DISCUSS THE FUTURE PLANS FOR THE ALBERTA CYCLE BUILDING AT THE FIRST VISIONING SESSION HOSTED BY THE CITY OF EDMONTON

Participants at the workshop broke into small groups, and were asked to come up with ideas, answering three key questions: How can the Alberta Cycle building participate in the community? How would you like the new space to feel? Who could the neighbours of this space be? Each group presented its ideas, which will become part of the next step.

"Part of our pre-planning is taking all of these ideas and put together a compelling vision for this building, and the next big job is to sell our funders on that and put together a fundraising campaign. Then we will look at how we can support this vision and what we can create."

Throughout the process,

community members are asked to provide their input, which is one of the keys to the redevelopment's success, says Huffman.

"One of our questions today was about the community. We're thrilled with some of the answers. One of the things I've been thinking about is the whole idea that this building can be a bridge for this community. How do we best use this building to give to this community? It's really important to us that is finds its place in the community."

Contact Arts Hab at 780-932-3676 or email Linda Huffman at lhuffman@artshab.com for more information on how to get involved in the process.



## Updates from the Spruce Avenue Community League

### Happy New Year from Spruce Avenue Community Board

The Spruce Avenue Community League in partnership with the Seniors Association of Greater Edmonton (SAGE) are looking for volunteers to shovel walks for seniors living in the Spruce Avenue community. If you have some time and are willing to provide a valuable community service please call Ken at 780-719-6085.

The outdoor rink is now open for public skating. For hours of operation please call 780-471-1932.

The Spruce Avenue Community League Board would like to extend Season's Greetings and Best Wishes for 2010 to residents of Spruce Avenue and surrounding communities. Have a safe and happy holiday.

# A colourful energy

ERIN THACKERAY

I am sitting across from Lorraine Shulba, the energetic yet easygoing long-time artist and seven year resident of our Edmonton neighbourhood. With her long blonde hair and sporting an apron over her workaday garb, she is ready for another Tuesday of volunteering at the Carrot community arts coffee house. But right now, she is taking the time to talk to me about her passion and livelihood: art.

Lorraine has been a professional artist for 15 years, but art was something she grew up with as a little girl in St. Albert.

"It was always in the house. My mom is pretty creative, and my uncle was an airbrush artist so I was surrounded by art and it was a general interest anyways. It's sort of like musicians, music's just always in the family somehow." She also spoke warmly of weekends at her Grandpa's farm, where she began to fall in love with the beauty of the prairie landscape as she and her mom occasionally painted his woodworking projects.

"My Grandpa was a woodworker, so he'd make things and my mom would paint them and I would help, so it's just always been in the family." She grew up "never being afraid to take a paintbrush to my bedroom door, or paint a wall," or

branch out in her art.

From helping her relatives in their various artistic pursuits as a young 'un, Lorraine has grown into a determined, dynamic and self-motivated artist. She pursues with equal energy private showings of her paintings in galleries (She recently had a show at the Milner gallery and was featured in the Profiles Gallery in St. Albert), her own graphic design company, and contracts for editorial and children's book illustration.

Since striking out on her own after college at Grant MacEwan (graphic design) and the University of Alberta (fine arts diploma) she has been her own agent, putting together promotional packages to show prospective clients, answering general calls for submission for galleries, and responding to referrals for contracts. "There is a lot of competition because there are a lot of individual artists, but you just have to keep pushing along and be your own marketer. That's the good thing about Edmonton,"

she pointed out, "there are a lot of general calls for submission to shows."

Rather than be overwhelmed by so many different avenues for her creativity, Lorraine mentioned more than once how nice it is to be able to shift from painting to design

work to illustration work, how each one has its own mode, and gives her a break from the others. "One month will be heavy on preparing for a show, the next will be meeting some design deadlines and the next month will be working on a kids' book. It keeps it fun," she says modestly for a lady who has worked with the likes of Scholastic Canada.

When asked about being disciplined, she says: "I think for myself to feel balanced I need to always be working on something new, I always have to have something going on."

Lorraine finds most of her inspiration for her paintings in the outdoors, going for walks with her camera. "Thank god for digital photography nowadays, or else I'd spend a fortune on film!" She has five albums of photos, and finds beauty in anything from rolling grass, to the ocean on a recent trip to Newfoundland, to snow covered pea pods in her own backyard. For her, colour is equally as important as composition and subject. If you have seen her

work, you will notice her bright vivid colors. "There is so much energy, so much you can communicate with colour." In terms of style, she calls herself both impressionist and expressionist citing the bold colors of both Monet and Van Gogh.

In terms of her process, it involves a lot of sketching. "I'll pick something that inspires me from an album or even on a walk, then put my own take on it, I see things kind of differently." A self described "busy lady", she is currently working on a new kids' book with an author, a poppy painting, and more promotional material to show clients. She also has goals of getting

into more galleries inside and outside Edmonton, and growing her design business.

In her personal work, her love of natural landscape, and rolling wild grasses, organic shapes, comes through and she works with large sizes to "let the viewer get into the painting". The message that she wants to get across is a simple yet important one, "Seeing beauty in life, in ordinary situations, not being afraid of color.

Often we drive through the farmer's field and don't see the beauty that exists there."

Although she admits to a natural progression in her style, she believes that it is "important for every artist to find their voice and stay true to it. That's what sets you apart." It just feels right and comfortable when you have found your voice, as she has.



Lorraine Shulba



Lorraine Shulba



Lorraine Shulba

## WINTERLIGHT STEP OUTSIDE

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### YOUR JANUARY WINTER LIGHT CALENDAR

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92 St and 118 Ave Sat 10am-11pm, Sun 12-6pm

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www.artsontheave.org

Produced by Arts on the Ave

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www.iceonwhyte.ca

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Snow Valley & Whitemud Park S Fri & Sat 2-9pm

*Winter Light transforms a night walk along Whitemud trail into a mysterious journey through a magically lit forest.*

Produced by the Edmonton Arts Council

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# Sabrina Butterfly transforms fabric into functional, wearable art

CARISSA HALTON

When people ask her who is the 'artist' in the family, Sabrina O'Donnell points to her husband, Keith Walker. He's a glass blower and carpenter. The interior of their Parkdale home displays his artistic mastery with heaps of whimsical details and playful colours. From the rounded archways to the concrete countertops to the antique dresser-cum-bathroom vanity, it is a home that is inviting and inspiring.

But Sabrina is an artist in her own right. She is perhaps better known as Sabrina Butterfly Designs and has been selling her clothing collections in Edmonton since 2002, first at C'est Sera, then at Nokomis on Whyte Avenue as well as at many independent hall shows with her designer friends. In 2007 she opened her own shop in the Highlands area. Her creations have a laid back, unpretentious air. They manage to both delight the eyes and feel good on the body. Many of the pieces call out to be worn—a lot! And despite the higher prices compared to the average mall-shop find, the quality, workmanship and uniqueness make the items in her collection seem a bargain.

One cold winter day I met up with her at home for a warm cup of Yerba Mate (flavoured with cardamom, cinnamon, fresh ginger and ground vanilla bean) and enjoyed a chat that went something like this:

**When did you first become interested in clothing design?**

I'm one of those rare people who knew, even in high school, what I wanted to be when I grew up and then I pursued it.

I learned to sew in junior high Home Economics class but my first experience selling my wares was at the Edmonton Folk Fest. I was maybe 9 to 12 when

my girlfriend and I would sell our friendship bracelets from a blanket at the bottom of the hill. Our goal was to make enough money to buy stuff from the craft tent.

**What is your process for designing a piece of clothing or collection?**

I'm inspired by the fabric then I go from there—I look at the buttons I have, then the trims. When creating a new item, I'm not one to sketch a design first. I'd rather be hands-on and so I head to the studio and start putting stuff together. For example, for this fall's collection I had this simple, shift dress in mind to start with. I added a couple different fabrics then I made a ruffle hemline. And as I sewed it, I continued to add things to it. Finally, when it was done I stepped back and said, "I guess this is what it's going to look like!"



In the end, when it goes to the manufacturer I may change the design in order to be more cost effective, but I try not to allow cost estimates to affect the original creative process.

**Tell me how a piece of clothing goes from your cutting table to my closet.**

First I'll trace out the pattern on a fabric template then I cut the remaining material from the bolt to the same size. Next I layer fabrics together and, using industrial cutters, I cut them all. I can cut 36-plus pairs of pants at once. After that, I mark out pockets, notches and other pattern instructions, then bundle them up according to size and color for delivery to the manufacturer.

Up to five years ago, I sewed everything myself. Finally, I realized I needed help and hired

home sewers. I would cut the items and then paid the homes sewers by the piece. In January 2007, I was given the name of a small manufacturing company in Vancouver to sew the clothes. Once I receive the finished pieces, I pre-shrink everything here at the house, take them to the store and press each item (here is where my mom often helps me). Finally, we tag the clothes. Only then are they ready for the store. It's a long process.

**Can you demystify the word 'collection' for me?**

When I think 'collection', I ask myself 'what can go with this?' I try to design a line where there are pieces that can coordinate or compliment each other.

**So what is the process of developing a collection?**

First I choose a colour palette then I consider what details (including textures, notions and design concepts) I should repeat.

It takes about two weeks to design the pieces, do up the samples and figure out fitting. I have designed roughly eight to twelve outfits per collection and about thirty percent of the pieces would be brand new patterns. Designing many items, I will manipulate past patterns because people like the fit of my standard pieces and I can't change what people love. Plus, repeating the same designs allows customers to enjoy their favorite piece in different colors and fabrics for each season.

**How do customers get their hands on your clothes?**

I sell clothing through my store in Edmonton and every year do three shows in Calgary, including the Calgary Folk Festival, where I have gained most of my Calgary customers. I recently sent some of my clothing to a store on the East coast and a store on the West Coast. Also, there is a store in Nelson BC you can buy Sabrina Butterfly from an old Airstream trailer that's been transformed

into a store on wheels. It sits in an alley behind a popular restaurant and is a part of the weekly farmer's market, the Very Hush Hush. And locally for all the Southside Edmonton customers, Nokomis still carries Sabrina Butterfly pants.



for me. Then I can focus on designing and branding the collection. I often ask myself, "How do I get there?" And ten years into it I still don't really know! It's a challenging career when there are not a lot of other clothing designers around to receive

advice from or follow in their footsteps. You have to figure it out yourself.

**What is your idea of 'good fashion'?**

You need to feel comfortable in what you're wearing! As long as you dress right for your body and wear the colours that compliment you, you'll look good.

I love the idea of timeless designs- designs you can have forever that always look funky. That is my idea of fashion. And that is what I hope people see in my collection.

**Who are your customers?**

Women ranging from 20 to 65 and who want clothes that are different than what they get in the mall. Lots of people come in for the fit that they can't get elsewhere. Women who love to buy local, support handmade and be unique with how they dress.

**Why should people buy local?**

It's not just the same old stuff with no meaning. At the Sabrina Butterfly Designs store, people find hand-made items that often have the designer's story and life closely attached. They are buying something with more meaning and something that will not just get tossed in the next year.

Check out Sabrina's designs for yourself at: [www.sabrinabutterflydesigns.ca](http://www.sabrinabutterflydesigns.ca) OR [www.sabrinabutterflydesigns.blogspot.com](http://www.sabrinabutterflydesigns.blogspot.com) Her shop is located at: 6421- 112 Ave or call the store at: (780) 482-6460

## Revitalization Meeting For Parkdale-Cromdale Community League

Sunday January 31, 2010  
1:00 pm - 3:00 pm

Parkdale-Cromdale Community League Hall  
11335 - 85 St

Meeting will be chaired by the EFCL  
Agenda as Follows:

- 1 - 2 pm Community Membership Sales & social
- 2 - 3 pm Election of new Board of Directors for Parkdale Cromdale Community League

Please Bring current membership card to vote, or buy membership at event

For more information please contact

- Allan Bolstad; Executive Director of The Edmonton Federation of Community Leagues at 780-437-2913
- Brad Fehr; Community Recreation Coordinator, City of Edmonton at 780-496-5795

Boundaries for Parkdale-Cromdale Community League

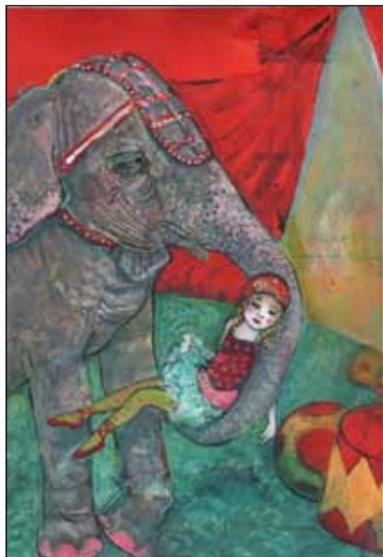


# Finding joy through painting

SHEELAGH SEMPER

If you were a fly on the wall in Maria Pace-Wynters' studio, you might find her wearing her "Madonna headset" chatting away with her mother in Victoria while working on her latest project. Or perhaps playing dress-up with her children, Imogen, 6, and Scarlett, 3, in the kids' playroom adjoining her studio. In fact, much of Pace-Wynters' inspiration comes from her children, including her latest project.

It was in this playroom cum studio area that Maria first conceived of "Circus Girl," a children's book based on afternoons of playtime with her daughter. Imogen had received a vintage hat from her grandmother which called out for new life in epic stories built upon mother and child's towering imagination. "Circus Girl" has its own series of associated paintings which will be the basis of the book's illustrations. The story has been written but



Maria acknowledges that it "might need a little tweaking" before going to print. Meeting a local illustrator at ArtWalk has helped provide added incentive to complete the project. That, and Imogen's increasing age. Soon, Maria will lose her model as Imogen morphs into something else.

Maria's children helped inspire her to take up painting as a full-time career. Prior to becoming a mother, her previous employment included working as a commercial artist, working with ADD children, and as a member of the Alberta Craft Council. During this time Maria

felt something was missing. She'd discovered that she didn't enjoy working as a commercial artist, finding it "Stressful to constantly change styles to please someone else," as opposed to producing art in her own style. After her children were born, Maria found herself wondering

why she was given a gift to create art and not the inspiration to do so, and began asking herself "what am I waiting for?"

She began painting 15 minutes a day, snatching time whenever she could find it. "It's amazing what you can get done in 15 minutes," she says.

A mixed media artist, Maria's work can include acrylic, liquid acrylic, ink, pastel, pen (nib), and collage work using tissue and origami paper on paper, wood, or her new passion, clayboard. Of the iconic image of an oil painter in a studio, Maria says: "I love the smell and romantic idea of being an oil painter, but I'm too impatient to wait for it to dry. Sometimes I use a blow dryer on my work. I'm a woman on a mission when I'm creating."

Maria rarely uses a sketchbook to develop preliminary designs, considering them a "waste of good drawings," and instead uses them for house-to-do lists or as a place to jot down ideas. She describes herself as a "drafter," combining drawing and painting.

"I love drawing so much. If you look at my paintings you'll see the thick black line of the drawing. The line is so important but I never use black as a colour in my work."

Balancing motherhood, a marriage, and work as an artist can be a juggling act. However she's spending her time, it doesn't seem to be slowing down her prolific production of late. She completes a few new pieces a week, many of them postcard size (4x6 and 5x7), and posts pictures of them on her blog

(<http://mariapace-wynters.wordpress.com>). When describing her experience with blogging, Maria glows.

"The blog is such a great tool for me. I've learned how much I like writing and how much people enjoy reading about the paintings." The blog provides a method of two way communication between artist and art lovers.

"People like to know the artist's process," she says, as well as see pictures of her work. In the end, it is she who reaps the greatest benefits of the exchange. "The feedback I receive through comments on blog posts is a great motivator to keep painting. I don't think people realize how much their comments mean to me."

Maria describes selling a painting as the "greatest feeling in the whole world." She sells her work year round at an Esty store (<http://www.esty.com/>



shop/thumbelinepaint) and at local shows throughout the province. In February Maria's work will be featured at the Fringe Gallery, located in the Paint Spot on Whyte Ave. She also has upcoming spring shows at Mandolin books on 112th Ave and Unique Gallery in Grand Prairie.

# DEEP FREEZE

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### SATURDAY JANUARY 9 2010

<b>Tom Fool's Ice and Snow Kingdom</b> <small>Including ice slide and snow sculptures</small>	<b>WinterLight Warming Tents</b> <small>Free hot chocolate, fire sculptures and much more</small>	<b>All Day</b> 10-9:00pm
<b>Things to do during the day</b>		
<b>INSIDE EVENTS</b> <ul style="list-style-type: none"> <li>★ 10-7pm Inside Arts Market &amp; Gallery</li> <li>★ 12-5pm Face Painters &amp; Balloon Art</li> <li>★ 12-5pm Family Craft Workshop</li> <li>★ 12-5:30pm Cossack Ukrainian Eatery</li> </ul>	4:00pm <b>Festival Ceremony</b>	12:00-5:00pm <b>Street Hockey</b> <small>Featuring Edmonton sports celebrities</small>
<b>OUTSIDE EVENTS</b> <ul style="list-style-type: none"> <li>★ 11-3pm Chisel &amp; Chainsaw Ice Creations</li> <li>★ 12-5pm Outdoor Skating (skate rentals available)</li> <li>★ 12-5pm Horse &amp; Wagon Rides</li> <li>★ 12-5pm Outdoor Olde Tyme Curling</li> <li>★ 12-5pm Family Winter Obstacle Course</li> </ul>	12:00-5:00pm <b>The Village Pig</b> <small>Enjoy delicious fire roasted suckling pig, fresh from the spit, served on a bun.</small> <small>Sponsored by Balkan Style Sausage Deli &amp; Barbeque</small>	

### SUNDAY JANUARY 10 2010

<b>Tom Fool's Ice and Snow Kingdom</b> <small>Including ice slide and snow sculptures</small>	<b>WinterLight Warming Tents</b> <small>Free hot chocolate, fire sculptures and much more</small>	<b>All Day</b> 12-6:00pm
<b>Things to do during the day</b>		
<b>INSIDE EVENTS</b> <ul style="list-style-type: none"> <li>★ 12-5pm Inside Arts Market &amp; Gallery</li> <li>★ 12-5pm Face Painters &amp; Balloon Art</li> <li>★ 12-5pm Family Craft Workshop</li> <li>★ 12-5pm French Canadian Music with Jason Kodie</li> </ul>	12:00-5:00pm <b>Jason Kodie</b> <small>Performing French Canadian music (Indoors and outdoors)</small>	3:00pm <b>Zéphyr</b> <small>French Canadian Dance Troupe</small>
<b>OUTSIDE EVENTS</b> <ul style="list-style-type: none"> <li>★ 12-6pm Outdoor Skating (skate rentals available)</li> <li>★ 12-5pm Horse &amp; Wagon Rides</li> <li>★ 12-6pm Outdoor Olde Tyme Curling</li> <li>★ 12-5pm Family Winter Obstacle Course</li> <li>★ 4-5pm Outdoor Mummer's Play Showcase</li> </ul>	12:00-6:00pm <b>Cabane à Sucre</b> <small>iced maple syrup on snow</small>	12:00-5:00pm <b>Street Hockey</b> <small>Featuring Edmonton sports celebrities</small>

**9210 - 118 AVE** [artsontheave.org](http://artsontheave.org)

# A house of beauty fades into the background

MARI SASANO

When hairdresser Timothie Hill established his business in the Alberta Avenue neighbourhood, he had no idea that he would be fated to a labour of love that would involve thousands of dollars, hours of historical research, and ultimately, heartbreak.

"I went for a walk one day to see what kind of neighbourhood I was in and I stumbled on this building on 115th Avenue. At the time this building was all white. The windows were full of shelving, and they were full of this beautiful pottery—it was a pottery shop. I stuck my face in and said, "I'm going to live here." I just knew it."

That house, located at 11507 87 St., began as the neighbourhood store in 1910. Along the way, it became a flophouse, a store called Wool Revival (which is now located on 112 Ave.), and a pottery studio and retail space for ceramic artists Julia Rand and Jim Speers. The space landed in Hill's lap shortly after Rand and Speers decided to sell.

"I had been out with [realtor] Roxanne Litwyn and she showed me a few places,

not anything I wanted. I kept talking about this store that I'd seen but didn't remember where to find it. At the end of the day with her, we said goodbye and there was a car accident and I did a detour and drove past it, there it was. With a For Sale sign."

Hill leaped at this chance and began to renovate. "I bought it, tore down several walls, gutted the whole house. I've always liked open spaces and older buildings. I've always preferred character over modern. It was beautiful, tongue-and-groove ceilings, walls, and floors. When it was a pottery studio, they added onto the interior walls and insulated and new electrical and plumbing. It didn't need very much. But I spent about \$130,000 on carpentry to bring it to its original glory with 8" baseboards and all the mouldings around the walls that had been taken off."

Hill's reasons for restoring the building were not just sentimental, though.

"My business was originally on 118th Avenue, and I didn't want to go far out of my clients' way. I didn't want to leave them. They were the ones buying the building,

really. I was there for better part of '97 to 2006. I finished my project, the renovations were done and it was beautiful."

In 2006, a combination of crime, exhaustion, and a death in the family sent Hill to the west coast, but when he returned, he found the old building forever changed.

"I didn't want to rent the house when I left, and I knew if I came back to Edmonton I wasn't going to live there. When I saw what they did to it, I just about died. It could have been historically designated. Now, from the outside, it's a nondescript monstrosity."

Hill is now back in town, working at iTonica salon on Jasper Avenue. And though he says he won't be moving back to Parkdale because he is worried about crime, there are aspects of the old shop that he misses.

"It was fun. It was a really fun project. It was so rewarding. There are so many old buildings in that area that are so immaculate. When I moved back here in January, my old spot on 118th was available, and I would've gone back in there for nostalgia. But it got rented."



**The Daring Diner**  
WITH ANGIE KLEIN

Welcome to a brand new year! So many new foods to discover, so many good times yet to share. Having survived the feasting of December, I collected some of my good times to share with you.

I wish I'd had 40 more employees to share the massive box of truffles given to us at the shop. With a whopping 80 percent of my daily fat in two truffles, I tried to feed them to any one who came in. There were several potlucks for which I rushed home from work and prepared some hasty appetizer. I donated for an incredible back rub from Mary Rankin (Nettie Spaghetti to any of you folks who love her children's music) from Spiritwood Energy Works. Every penny

she received that night went to The Christmas Bureau. We scoffed down umpteen frozen pizzas, while running out the door to do what seemed to be an unending list of things to do.

The most amazing of those "things" was the Skyward concert at Victoria School of Visual and Performing Arts (Vic). These kids are truly amazing. If you have kids at Vic then you know what I mean. If you don't I encourage you to buy a ticket to any of the shows they put in through out the year.

Last, but certainly not least, was the corporate Christmas party we attended. Dawson and Wallace treated their staff to an incredible feast at the Petroleum Club, across from Kingsway Mall. We were served an amazing meal of roast tenderloin and turkey breast with stuffing and lamb chops

and pork loin roast and salmon with phyllo and morels (my personal favorite); crab and lobster (although served cold and a bit tough). Fresh steamed veggies, a huge table full of all kinds of salads and a matching table full of desert. WOW! My hat is off to the Chefs at the Petroleum Club because the food was cooked to perfection, and we were one of the last tables to eat!

If you know someone who has a function coming up, definitely get them to check this place out! All the proceeds from the liquor sales were donated to charity. Thank you Dawson and Wallace! Thanks also to the neighbor who shoveled our walk during that heavy snow. Thank you for reading my column and sharing my year!

Until next time...  
Happy Eating!

# Low-tech photography finds a home at the Nina Haggerty with Rangefinders!

The Nina Haggerty Centre for the Arts is thrilled to unveil Rangefinders this month at the Stollery Gallery. Rangefinders exhibits the results of a three-month low-tech photography project offered to members of the Nina Haggerty Collective, with support from the Lee Fund (Edmonton Arts Council). Edmonton artists Wenda Salomons and Candace Makowichuck worked with artists from the Nina Haggerty Collective to explore pinhole photography, cyanotype and diazo prints.

Wenda shared with the Nina Haggerty Collective her experience as a practicing pinhole photographer. Boxes and tin cans were taken from the Re-Use Centre and transformed into lensless cameras. The artists then set to work exploring and experimenting with their 'new' cameras around the neighborhood! As the pinhole project evolved a number of dedicated participants became more focused, developing small bodies of work. Among the



FAY FRICK'S PINHOLE CAMERA PHOTO

most engaged artists were Paul Bellemare, Fay Frick, Melody Zeggelaar, and Robin Friesen, who found inspiration in architecture, streets and houses, trees, and self-portraits.

Candace immersed the Collective in a series of workshops on memories. The artists made reproductions of significant photographs, such as vacation or family portraits. These were developing using sunlight and chemicals (cyanotype) and diazo prints. The images created by each artist show how family, memory, and memento are important to everyone.

Rangefinders marks the first photography exhibit by the Collective of Artists at the Nina Haggerty, and includes work by Candace and Wenda!



CARLA NAND'S MEMORY RENDERED IN PRINT

Please join us for a free reception with live music and refreshments on Thursday, January 14, from 5 to 7 pm at the Stollery Gallery, 9225 118 Ave.

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### Resident Profile WITH HARVEY VOOGD



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

### Canada-Ukraine Free Trade Talks a Good Idea

For some time I have been calling for greater recognition by the Government of Canada of the mutual opportunities involved in closer economic ties with Ukraine, well placed as the economic and political hub of Eastern Europe, to accompany the already strong cultural and diplomatic ties between our countries.

I am pleased that our Government has recognized the importance of Ukraine and the Ukrainian-Canadian community. The Honourable Stockwell Day, Minister of International Trade and Minister for the Asia-Pacific Gateway, visited Ukraine in September and announced the launch of talks between Canada and Ukraine on a free trade agreement (FTA).

"Our government is once again taking action to open doors for Canadian business in new markets," said Minister Day. "Canadian companies are steadily building a deep business presence here in areas like aerospace, communications technologies and in agriculture. Free trade negotiations could help to extend our deepening partnership. We know the support is there—on both sides."

At subsequent meetings Canada and Ukraine will discuss a range of trade and investment issues to facilitate economic relations and fight protectionism.

Ukraine is a very influential Eastern European nation, the largest country in Europe, is home to a highly educated population of 46 million, has a diversified industrial base and substantial natural resources. Canadian merchandise exports to Ukraine have increased greatly in recent years, totalling \$229.7 million in 2008, with agricultural and aerospace machinery topping the list.

An FTA with Ukraine could further open markets for Canadian exports ranging from agricultural and seafood products to machinery and pharmaceuticals. It could also help to address non-tariff barriers.

Free trade agreements also help to strengthen the Canadian economy, to create new jobs and to lower prices for Canadian consumers.

To me, concluding a free trade agreement with Ukraine seems like a win-win for both sides.

What do you think?

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Rhonda Henshaw is living proof that it is never too late to take up a new challenge and discover a talent you never knew you had. Since 2002, she has been part of the viola section of the Edmonton Symphony Orchestra, playing an instrument she didn't pick up until the end of her first year of university.

Rhonda's musical training began with violin lessons.

"My mom gave me a choice between ballet and violin," says Rhonda. "Being a huge klutz, I thought violin would be better."

She was nine years old, which is considered late for someone who has made a career in the strings.

"Usually classical performers who play the strings or piano start at age five," says Rhonda.

"For those who play the woodwind or brass, most start around grade seven."

Music was a big part of Rhonda's home growing up.

"My mother always had classical records like Handel's Water Music and the Mennonite Piano Concerto playing when I was young," recalls Rhonda.

"My mom is Mennonite and music was important. When my grandma turned 90, I remember my mother and her siblings spent hours singing hymns at the birthday party."

Rhonda enjoyed the violin and from grades seven to 12 also played in the Edmonton Youth Orchestra.

"After high school I moved to Calgary and quit playing," says Rhonda. "It was then that I realized how much I loved playing music."

Rhonda decided to study music at the University of Calgary where she played the violin. It was at a summer camp after her first year of university that Rhonda first played the viola.

"The camp was short a violist and I agreed to play it," says Rhonda. "I absolutely loved it. I fell head over heels in love with the viola."

"I love the tonal quality of the viola. It has a darker, richer sound quality like dark chocolate as opposed to the syrupy sweet-

ness of the violin."

Learning to play the viola was not a major hurdle says Rhonda.

"It is held like a violin, but is bigger in size. My hands are pretty small so this meant I had to focus on posture and my playing style."

This focus turned out to be good for Rhonda as she had tennis elbow and tendonitis when she played the violin. These ailments disappeared after she began playing the viola. The instrument also resonated with her emotionally.

"The violin is flashy and full of tension which affected me," says Rhonda. "The viola is for mellow people, which is how my friends would describe me."

Though considered self-employed, Rhonda is tenured at the ESO. Playing with the ESO is a full time job, with most of the summer off.

"Our contract is for seven sessions a week from September to June," says Rhonda. "Each session is a concentrated two and a half hours and is usually two concerts a week and four to five rehearsals."

According to Rhonda, the ESO is a good place to work because it is the highest paid symphony orchestra in Western Canada and has a really good audience. When she was a student, Rhonda played in both Calgary and Vancouver, where the concert halls were never full.

When asked if she ever gets bored being at the same job, Rhonda replies, "As long as I can play a Brahms Symphony every two years, I'll be content. Plus I just got a new stand partner who is great!"

Bonnie Yeager is another violist, recently hired, who shares a music stand with Rhonda.

"I turn the pages because I sit on the inside," says Rhonda. "It's kind of like an arranged marriage."

"You need to blend your sound with that person. Ideally you are on the same page as the person as to intonation and musical production."

Jobs are hard to get for violists. The ESO will do up to three rounds – local, national and international, when hiring new musicians.

"I was hired on a national round," says Rhonda, "As I was



living in Vancouver at the time. I think six or seven people auditioned for the spot."

"Everyone was given a list of 10 to 20 pieces to take home and learn. When one auditions you perform behind a screen and are evaluated solely on how you play. In fact, the jury does not know your gender, age, or name."

"For Bonnie's position, 16 people were supposed to come, but not everyone showed up as you have to pay your own way. Bonnie came from Cincinnati for the audition."

Rhonda, her partner Nathan Philips, and their 20 month old daughter Elsa bought their house in Alberta Avenue three years ago.

"We were attracted by the area's affordability, the cute houses, tree-lined streets and the fact the area is close enough for me to walk or bike to the Winspear Centre."

"We had heard the neighbourhood was on the upswing," says Rhonda. "We had lived in Oliver where we didn't know our neighbours, and south of 107 Avenue in Queen Mary Park which was scary."

Rhonda also swings as a member of Kent Sangster's Obsessions Octet, a Juno-nominated jazz octet.

"Kent is the Executive Director and producer of the Edmonton Jazz Festival," says Rhonda. "His wife is an ESO violinist."

"The octet is made up of a jazz quartet consisting of a sax, piano, bass and drums and a standard string quartet of two violins, cello and me."

"We don't improvise, but I get to play at the Yardbird Suite and pretend I'm a really cool cat!"

Obsessions Octet's second CD will be released in the New Year.

Dear Community Members, The Neighbourhood Empowerment Team (N.E.T.) develops Community Action Plans, customized to the unique needs and opportunities of each community we work with. These Community Action Plans guide the day-to-day activity of N.E.T. over a period of four to six months.

Your 118 Avenue N.E.T. team is moving forward on the objectives highlighted in our new Community Action Plan, and we are excited to share them with you! Here are some examples of initiatives that are currently working on.

**Partnering with the Alberta Avenue Business Association (AABA) and the business community to address the sale of**

**weapons and drug paraphernalia on 118 Avenue.** We will be encouraging businesses who supply the materials that hurt this community to stop and become part of the solution.

**Connecting and supporting community groups, with the aim of increasing their capacity and sustainability.**

NET is researching the feasibility of *the spoke* – a youth run bicycle shop on 118 Avenue to provide a storefront workspace, knowledgeable volunteers, and the tools for youth to repair and maintain donated bicycles. The goal would be to foster a sense of belonging and

self worth by way of providing a positive and engaging community space for youth and hands-on work experience.

**Wrapping up the six month Notification of Community Crime (N.O.C.C.) pilot project.**

N.O.C.C. proactively addressed residential break and enter clusters and repeat occurrences.

Your N.E.T. team is committed to working together towards a safer community. If you are any questions or are interested in getting involved in one of the projects above feel free to contact us at (780) 944-8204.

Sincerely,  
Your Neighbourhood Empowerment Team (N.E.T.)



# Artful Dogger



**dog talk**  
WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

Every day more than a half dozen dogs and cats enter a grooming shop, somewhere. While many owners just expect to pick up a clean dog with eyes they can see and feet that aren't dragging dirt through the house, the groomer's challenge is to make that dog look the best it can. Maybe the dog has scars or lumps that need to be disguised, maybe the hair is too thick or thin and this all needs to be taken into account. Maybe the dog is, or looks, sway backed.

A good groomer will use a variety of skills and techniques to make a schnauzer (or mix) be recognized as a schnauzer.

In some cases the groomer may be asked to make a mix or one breed of dog look like another. This can be a common request with poodle owners asking that their dog not look like the typical "frou frou" type poodle.

The groomer goes to work with products, clippers and scissors in hand to create a masterpiece!

Rhonda Wise, a groomer in Australia, responded, "Dog grooming is definitely creative and artistic. To have the ability to make a messy scruff look really beautiful takes artistic talent as well as grooming experience – and a lot of patience." She advised that pink is very popular on white fluffy dogs. She uses food colouring so that it washes out easily if the owner doesn't like it. Sometimes she colour coordinates with coloured bows in their hair and



BENNY BEFORE



BENNY AFTER

nail polish to match the collar and leash. I recall that just down two blocks from me were two little white poodle type dogs, one was coloured pink and the other blue about twice a year.

Every groomer I spoke with did not hesitate to state without any hesitation that grooming of dogs and cats is definitely art! Sarah Maylon of Cutie Pies felt it artful to cover the imperfections with a scissor or sculpting of hair to make the imperfect dog look better. A customer request for Mohawks or the legs

to look like the dog is wearing boots is easily accommodated.

Kirsten Dixon of Puppy Love said that it was very rewarding when she uses her creativity to style her customer's dog. The challenge of creating a Mohawk, goatee or any other special cut sounded like a welcome opportunity to express her personal creativity.

So whether making a schnauzer, poodle or springer look like a schnauzer, poodle or springer, or disguising faults and imperfections, it is a living art. The addition of Mohawk,

goatee, boots, or even a lion cut takes creativity executed with the groomer's shears. A poorly executed pom pom will often send a client elsewhere so the groomer's creative license must be pleasing to the dog owner. Sometimes a little colour on a Mohawk or nails can create a statement which an owner may extend to a full colour dye or even a logo or design cut or dyed into the hair.

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

## The Rat Pack



### TIME FOR CHANGE BY ELLISON, AGE 10

It's January! That means it is time for New Year's Resolutions. It's a time for changing your ways... if you do that kind of stuff on January 1st. It's time to kick out any bad habits or anything like that and say: Get outta here!!!! 2010 doesn't want you!!! And if they don't leave, well do what a kid would do. Use your imagination and pretend that it's January 1st for as long as it takes. To a point of course, I mean, I don't want to make all you readers to lock yourselves in your rooms until April if you can't succeed in the New Year's resolution. At that point you might as well just wait till 2011 or 2012. Really, as long as it's not breaking any laws, it might have to wait.

### TIME TO SKATE BY GALA, AGE 9

Lots of members from our community league have chipped in over the last few months to build a skating rink at our community centre. We had one last year too and it was great to have a skating rink that was not too far away from your house. I hope that you will come on weekend afternoons to skate at the Alberta Avenue Community Centre and have hot chocolate, but you can also come and skate most week nights from 4pm to 8pm.

### UP TIL MIDNIGHT BY GIER, AGE 12

"Happy New Year!" As we all might say and stay up til midnight anyway. With champagne and fireworks in the air, as we all stare in awe. Bing! Bang! Bong! strikes the clock as twelve the countdown ends not a sound a second later the entire world cheering though ... somewhere on the globe snuggled up with blankets up to their nose is someone sleeping any way but they know it's New Year's what do you say?

### WINTER FUN BY THORIN, AGE 7

S is for sliding on ice with your friends  
L is for laughing when snow hits your face  
E is for eating cookies and drinking hot chocolate  
D is for dancing all over the place  
D is for delightfully jumping in snowpiles  
I is for ice crystals that twinkle and glow  
N is for nearby friends coming to play  
G is for giggling with your mom at home

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### Rink Season is here!

#### Public Skating Hours:

Monday to Friday 4pm to 8pm  
Saturday & Sunday 1pm to 6pm  
Please note the rink will not be opened if it is -24C with windchill or colder.

#### Weekend rink hosts needed

Sat or Sun shifts from 1pm to 3:30pm  
OR 3:30pm to 6pm.  
You open the rink shack, run the concession and give out free hot chocolate.  
Contact Dawn dawnfreeman@shaw.ca or 780-454-7809

### Programs

To register call 477-2773 or stop by during office hours (Mon and Wed, 6-7:30pm)

#### Preschool Creativity

4 Fridays, January 15 thru February 5  
10:30am to 11:30am for 2 - 3 year olds.

#### Self-Defense Training for Women

January 16 & 17 8am - 4:30 pm

#### Preschool Gym Class

6 Saturdays  
Jan 23 to Mar 6 (no class Feb 13)  
3-5 year olds from 10am to 10:45  
18 months to 3 years from 11am to 11:45

#### Farmers' Market winter hours

2pm to 6pm starting January 7th



www.albertaave.org

9210 - 118 Avenue

780-477-2773

## Call Me 1st



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## FREE MARKET EVALUATION

List of homes for sale  
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Not intended to solicit properties already listed for sale.

# Free moola for your children's post secondary education

## FINANCIAL LITERACY

WITH LISA TARA EDEN

I literally received my Bachelor of Arts degree from the University of Manoa, Hawaii with a two year old child on my hip. The following year I owed over \$15,000 in student loans. I was relieved to finally pay that debt off five years ago, but it was a huge balancing act trying to parent my children, move to Canada, work full time, buy our first home, and pay that student loan off.

The Government of Canada has an awesome program now in the vehicle of a Registered Education Savings Plan where you can receive free money for your children's education through the Canada Learning Bond, the

Alberta Centennial Education Savings Plan, or the Canada Education Savings Grant.

The first thing to do to get this free money is that after you have a child or adopt a child is to register their birth and then show that document at a Service Canada Center and apply for your child's Social Insurance Number.

Then off you go to open up an account at any financial institution. Some banks do not charge clients when they open up a Registered Education Savings Plan so make sure you ask questions and you can always check at the other banks to see which ones will open up an account for free.

Through that Registered Education Savings Plan you can, depending on the date of birth of your child or children

open up, a: Canada Learning Bond; Alberta Centennial Education Savings Plan; or a Canada Education Savings Grant.

For your child to qualify for free money for the Canada Learning Bond your child has to be born after 2004 and your family income be \$37,885 or less. You will then receive \$500 after you register your child and a \$100 each year until your child turns 15 years old to the maximum amount of \$2000.

For your child to qualify for free money for the Alberta Centennial Education Savings Plan, your child has to be born after December 31, 2004. The government will then give you \$500 when you register your child.

If you contribute \$100 when your child is eight, 11, and 14 years old the govern-

ment will match that money.

For these two grants you do not have to contribute any money to get the free money except for the matched savings in the Alberta Centennial Education Savings Plan when your child is eight, eleven, and fourteen.

Depending on your income, when you contribute money to the Canada Education Savings Grant the government will also contribute money. If your family income is under \$37,885 and you contribute \$500 or less, the government will contribute 40% of the money you put in. Then when you contribute between \$501 and \$2,500 the CESG will provide you an additional 20%. If your family income is between \$37,855 - \$75,769 the government offers 30% for the first \$500 you contribute and

then 20% when you contribute between \$501 and \$2,500.

So what happens if your daughter or son become an award winning novelist without ever stepping into a post secondary education institution, or chooses to give up a career to raise a family? They have up until 36 years to use the money. And if they don't use it, just roll it into your Registered Retirement Savings Plan.

*\*resources for this article were supplied by Candora Society, Momentum (Calgary), SEED (Manitoba), and the Government of Canada*

*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.*

## Homesteading the Avenue Workshops

### AN AVENUE HOMESTEADER

WITH CARISSA HALTON

Home-baked bread soaked in olive oil and vinegar, followed by a salad of garden greens, apple slices and walnuts, chased by fresh spaghetti tossed in basil, garlic, chorizo, salt and pepper: Is this dinner or edible art?

While the homemaking skills were much maligned in the last half of the twentieth century, through the influence of the environmental and new urbanism movements, there has been a resurgence of interest in the art of homemaking.

Now, thanks to sponsors the Alberta Avenue Revitalization Initiative and the Alberta Avenue Community League, some of the traditional homesteading skills will be shared on the Avenue!

Consider checking out the following workshops. They are designed to share information and techniques that for many have been long forgotten. Workshops are offered free or for a nominal fee (to cover materials). Childcare will be provided.

#### Sunday, January 24, 2010 from 2-5 pm- Bread Making

Few things make a home feel as comfortable as the smell of bread baking. In this workshop, Rat Creek Press' An Avenue Homesteader, Carissa Halton, will share the techniques and formulas she uses to make bread that is nutritious and affordable. Participants get to experiment and will go home with two of their own 'home-baked' loaves.

#### Saturday, February 28, 2010 from 2-5 pm- Seed Starting

Save money and start a few vegetables and annuals at home! At this workshop you will plant tomatoes, basil, sweet peppers and snapdragons. The Rat Creek Press' Gardening Diva, Cheryl Walker, will share with you the techniques and equipment she uses to start dozens of garden plants in her dining room. This hands-on seminar is sure to make the last months of winter feel warmer.

#### DON'T HAVE A GARDEN?

Join us for this session, as well as May's 'Building a Square Foot Garden' session.

#### LIVE IN AN APARTMENT?

All these plants are great for growing even on small apartment decks.

#### Sunday, March 14, 2010- Grafting Fruit Trees

Henry Stainthorp has an unbelievable number of varieties of apples in his Spruce Avenue yard, possible because of grafting. Grafting introduces great fruit production possibilities to your garden. Henry will share from his experience and inspire you with a tour of his garden. In this session, participants will get hands on practice grafting.

#### Sunday, April 18, 2010 from 2- 5pm- Beauty Care Products

Visit the Skin Deep Website

(www.cosmeticsdatabase.com/index.php) and you soon realize how many of our beauty care products contain untested and non-FDA approved additives. Save money (and possibly your skin!) by making these products at home. Local neighbour, RN and mom, Hannah Barrington, will share her knowledge about the basic techniques and ingredients involved in creating beauty products on your kitchen stove.

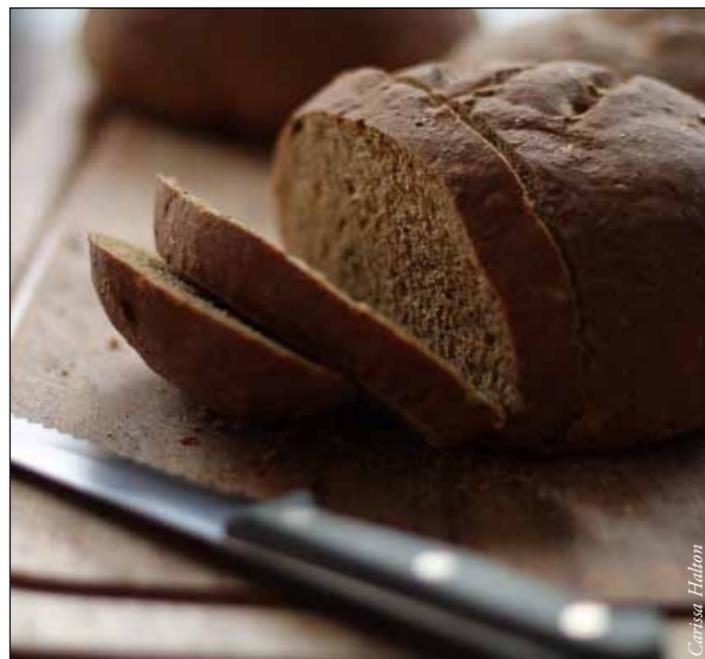
#### Sunday, May 2, 2010- Making a Square Foot Garden

Garden on your deck, cement pad, grass or weeds- even garden on a table- by trying the Square Foot Gardening method! Participants will learn how to make and plant a square foot garden by building and planting boxes for the Alberta Avenue Community League. Printed resource materials will be provided so participants can remember how to repeat the magic at home.

#### Sunday, June 13, 2010- Homemade Cleaning Products

Cleaning products account for a significant percentage of household toxins. Freshen up your house! Learn how to make cleaning products that are safe for your family and yet are effective germ and grime busters. Participants will go home with two different products.

halton7@telus.net  
780-439-7934  
<http://lavenuehomesteader.blogspot.com>



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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.

## MUSIC

### PIANO LESSONS

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

### PIANO LESSONS IN YOUR HOME

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

### GUITAR LESSONS

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

### DROP-IN GROUPS & PROGRAMS

#### PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234

YouthSpace (Youth under 25) Drop-in: Tues to Fri 3-7 pm, Sat 2-7 pm  
Youth Movie: Fri 6:30-8:30 pm  
Community Drop in: Tues to Fri 1-10 pm, Sat 2-6:30  
Seniors Drop-In: Tues and Thurs 1-5pm  
TTIQ (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm  
Community Potluck: last Tues of every month, 6-8:30 pm  
Drop in Counseling: 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 Tuesdays, 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 Wednesdays, 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. 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 Wednesday evenings from 7PM to 9PM for Book Club! Lively discussions, humor, and enlightenment! We will begin monthly gatherings starting September 9. 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  
Jan. 1 Closed  
January 8 Carrie Hryniw  
SATURDAYS: Open mic 7:30pm-9:30pm  
Music, spoken word, comedy, plus every Saturday great Cinnamon Buns!!!

## SPORTS & REC

### PRESCHOOL GYM CLASS

Tired of being cooped up indoors on those cold winter days with an energetic preschooler? Then sign up for this class. It'll burn off some of their energy and preserve your sanity! The class will focus on gross motor activity, cooperative play and building confidence in children.  
6 Saturdays, Jan 23 to Mar 6 (no class Feb 13). 3-5 year olds from 10am to 10:45 and 18 months to 3 years from 11am to 11:45. Instructor: Sara Hendricks, Phys.Ed Teacher and mother of three little ones living in Alberta Avenue. Cost: \$30. Call 477-2773 to register.

### 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

### DEEP FREEZE FESTIVAL

Deep Freeze Festival is looking for volunteers for January 9 and 10. Call Judy 780-496-1913

### 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

### PRESENTATION OF REPORT ON SCHOOL SPACES & CLOSURES

For City Centre Schools Project to EPSB trustees at regular school board meeting. Tuesday, January 26, meeting begins at 6pm. Centre for Education, 1 Kingsway Ave. Free parking in underground parkade.

### PRESCHOOL CREATIVITY WITH GRANDMA WILLOW

4 Fridays Januray 15-February 5 2010 -- 10:30am to 11:30am for 2 - 3 year olds. Music, movement, creative play, craft & story time with the amazing Grandma Willow! Parent participation required. Instructor: Marie Bulter (www.returntorustic.com) Cost: \$30/child

### CHRISTMAS TREES NEEDED FOR DEEP FREEZE

Deep Freeze festival needs your gently used real Christmas trees after you have finished with them. If you can help, please drop your tree off to the Alberta Avenue Community Centre (9210 118 Ave) by the west fence by January 7 2010.

### FARMERS' MARKET

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

### 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@crudemonton.org.

### 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. This month we will be discovering Szechuan Village Restaurant (7906 - 118 Ave) on Tuesday, January 19th at 6:00pm. Open to all but seating is limited, please RSVP CRUD at 780.996.4728 or info@crudemonton.org.

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

Edmonton Meals on Wheels (11111 103 Ave) First Tuesday of the month from Noon to 12:45pm  
Monthly discussions about healthy eating with a registered dietician. First Tuesday of the month from Noon to 12:45pm  
Bring your own lunch or enjoy the meal of the day for only \$2.25. To register, or for more information, please call 780 429-2020

### 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, January 16 & 17 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.

## 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  
Everyone welcome. More information 780-477-8677

### 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

95 St. @115 Ave, 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, January 8 to May 28, 2010

### Silly Saturdays

2 pm Saturday, January 9, 2010

Ages: 3 - 6 years

Call 780-496-7099 to register

## Sing, Sign, Laugh and Learn

10:15 am Tuesdays, January 12 to February 16, 2010

Ages: Up to 3 years  
Call 780-496-7099 to register.

### Calling All Homeschoolers

2 pm Tuesdays, February 2 to March 9, 2010

Ages: 5 - 12 years  
Call 780-496-7099 to register.

## Teens

### Teen Gaming

6:30 p.m. Fridays, January 8 to May 28, 2010

Ages: 12 - 17 years  
Please call 780-496-7099 to register.

### Babysitting and Beyond

6 pm Friday Jan. 29, 2010  
9:30 am Saturday Jan. 30, 2010

Ages: 11 - 16 years  
Call 780-496-7099 to register

## Adults

### Women's Afternoon Out

1 pm Wednesdays, January 6 to May 26, 2010

### English Conversation Circle (LACE Program)

10:30 am Saturdays, January 16 to March 20, 2010

Free of Charge. Drop-In. For more information contact Biviana from Catholic Social Services at 780-424-3545.

## Cafe Anglais - English Conversation Club for Newcomers

6:30 pm Mondays, January 4 to May 31, 2010

Call 780-496-7099 to Register  
FREE of Charge

### Stories from the Heart of the City

1:30 p.m. Thursday, January 21, 2010

Drop-in, Free of Charge  
All are Welcome!

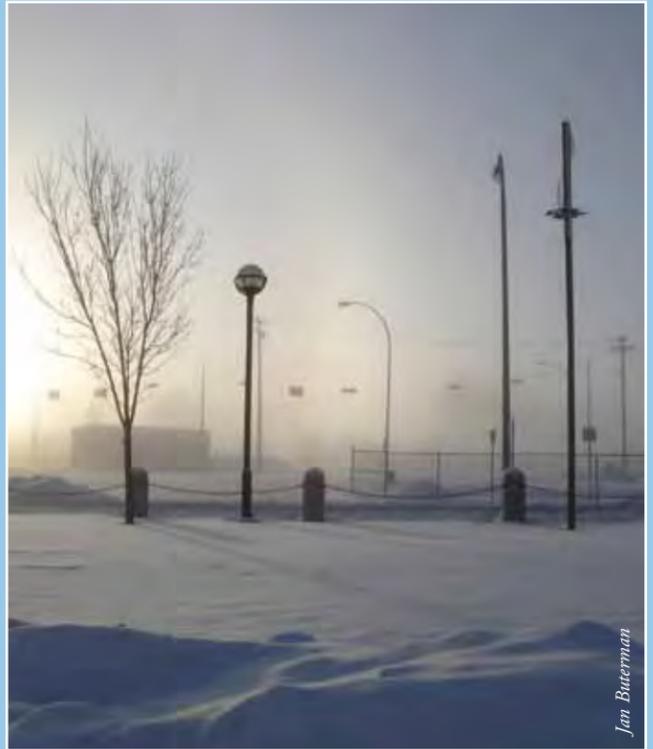


Dave VonBicker

65 COMMUNITY FRIENDS ENJOYED JINGLE JAMIN' AT THE CARROT WITH CHILI AND DESSERTS FOLLOWED BY SOME CAROLING ON DECEMBER 18.



Dave VonBicker



Jan Baerman

ICE FOG ENVELOPS THE STADIUM LRT STATION PARKING LOT ON SUNDAY, DEC. 13. ENVIRONMENT CANADA RECORDED TEMPERATURES OVERNIGHT FROM SATURDAY TO SUNDAY OF A RECORD-BREAKING -46.1 C AT THE EDMONTON INTERNATIONAL AIRPORT, -58.4 C WITH WINDCHILL.



Mari Sasano

CHARLIE SAKUMA ON BANDURA AND TOM MEAD ON GUITAR AT THE DEEP FREEZE MEDIA LAUNCH, DECEMBER 15



Kel Townsend

PERCHEON DRAUGHT HORSES TEDDY AND SPARKY FROM MP STABLES TAKE A LOAD OF FOLKS FOR A FROSTY JAUNT IN THE COLD AT THE PARKDALE SCHOOL FAMILY FESTIVE EVENING & BOOK FAIR ON THE EVENING OF DECEMBER 15.

THE CHRISTMAS CARISMA CHURCH CHRISTMAS BANQUET HELD AT EASTWOOD HALL ON DEC 13, SERVING OVER 400 PEOPLE



Pedro Pires

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City Councillor, Ward 3



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a Happy and  
Prosperous New Year*



phone: 780.496.8138  
fax: 780.496.8113  
email: [ed.gibbons@edmonton.ca](mailto:ed.gibbons@edmonton.ca)

### Hello Highlands-Norwood!



Friends, I hope you and your family had a wonderful and safe holiday season. I trust many of you are looking forward to attending this year's Deep Freeze Byzantine Winter Festival on the Avenue. I have had the pleasure of attending this festival in the past; it's good fun the entire family can enjoy and a great way to add to the revitalization of this wonderful community. All the best to you all in 2010!



**6519 - 112 Avenue**  
**Your MLA, Brian Mason**  
Edmonton Highlands-Norwood  
[www.brianmason.ca](http://www.brianmason.ca) ph: 780.414.0682