

UPCOMING FESTIVALS

Dog mini-fests June 11 & 25

Avenue goes to the Dogs July 10

Pupusa Festival July 23

Kaleido Family Arts Festival Sept 9-11

Norwood Village one step closer to approval

ADEN CRUZ

At an emotional hearing on May 2, Edmonton City Council approved the rezoning for the Norwood Village Apartment Project with 11 votes in favour and two votes in opposition. During the open hearing, 12 people from the community voiced their concerns, which included the length and size of the building, landscaping, and parking issues.

While the project has yet to receive a final building permit, opponents of the project fear it is already a done deal.

Clarence Brown and his wife Peggy attended the hearing and spoke up strongly against the project. They live in Norwood, adjacent to the property where the Norwood Village Apartments project is slated to be built.

"Our privacy, street parking, and property values are at risk," said Clarence Brown. "Since we have lived there, there has always been a problem with parking due to the Norwood Community Centre," said Brown. "On Sundays, there's absolutely no parking in the neighbourhood due to the church."

Brown and his family have been in the neighbourhood since 1990 and fear the four-storey apartment (covering the entire block on the west side of 95 Street, between 113 and 114 Avenue), is too big, too tall for a neighbourhood filled with single-story houses.

The proposed Norwood Village Apartments would

have 154 residential units of mixed housing (74 units designated as market and 80 units as affordable). Plans include a 5,000 square foot day-care on the main floor that could accommodate 110 children. Marshall Hundert of Glenwood Developments is one of the project's developers. He's an urban planner with 30 years experience

building residential developments all over Edmonton.

"The advantage of Norwood is it's so central," says Hundert. "It's got great public access to everything -- employment, education, culture, and shopping. It's really well located."

Responding to concerns that 120 underground parking stalls will not be enough for the 154 units, Hundert predicts the allotted stalls will be enough.

"When you build a building in the suburbs, then you have to rely on everybody having a car," he said. "In our case in Norwood, we're relying on the fact that probably very few people will have a car and most people will consider this a walk-able or something they'll use to bike regularly, or they'll use public transit."

Stephen Ellis, an architectural model fabricator, lives one block south of the project and spoke out against the project at the hearing.

"My first take on the project is that the mass of the building is inappropriate con-

textually," said Ellis. "It's just an irresponsible design. It's developer-driven."

He recognizes the developer made changes, such as adding articulations to the building face, and recessing balconies to add a measure of privacy for nearby residents, but he said more needs to be done.

"Quite clearly, the volume of this building is overpowering. I was hoping that council would have sent the developer back to the drawing board," said an upset Ellis. "We seemingly have no ability to affect important decision in our community."

City Councillor Kim Krushell voted in favour of the rezoning and argued that the articulation of the building reduces the visual effect a block-long building would have on the neighbourhood.

"The way they're doing the walk-out component in the bottom floor makes it a very attractive development," said Krushell. "What I love about it is the fact that it does meet all of our criteria of what we're looking for, which was mixed use, and the fact that it's actually been built for people with disabilities."

Cris Basualdo is chair of the Community Action Project, an advocacy group focused on the quality of life within ten central Edmonton neighbourhoods. According to her, residents are more likely to support projects geared towards market development.

"We would like to see something that will bring some economic diversity to our

neighbourhood, something that is permanent housing, because we have so much transition through our neighbourhood," said Basualdo

Hundert defends the mixed-market proposal of his development. He said there's a huge misunderstanding about what the affordable housing component means. Out of the 154 units that would be in the Norwood Village Apartments, 80 of the units would be affordable.

"In this instance, 'affordable' means someone who's employed and has a household income that is below Edmonton's median household income," said Hundert.

He stressed the household would then qualify for a 10-15 percent reduction on their monthly rent below the average apartment rental rate in the city.

Hundert said the next step is to apply to City Council for the final development permit.



Clarence and Peggy Brown stand in their backyard in Norwood on Thursday, May 5, 2011. They are concerned that the proposed four-storey apartment block will tower over their house and compromise their privacy. Uncertain about their future, they contemplate moving once the development begins.



Proposed location for the Norwood Village Apartment Project owned by Glenwood Developments on the West side of 95 Street, between 113th and 114th Avenue.



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Brooming buddies celebrate clean streets



The 7th Annual Street Sweep was kicked off in high-gear with an early morning event at the Alberta Avenue Community League on May 17, 2011. The three-day campaign to clear away the residual grime from winter brought together citizens, local community groups and City of Edmonton staff. In total, twenty-seven blocks were cleared. Organizers are hoping to unveil a beefed-up campaign to keep the streets clear and buildings free of graffiti year-round.

(From left to right) Juliana Shulz, Bylaw Enforcement Liaison Officer; Linda Kon, Branch Manager with ATB Financial; Veronica Drozd, Great Neighbourhoods Project Manager; Joachim Holtz, Executive-Director ABBA; Christy Morin, founder of AOTA; Don Belanger (with assistant) with Capital City Cleanup.



PETER GOLDRING
Member of Parliament
Edmonton East



New Life on the Avenue

Fifty years ago Alberta Avenue (118th Ave.) was the fashionable place to shop in Edmonton. A slow decline saw a reversal in fortunes for the street, and Alberta Avenue became one of the least favoured addresses for business, an area known for crime not high fashion.

That has changed, and Alberta Avenue is once again becoming a choice destination for people from across Edmonton, through the hard work of organizations such as the Alberta Avenue Business Association and Arts on the Ave.

The City of Edmonton and the community are working together on a neighbourhood revitalization project to improve both the social and physical aspects of this area. Streets, businesses and green spaces are being improved, fostering a vibrant community life on the Avenue once more.

In recent years Alberta Avenue has become known as a destination for arts lovers, with diverse offerings at places such as the Avenue Theatre, the Carrot and the former Alberta Cycle Building (right next to my office).

Alberta Avenue is also becoming a destination for those who enjoy good food. There are restaurants and bakeries to satisfy every taste and appetite, with it seems more opening each week. A sampling of what is available can be found online in the "Taste of The Avenue" brochure (at www.avenueinitiative.ca). On the Avenue you will find more than 40 food options, including the Thursday farmers' market. If you want to travel the culinary world you can do so, with offerings from Mexico, Portugal, East Africa, Italy, the Middle East, China, Asia, Spain, the Caribbean, Poland and Vietnam all located in just a few blocks.

I think the revitalization of Alberta Avenue is a great thing for our community.

What do you think?

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www.petergoldring.ca

Bring on the Pupusas at El Rancho

FOOD ON THE AVE

Ellie Capak

El Rancho • 11810 87 Avenue

The best way to escape Edmonton's long winter is to transport yourself to Mexico for a week or two. If international travel is more of a fantasy than reality, then El Rancho may be the next best thing. Tucked just off 118 Avenue, El Rancho (Spanish for 'the Rancher') isn't easy to find but is well worth the hunt. Reasonably priced and offering food packed with flavour, El Rancho offers quick and friendly service and a varied menu. The hours are sporadic and the kitchen generally closes at 8 during the week, so it's best to call ahead to check if they are open.

We ventured into an atmosphere awash in Spanish music and the aroma of spicy food. With seating for around 20, the

restaurant was half-full with a mix of families and couples. As the evening progressed, the restaurant filled to capacity and the kitchen stayed open past their eight p.m. closing time. The decor was clean (but spare) and a little more warmth in the furnishings and lower lighting levels would have added to the overall experience.

To start, we ordered a mix of foods from the Antojitos platter (salty, cooked 'street

cheese and topped with cabbage and homemade salsa. The pupusas turned out to be one of the tastiest parts of the meal and according to one of our party, they were as good as the ones he's eaten at Edmonton's Heritage Days.

The pupusas were followed by the quesadillas which tasted similar to ones that can be found at other Mexican restaurants in Edmonton but the homemade salsa and tortillas were high on the flavour scale. The chalupas were the last antojitos to come and were tasty corn tortillas filled with chicken, beans and topped with ample sour cream. The freshly prepared ingredients and authentic preparation style were evident in this dish.

By the time we got to ordering our entrees, we were half-full and opted to share two entrees between the four of us -- the enchilada mexicana and the vegetarian mushroom burrito. Unfortunately, the kitchen was out of mushrooms but they

happily substituted a bean burrito with fresh guacamole as a tasty alternative. The enchilada mexicana was next and boasted a dark chocolate sauce and was topped with cilantro. The result was an unusual but surprisingly bland combination.

Having finished the meal but with enough room for dessert, we opted to top off the meal with El Rancho's deep-fried ice cream. It's hard to go

wrong with ice cream or anything fried, so although it was not the healthiest option it was high on the taste scale. If ice cream is not your thing, deep fried bananas are also on offer.

Rounding up the night, the bill for four (including drinks) came to just over \$90.00. Not bad for a night out and a lot cheaper than a trip to Mexico and with less chance of a sunburn.



foods' eaten as appetizers) that included chalupas, quesadillas and pupusas. As one of us was vegetarian, we ordered the vegetarian pupusas, a pancake-like food made from corn and filled with either zucchini or

SPRING STOMP FAMILY DANCE

Saturday, June 11, 7:00 - 10:00 p.m.
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Avenue

goes to the dogs festival

Sunday, July 10, 2011

- All dog rescue & welfare groups welcome to participate!
- Dog interest groups as well as small businesses pertaining to pets are invited to submit an application for the event.

10:00 am - 4:00 pm

Eastwood Community League
Grounds & Rink 11803- 86 St
www.eastwoodcommunityleague.tk

EDMONTON

Eastwood
Elmwood Park
Oliver
Parkdale Cromdale
Queen Mary Park
Riverdale
Spruce Avenue
Westwood

Registration Starts May 3
Call 311

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Summer Day Camps for Low Income Families

The following fun filled day camps will be running in the Central-Downtown Area this summer!

Surviving Summer	Kitchen Kapers
Extreme Action	Creative Café
Little Heroes	Secret Agent Camp
T-Rex and Friends	Multi Sports
Hop to It	Creative Carnival
Sports Stars	Outbound
Wee Adventures	Adventure
Move and Grove	Just for the Girls
Kinder Sports	Science Discovery
Swinging Safari	

	Week 1 July 4 - 8	Week 2 July 11 - 15	Week 3 July 18 - 22	Week 4 July 25 - 29	Week 5 Aug 2-5	Week 6 Aug 8-12	Week 7 Aug 15-19	Week 8 Aug 22-26
Half Day 9-11:30am		Little Heroes Age 3-5 \$16 392869 Queen Mary Park						
		T-Rex & Friends Ages 3-5 \$16 392870 Spruce Ave	Hop to It Ages 3-5 \$18 392874 Westwood					
Half Day 1:30 - 4pm	Sport Stars Ages 6-9 \$12 392868 Queen Mary	Wee Adventure Age 5-7 \$18 392871 Oliver	Move & Groove Ages 6-10 \$16 392875 Westwood	Kinder Sports Ages 4-6 \$16 392891 Elmwood Park		Swinging Safari Ages 3-6 \$18 392967 Riverdale		Kitchen Kapers Ages 6-9 \$16 392924 Spruce Ave
Full Day 9am - 4pm	Multi Sports Ages 7-10 \$30 392945 AB Ave	Extreme Action Ages 9-12 \$48 392958 Westwood	Creative Café Age 6-9 \$34 392993 Parkdale Cromdale	Science Discovery Ages 8-12 \$30 392979 AB Ave	Outbound Adventure Ages 9-12 \$35 392983 Queen Mary	Creative Carnival Age 6-10 \$29 392990 AB Ave	Multi Sports Ages 7-10 \$30 392948 Oliver	Creative Café Age 9-12 \$34 392994 AB Ave
			Surviving Summer Age 7-12 \$30 392970 Riverdale	Just for Girls Ages 7-12 \$24 392987 Eastwood			Secret Agent Camp Age 9-12 \$48 392981 Parkdale Cromdale	

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EDITORIAL POLICY

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

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

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

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

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

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

Welcome to the Revamped Rat Creek Press

After many months of hard work, the Rat Creek Press team is happy to unveil the finishing touches to the new design and format for the newspaper. We hope you enjoy the cleaner lines, more color and our new logo on the front page. I wish to publicly thank our designer, Leanne McBean, for the extra effort to update our layout and provide the community with a newspaper that is visually stimulating and easy to read.

We have also changed our editorial layout to provide space for all members of our readership. For the poets and writers, we have the We 'Ave Words section to showcase their talent and provide beginners with their first publishing opportunity. Likewise, we have a space just for kids, so they can

see their work celebrated. And judging by the increased numbers of Letters to the Editor, the community has embraced the Rat Creek Press as a forum for their concerns and suggestions.

We have reached out to writers and photographers, hosted events to provide training and encouragement. Hopefully, everyone had a bit of fun in the process.

As the hundreds of volunteers on the Avenue can attest, it's never

easy rebuilding. It takes imagination to see possibilities where none existed; hard work to make changes that improve our lives. A newspaper is no different.

"As the hundreds of volunteers on the Avenue can attest, it's never easy rebuilding."

In October 2010, the Rat Creek Press hit a wall financially and it was only by the committed effort of board members and staff to keep the paper publishing. It was clear by the many comments from the community that they had a deep

attachment to this paper. In the months ahead, this paper will strive to repay that support by publishing the best community newspaper in the city.

Personally as the editor, I have struggled with the steep learning curve to create a newspaper each and every month. It's a never-ending challenge to balance individual concerns with community needs and to try new ideas only to see them fall short.

In the months ahead, the Rat Creek Press will continue this dialogue with our readers. If you have suggestions, we will try them. If you have ideas, we will publish them. If you have time, we hope you will join our team and continue to put out a newspaper this community can continue to be proud of.

LETTERS TO THE EDITOR

Make the Ave safer

Are there any ideas on how we can make 118 Avenue safer for the seniors during the daytime? I get a lot of harassment from the street people but I'm still young and can handle myself but it makes me worried when I have my kids with me. We need volunteers who can patrol day and night through 97 Street to 82 Street and help push these people away from 118 Ave to make it enjoyable for everyone. It is not safe anymore for my Dad to go to the store no matter what time of day. Maybe we should start with getting the Dollar Store to stop selling pipes to the street people.

- Mary Clark

Off the shelves

RE: Billboard Campaign unveiled (May 2011)

I just read your article about the Canadian Dollar store refusing to get rid of knives and pot bongs. I'm surprised how you didn't mention they also sell scales, crystal meth pipes and crack pipes. They even sell mini

blowtorches as crack is better if heated at higher temp. Selling weed pipes is one thing that I don't regard as a big deal, but weapons and hard drug devices are another. I'm sure they could pull the meth pipes off the shelves or maybe they would rather make money off peoples' hardcore addictions around that store as well as my house.

- Kenneth Raymond

What a great community

Today I am very proud to be an Edmontonian. Once again Edmonton has stepped up, along side many other communities, to show their support and lend a helping hand to those individuals that had to be evacuated from Slave Lake.

I want to thank all the community groups that have opened their doors to these people in a time of need. I want to extend a special thank you to the staff and students of M.E. Lazerte Composite High School for once again opening their doors and extending a helping hand.

I also want to thank the staff of Edmonton Northlands and the Expo Centre for opening your facility in such a time of great need for so many. I am very proud that a facility exists

right in the heart of Highlands-Norwood. I have been proud to call the area home for the last fourteen years.

Watching the way the Edmonton community has pulled together once again to lend a hand to our neighbors, shows me that even with all our Stanley and Grey cups, we continue to show we are caring and compassionate. We take City of Champions to a whole new level.

Our prayers and thoughts go out to all those families in this time of need. Please remember the Red Cross for cash donations. We have a lot to be proud of and there is still a lot left to do. Great job Edmonton.

- Wayde Lever
Wildrose Alliance Candidate
Edmonton Highlands-Norwood

What a farce!

RE: 95 street housing development

On May 2nd, eleven concerned residents, plus myself, addressed Council against a proposed development on 95 Street. We opposed this development on the grounds it will be unsightly, out of character with the present layout of the neighbourhood, and detrimental to the social

fabric of the community. All to no avail!

Three month ago, on February 28, Councillor Tony Caterina made it clear in a conversation with me that he was in favour of that project. Furthermore, it was obvious during the hearing to amend the zoning that, on the one hand most of the Councillors had little or no knowledge of the site where this was to happen; and on another hand that most had already decided to blindly vote in favour.

They did so because they perceived this project as an interesting trial that could be applied to other communities in the future. According to the developer, this project will cost \$30 million, with \$11 million to come from a provincial grant, and two million from the City.

As a Canadian and an Edmontonian, I want to believe that our elected representatives have our best interest at heart, but today I have doubts. After this experience, I am convinced that our government, be it municipal, provincial or federal, is giving in to capitalistic objectives. I guess money talks.

- Rene Ladsous

EDMONTON



Clean up or Pay up

Spring is here and it's time to clean up messy yards and to remove graffiti. Municipal Enforcement Officers are checking neighborhoods this month. A messy property could land you a fine of \$250 and the cost of a cleanup!

Big Bins make clean up easy!

Large household items that cannot be set out for regular waste collection - furniture, mattresses, appliances - can be dropped off free of charge. Computers and other electronics are recycled. Household hazardous must be taken to an Eco Station.

June 18 & 19
Northlands
Address: 11203 - 73 Street
9 a.m. - 5 p.m.

September 17 & 18
Commonwealth Stadium
112 Avenue - 90 Street
9 a.m. - 5 p.m.

Large Item Pick Up Event

Saturday, June 18

For Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood

Book a pick up in person on Monday, June 6 or 13, or Wednesday, June 1 or 8 from 6 - 7:30 p.m. at Alberta Avenue League, 9210 - 118 Avenue.

Cost is \$10 for the first item and \$5 for each additional item (cash only.) For more information contact
safestreets118@gmail.com

For a safe, clean Edmonton!



Thousands of people will read this message. What do you want them to know?

Speaker's Corner

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

Composting no 'waste' of time

BLISS ROBINSON

"Everyone has different reasons for composting," says Mark Stumpf-Allen, compost programs coordinator with the City of Edmonton's Waste Management Branch. "We try to make it easy for them. I compost because it feeds my soil and grows great tasting veggies." In the battle to reduce the amount of household waste that ends up in the city's landfills, residents continue to send their organic waste to their gardens and not to the curb.

"About 30 percent of Edmonton residents are composting at home, which is actually a slight decrease from earlier estimates," says Stumpf-Allen. "They deserve a big pat on the back. Their efforts divert about 5 percent of the city's waste from the

landfill. It's huge!"

Stumpf-Allen also notes that composting reduces greenhouse gases by limiting the number of garbage trucks needed from household pickups, saving the city in transportation costs, and helping keep property taxes lower.

There are several reasons that 70 percent of city residents don't compost at home. Apartment dwellers often don't have a garden. Others worry about attracting rodents and animals. Some think it might smell bad, although done properly, will present no unwanted odors.

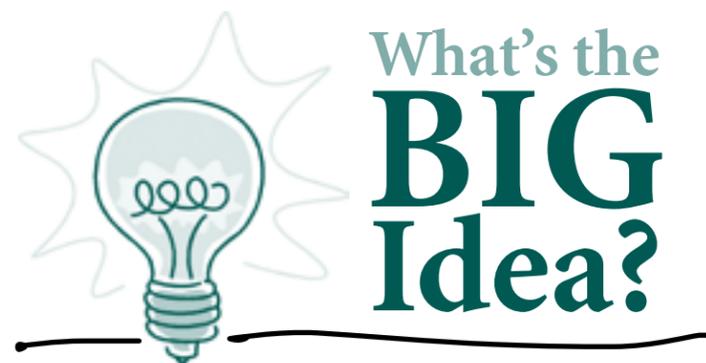
The City of Edmonton operates a composting facility that, together with recycling programs, diverts about 60 percent of its residential wastes from the landfill. So even those who can't or don't want to compost at home benefit from the city's efforts

to compost our collective waste.

Home composting is pretty simple. Pile up organic waste -- vegetable trimmings, eggshells, coffee grounds, leaves and grass clippings. There are many different compost bins on the market, or you can just pile it in an inconspicuous corner of the garden. Then, just leave it to decompose for about a year.

If you are a keener and want to speed it up, use a garden fork to turn the heap every 3 weeks or so, and make sure it remains slightly moist by occasionally watering. A few buckets from a nearby rain barrel will do nicely. You will be rewarded, in a year or less, with free organic fertilizer, and at the same time, saving city taxpayers money in reduced wages, fuel and vehicle costs.

We all win.



Cycling Park for the Avenue

MIKE LYONS

June is bike month and Edmonton's festival of cycling culture, Bikeology Festival, is underway.

But why stop there? My big idea for Edmonton, is to never stop biking. The concept is to have a permanent and safe environment for the community to come together and have fun with bikes.

I'm a local cyclist, Mountain Bike Mike, and I'm also involved with a group called The Spoke based in Alberta Avenue as a part of the revitalization project.

Rabbit Hill Bike Park has recently announced that it will not re-open for this coming season due to financial issues. This closure has many riders wondering what will be done to fill the void.

My proposal is to construct a series of structures for riders of all levels from beginners, to experts, to pros. The materials for this project would be donated by sponsors, and volunteers within Edmonton's bicycle community would do the work in building it. I'm involved with this year's Bikeology Festival, and we hope to showcase this project during bike month. The goal is to bring builders, new riders, and those with more experience together and create mentor relationships.

By building healthy mentorships through this project, we hope to show the City of Edmonton that we as a bicycle community can come together and create an environment that is family-friendly and inclusive to all.

From recent discussions with the City of Edmonton, it appears this project would

need retail (private) land to operate on for it to be permanent. Please let us know if you have any suggestions, ideas, or resources that could help move this project forward.

I'd like to encourage you to get involved within your local community league to further fill this need in as many other communities as we can.

Let's build a better community together through responsible bicycle ownership!

June bike month plans include:

- Demos, building contests, bike shows (rodeos), repair classes.
- Art exhibitions, film festival, group projects.
- Guest speakers, drug awareness programs, preventing bicycle theft and pro-riders.

For further information about Bike Month in our city please visit bikeology.ca/ or contact Mike at mtbmike@shaw.ca.

Sponsors of this event will include:

Pho-King, Hollywood Pizza, Save-on foods, Blowertech Machine, Pepsi/Rockstar, Rona, Southtown Electric, Clover-Dale Paints, Edmonton Bicycle Commuters, AMA, The Spoke, ABA, and many more. Please involve your favourite business or tell your friends about this opportunity to shine with the City and Bikeology.



Aden Cruz

LETTERS TO THE EDITOR (continued...)

No space for partisan politics

RE: Goldring advertisement

I am concerned about the tone of the piece (McCauley Rink) by the Honourable Peter Goldring in your May issue. Although the article was ostensibly about the well-deserved success of the McCauley hockey rink, his words seem to reflect contempt for the individuals, churches, non-government organizations and community groups who provide vital housing services and support to our corner of Edmonton.

I hope that this article is not a localization of the kind of partisan politics demonstrated on Parliament Hill. Whatever the Honourable Member's personal views on social welfare or hockey rinks, we need creative solutions and positive leadership from all perspectives to make Alberta Avenue a great place to live, including from our Federal representative.

- Susan Johnstone, Parkdale

PETA and veganism not the same

RE: Let me chose whether to be Vegan

For some reason, an article on People for the Ethical Treatment of Animals (PETA) fell under the sub-heading of "Dog Talk". I fail to see the connection. At any rate, I still felt compelled to respond to the points mentioned in the article.

First, let me say that although I am vegan, I am no supporter of PETA, and it is unfortunate for the vegan community that veganism has become synonymous with PETA. I assure you, a great many vegans do not accept what PETA stands for.

Keep in mind, please, while you are enjoying these wonderful foods that animals have suffered and died to provide you with, that these foods are not at all good for you, and considering the current epidemic of obesity,

diabetes, heart disease, and cancer, I'd highly suggest people lay off the eggs and dairy. Contrary to what the author states in her article, we do not "need" these products.

At its core, veganism is a belief that animals are not here for us to do with as we please. They are sentient beings who can experience and enjoy life and have an interest in doing so, free of being enslaved and exploited to serve the interests of humans.

Veganism is about extending compassion to animals, as well as to other people. We value both human rights and animal rights, and are against sweatshops and child labour just as much as we are against zoos and circuses. Before writing such a derogatory and insulting article, do your research first. Talk to an actual vegan.

- Kylie Glessing

Councillor Tony Caterina

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A 'Blooming' start to gardening season

ADEN CRUZ

Music, art works and gardening filled the Alberta Avenue Community Centre during the Bloomin' Garden Show and Art Sale on Saturday, May 7.

Veronica Drozd, Great Neighbourhoods Project Manager with the City of Edmonton, organized the event in conjunction with the beautification and cleanliness working group team of the Avenue Initiative Revitalization and Arts on the Ave.

Drozd said that when the event first started years ago, it was originally a cleanup of the back alleys and has since grown and evolved into a great big beautiful gardening and art show, now in its fifth year. Their main goal for the event is to bring the community out and encourage beautification for the area while promoting great greening and great growing for people's homes and gardens.

Christy Morin, founder of Arts on the Ave, helped organize the artists, artisans, and musicians to partner together with the revitalization project.

"Our intention is for people to be able to come out and enjoy beauty, whether it's beautiful flowers or beautiful art," said Morin. "Just to really have a positive injection of spring and getting ready for the summer."

Hand-stitched cases, purses, blankets and custom corsets made by Carly Graftaas had ladies of all ages coming to take a peak at her table in the garden market. She went to school for fashion design and enjoys doing it on the side. It's her first time showcasing her work at the event and said she's impressed by the set-up.

"When I first walked in, it was just amazing," said Graftaas. "The plants at the front and the music, it's just beautiful."

Tracy Richard picked through complimentary packets of seeds with her daughter as her husband waited patiently. They live in Elmwood Park and came to the event as part of their Mother's Day celebration. "It's perfect for me. They couldn't say no, it's Mother's Day weekend," said Richard. "I came last year, so it's been on my calendar for a long time."

The event also featured workshops and speakers on different gardening topics. Marie Butler, artist and art therapist, worked with children to help them create colourful crafts like Mother's Day cards and wood building activities.

"Many of the children have sat here creating for lengthy periods of time," said Butler. "Their focus and attention has been incredibly impressive." Butler said her passion to bring nature and children together to create is what brought her to the event. "It's wonderful to bring the community out for nature and beauty. Beauty allows a community to feel like it's thriving. It brings life to a community," said Butler.



Planning their garden one seed at a time. Tracy Richard and her daughter Velouria Richard, age 4, choose their complimentary packages of seeds. The event was well-attended and should ensure a green and colourful neighbourhood this year.



Marta Larsen helps sell flowers and plants during the Bloomin' Garden Show & Art Sale at the Alberta Avenue Community Centre on Saturday, May 7, 2011.

nice neighbour
RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for the monthly **Nice Neighbour Recognition Award**.

For further details contact CRUD.

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

What would you like to see improved in our community this summer?



Jessica Saidman
Stay at home mom

"For it to stay cleaner, more inviting and just a

happier place where more people will want to be. We need to grow up and start taking better care of the environment and help our community look nice. People need to come together; instead of littering and letting junk and stuff fly around the street, pick it up so that there isn't litter all over the community."



Debbie Titus
Home designer & owner of Home Planning Centre on 118 Ave & 91 St.

"I would wish we could get rid of the 'ladies' on the streets. I don't like to see them. It's just not good for anybody, and I really wish that there's some place we could get them to go. That's what I really wish would happen. Everything else is turning out so much nicer than it was and they really upgraded the avenue a lot. I've been on the Avenue for 31 years now and there have been a lot of changes. It's really nice to see."



Brian Breckon
Retired

"My wish is that it just keeps on improving, just keeps on going.

That's my one wish. Ever so slightly at a time, it's small little increments that sneak up on you. Go for a walk today and it's a lot different than a few years ago. I can just feel the whole mood of the Avenue has changed. There used to be a lot more hookers, dopers and street people, now you hardly see any. They cut down on that, it's beautiful now."

Planning for long term care

DALENA MCLEAN

Outliving your health can happen at any stage and age in life. It could involve ourselves, parents, siblings, spouses, children, or other loved ones. At some point it will touch our lives.

Statistics Canada shows the need for Canadians for Long Term Care is 1 in 10 before age 55, 3 in 10 before age 65, and 5 in 10 before age 75. They estimate 750,000 people will need care for Alzheimer or dementia by the year 2031.

This should warrant a high level of concern and need for planning and education. The majority of Canadians are uneducated about their provincial health care system and how it operates. Too many people believe government will look after their health costs later in life and do not plan appropriately.

I interviewed a woman (Judy) whose husband Joe fell ill and it was determined he would require long term care. Being without insurance, private/personalized in home care was not available. Judy decided to have Joe moved from the hospital as quickly as possible and into a care facility, but soon found out that once someone is placed in a facility it is next to impossible to move them to any other facility. Precedent falls on moving people out of hospital and there are excruciatingly long waiting lists.

That is where their 'hell' began. Facilities are understaffed and employees are mostly casual and part-time. Turn-key staffing means there is no familiarization for patients, leading to poor communication amongst staff and with doctors.

Joe was a proud, dutiful, well-respected, and accomplished man who became for-

gotten. The care he received reflected this. For example, Joe went for 12 straight days without being bathed.

"You lose everything, even your family and friends," says Judy. "It is all-consuming and every time your phone rings your heart stops. These places are businesses and they charge you for every piece of laundry, haircut, and pedicure."

"Two things a person can do – punish yourself by being all-attentive or put them in a facility and walk away."

Judy was all-attentive and saw firsthand how the facility functioned. During meals, if someone fell asleep and required feeding, they would be fed the food cold later or not at all. The people whose families had walked away stood out like sore thumbs. Patients were unkempt, smelled of urine, clothes were worn and torn and dishevelled.

"You could tell no one visited

them anymore," says Judy.

The treatment borders on absurd at times. Joe had a hearing specialist and eye doctor examine him in the facility which Judy found pointless given that Joe was in a coma. Their reports came back as inconclusive due to unresponsiveness. "What did they expect?" asks Judy. "It was payment. They did get that!"

The toll of Joe's illness and the financial burden scarred Judy. "You will be forced to eat up all your financial resources and then the subsidy will kick in. Everything is charged for. It is just a business! You hope you never have to be in a place like that for any length of time."

Joe's illness couldn't be prevented, but planning for long term care should be a part of your financial outlook. We all have to be reasonable. Care is not going to be provided free of cost outside of friends

and family. Going through this kind of ordeal is not going to be pleasant no matter how well planned for. Expectations that our government will care for us are unsupported.

So what can and should you do? You can research via the phone book, Internet, family and friends to locate professionals to learn about the health care system. Speak with a professional financial, insurance, or estate advisor about insurance and savings plans. Meet with a lawyer and have a will and power of attorney completed. Contact your local politicians and visit facilities. Volunteer to help at these facilities to assist those who do not have family and friends visiting anymore. Simply expecting to be cared for will result in expectations unfulfilled.

Dalena.mclean@sunlife.com

118th Ave Art Extravaganza Explores "Progress"

Dave Von Bieker

Painters, poets, and performers will swarm 118th Avenue for Bridge Songs: Progress—an art gallery and music event that runs June 17-19, 2011 at The Parish Church of St Stephen the Martyr (11725 – 93 Street) and June 23-July 5 in the Stollery Gallery as part of The Works Festival.

"Bridge Songs is a collaboration featuring some of Edmonton's talented singer/songwriters," said Dave Von Bieker of I Love Artists (a group that develops local artists for positive change on 118th Ave). "A dozen artists have written and recorded a CD together, and they will perform the entire album live during the event, amongst art inspired by the same theme: Progress."

The event also marks the first time local music buffs can purchase the accompanying CD.

Each year, Urban Bridge Church provides funds for live show and album production. "It's just something worth doing. It's not about pushing religion or boosting egos, it's simply about being a presence in the community and enjoying some good art," said Eli Ritz, church attendee.

To learn more about Bridge Songs, visit www.bridgesongs.ca or info@iloveartists.ca.



EVERYONE IS INVITED to the 8th annual Heart of the City Festival!

Heart of the City Music and Arts Festival has been part of the rich cultural climate in Edmonton's core since 2004. This year's free two-day festival takes place on June 4 and 5 in Little Italy's Giovanni Caboto Park.

Heart of the City is excited to present a variety of emerging and professional artists, all affiliated with Edmonton's core through work, volunteerism, school or residence. Two days of live, original, local entertainment will be presented on two stages, with genres diverse as world music, hip-hop, blues, rock, and folk. Featured artists at this year's Heart of the City include Jenie Thai, Andrew Scott, The Magpies, New Youth Edmonton and Julie Jonas.

What could be better than a day filled with live, original music? Making art while enjoying music! Take in free art workshops hosted by local artists, work on a collaborative sculpture, or visit the ArtStart tent with your children. Also check out the variety of original artwork and crafts showcased by local vendors in the art tents.

Spend the weekend in Little Italy! Surrounding Giovanni Caboto Park are local cafés and shops featuring lattes, gelato and other tasty treats. Within the park, families can enjoy the play area, water-park and fountain.

The Heart of the City Festival is **FREE** to the general public, and takes place **Saturday, June 4th from 11am to 8pm and Sunday, June 5th from 11am to 7pm**. For more information visit www.heartcityfest.com

Hello, Highlands-Norwood!



Please join me for the **Highlands Street Festival on Sunday, June 5th, which includes:**

Open House hosted by
Brian Mason, MLA
Edmonton Highlands-Norwood
Constituency Office
10 AM to 5 PM

For more information on the festival:
www.highlands112avenue.com



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

www.brianmason.ca ph: 780.414.0682

Service dogs aiding the ailing

DOG TALK

Darlene Taylor

Most people are familiar with the “seeing eye” dog, their special harness with unique handle, jacket identifying them as a service dog, leash, and of course, their owner with new found independence. The blind can frequent cafes, attend events, and even shop for themselves because of their companion.

The Assistance Dogs International (ADI), a coalition of not for profit organizations that train and place assistance dogs, defines an “assistance” dog as a dog that has been trained as a Guide, Hearing, or Service Dog. Such terms are further defined as:

- **“Guide Dog”** means a dog that has been or is being specially trained to aid a particular blind or visually impaired person.

- **“Hearing Dog”** means a dog that has been or is being specially trained to aid a particular deaf or hard of hearing person.

- **“Service Dog”** means a dog that has been or is being specially trained to aid a person with a disability other than sight or hearing.

Alberta accredited members of ADI are Alberta Guide Dog Services and Dogs with Wings Assistance Dog Society. These animals are trained from puppy and then provided to a single owner or family. For a dog to be recognized as a service dog in

Alberta they have to be trained by an ADI accredited facility, and as a result the owner can apply for an identification card that proves the dog as a service animal and allowing them access to public places.

Disabilities or services that these specially trained dogs provide are extensive. Two specific terms are Seizure Response Dog Guides for people who have epilepsy and Autism Assistance Dog Guides for children with autism.

The Special Skills Dog Guides are for people with a medical or physical disability. Depending on the requirements for service, the dog’s training includes retrieving objects, pulling wheelchairs, opening and closing doors, turning off and on light switches, barking for alert, seeking someone to assist their owner, providing balance and counterbalance.

The psychiatric service dog often accompanies persons with no visible signs of disability. Sue Alexander of Ontario uses her dog D’fer to assist her with her anxiety disorder and clinical depression. He senses her anxiety and takes action to lower it. The fatigue that comes with depression may cause a person to miss medication but the dog is trained to wake her and possibly provide a bottle of water and pill bottle.

The post-military dog is placed with a soldier or veteran following return from battle to assist with a range of issues from physical disabilities to post-traumatic stress disorder. I know a

local breeder who has placed several terriers with veterans. This work has resulted in these men and women rejoining society. One veteran says his dog created a disturbance centering around another audience member and on closer investigation discovered she had a heart attack -- possibly saving her life.

While assistance dogs go through extensive training, therapy dogs provide affection and comfort to people in hospitals, retirement homes, nursing homes, mental institutions, schools and stressful situations such as disaster areas.

Facility dogs (or cats) are trained to calm various individuals in stressful or difficult situations.

These animals are not paired with a specific individual, rather to scenarios, or facilities, that would benefit from their therapeutic presence. Someone is expected to oversee and supervise the activities and care of the animal.

Animal Assisted therapy (AAT) is where an animal is part of a person’s treatment. They can assist in improving physical, social, emotional and cognitive functions in a patient. The care involves a health or social service provider and the animal, sometimes owned by the provider and sometimes by a volunteer.

The Pet Therapy Society of Northern Alberta (PeTS) provides animal assisted activities such as a reading mentor program designed to enhance

literacy and to encourage reading or visits to facilities such as hospitals, schools, homes and shelters.

My English Springer Spaniel Karma is certified through PeTS and has been to the Sprucewood Library several times hearing all about George the monkey and other library book animals. She visits monthly at a senior’s residence and both she and the residents have become good friends over the years. Karma seems to know

exactly how much affection to give someone whether it be laying across their feet or sitting in a chair next to them.

There are countless stories of what dogs and other animals have done for humans not only as workers assisting in some labor but also in the “labor of love”. Animals and especially dogs provide emotional support for most of us, proving repeatedly that they often more attuned to our human needs than we are.



• Shop Local • Shop the Avenue •

Welcome to *YOUR* Avenue, welcome to the Alberta Avenue Business Association

- Copies of 2011 Business & Community Director available.
- Coming soon: our updated Website, Facebook Page & E-Newsletter!
- Contact us for an E-Copy of our “Economic Impact Assessment Report” on our BRZ.
- Our *Taste of the Ave* restaurant guides available!
- Façade Program & Development Incentive Fund brochures are available to commercial property owners in our BRZ.

M-F 8:30am - 4:30pm 780-471-2602 www.alberta-avenue.com

Avenue
goes to the dogs
festival
Sunday, July 10, 2011

Eastwood Community League
Grounds & Rink 11803- 86 St

Dog games
Dog Adoptions
K9 Market
Speakers
Demonstrations
Activities for you and your dog
All pets must be leashed and under control

www.eastwoodcommunityleague.tk

All dog rescue and welfare groups welcome to participate. All dog interest groups as well as small businesses pertaining to pets are invited to submit an application for the event.

Mini-Dog-Fests

Saturday, June 11, 12-3pm in conjunction with Eastwood Community League Spray Park Opening
Saturday June 25, 12-3pm at Eastwood Dog Park.



Large Item Pick Up

*Spring is here & the
Community is cleaning up!*

Saturday, June 18

Available to the residents of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood.

To book a pick up register in person:

Monday, June 6 or 13 or Wednesday, June 1 or 8 between 6pm-7:30pm at Alberta Ave League (9210 118 Ave)
Saturday, June 4 or 11 between 1pm-4pm at The Carrot Coffeehouse (9351 118 Ave).

Cost: \$10 for the first item. \$5 for each additional item.

We reserved the right to limit the number of items.

Items must be in alley ready for pick up by 9am on June 18.

Payment in cash only.

Questions: safestreets118@gmail.com

**You can drop
your own items**

at Northlands
(112 Ave & 73 St)
on June 18 or 19 between
9am and 5pm for free!



Shop Local. Shop the Ave. Great restaurants and businesses. www.alberta-avenue.com

We 'Ave Words

A showcase of poetry and prose from Edmonton's finest writers

Page editor: Michelle Earl

Submissions email: Lit@ratcreek.org

Bento Box

by Sam Thomas

Haiku

Edmonton coloured/
Serpentine river valley
Walking amongst beauty.

Senryu

Music inspires me.
With it I make a story
A crowded worlds enjoys.

Katuatas

Will I be published?
With inspired creative stories
Spun by hand, I know I will.

Sedoka

Will they like my poem?
Surely my prose suffices
To please their artistic tastes.

Will I like their poems?
I know they will make me laugh
And smile at their prose.

Tanka

Warm spring bloomed fresh green.
Flowers sprouted with fresh scents
The world had awoken.
But winter arrived once more.
Everything is snow white

Somoka

I love a great deal
About you; I love your wit.
I love your charm and beauty.
I hope you accept my love
Indeed for you I feel strong.

I cannot accept
Your love, although I want it.
The match will not work
While you remain married
Perhaps you should file divorce.

Travelling the World

by Sam Thomas

As I search for adventure around the world,
Locals dance to music I've never heard.
Throughout Africa, Asia and Europe
In small hamlets cradling a mountaintop;
In large seaside cities I discover,
Sharp owners profit by charging cover.

Customs may vary from place to place
But good music inspires every race.
Locals tempt tourists with heartfelt good cheer,
To raise our spirits and break out the beer.
After a night of dancing, we all sink
Through the glass window to catch forty winks.

Shakespearean Sonnet Six

by Sam Thomas

Swiftly I try to write a decent poem.
That weaves meter and rhythm, verse and rhyme,
Hard words and soft words spoken to a room;
People assemble, glancing at the time.

Does the audience question my talent?
Or are they convinced I don't have it?
Crafting the words for a poetry event,
I must write a Sonnet imbued with wit.

The complex couplet is finally finished
I must hope the public has not vanished.
The poem wears the sweat of all my hard work
And carries my hope for public acclaim.

Completing the poem right is my homework.
Is there applause when the host says my name?

Spring

by Nicole Girard

Sunshine and warmth and out come the bikes
Picnics and wasps and wine from a cup
Runners and long rolling walks by the river
I sit Sunday mornings sipping my chai
Next to the bakery, a table in the sun
Gulls, festivals and sweet lilting birdsong

Afterglow

by Tamara Day

Dance, delight in celebration!
Let's all toast to assassination

All the charisma of Obama's reign
Couldn't bring grace and virtue again

FREE RED CROSS SWIMMING LESSONS AT BORDEN PARK OUTDOOR POOL



8 days sessions (Tue-Fri & Mon-Thu)
July 5 to 14 OR July 19 to 28
4 & 5 Beginner, 4 & 5 Advanced, Swim Kids Level 1 to 8
Classes will run between 9:45 and 11:45am.
Class times for each level available at registration.

For residents of Boyle-McCauley, Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Westwood and Spruce Avenue.
Please bring proof of address.

Register in person:
Thursday June 9: 5pm-7pm at the Farmers' Market (9210 118 Ave)

Saturday June 11: 1pm-4pm at The Carrot Coffeehouse (9351 118 Ave)



Raising A Tent By Yourself

by Nicole Girard

Sometimes it can be rough when you camp alone
Putting up the tent can make you really moan
Rolling out the base is the easiest part
The steps after that require a real art
Take out the pole pieces and lay them out flat

Stick the ends into each other just like that
Once the poles are built you have to thread them through
Skinny little sleeves that last a mile or two
If you can do this step with nothing but a sigh
You're far superior tent raiser than I

Take the end of one pole and stick it in the base
Push in the other end without it springing in your face
Once the first pole's agreed to curve into a dome
You are well on your way to having your new home
The raising may be easier for the other poles

Rounding one by one work towards your goal
When finally you're done with that throw the fly on top
And bang the pegs into the ground with a big rock
Your tent is up! Unzip the door and crawl inside
Curl up, breathe in the lovely scents that the air provides

Two Sijos

by Luke Tracey Newmann

Magnificent marauding polar bear of a winter
beautiful thick white coat covers the land, glistens with ice crystals
sharp teeth ravage exposed flesh devouring all warmth from my bones

Going by my square orderly wall calendar spring is coming
Outside my window where the whims and caprices of nature rule
Only the arrival of more snow seems believable

Boring days of summer? Not this year!

July 4–22, 2011

Keep your elementary or junior high kids active and engaged this summer with Metro. Whether they need to improve grades, practise team skills or simply need a new challenge, Metro's Summer Cool School is the answer!

Build a customized schedule for one, two or three weeks and combine math and language arts with multi-sports and enrichment camps.

The Metro Advantage

- Small class sizes
- Academic classes are based on Alberta curriculum
- Classes and multi-sports and enrichment camps are taught by trained instructors
- Affordable weekly fees, starting as low as \$55

North location: Spruce Avenue School (11425 - 102 Street NW)

South location: D.S. MacKenzie School (4020 - 106 Street NW)

REGISTER metrocontinuingeducation.ca | CALL 780.428.1111

R11-0970

What's on the Menu? Encourage our readers to Eat Local. Advertise your restaurant here.

Kid's Korner

Forget the fridge. Post your artwork here!

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

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

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

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

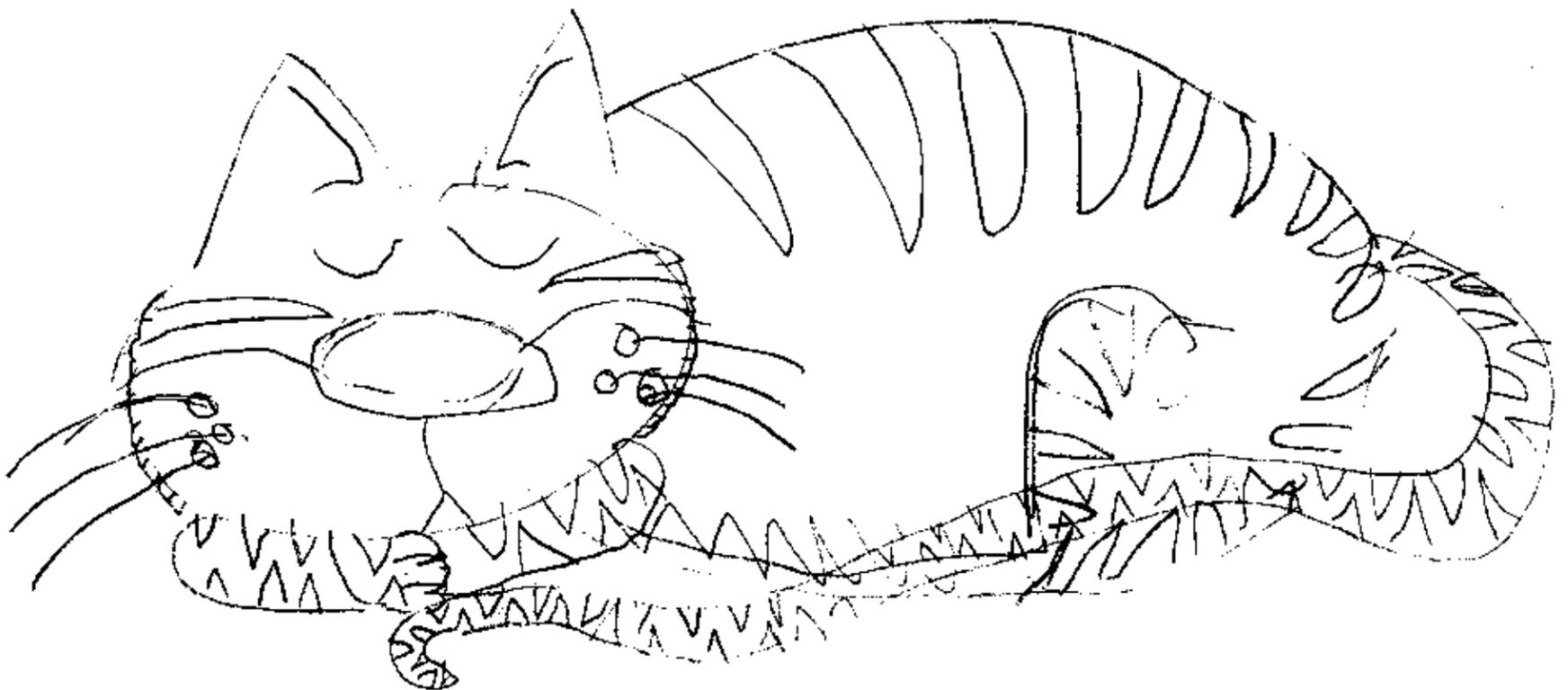
Email us at editor@ratcreek.org. Mail us at 9210 - 118 Avenue, Edmonton, AB T5G 0N2. Drop it off at the Alberta Avenue Community League building at 9210-118th Ave.

Poems by Bernice Caligiuri

The Queen

The queen of hearts was a fat and lazy old sole,
She didn't do anything all day but order the servants about,
The king of hearts came to her one day
And told her to make some tarts for his birthday,
The queen was in distress, for she knew not how to bake tarts,
So she sobbed and cried,
And she tried to make the tarts for the king of farts,
She put them in the oven and fell asleep.
The tarts they burned, and she began to weep,
The king came in and looked at the black tarts,
And called for the guards, "Off with her head!" he said.
"I do not need a queen who cannot make tarts
And all she does is weep and cry,
I shall marry her younger sister by and by."

Color Me!



Sadie Mykietka, Age 8



FREE PRE-SCHOOL PROGRAM FOR FAMILIES WITH LOW INCOME

- 4 HALF DAYS PER WEEK
- FREE BUSSING & NUTRITIONAL SNACK
- FAMILY SUPPORT
- PROGRAM SITES ACROSSTHE CITY, INCLUDING FRANCOPHONE
- CHILDREN MUST BE 3^{1/2} BY SEPTEMBER 1

Call Us
780-461-5353
www.abcheadstart.org

Tabletop Soccer Stadium by Bernice Caligiuri

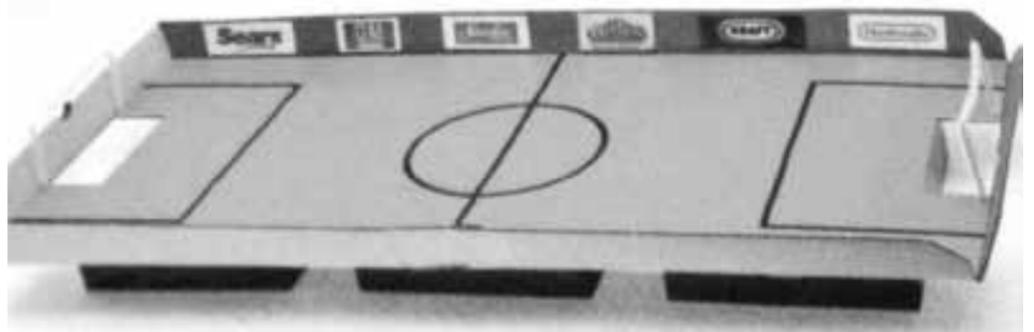
To make the stadium, trim some green poster board paper to fit inside an opened pizza box.

Cut holes for goals at each end, using pipe cleaners for the posts.

Find your favourite advertisements from a magazine, and cut and paste to the sides of the walls.

To play, take a cotton ball and two straws, and see who can blow the ball into the opponents goal.

Remember, follow the rules and 'No Hands'.



K9 Behave

In-Home Dog Training

780-915-0213 k9behave@presplus.onza.net

Reward based by an experienced instructor who keeps up on the latest trends.

Not just lessons but answers to **your** questions with **your** dog
Group lessons available at off leash park – call to register – you can start any time!

Need custom sewing or alterations?

Call **Marion Swanson**, a seamstress with 30 years experience, for quality work at a reasonable price.

Specializing in Plus Sizes, custom handbags, native ribbon shirts and Leather Work.

Industrial Machine available

phone **780-477-0778**

email marionswanson@msn.com



Beat the summer heat at Eastwood Spray Park! Now open at 118 Ave & 86 St.

COMMUNITY CALENDAR

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

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

ENTERTAINMENT

BETWEEN THE COVERS

A multimedia exploration of music, literature, history and culture. This unique program blends live performances of pop music with literary readings and discussions of significant world events. Saturday, June 18 from 2:00-3:00pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

TEEN GAMING

Come to the library to play some great games! Hone your Guitar Hero or Dance Dance Revolution skills, or choose from plenty of other Wii and PlayStation games. Thursdays from 6:30-8:30pm at Sprucewood Library (11555 95 St). More info: 780-496-4099.

KARAOKE WITH CRUD

Tune up your vocal cords and join us down Green Frog's Pub (9349 118 Ave) for another hopp'n good time of socializing and singing. Friday, June 24 at 9pm.

THE CARROT OPEN STAGE

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

ABORIGINAL STORYTIME

Celebrate Aboriginal month at this special storytime! Library staff will share stories, sing songs, and play games inspired by Aboriginal cultures. Tuesday June 7 from 7:00-7:30 at Sprucewood Library (11555 95 St). More info: 780-496-7099.

PROGRAM / CLASS

PRACTICE ENGLISH

Are you learning English? Practise your English language skills, meet new friends and have some fun. We'll have conversations about many different topics using materials from the library. Mondays from 6:30 to 8:30pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

PLAY RANGERS

Each week learn new and exciting skills like orienteering, shelter building, GPS geocaching! Meet a real Park Ranger and learn about the great outdoors with plenty of fun and games! Thursdays, May 12 to June 23 from 3:30-5:30pm at Sheriff Robertson Park (82 St & 111 Ave). More info: www.parkdalecromdale.org.

NEEDLE FELTING WITH MIKE GERMANN

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

PRACTICE ENGLISH @ YOUR LIBRARY

Are you learning English? Practise your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. Mondays from 6:30-8:30pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

ENGLISH CONVERSATION CAFE

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

VOLUNTEER

HELP AT NORWOOD CENTRE

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

HANG AT A GALLERY

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

BE A COFFEE BARTENDER

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

DRIVE A SENIOR

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

SOCIAL

STORIES FROM THE HEART

Come tell your story, and hear stories about interesting people who have lived in the heart of the city over the years. Everyone is welcome. Thursday, June 23 from 1:30-3:00pm at Sprucewood Library (11555 95 St). More info: 780-496-4099.

SPRAY PARK OPENING & MINI-DOG-FEST

Come enjoy the afternoon with your family. Games for the kids. Music. Dog activities. Saturday, June 11 from 12pm-

3pm at Eastwood Community League Park (11803 86 St) and Eastwood Dog Park 119 Ave & 85 St.

MINI-DOG FEST

Come join us for an afternoon of fun for you and your dog. Music, food, dog activities. Kevin George from Sentry Dog Services will talk with us at 1:30 pm about how to socialize your dog, introduce your dog to people and other dogs, poison proofing and more. www.sentrydogs.ab.ca Thank you to CRUD for hosting this day! Saturday, June 25 from 12pm-3pm at Eastwood Dog Park 119 Ave. & 85 St. More info: www.eastwoodcommunityleague.tk or info@eastwoodcommunityleague.com

FAMILY PARK CRAWLS

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

MAKE MELODY

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

SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at Crystal Kids Youth Centre (8715 118 Ave).

L'I' SPROUTS PLAYGROUP

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

CRUD DINNER CLUB

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

SPORTS & REC

THRILL THE AVE

Classes to learn Michael Jackson's Thriller for performance at Kaleido and Thrill the World. Classes free, no dance experience necessary. For the whole family! Thursday June 2, 8, 16, 22, 30 from 7pm to 8pm at Alberta Ave Community Centre (9210 118 Ave). More info: Heather 780-454-9296, thrilltheave@gmail.com.

COMMUNITY SWIM

Free swim for Alberta Avenue Community League members. Sundays from 12pm to 2pm at Eastglen Pool (11410 64 St) and at select outdoor pool during the summer. More at www.albertaave.org.

CRUD DOG WALKING GROUP

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

NOTICES

BIG BIN EVENTS

City residents can drop off items such as old couches, chairs, mattresses, and appliances free of charge. Computers and other electronics will also be accepted for recycling. Do not bring household hazardous waste like paint, varnish, household cleaners or batteries. All events run from 9am to 5pm. Full event list at www.edmonton.ca/waste June 18 & 19 at Northlands (112 Ave & 73 St) Sept 17 & 18 at Commonwealth Stadium (112 Ave & 90 St)

LARGE ITEM PICK UP

For large household items that cannot be picked up with regular garbage (e.g. furniture, appliances, electronics). No renovation debris, garden waste, building supplies or hazardous waste will be picked up. Cost: \$10 for the first item. \$5 for each additional item. We reserved the right to limit the number of items. Items must be in alley ready for pick up by 9am on June 18. Payment in cash only. Questions: safeststreets118@gmail.com To book a pick up register in person: Monday, June 6 or 13 or Wednesday, June 1 or 8 between 6pm-7:30pm at Alberta Ave League (9210 118 Ave) Saturday, June 4 or 11 between 1pm-4pm at The Carrot Cafe (9351 118 Ave).

KALEIDO INSTALLATION CONTEST

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

PROVINCIAL ENUMERATION THIS FALL

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

EASTWOOD COMMUNITY GARDEN

Help plant our community garden. More info: (780) 477-2354 or info@eastwoodcommunityleague.com.

NICE NEIGHBOUR RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Nominate them for CRUD's Nice Neighbour Recognition Award! Nominations are accepted via e-mail at info@crudemontion.org.

COPS AT THE CARROT

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

CLASSIFIEDS

GARAGE SALE

Parkdale-Cromdale's community garage sale is June 11 and 12 - Sat - 9am-7pm, Sun - 10am-4pm. Tables are \$15 - \$10 for members. Or, weather permitting, drive into the rink for tailgate sales (\$5/spot)! Concession available. To register or for more information, email info@parkdalecromdale.org.

HELP NEEDED

The Alberta Avenue Farmers' Market is looking for someone with a vehicle who would be willing to put out and pick up sandwich board signs on Thursdays. Honorarium provided. Contact 780-477-2773 or info@albertaave.org.

NORWOOD NEIGHBOURHOOD ASSOC AGM

Norwood Neighbourhood Association Annual General Meeting and fundees meeting on June 23 at 7pm at The Carrot (9351 118 Ave). We will be providing the overview of the year for NNA, talk about our vision and about how and who we fund. Please feel free to invite others and consider joining NNA. We propose to only meet 4-5 times a year and we are a fun bunch that supports the community with grants and program sponsorships.

CRUD ANNUAL GENERAL MEETING

It's been another great year of engaging community. Please join us for our AGM and board elections on Sunday, June 5th from 1:30-3:30pm at the AACL (9210 118 Ave). Light refreshments provided. www.crudemontion.org

CRUD SPECIAL GENERAL MEETING

All CRUD members are invited to attend a Special General Meeting on Sunday, June 5th at 2:30pm at the AACL (9210 118 Ave) after the AGM and board elections. The purpose of this meeting is to change a clause in the by-laws. www.crudemontion.org

Church services

Avenue Vineyard Church

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

8718 118 Ave (Crystal Kids building)

Sundays at 10:30 am
www.avenuevineyard.com

Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship

11461 95 St. 780-477-3341

Sunday meetings:

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

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



9535
JASPER AVENUE
780.441.6966 info@theartery.ca

theartery.ca

events listing &
ticket sales

Arts & Events
community arts &
events venue

Rent the Artery
hourly, no frills &
full rental options

THURSDAY
JUNE
2

STRANGE POWERS

The Magnetic Fields Film Screening / Tribute Concert
HIGHWIRE FILMS hosts a fundraiser, screening & musical guests.
Tickets \$10 in advance at www.theartery.ca, \$12 at the door.
Doors at 8:00 pm.

SATURDAY
JUNE
4

Fiction Smiles CD Release

Fiction Smiles releases their new record with guests: Yertle and the Funky Turtles, The Vertigos and The Electra Complex.
Tickets are \$5 at the door. Doors at 8:30 pm. No minors.

FRIDAY
JUNE
10

SIDEPONYTAIL PRIDE

The Sideponytail DJ crew celebrates Pride Week, featuring DJs Campos, smallcaps, Miss Mannered, Vivek Shraya & Cato Taylor.
Tickets are \$5 at the door. Doors at 9:00 pm. No minors.

Construction season is back! Roadwork on 118 Ave between 78 St and 83 St. Continue to support local business.



Bridge Songs is a concert. art show. album on 118.

JUNE 17 & 18, 7 PM

THE PARISH CHURCH OF ST STEPHEN
THE MARTYR (11725 - 93 St) &
STOLLERY GALLERY (9225 - 118 ave)

By donation | Bring the whole family

visit the site to hear the music at
WWW.BRIDGESONGS.CA

Thanks to Nina Haggerty Centre for the Arts, EP Wahl Centre, The Parish Church of St Stephen the Martyr, The Carrot & Culina Highlands.



IMAGE: PAM BAERGEN

BRIDGE SONGS COLLECTIVE

IMAGE: CHERYL MUTH

IMAGE: E. MCLACHLAN & DAVE SONNIEKER

HEART OF THE CITY FESTIVAL
A MUSIC AND ARTS CELEBRATION

heart of the city 2011
Everyone is Invited

Giovanni Caboto Park

Saturday, June 4 11 am - 9 pm • Sunday, June 5 11 am - 7 pm

heartcityfest.com

In celebration of the United Nations
International Year for People of African Descent
Mayor Mandel and City Councillors present

**AFRICA
CONNECT
Saturday
June 18 2011**

11 am - 1 am
With Juno **African
Award Guitar
Winners Summit**
Edmonton Expo Centre
7515 - 118 Ave

Tickets

\$30 dinner and dance
available at
Tix on the Square
(service charges apply)

\$20 dance
available at the door only

**For more information,
to be an exhibitor or to
volunteer call**
780-495-1963

11 am - 4 pm
FREE music, marketplace,
entertainment and
learning sessions

5 - 6:15 pm
Cash bar and networking

6:15 pm
Dinner

8:30 pm
Dance —
African Guitar Summit
Juno Award Winners

Connect!
With members of local
African communities

Experience Africa!
Discover the vibrant
cultures among our local
African communities

Shop Local!
African marketplace and
entertainment — artists,
painters and poets



Bedouin Beats... Not Just for Bellydancers!



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