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Active living in our neighbourhood

MARI SASANO

Many of us are trying to become more active but struggle with boredom with the usual physical exercise programs at the gym. We're lucky to have some businesses in our area that provide offbeat options to get ourselves moving. I looked into Elite Dance Studio and Bedouin Beats for some interesting ways to work up a sweat.

At the Elite Dance Studio's Saturday beginner class (drop-in rate, \$20 per class or \$130 for one 8-week session), you would see quite a number of people, young to not-so-young, of various body types. Students are dressed casually, either in exercise wear or in street clothing. A few have special ballroom dance shoes, but any clean pair of shoes will do. Women outnumber men, but the instructors rotate through so that one is not partnerless for every dance.

The class teaches short sequences of two dances. For this class, it's tango and samba. The gentlemen are taught their steps first, then the ladies who learn their part, which is generally same as the men, but backwards and in high heels! Thankfully, there are four instructors—two men and two women—who are able to give tips and corrections throughout the lesson. But the music is very motivating, and the enthusiasm from the instructors is infectious.

Would you work up a sweat? Yes. After an hour and a half, you've exercised your body and your brain, remembering the sequence of steps! And I'm betting if someone does this quite a lot, they'd get really nice, toned legs and arms—not to mention a few party skills! The studio is located at 11756 95 St. Check the website for class dates and times, www.elitedancestudio.net.

Bedouin Beats, located at 11805 94 St., is mostly a bellydance studio, with both registered and drop-in classes. Most classes are an hour long, but they do have longer seasonal workshops. For drop-ins, there is a beginner's bellydance fundamentals class as well as classes in Tai Chi and Cardio Shimmy. The latter sounded intriguing, so I checked out a Tuesday evening class.

It's aerobics, but more elegant, sensual, and fun—"It hurts less when you smile!" says instructor Jodi Doesburg. Accompanied by catchy Arabic pop music, about a half dozen women were led by their instructor through a warm up of stretches and preparatory movements of low-impact movements of kicks, simple steps, and arm positions. This was followed by more vigorous jumping and fast footwork as well as bellydance-style waist, hip, and arm movement—they did promise some shimmy! A cool-down is performed, with core strengthening and yoga-type stretches.

Though some bellydance basics would be useful, a beginner could keep up, especially considering the class size and the encouragement of the instructor. And as in the ball-

room classes, you'd have a few extra dance skills to show off by the end of it! The drop-in rate is \$18 per class or 5 class card for \$75, 10 class card for \$140 or 20 class card for \$260.

You can also find classes for yoga at the Lotus Soul Gym in Little Italy (10816 95 St., phone 780-428-5202), as well as boxing at the Avenue Boxing Club (8812 118 Ave., phone 780-477-0056). You should also see if your community league offers classes; Alberta Avenue has in the past offered Tae Kwon Do, yoga, combo workout, and others, and are putting on summer camps for kids. Call 780-477-2773 to register or for details.

Whether you are just starting out or looking for a bigger challenge, there is a class nearby for you!

There are quite a few options for paid registered or drop-in classes. But there are also free activities this summer for adults, kids, and families:

Alberta Avenue will be holding a free drop-in summer sports program for kids and their parents at the community league hall. Drills and practice in soccer, baseball, and kickball are offered, as well as active games such as an obstacle course. The program runs Mondays from 6 to 7 pm, starting July 5 until the end of August. Call 780-477-2773 for more information.

Swimming is free for community league members, Sunday noon until 2 pm at Eastglen Pool (11410 68 St.), and at Borden Park outdoor pool (until August 29) on Sundays, Mondays, Tuesdays and Wednesdays from 5 to 7 pm.

Green Shack programming is open for kids at our local playgrounds: **Alberta Avenue** (118 Avenue and 92 Street), **Norwood Park** (95 Street and 114 Avenue), **Delton Park** (123 Avenue and 88 Street), **Westwood Park** (121 Avenue and 105 Street), **Eastwood Park** (118 Avenue and 86 Street), **Sheila Bowker Park** (113 Avenue and 85 Street), **Elmwood Park** (125 Avenue and 75 Street) and **Sheriff Robertson Park** (82 Street and 111 Avenue). Hours are 10 am to 5:30 pm Monday – Thursday; 1 pm to 5:30 pm on Fridays.



INSTRUCTOR JODI DOESBURG LEADS THE CARDIO SHIMMY CLASS AT BEDOUIN BEATS DANCE STUDIO

Mari Sasano

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Rat Creek Press editorial meeting

Do you have an idea or story to share?
Come write for the Rat Creek Press!

Meet with the editor at the Carrot Cafe,
Tuesday July 6 at 7 pm, or email editor@ratcreek.org.

Rat Creek Press seeks managing editor

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

If you are interested, send your resume to the Rat Creek Board at info@ratcreek.org by July 15, 2010.

Want to improve life? Get moving!

EDITORIAL WITH MARI SASANO

It sounds too easy: a few minutes of physical activity per day means better health, more energy, and a good night's sleep! Don't we all want those things, and aren't we willing to do anything for a life like that?

Apparently, it's harder than we think. How many of us make excuses to forgo a quick daily workout? How many of us make promises to get our heart rate up, but instead of making the resolution stick, give up before we really start to feel better? It's easier to say, "No, later."

But it is easy. A 30 minute walk every day is the minimum, according to most studies, for

heart health. For most of us, it's totally achievable, and enjoyable if you find something that you love doing. That "Too tired" excuse? You'll be less tired if you just take a few minutes to clear your head. And it gets less painful, the more you do it.

And find a friend to help! My workout buddy is my dog, Henry. He forces me to go outside and walk, no excuses. And if we can't do one long walk, we make sure that we get three or four short ones. Four walks of five minutes is 20 minutes! The rest is probably

made up doing housework or mowing the lawn.

But 30 minutes of moderate exercise is just the beginning; doctors recommend 30 to 60 minutes of vigorous exercise to really make a difference. In the long run, my heart will be healthier, my blood pressure will be in a safe range, my metabolism will get a bit more pep, my bones will gain strength, and my risk of diabetes

(which runs in my family) will be lower. Now that I've hit the first level, I'm inspired to do more. Maybe a little jogging along with that walk?

Sometimes all it takes is to try. And that's good for you too! Doctors also say that trying new things is great to keep your brain active and growing. Not to mention good for your social life, if it's a group class.

See? It doesn't have to be no-pain-no-gain. You can ease your way in, find what's comfortable and most fun, and try new things once in a while to keep things interesting. Not everyone can, or wants to be, a gym bunny. But don't rule it out! There might be something there for you among the elliptical trainers and free weights.

So wherever and whenever you find it, get moving. If you watch kids or dogs, they run as part of play. Shouldn't we have at least that much fun? Let's try!

Doctors also say that trying new things is great to keep your brain active and growing

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LIFE

Andrea Bestman

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feel the adrenaline
go for the high
worth it? Answer Yes or No?
number your blessings
remember to count them all
escape the reasons within safety classifications
this is living and riding on the edge
and of course is deserving
the rim gives opportunity
so nod to the extremity
if you dare
but once implied
do not trudge alone
find a faithful friend
support, love and companionship
are the essentials
someone needs for the edge
in different wording
Necessary for
that preserves the journey
which may face deep water
unexpectedly
that is
LIFE!

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Call for young emerging artists

Want to be involved in something big? Now's your chance! The Avenue Initiative is looking for young emerging artists to HELP PAINT MURALS on the electrical boxes along the Avenue. You will be mentored by a professional artist and be part of the process in designing and painting one mural.

If you live between 75th Street and 104th Street and 111th Avenue and the Yellowhead and are between 13 and 18 years of age, please submit one piece of artwork and a short paragraph on why you want to be involved by July 15th to one of the following:

Email Jaimie at tjclm@telus.net
Drop off in person at two locations: The Carrot (9351 118 Ave.) Attn: Christy or at the Landlord and Tenant building (8904 118 Ave.) Attn: Judy

Painting the murals will take place in August over one to two days and the murals will be revealed at the Kaleido Festival in September.

Don't miss this chance to leave your mark on the Avenue!

For additional information please contact Jaimie at 780-721-8417 or tjclm@telus.net.

Hey Community! We need YOUR OPINION!

The Avenue Initiative is taking one more step to beautify the Avenue and we need your help. But don't worry, you don't have to for volunteer for anything!

Murals will be painted on the electrical boxes that line the Ave and we would like your input as to what themes you think the murals should have. The Avenue is rich with diversity and we want to celebrate it. Help us create these murals to REFLECT YOU!

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Watch for the murals to be unveiled at the Kaleido Festival in September.

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The only requirements are:
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-You live between 75th Street and 104th Street and between 111th Avenue and the Yellowhead.
-You are a professional artist.
-You are ready to have some fun!

Painting will take place over one to two days in August and the murals will be revealed at the Kaleido Festival in September.

This is YOUR COMMUNITY – be a part of the revitalization process and leave your mark on the Avenue!

Please contact Jaimie at 780-721-8417 or tjclm@telus.net for more information or to get involved.



Borden Park celebration brings family and community together

MARI SASANO

For the third year in a row, Borden Park will be hosting a big Canada Day party on July 1 from 1 pm to 5 pm.

"It was a big step—we had 14,000 people last year, which is triple the attendance from the first year," says Rocco Caterina, assistant to Ward 3 councillor Tony Caterina who is hosting the event with Peter Sandhu, MLA for Edmonton Manning.

Last year, audiences enjoyed music and dance, martial arts, and a canine agility demonstration.

"Basically, this year will be a carbon copy from last year, with Celtic Infusion Illusion and the Stephanie Harpe Band headlining the main stage," says Caterina. Off-stage performers include break dancers and martial arts. Families are also invited to swim for free at the outdoor pool, or enjoy face painting and games.

As with last year, free hot dogs, beverages and cake will be served from 2 pm to 4 pm while quantities last.

"Our motto is Family-oriented, Community-driven. It's a fun day, and it's our way to show that it doesn't matter where you're from or what the colour of your skin is. We're all Canadians and we can come together and celebrate."

Borden Park is located at 112 Avenue & 73 Street.

Community Response to Urban Disorder's AGM report

CHRISTIAN PICKUP
VICE PRESIDENT, C.R.U.D.

On June 6, 2010 the Community Response to Urban Disorder (C.R.U.D.) held their Annual General Meeting at The Carrot Community Arts Coffee House. This meeting was open to the public. Those in attendance learned of the many initiatives that C.R.U.D. is running or planning on running to facilitate the ongoing empowerment of their neighbourhoods; attendees heard from C.R.U.D. president Chris Hayduk, and C.R.U.D. Treasurer Alice Greenshields.

Among C.R.U.D.'s current initiatives are: Avenue Dog Walking Group, Community Dinner Club, Problem Properties, Nice Neighbour Recognition Award, Family Park Crawl, Welcome Wagon (forthcoming), and a Community Christmas Lights Campaign and Competition (forthcoming). Following a brief explanation of each of these, elections to the board of directors were held. Four positions on the board were open for contest this year; at the conclusion of the AGM one board position was still vacant. C.R.U.D. will be interviewing applicants for this position. If you are interested

in sitting on the board, please contact C.R.U.D. at info@crud-edmonton.org.

The past and current board and members of the Community Response to Urban Disorder (C.R.U.D.) wish to recognize the following business and community members for their support, either in kind or financial. Please show your gratitude for their support of improvement in this community by supporting them. In no particular order, they are:

- Habesha Ethiopian & Eritrean Cuisine, 9515 118 Ave
- Creative Quality Catering & Bistro, 8903 118 Ave
- Lan's Asian Grill, 11826 103 St.
- Szechuan Garden, 8907 118 Ave
- Szechuan Village, 7906 118 Ave
- El Rancho Spanish Restaurant, 11810 87 St.
- Mareeq Café and Restaurant, 9420 118 Ave
- Safeway, 8118 118 Ave

- The Carrot Community Arts Coffee House, 9351 118 Ave
- The Rat Creek Press Association, www.ratcreek.org
- Edmonton Transit System
- Councillor Tony Caterina
- Avenue Initiative Revitalization
- City of Edmonton, Bylaw
- NET/Edmonton Police Services
- Alberta Avenue Community League
- Coalition of Crime Councils Ryan Brooks
- Norwood Neighbourhood Association

If you would like to learn how you can support C.R.U.D. or get involved in any of C.R.U.D.'s activities, please check our website at www.crudedmonton.org. We welcome your comments, questions or suggestions. We can be reached at info@crudedmonton.org or 780-996-4728. Look for us on Facebook.

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Community Action Project zeroes in on your graffiti

CRIS BASUALDO
CHAIR, COMMUNITY ACTION PROJECT EDMONTON

The Community Action Project is having a graffiti day with a twist on August 21, 2010. We'd like to help residents whose properties have been afflicted by graffiti. If you have graffiti on your property and would like us to remove it, please email us at cap.edmonton@gmail.com with your name, address and phone number. We will drop by and have you sign a form authorizing us to remove it. We're also looking for volunteers to assist us. If you are interested in helping your neighbours by cleaning up graffiti around the neighbourhood, please email us as well.

Delton Park and playground redevelopment needs your input

It's time to look at redeveloping Delton Park and Playground, located at 88 Street and 123 Avenue. A few residents from Delton are interested in starting this project and **NEED YOUR HELP!** This is your chance to be involved in the redesign and planning for a great space in our neighborhood! This project could include new playground equipment, trails, benches and possible plans for a future spray park.

In order to make this happen, Delton Community residents need to step up. The City of Edmonton will work with us through the process of redeveloping the park and fundraising, but we need to form a committee of interested residents. Five more residents are currently needed.

We've put together a survey to give you the opportunity to tell us what you want in the park. Please fill it out and return by the dates listed or you can fill it out online www.surveymonkey.com/s/5XG2CYM

You can pick up a copy of the survey at the following locations:

- Retrospect Salon 9126 122 Ave.
- Green Shack/Playground Program at Delton Park 88 Street and 123 Avenue

Please drop off surveys by July 23. This project's success depends on community-wide involvement. If you would like to be part of the committee or have any questions, please contact Laura at deltonplay@hotmail.com or 780-752-0098.

Liquor store appeal denied

MARI SASANO

Amarjot Holdings lost an appeal to operate a liquor store at 8145 112 Avenue at a hearing at City Hall on June 3, 2010.

A group of six Parkdale-Cromdale residents including Community League vice president Martin Bundred, and the police officer who works in the area, spoke out against the proposed liquor store, citing the presence of a park directly behind the strip mall, as well as social disorder concerns such as public drunkenness, violence, and vandalism.

Resident Carrie Thuesen, who also happens to be the assistant to Ward 3 councillor Ed Gibbons, noted that this was her sixth time being involved in liquor store appeals, all unsuccessful. While the developer's appeal mainly dealt with definitions of a park versus a "passive ravine," residents were concerned with the store providing easier access to alcohol to those with addictions.

"My concern with a liquor store is based on what I experience daily. Not a week goes by without at least one concern about an inebriated person in or around the playground, or in front of my house or on my house," Thuesen told the four-member appeals board.

Constable Jared Luipasco added that a liquor store close

to Commonwealth Stadium and the LRT station could add to alcohol-related problems during concerts and football games, as well as the potential for drug dealing. Speaking from a police perspective, he said:

"I think a liquor store in that location would greatly increase the police presence required."

Bundred emphasized, "We are not against development. We are taking steps to encourage the well-being of our community; we don't believe a liquor store is contributing to that," and while noting that a liquor store would likely be highly profitable in the area, the money would not be going back into the community. He asked the developer to be sensitive to the location's history and specific problems.

"We have issues with alcohol abuse within our boundaries. For the people who live here, the residents, the police and the social workers, we will have to deal with the problem of a liquor store in that location."

The representative from Amarjot, Sangram Sindhar, in his defence claimed,

"These problems are there to start with, and they are not decreasing. They are increasing as is, so having a liquor store there won't make a difference. The Cromdale and Stadium liquor store are not causing problems."

Summer activities at Parkdale-Cromdale Community League

Free swimming for Parkdale-Cromdale members

Starting immediately, Parkdale-Cromdale community league members can swim for free at: Borden Park Outdoor Pool, 5-7 pm; Oliver Outdoor Pool, 5-7 pm; Mill Creek Outdoor Pool, 7-9 pm

Green Shack

Starting July 5, the Green Shack will be back at Sheila Bowker Park (11335 85 St.) and Sheriff Robertson Park (8112 111 Ave.) with free activities for children 6-12, including sports, art, music, games and snacks. Younger children welcome with their

caregivers. Program hours are: Monday, Tuesday, Thursday: 10 am-5:30 pm; Wednesday: 12:30 pm -8 pm; Friday: 1:30 pm -5:30 pm

Parkdale-Cromdale looking for volunteers

Our new board still has positions to fill! We're also looking for volunteers for upcoming events. Call 780-471-4410 or e-mail info@parkdalecromdale.org for more information.

Parkdale-Cromdale Lil' Sprouts Playgroup

Come join our playgroup

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

Parkdale-Cromdale Collective Kitchen

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

Poets, young and old, wanted for September poetry slam

The *Rat Creek Press* will again host the "Words from the Avenue" poetry slam as part of September's Kaleido Festival. A poetry slam is a competition at which poets read or recite original work. The performance will be judged by a panel made up of local and city-wide celebrities.

The first hour will feature poets 17 years of age and under, and the second hour will feature

adult poets. Prizes will include \$500 in cash, as well as other great prizes.

Last year nine poets competed. The first prize of \$300 was won by Kevin Lotsberg for his poem "The Embalming of Stanley McPhee." Tyler Enfield won the \$150 second prize for his poem "A Year's Light," and the third prize of \$50 was won by Sheila Boodoo for her poem "Song for Chanha."

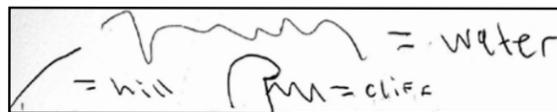
Depending on the number of contestants, preference will be given to poets who live in the *Rat Creek Press* distribution area.

The *Rat Creek Press* is hosting the poetry slam in celebration of the printed word and in support of the Kaleido Festival.

Interested poets should contact Harvey Voogd at rusic13@telus.net or 780.474.2576.



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Another great eatery on the Ave has recently opened! Upon entering this new business I saw a fireman waiting for his order, fully engaged in an upbeat conversation. “Well,” I thought to myself, “If the firemen are eating here this place must be great!”

I sat with Merrick and Bryan, owners and the creative talent behind the business. Bryan is a true Edmontonian, living here his whole life, and Merrick has lived here for as many years to earn the title too. They started the business a year ago, renting out other commercial kitchens and running the business side from home. In as little as nine months they set up a full-time catering business and bistro on the Ave and it has been a great success.

I asked them how the busi-

ness has become successful so quickly. Their answers were simple. Bryan and Merrick both said, “We will make anything, anytime, for anyone, from scratch.” As Merrick says, “A client called, she wanted monkey cupcakes; I made monkey cupcakes.” Bryan adds, “We offer custom catering and go above and beyond with all our clients.” They use many local products, seasonally when possible, and all food is created from scratch.

Really this business has two sides. Originally they set out to operate a catering business. When looking for a space, naturally they looked on the Ave first. As local residents of four years they have seen the positive changes on the Ave and saw the benefit of feeding the community and being close to home. The space was bigger than they needed for the catering side and that is where the Bistro’s beginnings started.

If you love fresh pasta you have to come and check it out. Open for lunch and dinner and anything in between, the Bistro offers daily fresh pasta, a homemade soup and sandwich special, or a fresh hot special for under \$10 per item. Mile-high pie is another fantastic reason to check it out. Bryan

made some fresh pasta while I was there and I could not resist taking it home. With some great tangy homemade meat sauce, dinner was simply heavenly that night! I forgot how great fresh pasta was. Bryan also said something that makes a lot of sense: “Eat, shop and stay local.” I have to agree.

The catering side of the business, which is the primary side brings with it a lot of knowledge, success and love of creating great food. Bryan is a professionally trained chef at NAIT and won top second year chef in Canada. He has been creating great food for over 31 years. Merrick is the co-creator, and brings a large knowledge base with 16 years in the food service industry. With a combined knowledge of 47 years, if you want vegan, vegetarian, gluten-free, Mexican, ethnic foods, or dinner parties prepared in your home, Creative Quality Catering & Bistro does it all and more. With as little as 24 hours’ notice they will take the stress out of your event. They create great food for any size event with any flavors you would like. What is not to love about our new neighbors! Welcome and thank you for feeding the Ave.



BRYAN AND MERRICK MAKING FRESH PASTA



Call to Artists & Community!

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.



Call for YOUNG EMERGING ARTISTS

Want to be involved in something big? Now’s your chance! The Avenue Initiative is looking for young emerging artists to HELP PAINT MURALS on the electrical boxes along the Avenue. You will be mentored by a professional artist and be part of the process in designing and painting one mural.

If you live between 75th Street and 104th Street and 111th Avenue and the Yellowhead and are between 13 and 18 years of age, please submit one piece of artwork and a short paragraph on why you want to be involved by July 15th to one of the following:
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- You are ready to have some fun!

Painting will take place over one to two days in August and the murals will be revealed at the Kaleido Festival in September. This is YOUR COMMUNITY - be a part of the revitalization process and leave your mark on the Avenue!

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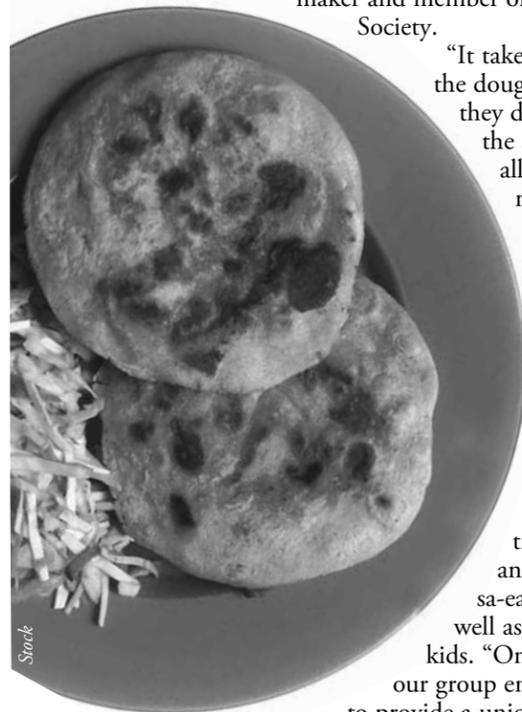
Pupusas for everyone!

MARI SASANO

The Pupusa Festival is back at the Alberta Avenue Community hall (9210 118 Avenue), treating us all to a day of delicious traditional Salvadorean food and culture!

On July 24 from noon until 8 pm, the ladies will put their skills to use, making pupusas— a grilled corn flour dough pancake, filled with meat or cheese. Served with cabbage salad and salsa, it's a delicious combination of flavours that is irresistible.

"It gets the women together, sharing skills to make the best they can so everyone enjoys them," says Gladys Molina, pupusa-maker and member of the Salvadorean Society.



"It takes skill to make the dough a certain way so they don't break. And at the same time, we're all dancing to the music and having fun. It's a part of our culture; no one minds waiting for them to come fresh from the grill."

While festival-goers snack on a delicious pupusa, they will enjoy traditional dances and music, a pupusa-eating contest, as well as activities for the kids. "One of the things our group endeavors to do is to provide a unique experience," she says. "We want to make the best we

can, with the best ingredients: we use fresh tomatoes for the salsa, fresh cabbage. It has to be made a very certain way, to get the perfect texture."

Molina also hopes that young Salvadorean-Canadians will connect with their heritage.

"We're trying to transmit the skills to our youth, otherwise it will be lost! I have only boys, and I tell them, 'You better learn! You never know!'"

But it's not just for Salvadoreans. Molina wants everyone to come and try a pupusa and to see the dancing and demonstrations. It's a way for the Salvadorean community to share their culture with other Canadians, something that they are very proud of:

"Being in Canada, we all can share something from the country of your birth. It's a very family-oriented place to come and enjoy the day."

Events will take place at the Alberta Avenue Community League Hall, 9210 118 Avenue. Admission is free, pupusas are \$3 each.

The importance of friendship and how random it can be

GEORGE TSOUKALAS

When time passes by in our lives we sometimes lose track of the people that we consider to be our friends. There are many instances where good people become forgotten in the fog of reality, while others who do not play a significant role in our day-to-day affairs become entrusted with the secrets and fears that we keep to ourselves and make us distinct individuals.

Just what makes someone a good friend, and how does one care for and nurture a friendship to ensure it thrives? How do friendships form, grow, and withstand the psychological rigors that humans subject themselves to? Is there a chronological timeline that friendships follow as they begin in primary school, grow in junior high, strengthen in high school, then decline and dissolve once we begin college or get married? Does anyone retain their childhood friends well into adulthood? Or do we simply "go with the flow" as our careers and families change with time, like ships passing by each other imperceptibly in the night, and bring new friends into our lives to replace the old ones we once cherished?

Just how does one become bonded to another person, and then call that person a friend? There are many social settings where a new friendship can be kindled, such as being in the same classroom at school, or working in close proximity at a common job site. Common interests between one another can also help to initiate the bonding process, and this can be seen at hockey games among

fans, and at golf tournaments where the only objective among participants is simply to have fun. Friends can also be made in casual settings where social contact can take place, with shopping for groceries being one, and exercising at a local gym being another.

Of course the most important part in developing a new friendship is ensuring that both people can meet and spend time with each other to make their bond grow stronger. And there lies the problem that affects many people trying to stay connected with one another: finding the time to spend together. In the early 21st century, most Canadians spend more time on Facebook, Twitter, using e-mail and text messaging in order to stay connected. However, electronic media still does not fully replace regular physical meetings, gatherings, and the all-important embrace or hand on the shoulder where humans bring an emotional dimension to their friendship.

Our society requires us to spend time enclosed in buildings with cubicles or small offices where we do most of our work, and, unfortunately, forces us to sacrifice face-to-face communication in order to maximize our productive output. What is even more difficult to contend with is the reality that our social circle is primarily determined by physical boundaries and distances, which means that the people we con-



sider to be our "best friends" are actually those in simply in close proximity to us. Imagine if you can, that somewhere in a different town, province, or country, there are people who would make our lives so much richer if only we could see them and spend time with them physically.

Dear reader, as you follow the words in this article please take the time to think about how your life could be improved if you could spend time with individuals who share common interests and beliefs with you. Try to picture how your social circle would expand and develop into a more colourful and intricate tapestry if you were to include otherwise distant people in your life, by making them less distant through a process of careful and deliberate selection that takes into account what you find important in terms of personal characteristics, and, most importantly, find the time in your life to spend quality moments with those you cherish. The rewards will be those of honesty, loyalty, and trust: these three aspects of any friendship will bring with them the firm foundation that secures any relationship.

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Scona students to debut Edinburgh Fringe show on the Avenue

MARI SASANO

Alberta Avenue resident and musician Chris Wynters had been thinking about writing a piece of musical theatre from the ground up. Opportunity came in the form of a group of high school students with a spot at the prestigious Edinburgh Fringe theatre festival.

"I was asked to do it by Linette Smith, who is the head of the theatre program at Strathcona High School. It's part of a program called the American High School Theatre Festival which has been going on for about 10 years, and I think this is the first time it has expanded to Canadian students," he says.

It was the perfect chance to work with a talented young cast and crew, and the result is *St. Aggie's 84*, which will debut at the Alberta Cycle building (9351 118 Ave.) from July 16 to 25 before heading to Scotland

in August.

"It's a huge show with 35 actors, a six-piece band and a bunch of technicians. It's about 60 people all together, all Scona students except for a couple from MacEwan. It's called *St. Aggie's 84*, set at what used to be an all-girls' school, following the graduating class in the first year that boys are allowed in."

Wynters based the plot around Shakespeare's *Love's Labours Lost*, swapping out the four male main characters with four young women.

"They swear an oath to commit themselves to study, which is a tradition at the school, but of course that was easy to fulfill until the boys showed up," laughs Wynters, noting that he went to a similar school in Victoria during that era.

"It's pretty fun, but it's also infused with the politics of the '80s, with Reagan in the White House and the political tension

between the Eastern Bloc and NATO. The main character, who is the head girl at the school, is petrified of the end of the world."

It's been interesting working with these high school students, comparing their experience growing up during the '90s with the Cold War sensibility of the '80s.

"I think kids get it more than you think," says Wynters. "I've heard some kids talk about the end of the Mayan calendar and the environmental problems with global warming, and I think they are terrified of the same things. It's just new fears."

Musically, though, it's not strictly Duran Duran.

"Certainly a lot of the music is feeling pretty '80s, but the music I listened to was more leaning towards The Cure, R.E.M., the alt-pop stuff. But there is a ridiculous Miami Sound Machine, Latin-pop number in there, which I have



STEPHEN DELANO, LEFT, AND CHRIS WYNTERS, AT RIGHT, IN REHEARSAL WITH THE STUDENTS OF SCONA HIGH

never done before. But mostly, it's a lot more contemporary than I expected."

These performances will be a dry run before packing up for Europe, so Edmonton theatre-goers can expect to see something excitingly new.

"It's workshopped as we go, so we're flying without a net. I'm sure there will be moments

that are going to be shockingly raw, but it'll still be well put together. Our director, Linette, and Stephen Delano, the musical director, are great."

"The students have already performed one of the songs at their awards show. It's amazing and energetic to hear 35 performers singing; they'll blow you off the stage."

Sports and Activity

Losing weight

SHEELAGH SEMPER

Staring at a series of "bad" photos of myself on Facebook, while desperately removing the name tags from them, brought me face-to-face with my current reality. I wasn't the svelte lass I was in my late teens and early 20s. I no longer fit the description of "pleasantly plump." Somehow, when I wasn't paying attention, I'd gone well past fat and off to the land of obese.

Experts estimate that 10 to 25 per cent of all teenagers and 20 to 50 per cent of all adults in Canada have a weight problem. The increasing rise in obesity rates comes with a plethora of consequences to our health including cardiovascular disease, diabetes, cancer, musculoskeletal problems (joint pain and arthritis) and reproductive difficulties. You've likely seen the commercials on TV, wherein a teen describes the new reality, that we may be the first generation that doesn't outlive our parents.

Me? I've decided I don't want to be overweight for the rest of my life and decided to begin a "lifestyle change" in January.

Want to lose weight and not sure where to start? Here are a few things I've learned along the way:

Don't go on a diet. Start a lifestyle change: Diets often fail because people take extreme measures. They drastically cut their food intake or deny themselves all the foods they love. The key is moderation and sustainability. If you love chocolate, find a way to work a few small pieces into your daily or weekly meal plans. Change one thing a week. Add more veggies in your meals. Eat an extra piece of fruit a day. Go for a short walk after meals. Soon

these things will become habit and you'll start to see results.

You didn't gain the weight overnight... We live in a results-oriented society. We want to see big drops in the number displayed on the scale or we feel like failures. It's best to remember that weight loss is considered "safe" when it's no more than 2 lbs or 1 per cent of your body weight (depending on which option is lower) per week. Nutritionists consider an individual to be successful if they can maintain a 10 per cent loss for a minimum of 6 months.

Eat more to lose more: A big mistake many dieters make is in drastically reducing their caloric intake. Over a long period of time this can result in medical issues due to lack of proper nutrition. Over a shorter period, it can result in a demoralizing spiral of binge eating, decreased metabolism, and weight gain. Unless under a doctor's supervision, women over 21 should eat a minimum of 1200 calories a day while men need a minimum of 1500 calories to get the bare minimum nutrition while dieting. However, that doesn't mean everyone should drop to the minimum calorie count when dieting. Your body's minimum needs will depend on your age, height, current weight, and activity level. Using a BMR calculator, such as the one at <http://www.phord.com/cc/>, can help you determine your caloric needs.

Calories In < Calories Out: There's no magic secret to sustainable weight loss. To lose 1lb a week, you need to take in 3500 calories less than your body uses each week. That's just 500 calories less a day. Someone whose BMR stats indicates they burn 2000 calories should eat 1500 calories each day in order

to lose a pound a week. To lose 2 lbs a week, eat 7000 calories less each week. Remember not to go below 1200 (women) or 1500 (men) a day without the supervision of a doctor or nutritionist.

Want to eat more? Add exercise. You can increase the amount you eat while maintaining a safe deficit by burning more calories through exercise.

Drink 6-8 glasses of water a day: Our bodies are made of water. When dehydrated, our bodies store water. This can cause temporary weight gain and bloating. Drinking sufficient water each day can help "flush" stored water from our bodies and gets rid of "water weight".

Put the salt shaker down: Health Canada recommends that Canadians consume between 1600-2300mg of sodium a day. It's not unusual for the average Canadian to consume 4000mg or more of sodium each day. The excess sodium can cause high blood pressure, bloating, and water retention. Look for foods low in sodium and don't add salt while cooking or at the table. Instead, consider using salt substitutes like fresh herbs and spices.

Eat better to feel better: Feeling sluggish? Tired and cranky all the time? Your body might not be getting all the nutrients it needs. Cutting out the fast food meals and replacing them with fruits and vegetables can help you feel better. Frozen fruits and veggies are as nutritious as fresh and often cheaper if you're on a budget.

Avoid "Diet" foods: When you read the labels on these foods you might be shocked to discover that the sodium or sugar contents are higher than the normal versions of the food. That's because manufacturers often substitute salt or sugar to lower-fat foods to make them taste better. Whenever possible, stick to fresh or whole foods.

Lose the scale: The one you weigh yourself on. The num-

bers can be frustrating if they're not dropping as fast as you'd like. Choose to pay attention to how you're feeling and how your clothes fit. When they're looser, you know you're losing fat! If you are the type of person who needs to see the numbers in order to feel motivated, try weighing yourself once a week or once a month. Just remember to weigh yourself at the same time of day, wearing the same outfit (or nothing). Your body weight can fluctuate by as much as five pounds depending on the time of day you're weighing-in so it's best to always weigh yourself around the same time of day every time

Weigh and measure your food: Portion sizes at restaurants are out of control. Many people don't know what a proper portion size is. Weighing and measuring your food can help you re-learn how much you should be eating. If you are eating at a restaurant, split your portion in half and box up the other half to take home, share your meal with another person at the table, or order an appetizer.

Be aware of what you're eating: Keep a food journal. Write down everything you eat as you eat it. Seeing how much you're eating (and when) can be an eye opener.

Pre-package snacks: You may find it handy to pre-package your snacks into one serving sizes (zip lock bags and small Tupperware style containers work great for this). Only take one snack package at a time to help you avoid overeating.

Bring a packed lunch: Packing your own lunch for work can save a lot of money and helps you maintain a nutritional balance. Packing your lunch and snacks for work helps you avoid the temptation of snack foods and fatty fast food meals.

Learn to love exercise: Not everyone is ready to run a marathon immediately. Start small. Pick an activity that

interests you and get moving. Don't expect to be able to do it all at once – especially if you've led a sedentary lifestyle until now. I used to think I hated exercise until I started walking a few minutes each day in January and playing on the Wii Fit. I managed to walk a little bit longer and a little bit farther each day. Then I joined a gym and spliced that into my routine. After that it was lifting (small) weights and now I'm learning to run. I can't imagine not doing something each day of the week. I use exercise as a stress reliever these days – instead of eating. It's fabulous.

So you've had a bad day: You over-ate. You feel bad about yourself. You're a failure so you might as well give up. Stop right there! Just because you ate too much one day doesn't mean you're attempt at a lifestyle change is over. Remember, you have to over eat by 3500 calories to gain a pound. Some people swear by cheat meals and plan an evening once a month where they can eat whatever they want. The important thing to remember is that tomorrow is another day. So, dust yourself off and start again.

Sure, you've heard it all before. Why should you listen to me? In my experience, motivation for losing weight needs to come from within. You have to be ready and willing to take the next steps and actively work towards improving your health. No one can do it for you.

As for me, since January I've lost 50 lbs. I still have a long way to go to reach my overall weight loss goal, but I feel better about myself. The changes in my life are huge. After 10 years of horrific insomnia I now have little trouble sleeping at night. Before I could barely walk a half mile without feeling tired; I now routinely walk 2-5 miles a day. Best of all? I'm not embarrassed by how I look on photos my friends upload to Facebook!

Two wheels good: riding the path to active living and sustainability

GRAHAM WATT

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

-Sir Arthur Conan Doyle, Scientific American Magazine, January 18, 1896

I love the spring when cyclists repopulate Edmonton's streets and trails. In their faces I see joy, effort, determination. Sometimes I recognize the studied coolness of bike racers, but never do I see the cursing, hardened bitterness of drivers stuck in traffic or the listless apathy of packed transit riders.

This is why I ride to work: the sound of wind. Getting winded. Getting my exercise and lightening my footprint. Saving money. The exhilarating glide down the hill to the river valley in the crisp morning air. I ride to prepare my head for the day, and to clear it when my day is done.

But I wonder if these are the same reasons drawing other cyclists onto the road? And what stops others from starting to commute by bike?

Alexa Pendzich, Project Coordinator for Edmonton Bicycle Commuters Society (EBC), shares what she likes about riding to work: "Choosing an active form of transportation is a fantastic way to wake up in the morning. I enjoy getting into a meditative, balanced mindset before starting work."

Others are motivated by economics of time and money spent on gas, parking, or transit fares. According to one City of

Edmonton worker who I met while he was locking his bike downtown, "Once summer comes, it doesn't make sense to spend 40 minutes sitting in a car when I can be at work in 25 minutes and feeling better about it."

June is the turning point in the riding calendar for many Edmonton cyclists. They dust off their cruisers, ten-speeds, and mountain bikes, and join those already on the road in enjoying Bike Month. The well-known Bike-to-Work Week in early June is just one of dozens of bike-centred events that have helped cyclists get their bikes back on the road, learn about maintaining their bikes, or just celebrate taking part in active transportation.

EBC encourages and enables Edmontonians of all means to get on a bike and start riding. You don't need to spend thousands or even hundreds of dollars to get a good bike. According to EBC Summer Programs Coordinator Anna Vesala, "Any bike can be a commuter bike if it's in good shape ... the most important thing is to find a bike that is the right size for your body and you maintain it throughout the seasons."

BikeWorks, EBC's fully-equipped, volunteer-run community bicycle shop off of Whyte Avenue, has tools, volunteer mechanics to help with bikes, and cycling courses for urban cyclists. They also have a wide selection of bike parts and refurbished used bikes on sale for less than \$100. "People who want to start commuting should check out BikeWorks. We constantly receive donations – a lot of gems – that are looking for new owners," says Pendzich.

Of course, there are also many great bike shops in the city with knowledgeable staff and great gear. It may be better to avoid pawn shops and chain stores without dedicated cycling departments.

While finding and maintaining a good bike should be less of a barrier thanks to EBC, many Edmonton cyclists face a more difficult obstacle on their way to bicycle commuting: we live in a sprawling city that often caters to cars and trucks more than bikes and pedestrians. For instance, one colleague braves the busy, truck-congested traffic of 50th Street to get from Mill Woods to his Capilano office. He is offered no assistance from bike lanes, sidewalks, quiet side roads or even bike racks on buses.

Other cyclists, like me, are lucky to live near the river valley where we can cruise to work along beautiful paths and quiet roads. There are numerous other routes through town as well, sometimes in surprising places; cyclists can find out more by searching for "bike-map" at www.edmonton.ca, or by asking a cycling friend or colleague to help them find a safe route to work.



CYCLE IN THIS? GRAHAM WATT SAYS YES!

But we can do even more to help get bikes on the road. Right now the City of Edmonton is updating the environmental strategic plan, "The Way We Green," and has "ears open" to hearing new suggestions, according to Pendzich. If we travel to more bike-friendly cities this summer, she suggests emailing pictures of working bike lanes, bus racks and other bike infrastructure to EBC. Or we could show our support for giving cycling a central place in the city's future by emailing Mayor and Council or participating in the City's consultations during the strategic planning this summer.

In the mean time, it's important for cyclists to celebrate our successes, like when over 50 cyclists biked from BikeWorks over the High Level Bridge to the Winspear Centre on June 1st, "... in their finest

attire," according to Vesala. On July 1st, EBC will wrap up bike month by sporting all kinds of bikes in the Silly Summer Parade down Whyte Avenue. And remember, any time cyclists can say hi to someone gardening or nod to another cyclist they build community.

"Cycling ... strengthens the sense of unity I feel with other Edmontonians who bicycle, walk, run, skateboard and so on. Waving, smiling and greeting people on my commute are an added bonus!" says Pendzich.

Find out more about programs of the EBC on the web at www.edmontonbikes.ca, by phone (780-433-2453), or by email (info@edmontonbikes.ca). Information about the City of Edmonton's environmental strategic plan is found at <http://www.edmonton.ca/TheWayWeGreen>.

Walker becomes a runner

CHERYL WALKER

Setting very low expectations for myself when it comes to any sort of physical exercise is helpful. I take my expectations, and then I reduce them, and reduce them still. When asked what I hoped to get out of this running business, I answered that I wanted not to die. Oh, no, don't misunderstand, I didn't want to live longer, I want to not die. While running.

I started running by going to the Running Room (I am very good at the buying stuff part of any exercise program). The Running Room, much like Lulu Lemon, is a place that scares the Dickens out of me. I do not speak their language. I do not know their customs. A strange, foreign land filled with a strange, foreign people (who need to eat more ice cream and cheesecake).

This land sells clothing that is bright and reflective. In the absence of any evidence that their fashion designer is a peanut-starved chimp, I must assume that the goal of their clothing is to be, umm, visible. Now, I don't know about you, but I have never, even in the neon '90s, bought a jacket because it was screaming green, and had reflective tape across my bum. I am trying to camouflage the breadth of my bum, and there they go trying to give passing motorists, if not a target, a heck of a fright.

I braved this foreign land, and I went to the back wall. Well, actually, the first time I went in, I got stopped at the front door and had to ask this pimply-faced young boy where the sports bras were. Yes, that's right, I asked a 17 year old about women's underwear. (It was a bit

of a let down for us both.) He pointed. No one, not even my most earnest critic would have faulted me for refusing to push my way through all the runners, sitting on benches (why weren't they out running any way?) to get to the women's underwear section, conveniently located behind the running video that was playing. (And how does watching a video count as exercise anyway?) I did the sensible thing and went for a cup of coffee.

I came back half an hour later, as the runners were leaving (Is there a polite company sort of expression for that many masochists in one place?). I wandered to the back, and this very charming woman came to assist me. I had two criteria (and my male readers are forgiven for bowing out now). Criterion one was containment in one con-

tainer (holding my assets in one bra. I didn't want to, say, purchase one for each side.) Criterion two was constraint (the operative definition was no movement. Of any kind)

I have Fiona. Seriously. I have a sports bra, and her name (I'm not making this stuff up) is on the tag, and that name is Fiona. My assets are contained and constrained. By something named Fiona. I've always thought of Fiona as a name for a tall, slender, lithe Irish girl. But no, Fiona is some sort of industrial German Frau with no dress sense.

The buying part over, Fiona and I went running. Run 60 seconds, walk 90. Lather. Rinse. Repeat. 8 times. She held up (that's totally a pun) her end of the run, and I held up mine.

And like I said at the top of this, I had low expectations. I



CHERYL WALKER IN HER RUNNING GEAR!

wanted not to die. I am pleased to report, that after shelling out \$112, (including \$60 for my bosom buddy, Fiona) I am not dead.

Cheryl Walker is running away, in Parkdale. She took up running in November of 2009 and has not stopped yet. You can read about her running and other adventures on her blog at www.mrsspit.ca.

A personal look at children's bike safety

C. MORRISSEY

When I was seven I was riding my bike home from school on a lovely spring day. I rode across a crosswalk in a busy intersection and I don't remember it, but a dump truck turned left in front of me and I rode my bike under the back wheels. I suffered terrific injuries. I almost lost my leg, but I survived. This is an extreme version of the cautionary tale, but versions of the same story happen all of the time.

I have guilt to this day over what happened. I could only blame myself. How could I not? I rode my bike under the wheels; I was riding my bike in a crosswalk and on the wrong side of the road. Who else could I blame? A court of law found the truck driver 80 per cent culpable. But it doesn't matter. I still have guilt.

When I see a young child riding their bike alone in the streets as I do around some of our community parks, I see it from another perspective. They look so vulnerable. So when "Ride to Survive" programs are advertised, just like the one in Elmwood Park recently, I think that's great. The program strives to teach basic bicycle safety skills and rules of the road through bicycle games and obstacles courses. But I also hope that parents don't think these courses make their children capable of consistent safe riding, because it doesn't.

I had thought that the agency running the programs, the school district, or the police would advise parents on the appropriate age range at which to allow their children to ride unsupervised, or at least give input to parents on how to know when their child is prepared to ride alone, but I have found that is not the case. They leave it to parents to make that decision based on their child's individual ability and experience. So that leads me to wonder, how do we approach the issue with our children? What is the best way to teach bike safety? And how do you know when they might be ready to ride alone?

Molly Turnbull is a cycling instructor, mother of seven year old twins, former president of Edmonton Bicycle Commuters and co-organizer of the annual Bikeology festival. I approached her with the issue and what she had to say tied into ideas about community, activity and parenting.

"The desire to entirely focus on fears is problematic. [Part of having healthy communities] is parents making the choice of being out there and showing the city, not only through activism, but literally just being around your neighbourhood, instead of doing this retreat into the house and cars. It's not like you're wanting to turn every child into somebody who cycles across the city, but you want it a possibility. So safety is a big issue. The trick is to get the message as well that there are safe possibilities in

action."

Specific things Turnbull says to focus on when teaching kids are helmet safety, being visible and predictable as a cyclist, straight line riding, shoulder checking while keeping a straight line, riding on the right side, and courtesy. She chooses not to allow her children to cycle unsupervised saying, "A lot of kids don't have true peripheral vision or peripheral vision at all until they are eight or nine years old."

But she takes her kids for regular bike rides, staying on the sidewalk with them at this point. "What I do is actually preliminary training. When they are very young I make sure we stop together and look up the alley. And it's kind of an obsessive game, like teaching a kid any other thing. It's just repetition, repetition, repetition and their minds are open to everything and so they are distracted by everything. But that repetition, even though it doesn't seem like they are catching on at all, it's a great foundation. It shows them that the adult's habit is to do it all the time and they want to emulate you."

She says she will probably ride with her kids for a couple more years or longer before she allows them to ride alone. "In my mind, that actual experience is way more important than just a course. Because often a course is pretty much in a closed off parking lot and they don't do some essential things," she says.

"I think that it's a good preliminary step for parents to be quite involved and cycling to school is one of the best ways to do that. If you live quite a distance from school, you can load up your bikes and park a little bit away and cycle or walk to school. We're doing a real disservice to children pollution wise, activity wise, and community wise because you don't feel part of your community if you are never in face to face contact."

But she also sees it as a serious safety issue. "I would ask parents to consider all of the variables that they think about while driving. There's all those to consider as a cyclist plus the ones that you're smaller, so a little less visible and your more vulnerable if an accident does happen."

According to Turnbull, the fast reaction time and awareness of traffic necessary to ride a bike in traffic requires experience, and a child should not be allowed to ride alone until they demonstrate consistent, appropriate reaction.

What she said weighs on me and I am left wondering how to balance my guilt and fears as someone who suffered a traumatic injury cycling as a child? How will I approach teaching bicycle safety to my young child? I suppose the answer is by example, by demonstration, by realizing that teaching my son to be active and out in the community is important enough to put my fears aside and learn the safest way to be out there. And besides, going on bike rides is fun!

Fear or opportunity



SYLVIA HAFERMEHL, SAFE ON SHORE!

SYLVIA HAFERMEHL

While sitting on a patio at a restaurant in Riviera Nygart Mexico, I was totally relaxed. The weather was a balmy 110 degrees, and I could hear the beautiful sounds of ocean waves. I was challenged by my son to go parasailing. At that moment I decided to overcome my fear of water. I had hesitated the day before when I had explained I had a life-long fear of water. The thought of sailing above an ocean seemed totally foreign and utterly impossible. That was when I was reminded of my 96 year old mentor who still has a dream of jumping out of a plane (with a parachute, of course). All night I had thought, "Am I brave enough?"

As I listened to the instructions, it seemed like the only real fear left was how I would get back down? I was told to reach up and pull the cord where a ribbon was tied when I heard the whistle. I tested it and reached up and realized my arm was not long enough. Little did I know that it would be the least of my worries. I explained that I was wearing prescription sun glasses and was assured I would be fine as I would not be touching the water at all.

I stepped into the harness and signed the release form and before I knew it the boat moved forward. I ran and was lifted up into the sky. The view of everything below was spectacular at that elevation. When I looked out at the vast ocean and waves, it was breathtaking. The sky was spectacular and never ending. Coasting effortlessly on a wind current as if I were a bird, I began to soar. It was so silent, peaceful and I thought, "Why did I have wait so long to do this?"

My thoughts were short lived as I looked out into the ocean and realized the ocean was coming up very quickly. It looked dark and frightening. "There must be something

wrong," I thought. In the next few seconds the parachute descended. I hit a wall of water and popped up tasting salt. I was dog paddling as I can't swim, and so thankful for the life jacket. At that time I realized my leg was twisted in the ropes from the parachute. I looked at their boat that was not moving and yelled for help. The shore seemed so far away. I heard three pathetic "Helps!" that came out of throat, and even smiled thinking, "This is not helping." I realized I had so much fear that I had basically lost my voice; it was so pathetic and small.

I thought, "No one could possibly swim this far," and quickly realized panic was not an option. My previous fears of abandonment felt so minute now. I knew Todd and his family would not leave me in the ocean. Slowly I began to move my leg in circles and began working it free in a calm, methodical manner. Surprisingly, I floated effortlessly as I waited for rescue. I could see nothing was happening yet. I never took off the harness and kept thinking, "If the boat starts to go, maybe they will pull me up from water." Such a foolish thought when the parasail was lying in water. Thoughts were racing through my head and I sensed God's presence. It was an inner peace telling me to be still and wait. You are not alone.

Back on shore my son and his wife were saying they could not believe what happened. One of the Mexicans had started to swim out, but my son knew it was too far. No other boats were in sight and mine was still not moving. Todd ran down the beach and saw a sea-doo. He told the operator I would be panicking and could not swim. After digging it out of sand they sped into action. The operator headed out and picked up the man who was trying to swim to me.

In the meantime I heard the motor coming and had a sense of calm. Finally they arrived. I started to panic while he was unhooking me from the harness. I had a false sense of security in being attached to it. He directed me to the sea-doo and I started to pull myself up on the side of it. I heard voices yelling at me in Spanish and English saying, "No, the back!"

I went to the back of the sea-doo and let me tell you, going into the ocean was easy compared to getting out of it on to the back of the sea-doo. My eyes were even with the bottom of what seemed to be a monstrous machine. I could not reach the seat. Everything to hang on to was smooth and hard. I was only half way up and exhausted. The driver asked, "Can we pull you back like this?" I yelled "No!" and "Push!" to the man in the water. I am not sure where extra strength came from, but I did know that I was not being towed back to the shore. I had visions of flying out into the ocean when he started the machine up.

Arriving on the shore I was thrilled to touch the ground. I realized that The Mexican people were so sorry and later said the boat had plugged up with sand in its jets. Upon rejoining my family I was so happy to be alive. My four year old grandson said, "Grandma you were not supposed to let go then you can fly."

I know I will never forget that day. I feel thankful that I tried it at the age of 62. I highly recommend it to any who are adventurous. It was worth every minute. I also realized I got over some of my fear of water and the next day celebrated by playing in big waves with my family.

The fears I had seem so unimportant now. I tried something new. I faced my fear and I am proud of myself.



The Daring Diner
WITH ANGIE KLEIN

A tale of two steaks

Life is so busy, and even more so when you're a guitar-playing, flower pushing, soccer mom whose yard needs tending. There are often days when 8 pm comes around and we still haven't had dinner. A nutritionist will tell you this is bad for you, but so is gobbling down drive-thru food on your way from event to event. So we wait it out.

Tired and famished after just one of these days we checked out our Alberta Avenue Business Association directory and found ourselves a steak house.

The Coliseum is located on 118 Ave. just east of 82 Street, and has been a fixture in our community for many years. We were greeted at the door with smiles and the aroma of great grilled sirloin. There is a very limited menu at the Coliseum, and everything is served with fries (the frozen, boring, and undercooked variety), or baked potatoes, garlic toast and the traditional tossed salad of wet iceberg lettuce with a few shreds of carrot and purple cabbage. Not very nutritional, and very boring. You can opt for spaghetti as well. They have a Greek and Caesar salad on the menu, but not another veggie to be found.

We started off with their cheese toast. More thick white bread (garlic toast, actually) with melted mozza. For around \$5, these guys are making a killer profit on this!

They have a few choices of steak: big, bigger, and biggest. The Canada food guide says a serving of meat should be 4 ounces, so we decided to split a 10 ounce. The steak was cooked to perfection, but my daughter exclaimed "OMG Mom, this steak is so salty, I can even see it on my plate!" I mentioned this to the wait staff who said they could get that off for me. I assured them I could scrape it off myself. We left full, but not fully satisfied, waiting for a sodium-induced coma to take us over at any time. Our bill came to just under \$45 for two, with tip.

True to my word, this is a tale of TWO steaks. Again my daughter and I find ourselves starving and in the car. This time we head just outside the neighborhood to the Fireside restaurant on Wayne Gretzky and 118th. The atmosphere was casual and relaxed. We took the table right beside the fire to rid ourselves of the chill from the rainy soccer game and proceeded to order. The menu is small and

simple. All meals come with veggies and smashed potatoes, boiled in the skin, mashed, and then fried with seasoning... Yum!

I ordered calamari to start, which Tyra and I enjoyed immensely. We decided to share a Caesar salad and were brought two huge plates of fresh romaine with loads of real bacon and homemade croutons. We split their 10 ounce sirloin. While it was a good steak— done medium rare and served with a whole lot less salt— I must admit the quality of the beef was better at the Coliseum. The meal set us back around \$60 for two with tip, which for me was well worth the expense. We left full and fulfilled, with steak left over for my dog Meg. The two steaks were about the same price, but presentation, value and nutrition won out over the big slab of salty beef.

We would definitely eat at the Fireside again. It isn't always easy to make good food choices when life is so busy, but there are options out there. Drink lots of water, get plenty of rest and don't forget to eat your veggies.

Until next time... Happy Eating!



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Derelict vehicles wreck the neighbourhood

It's a fact that wrecked vehicles don't help a neighbourhood look clean and tidy. Residential private property is not intended for the long-term storage of damaged, dismantled or discarded vehicles. And, removing these vehicles is a lot easier than you think!

Many disposal companies or charities will pick up these vehicles for no cost at all provided they are legally registered. In return, the owner gets a tax-deductible charitable donation receipt. Go on line to this handy Reuse and Recycling Directory to find out a listing of charities, businesses and City services that can reuse, recycle or dispose of your unwanted vehicles.

<http://webproxy.edmonton.ca:20050/external/recycling/default.aspx>

The bottom line...if you wish to keep or restore a derelict vehicle, you must store it in your garage or a paid storage facility. Allowing your property to become a nuisance is not in keeping with acceptable community standards and could land you a costly fine. Keep your property tidy and get rid of wrecked, dismantled, abandoned, unregistered or uninsured vehicles.

To register a derelict vehicle concern or to inquire about a nuisance property in your neighbourhood contact 311.



A Diva's guide to a nice lawn

the Garden Diva
WITH CHERYL WALKER

Dear Reader, perhaps you can imagine The Garden Diva's (TGD) horror as the snow receded, leaving more bald lawn patches than the top of Jack Layton's head. It was terrible, distressing, horrifying. The Non-Gardening Dogs and a lawn simply do not seem to co-exist. Growing a lawn has been a challenging and inspiring process for TGD. Judging by your questions, everyone seems to have problems with lawns so TGD purposes to spend the next few months talking about grass. (No, not that kind dear reader, that kind is illegal and brings an unsavoury element into our communities.)

Let us start with the basics, dear readers. If you are going to have grass, please have nice grass. There is no reason for that ugly, dead, brown stuff. Nice grass takes only a bit of care and attention. If you don't want nice grass, have nice rocks or nice bark mulch or nice pea gravel, or even nice paving stones.

Each spring give your lawn a good raking. You will know it is time to do this when your lawn is green and the ground mostly dry. If you rake too soon you will find that you are pulling away clumps of grass—grass roots are a touch fragile in spring. TGD is not a particular fan of aeration, but finds that a good thorough raking will rid you of much thatch. Feel free to compost the raked material. If you didn't rake last spring, TGD suggests that you have a chore added to your list this weekend.

Next, lawn mowing. Firstly, always cut your lawn with a sharp blade. Lawn mower blades should be sharpened at least once a year, and you can get this done at a place like the Lawn Mower Hospital, or if you are married to the Trés Wonderful Gardening Husband, there will be a

Dremel accessory in your garage for the purpose of blade sharpening. Secondly, do try to cut your grass often enough so that you only need to take an inch off the top. If you have fallen down on the job and let things get out of control, you will need to cut two or even three times, allowing the grass a few days of recovery in between. Leave your clippings on your lawn, allowing them to break down between cuttings, replenishing your lawn with nitrogen and providing a bit more moisture. Never cut your grass shorter than five centimetres.

TGD believes that water is a particularly valuable commodity, and is not a fan of watering the lawn. Indeed, TGD has never watered her lawn during the summer. Lawns need about 2.5 centimetres of water every week and a half. Unless we are in an unprecedented drought, it is rare that Alberta wouldn't get this much rain during the summer. You will need to water in the late fall, if at all. Finally, no matter how much you water it, concrete does not grow. Stop watering it.

The final requirement is a modest fertilizer applied no more than three times a year: spring, summer and late fall. It does not particularly matter what you buy, but look for something that has a high first number—the nitrogen measurement, somewhere around 24. The remaining numbers should be quite low—between 2 to 8. Fertilize on a dry day, but make sure your lawn gets some moisture in the next few days.

TGD lives and gardens in Parkdale, with the Trés Wonderful Gardening Diva Husband and the Non-Gardening Dogs. She believes that lawns are highly overrated and waste space that could be used for lilies. She has been losing that argument for six years and has a nice lawn. Next month she will talk about unruly growth and bald patches.

A dryer-addict converts to a new line

AN AVENUE
HOMESTEADER
WITH CARISSA HALTON

Our new dryer was replaced with a second model exactly the same as the first, after four months of me complaining to customer service that the dryer didn't dry my clothes. I was informed that these new LG dryers were set up to not dry clothes completely—so to save wear and tear on fabric. Silly me, I could not accept this idea that I hang my clothes to dry AFTER placing them in my \$800 dryer.

Turned out that the second dryer was the same as the first. Back to the warehouse it went and the nice folks at LG were going to send us a third dryer, exactly the same as the second, when Mat called and said, "No thanks, we'd like a refund."

"Sir, a refund can't be issued until your machine has been logged in our warehouse database."

Fine. That tiny step has taken over two months. We have been without a dryer for TWO MONTHS! My whole life, I have been an avowed dryer advocate. Sure I've been known to use the clothesline on those picture perfect 'clothes line days' when nostalgia gets the better of me, but at the sight of rain or a busy day I non-apologetically use the dryer.

Until two months ago that is. Surprisingly for such a dryer addict, I report here that using my clothesline and indoor drying rack has presented a shocking number of positives:

1. Everything in our closets is folded! It's much easier to fold items directly off the rack because they have dried partially folded. I'm ashamed to admit that with my dryer I regularly pulled all the items

out into one knotted mass in the 'clean' hamper. We then proceeded to dress from this tangled mess.

2. Having such a clear visual of every piece of fabric in our home hanging in the back yard, I am more aware of our family's clothing inventory. Therefore, I buy fewer clothes. Even a \$1 skirt at the thrift store isn't worth the increasing my laundry pile.

3. My clothes, especially my thin cotton shirts, aren't nearly as worn out. And at press time I have shrunk zero of Mat's wool sweaters.

4. Lily's diapers, Madi's paint shirts, and my whites are stain free thanks to Mr. Sun.

5. Our towels have morphed into beautiful pumice stones! Due to the crisp air-dry our towels receive, my skin has never been better exfoliated.

6. We're forced, in a good way (as in, I'm not resenting it yet), to be on top of the laundry. In our past days as dryer-owners, we often had wash days on Sundays. Eight loads through the machines, few folded. In this current regime, there is space for three washer loads on the line and rack. That means we do the wash every couple days. I'm not nearly as daunted by the laundry as before when faced with piles of textiles from every closet in the house, barfed

out at the foot of the basement steps.

7. I'm saving some money. Granted it's not really a lot considering the time it takes to hang a load of wash (approximately 5 minutes per day). The clothes dryer is typically the second-largest electricity-using appliance after the refrigerator. It costs about \$85 to operate annually, so I've saved \$14. Or rather, I've paid myself \$7 for 2.5 hours of labour per month...

8. But how can I quantify the spiritual benefits? I'm not a smoker, so there are not many times when I take a break to breathe in some fresh air, release some tension in my



shoulders, and pause. Hanging the laundry has been just that for me. It has offered me opportunity to pause.

And in those times of pause, I've been faced with the fact that my dishcloths are in disgusting shape. The whole lot of them must be purged.

And so until we buy another dryer and I resort to my old habits, I will continue to hang my clean laundry. And as I do, I wonder if the neighbourhood boys are laughing at my knickers.

Do not Dismiss

Andrea Bestman

Do not dismiss because of looks or sexual orientation
Or the way of dress
What makeup is worn
And how stylish hair
For a jewel will be found
Of love and energetic humility
that would have gone unnoticed
if looking past wasn't in care
Do not dismiss because of voice
Or how little said
What opinion stays
And how quiet reserved
For like a butterfly will emerge
Of thought and loud respect
That would go unheard
If giving time weren't worthwhile
Do not dismiss an intellectual mind
Or clever insight
What numbers match
And how smart or fair
For learning is much
Of practical and kindness shown
That would not thrive
If searching did not involve
a pleasant scare

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PETER GOLDRING
Member of Parliament
Edmonton East

Mayfair Village Affordable Housing Breakthrough

A truly groundbreaking policy shift involving a partnership of the three levels of government with the private sector to provide quality affordable rental housing development has been announced.

Mayfair Village, by private sector developer ProCura, is being built downtown at the intersection of Jasper Avenue and 109th Street. When completed the 237 units (of 700) will rent for 10% less than market average rent - making them affordable for lower income people, minimum wage earners or pensioners, particularly single persons, who have been unable to find good quality affordable independent living housing.

I have been working with developer ProCura on moving this project along since it was first brought to my attention 18 months ago when federal and provincial funding applications were stalled. This project confirms there is an alternative to what has become the usual method of funding affordable housing: government grants mostly to non-profit organizations, leading to greatly increased taxpayer costs as social service providers expand into becoming housing providers. Recent affordable grants from the provincial and federal governments to non-profit groups have been two to even seven times the amount needed by the private sector to provide the identical product.

The emphasis should be on helping those who neither need nor want elaborate social services' hand holding, just the dignity of their own affordable independent living rental accommodations, currently unobtainable on their minimum or near-minimum wage entry-level jobs.

We need both the private sector and the non-profit sector, working with the municipalities to effect real positive change on a broad range of collective, social and economic needs.

Mayfair Village shows that it is possible for the private sector, in partnership with the three levels of government, to be involved in affordable rental housing. It is a win-win situation, and I hope the first of many such projects.

What do you think?

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dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

Quick, quick, slow, roll over

I'm allergic to exercise. When I no longer had to take Physical Education in school I celebrated for a very long time— maybe I still am! The idea of physical activity or even sports does not bring pleasant thoughts or memories for me. But put the word “dog” in front of “sport” and you might get my attention!

When Dogma came to live with us I would do at least one long (for me) walk a day— oh my! I found out that I had body parts that probably hadn't moved much in many years, and we were only walking! Today I'm impressed to hear people are running, biking and roller-blading with their furry friend; it's great for both on so many levels! But that is not my “thing.”

I tried agility, you know, where the dog navigates various obstacles in a specified order. Did I say the dog? How about the human! Yep, navigate is the key because more than once I tripped or walked into an obstacle. My goal then became to stand strategically in the middle and just direct Dogma to the correct obstacle. We failed at that too.

Among the many dog sports I have read about, seen, tried, and competed in, I think my favorite is formally known as

canine freestyle. The slang term is “doggie dancing.” Roughly speaking, a handler and dog move about an area to music. The dog will heel left side and right side, with turns and twirls strategically placed in time to the music. Add to this the drama of a trick or two. I quickly found out it is both physically and mentally demanding on both dog and mostly handler. I have no idea why I like it!

I guess one reason is that

we can perform almost anywhere and for anyone; the only “equipment” required is a music player of some sort. If we make a mistake no one knows except me. Karma absolutely loves it! She even invents her own moves so she can show off and make people laugh.



DARLENE TAYLOR AND KARMA DEMONSTRATE CANINE FREESTYLE

Mental demands include picking music that we like to hear over, and over, and over. Then design choreography that you can remember under the pressures of performance and adapt in the case of dog decision to freestyle their own moves in a totally different direction. Thankfully routines average only one or two minutes.

When you first start in canine freestyle, a different com-

ponent is practiced each day. Refine smooth and comfortable steps about the area that are easy to remember and don't leave you breathless. Practice this choreography both with and without the dog. Include in this daily routine the teaching the dog flawless “moves” and tricks. Videotape the routine to make sure transitions from one phase and trick to the next is entertaining, smooth, and comfortable for the performers as well as the audience. Add to this picking music that reflects the dog's personality and movement, something that you can remember where you are at and what behaviour is next. More than once I have gotten lost and ended up “freestyling” in my routine and missing the end! But even then, before you perform, you must decide on a costume and then test that costume under pressure and with a dog so no malfunctions or accidents occur.

Canine Freestyle is about “showcasing” the dog and the handler only to make sure we don't distract, detract, or even ruin the performance. While it is a very popular sport in North America there are only a handful of teams in Edmonton and we hope that more will join us. Contact me if you are interested or want more information.

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

The importance of reporting crime and disorder



LAW AND ORDER
WITH CST. REID NICHOL

I received a letter to the editor of the *Rat Creek Press* late in the month of May. The writer stated that their vehicle, as well as a number of other vehicles, had been broken into along their block. The writer went on to state that this was the second time that this had happened. What I found most interesting, however, were these statements:

“Please report, every little bit helps; next will be our garages and homes... I just think it's really important for our neighbors to report even the smallest things, it seems like it escalates from this point.”

In this case, the writer identified one of the most important things that you, as a resident, can do when you or a neighbor is the victim of any type of crime: report it! Further, the writer identified that both the frequency and severity of occurrences will increase if they are not dealt with.

The importance of reporting crime and disorder, no matter how big or small, is absolutely vital for the EPS, and for you! There are numerous resources within the EPS that look at crime and disorder, and analyze it for patterns and then send the information out to our front line members so that they can go to the areas that have been targeted by offenders. On a daily basis,

this information is provided to the members you see driving or walking in your community.

Each day, our crime analysts review each file that is drawn by the members of Downtown Division, looking for patterns, links, and trends in crimes, including crime types, locations, and methods. From this, target areas are identified, and further, on numerous occasions the individuals responsible for the crimes are also identified. The final result (although it is not always seen) is often arrests, whether it is in relation to the original crime reported, or for other occurrences. You can see these maps on the internet at <http://crimemapping.edmontonpolice.ca>

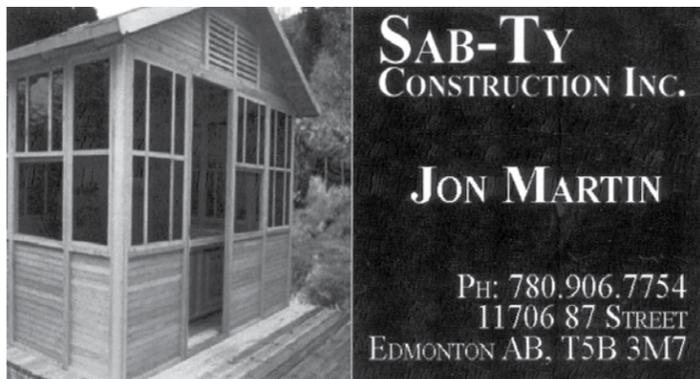
Each day, the analysts put together a map of the division, which records and illustrates each any every crime that occurs in the division. Further, each report of a disorder issue is also documented in a similar fashion. Each week, the Community Liaison Constables, Community Sergeants, Beat Sergeants, as well as divisional management meet, review, and discuss crime patterns and emerging hotspots that have been identified. From these meetings, strategies are discussed and then utilized by the members of Downtown division to try and curb or solve the issues that have been identified.

Proactive patrols, beat patrols, proactive policing events, and even large scale events like

the “Keep The Lights On” project which happened in May are responses to the emerging crime and disorder patterns that are documented. In many cases, when you see a police car or a police officer in your neighborhood, they are on their way to a target area.

The key to all of this is the initial reporting of an incident. The writer was completely correct in the statement that reporting is key; I have always stated and will continue to state that the EPS cannot address crimes or hotspots if we don't know about them. Reporting an incident can take as little as 15 minutes. The 15 minutes that you spend writing or calling in a report, along with the report of other residents, allows the EPS to see where hotspots are, and take measures to address the issues in your community. Again, reporting a crime or disorder issue, big or small, allows the EPS to respond to your concerns. Reports can be made by attending a community station, Downtown Division front counter, or, calling in to the police dispatch line any time at 780-423-4567.

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, 7 days a week.



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Connect Awards recognize Verna Stainthorp, Ritchie Velthuis and Carrie Thuesen



Resident Profile
WITH HARVEY VOOGD

The annual Connect Awards are presented by the *Rat Creek Press* to recognize contributions that support the growth of a strong, vibrant and well-connected community. Three awards are given for Building Community, Encouraging Communication and Increasing Capacity. Recently Verna Stainthorp, Ritchie Velthuis and Carrie Thuesen were honoured as the 2010 Connect Award recipients.

This year, the Building Community award was given to Verna Stainthorp. It is given to the individual, organization or business that creates networks for individuals and groups to connect within the community, supports local businesses, and promotes what is happening in the community.

Verna is renowned in Spruce Avenue for her volunteer work with the community league. She volunteered with the league when her children were young and then got back involved in the early '90s and became the Treasurer in 1994. Since that time Verna has been continuously involved in the community league working with a core group to keep up interest and pursue goals. She has played a pivotal role in keeping the league and hall going. Today, she plays a leadership

on the redevelopment of the community's park.

She has also played a key role in keeping the *Rat Creek Press* afloat. Every two years she has taken on the responsibility of organizing the casino that provides the newspaper with the funds needed to keep it financially healthy.

Long time Norwood resident Ritchie Velthuis received the Connect Award in the Encouraging Communication category. This award is given to the individual, organization or business that acts as an advocate for the community and all its citizens, shares information with residents and non-residents of the community and provides opportunities to exchange ideas for the betterment of the community.

With a strong belief in the revitalization effort along 118 Avenue, Ritchie has encouraged many members of the community to become involved in various projects related to these revitalization efforts. He has participated in numerous projects on the Avenue and encouraged people inside and outside of the community to also become involved.

Working in the arts, Ritchie has also encouraged individual visual artists to become involved in numerous art exhibitions at various events within the community. These projects have included Deep Freeze Winter Festival, the Kaleido Festival, and the Avenue in Bloom Garden Show. An avid gardener, Ritchie has participated in

the Avenue in Bloom Garden Show and shared his expertise with the community through a potting workshop and through committee work to plan landscaping for the revitalization project.

In his role as President of the Sculptors' Association of Alberta (SAA), Ritchie, in partnership with Arts on the Avenue and the Avenue Initiative, worked to have a grant proposal written by the association to produce the first Deep Freeze Festival. SAA members, most of who do not live in the area, have thoroughly enjoyed their involvement in the festival and have become involved in other projects within the Alberta Avenue community. The partnership with the SAA has continued to grow through Ritchie's efforts.

The Increasing Capacity award is given to the individual, organization or business that helps individuals learn new skills or acquire experience, encourages participation in the community from residents and non-residents and fosters leadership development. Carrie Thuesen was recognized with a Connect Award in the Increasing Capacity category because of her long history of involvement with her community of Parkdale-Cromdale.

She rallied neighbours to build the Sheriff Robertson Park, served for many years on the board of the Parkdale-Cromdale Community League and worked with community members to fight not one, not two, not three, but four

liquor store applications.

Carrie has also been instrumental on the Stadium Issues committee bringing people together to work towards solving the problems caused by Stadium events. As part of the Stadium Issues committee, she designed a PSA to be played on the radio to draw attention to the problems and encourage all citizens to be a part of the solution.

Her vast knowledge and expertise is still called upon today, and she is more than willing to mentor newcomers to the community. Due to her effectiveness as a community leader, Carrie came to the attention of a City Councillor and was offered a job in his office. Her skills are put to use every day in that capacity. Carrie thrives in helping people develop their capacity to empower themselves.

She has been invaluable to her neighbours and the community at large, connecting people to other individuals as well as groups with common concerns to encourage problem solving. She has been known to go door to door, call large scale community meetings, or whatever is the best way to encourage information sharing.

Carrie has a proven history of seeking out opinions, listening to ideas and learning from whomever she can.

Congratulations to all Connect Award winners, and thank you for all your contributions!

Avenue theatre listings

Summer doesn't slow things down at the Avenue Theatre—there is a full slate of shows all month, from all-ages punk shows, a CD release, and SPILL, a day of visual arts and music.

Friday July 2nd – WyClarify w/ Hit Reply & Guests, All Ages Welcome, Doors open 6:30 pm, admission is \$10

Saturday July 3rd – “Summer Slaughter's Local Daughter” featuring In the Midst of a Murder, Cleanse Kill, Battleship! and many more. All Ages welcome, doors open at 3 pm, admission is \$10.

Friday July 9 – Rezza Reckt CD Release Party w/ Friends – Doors open 7 pm, sorry no minors, admission is \$15

Saturday July 10 – “Hip Hop vs. Hardcore 2.0” featuring Brothers Grim, Lucid Skies & more. All Ages welcome, doors at 6 pm, admission is \$10.

Sunday July 11 – Edmonton Common Grounds Arts Society presents “SPILL”. Full details online at www.ecgas.org and www.avenuetheatre.ca

Saturday July 17 – Helter Skelter & Chunk, doors at 8pm, sorry no minors.

Friday July 23 – Raised Fist Promotions Presents “Overhaul the Avenue”. All ages welcome, doors at 6:30 pm

Sunday July 25 – Breaking the Fourth Wall w/ Fall City Fall & Guests, all ages welcome, doors at 6:30 pm, admission is \$10.

For more information, check the Avenue Theatre website at www.avenuetheatre.ca or call 780-477-2149

Nice Neighbour Recognition Award for May

MICHELLE HAYDUK

The May recipient for the CRUD Nice Neighbour Recognition Award hails from the community of Westwood. This month's recipient has a reputation for taking control and making sure that the job gets done. Frances Tallon participates in her community and works hard to make sure that the community of Westwood remains vibrant.

Frances volunteers with so many events that it is certainly hard to keep up with her. She actively participates with the Westwood Community League by organizing events like community garage sales, big bin clean up events, and the Indy Race 50/50 draw for the league. The community garage sale requires the organization of tables and people; ironing out kinks to

make sure that the day goes smoothly. Big Bin clean up events involve working with community, the league, and the city to clean up the community and give people the opportunity to throw out large garbage items. The Indy Race has hundreds of thousands of people go through every year. This gives the community leagues that chance to bring out volunteers and sell 50/50 tickets to the hordes of fans. Frances works hard to make sure that the community volunteers are ready to go; I have heard that she will even drive people if that is what it takes to get them out to the events.

Frances is a great representative for the CRUD Nice Neighbour Recognition. If it isn't enough that Frances participates in all of the volunteer events that benefit the league, she also participates with the

City and Front Yards in Bloom. This event works to recognize the great yards in the community and encourage people to be out in their yards. By bringing people out and into the public space this encourages community building and bonding; hence, a blooming community.

Thank you, Frances, for contributing to the health and growth of your community. We are honoured to call you our Nice Neighbour for May!

CRUD would also like to thank all of the contributors that make this monthly award possible. The prize pack sponsors for May are: Habesha and Safron's Caribbean Delight restaurants, Councillor Tony Caterina, Safeway, and The



CRUD NICE NEIGHBOUR AWARD RECIPIENT FRANCES TALLON RECEIVING AWARD FROM CHRIS & MICHELLE HAYDUK

Carrot Coffeehouse.

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

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

Enjoy de liddle ones

FINANCIAL LITERACY

WITH LISA TARA EDEN

Life with kids: lack of Time. Pressure. Depression. Overwhelmed. Fear. Anxiety. Loneliness. Confusion. Anger. Pressure! Pressure! Pressure! Pressure!

Ommmmmmmmmmmmmm! Breathe. Breathe deeply. Breathe slowly. Breathe.

But kids fight. Constantly! There's the screamer, the bully— there's always an antagonist. Isn't it easier to just plop them in front of the TV or go buy them some toys to just get them to shut up?

While nothing compares to just connecting with children, it's hard to do that as parents if we aren't taking care of ourselves, always stressed about money, and aren't having enough fun in our lives. The Leisure Access Pass, Wecan food basket, KidSport, and Crystal Kids Youth Centre help make life more fun and manageable.

About eight years ago when I was working full-time with two little ones and up to my

eyeballs in debt, what I looked most forward to in my life at the time wasn't my children, it was my weekly yoga class! And I wouldn't have been able to take it if my family didn't have the Leisure Access Program. To qualify for the Leisure Access Program you need either an income tax assessment or to be on Alberta Works, AISH, or have a Health Benefits Card. Adults are entitled to a 75 per cent discount to three registered City of Edmonton programs per year and children are entitled to four. You can go to any Edmonton Public Swimming Pool for free. The pass also allows you free entry to Fort Edmonton Park, the Muttart Conservatory, and the Edmonton Valley Zoo. For more information visit www.eReg.edmonton.ca.

Another way I coped with stress (and still do today) is eat a balanced diet. The Wecan Food Basket saves you typically 25 per cent off food you would buy at the grocery store by providing you with three packages of meat, three kinds of vegetables, and three types of fruit for \$20. The selections of meat, fruit, and vegetables change

every month. The last basket I ordered had ham, chicken, ground beef, carrots, potatoes, celery, cantaloupe, kiwis, and bananas. A meat order costs \$12 and a fruit and vegetable order costs \$8. You pay the money before the first Thursday or Friday of the month and pick it up the third Thursday or Friday of the month in a window frame of time from depots all over the city. There is an annual fee of \$5 but it is waived the first month just so people can try it without commitment. For more information visit www.wecanfood.com.

KidSport is another fantastic program that helps make sports more accessible to children and youth. For a few years I often worked bingos monthly to pay for soccer and gymnastic lessons for my two children (check with your community league about working bingos to pay for kids activities). When my son was asked to play for a more competitive team, I was worried about the extra money it cost. The coach put in a phone call to an assistant at our community soccer office and paperwork was filled out for me to have the \$50 waived that was

required for competitive soccer. KidSport provides \$250 per calendar year towards a registered sports program for children and youth under 18 years of age. Generally you are required to fill out an application form and provide proof that you are low income, unemployed, or on AISH to qualify. It can take up to 30 days to process the application. For more information visit www.kidsport.ab.ca.

My proofreading buddy, Dianne Wood, tells me Crystal Kids Youth Centre on 8717 118 Ave. is a great drop-in centre that is free for registered kids and youth from 6 to 17 years old. This organization has a multitude of programs, from sports activities such as hockey, soccer, and basketball to videogames, traditional board games, and movies. There is one to one homework support, a range of engaging books from the Sprucewood library and a computer lab with cool staff to support and monitor internet activities. There are free lunches and suppers. Summer hours are: Mondays and Tuesdays 11 am to 8 pm, Wednesdays 11 am to 6:30 pm, Thursdays 11 am to 8 pm, Fridays 3 pm to 10 pm,

and Saturdays 11 am to 6 pm. Those registered with the Food Bank can come in on a specific time and day to pick up their food. For more information visit www.crystalkids.org.

But sometimes the best things in life are simple things we can take for granted like breathing and enjoying all of the creator's children. Meditation is my saving grace. What used to be a chore is now something I look forward to: my morning and evening half-hour meditations. What I say to myself before I meditate is "I enjoy my children." Right now as I'm writing this, my ten year old girl and my 13 and a half year old boy are bouncing on my bed saying "We want supper! We're hungry! We want it now!" That visualization, manifestation, imagination, meditation is hogwash! I don't enjoy them now. But they are definitely my heart's desire.

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.

St. Faith's Anglican church

SPOTLIGHT on the Churches WITH DEANNA COX

This month the spotlight is on a beautiful church that has been nestled in our community for over half a century. I stop and ponder the lives that have been touched by this church, the babies that have been baptized, the young couples married. How many prayers have been said in these walls, how many hymns have been sung, how many tears shed, how many lives saved? Part of the answers maybe lie in the name of the church itself – St. Faith. For without faith perhaps it would not be standing as strong as it does today, still blessing our community beyond measure. The Bible says without faith it is impossible to please God.

As I spotlight places of worship each month I have wanted to bring my community on a

journey with me. Perhaps shedding light on something you didn't even know we had in our area. It's nice to learn

what's out there, and I enjoy being involved in the neighborhood. I have to tell you though – each month is an eye opener for me personally. Sometimes I'm wiping tears, sometimes I am just amazed. We are blessed beyond measure and if we don't realize it then we should take the opportunity to stop in at St. Faith's one day, maybe even volunteer.

St. Faith's is located at 11725 93 street. Holy

Communion begins at 11 am on Sundays. Beyond offering a lovely church service, St. Faith's offer something more – a couple Saturdays a month Rector Wendy Ainsworth and team offer up community breakfast at no cost. This is made possible through kind donations and financial resources of the church. There is also a women's supper once a month and a collective kitchen once a month. For further details on times and dates, call them at 780-477-5931. Everyone is welcome here, there is no room for judgment. People come from many different situations and find it to be a safe, clean environment that offers more than just nourishment – a touch of faith goes a long way. Maybe you have a group that would like to volunteer in some way or make a donation yourself, feel free to contact the church at stfaith@telusplanet.net.

I'd like to offer and request prayers for cancer patients this month. I'm sure there's not one reader who doesn't have a friend, mother, sister, brother, neighbor affected.

My Mother is on round three of chemo and I'd love a ton of prayers sent her way. I also have two lovely neighbors that I am praying overcome their cancer. If you have someone you'd like me to pray for that has cancer, please email me at dlc@astelier.com.

Would you like to spotlight your church or place of worship – I enjoy your emails, thank you for your encouraging words!



Sprucewords

WITH PATRICIA FOUFAS

Read for fitness!

The summertime feels like an awakening after a long sleep. Now that the summer sun has finally made an appearance, it is a signal for most to overcome the inertia of the winter months and get into a sport or regular activity. Summer is a great time to try something new or improve your sporting skill. Getting active is a mix of skill and determination. The library may not be the first thing that comes to mind when you think of getting fit, but it can be a great place to come to help you choose the activity that is right for you or help you improve your technique with those things that you already do.

The library system has both books and DVD material for general fitness training, sport strategy, martial arts, Pilates, yoga, relaxation or adapted physical activity. We have material for different skill levels that enable you to begin to get active, move to the next step, or become an expert in what it is that you choose. We have material for team sport enthusiasts or individual challengers that want to better themselves and improve their general health while having fun. The library is a great place to look for materials to get the kids active and away from the TV and computer screens. Look to us for books such as *Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into your Child's Everyday Life*, by Missy Chase Lepine. Look for fitness and wellness material in the 613 section of your local library.

Summer can sometimes feel like it is over before it begins. Getting active is so much more pleasurable with the sun out and the wind on your skin. Getting active can sometimes be as simple as going for a daily walk. While you are out and about, walk down to the library and read up on sports and wellness. It will do your body good.

Patricia Foufas is a Library Assistant and the Sprucewood Branch of the Edmonton Public Library. Patricia has declared this the summer that she does more than run when chased.

Nina Haggerty Centre to celebrate with large scale lantern parade and contest

PAUL FREEMAN

The Nina Haggerty Centre for the Arts plans to celebrate its first anniversary on the Ave with a giant spectacle: a parade of unique lanterns complete with drummers and fire dancers.

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

WORKSHOPS:

FREE lantern-making workshops will be hosted by the Nina Haggerty and community partners. You do not need to attend a workshop to register for the parade.

Saturday July 31, 12 – 4 pm Nina Haggerty Centre for the Arts, 9225 118 Ave – special guest artists and facilitators: Sculptor's Association of Alberta

Saturday August 7, 12 – 4 pm Nina Haggerty Centre for the Arts,

Saturday August 14, 12 – 4 pm Nina Haggerty Centre for the Arts

Saturday August 21, 12 – 4 pm Nina Haggerty Centre for the Arts

Saturday August 28, 12 – 4 pm Nina Haggerty Centre for the Arts – Special guests and movement facilitators: the Good Women Dance Collective

Friday Sept 7, 1 – 5 pm: iHuman Art & Recording Studio 10231-95 Street – focus on youth

All of these sessions are free and open to the public. Materials will be provided.



DOMINIQUE AND DAVE SHOW OFF SOME LANTERNS MADE FOR NINA HAGGERTY'S PARADE DURING KALEIDO

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: by appointment and drop in (if available) Wednesdays 7-10 pm, except the first Wednesday of the month. Cocaine Anonymous: Thurs 7-8 pm AA Big Book Study: Sat 12-1 pm, open to everyone Youth Understanding Youth: Sat 7-9 pm Gay Men's HIV Support: Second Mon of the month 7-9 pm. Free School: Second Sun of the month 11 am-5 pm

CARDIO SHIMMY

Every Tuesday evening 7:30 to 8:30pm at Bedouin Beats Dance School (11804 94 St). Kick your workout up a notch. This upbeat and electrifying workout combining shimmies with other basic bellydance technique is guaranteed to make you sweat. Fast footwork and fun combinations help to build core strength and endurance. \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

BELLYDANCE FUNDAMENTALS

Tuesday evenings 8:30 to 9:30pm and Wednesday evenings 6:00 to 7:00pm at Bedouin Beats Dance School (11804 94 St). This fitness and technique class is designed for all levels, from beginners through to advanced. A great way to improve your coordination, balance and flexibility, and to increase your strength and develop better bellydance technique. Drills! Drills! and more drills! \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

TAI CHI

Sunday afternoons noon to 1:00pm at Bedouin Beats Dance School (11804 94 St). This is a general Tai Chi class meant to give you a taste for the art and the benefits of the practice. Using the Yang style short form as our basis, you will learn to loosen the waist from the upper and lower body, to move the hands and feet independently but simultaneously, to control your breathing and ultimately how to move slowly and smoothly (the art of Smoothment). \$18/class, Discount Cards available. For more info contact Denise at 780-761-0773.

CARROT WRITERS' GROUP

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

MOMS & TOTS

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

SENIORS DROP-IN

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

STITCH AND CHAT

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

BABES IN ARMS

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

SALVATION ARMY

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

ST. FAITH'S

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

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283 Youth program (ages 6-17): Mon to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm.

BOOK CLUB

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

COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Please join us, bring your questions and comments, or come in for a visit and coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

ENGLISH CONVERSATION CAFE

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

PARKDALE-CROMDALE LIL SPROUTS PLAYGROUP

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

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue THURSDAYS: Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones Ph: 780-752-4867 Email: windsorhouse@shaw.ca FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge July 2 - Barry Westerlund July 9 - De Menor a Mayor July 16 - Karen Porkka SATURDAYS: Open mic 7:30pm-9:30pm Music, spoken word, comedy, plus every Saturday great Cinnamon Buns!!!

SPORTS & REC



FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

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

GIRL GUIDES AND BROWNIES

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

VOLUNTEER



VOLUNTEER DRIVERS NEEDED

A Volunteer Driver is a community member who can spare 3-4 hours once a

month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 780-732-1221.

NINA HAGGERTY CENTRE FOR THE ARTS

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

THE CARROT COMMUNITY ARTS COFFEEHOUSE

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

THE LEARNING CENTRE LITERACY ASSOCIATION

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

NOTICES & UPCOMING EVENTS

COMPUTER HELP AVAILABLE

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

EASTWOOD COMMUNITY GARDEN

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

AVENUE COMMUNITY GARDEN

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

INNER CITY SCHOOL CLOSURES

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

SATS BOARDROOM AVAILABLE FOR RENT

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

of the rental. The Board room is 380 sq. ft w/ a large Boardroom table with 12 chairs around it plus four desks and 20 chairs. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

FARMERS' MARKET

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

CRUD AVENUE DOG WALKING GROUP

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

CRUD COMMUNITY DINNER CLUB

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

CRUD'S NICE NEIGHBOUR RECOGNITION AWARD

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

CARROT GIFT CERTIFICATES

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

HOWARD & MCBRIDE CHAPEL OF CHIMES

10179 -108 Street. Cremation seminar, tour, and FREE information session. July 21, 7pm -9pm; Aug. 17, 7pm -9pm; Sep. 21, 7pm -9pm. Limited space, please phone ahead to register: 780 422-1141. Cremation questions and answers from A to Z

CHURCH SERVICES

AVENUE VINEYARD

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

ST. ALPHONSUS CATHOLIC CHURCH

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

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY

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

ST FAITH'S ANGLICAN CHURCH

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

BETHEL GOSPEL CHAPEL

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



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

Children

Aboriginal Family Storytime

11:30 am Fridays until August 27, 2010 Presented by Bent Arrow Traditional Healing Society. Bring your little ones and join us for an hour of Aboriginal songs and stories.

Summer Reading Club 2010 - Rumble in the Jungle Black Light Show

2 pm Wednesday July 7, 2010 Ages: 2 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Enter the black light jungle created by special guest, Joan Holben. Join us for a whimsical safari inspired by music that will make you think you were swinging through the jungle trees. Wear white or neon clothing to glow in the show!

Summer Reading Club 2010 - Jungle Safari

2 pm Saturday July 10, 2010 Ages: 7 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Come to the library to explore the tracks of the jungle. Play jungle charades, go on a scavenger hunt and more.

Summer Reading Club 2010 - Zoo Animals at the Library

2 pm Tuesday July 13, 2010 Ages: 6 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. The library becomes a mini-zoo when Edmonton Valley Zoo staff visit the library and bring their friendly creature friends along. See the animals up close and have fun learning all about them.

Summer Reading Club 2010 - Frog Jamboree

2 pm Saturday, July 17, 2010 Ages: 2 - 5 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Join us for some fabulous frog tales and activities. Parents are invited to stay and help.

Summer Reading Club 2010 - Edward in the Jungle Puppet Show

2 pm Tuesday July 20, 2010 Ages: 2 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Edward can't get enough books; he's always reading stories about Tarzan and the lord of the jungle. Then one day, Edward ends up in a storybook jungle, where the characters are alive. Join Kaybridge Puppets' lead-puppeteer, Kate Ryan, as she helps Edward quickly learn to survive in this storybook world.

Summer Reading Club 2010 - Jungle Olympics

2 pm Saturday July 24, 2010 Ages: 6 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Play in the library's jungle olympics. Compete in our jungle-themed games and activities.

Summer Reading Club 2010 - Are You Smarter Than A Librarian? - Jungle Edition

2 pm Tuesday July 27, 2010 Ages: 6 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-7099. Test your brain against a librarian on the topic of animals of the jungle.

Summer Reading Club 2010 - West African Drumming

11 am Thursday July 29, 2010 Ages: 8 - 12 years. Register in Person beginning July 3, 2010 or call 780-496-

7099. Discover traditional drumming techniques and share in the rhythms of West Africa with our special guest, Robert Kpogo.

Teens

Teen Gaming

6:30 pm Fridays until August 25, 2010 Ages: 12 - 17 years. Please call 780-496-7099 for more information. Come to the library to play some great games!

All Ages

English Conversation Club

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



PARKDALE PRINCIPAL MARLENE HANSEN GUIDES HONOURED GUESTS AND STUDENTS PAST AND PRESENT FOR A GROUP PHOTOGRAPH AT PARKDALE SCHOOL'S FINAL PUBLIC GATHERING, "PARKDALE MEMORIES" ON SATURDAY, JUNE 19.



SARAH SHECKTER AND MISS G. FRASER, MEMBERS OF PARKDALE'S JUNIOR BASKETBALL TEAM IN 1930, POSE WITH THEIR TEAM IN A VINTAGE PHOTO BY ALF BLYTH PHOTOGRAPHY



RIBBON DANCERS PERFORM "IF I WERE A PAINTER" AT THE AVENUE THEATRE ON THE AFTERNOON OF JUNE 13 AS PART OF THE E4C ARTSTART PROGRAM SPRING RECITAL. SINCE 2002, ARTSTART HAS PROVIDED HIGH-QUALITY ARTS INSTRUCTION TO LOW-INCOME FAMILIES, INCLUDING INSTRUCTION IN DANCE, VISUAL ARTS, MUSIC, DRAMA, AND MORE.



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THE ALBERTA AVENUE FARMER'S MARKET CELEBRATES ITS FIRST ANNIVERSARY ON JUNE 3 WITH A NEW MURAL BY LOCAL ARTIST KRIS FRIESEN

Hello Highlands-Norwood!



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FREE!

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4:30pm – 6:30pm

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