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The Ave goes to the dogs . . . again

JESSICA KIMMERLY

June 14th is a day for the dogs. From 10 a.m. to 4 p.m., the Alberta Avenue Community League (9210 – 118th Ave.) will be lively with retrievers, terriers, poodles, mutts of all sizes and of course, people. “The Ave Goes to the Dogs” is Alberta Avenue’s second annual event devoted to dogs and their owners.

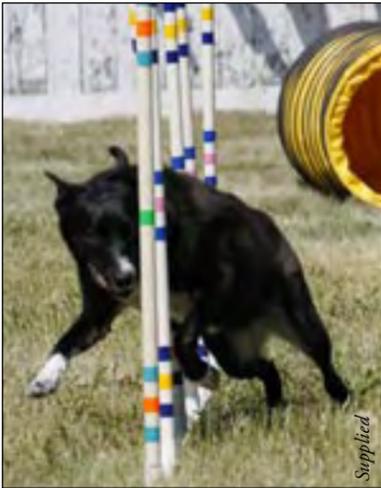
“It started as a joke,” everyone on the planning committee agrees. The group had been talking about their dogs, and had observed that there are many dogs in this area. The idea of having a dog-focused event was picked up and proved to be a hit, because an estimated 500 people attended the event (along with hundreds of dogs).

Last year’s “The Ave Goes to the Dogs” is praised as a friendly, inclusive event. “It was all about the dogs,” says Jennifer Herrick, member of the Beautification and Cleanliness Committee and owner of a bull mastiff. Jo-Ann Siebert, volunteer and owner of a spaniel cross, border collie cross and greyhound-heeler cross, says, “You could spend the whole day there and be interested.” “And you didn’t have to spend any money,” adds Christy Morin of Arts on the Ave, whose pet



COME SEE DOGS OF ALL BREED, SHAPE AND SIZE ON JUNE 14 AT ALBERTA AVE. COMMUNITY LEAGUE (9210 – 118TH AVE.) FROM 10 A.M. TO 4 P.M.

is a bichon frise-cocker cross. “There were rescue dogs there, so even if you didn’t have a dog, you could hold a leash,” says Judy Allan, who owns two collie cross rescue dogs. This year, there will be workshops, demonstrations, vendors, games and endless opportunities to share



your love of dogs. A professional animal photographer will be there if you wish to have a photo taken with your pooch. If that’s too formal for you, a caricaturist will also be on site. A giant inflatable jump will be set up for the children, and there is plenty of green picnic space.

Most of the planned demonstrations are also activities in which you and your dog can participate. Darlene Taylor, owner of K-9 Behave, will be running demonstrations on rally obedience

and grooming. Dan Roufosse of the K-9 Korruption Dog Sports Club will host a Frisbee Dogs performance, where you can either watch or participate with your dog. Other agility demonstrations and participation activities will be presented by PACE (Performace Agility Club of Edmonton) and Dogspaw, a local dog training and daycare business.

“There will be doggie games too,” says Nicole Johnston, owner of Dogspaw. “Musical mats, digging for treasure, a wiener bob and ‘sparky says.’” But the day isn’t just about fun and games. Professionals in the field will

be teaching educational workshops, such as canine body language, reflexology and pet first aid.

Another important presence at “The Ave Goes to the Dogs” is the Prairie Animal Rescue Society (PARS). This non-profit organization from High Prairie is devoted to animal rescue, and can provide information about adopting rescue dogs. People will also have the opportunity to adopt a pet, provided the decision has been carefully considered and the foster parent is prepared to adopt a rescue dog.

Linda Maude adopted a rescue dog at last year’s event. Her rescue dog, Millie, is an Alaskan sled dog. “At ‘The Ave Goes to the Dogs’ day, she was hiding under a table, peering out longingly,” says Maude. Now, Millie is doing great. Maude says, “Her nature is gentle and she learns very quickly with usually one direction from me.”

PARS gives honest insight about the dogs’ personalities, and it is less costly than buying from a pet store. Yet it is a commitment to take seriously. “You need to ask yourself how much time it will take, how much money for food and vet bills, and get the right dog for your lifestyle,” Maude advises.

However, you don’t have to own a dog to attend this dog event. There are many dog lovers out there who are not allowed to house a pet because



of apartment rules or other living restrictions. So if you enjoy spending time with dogs, but don’t own one, you are welcome to attend. There is no entrance fee, though you may want to bring your wallet—vendors will be

selling dog-related merchandise of all kinds.

The best part about “The Ave Goes to the Dogs,” is that every one and every dog is welcome. Its purpose is to celebrate and learn about dogs



while enjoying a fun day outdoors. So mark June 14th as a day “gone to the dogs”—your dog will love you (even more) for it.

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RAT CREEK PRESS

Upcoming Features:

July:
Urban Architecture

August:
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September:
Local Artists / Arts Alive!

October:
Communities in Bloom



EDITORIAL
WITH JESSICA KIMMERLY

"I can't even bring myself to look at her anymore," she says. "Every time she comes to my desk it's to wave her newest spreadsheet in my face and talk about how she's the only one in the office with superior computer skills." No kind greetings, no warm encouragement, no helpful tips. It seems my friend has encountered the cubicle shark, the post-high school meanie, the office bully.

Office bullies manipulate the work schedule for their sole benefit, withhold useful information and turn tasks into competitions instead of working as a team. They create a hostile environment, and skilled employees are often driven away by the office oppressor.

There are many articles, books and essays written on

office bullying. We can learn the psychology behind bullying, common causes and how to fight it. But the truth of the matter is that knowing your office bully is really just suffering from insecurity and low self-esteem doesn't stop her from making your job difficult. And as we all know, seeking revenge only lowers ourselves to their lowly level of tyranny. Plus we probably won't be as good at it.

Different sources provide advice on how to deal with office bullies—don't break eye contact, don't let them get to you, just say no to office bullying. I say, take the experts' advice. But while you're waiting for their methods to take effect, I recommend taking creative, therapeutic steps to recovery.

Are you the office bully? (Or is it the person beside you.)

Luckily, I have been fortunate enough not to encounter any bullies past high school. But from what I hear, they haven't discovered any fresh techniques. When I was about 11 years old, a female schoolmate would taunt me because I didn't wear make-up. I wasn't yet fluent with the concept of irony, but I was aware that the situation was backward, given that the sneering schoolmate had hideous red sores on her face, which she blamed on her little sister. Still, my young feelings couldn't absolve comments that insisted I was babyish, ugly and inferior. After school, I pulled out my pencil

crayons and coloured a portrait of my fully made-up schoolmate, in which she resembled Mr. Hyde's scorned lover more than a human girl. Admiring my artwork, I tucked it away to show my mom. She knew I was beautiful without make-up.

Of course, I kept the repulsive bully-portrait to myself (and my mom) and threw it away shortly after. I let it go. And the moral of the story is . . . don't be the bully. Be nice to everyone. And when that uppity co-worker laughs at your work and flaunts another one of her colour-coordinated spreadsheets, you can always draw your own bully-portrait to relieve stress.

Skilled employees are often driven away by the office oppressor

Up on the Soapbox

WITH DESMOND PARENTEAU

One may ask, what does a picture of England's Prince Harry mounted behind the gun turret atop an armour tank somewhere in Afghanistan portray to us? What is the photo attempting to illicit in the mind of the intellectual or that of the general public? Certainly no one believes, as the photo seemingly endeavors to indicate, that England's royalty is on the front lines of battle risking their lives daily alongside the common soldier. Surely the image is not trying to promote the idea that business elites and political leaders, who coincidentally, it could be said, have the most to gain from the effort put forth by aggressive military action, are now willing to risk the lives of their own sons and daughters.

When said aloud, both of these suggestive responses quickly crumble into nonsense. And yet these photos and others like them litter our popular media. The images

are often accompanied with the jingoistic ideal, written or suggested, boldly stated "Support Our Troops." Send our sons and daughters, or rather, your sons and daughters to war.

Again one could ask what exactly "Support Our Troops" means, or a broader, more encompassing question; what does supporting our troops include? When framing the question in this way it becomes easy for each of us to create several conclusive ideas as to what we would support, and also a list of often non-humanitarian ideals that we would not support. Both ends of the spectrum are conveniently lumped under one banner—"Support Our



Troops."

Often we find that media are quick to attack or omit any questions or responses to this banner that do not immediately fall in line with conventional rhetoric. The media respond in a dismissive manner and are quick to state that if you do not "Support Our Troops" then you

are somehow against peace or are sympathetic to those forces we oppose. A convenient way to adjust the focus away from underlying questions that address the basic assumptions that must exist in order to establish the bulk of prescribed doctrines. In short, steer the public into the preferred frame of mind for the debate.

A non-extremist stance, and one that is almost never adhered to by either side in any major conflict, is simple—do unto others as you would have done unto you. The saying is easy, trite and familiar to most, yet tremendously unaddressed in action. Perhaps it is time to begin questioning some of the assumptions that are so happily overlooked by mainstream media as it trumpets "Support Our Troops." Is it possible that complex conflicts cannot be broken down into a secular black and white response? Is it possible that our actions should not always be defined as noble and righteous, and that if we take into account the ways we are contributing to the violence we may have to come to terms with some ugly realities? These realities would not have us blindly proclaiming "Support Our Troops" without qualifying some specific conditions before we do.

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NEWS BRIEFS

What happened to the Parkdale Recycling Depot?

ETS has re-commissioned the Cromdale garage, displacing the Parkdale recycling depot. The Cromdale was needed to house another 40 buses. In 2007, Spruce Grove noticed an increase in ridership and requested increased bus service beyond peak hours. This request posed a challenge to ETS due to limited garage space.



Recyclers can bring their bottles to the Beverly Bottle Depot, located at 4825 118 Ave. Other close recycling depots are located at the Eric Cormack Centre (99 Ave and 112 St.) and the Save-On Foods (117 St. and Kingsway Ave.). —JK

Edmonton considers user fees for trash pick-up

City council is discussing putting the cost of household garbage pick-up entirely to residents. Currently, the pick-up fee is split between user fees and city taxes.

A report says that the benefit of switching pay methods is to keep local property taxes from funding a waste management system that the whole region uses. The result would be higher user fees, and likely lower property taxes.

If the user-pay system proposal is approved, it will begin in January next year. It is not yet decided whether the charge should be a flat fee or pay-per-bag. —JK

New public bins make it easier to recycle

This spring, the city along with the Alberta Beverage Container Recycling Corporation (ABCRC) will be installing 50 outdoor recycling bins in Edmonton's major parks. In addition, 1,000 specially created indoor bins will be brought to civic buildings.

The outdoor bins are designed to be wasp resistant, so it won't be so scary approaching a collection of discarded bottles. —JK

Why all the construction?

Phase one of the Alberta Avenue streetscape revitalization is underway. We're getting new curbs, gutters, road surfacing and sidewalks, coloured and textured pedestrian crossings, more lighting of the pedestrian walks, street trees and corner planting beds, new street furnishings, decorative lighting and reorganization of side street parking.

There will also be "throating" (traffic calming) at the neighbourhood entrances and neighbourhood identity features. The total cost of these improvements is \$8.52 million. —JK

Business Association hosts "Spring Street Sweep '08"



AABA LAUNCHES "SPRING STREET SWEEP '08." LEFT TO RIGHT: COUNCILOR ED GIBBONS, COUNCILOR TONY CATERINA, JOE HOLTZ, DON BELANGER, GREG GERARD AND BILL VARVIS

JESSICA KIMMERLY

This year's "Spring Street Sweep" was Alberta Avenue's fourth annual street cleanup. Twelve volunteers worked from May 14th to the 16th to clean 118th Ave. from Northlands to NAIT.

"Cleaning our streets is important in our efforts to stay vibrant," says Judy Allan of the

Avenue Initiative. The city of Edmonton, who started their own street sweep campaign a year after the Alberta Avenue Business Association did, wants to encourage people to pick up litter, set a good example for children by not littering and properly discarding cigarette butts. Cigarette butts are a significant cause of litter.

The Alberta Avenue

Business Association (AABA) is setting up communication strategies to work with business owners about keeping the Ave clean. AABA's goal is to "make business owners aware of the importance of keeping their area and property clean," says executive director Joe Holtz. Having a clean, safe community is a vital step in revitalization.

Challenging community leagues to go green

KAREN MYKIETKA

How many residents does it take to change a lightbulb? One. But why not make an event of it? That's what Riverdale Community League did last fall when 20 residents came out to replace incandescent lightbulbs with fluorescent ones, install motion detectors and put up signs reminding people to turn off the lights. All it cost was \$300 and some pizza.

Aspen Gardens and Strathcona have also taken steps to make their leagues more eco-friendly. Now these three leagues have issued a challenge to the rest of the 120 plus leagues - take nine small steps to go green (see sidebar). Leagues that complete at least six of the nine criteria before May 2009 will be entered to win a \$5000 efficiency upgrade provided by CO2RE and the Edmonton Federation of Community Leagues (EFCL).

The EFCL will also sub-

sidize an energy audit so that it costs a league no more than \$2000. "This is an issue for a lot of leagues to address," says EFCL Exec. Director Allan Bolstad. "Look at the suggestions [nine criteria] and then come up with some others."

Strathcona conducted a survey asking about a "green agenda" including community gardens, encouraging walkability, bike/car sharing coops, etc. Aspen Gardens hosted a used item "swap meet" and showcased alternatives to pesticide use.

Community league volunteers are probably groaning and saying "No! Not another project. We have to much to do already." But according to Michael Walters, president of Aspen Gardens Community League, "Committing to environmental stewardship won't be a burden on your volunteer capacity - it will expand it." Use environmental issues to attract new volunteers and members to your community league.

Community League Eco-challenge

- Conducting an energy audit on the community hall
- Installing compact fluorescent light bulbs
- Replacing old appliances with energy-efficient models
- Putting "turn off the lights" reminder stickers on switches
- Installing programmable thermostats
- Changing to a "green power" provider
- Re-landscaping community rinks and putting them on a separate water meter
- Registering with CO2RE (the city's carbon reduction program)
- Brainstorming other green projects

Impact of small changes

- New fridge: Cost \$700; Savings \$250/year in energy costs and reducing carbon dioxide emissions by about 2.5 tonnes a year.
- Replacing about 50 light bulbs: Cost \$150; Savings \$2000 during bulbs' lifespan and reduced emissions by 22 tonnes.

BUSINESS BRIEFS

Collectible & entertainment shop back on the Avenue

Patrick McIntyre spent almost ten years sharing his collections at the Avenue Flea Market before it closed and



PATRICK MCINTYRE HAS A PASSION FOR COLLECTING AND HE'S SHARING IT WITH YOU AT HIS NEW SHOP ON THE AVE.

was torn down to make way for the Nova Building. From there he moved his business to the Yellowhead Flea Market. He came back to the Avenue in January setting up his Uncle Mac's One-stop Shop at 85 St

between Donair Express and Homemade Steak & Pizza. This clean, well-ordered store is full of quality collectibles such as games (vintage ones like Atari as well as newer ones like Xbox), movie DVDs, cards, comics, toys, action figures, and hot wheels.

McIntyre, who is also a fine wood carving artist, has collected for over 15 years. He knows his merchandise and prides himself on being honest and fair with customers. Drop in the shop to buy, sell or trade. -KM

Uncle Mac's One-stop Shop
8529 118 Avenue
Hours: Wed-Sat 10am to 9pm and Sun 10am to 8pm

A Cafe to Die For

You would never guess what is hiding in the non-descript stucco Vintage Building on 111 Avenue behind fuchsia mini-blinds - a classy and elegant cafe!

Devrim and Fortunata Incili opened the D'For Cafe in February. These natives of London, Ontario came to Edmonton two years ago after spending a couple years in Vancouver. Devrim, an experienced chef who has

worked all over the world, is Turkish and Fortunata, who spent 12 years in retail, is Somalian.

They serve a few light dishes for between \$5 and \$8: Chicken Panini, Chicken Caesar Salad, Homemade Lasagna, Sambusa (samosa). Top off your meal with some fresh made cheesecake or a Turkish Baklava and a coffee of your choice. Coffee selection includes Cappuccino, Espresso, Chai, Turkish coffee and Somalian Tea (tea cooked with sugar -very sweet!).

The best and most unique part of this cafe is its small private dining/coffee rooms. The space used to be offices and instead of tearing down all the walls and making one big area, they kept the rooms and set up small, well-furnished and elegantly decorated sitting rooms. The food is very tasty and the atmosphere is serene and tranquil. Check it out for yourself! -KM

D'For Cafe
9223 111 Avenue
Hours: Tue-Thu 4pm to 10pm; Fri-Sat 3pm to 1am; Sun 4pm to 9pm

A Unique Boutique

You'll find numerous unique treasures at the House of Accessories located in a room in the D'For Cafe. Leather sandals, cologne and perfume, jewelry, handbags, scarves and cosmetics are all attractively



PETER MYKIETKA ENJOYING A COFFEE IN ONE OF THE SITTING ROOMS AT D'FOR CAFE

civil war in Somalia, finally settling his family in Edmonton in 2003. -KM

House of Accessories
9223 111 Avenue
(in D'For Cafe)
Hours: Tue-Thu 5pm to 9pm; Fri-Sat 3pm to 10pm

Employment training centre sets up in newly renovated building

Over the past year, the building on the southwest corner of 88 Street and 118 Avenue has undergone major renovation including a new facade and completely new interior. This great looking space is now home to Skye Employment Training (S.E.T.). S.E.T. is a program funded by the Alberta Government designed to assist people of Aboriginal descent with mandatory skills and safety certifications required for a variety of construction-related jobs. They offer a cultural learning environment, life skills and employment and work ethics. -KM

Skye Employment Training
8803 118 Avenue
Ph: 477-1747



FORTUNATA INCILI TRANSFORMED OLD OFFICE SPACE INTO AN ELEGANT AND APPEALING CAFE

displayed in this small boutique. The owner, Farhia Ali, has family and friends in various African countries that send the merchandise to her. Ali, a widow with seven children, opens her boutique in the evenings after spending the day in school. Her husband, Hassan Yussuf, was murdered while working his taxi on April 8, 2005. Yussuf had fled from

AABANOTES

While on a trip to Vernon B.C. in March, I came across the following article in their local newspaper which caught my attention, and which I thought may be of interest to our business members. Although I have come across other articles such as this one in my days as a former banker, I particularly liked the layout of this article and the clearly laid out action steps.

Joe Holtz, P.Mgr
Mr. Holtz is Executive Director of the Alberta Avenue Business Association, a former career banker and a designated member of the Canadian Institute of Management.

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Employees Source Of Success

BY KEN MACLEOD,
Vernon Morning Star
Reprinted with permission from the author

In today's world, no matter where you do business, most companies put too much focus on the dollars and not enough on the employees.

To improve profits, focus on creating a positive working environment and set a standard in employee support as the "boss", support their growth and career goals.

There is an old saying, "The pace of the pack is the pace of the leader." If you don't set a fast pace, you can't expect your people to do the same, especially in today's business environment where valued employees are being snatched up with dreams of a better offer.

The action required is to expand communications and build trust. Get out from behind your protective and secure desk and walk around your company every day. Stop

and talk to as many employees as possible. Know their names, to ask about their families, ask their opinions on how to improve your business and celebrate their achievements and invest in them for success:

1. Set meaningful goals and performance expectations

Work with your employees to set realistic goals together. They will often set them much higher and achieve more. People who reach higher always achieve more.

Remember, employees are apathetic only when they are pursuing someone else's goals. You gain buy-in when people help set goals.

2. Communication is pivotal and will help to build trust. Do this all the time, not just when you need to push for a better month-end results.

Too often, companies create goals with a lot of fanfare, but then they stop communicating and people forget about the achieved goal(s). Good managers, who communicate openly and often, foster positive relationship-building skills that will enhance trust.

3. Communicate results and track progress against your

employee and company goals and objectives.

You can't achieve your annual goal all at once, so break down the goal into monthly increments, then track and measure the monthly increments against the overall goal.

To increase profits, use WGMGD (What Gets Measured Gets Done). Set your goals jointly with people, communicate and build trust and track interim results, giving feedback.

4. Plan and anticipate the vision of the future.

Projections, budgets and forecasts are important tools, but they only tell part of the story. Look into the future and ask: What if we could be the first to do that? What if we could be the best at doing that? What if we could be the only ones doing that? The key is to learn from the past and most importantly, don't look to the past to create your future.

5. Hire winners - don't just fill seats - and put people in their best jobs. Be a great coach rather than a Boss.

As an exercise, identify three or four jobs in your organization that directly impact the customer and make sure you have winners in those positions.

With the right fit and coaching you will improve results if you get the jobs exactly right.

6. Organize well to get the job done.

Implement tools to increase productivity with a goal to turn effective into efficient. Positive organizational tools allow you to stop micro-managing people, which can lead to happier employees. It also buys back time for you and your managers to spend on more important strategic issues.

7. Celebrate successes and give people the things they want from their jobs:

compensation, recognition, fun, personal growth, challenge, convenience, communication, security and a supportive environment.

In summary, invest in success, get creative in how you communicate, reward and recognize your people and always remember that recognition (communication plus incentives plus celebration) gets results.

Ken McLeod is a business coach and strategist, president of the MacGroup of Companies and managing partner in Pulse Media and Communications, Okanagan.

Arcade Flooring provides all flooring needs

BUSINESS SPOTLIGHT WITH DAGMAR LOFTS

Arcade Flooring is just south of 118th Ave. on 82nd St. You will recognize the store by its unassuming storefront and red "Arcade" lettering on a white façade. Clay and Yvonne Smith are the owners and operators of Arcade Flooring and the store has been in business for 14 years. Where did the name Arcade come from? "Well," Yvonne says, "we often get calls for arcades." Yet the name is actually a tribute to the W.W. Arcade Hardware store, one of Edmonton's first hardware stores, which used to stand on the site of the Hardware Grill restaurant.

Arcade Flooring looks exactly like a flooring store should. They carry roll-ends and other flooring remnants at reduced prices. They carry linoleum brands such as DOMCO, Kraus, Tarkett, Congoleum, and some Armstrong flooring.

Arcade stocks ceramic tile, a variety of hardwood flooring, laminates as well as Berber and plush carpeting. One of the leading edge flooring brands is the new environmentally friendly Marmoleum.

Clay Smith likes to carry everything for home or commercial renovations so that after you visit Arcade you are ready to tackle your flooring project. Smith will provide you with his flooring expertise to help you get the job done right. If you require installation, Smith will provide his customers within the Rat Creek area with a free estimate and a guaranteed quality installation.

Arcade Flooring is set apart from other flooring companies by their great service. They will provide you with the necessary steps to get the job done right within your budget.

Arcade Flooring
11714 – 82 Street
477-5526
Hours: Monday to Saturday
8 a.m. to 5 p.m.



CLAY SMITH, OWNER OF ARCADE FLOORING



ORNE LANG, STORE MANAGER OF BELLARE INDUSTRIAL COATINGS

Bellare helps you renovate and with environment-friendly paint

BUSINESS SPOTLIGHT WITH DAGMAR LOFTS

Bellare Industrial Coatings Inc. is a fancy title for the paint and wood-finishing store in the Rat Creek community. Bellare is located just a few blocks north of 118th Ave. on Fort Road, at 12253 Fort Road.

At Bellare, you can find quality paints and stains at reasonable prices. They carry paint brands such as SICO and Pittsburg, and both are environmentally friendly paint and stain options that don't contain atmospheric pollut-

ants (better known as volatile organic compounds) and are also VOC emission-free. SICO and Pittsburgh are the everyday, quality finishing brands available at Bellare for a reasonable price.

The staff at Bellare will provide you with all the necessary advice and equipment to make your painting, staining, or finishing job run as smoothly as possible. They sell stains that are manufactured in-house and they would be happy to match any existing wood in your home. Simply bring in your sample to Bellare and they will match the wood with a custom stain at an affordable

price. They carry wood filler for stain jobs, and when refinishing a deck, they carry a Superdeck brightener, which restores your wood by removing unwanted stains and old paint.

At Bellare Industrial Coating, you get quality and expert advice at a reasonable price. Please call the staff at Bellare and they will be pleased to help you with your renovation project.

Bellare Industrial Coating
12253 Fort Road
471-6160
Hours: Monday to Friday
8 a.m. to 5 p.m.

The Carrot Writers' Circle

ANNA MARIE SEWELL

May saw the inauguration of a writers' circle at the Carrot. The purpose of the group is to write; the method to the madness is to take turns bringing in writing exercises, triggers, games and activities to share with the group. Writers of all genres and experience are welcome, as are their kids.

Our first meeting, May

8th, saw five writers diving right into deep water, writing about topics from fish to feather pillows. The Carrot ambience, with Joy and Dave on barista duty and space for kids to hang out nearby, was conducive to a lively yet relaxed session.

The group hopes to build into a regular reading and performance offering, and add fresh writing from local voices

to the growing Arts scene on the Ave. We are also looking for ways to link to the larger literary community in Edmonton and beyond.

The group meets Thursday mornings from 10 a.m. to 12 p.m. If you wish to join, contact Anna Marie Sewell at 432-6711, prairiepomes@yahoo.ca, or just come by on a Thursday and try it out. Bring your own writing tools of choice.

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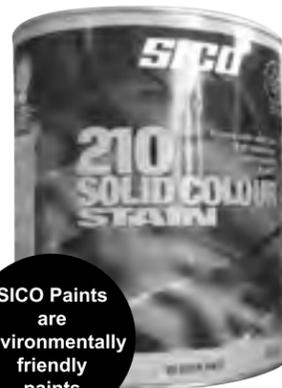
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Community History

Community Walk

When: Saturday, June 21st @ 10:30am

Start and End: In front of the Sprucewood Library
11555-95 Street

Duration: The walk will be about 45 minutes

After the walk, we invite you to stay for a children's book reading at the Sprucewood Library.

A light snack will be provided.

Come out and join in the fun!

For more details, contact: Eric VanSpronsen (Ph: 492-3902)

Event Sponsors: City of Edmonton, Sprucewood Library & the Centre for Health Promotion Studies, University of Alberta

Walks are good for families, seniors and anybody who wants to get out and enjoy the neighbourhood!



Get exercise and learn boxing moves with Box Fit

JESSICA KIMMERLY

The class starts with running laps around the room, switching from normal running to high knees to bum-kicks to side-shuffling, pausing to do sets of squats, then back to running. Upbeat songs, like

looks deceiving from the outside, because the façade says "Dickering Al's Furniture Shop." (8812 - 118th Ave.) But inside, you see a large room with a row of heavy punching bags hanging from the ceiling, boxing match posters lining the walls and a boxing ring set up

Box Fit "is interval based, so you burn a higher amount of calories." It's two minutes of high intensity exercise, with one minute of rest. "It's a mid to high cardio level," says Huisman. But don't let that intimidate you. "The group is very friendly and easygoing."



JOIN BOX FIT CLASS WEDNESDAYS FROM 5:30 TO 6:30 P.M. LEFT TO RIGHT: CHANTELE DE MARTIN, SHELLEY ROSLUND, "BOB," LYNN HARRILS. FRONT ROW: KAREN-ANN HUISMAN AND ANNA DUONG.

"Eye of the Tiger," "Tainted Love" and "Superfreak," charge from the stereo system. Already glowing warm, the class takes a quick water break. This was just the warm up.

Karen-Ann Huisman has been teaching for four years. She started Box Fit classes last March, and they're still going strong. The venue

at the far end.

The next set of exercises involves hand weights. We work out our arms then we move onto mats for a series of rapid push-ups, "mountain climbers" and star jumps. I'm definitely warmed up now, and it's time to pull out the boxing gloves.

Huisman explains that

The class starts pounding out "combos" on the punching bags while Huisman shows me the basic punching techniques. Within minutes I am focused on my own punching bag, hearing the thud sounds of my borrowed gloves when my fists make contact. It feels good. We continue with our two minutes on, one minute off cycle. When we finish with the punching, we go back to the mats and work our abdominal muscles with exercises like "the plank" and "mermaids". I feel slightly gelatinous when I stand up.

Box Fit class runs every Wednesday from 5:30 to 6:30 p.m. The first class costs five dollars, and every class after that costs ten. Regulars have punch cards to get every sixth class free. People of all ages and fitness levels are welcome, male and female. (Trust me guys, this is not a "girly" workout.) Just show up to class to join, or e-mail Huisman (girliefighter@hotmail.com) to ask any questions. Classes are shutting down for July, but will resume mid August.

The day after my first Box Fit class, I've learned some great boxing moves, had a great night's sleep and I'm feeling stiff in a few muscles I didn't know existed. If you're looking for a good class to keep you fit and motivated, I recommend dropping in to Box Fit. Bring lots of water.

Hello Highlands-Norwood!



It is an absolute honour to be back in the Alberta Legislature standing up for our community; I would like to thank you for your continued support.

Please do not hesitate to contact my constituency office with any questions, comments or concerns you may have.

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Stories from the heart of the city

GORDON VICKRUCK

Remember the good old days? When cows ran free across the train tracks in Victoria Parks? When families of eight or 10 shared a 500 square foot house and were lucky if they had an indoor toilet? When milk was delivered in glass bottles by the friendly neighbourhood milkman? When vinyl was not considered structural building material?

These stories are all remembered intimately and with varying degrees of fondness (not everything about the old days was “good”) by the monthly congregants at “Stories from the Heart of the City.” Sprucewood Library and Linda Goyette, Edmonton writer in residence, host the gathering every third Thursday of the month from 1:30 to 3 p.m. It is an opportunity for people of this neighbourhood to reminisce, but also to get some stories preserved and in front of the public, either on tape recorder (Bill’s speciality), in newsprint, self-published (Bob’s hobby), or registered in the archives at the Canadian Archaeological Society, (Pat’s “labour of love”).

Linda Goyette is ideally suited to coaching this group. A well-known writer, she recently published Edmonton in Our Own Words, a collection of stories from people in the Edmonton area. She is also in the process of getting to print The Story That Brought Me Here. To Alberta from Everywhere, a compilation of autobiographical stories of writers who have chosen Alberta as their new home. Her fascination with and enthusiasm for the historical roots of this city, and this neighbourhood in particular, are contagious. It breaks her heart every time she sees one of the older affordable, single family dwellings torn down to make way for the expen-

sive, fancy houses with vinyl porches and five bedrooms and a bathroom off every one.

In no time, Linda and the other attendees are in a proper story-telling mood. Bob shares about his “world class collection of milk bottles,” the subject of several books he has compiled with pictures and descriptions about each one. He also just recently attended a public meeting identifying houses of historical significance in the Highlands area. This sparks an animated discussion about old homes in the area. Pat talks about walking through her parent’s bedroom to get to her own, because there was no room for a hall. Closets were a luxury, in part because of the lack of space, but also because there was literally a “luxury tax” on your house determined by the number of closets you had. Bill talks about a family adopting a garage for a year round home, insulated with cardboard and ship lap. Bill then goes on to talk about his Chinese Ukrainian ancestry, and growing up on Jasper Ave. in the old Royal Café, which is now known as the St. Louis Cafe.

I add that my heritage is Ukrainian. Pat jumps in to say that copies of property and homestead titles can now be purchased from the Canadian geological society for \$15. Nora shares her history and love of this neighbourhood where she has lived for her entire life, 80 plus years. She has never had any trouble, loves her neighbours, and her church home is only a block away.

The hour and a half is up when we just seem to be picking up steam. The conclusion that I formulate, reflecting on this fascinating discussion, is that it is perhaps a lot more fun thinking about the good old days than it was living them. In a house with two teenagers and only one bath-

room, I cringe at the thought of having to share an out-house. The point in such exercises of “story gathering” is that it is not about wanting to go back, but about remembering from where we have come, the stories that define us, form our character, bind us together as a neighbourhood and give us some perspective on life in the “hood” today. They teach us to value and be thankful for what we have, but also know that possessions do not define who we are. We survived, good and bad, boom and bust before. And when tough times come again, we will survive those as well with the same strength and sense of community that brought us through the “good old days.”



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JASPER AVENUE & 100 STREET CIRCA 1912



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NORWOOD FOUNDRY 1947



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Secrets to cycling and saving the environment

MIKE RUSSELL

The green issue of the Rat Creek Press has allowed me to take off my Police hat and put on my figurative bike helmet. By nature, I am not your stereotypical Police Officer. I enjoy being a vegetarian, I vote for the Green Party, I drive a VERY small car and I commute by bike (with a "One less Car" sticker on it) all year. Bicycle commuting is one of the easiest, most rewarding things you can do for yourself and your environment.

Many people assume that you need special equipment to be able to ride your bike. Well, if you ride all year you will need warm, waterproof clothing (and a good toque and helmet). However, not everybody will want to commit to ride all year. Nothing states that you cannot pick and choose your days to commute.

Picking your days to commute will allow you to ride with the minimal amount of new equipment. Obviously, you will need a bike, preferably in good working order. A helmet is a MUST, even if you are over 18.



It's not the law, but I would never ride without. Finally you will need a bell, reflectors and front and back lights. The total cost of lights and bells is approximately \$50 (or less than 30 litres of gas). Riding your bike allows you to leave the car at home and enjoy the freedom of the ride.

Safety is often the first concern from people when I mention I ride my bike all year. I have often been told that I am "crazy" for riding my bike on the streets of Edmonton, especially in the winter months. I have to admit though, in my 15 years of riding, I have never had a serious incident to speak of. I attribute this to the fact that I ride in a predictable manner and follow the rules of the road. By doing these two things, all other riders on the road know what I am doing and can react to what they know I will do. One of the best tips for riding on the road is to stop behind (not beside) vehicles at lights, stop signs or yield signs. Don't make motorists pass you again by riding up to the stop line beside them—they have already passed you once and making them have to do it again is not fair. (Remember, you would not be following the rules of the road in that instance.)

By following a few simple tips you are able to increase your level of activity as well as lessen your impact on the environment (and your wallet). Remember, for every bike, there is . . . One Less Car.

A great Edmonton resource for Bicycle Commuting is the Edmonton Bicycle Commuters website. (www.edmontonbikes.ca)

Carbon Buster recommendations (See book review for more info)

The top change we can make to save on energy costs and reduce our carbon emissions is to drive an energy efficient car and reduce our car dependence. So walk, bike or take transit whenever you can. And if you're in the market for a new vehicle choose a green friendly go to www.vehicles.gc.ca. You can also many small changes that will save you money and reduce your carbon pie:

	5 yr \$ savings	% Carbon pie savings
Seal air leaks in your house	855	2.3
Add R-40 cellulose insulation to unheated attic	438	1.2
Replace 20 of your 25 lights with Compact Fluorescent Lights	350	1.6
Eliminate 90% your power vampires	524	2.4
Put computer in sleep-mode, turn off when unused	343	1.5
Install window kits (shrink foil) on 50% of windows	428	1.2
Use warm/cold instead of hot/hot wash mode	74	0.2

Kid Power: Getting more for less

JAN BUTERMAN

When we think about helping the environment, we often think about recycling. In Edmonton, it's easy to send lots of different things for recycling and safe disposal, even old nail polish and batteries. Recycling is just one part of the 3-R's—we also need to think about reducing and reusing.

Reducing means using less. LED Christmas lights are popular because they use much less electricity than old-fashioned Christmas lights and they practically never burn out. Reusing means exactly that; using things again instead of throwing them out or sending them straight to recycling. An old birthday card can make three or four good bookmarks, old clothes can make cool pillows, your half-eaten sandwich can be part of some good compost

for your backyard.

Being "green" isn't the only reason to reduce or reuse. When you're old enough to be responsible for paying for your own bills, how much electricity



or water you use is suddenly very important. Running the bathroom tap full-blast to hide the sound of using the toilet might be easy, but it's expensive. Imagine telling the grownups in your life, "Hey, this year I'm going to save you \$150 on the water bill!" You might even be able to negotiate a few slurpees in exchange.

Reusing your own stuff

can be pretty easy. Lots of kids give away old clothes that don't fit to other kids or send them to charity. In our neighbourhood, we've got lots of great second-hand stores to buy "new" old stuff, cheap. Clothes, CDs, furniture, and even books. Your imagination doesn't care if your copy of Harry Potter is brand new or previously loved by someone else—as long as the words on the page are readable, who cares?

Environmentalists—those people who are super-keen to get the rest of us to be more careful about the environment—have lots of great ideas for reducing and reusing. You probably have just as many ideas, whether because you want to save the environment or save a few bucks—it's all good.

Instead of chucking all your old school notes into the recycling bin, maybe it's time for a new summer hobby: origami. Save the planet and redecorate your room!

BOOK REVIEW

The Carbon Buster's Home Energy Handbook by Godo Stoyke

ANNA MARIE SEWELL

Looking for ways to be green? There are lots of guides coming out these days, from simple articles giving handy green tips, to books offering in depth analysis. One aspect of greening that concerns most of us is the cost. Organic food costs more. Compact fluorescents cost more. Hybrid cars, solar panels, energy-efficient appliances and more, all come with a substantial price tag.

That up-front cost can be hard to take; and broad assurances that it will save our planet just don't work. The concept is both too big—"Oh my god, on top of all my responsibilities, if I don't pony up more money I don't have, I'm a planet killer?" The second problem is that the benefits are vague and you can't easily measure them—"Gee, in a hundred years, some spotted owl will thank me for buying eco-toilet paper, or I can get 12 rolls more of this other stuff for the same price?"

Well, this is where Godo Stoyke's *Carbon Busters Home Energy Handbook* comes in. He doesn't just promise that you'll save the planet, he gives you tangible, tested facts and figures about how simple things you do can make a difference for the environment. And save you money. And he has the figures on just how

much money and how long it takes for your investment in green living at home to pay off. The front cover (alongside its graphic of a workmanlike thumb and fingers holding up a green, stylized maple leaf) sports a red spot that declares "Save \$17,000 over five years!" Nothing vague about that.

This book has a lot of facts and figures. You can learn which has more impact on your carbon footprint, installing solar panels or getting a hybrid car. You can see how different cars stack up against each other. You can also see analysis of the most efficient fridges, light bulbs, building materials and so on. You might expect something so thoroughly researched to be a somewhat dull read. Not so! This book even has vampires!

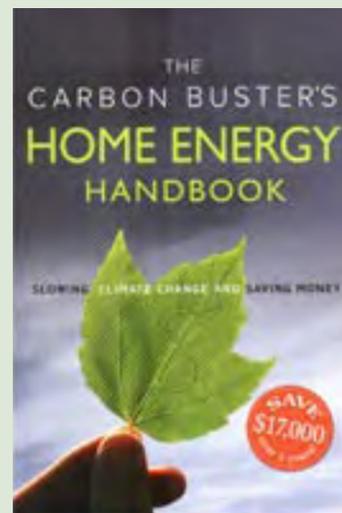
Yes, there are likely vampires in your home as you read this, sucking away at your electrical system. Stoyke writes, "a modern home may easily have

10 to 30 power vampires..." Appliances such as TVs (satellite receivers, computers, DVD players and more) are not really off when the power button says so. They continue to drain power. In order to give you that instant "on" response, electronic gadgets can consume as much as five to 20% of

your yearly power bill—while off! Never fear. The *Handbook* lets you know that these vampires can be stopped, not with stake and garlic, but by simply unplugging them when not in use, or using a powerbar, which you can turn off when you're not using the machines.

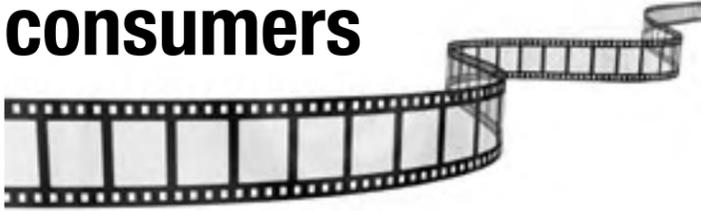
The book is loaded with helpful tips. And its zippy style, variety, quick tip sidebars (one sure sign of a vampire is a small, black "power brick" plug-in) and illustrations give it a bright, practical tone.

You can find the *Carbon Buster's Home Energy Handbook* (published to environmentally friendly standards by New Society Publishers) at local bookstores for \$14.95. It's also available online at www.carbonbusters.org.





Films about garbage have valuable information for consumers



JESSICA KIMMERLY

From May 11 to May 14, Metro Cinema at the Citadel Theatre showed films and news clips about what happens to our waste. The four evenings made up the “Reel Waste” film festival, which ran simultaneously with the international conference “Waste: The Social Context ’08.”

The festival showed films made in Canada, the US and a few European countries. I was surprised that the program was made out of heavy, glossy new paper instead of recycled paper. (Though the introductory paragraph did suggest sharing the program with a friend or recycling it.)

Exporting Harm Basel Action Network, 2002, USA

If anything can make you hate your computer more than when it crashed and lost your last document, this documentary will. This short film shows you what happens after you bring your e-waste (old computers, monitors, televisions) to recycling depots.

A small amount of e-waste is disassembled and recycled here in North America, but a large majority of it is shipped to towns in China and other Asian countries. There, workers are paid \$1.50 a day to break down the e-waste and separate its valuable metals. Everything that can't be re-sold is burned, emitting toxic smoke and ash, or dumped in the river, making the water so acidic and the lead content so high that it is deadly. Water must be trucked in from different locations. And to top it all off, workers have no protective gear or safety procedures to prevent their inevitable health deterioration.

The fact is that e-waste is so hazardous we won't even keep it in our own countries. And instead of shipping it to the poorest places in the world, we should be reducing the amount of waste we are producing. Unfortunately, computers are designed to become obsolete and eventually won't run new software. To

even begin solving the problem, manufacturers must start making longer-lasting products, with less toxic elements. The Basel Action Network (BAN) is working to oppose toxic trade and find solutions to our overly hazardous, wasteful production of e-waste.

T-Shirt Travels Director: Shantha Bloeman, 2002, USA.

Not all of your clothing donations actually make it to the racks in Goodwill or Salvation Army stores. When you donate clothes, the majority of them are packaged and sold in bales to importers, who take them to places like India and Africa. There, they are sold at inflated prices to entrepreneurial individuals who sell them at marketplaces. This documentary explores the clothing situation and how it reflects the economical state of Zambia.

The Americans interviewed on the street say that if people in Zambia and other African countries need their cast-off clothes, then it's a good thing they are receiving them. On the flip side, second-hand clothes are the only affordable brand in Zambia. Because of Zambia's great debt, the World Bank has imposed rules on how the government spends money, prohibiting subsidies on farms and other industries (such as the textile industry) and there must be fees for basic services like education and health care. With these limitations, much of Zambia's industry has gone out of business and its work force is young, uneducated, malnourished and untreated.

So, while our second-hand clothes are not being wasted, and are in fact being well worn by people all over Africa, they symbolize the fact that countries like Zambia are growing dependent on them. The finger is pointed at the World Bank, who is setting (or sabotaging) Zambia's government economic policies.

What is a “green realtor?”



cient fixtures, alternative or used building materials, energy efficient appliances and ecologically sustainable landscaping. A green realtor will work hard to influence a potential seller and buyer's carbon footprint, basic health and energy efficiency.

Because there are many shades of green in consumer markets, a green realtor will use a variety of educational tools to

CHRISTY BOULTER

If you want to purchase a home with greener features or one into which green features can be incorporated efficiently, you may want to contact a “green realtor.” Although this designation is not yet common or standardized, realtors with an environmental ethic do exist. Authentic green realtors will incorporate environmental and social responsibility into everything they do. They will also be aware of and promote the triple bottom line concept (people, planet, profit) where the goal is sustainability at all levels.

In this concept, “people” suggests “human capital” and efforts are made to strengthen communities and social structures with everything from building designs to encouraging local and regional purchasing.

The idea behind “planet” is “natural capital,” suggesting sustainable environmental

practices to increase natural capital. In an urban setting it could start as simply as disconnecting your down-spout from the storm sewer or it could be a more diverse effort such as constructing a rain garden and landscaping with indigenous plants.

“Profit,” of course is the economic aspect we are all familiar with, but in a sustainability framework, profit is viewed over and above what may be made by seller and realtor; it includes thinking about what is beneficial to the wider community.

A green realtor will be associated with Greener Mortgage Brokers, and will encourage green attitudes within the industry. They will also be familiar with the green resources in their community.

When you are renovating to sell, a green realtor can suggest ways to incorporate greener features such as water effi-

help clients avoid being fooled by “green washing.” These tools will also be offered to the local real estate industry in order to encourage a “greening” of the industry.

Source books on sustainable building, renovating, decorating and landscaping are becoming more prevalent and a green realtor should be able to direct you to the more recent ones.

Here are some of the green websites currently available:

www.greenalberta.ca
www.builtgreencanada.ca
www.igreenbuild.com
www.bomagreen.com
www.thegreenpages.ca/portal/ab
www.raisingpaces.com
www.canadianstagingprofessionals.com
www.netzeroenergyhome.ca



A fusion of original music and visual art
 featuring collaborations with several Edmonton singer-songwriters, including past Carrol performers

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DAVE VON BIEKER
JOSH CULLING

June 21, 7 PM

Alberta Avenue Community Hall
 Suggested donation of \$5 at the door
 Half of all proceeds go to help those affected by HIV/AIDS in Edmonton.

WWW.BRIDGESONGS.CA

In which a disgruntled garden diva talks about lawns

The Garden Diva's editor insists that she finish this column—in spite of the myriad of things TGD still needs to plant. In the midst of work that is TGD's true calling, she is to sit and write about caring for your lawn! Bah, Dear Reader, Bah!

TGD's solution is really quite simple—get rid of your lawn already! Really Dear Reader, don't look so shocked. Lawns are expensive to maintain, they are ecological disasters, they are an enormous amount of work and many grasses don't grow well here. It's the green, green grass of Kentucky. Does it look like Kentucky around here?

About Environmental Cost

Fertilizer contains phosphorous. Did you know, Dear Reader, that the province of Manitoba has limited the amount of phosphorous in a fertilizer to one per cent? When gardeners over-fertilize their yards, that extra phosphorus winds up in sloughs and ponds where it turns into an algal bloom and chokes out the wee, ickle fishies. Pesticides, dear reader, kill good bugs, including the wee tiny earth worms that are aerating your soil for you. Anywhere from 60 to 90 per cent of earthworms will die after an application of pesticides.

And the Cost?

Dear Reader, Americans spent \$30 million on lawn maintenance in 2002. Did you know that your old 4HP lawnmower creates as much smog-producing particles in one hour of use, as does driving your car 200 miles (American Statistics)? And then there are those of you that throw out your lawn clippings—30 per cent of landfill bound waste is yard waste. All of this mayhem, dear reader, for something that doesn't flower, and you can't eat it! Enough!

Still Attached to Your Perfect Lawn?

Are you willing to consider other ground covers? Rock, paving stone or bark chips will stand up to the toughest conditions. Indeed, they are the only things that stand up to TGD's non-gardening dogs. Mulch is soft and ideal for running children. Creeping Thyme or Vinca will stand up to a moderate amount of foot traffic and requires no mowing. All of these will cover ground, are nice to look at and are much kinder to our planet.

If You Must Maintain Your Lawn

TGD does earnestly implore you to observe the following conditions:

- Plant grass that grows in Alberta—probably a Fescue variety. Leave Kentucky Blue Grass in Kentucky!
- Do all you can to make your lawn as healthy as possible, avoiding horrible pesticides and fertilizers. (Think of the fishes and the earthworms!)
- Rake your lawn each spring to remove the thatch and add a top dressing of two inches of compost.
- Use a newer mulching lawn mower and leave the clippings on your lawn as fertilizer, reducing the amount of water your lawn needs and keeping those weeds down. Keep your lawn mower blade sharp. Cut only dry grass to a height of no less than three inches.
- Water your lawn about an inch a week, less if it rains. And for the love of lobelia, please don't water the side walk! TGD assures you, Dear Reader, it will not grow!

TGD lives and gardens in Parkdale, with the très wonderful gardening diva husband and the non-gardening dogs. She longs to get back to the days when she and the gardening mother could cut the grass in their backyard with a weed whacker. Next month she will talk more about wee ickle bugs.

Sprucewords

WITH CONNIE HARGREAVES

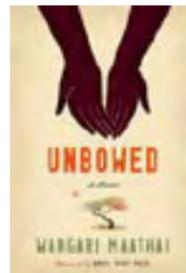
Simply Green Giving: Create Beautiful Gift Wrapping, Tags, and Handmade Treasures From Everyday Materials
– Danny Seo



Danny Seo, the host of "Simply Green," presents eco-friendly ideas for creating Etsy-inspired gifts, wrappings, and tags from everyday materials. The book contains 50 quick and simple projects to create lovely treasures and gifts for every occasion.

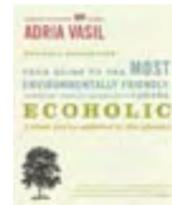
Unbowed: A Memoir
– Wangari Maathai

Maathai documents her remarkable achievements as an environmentalist and political activist. Founding Kenya's Green Belt Movement, she mobilized thousands of women to reforest the country's indigenous forests, which later rallied in a larger campaign for democracy. As the first African woman to receive the Nobel Peace Prize, she draws the inherent connections between thriving eco-systems and health, justice, and peace.



Ecoholic: Your Guide to the Most Environmentally Friendly Products, Information and Services in Canada
– Adria Vasil

Turn to Ecoholic for a cheeky, informative and Canadian resource on practical tips and products to help reduce your family's carbon footprint. Readers are guided through the maze of potential choices at work, shops, and homes that impact the earth.



George Saves the World by Lunchtime
– Jo Readman

Inspired by the Eden Project in Cornwall, this book is the perfect introduction for children to the world of recycling. Join George as he saves electricity, recycles rubbish, repairs his toys and visits the farmers' market. Children everywhere will be amazed to discover how their everyday actions can affect the world around them.



Connie Hargreaves is the manager of the Sprucewood Library. Email her at chargreaves@epl.ca. For info on programs and more, go to the Community Calendar Page or online at www.epl.ca

avenue initiative revitalization

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

Avenue goes to the dogs

Join 118 ave as it goes to the Dogs!

Saturday June 14th

Dog games, Dog events, Dog Adoptions, Demos, Prizes, Food, Workshops, and FUN!

All pets must be leashed and under control.



**For information call
Judy Allan 496-1913**

Neighbourhood Matching Grant

We are looking for projects that will enhance, beautify, create a sense of community or improve safety. The Neighborhood Matching Fund will match your volunteer time or donations in kind to make your project a reality. You can apply for up to \$20,000 for large community projects.

SMALL SPARKS funds up to \$250.00 for local neighborhood events such as block parties or fence painting. For an application and more information go to www.ratcreek.org or email judy.allan@edmonton.ca www.avenueinitiative.ca Submission deadlines are the 15th of each month.

The price of littering

CST. SHANE BRENNAN
CONNIE MARCINIUK

Spring . . . what a great time of year! It brings lots of wonderful things, like warmer weather, playing outside, green grass and no more snow. The problem is, when the snow melts we get to see what we have been avoiding all winter—garbage. Not only is garbage an unsightly nuisance that can be dangerous, it is detrimental to our environment and makes it look like we don't care about our community.

Cleaning up after ourselves and not littering is enforced under Bylaw 5590 Section 401 which states: "a person shall not leave any garbage, litter or other refuse in a public place except in a receptacle designed or intended for such use."

Property owners are required to keep the area and boulevard beside and around their business or home clean. Failing to comply with the Bylaw can result in a \$260 fine. This means that the simple act of throwing your litter on the ground instead of in the garbage could cost you \$260.

You can do your part for our community by cleaning up after yourself, using garbage cans, or by contacting the City of Edmonton at 944-5470 for more information on how to get involved.

If you have a concern about someone else's property, you can register a concern at 780-496-3100 or online at www.edmonton.ca. You will need to have information on the address and a description of the problem. After a complaint is registered, a Municipal Enforcement Officer may investigate and may issue a warning notice, requesting the property owner comply with the Bylaw. Failure to comply may lead to a fine being issued. Members of the Edmonton Police may also enforce this Bylaw.

Please take the time to do your part, keep our city and community clean and safe. It is all of our responsibility!



**Edmonton Police
Neighbourhood
Empowerment Team**

**Constable Shane Brennan
#2470**

**Community Capacity Builder
Connie Marciniuk
421-2875**

Supt. John Findlay, EPS

There is a growing concern that community members are confronting criminal subjects. As we know, these criminals carry knives or other weapons more than ever before. Civilians can be seriously injured if they are taking matters into their own hands. It is recommended that the public contact Police to physically deal with criminals for the above reasons. The community is still asked to be the "eyes and ears" for us. Remember, it is extremely important to be alert and watch out for your neighbors and yourself. The community can provide the best source of information to assist the police in preventing crime from occurring.



**The Daring Diner
WITH ANGIE KLEIN**

I always go by the Blue Nile Ethiopian Restaurant while driving my daughter to school. Not right by it, mind you, and that's because it is oddly located, sandwiched between houses just off 108 Ave. and 98 St. You can see its big blue sign from 101 St. I'd never tried Ethiopian food, and was eager for my first taste.

The smell of incense burning was strong, but somehow perfectly paired with the spicy aromas that were coming from the kitchen. We were seated right away, given a menu and then promptly ignored. I waited a while and then called to the waitress for a little help and perhaps an Ethiopian beer to share. She brought our ice cold beer and suggested that we should try the combination dish, and so we did. It arrived almost instantly.

Ethiopian cuisine is eaten with your hands. It consists of two main components—Injera and Wat. Injera is a crepe-like sourdough made from Ethiopian grains (Teff) that is very high in nutrients, including iron. Wat is a common name for stew and comes in many varieties.

A crash course in Ethiopian food



ASTER AND YODIT DRINKING CEREMONIAL TEA AT THE BLUE NILE RESTAURANT ON 10875 – 98 ST.

Our meal was served on a communal-style platter lined with Injera and a basket of Injera on the side. The Tibs Wat (stewed beef) was a lovely glistening brown and had sweet and spicy flavors of Berbere (Ethiopian spice mix). There

rounded out the platter. The homemade dressing tasted suspiciously like Kraft Italian, but what do I know.

The plentiful platter is served in the center of the table. What you do is tear off a piece of Injera big enough to get a pinch of Wat, then just pick up the Tibs, Wat or Gomen and pop it in your mouth . . . repeat . . . yummy. I would have liked to try the ceremonial coffee—it looked interesting, but it is a serving for six or more. Coffee originated in the country of Ethiopia, a fact I did not know. I would certainly return there again for the food. The service on the other hand was not as good. Our bill came in around \$30, and that included two Ethiopian beers.

Until next time . . . Happy Eating



was a Gomen Wat (spinach dip) served hot and lightly spiced with hints of garlic, onion and hot pepper. The next little mound of Wat was made of yellow lentils and reminded me a bit of hummus. Across the platter from it was Tikil Gomen made of mildly spiced cabbage potatoes and carrots. A bed of tossed green salad

Blue Nile Ethiopian Restaurant

**10875 – 98 St.
428-5139**

**Mon. to Sat. noon - 10 p.m.
Sundays 2 p.m. - 10 p.m.
Long weekends 4 p.m. - 10 p.m.**



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Your Direct Farm Connection for:

Natural fed beef
Local produced pork
Free range chickens
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**Check out our 7 different freezer packs.
From \$99 to \$179.**

No. 7 - \$179 combo.

7lb Lean Ground
7lb Beef Sausage
7lb pork chops
2 6lb free range chickens
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EASYFORD MEATS 12165 Fort Road 479-1714
Check Out www.easyford.com for \$49.99 Easypacks

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Visit Vladimir this month and he will give you a
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Go to www.ratcreek.org
and download our new
ad rate sheet!



PETER GOLDRING
Member of Parliament
Edmonton East

It Is Always A Good Idea To Be Prepared

The recent television images of flooding in New Brunswick bring home once again how important it is to be prepared for disaster before it strikes. Dealing with an emergency is a lot easier if that situation has been anticipated and prepared for.

National Emergency Preparedness Week is just past, but it is not too late for you and your family to prepare for the unexpected. You can get a lot of useful information from the Public Safety Canada's website: www.getprepared.ca.

The first task is to know the risks. Edmonton residents have no reason to prepare for a tsunami – the city is just too far from the ocean. But there is a risk here of tornadoes, or of severe weather conditions, for example, that could cause power outages. What do you do if the electricity is off for a week?

Once you know the risks, you need an emergency plan, something that every Canadian household should have. The plan should include, among other things, emergency exits from your home, a designated meeting place should you become separated from family or roommates, and include a diagram showing the location of your fire extinguisher, electrical box, water valve, gas valve and floor drain. Then, if an emergency happens you won't have to rely on your memory when you're under stress.

It is also important to have an emergency kit – both for your home and your vehicle. A basic emergency kit could contain (but not be limited to) bottled water, some canned food (and a manual can opener), first aid supplies, a flashlight and batteries and a battery powered radio. Pack your kit in something easy to carry, such as a backpack, in case you need to change locations quickly.

Being prepared for potential emergencies makes good sense to me. What do you think?

495-3261

www.petergoldring.ca



dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

Part of being a dog owner and neighbour not only includes certain behaviour expectations, but also the health care, grooming and safety of your animal(s). Every dog (and cat) requires some grooming. Your veterinarian and groomer would be happy to show you how to look after your pet. This can include but is not limited to:

- Brushing through and removing loose hair, matts and debris, especially prior to the bath.

- Bathing on a regular basis such as monthly, quarterly, or when dirty or smelly.

- Trimming nails (if you hear nails clicking on the floor as the dog walks it is time to trim the nails—on older dogs this may be every week or two). Also, check the pads for damage,

seeds, plant needles or leaves or other debris caught between the toes and pads. You may wish to remove the hair or trim it even with the pad.

- Keeping ears clear of dirt, wax and debris.

- Checking teeth and removing plaque.

- Ensure eyes are clear of hair and debris or caked on tears.



- Check the rear is clear of any debris which may stick to the hair.

If need be, scissor hair that may interfere with keeping the dog clean.

City of Edmonton Bylaws require "The Owner or any other person having care or control of a Dog, or Restricted Dog, shall forthwith remove any defecation left by it on public property or private property other than that of the Owner."

And, "The Owner or any other person having care or control of a Dog, or Restricted

Ways to care for your dog

Dog, shall ensure that defecation apparently left by it on the property of the Owner does not accumulate to such an extent

that it is reasonably likely to annoy or pose a health risk to others." There are many options available



on method of removal or picking up including scoopers and disposable scoopers of various sizes, shapes and carriers for bags (including 100% biodegradable bags made from recycled material). Animal waste can even be composted in its own container. Simply bury the Doggy Dooley septic system the required depth, use the scooper to drop in the waste and periodically add the chemical and add a bit of water.

To learn more about grooming, training, bylaws and how to have fun with your dog, come meet us at the Saturday, June 14th "Avenue Goes to the Dogs", 93 St. and 118 Ave., 10 to 4 p.m.

Day Trips (The ETS Way)

A long but pleasant trip to Kuhlman's



Day Trips

WITH MICHELLE EARL

Kuhlman's Market Garden & Greenhouses
1320 – 167 Avenue
475 – 7500

Since the theme is "Going Green" this month, I thought I would try to find a greenhouse that's accessible to those who are on ETS. From 118th Ave., it is a 49 minute trip, but it's well worth the journey.

Dietrich and Elizabeth Kuhlman founded Kuhlman's Market Garden and Greenhouses Ltd. in 1962. Through their humble beginnings, they started a pick-your-own, and then moved on to family partnerships and built the first phase of their greenhouses in 1982.

Taking a trip to Kuhlman's is like taking a trip to small town Alberta. It's on the outskirts of the city, but you hear all the country sounds (with a little city mixed in, of course). As we stepped onto the property, I noticed that the signs were big and bold. We knew exactly where to go; there was no confusion. The doors opened, and to our right, there were flowers. We were greeted by their strong scent.

As we walked throughout

the store, I noticed how well laid out the facility was. It was neat and clean, and the plants were well cared for. The atmosphere was made peaceful by the myriad of fountains throughout the store. I was looking for vegetable plants

I still haven't seen it all, but I plan to go back. How do I get there? Here's how.

1) From 118 Ave, take the 8 or the 5 bus to Coliseum Transit Center.

2) From Coliseum Transit Center, take the LRT North to



KUHLMAN'S (1320 – 167 AVE.) IS AN ACCESSIBLE, WELL KEPT FACILITY

and herbs, and I was able to find them easily; I didn't need to ask any of the staff, which is important if you are in a hurry.

I found the prices to be very reasonable for very healthy and robust plants (\$4.95 each for herbs, but if you buy six or more, it's \$4.50). There was a similar deal for the vegetables. One of their staff, Mary, even helped me make a makeshift flat for my bundle buggy. Without her help, I wouldn't have been able to get my plants home.

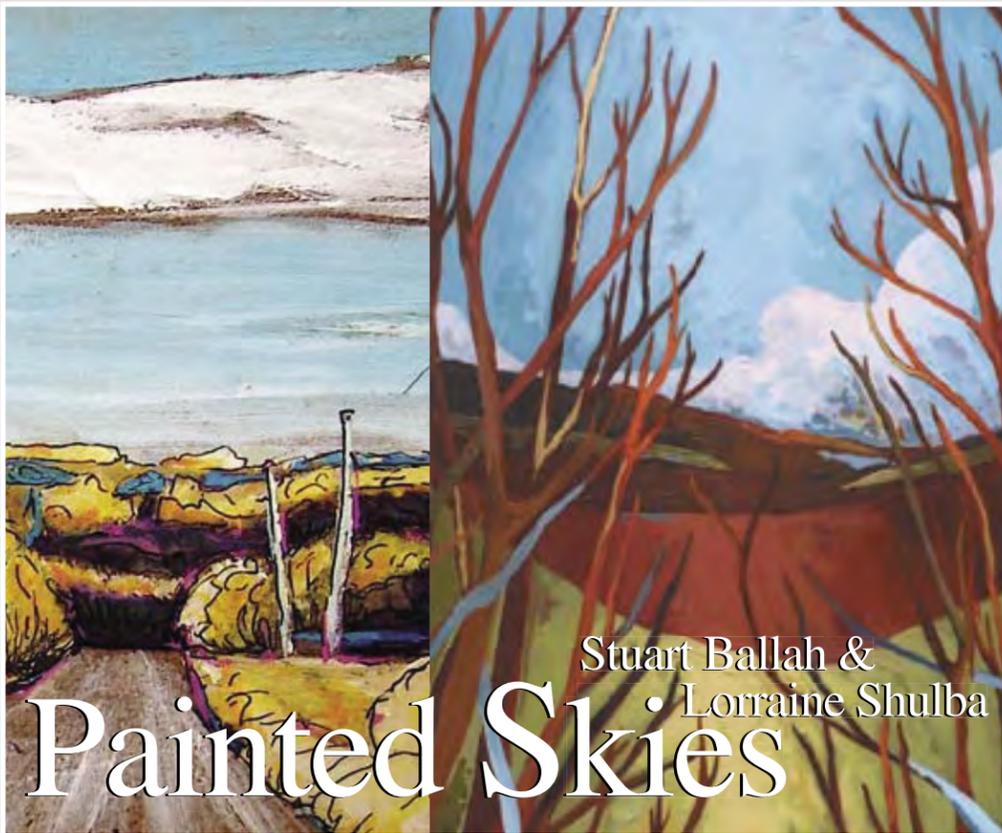
Clareview Transit Center.

3) From the Clairview Transit Center, you have two choices:

a) Go to the east terminal and take the 302 (Evergreen) bus. It leaves every half hour.

b) Go to the west terminal and take the 184 (Evergreen) bus. It leaves every half hour, but it quits after 6 pm.

So if you're looking for a time away from it all, and need to find quality plants, go to Kuhlman's. Out of five flowers, I give them a five.



Stuart Ballah & Lorraine Shulba
Painted Skies

Art
 WITH CINDY BURGESS

Painted Skies: A collaborative collection of landscapes

In the last couple of years, I've come to realize how many gifted artists (both emerging and established) are living and working in the Alberta Avenue area and I am always amazed at the diverse pool of talent we have all around us. Artists are coming together, sharing their ideas, finding unique connections and the results are breathtaking. Two artists who have found common ground in their expression are Stuart Ballah and Lorraine Shulba, visual artists who are working together on a series of landscape paintings inspired by a common love of Alberta's natural beauty.

Shulba and Ballah met each other through Arts on the Ave, and since then have developed both a friendship and working relationship based in a shared value of artistic expression and the beauty of nature. They

both exhibited art at last year's Arts Alive! Festival, and when they saw their paintings hanging side by side, they realized that they shared a similar vision and inspiration. This ignited an artistic collaboration, resulting in a rich display of landscapes that will be featured at the Urban Roots Salon and Gallery from June 7th to July 27th.

Entitled "Painted Skies," the show features a series of landscape paintings inspired by the natural beauty of rural Alberta's prairies and foothills. Shulba works in oils and Ballah in acrylic. Most of these paintings are new works, so for those who are familiar with their work, this will be a good opportunity to see fresh and exciting new pieces. If you have never seen works by these artists before, it will be a feast for the senses as they depict familiar views of

rural Alberta in a dynamic and colourful style. Included in the exhibit is a free standing installation by Stuart Ballah, featuring 30 to 40 silk-screened impressions of one landscape (and you may be surprised by an urban landscape or two).

Both Ballah and Shulba are professionally trained and exhibited artists with extensive portfolios and they live right here in our community. You can meet the artists at the gallery's opening reception on June 7th from 7 to 10 p.m.; they would love to see you there. Urban Roots Salon and Gallery is located at 10418-82nd Avenue.

If you are an artist who would like to be profiled in our regular arts column, or have an idea for a story, please contact Cindy Burgess at burgessc@shaw.ca

It's not a BBQ without Potato Salad



BACKYARD BISTRO
 WITH SHAWN BAERT

If anyone doubts that spring is upon us, a walk through the neighborhood and the enticing smell of barbeque will convince you that it is truly here. It's in your hands to wrangle an invitation to your neighbors' barbeque, but if you arrive with this delicious and unique potato salad you'll be sure to be invited back!

- 4 cloves garlic, minced
- 2 tablespoons apple cider vinegar
- ½ teaspoon sea salt
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- ½ teaspoon tarragon leaves
- ½ teaspoon Hungarian paprika
- 1 teaspoon dry mustard
- ½ teaspoon garlic powder
- 1 ½ cup mayonnaise
- ¾ cup sour cream
- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 1 can of chick peas
- 1 red pepper seeded, roasted, peeled, and cut into 1" strips
- 1 large red onion quartered and thinly sliced



Cover potatoes in water and add the cayenne, garlic and onion powder. Boil until somewhat firm, 15 to 20 minutes.

Cool and dice the potatoes, then, in a large bowl, add all the remaining ingredients. Mix well and chill until serving.

There are some extras you may add to tailor this salad to your tastes. You might try three to six boiled eggs, ¼ cup jalapeno peppers (stems removed, seeded and chopped) and/or a good dusting of paprika on top.

Summer Potato Salad

Boil:
 5 lbs of your favorite potato, peeled
 ½ teaspoon each cayenne pepper, garlic, and onion powder.

Prepare:
 3 stalks celery, diced



ABC
HEAD START

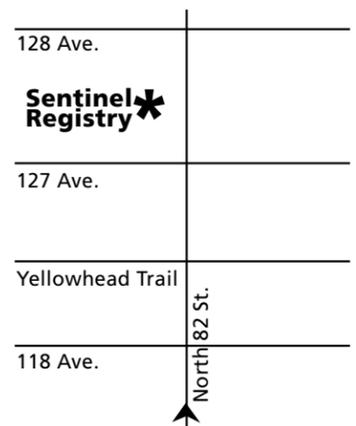
Register your preschooler for a free preschool program at ABC Head Start!

We are taking registrations at our 12 sites, including Eastwood, St. Alphonsus and St. Francis, for the 2008-2009 school year.

The program is for children aged 3.6 to 5 years from families currently experiencing a lower income. It runs four half-days a week. Bussing and snacks are free. Call 461-5353.

Sentinel registry

- VEHICLE REGISTRY
- DRIVER LICENSING
- CORPORATE SERVICES
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- LAND TITLES
- LIENS & SEARCHES



12818 82 St. Edmonton AB, T5E 2T2 www.sentinelregistry.com
 Phone: (780) 478-8832 Fax: (780) 476-5887

What to do with the kids this summer

EDMONTON



FREE
games, activities and
crafts for children
6 - 12 years old

SUMMER PLAYGROUND PROGRAMS NEAR YOU!
Starting July 2, 2008
A City of Edmonton leader will be at the green shack
Mon- Thurs. 10:00 - 5:30pm, Fridays, 1:00 - 5:30pm

Alberta Avenue Park 118 Ave. & 92 St.	Westwood Park 121 Ave. & 105 St	Sheriff Robertson Park 82 St. & 111 Ave.
Delton Park 123 Ave. -88 St.	Norwood Park 95 St. & 114 Ave.	Spruce Avenue Park 102 St. & 115 Ave.
Eastwood Park & Spray Deck 118 Ave. & 86 St.	Sheila Bowker Park (Parkdale) 113 Ave. & 85 St.	Elmwood Park & Wading Pool 125 Ave. & 75 St.

Sponsored by:


 & Your Local Community League

Laugh! Chuckle! Hoot and Guffaw!
Join the TD Summer Reading Club 2008
Laugh out loud

SIGN UP at Sprucewood Library between June 21 and August 23. You will get a free reading kit, an awesome poster, stickers and an activity booklet full of games.

For ages 6 to 12 unless otherwise stated.
Call 496-7099 **to register** for programs.

Opening, 2pm, June 21
A comedy for all ages—Scoop and his puppet crew.

Crack Me Up, 2pm, June 28

Legends and Lore, 2pm, July 5

It's Magic! 10:30 a.m. July 12
Magic show by Brian Lehr for ages 3 to 12.

Goof Off, 2pm, July 19

Music and Movement, 10:15, July 21
Dawn Bissett will entertain you with guitar, rhymes, action songs, dance and much more. For ages 2 to 5.

Craftastic! 2pm, July 26

Crazy Cartoons, 2pm, August 2

Monkeying Around, 2pm August 9

Jokers, Jesters and Tricksters, 2pm, August 16

Closing, 2pm, August 23
Be entertained and amazed by balloon artist, M&M the Clown. For ages 4 to 12.

Come and join Planet Norwood!
IT'S FREE!

Are you looking for a Summer Program for your children?

The Child and Youth Program at Norwood Child and Family Resource Centre ensures a fun and safe environment for children ages 5-13.

Summer Program hours
Monday to Friday
10:00am—5:00pm

Summer Program begins July 2nd and ends August 29th

For more info or to register contact:

Norwood Child and Family Resource Centre
phone 471-3737 or visit 9516 - 114 Avenue.



Youth Intervention
 Cultural After School Youth Initiative



Free Summer Drop-in Program

Prepare yourself for a fun-filled summer

Enjoy indoor/outdoor activities & games
 Arts & crafts * Cultural Teachings
 Field Trips * Snacks

STARTS MONDAY, JUNE 30TH

For 5-14 year olds	For 15-25 year olds
Monday to Thursday 12 pm to 4 pm Parkdale/Cromdale hall 11335 86 Street	Monday to Thursday 5 pm to 8:45 pm Parkdale/Cromdale hall 11335 86 Street

No program the week of July 14-18 & July 21-25. City of Edmonton programming and Green Shack available.

FOR MORE INFO CONTACT:
 Heather @ 868-8504
 Hours may change due to scheduled field trips. Field trips forms will be provided.



Ben Calf Robe Society

12046-77 St. Edmonton, AB . T5B 2G7
 Phone: 780 477-6648 Fax: 780 479-6199
 Email: reception@bersociety.ab.ca

COMMUNITY CALENDAR

SEND US YOUR EVENTS & NOTICES - IT'S FREE!

Email editor@ratcreek.org or call 479-6285. Events & notices printed in the paper as deemed appropriate by the editorial team and as space permits.

ART & MUSIC



ARTIST TRADING CARDS

Saturday, June 14 from 12pm to 3pm at The Carrot (9351 118 Ave). Artist Trading Cards are miniature works of art created on 2.5 X 3.5 inch card stock or mat board. They are originals, small editions, and, most importantly, self-produced. Anybody can produce them. The idea is that you trade them with other people who produce cards at the sessions. The workshop will include samples, ideas on how to get started and some materials (but please feel free to bring some of your own to keep costs down.) To register call Becky 435-3499.

BRIDGE SONGS: COLLECTIVE

Saturday, June 21, 7pm at Alberta Avenue hall (9210 118 Ave). An evening of original music and art in support of those affected by HIV/AIDS in Edmonton. Suggestion donation \$5.

ARTISAN MARKET

1st and 3rd Saturdays, 11am-4pm at The Carrot Arts Coffeehouse (9351 118 Ave) All creations are made in Edmonton by local artists and artisans. Jewellery, woodwork, textiles and more! If you are interested in selling your wares at the market, please contact Lorraine at 919-9627.

PIANO LESSONS IN YOUR HOME

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

MUSIC LESSONS

Professional musician and qualified music teacher, with degrees in Music and Education. Sax, flute, clarinet, piano, keyboards, guitar, bass, theory. All styles. Neil: 477-9232.

MUSICAL NOTES

Extremely affordable piano lessons for beginners 5 to 11 years. Using the John Thompson series only. References available. Call 479-4054.

LOTUS QIGONG + LOTUS DANCE

Everyone on the Avenue welcome. Practice group starting soon. For more details call Astrid at 477-0683.

DROP-IN GROUPS & PROGRAMS

RHYMES THAT BIND

Wednesdays, 11:45-12:30 from Apr 9 to Jun 11 at Norwood Family Centre 9516 114 Ave. Songs & rhymes for children between newborn and age 3 and their caregivers. Lunch is provided.

SENIORS DROP-IN

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

MOMS & TOTS

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

SCRAPBOOKING

Thursdays from 6 pm to 8 pm at at Ben Cafe Robe Society (12046 77 St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Child care is available. Call 477-6648 for more info.

BABES IN ARMS

Fridays, 10am-noon at The Carrot (9351 118 Ave). Come and connect with other parents in the community. Call 471-1580 for more info.

PARENT SUPPORT GROUP

Fridays from 1 pm to 4:15 pm at Ben

Cafe Robe Society (12046 77 St). Join us for crafts, coffee, snacks and great conversation. Call 477-6648 for more info.

SUMMER PROGRAM

The Child & Youth Program at the Norwood Child & Family Resource Centre is now taking registrations for the summer program. Children must be between the ages of 5 – 13 to register for this program. Please call 471-3737 for more information.

FALL HEAD START

The Head Start Program at the Norwood Child & Family Resource Centre is now taking registrations for 2008–09 school year. Children must be 3 1/2 by September 1st 2008. Please call 471-3737 for more information.

EDMONTON URBAN NATIVE MINISTRY

Drop In from Tuesdays to Fridays, 10am – 4pm at St Andrews church (8715 118 Ave). Coffee and snacks are available.

SALVATION ARMY

Edmonton Crossroads Community Church (EC3)11661 95 St, Ph 474-4324 Mon, Tue, Wed, Thur., noon to 4pm Fri., 7pm – 10pm

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 477-5931.

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 479-5283 Youth program (ages 6-17): Mon, Tue, Wed 3-8pm, Thur 2:30- 8pm, Fri 3-10pm, and Sat 1-5pm.

ENTERTAINMENT

PEOPLE IN PANTS IMPROV

First Thursday of the month at 8pm (June 5th) at The Carrot (9351 118 Ave). Cost: \$5.

THE CARROT COFFEEHOUSE

9351 – 118 Avenue FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge May 23 Brock Skywalker May 30 Ted Ani June 6 Will Preville June 13 Travis Boa June 20 Leckie Olsen June 27 Lynette McKell SATURDAYS: Open mic 7:30pm-10:00pm Music, spoken word, comedy

PUPPET MUSICAL

Thursday, June 19, 7pm at Alberta Avenue hall (9210 118 Ave). Pay what you can. Kompany Family Theatre presents Alberto the Dancing Alligator, a new puppet musical for children and families. What happens when a little girl gets an alligator for her birthday? She teaches him to tango! Join Alberto the Dancing Alligator on an unforgettable adventure! Meet circus rats and joke-telling frogs as you watch Alberto escape the dangers that lurk under the city as he journeys home. This delightful puppet-filled musical, based on the award-winning children's book by Richard Waring, will have its premier showing right here on the Avenue and you are invited! For more info call 944-9115.

NNA CANADA DAY CELEBRATION

Tuesday, July 1 from 11am to 3pm at Norwood Square (95 St and 114 Ave).

MOVIE IN THE PARK

Thursday, August 21 at 8:30 pm at Alberta Avenue Park (92 St and 118 Ave). Don't miss this outdoor family movie event on a three story screen! The selected movie will be posted at www.avenuevineyard.com. This is a Community FUNtime event brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more information call Wayne at 660-0334.

SPORTS & REC



COMMUNITY WALK

Saturday, June 21, 10:30 am from Sprucewood Library (116 Avenue and 95 St). A 45 minute walk around the neighbourhood followed by a children's book reading and light snack at the library.

MINI-OLYMPICS FOR THE WHOLE FAMILY

Saturday, June 28 from 1 pm to 4pm at Norwood Square (95 St & 114 Ave). Lots of challenges, fun and games for all ages. This is a Community FUN-time event brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more information call Wayne at 660-0334.

ALBERTA AVE FREE SWIM

Free swim for Alberta Ave community league members at Eastglen pool, Sundays, 12-2pm. Show your current community league membership to get in.

FREE TAE KWON DO CLASSES

Mondays and Wednesdays, 6-6:45pm for beginners. New students must be aboriginal or metis. Call Reverend Kim at 477-1769 or at hoosik@hotmail.com for more info.

VOLUNTEER



NINA HAGGERTY CENTRE FOR THE ARTS

Do you love art and people? Then the Nina Haggerty Centre for the Arts can use you! Come volunteer and show off your talents and passion. www.ninahaggertyart.ca or 474-7611

FESTIVALS AND EVENTS

Avenue goes to the Dogs (June 14) and Arts Alive (September 26-28) will be needing numerous volunteers to

make them a success again this year. You can be involved in the planning or give a few hours on the event day. Contact Judy Allan at 496-1913 judy.allan@edmonton.ca.

THE CARROT 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 471-1580 or visit www.thecarrot.ca.

SPRUCE AVENUE COMMUNITY RE-DEVELOPMENT PROJECT

Volunteers are needed! Please contact Laurie Cote at 474-5354 for more details.

NOTICES

PART-TIME CAREGIVER NEEDED

Urgently needed, part-time caregiver for disabled adult. Weekdays. Please call Sheila at 479-0778.

CHILDCARE COOP MEETING

Local parents are meeting on the first Thursday of every month to get to know each other and discuss their interest in sharing childcare. For more info contact Pam at 426-4783.

RCP EDITORIAL MEETINGS

We will be planning our editorial via email over the summer. Contact us if you'd like to be on our editorial email list or just want to share your thoughts and ideas or something you've written or would like to write.: editor@ratcreek.org or 479-6285.

DESCSA—BRINGING SKILLS TO LIFE!

Are you an Alberta resident, 18 years of age or older, unemployed or marginally employed and ready for a quick entry or re-entry into the labour market within a three to six week

timeframe? Are you legally entitled to work in Canada? Labour Force Solutions is an employment placement program that: Identifies employment opportunities of interest by matching job seekers with potential employers to find the best job placement fit; Provides ongoing individualized and high quality customer service utilizing a variety of methods to meet specific job seeker needs; Works with employers to develop supports and strategies to improve employee work performance and job retention. For more information or to make an appointment contact:(780) 471-9627 Website: www.decsa.com

CASINO WORKERS NEEDED

Rat Creek Press is raising operational funding through a casino. We need numerous volunteers for Sat and Sun, Sept 27 & 28. Day and evening shifts. Call Verna at 479-8019 or email verna.stainthorp@shaw.ca

GRAFFITI REMOVAL KIT

A graffiti removal kit is available for residents to borrow free of charge. Call Joe at the Alberta Avenue Business Association at 471-2602.

CHURCH SERVICES

ST. FAITH'S ANGLICAN CHURCH

11725 – 93 St. Ph. 477 – 5931 Sundays 8:30 am and 11 am Sunday School at 11 am Hall available for Rentals 477-5931

AVENUE VINEYARD

2nd Fl, 11726 95 St Sundays, 10:30 am Monthly Community FUNtime www.avenuevineyard.com

ST ANDREWS PRESBYTERIAN

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



PETER MYKIETKA & JIM CURTIS POSING WITH THEIR TRUCK FULL OF LARGE ITEMS WAITING TO BE UNLOADED.

3rd Annual Large Item Pick Up a success

Thank you to the 30 volunteers who gave up their Saturday on May 24 to work hard picking up other people's garbage! Four big rental trucks and three pick up trucks responded to requests for pick up and cleaned up behind businesses on 118 Avenue when items are often dumped. Approximately 500 items were disposed of at the City of Edmonton's Big Bins at the Stadium.

Thank you for helping make our community cleaner!

Peter & Karen Mykietka
Darcy & Christy Morin
Rob & Robin Stocks
Jim Curtis
Kevin Nipp
Owen Salava
James Dyck
Ryan Cheng
Kate Wilson
Harry Oswin
Robert & Alice Greenshields
John & Margaret Larsen
Allan Wickham
John
Mike & Olana Russell
Chris Hayduk
Dawn Freeman
Jo-Ann Siebert
Cora Levesque

Christian Pickup
Elizabeth Ocampo
Steven McPhail
Luisa Rizzi
Kimberly Ferland

And thank you to Judy Allan and the Avenue Initiative for her support and assistance of this community initiative.

GOT MORE JUNK?

The next Big Bins in our area are:
June 21 & 22 at Northlands (112 Ave & 73 St) 9am to 5pm
Sept 20 & 21 at the Stadium (112 Ave & 90 St) 9am to 5pm

Edmonton Public Library

SPRUCEWOOD BRANCH

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

Calling All Homeschoolers

2 p.m. Tuesday, June 10. Science experiments you can do at home for ages 5 – 10 years. Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.

Stories from the Heart of the City

– with Linda Goyette
1:30 p.m. Thursday, June 19, July 17, August 21 & September 18. Drop-in, Free of Charge. All are Welcome! Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years. Writer Linda Goyette will host this session for story-lovers of all ages

National Aboriginal Day

2 p.m. Friday, June 20 in Partnership with Bent Arrow Healing Society. Join us at the Library as we partner with friends from Bent Arrow Healing Society for an afternoon of bannock and tea along with a lots of other fun and exciting events.

SEE OUR SUMMER READING PROGRAM AD ON PAGE 14

Community FUNtime

Mini-Olympics

Saturday, June 28

1 pm to 4 pm
Norwood Square
(95 St & 114 Ave)

Lots of challenges,
fun and games for
all ages.

Movie in the Park

Thursday, August 21

Starting at approx 9pm
Alberta Avenue Park

A family friendly movie
on a **three story**
screen!

Movie TBA. Go to

www.avenuevineyard.com for details.

Community FUNtime is brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 660-0334.

The Carrot Turns One!

Saturday, **June 21st**
All day! Entertainment and free nibbles!

Bring in This Ad...
Buy one Latte, get one free!
Coupon expires July 31, 2008

9351-118ave www.thecarrot.ca

Communities in Bloom

Help us recognize...

- Fabulous front yards
- Great gardens
- Beautiful backyards

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

Send nominations by July 31st
EMAIL: info@ratcreek.org
DROP OFF: at The Carrot Coffeehouse (9351-118 Ave)
MAIL: Rat Creek Press, PO Box 39024 Norwood, Edmonton, AB T5B 4T8

Nominate yourself or a neighbour...
Send ADDRESS, RESIDENT'S NAME (if known), CATEGORY (front yard, garden, back yard), PICTURES of the yard/ garden at its peak or call 479-6285 to have a Rat Creek Press photographer come out.

Sponsored by the Avenue Initiative and the Rat Creek Press.
www.avenueinitiative.ca
www.ratcreek.org

Norwood Neighbourhood Association
proudly presents

CANADA DAY CELEBRATION

Tuesday July 1, 11 am - 3 pm
at Norwood Square
95 Street and 114 Avenue

FREE!

- Music
- Fun family activities
 - wagon rides
 - face painting
 - inflatable bounce house
- BBQ
- Cake
- Yard sale & craft sale

Volunteers wanted!
Tables available for only \$10! To volunteer, or to rent a table, please call Yoko at 424-0917

Proud to Live In Ward 3

Councillor Tony Caterina
2nd Floor, City Hall
1 Sir Winston Churchill Square
Edmonton, AB T5J 2R7

Phone: (780) 496-8333
Email: tony.caterina@edmonton.ca
Web: www.edmonton.ca