

Avenue revitalization transition draws community concern

DARREN BOISVERT

The future of Alberta Avenue's revitalization program was discussed at a community meeting held on Saturday, June 3, at the Alberta Avenue Community Hall. For many people who attended, the question of whether the city will continue to support the area was foremost in their minds.

On a sunny afternoon, 25 people painstakingly went through a line-by-line analysis of goals and achievements in the community. Five members from the Mediation and Restorative Justice Centre were on hand to facilitate the process. The City also hired Focus Communications to gather the information, provide context, and to provide a report for the Office of Great Neighbourhoods.

For three hours, participants marked giant progress sheets on the wall 'met', 'incomplete', and 'ongoing' and broke up into discussion groups to suggest future actions. Except for a few original planning objectives, the attendees overwhelmingly stated that revitalization was nowhere close to complete, with many outstanding improvements still to be made.

Derelict housing, abandoned cars, the continuing Cromdale fiasco, and empty storefronts were main suggestions put forward. Attendees also stressed the need to continue focusing on improving the social well-being on the Avenue, with closer ties with the Edmonton Police Service and By-Law Enforcement.

Stephane Labonne, Director of the Office of Great Neighbourhoods, was present to explain the need for a review.

"We're not going to be providing the same level of commitment to revitalization forever," said Labonne. "I can't say with 100 percent certainty



Local residents discuss the progress of revitalization one item at a time. Most attendees expressed a need for continuing the social initiatives that are transforming the Avenue.

that funding will continue into the 2012, 2013, 2014 budget. Council will make that decision this fall."

He said that the discussion on 'transition' is to update the revitalization process, to bring new communities into the framework, and to allow City Council to decide funding levels.

The change in tone from the city has concerned many community activists.

Cora Shaw moved into the community in 2003 and has been heavily involved with improving quality of housing in the area. As a member of the Revitalization Steering committee, she said she was first alarmed about a possible City pullout last November when the local coordinator with the Office of Great

Neighbourhoods for the city, Veronica Drodz, showed up at a meeting and talked about the need for an "exit strategy".

"The social environment on the Avenue is still ongoing and improvements take coordination between the city and its citizens," said Shaw. "My fear is that without continued City funding, this area will go downhill real fast."

Gerard Forget, another Steering committee member, recalls a February meeting where the City representative "talked heavily about 'transition'". His main concern is this area's ability to sustain its volunteer base.

"This community has the people energy," said Forget. "It's the very element lacking in all the failed downtown revitalization plans. A lot of our

volunteers are close to burn-out as they have been going hard since 2000. Without funding, you can't attract new volunteers."

Another sore point for many community members is the non-attendance of City planners and bureaucrats at the community meetings. A concern, according to Labonne, that is misplaced.

"Any time the City of Edmonton has been asked to attend meetings, they are there," stresses Labonne. "If they are not there, they are not being invited. Until 2009, we

used to have a team of staff that were attending most or not all steering committee meetings. When there is a need, Planning staff are there. The perception that the city is not providing staff services is just wrong."

For now, the community is awaiting the results from the survey, and according to Labonne, will be given the chance to weigh-in on the plan before the final recommendations go to council in the Fall.

Think beyond the big box

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The Links Centre opens up doors

COMMUNITY PROFILE

Paula Gillis

People with disabilities are attempting to move into the workplace more and more. Whether an individual has an obvious physical disability, an invisible physical or mental health issue or challenges in the area of learning, they want the same things in their lives that we all want; a place in this world. Income is important as well.

While many people diagnosed with a severe and persistent disability may qualify for AISH or other disability benefits, the money provided does not go far in meeting the client's physical needs. It provides a bit of security but nothing else; especially in the area of self-esteem. Many want to break free of the limitations that come with a monthly government cheque.

This is where agencies like On Site Placement come in. Its most recent project, The Links Centre (opened June 1, 2011) provides career information and is open to anyone with a self-disclosed disability. The quiet, professional atmosphere of the Links Centre is both welcoming and calming for people who go there for services. The Links Centre is a walk-in career information service open to anyone with a self-disclosed disability.

An individual who chooses to utilize the services of the Links Centre must be largely



Nancy Cunningham

independent. One hour workshops are provided on setting up an email account, one to one practice for interviews and interpretation for the deaf. While jobs from various sites are posted in the Centre, there are no Job Developers attached to the clients. Once a week an employer or member of a community agency joins the Links Centre staff in order to provide clients with information on their fields. Many visitors offer entry level positions.

An Occupational Therapist is part of the staff to help individuals identify their reading levels and other skills. Clients may also work through Career Cruising, a tool that is used to help the clients identify their areas of interest.

There is also computer lab for supported job search where staff is available to assist and answer questions. Clients can access these workshops as well as other general workshops which include employment readiness and inter-personal skills.

The Links Centre is located on the 4th floor of the Capital Place Building at 9707-110 street. The main office is located on the eighth floor. Grandin LRT Station is conveniently located just up the street from the office and for those in need of the service the handi-bus is often seen parked outside of the building.

On Site Placement Services will be hosting the Grand Opening for the Links Centre on June 29th from 3 to 6pm. People are encouraged to come by and ask questions, meet the staff and determine whether the centre meets their needs.

Anyone with questions about this new project is encouraged to call Nancy Cunningham, Program Manager, at 780-488-8122.

STREETERS

Q: What are you hoping for on Canada Day for our country?



Wayne Thomas

Outreach worker at Crystal Kids, Alberta Avenue

A sense of investment and pride in our communities. One of the things I love about Alberta Avenue is it feels like a small town instead of a city.

Brandon Tyson

founder of Flowartz, Alberta Avenue

More art. I'll be promoting Astral Harvest by Driftpile where we will be celebrating our country and art together.



Jess Dupuis

Kaleido volunteer, Parkdale

Better weather over-all. Perhaps less rain here and more in BC where my parents live and are getting none.

Got a news tip or story idea? Got a great community photo? Send them to editor@ratcreek.org

CRUD - Something good for 118th Ave

DANIELLE DOLGOY

There was a time when 118th Ave was as busy and commercially active as Whyte and Jasper Avenues. People flocked to 118th for its diverse shopping, restaurants, and people watching. It may be hard to envision this kind of vibrancy here now, but if you look closely, there are glimpses of it returning.

One group involved in eliminating crime along the Avenue is the Community Response to Urban Disorder (CRUD). This month, members gathered at Donair Express in a little strip mall just west of 85th Street. As the tables filled with neighbours, others began to open up their folding lawn chairs on the sidewalks. They discussed court appearances and hit and runs. As more people arrived, mostly long-time residents and their newer neighbours, the talk turned to how much everyone was enjoying catching up with each other and exchanging information about the latest happenings on the Ave. For one night only, this is the community watering hole. Other nights it is the friendly neighbourhood pub, The Green Frog, where CRUD has also been hosting karaoke nights.

When not socializing, they discuss the barriers that are

preventing a community like Alberta Avenue and area from growing. CRUD sees safety as a top priority. For them, illegal activities and a sense of fear have no place in a thriving community and so dealing with this kind of disorder is essential.

Christian Pickup, a CRUD member and former board member, was eager to discuss the positive change he has noticed taking place. He says the group has had an "indelible impact on the neighbourhood." He would really like to see new life brought in to support the businesses on 118th, especially students from NAIT.

Chris Hayduk, founder of CRUD and an Edmonton Police Sergeant for the Alberta Avenue community, says that one of the strongest things a community group can do is to foster vibrancy and capacity building.

With Chris at the helm, CRUD has identified drug houses and prostitution as chief concern in the north-central neighbourhoods of Edmonton. What started as a bunch of dog owners meeting up to walk the neighbourhood safely and to 'reclaim' the streets, has turned into something much bigger. Their Facebook group now has over 140 members. The dinner club gets dozens of locals turning up to support a different

independent restaurant once a month.

"CRUD has to be community driven to be successful," says Hayduk. As the sergeant in charge of this district, he agrees that there can be a tendency for neighbourhoods with problems to sit back and wait to see what police are doing to help first. In the case of his own neighbourhood, he said he chose to start CRUD because he wanted to improve the safety of his streets as a concerned resident first, and a police officer second. He seems to have difficulty at times, though, separating his job from his home life.

On the other side of this story are the people being forced out of the neighbourhood. Chris says CRUD is "forcing the negative element to operate more discretely."

While CRUD may be interested in cleaning up the community starting street by street, their efforts are pushing people like the commercial sex workers further away from the public eye into potentially more dangerous situations. Chris Hayduk claims CRUD has a "victim services component."

With the current Canadian-wide debate about the value of the anti-prostitution laws, the work of CRUD and its effect on the street will be worth watching.

Mortgage your house, not your future

DALENA MCLEAN

Purchasing a home is common for Albertans; owning a home seems to be expected. Many people go through the buying and selling process multiple times. I review and provide advice on this portion of a client's portfolio regularly. While each portfolio is unique, I do see some common traits.

Many people are not educating themselves for home buying or selling. They are quite often winging it without a plan. This can be very costly given the large amounts of money involved. I've met some people who put more thought into a 2 week vacation plan than into their house purchase.

Building a team of professionals to create a plan that has your best interest in mind should be your first step for buying or selling. This team should help you figure out: Am I ready to buy, own or sell a home? What costs are involved? What are my needs? What is my budget? What effects can an uncontrollable job loss have? How do I plan? What resources are available to me?

I interviewed two other professionals, Gaylene Noyes, MBA Mortgage Associate, AMP with The Mortgage Group Alberta LTD. and David Robinson CRA, & Realtor with Boulevard Appraisals Inc.

"People need to beware of no frills mortgages," advises Noyes. "Take the uncontrollable into consideration." She further

suggests that people borrow conservatively, to sign onto a longer mortgage period to provide a cushion against future financial shortfalls, and to consider finding a mortgage broker. Banks will not pursue the best rates for you.

David Robinson also suggests that meticulous homework before the purchase can prevent headaches further down the road. "Get an appraisal as it can quicken a sale," he suggests.

Buyers can be shown an appraisal to support a price. Sellers can benefit by having a reasonable price set from the beginning of the listing without having to reduce it again and again. This can result in the property becoming "stale" and not selling quickly.

Appraisals may also offer support in expropriation, estate settlement, divorce proceedings, foreclosures, renovation plans and possibly property tax dispute.

Another key person to help you find a house is a realtor who does the leg work, research, phone calls, appointment settings, showings and fields offers from the buyers. Keep track of their work, and keep an eye on all the costs, legalities, benefits, drawbacks, and liabilities.

Buying and selling a house is a maze of technical details, but a good advisor will find a way to provide this path for clients: 'Save me money, reduce my tax, get me a house and help me retire.'

Dalena.mclean@sunlife.com

EDMONTON

City of Edmonton "Green Shack" Playground Programs Start July 4th!



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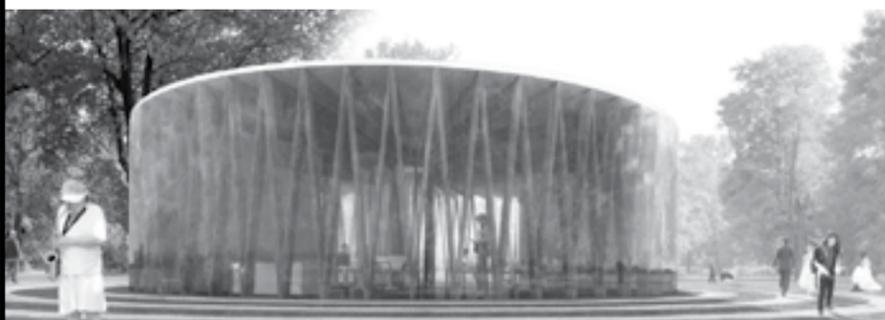
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111 Avenue & 82 Street
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Friday 1:30-5:30pm

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Friday 1:30-5:30pm

Westwood
12139 105 Street
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Friday 1:30-5:30pm

For more information, contact 311

Borden Park Revitalization Update



Concept Design for Element in Borden Park Revitalization

In 2006, in an effort to protect and revitalize this important piece of Edmonton's history and regain a once vibrant and active outdoor space, the City of Edmonton partnered with members of the surrounding communities to prepare a revitalization plan for Borden Park. The result was a plan which protects the history of Borden Park while preparing it for the future. The revitalization plan is scheduled to commence construction in the spring of 2011.

Phase 1: East Side 2011

May
Ground works, water lines
June
Tree pruning, relocation, removal
July-August
Band shell
Picnic areas, shelters, tables
Playground
August-September
Formal gardens

September-October

Walkways, entry features, furniture, landscaping

Phase 2: West Side 2012

Entry features
Historical nodes
Pavilion
Playground
Promenade
Water features

For construction schedule, timeline and more information go to www.edmonton.ca and search Borden Park Revitalization

Up until 1982, Canada Day was known as Dominion Day.

Editorial

The heart of revitalization being tested

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EDITORIAL POLICY

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity.

Letters should be no longer than 250 words and must include the full name, location and contact information of the author.

Op-Ed columns should be 600-800 words and observe formal rules of spelling and grammar.

The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press.

Send submissions to the Rat Creek Press Editor via email editor@ratcreek.org, or 9210 - 118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

There is a growing level of anxiety among community organizers that the city is pulling away from the revitalization project along 118th Avenue. They claim that city planners are no longer attending local meetings. They hear words like 'exit strategy' and 'transition phase' from city officials and fear that once the landscaping work is complete, the city will pull its funding from community groups and leave the community to sink back into disrepair.

According to Stephane Labonne, Director of the Office of Great Neighbourhoods, the city planners are prudently looking ahead to the next stage in our transformation and need to incorporate our successful model throughout the entire city. City officials, Labonne claims, are not being invited to local meetings and therefore are not attending. He cites the recent revitalization meeting as proof the community is still providing input into the future

of the area.

It would be easy to dismiss these competing claims as a tempest in a teapot -- not worth stirring up any further. It's bad communication, nothing more. This line of thinking would

"Sharing power led to trust; engagement led to meaningful change in the community."

counsel waiting until the fall when city council meets and decides on their continued commitment to revitalization funding and support.

So should the members of this community just sit back, relax, have a coffee

at the Carrot, and wait to see what happens?

The heart of this revitalization project was the bargain struck between city officials and local citizens. The city would fund local initiatives, repair our infrastructure, and provide constant access to city officials and police. Citizens would provide tens of thousands of volunteer hours and engage in the Herculean task of changing the social fabric of the neighbourhood one inch at a time.

In essence, the city pulled

up a chair at the table and invited citizens a chance to have power over decisions concerning their future.

For forty years, this community had gone from bad to worse. City plans were made, implemented, and failed. Drug use, street sex-workers, pawn shops, crime, derelict buildings, and drug houses sprang up like weeds. The old-style, hard-nosed police tactics may have kept a lid on the problems, but proved totally incapable of improving the conditions in the community.

The decision years ago to engage citizens, and provide them with real power, was the foundation for all the revitalization. Sharing power led to trust; engagement led to meaningful change in the community.

That trust was broken by the unilateral decision (two years ago) by the City's corporate managers to revisit that deal. While local activists are providing input for the new revamped strategy, they were not invited to help craft the proposal. Years worth of social engineering experience was not deemed worthy enough to help plan the future. This is the nub of the current distrust.

City officials need to understand that this new 'strat-

egy' is more than just another city social plan. It is this area's future. More importantly, the "I believe in 118" slogan has become reality. Hundreds of local residents have embraced the idea that they can change their community so passionately, that their sense of self-worth is directly tied to the ongoing revitalization project. There is pride in this community. Pride created by seeing their actions changing their neighbourhoods.

Revitalization has been more than just a process to repair the social fabric of our neighbourhood; it's been a political lesson to residents. This community believes that social engagement should lead to real political power. Our neighbourhood. Our revitalization. Our voices.

In the fall, city council will meet to decide the future of revitalization. Residents will have no vote in chambers, but they do have a crucial decision to make.

Does years of hard work entitle them to influence that vote? Will they channel their social energy into a political campaign in support of revitalization and continued control over the future of this neighbourhood? Will they stand up for their political rights?

LETTERS TO THE EDITOR

Correction

We missed writing the right address, but hope you didn't miss the food. El Rancho Restaurant is located at 11810 87 street. Our apologies.

Looking good

I just wanted to say that I really like your new header for the Rat Creek Press...very clean looking!!

Rosanna Desjardins, Account Executive
Gazette Press

Important to carry forward

After participating in the Revitalization meeting and taking a tour of the area targeted for renewal, I remain convinced that the city and community are involved in one of the best initiatives our city has attempted.

I use the word 'attempted' because the vision is only at the initial stage which provides the foundation for a successful completion. The support services such as the 118 Ave Business Association, EPS and By-Law Enforcement have focused on and contributed beyond measure to the process. All this progress has

depended on a large number of dedicated and committed community believers as well as funding from the city's annual budget.

The possibility of losing the funding is not an option if a successful revitalization vision is to be realized.

The infrastructure work on streets, curbs and boulevards from 118 Ave to 111 Ave and 82 Street to 89 Street has improved the appearance of our area and provided increased motivation for homeowners to contribute and get involved. The fact that (at present) it is not continuing toward 106 Street as planned,

is of great concern.

The statistics reveal that crime and prostitution have decreased over the last 6 years. However, if we are to continue to see this improvement, the initiative and support have to remain in place. The community involvement must be ongoing and the financial support which enables our special events, community paper and promotional tools cannot be pulled away.

Now is not the time to stall or exit the revitalization plan.

Ric Mageau

Redeeming church fighting moral decline

GEORGE TSOUKALAS

Something is changing on the Avenue that is bringing hope to those who believe that there is no spiritual dimension left in a very secular society. It is found in the most unlikely location imaginable: the former 'Rent-to-Own' outlet on 96th Street and 118th Avenue, which now sports a huge banner which reads 'Redeemed Christian Church of God.'

When I first met Pastor David Odugbemi during an after-service reception which included free food for congregation and visitors, I suggested that our society is heading towards moral bankruptcy, at which point Pastor Odugbemi quickly replied with a smile, "That is why we are here!"

A former medical doctor from Leduc, Pastor Odugbemi says his church is aligned with other denominations. "The historical connection is, basically, we are a Pentacostal Church. We are tied to the Seraphim (the highest order of angels in ancient Christian belief).

His congregation also has a mandate of evangelism. "We have prayer outreach and a prison outreach where we minister to the needs of prisoners. We also have a downtown location that helps the homeless, a soup kitchen for the downtrodden, and an outreach program for abused women who are in abusive marriages so we can help them get the support they need," says Pastor Odugbemi.

The congregation also holds Christmas banquets for the less-fortunate every year, in much the same way the Mustard Seed Street Church and the Bissell Centre helps those less fortunate. "We also have a mission for people living with the HIV virus," says Pastor Odugbemi. "We help them especially when they develop AIDS."

I was very impressed at hearing how much outreach to the community Pastor David Odugbemi was doing, and then I asked him where he saw his congregation in the next 3 to 5 years in terms of growth. "We want to have a parish," replied Pastor Odugbemi. "We currently have 12 parishes in the province and we want to increase that number to 68, so we have some ways to go."

This is great news for Alberta Avenue since the Redeemed Christian Church of God has existed since 1952, and has maintained a presence at its 96th Street and 118th Avenue location for nearly 2 years. Perhaps this is an indication that the moral decline of our society is being stopped by this small and obscure church on Alberta Avenue.

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Speaker's Corner

Have opinions? Great- let's hear them! Submissions: editor@ratcreek.org

Northlands: A community service-based organization

DARRYL SZAFRANSKI
NORTHLANDS COMMUNITY
RELATIONS MANAGER

I have settled into my new role as Community Relations Manager at Northlands and have been graciously offered the opportunity to compose a piece regarding our organization, who we are, what we do, but more importantly on a personal level regarding why I am inspired to be a part of the Northlands team and some of our emerging goals and objectives to serve our community.

In the ten weeks that I have been with Northlands, I have met with various members of the surrounding community, and will continue to meet and dialogue with others for the foreseeable future. These meetings will help shape and form our community investment strategy moving forward.

Through our Northlands Neighbours consisting of community leagues, local business associations, and other community organizations, Northlands desire is to build a network of resources and groups that enhance the lives of those living in this community.

Northlands is incorporated as a not-for-profit organization. We are governed by elected community-minded volunteers that serve on our Board of Directors. The volunteer Board of Directors along with our leadership team shape our

direction and ensure that our actions and objectives best serve the community and region.

As a community service-based organization, our strategic initiatives are built around enriching the quality of life for our community and building prosperity for our region. With our rich history dating back 132 years, we are committed to the sustainability and future of agriculture and food as a key industry in our province.

Our core lines of business support our desire to give back to the community. Specifically, Northlands is focused on partnering with organizations that support the following sectors: agriculture, youth, education, arts & culture, and sport & recreation.

In 2011, Northlands community investment is extensive. Through the Capital EX Lottery, Northlands supports our six services group partners (Kinsmen, Rotary, ACT, Lions, Events Edmonton, and the Glenrose Rehabilitation Hospital Foundation) and the Make-A-Wish Foundation of Northern Alberta. In total, the service groups and Make-A-Wish Northern Alberta will receive over \$250,000 in funding to support their organizations in 2011.

Junior Achievement of Northern Alberta has also been the beneficiary of Northlands support as we look to inspire the next generation of young

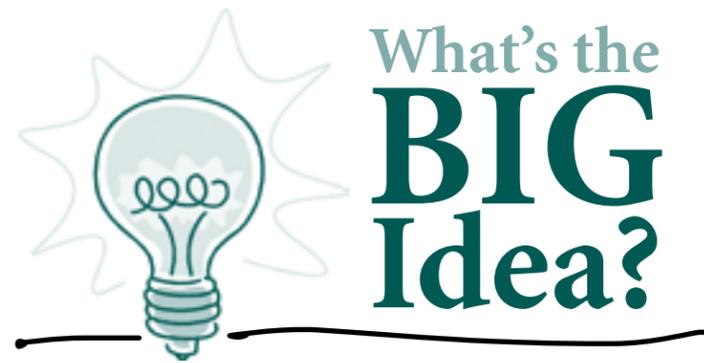
entrepreneurs. Our ongoing support of Kids Up Front Edmonton provides tickets to those less fortunate children and families that are typically unable to attend concerts and events such as Capital EX.

Within the neighbourhood, Northlands has supported and will continue to support festivals such as Kaleido, and the Byzantine Winter Festival organized by Arts on the Avenue, and is proud to step in and host this year's Canada Day Festival at Northlands Park while Borden Park is under revitalization.

We will seek new opportunities to support the community such as hosting over 80 participants in early June for a Bike Rodeo organized by the Boys & Girls Clubs of Edmonton, the Alberta Motor Association, and members of the Edmonton Police Service.

In meeting with community leaders around Northlands, I am inspired by the passion, drive, and care that these leaders have for the communities they serve. Northlands is committed to ensuring we communicate, collaborate, and support our neighbours.

I look forward to working with the individuals and organizations that share the Northlands objective of enriching the quality of life for our community and building prosperity for our city and region.



Growing the Farmers' Market

KAREN MYKIETKA

Six years ago, residents came together to discuss issues in the neighbourhood and their vision for the future. There were lots of common frustrations and complaints but also many great ideas and desires for the neighbourhood. One of the ideas was to have a farmers' market in the area.

Three years ago, the Alberta Avenue Community League was approached to sponsor a farmers' market, and we took it on (not knowing anything about farmers' markets and how much work running

one is!!) because the community said they wanted one and because we saw it as another way to build up our community. Our year-round farmers' market wasn't the completion of an idea but rather the spawning ground for many ideas. However, as with all ideas, they remain just inert until people make them reality.

Over the last three years there has been lots of talk in our community and throughout the city on living local, community gardening, food security, community gathering places, capacity building and arts revitalizing communities. We see our farmers' market as having the potential to link these ideas together.

But first of all, we need community members to make visiting the market a part of your commitment to the community. We have some fantastic local producers and products: elk, beef, chicken, pork and eggs; fresh, organic bread and a variety of baking; and a number of prepared foods like perogies, spring rolls and meat pies. We are sometimes lacking in fresh produce but please realize that locally grown veggies and berries aren't ready before the summer months.

We have the big idea of a general store at the market where the community can participate in selling their own home-made, home-grown or home-baked products on an occasional, small scale basis or where people can help out

selling donated items from community gardens and backyard gardeners as well as other products needed at the market. We haven't figured out all the details, it's a work in progress and its evolution depends on community interest.

Our market is more than just a place for you to shop. Do you garden? Would you like to? We want to support urban

agriculture and provide a place for small producers to sell their produce. Are you being over run by your rhubarb? Do you have zucchini coming out of your ears? Does your lettuce

grow faster than you can eat it? Don't let it go to waste. Share it with the community. Do you love to bake or cook? Do you have a special recipe everyone raves about? Have time to make extra to sell? Do you have a green thumb and enjoy sprouting seeds into seedlings? Are you interested in teaching your kids some entrepreneurial skills - how about selling something -- whether home-made products or popcorn and lemonade?

We would also welcome people interested in putting on workshops, talks and demonstrations. Want to teach others about gardening? Canning? Regional cooking? How about making cards? Or jewelry? Want to bring a short film out to watch and discuss? Organize a seniors' coffee time?

We remain open to all volunteers and ideas. If you are interested in working on any of these ideas or have other ones, please contact us at 780-477-2773 or market@albertaave.org.

Check out the market any Thursday between 5pm and 8pm at 118 Ave & 93 St. Learn more about us on our website www.abavenuemarket.org. Follow us on facebook or twitter for updates.

Karen Mykietka is the President of the Alberta Avenue Community League. She is also the Publisher of the Rat Creek Press.



BRIAN MASON

A better plan for health care in the province

the public health care system after the next election. Because the PCs know privatization is deeply unpopular, they refuse to let voters in on their true intentions for our health system. They tried it with the Third Way, and they'll do it again.

There's an effective alternative. We believe public health care offers the best results at the lowest costs to Albertans. Alberta's NDP has tabled Bill 208 - an act that puts barriers to privatization into Alberta's health care legislation. We'll ban extra billing and charging for preferred access to services through private clinics, require all insured surgeries to be conducted in public or not for profit facilities by 2015.

But it's not enough to simply prevent privatization. To rebuild confidence in the system, we need to make it stronger so Albertans have faith that the system is there to support them however needed.

We'll expand insured services through a plan by the end of 2012 to ensure access to prescription drugs is not impeded by cost, and dental services for those under 18 years of age and those over 64

years of age (except cosmetic) are insured. We'll also ensure care is offered where it's needed by setting maximum distances patients have to travel for particular services. Elected regional health advisory bodies will ensure tax dollars are invested where they're needed - with knowledge of how things work locally.

Alberta's NDP believes we can control the increases in health care costs through smart planning. By guaranteeing long-term care and home care for our seniors, we'll stop clogging up expensive emergency beds and shorten wait times. We'll also establish a Health Care Planning Council to ensure clear time-lines and appropriate long-term planning and coordination for infrastructure, capital spending, and human resources; with annual reports tabled in the Legislature.

Together these measures will steer Alberta down the path toward effective, efficient health care and away from dead end of privatization championed by the PC and Wildrose Alliance parties.

Brian Mason is the leader of Alberta's NDP Opposition

Rat Creek Press Connect Awards Party

DARREN BOISVERT

On Friday, May 27, we held our annual awards ceremony to honor those who contribute to our community in exceptional ways. Tied together with our relaunch of our new design, we packed the Artery Cafe with over 80 people and had ourselves a party.

The food was excellent, the music entertaining, and the company grand. For those of you who missed the evening, we present a selection of photos and hope you will join us in congratulating all the nominees and recipients of the awards.

While the award winners are shown in our photographs, we would also like to acknowledge the hard work and dedication of those nominated. They include:

Avenue Vineyard Community Church has been a vital anchor in our community since 1998, providing sanctuary and comfort to all who walk through their doors.

ECGAS - Edmonton Common Ground Arts Society operates the Avenue Theatre and promotes the creation and presentation of art as a fundamental element in the development of both individuals and communities.

St. Alphonsus Catholic Parish, particularly Father Bob and the Housing Committee, were nominated for their support of Edmonton Inner City Housing Society's new development in Eastwood which opened last November.

Mark Stumpf-Allen lives in Delton and contributes to our community as a volunteer with the annual Blooming Garden Show and Art Sale, serves on the Streetscape committee of the Alberta Avenue Revitalization, volunteers twice a month at the Carrot cafe.

Barb Heather was critical in the formation of the Eastwood Dog club that has revitalized the Eastwood Park and has served on the Eastwood Community League Board.

Jessie Radies is a business woman, co-owner of the Blue Pear restaurant and the impetus behind Live Local. Live Local is a non-profit organization that helps citizens, independent businesses and communities support independent entrepreneurs.

The Spoke provides workspace, knowledgeable volunteers, and the tools for youth to rebuild bikes that would have otherwise been thrown away.



The Proper Charlies put everything they had into entertaining us for the evening. That seemed to include exploding the bridge of the stand-up base to show their commitment to their groove.



An excellent turnout by the community to support the Rat Creek Press and the many community groups and individuals who deserved recognition. A tip of the hat to all those who showed up.



Opening act for the evening was the highly entertaining Alberta Avenue Choir. Great song choices and they even dragged the crowd into singing along in four-part harmony to an African tune.

Photos for the event were taken by Doug Barrett at Heritage Roads Photography. He can be contacted at doug@heritageroads.com

2011 Connect Award winners



Increasing Capacity • 2011 Recipient

Jo-Ann Siebert has volunteered with Rat Creek Press and Eastwood Community League boards, events such as Avenue Goes to the Dogs, and founded the Eastwood Dog Club and the Eastwood Off-Leash Park Advisory Committee.

She is a knitter-together of community, willing to help out wherever she is needed. She has an amazing ability to get things done without seeming to be involved.

Jo-Ann buys what is needed locally and always advocates local restaurants if we want to meet and eat at the same time.

She is great at linking up local organizations, showing each how they can benefit from working together.



Encouraging Communication • 2011 Recipient

CEASE (formerly PAAFE) is most well known for its "john school" where men charged for communicating for the purpose of prostitution are educated about all the harmful impacts of street prostitution. This education includes presentations by community members.

Community members have had the opportunity to share personal stories of the harm to their children, wives, families, businesses and neighbourhood caused by johns soliciting for prostitutes. This involvement has empowered community members and made a significant impact on "johns." Award accepted by Laura Slompbooy.



Building Community • 2011 Recipient

CRUD's mandate is to engage residents to participate in neighbourhood revitalization through promotion of positive activity to provide a more welcoming and safe community environment. Their community initiatives include Avenue Dog Walking, Community Gatherings, Dinner Club, Family Park Crawl and recognizing residents through the Nice Neighbour Award.

People have got to know more neighbours through these activities and some very positive informal social gatherings have evolved.

CRUD has worked hard to try and get the Cromdale torn down and while actively supporting responsible businesses. They also participate in local events and festivals such as the Avenue Goes to the Dogs Festival.

Award Accepted by Chris Hayduk.

Farmers' Market every Thursday 5pm-8pm at 93 St & 118 Ave. abavenuemarket.org Buy Local. Buy Fresh.

Chinese students making connections at the Carrot

ADEN CRUZ

Sporting colourful aprons and eager smiles, two English teachers from China have temporarily traded giving lectures for a chance to develop their English language skills here in Edmonton. They are also volunteering at the Carrot Café on 118th Avenue where they're meeting many locals and are enjoying their face-to-face interaction with the community.

Between the sounds of the Carrot's espresso machine and the ringing of the till, 37-year-old, Scarlett Yang says she gets nostalgic about her college life when she hears the song Seasons in the Sun. She wants to learn new cultural attitudes by connecting and interacting with locals.

"We came here to improve our teaching ability," said Yang. "I love teaching Chinese, I like teaching English."

Ultimately, her dream is to someday teach Chinese to English speaking students one day. She and 36-year-old Lydia Wei are from Guangxi, in the southern part of China, a place they said is famous for its beautiful landscapes. Both

are college English teachers with over a decade of English teaching experience and have come here to Edmonton to participate in NAIT's Teaching English as a Second Language (TESL) Program. Their student's in China are those working within the tourism industry.

"Nowadays English is a universal language," said Yang. "If you search the Internet, many of the pages are in English." Yang also says that many international seminars use English as the common language to communicate.

Their provincial government back in China helped fund their journey as part of their professional development. Each has a family in China, but they feel the experience is worth the sacrifice.

"I think it is worth while, the journey," said Wei. "My English will greatly improve." Wei says that it is valuable that she'll have a lot to share with her students, family and friends through this experience. She wants to be a role model to her students, with good English speaking skills and a person who knows first hand about western culture.



Lydia Wei and Scarlett Yang outside the Carrot Cafe. Between classes at NAIT, they serve coffee and make friends on the Avenue.

"My career is my life. My life is my career," says Wei. She says being immersed in an English speaking culture allows her to learn more than just language. "I want to make full use of every minutes here," says Yang. "I want to set an example for my son."

Wei also wants to make her

son proud. "I want to let him know I can be independent."

Her hopes are that one day he can also come here to experience what his mother experienced and expand on it.

Not only are they students at NAIT's 5-6 month program where they study western ways of teaching English and vol-

unteer at the Carrot café, they also make it a point to appreciate Canada's natural beauty. "Travelling a thousand miles is like reading a thousand books," says Wei. "Canada is so big, and the sky is very blue. I want to experience the Canadian culture."

Edible excitement on the Avenue

FOOD ON THE AVE

Ellie Capster

Absolutely Edibles Real Food Fusion and Wine Bar
9567A – 118 Avenue
Open Mon, Tues, Wed 11-9 pm
Thurs, Fri, Sat 11-10pm

Don't let the funky font on the sign fool you - Absolutely Edibles on 95A Street offers a fine dining experience that shouldn't be missed. Although it's only been open as a restaurant for several months, it's been in operation as a catering company since 1999 and it's becoming a place that draws people out of their way. There's not only great food and wine on offer but also an experience with a tastefully decorated interior, patio dining area and fresh, organically sourced, local ingredients.

Walking between the diners seated on the patio and deep in conversation, my date and I opted to eat inside to get out of the evening heat. Inside, the modern stonework and low lighting offered a cozy and romantic atmosphere to have a glass of wine. We were immediately greeted by a friendly waitress in black and were guided to a seat near the back of the restaurant. After perusing the menu, I selected a glass of red wine and my date ordered a beer from the menu. I was a bit disappointed that there were no

local beers on tap and no dark beer.

We started with what we hoped would be an appetizer; we were bit confused over the wording on the menu as it said "Big Bites Small Plates" rather than the usual "Starters." We guessed right and were brought a visually appealing, but smallish plate of crab, lobster and corn cakes. We were pretty hungry and the menu is large so we opted to order another appetizer along with a pizza and a "Big Plates, Larger Appetites" as our entrees.

We realized later that we could have easily skipped the second appetizer given the portion sizes, but I was immediately drawn to the description of the vegan triple sliders from

favourite, as each burger had its own unique flavour and texture and each complemented the next. It was something familiar but with a unique twist and I would definitely order this again.

My date was more of a meat eater and was deciding between the jumbo crab cakes and the lemongrass chicken. Halfway through a tantalizing menu reading of "marinated lemon grass chicken with fresh vegetables served over a bed of coconut basmati rice" there was no need to go further and he said "I'll probably get this." The Margarita pizza I ordered was a familiar taste taken up a notch with a hand-kneaded, freshly baked, thin crust dough. Next time I am going to try the

Goomba pizza which features artichokes, prosciutto, olives, red peppers and onions

We were absolutely full by this time (no pun intended) but we managed as always to squeeze a dessert in. The

waitress came by to say that she recommended the tiramisu and that it was very good and very fresh. She was right and I was pleased that soon I would be moving to Alberta Avenue and that I would be able to pop down the street to Absolutely Edibles any time I wanted.

Hope to see you there. It's absolutely worth it.

the "Big Bites Small Plates" section. This dish included a trio of the popular mini-burgers but instead of beef it featured a black bean, fresh herb, and veggie slider, topped with Chipotle cream, a soya sirloin slider topped with hummus, and a chickpea slider made with Middle Eastern herbs and spices topped with an edamame puree. This dish was my absolute





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Hello, Highlands-Norwood!



Brian Mason's Capital-Ex Family BBQ

Saturday, July 23rd
4:30 PM to 6:30 PM
Highlands Park
62 Street & 112 Avenue

Free Burgers, Hot Dogs, & Drinks!
Activities for Kids

Your MLA, Brian Mason
Edmonton Highlands-Norwood
6519 - 112 Avenue
www.brianmason.ca ph: 780.414.0682



Park it Properly on Game Day

It's time to get out and support the Edmonton Capitals and Eskimos!

Remember not to park on nearby residential streets when you go to the big game, and consider taking transit instead of driving.

During all major events and games, cars parked on streets around Commonwealth Stadium, Clark Park and Telus Field must display a valid permit or they will be ticketed and towed. This ensures area residents can find parking close to their homes.

If you live in an area with stadium parking restrictions, make sure your permit is visible in your vehicle at least one hour before games and events start to avoid being ticketed and towed. You should also be aware that you are not allowed to sell or offer parking to stadium patrons in your backyard, front yard or driveway. You must have a development permit and a business licence in order to sell parking, and these documents are not available for residential areas. The fine for allowing parking without a development permit is \$400, and the fine for operating a business without a valid licence is \$400.

Need a Permit?

Visit www.edmonton.ca/parkingpermits or go to Sustainable Development on the 5th floor of 10250 - 101 Street.

Has your vehicle been towed?

Contact the Edmonton Police Services, Police Seized Vehicles Lot at 780-496-8668.

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

Barking up the wrong tree

DOG TALK

Darlene Taylor

There are a huge number of myths regarding dogs; it's difficult to pick a few. I offer a few for your enjoyment. Some will no doubt surprise you.

A dog's nose should always be cold and wet, if it is dry or warm then the dog is sick.

Simply false. A dog's normal body temperature is 100.5 to 102.5 degrees, which is always warm to human touch. It is difficult to tell if they have a fever without actually taking their temperature. While occasionally the dog's nose may be wet there are many occasions it is dry. Don't use the nose as the only indication of whether the dog is sick or not.

Always spade and neuter at an early age.

There are a wide variety of reasons on allowing a dog to experience breeding prior to being spayed or neutered. Veterinarians will give you plenty of health reasons on spaying or neutering puppies under the age of 18 months. There is a general consensus that early spay/neuter can also prevent less desirable behavioral issues including marking, mounting, roaming and aggression. Some have argued both the health and behavior reasons as it cannot be definitively proven. But why take chances? Talking to breeders about the many problems that can arise

with pregnancy and birthing and the tragedies that can occur with puppies afterwards is more than reason enough to take it seriously.

You can't teach an old dog new tricks.

Dogs are very flexible, otherwise we would not be able to "rescue" and re-home a dog. Even mature dogs have transitioned to new homes successfully and I would say this is the greatest "trick" of all. I've worked with dogs of all ages and while their physical ability may limit what they learn, they all show traits of adaptability.

If a dog is wagging his tail he's happy.

At least two animal behaviorists have said 'nothing happens in a vacuum'. You have to look at the whole dog to take a read on whether he is happy or not. There are half wags, slow wags, cautious wagging, wagging to one side - and only by looking at the whole dog - how he is standing or bowing, mouth position, ear position, vocalizations, and the situation can you begin to judge. If you know the dog you will know whether he is happy or not. If you do not know the dog always ask the owner before approaching or petting the dog. Just as people express their feelings in different ways so do dogs.

A dog's mouth is cleaner than a human mouth; licking wounds by a dog can speed up healing.

Not entirely a myth in that science can find properties tin

saliva that aids in healing wounds. However, there is also a risk of serious infection due to bacteria or disease organisms. There are several cases of where a dog licking a wound has helped the recipient and just as many cases where it caused infection or disease. You might want to pursue traditional medical care by your physician rather than your dog.

When two dog's meet one may willingly show submission to the other.

In some cases when two dog's meet there may be a show of growling accompanied by various body postures. If neither backs down or shows submission it can escalate into a fight. Many owners will see their dog flop onto its side or back to solicit a belly scratch. Often on arriving home the dog is very excited and may play bow, twirl, whine and so on showing happiness and a submissive style greeting.

To challenge a dog and force them into submissive positions can be a recipe for trouble. One television trainer recommends manually coercing a dog into a "down" for twenty repetitions every day, twice a day for two weeks. There are others that have other "techniques" to establish "alpha". The American Veterinary Society of Animal Behavior and Association of Professional Pet Dog Trainers have issued position statements against the dominance theory practices.



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.



Eastwoodfest
 A Street dance Celebration!

Saturday August 13, 2011
We Need Volunteers!
 Please contact eastwoodfest@gmail.com
 or call 780-477-2354
www.eastwoodcommunityleague.tk

Free Pancake Breakfast, Great Music, & Entertainment, Children's Carnival, Arts Market & Food Fair

Safe Streets

Working towards a vibrant, connected and safe community for all.

Join us for our summer walkabouts!

When: Thursday, July 7th, & every second Thursday after.

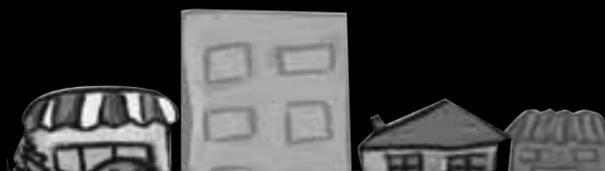
Time: 6:30 - 8:30pm

For more information or to sign up email safestreets118@gmail.com

Be a part of a community effort to improve the appearance and security of our streets.

Enjoy an evening with other residents and Members of the Safe Streets Committee including Bylaw, EPS and others as we stroll back alleys of our neighbourhoods.

Through the efforts of all of the residents of the Avenue area, we can work to improve the safety and security of our neighbourhoods.



Taste 118! Sidewalk sales & food tasting between 82 St & 97 St on Saturday, July 9. Check it out.



WRITER PROFILE

Darren Boisvert

Jade O'Riley

This month we are presenting a special showcase of local poet Jade O'Riley. She has been nominated to be Edmonton's next Poet Laureate. For months now, the Rat Creek Press has been running poetry on this page from Poet's Within writing circle held at the Carrot Cafe. Jade is the driving force behind this effort and has been teaching writing workshops and seminars throughout the city for years.

She has published internationally and shared her experience with hundreds of aspiring writers. She has shown both commitment to her craft and her community. As such, The Rat Creek Press can think of no-one better to wear the Laureate garland here in Edmonton. We present a selection of her work as our way of supporting her nomination. Enjoy.

Ballad of Buddy

There's nothing he can't do
I've taught him every trick
Leaps and rolls and shakes a paw
That hound retrieves a stick

His stubby legs are willing
Thinks he's ten feet tall
Wiener dog extraordinaire
Attempts to do it all

The day I took him fishing
Knew he'd trap them like a net
My Buddy's limitations
I hadn't learned as yet

We trolled around all morning
Cashing in on Buddy's nose
A swim would wrap the perfect day
Into its perfect close

Buddy and I in birthday suits
I climbed the gunnels, took the dive
Come on Buddy I coaxed and coaxed
A little less, he'd be alive

Come on Buddy, the water's fine
Never discerned the look in his eye
Come on pal it's you and me
And for me he gave it a try

A wiener dog will dig a hole
A badger's good as done
Smart as a whip, learns any trick
As for loyal, he's number one

Solid hound, made of muscle
There's nothing he couldn't do
Jumped right in, sank like a stone
To prove that it was true.

Somonka

Tankas are Tankas,
Never Rengas anymore.
Do you know my grief?
Katuatas go unanswered,
I write Senryus now.

And this Somonka
Surely fails its intention,
Another Tanka.
So I meditate;
A Mondo speaks: Time's healing
Is slow, but mostly, certain.

Notice: Intention Of Name Change

I watched carefully as my Brother died,
His Spirit laughed off in a puff.
I read his obituary in glyphs
It said: "He's joined the other stiffs."
I marched right to the Journal. I said, enough.
He laughed himself to the grave
Move over, I would like to grieve

That's done and dealt with
So I've gone to the Gazette
Placed my name change ad between dinette
Sets for sale and kitchenette.
* It reads with an asterisk
It says; her intention is the same as him
Without the processional hymn.

Pink blossoms opened up today

Pink blossoms opened up today.
Their sweet scent informed me right away
Winter's done, at last, we're in the clear
Open the window, spring is really here
Bask in the sun stream's warming ray

Hats and mitts and scarves in disarray
Go back in the box if I have my say
The songbirds sing can't you hear?
Pink blossoms opened up today.

Daffodils and tulips will not delay
Forget-me-nots, lilacs, bring their bouquet
Spring's green joy marks another year
The season we all hold so dear
We revel in its short foray.
Pink blossoms opened up today.

The World's Beauty

by Sam Thomas

Day and night I travel
To where my heart beats.
Of the world I want to see all
But everywhere I go, it's you I want to meet.
In the country or cities big and small.
I travel day and night
To see the wonders of history.
There are many visions into which we delight,
But nothing in the world, in all of its glory
Approaches the joy of catching you in my sight.
I travel night and day
To see friends and family here and abroad,
Both near by and far away.
Yet no matter where I go, I hope to hear word
That you want me to travel your way.
I travel day, night and
When I travel far, I rarely rest.
Sometimes I travel for so long, I cannot stand.
However whether I go east or I go west,
I will always have enough energy to hold your hand.
Travel day, night and I
Can see a lot of people.
Yet no matter the reason why
The words I've spoken have caused me trouble,
It is only you I wish to see everyday.

Yoga Play

By Paula Gillis

Today I'll get to go and play
to have some fun, to move my chi,
My blood will move inside of me,
my face will rise to meet the sun.

The breaths I take will settle me
inside myself where life unfolds,
As I exhale I'll push away
the dust and darkness in my skin.

I'll move my body like a cat
And then I will become a dog,
My arms stretch up, I touch the moon
I throw them down and fold in two.

I've felt life's ties encasing me
a lion's roar tears them away
My body, mind and soul are free
and then I rest, Savosina.



PETER GOLDRING
Member of Parliament
Edmonton East



A War on Hold

July 27 marks the 58th anniversary of the armistice that put the Korean War on hold. Hostilities have not ended between the North and South, but are limited to isolated incidents as an uneasy truce exits. It is truly a forgotten war.

In 1950 the United Nations Security Council had authorized military intervention to support South Korea, and 30,000 Canadians served under severe conditions. They gave the small, beleaguered nation the opportunity to be free. The price of this freedom was 516 who never came home, who never grew old. Their effort and sacrifice epitomize the ideals and values we share as Canadians.

An Edmonton regiment, Princess Patricia's Canadian Light Infantry, received an American presidential citation for their heroic accomplishments against unbelievable odds, protecting the capital city of Seoul against capture in the battle of Kap'yong in April 1951.

Patrick O'Connor of the Royal Canadian Regiment was killed one day after penning these poignant words:

There is blood on the hills of Korea
It's the gift of freedom they love
May their names live in glory forever
And their souls in Heaven above

In July we celebrate Canada Day, this year marking the 144th birthday of our nation. As Canadians, we believe freedom and democracy to be among the most important of our common values. We are fortunate to live in a united country that also has rich cultural and economic resources.

More than two million men and women have served in uniform to protect our freedom and lifestyle. More than 115,000 of them paid the ultimate sacrifice with their lives. As we celebrate our country's birthday let us remember them. And let us also remember the people of Korea and the war still on hold.

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Kid's Korner

Forget the fridge. Post your artwork here!

Do you like to draw? Take photos? Got a short story or poem you have written? Do you tickle your friend's funny bone's with your cartoons and jokes?

If you got the time, we've got the space for you.

The Kid's Korner is hoping to receive and publishing work by our younger readers. Everyone is encouraged to submit. All creative ideas will be warmly welcomed.

So send us your best work. We want your stuff!

Email us at editor@ratcreek.org. Mail us at 9210 - 118 Avenue, Edmonton, AB T5G 0N2. Drop it off at the Alberta Avenue Community League building at 9210-118th Ave.

Mr. and Mrs. Goose

By Bernice Caligiuri

Mr and Mrs goose went on a long vacation in a train's caboose.

They just got married in June

and now they're on their honeymoon.

From Canada they went to Florida.

It was a long and bumpy ride, it shook all their gibblets inside.

In Florida they saw all the sights, and wiggled and danced all night.

They caught a plane to China they did go

They waddled on up the Chinese wall as far as they could go

Then off to Egypt they went to see the pyramids and the wailing wall.

After they travelled to Greece

they seen all the wonders from above and below.

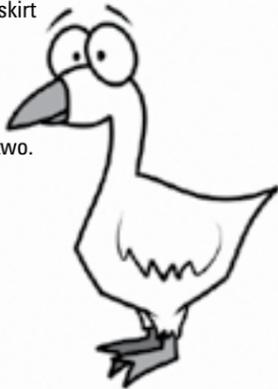
Next was Hawaii a beautiful place to be.

They went surfing and swimming in the deep blue sea, and to their delight they dines on fish and crabs all night.

To excite Mr Goose, Mrs Goose put on a grass skirt and danced a Hula.

Mr Goose excited he did get

and home they flew to make a family of one or two.



Councillor Tony Caterina
Ward 7 - Communities to be proud of



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Color Me!



Fill in the missing piece!

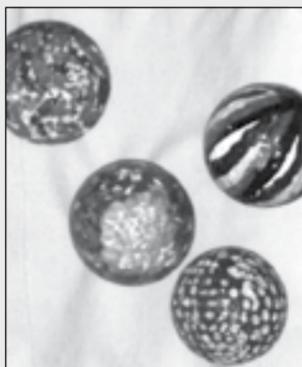


EVathefoote.

Golf Ball Painting

By Bernice Caligiuri

Borrow a few golf balls from your parents and make sure they never lose their balls again on the course. If you can't find any around the house, cheap ones are easy to find on the Avenue. Take some acrylic paint and create your own style. Colors are good to play with and try to make tiny 'golf-ball heads'.



Word Up!

There are ten words listed below. Take the letters of each words, shake them up, and come up with brand new words. Use only the letters in the word. See how many new words you can come up with for each starting word.

Example:

Spear - pears, spare, reaps

late _____

pea _____

slip _____

waste _____

arrive _____

dew _____

praise _____

flow _____

egos _____

peach _____

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Alberta Avenue (118 Ave & 93 St)

**Hot? Get wet at a local park.
Eastwood (118 Ave & 86 St)**

Elmwood Park (125 Ave & 75 St).

COMMUNITY CALENDAR

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

Listings for free events and programs as well as volunteer opportunities. Submit online at ratcreek.org.

ENTERTAINMENT

BUGS, BUGS, BUGS!

The Royal Alberta Museum or Butterfly Wings n' Wishes will visit the library with a friendly critter or two. See exotic creatures up close and have fun learning about them. Friday, July 8 from 2pm-3pm at Sprucewood Library (11555 95 St). Register online, in person or call 780-496-7099.

KARAOKE WITH CRUD

Tune up your vocal cords and join us down Green Frog's Pub (9349 118 Ave) for another hopp'n good time of socializing and singing. Friday, July 29 at 9pm.

THE CARROT OPEN STAGE

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

EVENTS

BRIAN MASONS CAPITAL EX BBQ

Free burgers, hot dogs, and drinks. Activities for kids. All are welcome! Saturday, July 23 from 4:30-6:30pm at Highlands Park (62 St & 112 Ave). More info: 780-414-0682, edmonton. highlandsnorwood@assembly.ab.ca.

AVENUE GOES TO THE DOGS FESTIVAL

Festival goers are invited to bring their four-legged friend to take part in dog games, try out an agility course, and get advice on health and behaviour. Watch exciting demonstrations from dogsport groups and the Edmonton Police K9 unit!

Peruse the market, meet some adoptable dogs, and learn about dog-related organizations. Kids can enjoy crafts and activities in their own special area. Humans can also enjoy food vendors from nearby businesses. Please ensure that all dogs are friendly, healthy, and on-leash unless specified. Use your common sense!

Sunday, July 10, from 10am - 4pm at Eastwood Community League and Park (11803 86 St).

PROGRAM / CLASS

SING, SIGN, LAUGH & LEARN

For children up to age three accompanied by a grown-up. Join us for singing, rhyming and signing. Parents learn strategies to engage their children and enhance their communication and development. Tuesdays from 10:15-11:15 at Sprucewood Library (11555 95 St). More info: 780-496-7099.

NEEDLE FELTING WITH MIKE GERMANN

Learn the basics of felting. Materials

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

PRAYERFUL ART

An in-house artist offers opportunity and assistance to express yourself in prayer through ART. Supplies provided. Saturdays from 12-3pm at Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

ENGLISH CONVERSATION CAFE

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

SOCIAL

PARTY AT THE BEACH

Enjoy beach games, make sandcastles and participate in other sunny-day activities. Wednesday, July 6 from 2pm-3pm at Sprucewood Library (11555 95 St). Register online, in person or call 780-496-7099.

PAWS FOR A STORY

Come read a good tale to a furry friend! Each child will have a 15-minute reading time with a dog or cat from the Pet Therapy Society of Northern Alberta. Saturday, July 16 from 2pm-4pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

FAMILY PARK CRAWLS

CRUD's Family Park Crawls are the place to be every Sunday at 1:30pm. Come and enjoy neighbourhood parks and meet new families. Check CRUD's calendar at www.crudedmonton.org for weekly locations.

MAKE MELODY

Are you a singer, songwriter musician who wants to perform and share your ideas? Join the Edmonton Melody Makers at the Carrot Saturday nights at 6pm. Contact Mj at mjn_mjn@hotmail.com for more info

FRIDAY NIGHT DROP-IN

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

SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at

Crystal Kids Youth Centre (8715 118 Ave).

L'L SPROUTS PLAYGROUP

Bring your kids, snacks and ideas and make friends while sharing in activities, adventure and fun! Fridays from 10am-12pm at Parkdale-Cromdale hall (11335 85 St). www.parkdalecromdale.org

CRUD DINNER CLUB

Discover new flavours and restaurants while you explore a variety of wonderful cuisine along Alberta Avenue with friends & neighbours. Check the calendar at www.crudedmonton.org for time and location of this months feast.

SPORTS & REC

STAR CAMPERS

Enjoy an indoor campsite where you'll learn some camping essentials like stargazing, calling animals and animal-safety tips from Mountain Equipment Co-op. Tuesday, July 19 from 7pm-7:45 at Sprucewood Library (11555 95 St). Register online, in person or call 780-496-7099.

THRILL THE AVE

Classes to learn Michael Jackson's Thriller for performance at Kaleido and Thrill the World. Classes free, no dance experience necessary. For the whole family! Thursdays 7pm to 8pm at Alberta Ave Community Centre (9210 118 Ave). More info: Heather 780-454-9296, thrilltheave@gmail.com.

MOVEMENT THERAPY

A professional movement therapist offers a one hour class of stretching. Mondays & Wednesdays from 1-2pm at the Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

COMMUNITY SWIM

Free swim at outdoor pools for Alberta Avenue & Parkdale-Cromdale Community League members. Mill Creek: 7pm - 9 pm everyday.

Borden Park, Oliver OR Fred Broadstock: 5pm-7pm on Sundays, Mondays, Tuesdays and Wednesdays.

CRUD DOG WALKING GROUP

Meet neighbours and their canine companions while walking around the community. Mondays evenings: 6:30pm in front of St. Alphonsus Church (11828-85 St). Walk is cancelled if raining. More info: www.crudedmonton.org.

INDOOR PUBLIC SKATING

No sticks or pucks allowed. Grand Truck (13024 112 St) on Sundays 1-2pm
Oliver (10335 119 St) on Tuesdays 6:15-

7:15pm

Russ Barnes (6725 121 Ave) on Wednesdays 6-7pm
Westwood (12040 97 St) on Saturdays 3:15-4:15pm

NOTICES

BIG BIN EVENTS

City residents can drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling. Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. All events run from 9am to 5pm. Sept 17 & 18 at Commonwealth Stadium (112 Ave & 90 St) Full event list at www.edmonton.ca/waste

KALEIDO INSTALLATION CONTEST

Kaleido Family Arts Festival, September 10 & 11, kaleidofest.ca. Add to the theme of creative use of space through participation in Kaleido Festival's 24 hour DECK OUT A LAMPOST contest on September 10th and 11th. For contest details and application form email: kaleidoprogram@gmail.com.

PROVINCIAL ENUMERATION THIS FALL

Elections Alberta will be updating elector information this fall in preparation for the next provincial election, tentatively planned for the spring of 2012. Please help to ensure that your information on the voters' list is current and accurate by answering the door when an enumerator calls or by filling out and returning the card left in your mailbox. If you would like to work as an enumerator (for pay, about 30 hours between August 26 and September 19), contact Anita Jenkins, Returning Officer for Edmonton Highlands Norwood, 780-474-6656, ajenkins@compusmart.ab.ca, or call Elections Alberta, 780-427-7191.

NICE NEIGHBOUR RECOGNITION

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

COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for open and direct access to the EPS members working in your community. Bring your questions and comments or come in for a visit and coffee.

VOLUNTEER

DOG LOVERS NEEDED

If you love dogs, this event is for you! Volunteer at Avenue Goes to the Dogs Festival, Saturday July 10, 10am to 4pm at Eastwood Community League Grounds 11803 86 St. Contact Jo-Ann at (780) 919-6141 or Jo-Ann@eastwoodcommunityleague.com. More info: www.eastwoodcommunityleague.tk

HELP AT NORWOOD CENTRE

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

HANG AT A GALLERY

Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more info, contact Anna at volunteer@ninahaggertyart.ca

BE A COFFEE BARTENDER

Learn how to be a barista and make lattes and other coffees, then hang out at a cool coffee shop for 3 or 4 hours and visit with the interesting people who stop in. Drop by: The Carrot Community Arts Coffeehouse at 9351 118 Ave, call 780-471-1580 or visit www.thecarrot.ca.

DRIVE A SENIOR

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

CLASSIFIEDS

SEEKING HAIR STYLIST & ESTHETICIAN

Natalie's Hair Salon is looking for an experienced stylist with some clientele who's willing to take on more (chair rent only) and an esthetician with clientele who's willing to take on more (room rental). Great location. Please call 414-1385.

NORTHLANDS & CAPITAL EX

Capital EX wants you to be part of the show! If you are interested in a volunteer opportunity to enrich your community visit us at www.northlands.com/volunteers or call 780-491-3400 for more information.

Church services

Avenue Vineyard Church

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.

8718 118 Ave (Crystal Kids building)

Sundays at 10:30 am
www.avenuevineyard.com

Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship

11461 95 St. 780-477-3341

Sunday meetings:

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

Advertise your church here for only \$120/year.
Contact ads@ratcreek.org



9535
JASPER AVENUE
780.441.6966 info@theartery.ca

theartery.ca

events listing & ticket sales



Arts & Events
community arts & events venue

Rent the Artery
hourly, no frills & full rental options

FRIDAY
JULY
8

Christian Hansen & The Autistics

with special guests Paperplanes And Dragonboats.
Tickets \$15 in advance at www.theartery.ca.
Doors at 8:00 pm. Minors permitted.

SUNDAY
JULY
10

Devine Equal Tour Featuring Titans Eve

with Marry Me, Murder and No Witness.
Tickets are \$10 in advance.
Doors at 8:00 pm. All ages. Minors permitted.

FRIDAY
JULY
15

Edmonton-Calgary Roots Music Review

Featuring Magnolia Buckskin, with Robin Woywitka and The Bitumont Players along with Wacousta.
Tickets are \$8 at the door. Doors at 8:30 pm. 18+. No minors.

Join the Salvadorean community on July 23 for the Pupusa Festival at Alberta Ave Park (118 Ave & 93 St.)

Back door to the Artery Cafe.
May 27, 2011.



Darren Boisvert

WELCOMING ACTIVE DIVERSE RESOURCEFUL ENGAGING

COMMUNITY INVOLVEMENT
THE FOUNDATION TO A STRONG AND HEALTHY NEIGHBOURHOOD

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- COMMUNITY GATHERINGS
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- COMMUNITY DINNER CLUB
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Advertise in the Rat Creek Press!

Contact Laurie Tod at
ads@ratcreek.org
or 780-479-6285

www.ratcreek.org

www.kaleidofest.ca

JUNK in your TRUNK
Sign up to have an opportunity to sell/swap your old junk right out of the back of your trunk! On Day 3 (Sunday) of Kaleido Family Arts Festival, you can register to be involved in this unique 'yard sale.'

September 11, 2011 • 12pm-6pm
Cost: \$10
Rule: All items must be used

AVENUE CAR SHOW
Help celebrate Kaleido Family Arts Festival by adding your classic, unique or beautiful car to the show!

September 11, 2011 • 12pm-6pm

For more info:
780.318.2545 or
kaleidofeststreetscape@gmail.com

9351-118ave www.thecarrot.ca

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