

your free **COMMUNITY** newspaper

ALBERTA AVENUE
DELTON
EASTWOOD
ELMWOOD PARK
PARKDALE
SPRUCE AVENUE
WESTWOOD

RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 12,500

PH: 479.6285 EMAIL: info@ratcreek.org

Ballroom champions open studio on the Ave

JESSICA KIMMERLY

They set a record by winning the Canadian championship seven years in a row. They danced in a Hollywood movie with Richard Gere and Jennifer Lopez. And now, they're running their own studio on Alberta Avenue.

Delphine Romaine and Dominic Lacroix co-own and teach ballroom dance at the Elite Dance Studio (11756 – 95 St.). The facility has been renovated and now sports a gleaming, elegantly lit dance floor, and another one is being built on the lower level. Already the studio is whirling with activity.

"This has always been our dream," says Romaine. "We've been dancing together since I was 11 years old—about 20 years—and we've always said that our dream was to have our own dance studio." They had even picked out the name, "Elite." "We always said," Lacroix adds, "the day we retire from competition, that will be the time to actually own our own studio." The dancers retired from competition last summer, and started looking up buildings right away. "The next thing

we knew, we bought one."

Romaine and Lacroix grew up in separate small towns in Quebec. Romaine was a ballerina, Lacroix a musician. Lacroix spotted the young ballerina, who at the time was filling in for a girl who dropped out right before the performance. "I inquired about Delphine because she looked like she had talent," says Lacroix, who was 18 at the time.

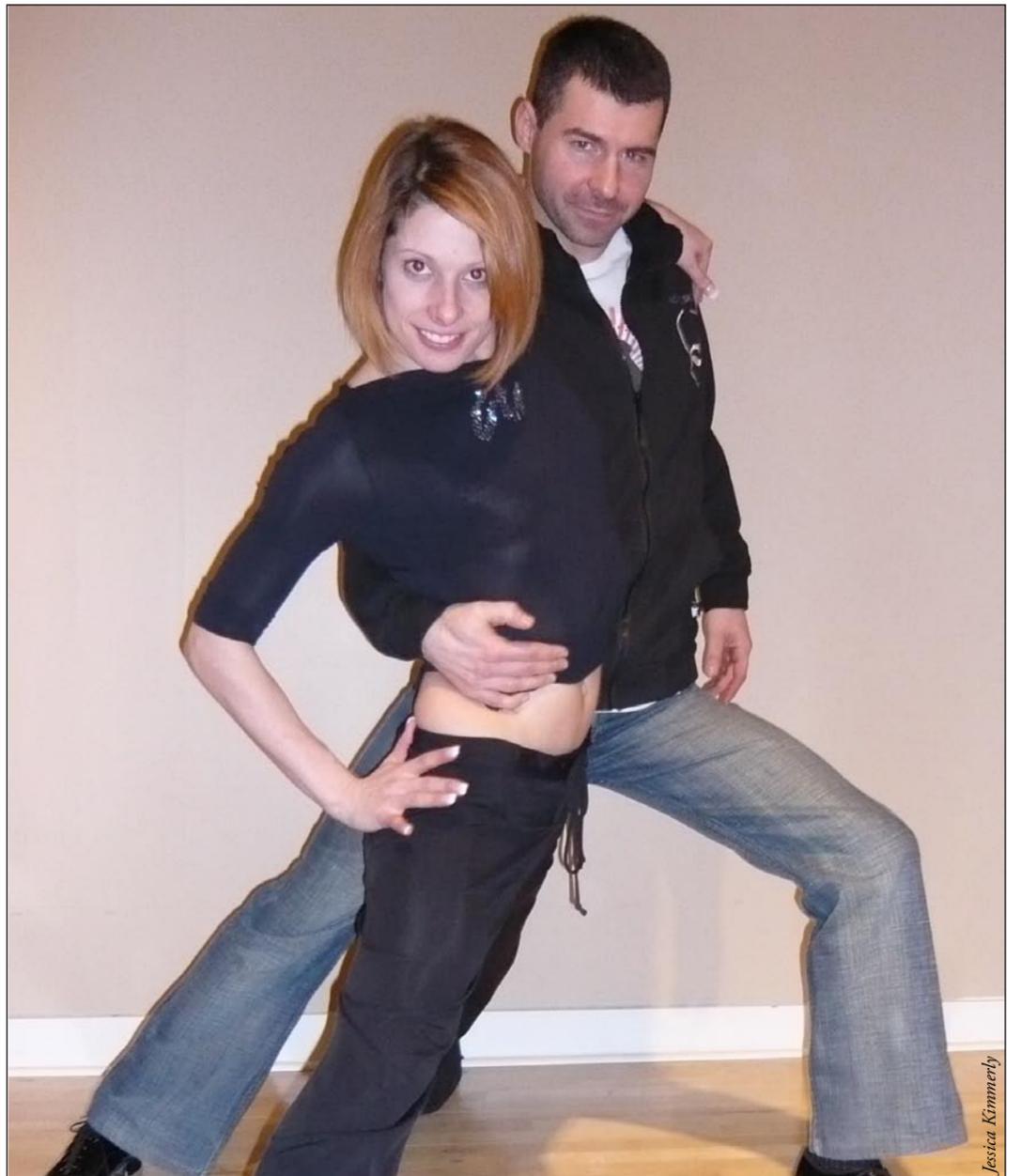
Within a few years, the dance partners were practicing 30 hours a week and had their hearts set on competition. They spent a total of five years, on and off, training with professionals in England. They won the Canadian championship for seven consecutive years, and the most interesting story of all, they got to dance alongside Richard Gere in the movie, *Shall We Dance?*

The film's dance scenes were all shot in Winnipeg. Romaine and Lacroix had a special role in the scene, and that was to make Gere and his dance partner fall. Being nervous about knocking over a movie star, Lacroix was careful to gently run into the celebrities. Romaine tells the story of what happened next: "[Gere] says 'Cut! Cut! Cut! Dominic, my friend, come here.' He puts his arm around Dominic and says, 'I want you to hurt me.'" So they spent the next five hours plowing down Gere and his dance partner until they were too sore to get up by themselves. Needless to say, the film editors stuck with the first take.

Romaine and Lacroix were invited to move to Vancouver, Montreal, Toronto, San Francisco and L.A. With all their acclaim

as dancers, the big question is why Edmonton? "The States was very attractive because they offer you lots of money up front," says Romaine. But as Canadians, they didn't think they would thrive in a different country. They decided to "start something from zero and build the whole scene," as Lacroix describes their venture. Edmonton became a natural move for them, since they would be the only trained competitors in the area.

Their business is already a huge success, if measured by the participation at Elite Dance Studio. The studio



DELPHINE ROMAIRE AND DOMINIC LACROIX RETIRED FROM COMPETITIVE BALLROOM DANCING LAST SUMMER AND OPENED THEIR OWN STUDIO JUST OFF ALBERTA AVENUE IN JANUARY



CELESTE BAILEY (AGE NINE) AND TANNER LADI (AGE 10) STRIKE A "JIVE" POSE

trains adult dance competitors, runs a "boot camp" to recruit dance instructors for the University of Alberta, and hosts the DoDel Kids Club, which is the only known Canadian competitive ballroom dance club for children. Romaine explains Kids Club is an affordable way to get children into ballroom dancing, since private instructors cost \$70 per hour. The Kids Club is only \$25 per week, which includes five hours of combined class instruction and practice time.

"We sponsor some of the kids in the program that come from rougher walks of life . . . now they are very polite, they love it, they travel, they wear their ties, they wear their suits, they cut their hair," says Romaine. She is bursting with stories about how she has watched people improve their posture, their appearance, their confidence and their social skills since learning ballroom dance. In fact,

despite Romaine and Lacroix's many achievements, they say having an influence on young people's lives is their proudest accomplishment. Romaine, who doesn't have children of her own, gladly states, "I don't need kids, I have a hundred!"

Romaine and Lacroix have been in the neighbourhood for only a short time, but already they are pleased with their location. "So far everybody has been so nice and supportive," says Romaine. "We've been eating in the restaurants around and we're all friends now. It's a little community

and it's really cool—everybody seems to be related."

Now that the dancers have realized their dream of opening a studio, their mission is to spread the joy of ballroom dancing to the community. Besides being a healthy activity, it is a discipline that helps you get in touch with your emotions, it places you in a social environment with fun music and it gives you a chance to develop some serious dance skills. With all the benefits to ballroom dancing, Romaine says, "I can't find a reason why you shouldn't."



MICHELLE POWZNER (AGE 10) AND DMITRI SUMCHENKO (AGE NINE) FORM THE "NEW YORK" POSE

CONTENTS

Editorial.....	2
Community News.....	3
Local Business.....	4
Provincial Election.....	5
Bright Side of the Avenue..	6,7
Columns.....	8, 9, 10
Calendar.....	11
RCP Connect Awards.....	12

RAT CREEK PRESS

MARCH 2008 • VOLUME 10, ISSUE 3

PHONE 780.479.6285

WEB www.ratcreek.org

MANAGING EDITOR Karen Mykietka
info@ratcreek.org

EDITOR Jessica Kimmerly
editor@ratcreek.org

GRAPHIC DESIGN Leanne McBean

ADVERTISING Dagmar Lofts
ads@ratcreek.org

DISTRIBUTION Canada Post

BOARD MEMBERS

Debbie Cronkhite, Alberta Avenue

Joe Holtz, AABA

Joanne Siebert, Eastwood

Gina Gariano, Delton

Cheryl Walker, Parkdale

Cath Jackel, Alberta Avenue

Cindy Burgess, Eastwood

Dawn Freeman, Alberta Avenue

More board members welcome.

RAT CREEK PRESS ASSOCIATION

2006 Recipient of the Solicitor General

Crime Prevention Award

Box 39024 RPO Norwood

Edmonton, Alberta T5B 4T8

OUR MISSION

The mission of the Rat Creek Press Association is to highlight community news, activities, and recreational opportunities as well as local residents and businesses to support the growth of a strong, vibrant, well-connected community.

OUR FINANCIAL SUPPORTERS

Norwood Neighbourhood Association
Spruce Avenue Community League
Eastwood Community League
Elmwood Park Community League
Alberta Avenue Business Association
PAAFE - Prostitution Awareness & Action Foundation of Edmonton
Alberta Lottery Fund

Finding community in unexpected places



EDITORIAL

WITH JESSICA KIMMERLY

I used to have 30 teeth, but now I have only 28. The two teeth that appear to be missing in action were abandoned at the dentist's office—two forlorn wisdom teeth ripped from their comfortable home in my jaw. This story may seem to be without moral or life lesson, but something interesting did come of the whole situation. From the moment I left that dentist

chair with my mouth packed with gauze, I became part of a new community—the community of people with a story about wisdom-teeth surgery.

Sure, it sounds like a made-up community. But it's real. The week before I joined the ranks, members shared their gory stories and haunting memories with me, presumably by way of introduction. Then for the following few weeks after surgery, I enjoyed the freedom of conversing on an equal level with others who had been through it. It occurred to me that all it takes to experience community is a shared experience and something in common.

We understand community after the cold snaps and the onslaught of snow that accompanies January and February. We step into a Tim Hortons and say to the stranger behind the till, "It's still cold out there!" It's obvious that it's still cold outside, but we use it as a greeting, to feel comfort knowing that we're all in the same chilling situation. Maybe someone will even

have advice about how to get into a car when the hinges are frozen. A shared experience, something in common.

I didn't realize how much I appreciated community until I left Canada to travel. When everyone in the airport is a foreign stranger, that guy decked out in Canadian paraphernalia suddenly feels like a long-forgotten brother. He talks like I do! His passport is black! He even has a loonie in his hand! He could live thousands of kilometers away from my home in Edmonton, yet we recognize each other as Canadians.

With all these communities around us, is it possible to avoid being part of one? I suppose one could hide out in the wilderness, as is the case in the nonfiction story, *Into the Wild*, by Jon Krakauer. But now

there is a book and a movie about that man, which has what you might call a community of fans. So I say there is no escaping it.

Since coming to work in this area around Alberta Avenue, I have been aware of the word "community" more than ever. People who simply drive past with their eyes fixed straight ahead miss out on the good things, or "the bright side" of the Avenue, as we're calling it in this issue.

With all these communities around us, is it possible to avoid being part of one?

But the rest of us, we all have something in common—we take the initiative to enjoy the wonderful things about our area. And because of that, we form a community.

Go to
www.ratcreek.org
and download our
new ad rate sheet!

Keynote Music

Reg Taylor
Guitar Instructor



Popular
Rock
Classical
Royal Conservatory
More . . .

1-on-1 in your home lessons
In Home Group also available
Electric—Acoustic—Classical

Phone: 780-915-1241
E-mail: Reg@presplus.onza.net
<http://presplus.onza.net/kml>

XL Furniture

FAMILY BUSINESS SINCE 1952

11349 - 95 STREET
EDMONTON, AB T5G 1L2
780 477-2213
780 477-2245 FAX
www.xlfurniture.com

Flexsteel
GALLERY

LA-Z-BOY

SIMMONS
Beautyrest

Ed Struzynski
PRESIDENT

"We'll Keep You Happy for Life"



Ed Gibbons City Councillor
Caring for Communities

Please contact me if you have any questions or concerns.

(780) 496-8138

ed.gibbons@edmonton.ca

City of Edmonton 2nd Floor, City Hall

1 Sir Winston Churchill Square Edmonton, AB T5J 2R7

www.edmonton.ca



Dragonfly Photography

artistic portraits by

Rebecca Lippatt-Long



641-9417

www.dragonflyphotography.ca

wedding, family and business

PETALS

ON THE TRAIL

TRENDY TO TRADITIONAL DESIGN
SPECIALTY GIFT AND FRUIT BASKETS
BEARS AND BALLOONS

HIGH END DESIGN

AT

ROCK BOTTOM PRICES

SAME DAY SERVICE
SERVING THE GREATER EDMONTON AREA

482-7673

11807 ST. ALBERT TR.

the
blue
pear

simplecreativefood

10643 - 123 Street, Edmonton, Alberta | Ph: (780) 482-7178 | www.thebluepear.com
owned and operated by Darcy & Jessie Radies... residents of Norwood community

All welcome at
**SOLID ROCK
EVANGEL CHURCH**

Sundays at 11 am
Wednesdays at 7 pm

Colosseum B&B Chapel
11827 - 85 Street

Pastor Stanley Burdett
Ph: 463-5950



Butte

BUTTE TRAVEL SERVICE

The Travel Experts!

477-3561
TOLL FREE 1-800-661-8906

11733 - 95 Street, Edmonton, Alberta
Henry Woudstra, Manager

BLUE PLATE DINER

"Best New Restaurant"***
* Golden Fork Awards

uplifted
diner food

brunch • lunch • dinner
10145 - 104 Street 429-0740

Spruce Avenue ready to build community park

JESSICA KIMMERLY

Residents of Spruce Avenue are taking action to lure people out of doors and into the park. Partnering with St. Basil Catholic School, Spruce Avenue Public School and the Glenrose Rehabilitation Hospital, the Spruce Avenue Park Redevelopment Committee has approved a complete re-modeling of the old playground and the undeveloped parkland surrounding it.

"[The playground] was last developed about 20 years ago . . . the equipment isn't safe—no upgrades have been done," says Verna Stainthorp, Secretary-Treasurer of the community league. Stainthorp, who has lived in the area for 40 years, says the community is fortunate to have partnerships with the surrounding facilities, making it possible for the new plans to be more elaborate.

Currently, St. Basil students do not have access to the park, since they have to cross a road to get there. The plan involves replacing that road with a promenade so children can safely cross to the playground. "The promenade will be accessible to emergency vehicles," says Stainthorp. "They take so much into consideration when they do these plans," adds Karen Gilson, Project Chair.

In addition to being accessible to both schools, the new park will be wheelchair accessible, and have plenty of seating and trees

to shelter visitors from the sun and wind. There will be a track that winds through the park, connecting to sidewalks around the perimeter. The play areas will be built on "pour and play," a rubber-textured surface that allows for maximum accessibility and visibility. A splash park is also planned among the play areas.

The equipment isn't the only aspect of the new park that is designed for safety. The landscape promotes "Crime prevention through environmental design." "Wherever you stand in the park, you'll have a full view of the park," says Stainthorp.

The planning committee, headed by Gilson, has incorporated community feedback from the very inception of the project. "It started out as a playground," says Gilson, "and then when we did our surveys in the community, it became obvious people wanted more than that—they wanted a park." The community league went door-to-door,

polled people at the skating rink and open houses, and even went through pictures school children drew depicting what they want in their park. The park design takes into account everyone's needs. "It's not only for schoolchildren, it's to re-interest the community," says Gilson.

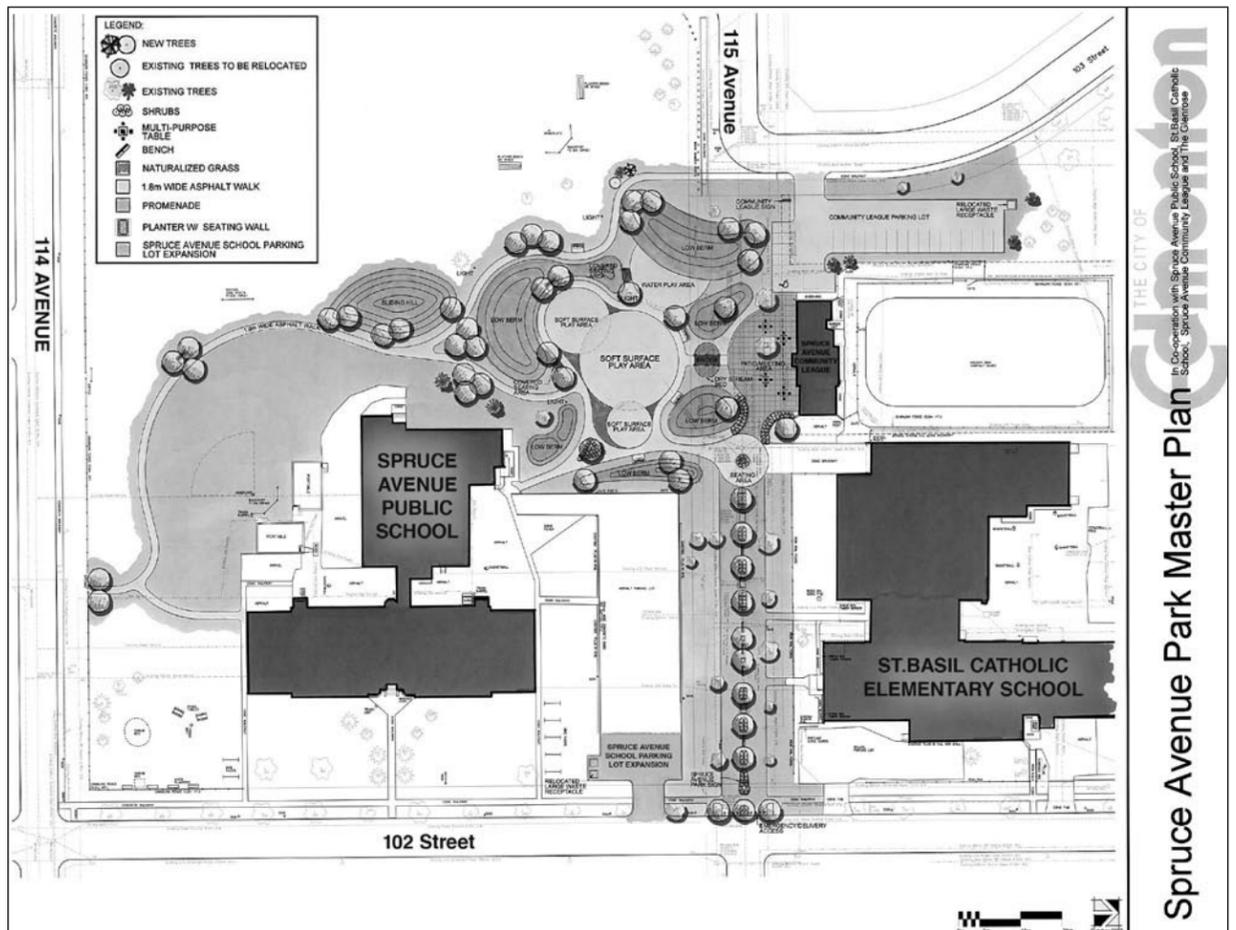
The whole community is invited to remain a part of the Spruce Avenue Park project,

through volunteering to help with construction or participating in fundraisers. One such fundraiser is the Spruce Avenue garage sale and bottle drive, which will run from May first to third at the community hall.

"I'm so excited to get this beautiful park going," says Gilson, whose dedication to her community is heartwarming. The start date for construction

is up in the air, but she has high hopes that building can start in September this year. Even if construction is delayed, however, there is no doubt the park will be built. As the smiling, enthusiastic Stainthorp says, "Come hell or high water, it's a go."

To volunteer or donate to the Spruce Avenue Park project, please contact Karen Gilson at (780) 477-3610.



ELECT Doug ELNISKI

Progressive Conservative candidate for
Edmonton-Calder

I am looking forward to representing your interests in the Alberta Government and working to:

- + provide sustainable, quality health care
- + correct infrastructure deficits
- + be good stewards of the environment
- provide affordable housing to Edmonton-Calder's less fortunate

Living and Working in Your Community

Edmonton-Calder
dougelniski.com

BUSINESS BRIEFS

WITH DAGMAR LOFTS

A toy store for big boys

Hobby Alley has opened within the last year on 97th St. at the Yellowhead exit. Hobby Alley is not just a specialty store for hobby enthusiasts interested in remote controlled cars, trucks, trains, planes, helicopters, rockets, and other models; they are also willing to help the beginner with their expertise in remote technology. The store carries a wide array of magazines for the enthusiast and they also carry PlayFoam, Meccano, Rokenbok, kites, and other items for kids. Hobby Alley sells parts to customize your stock model purchase or to fix a broken part. They are helpful, professional and can assist the customer to learn how to work on their own remote controlled models. They can repair a stock item for a fee. For those hard to purchase gifts for the younger generation to the newly retired, Hobby Alley is definitely worth a visit. Hobby Alley is located just south of the Yellowhead Trail on 97th St. You cannot beat the prices or hours at Hobby Alley. Check out their website at www.HobbyAlley.com for daily hours and featured products.



Green realty

Christy Boulter is proud to be a green realtor. Ms. Boulter is a leading edge HomeLife realtor supporting sustainable lifestyles through green realty. As a HomeLife representative, Ms. Boulter can be reached to help sell your home or help you to find a greener house to purchase. Christy has come to realize that green homes are sustainable and they are very much a part of our future. Please call Ms. Boulter at 267-1159 or leave her a message at cboulter@homelife.com. Christy Boulter, supporting sustainable lifestyles in Edmonton and area.



CHRISTY BOULTER/HOMELIFE REPRESENTATIVE

News Briefs



PETER GOLDRING
Member of Parliament
Edmonton East

Federal Programs Help Seniors

Our Conservative government, like no other before it, recognizes the contributions senior citizens have made to this country. We are proud to support seniors in strengthening our communities and building our country.

One way we have supported seniors is through the New Horizons for Seniors Program (NHSP). This program helps to ensure that seniors are able to benefit from and contribute to the quality of life in their communities through their social participation and active living. The program funds community projects that help seniors share their skills, wisdom and experience to benefit others, while reducing their social isolation. The total budget for the NHSP is \$35 million per year.

In Edmonton East, two organizations have just received grants through the NHSP. The Alberta Association for the Deaf is receiving \$25,000 to enhance the quality of life for Edmonton deaf seniors, while the Seniors Association of Greater Edmonton receives \$24,950 for "This Full House," a pilot program to assist elderly compulsive hoarders.

The federal government is also acting to address the needs of Canada's seniors by introducing a series of important measures, including:

- establishing the National Seniors Council to advise the Government on issues of importance to older Canadians;
- enabling 1.6 million low-income seniors to benefit from increased monthly benefits available under the Guaranteed Income Supplement.
- providing more than \$1 billion in tax relief to Canadian seniors and pensioners in Budget 2007;
- enabling seniors to build their retirement savings in Registered Pension Plans and Registered Retirement Savings Plans for an extra two years until age 71; and
- raising the amount seniors can claim under the age credit on their tax returns for 2007.

I think the government is doing a great job for seniors. What do you think?

495-3261

www.petergoldring.ca

Vibrant Communities appoints Harvey Voogd

On Jan. 30, Vibrant Communities Edmonton (VCE) announced Harvey Voogd as their Executive Director.

"Mr. Voogd is a dynamic leader who has a demonstrated history of working with a wide spectrum of individuals, organizations and government to achieve success," says Dr. Wayne Shillington, Co-Chair of VCE and President and CEO of NorQuest College.

Vibrant Communities Edmonton (VCE) is a non-profit corporation, working to help low-income working families prosper. They do this through programs such as The Job Bus and Make Tax Time Pay.

Mortgage fraud scheme uncovered

Gohar (Carmen) Ahmed Pervez pleaded guilty to a mortgage fraud scheme that brought him over \$1.8 million in under five years. On Thursday, Feb. 7, he was sentenced to six years in prison. He has two years left to serve, as he received two-for-one credit for his previous two years at the remand centre.

Pervez's fraud involved purchasing neglected property and selling it to straw buyers, who would get mortgages for more than the property was worth. Pervez would often rent out the house and pay the mortgage with the proceeds.

For more details about the Pervez case, go to www.ratcreek.org and check out the Online Extras (on the home page) to find a link to the Edmonton Journal article.

Mennonite Centre moving to the Ave

On May 1, the Mennonite Centre for Newcomers will be relocating to the "82 Street Building" at 82nd St. and 117th Ave. Currently, it is expected that this building will host English-language programming and the multicultural child centre.

The Mennonite Centre will also be using a new building on 89th St., south of 118th Ave. Employment and professional programs will run here since it is closer to NAIT, a partner in many of the organization's work programs to help integrate immigrants and refugees into Edmonton's workforce.

Local Petro Canada wins President's Award

Congratulations to Armina Seetram, owner of the Petro Canada Service Centre at 9640 118th Ave. Seetram received the 2007 President's Award, in honour of her outstanding leadership, teamwork and business building skills.

**GOT
COMMUNITY
NEWS?!**



**CALL US!
479-6285**

K9 Behave

1-on-1 In-Home Dog Training
Darlene Taylor

- ◆ Reward-based
- ◆ Flexible & Versatile
- ◆ Customized
- ◆ Problem Solving



- ◆ Start right away
- ◆ Experienced
- ◆ Obedience, Rally O, Freestyle, CGN

915-0213 k9trainer@shaw.ca

Provincial election candidate profiles

Compiled by Gordon Vickruck



Brad Smith

Party: Alberta Liberal

Occupation: Full-time student studying political science and economics. Was recently Vice-President of the Alberta Union of Provincial Employees

Top priorities if elected:

* The province needs to prioritize rebuilding our city and our neighborhoods by increasing provincial funding for cities and eliminating the infrastructure deficit. Improved supports for community groups and community-based organizations will help build communities within Edmonton Highlands-Norwood.

* The province also needs to improve supports for people by appropriately funding schools, immediately instituting an effective plan for day care, improving services for seniors, and improving the wages of staff at care facilities, particularly day care and extended care facilities.

* It is important to tackle issues regarding crime and safety. We need to increase funding for police, support community police initiatives, and press the federal government to tighten parole criteria for violent offenders.



Andrew Beniuk

Party: Progressive Conservative Association of Alberta

Occupation: Businessman

Top priorities if elected:

* As an MLA in government, I will be an active voice and advocate on behalf of the residents of Edmonton Highlands-Norwood.

* Helping seniors, who helped build our prosperous economy. I will address their financial issues of rising property taxes, house maintenance bills and general costs of living.

* Help to obtain provincial funding for the infrastructure projects that have been proposed by community organizations and the City of Edmonton,

that would enhance the quality of life, personal safety, and security of property for all residents of Edmonton Highlands-Norwood.



Brian Mason's speech for re-election

GORDON VICKRUCK

"It's all about priorities," Brian Mason, MLA for Edmonton Highlands and leader of the Provincial New Democratic Party, announces to his 150 supporters at the Bellevue Community Hall, at the party's official campaign kick-off on Feb 4th. In attendance are the three other ND MLAs and a dozen other nominated candidates for the upcoming election. "The number one priority for the ND's is making life affordable for ordinary families." Brian reports to his enthusiastic crowd that one in five Albertans lives in poverty. "The rising cost of living, particularly with escalating rental and housing costs, leaves many families only one or two pay cheques away from

losing their residence or going bankrupt. While the Government reports that the economy is supposedly booming, the quality of life for the majority of Albertans is declining." The placard waving crowd responds enthusiastically to this message with taunts of "shame" directed at the current Provincial Government.

The ND's claim is that they are the only party able to properly represent the interests of ordinary Albertans because their support is entirely from the individual tax payer. Corporate funding is channelled toward the Conservatives and Liberals. Brian rounds out his message by addressing other familiar themes in this election: sustainable development, management of the environment, and more support for public health care and education.

Why vote?

ANGIE KLEIN

Have you ever not cast a vote in an election and then went on to grumble about the way your government is doing things? If you have . . . shame on you. There are no guarantees that by voting your selected candidate will be elected to office, but certainly, they will not be put into power by voter apathy. Your vote does count. It is your opportunity to have your say by swaying the popular vote more in favor of the candidate that best represents your views. Wars have been fought and people are still dying around

the world to secure this fundamental right. Each time you cast a ballot you are taking a positive step in the control of your country. Understanding the issues and caring about your community only makes it a better place to live.

Whatever your reasons to vote are, get out and vote! Exercise your rights! If you know someone who needs help getting to the polls, take them with you. Only by being involved in the electoral process do we have the right to complain when our politicians don't perform as promised. Go out, make your mark, VOTE.

Interesting political facts

Rest of province tends toward the conservatives while Edmontonians favour New Democrat and Liberal parties.

Edmonton has 18 provincial government ridings.

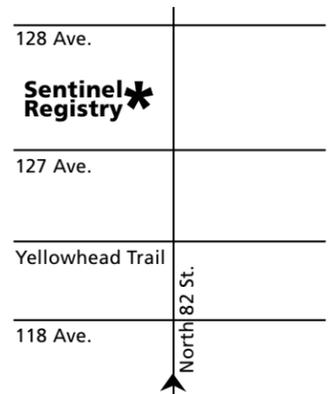
On April 25, 1906, a motion was made in the legislature to move the capital of Alberta from Edmonton to Calgary. It was defeated.

In 1916, the Alberta Equal Suffrage Act gave women 'absolute equality' with men in provincial, municipal and school affairs, allowing them to vote and run for office in all Alberta-based elections.

From: Edmonton Book of Everything by Mark Wells

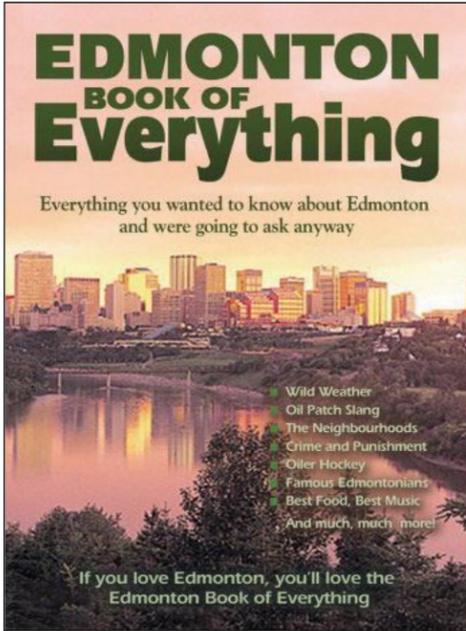
Sentinel registry

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



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

We're in a book!



A couple from the west end came to Open Mic at The Carrot after reading this in a book at Costco!

“Take 5: Cheryl Mahaffy’s five best kept Edmonton secrets. The Carrot Community Arts Coffeehouse. The name’s quite a mouthful, and no wonder. Here’s a spot that puts mouths in action – eating, drinking, singing, telling tales, digesting art and just chewing

the fat. You’ll find The Carrot at 9351 118 Avenue, along a segment of Alberta Avenue that is reviving through concerted grassroots effort. Why Carrot? Think Paul Cezanne: ‘The day is coming when a single carrot, freshly observed, will set off a revolution.’” From: *Edmonton Book of Everything* by Mark Wells, 2007.

Also appearing in the book was: Take 5: Michael Walters’ Five Favourite Neighbourhood Rejuvenations. Norwood, “This is a neighbourhood that is patient in its rebirth, and bold in the face of attack after attack from slum lords, prostitution and do gooders. It is slowly becoming a multi-cultural business district.”

It never ceases to amaze me all the wonderful people, culture and creativity we have around the Avenue and what they bring to our communities. I’ve already had contact with over 100 artistic households and I know there are more out there. We have always known this is a special place but now we’re beginning to share and come together and celebrate through the arts. We are truly blessed to be in this community at this time.

-Christy Morin, President, Arts on the Ave

“I like the Carrot. I like the fact that the Avenue’s starting to have a defined culture.”

-Ken Brown,

Grant MacEwan College, Theatre Department

Newspaper headlines

Glory songs from the Avenue

Residents reclaim Alberta Avenue
Artists draw crowds and keep out bad guys

Cafe brings heart to 118th Ave.
Spunky coffee shop pulls community together

Alberta Avenue artists bring community to life



Name: Ron Taylor
Community: Sherwood Park

I love Alberta Avenue because ...

“I like the ‘used’ shops. But I’m probably here the most for Myhre’s Music.”



Name: Chuck Seto
Community: Strathcona

I love Alberta Avenue because ...

“I very much like the idea of revitalizing the area, and I think the Carrot is a great place for people to gather.”



Name: Carla Rugg
Community: Alberta Avenue

I love Alberta Avenue because ...

“I like the individuality of each house—it’s not cookie cutter. I also like the sense of community.”



Name: Bobby-Jo Halton
Community: Alberta Avenue

I love Alberta Avenue because ...

“Every time I walk down the street, I get to see lots of diversity and different cultures. There’s a freedom of real individuality here.”

Words from our friends at the Journal

"The Alberta Avenue area, with its old-world bakeries, delis and ethnic restaurants is quite simply my favourite place to visit in all of Edmonton. In a too-cynical, corporate world of contrived products and design, 118th Avenue stands out for its charm, its soul and its authenticity.

"If you go, you must look for two things: 1) The Salvadoran stuffed tortillas, called pupusas; 2) The custard tarts. I'd tell you where to find them, but the fun is in the hunt." -Scott McKeen

"I love that ACME Juicer sign. We have an ACME Juicer poster at home . . . you have the fountain of youth right on 118th Ave." -Mike Sadava

"Arts on the Ave brings soul to the city; Revitalization of Alberta Avenue by volunteers, artists and business people is Edmonton's best hope for local culture." -Todd Babiak, the Edmonton Journal, Sept 27, 2007.

Wow! Look at all the awesome stuff we have happening in our community

"Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has."

- Margaret Mead

Two visionary ladies, Christy Morin and Anita Lennie, having coffee dreaming of what the avenue could be if all the artists came together. The result - Arts Alive festival.

A small group of residents stepped forward to be part of the Beautification & Programming Working Group of the Avenue Initiative. The result - Large item pick up, Graffiti Removal, Gardening Day, Avenue goes to the Dogs.

Artists and residents chatting at The Carrot about winter. The result - Deep Freeze festival.

We have one happening community!

Festivals & Events

May 10
2nd Annual Gardening Day

May 24 & 25
Big Bin Event & Large Item Pick Up

June 14
2nd Annual Avenue goes to the Dogs

July 26
Pupusa Festival

September 26-28
3rd Annual Arts Alive! Festival

Community FUNtime

March 29
Community Swim

April 26
Penny Carnival

May 18
City Camping

June 28
Mini Olympics

July 19
Outdoor Games

August 22
Movie in the Park

Community FUNtime is brought to you by Avenue Vineyard Community Church with financial assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 660-0334 or go to www.avenuevineyard.com

Up on the Soapbox

WITH ANGIE KLEIN

When I happened to open up my Jan 17 issue of *See Magazine* to page eight, I stumbled across a rather disturbing visual chart under the heading "BY THE NUMBERS"

Alberta Avenue vs. Average for all Edmonton.

I was very angered by the misleading and disproportionate graphics. Although the num-

bers were City of Edmonton statistics, the graphics didn't represent the numbers they were describing. The averages for Edmonton were shown in an itty bitsy little truck (representing people who changed residences), a single can (for the people using the food bank), a small penny jar (depicting the number of low income families) and a tiny medical cross (for the volume of hospital visits). When illustrating Alberta Avenue numbers, they used a

really big truck, a huge stack of 18 cans, a massive jar of pennies and a gargantuan medical cross. I do concede that the overall hospital visits were statistically higher, but the enlarged graphic was way out of line.

I still can not grasp the reason for putting such a negative slant on such a lovely neighborhood. I can only sum up with some fine words from Mark Twain: "There are lies, damn lies, and then there are statistics."

Step up on our soapbox!

Our new "Up on the soapbox" column is open to everyone. If you have a strong opinion, send us about 300 words on the topic, and it might appear on the Rat Creek Press soapbox! E-mail your submission to editor@ratcreek.org.

And then there are statistics



Name: Micah Cooper
Community: McKernan

I love Alberta Avenue because . . .

"I work for Theatre Prospero. I like that we can partner with Arts on the Ave and community leagues to promote theatre for young people."



Name: Marcel Fayant
Community: Millwoods

I love Alberta Avenue because . . .

"I'm an amateur artist trying to get some exposure."



Name: Richard Jones
Community: Spruce Avenue

I love Alberta Avenue because . . .

"You feel very welcome here. It's comfortable."



Name: Marty Siltanen
Community: Sherwood Park

I love Alberta Avenue because . . .

"We come here for the funky little music spots."

Homemade cleaners better for environment and body

MONEY SAVER
WITH CARISSA HALTON

Three years ago we moved into Alberta Avenue. As I cleared my last house of its contents and cleaned it from floor to ceiling, two things happened:

1. I felt like I was flying (that smell of my oven cleaner was just dizzying!)

2. I spent a lot of money on no less than eight different cleaners.

I began to wonder at the wisdom of paying for products that can damage my body, and many would say, the environment. As I researched more about cleaners and their oft-harmful effects, I found a plethora of recipes for home brews that were easy on the wallet, body and world. Some of these have been less successful, (still searching for an effective auto-

matic dishwasher powder) others have transformed how I clean.

The first most critical step to making your own cleaners is to have the 'ingredients' readily available in your cupboard. Purchase before you start:

1. White Vinegar (large bottle)
2. Baking Soda (Superstore has a great price for a large box)
3. Borax (usually in a green box in the laundry aisle of grocery stores)
4. Washing Soda (laundry aisle in grocery stores)
5. Liquid Soap (preferably pure castile soap, like Dr. Bronner's from Save-On Foods, but dish soap will work in a pinch)
6. Tea Tree oil (this has antibacterial properties and a few drops can be added to any liquid cleaner—this can be found in the organic section or pharmacy area of Save-on Foods)

6. Spray bottles (or recycle a Windex bottle or two!)

Now that you have all the materials, here are a couple recipes that will cover most daily cleaning needs:

Daily Cleaner
(for windows, counters, general cleaning)

In a spray bottle combine:
½ cup white vinegar
2 cups water
1 teaspoon liquid soap

Disinfectant

In a spray bottle combine:
2 cups hot water
3 tablespoons liquid soap
3 tablespoons white vinegar
3 teaspoons borax

I have used a jiffy marker to write these recipes on my spray bottles, so re-making cleaners simply requires me to fill up the bottles with ingredients to the level marked. Saving money, the earth, and your health doesn't have to be hard!



New Faces and Services at the Library!



writing group is the place to be. Come listen and share stories about growing up in the Boyle-McCauley-Alberta Avenue community. Every third Thursday of the month at 1:30 p.m.

• Hi! My name is... – you may have noticed lots of new faces behind the desk and that's because we love families and are having a baby boom at the branch! Adventures in far-off countries and maternity leaves are bringing in new people to

With improved service, Sprucewood Library is the place to be:

• Self-checkout has arrived! Now you can check out your own

books and you don't have to be a computer whiz to do it! Be sure to ask about our new system using Radio Frequency Identification Technology (RFID) and have fun doing it yourself!

• WiFi is here. Do you take your laptop everywhere? Edmonton Public Library has just become laptop friendly, where customers can use their own computers in any one of our branches. Your library membership gives you unlimited wireless time. Ask staff for details.

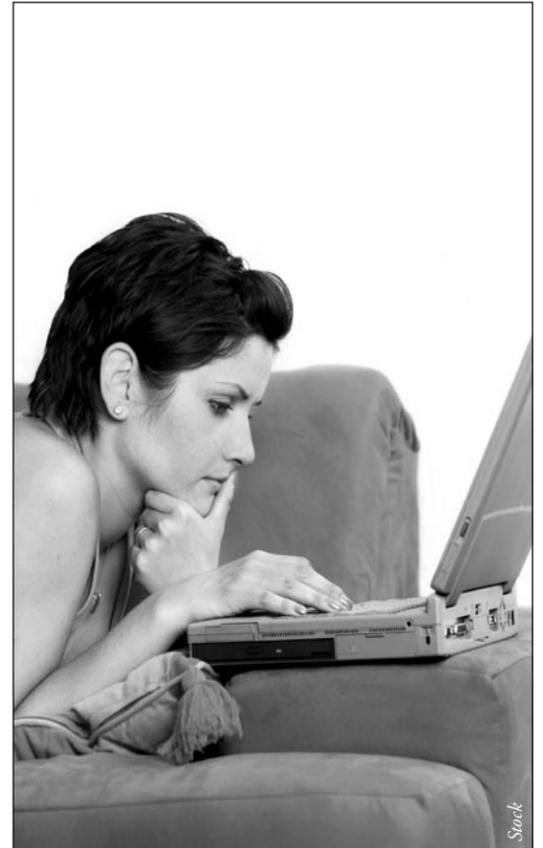
• Hot Magazines – lots of new titles are on the magazine shelf at Sprucewood – and in Russian too! Be sure to check them out.

• Great things to do – Want to learn more about neighborhood history? Linda Goyette's

serve you at Sprucewood Library. Meet new friends and reconnect with old ones when they return.

Connie Hargreaves is manager of the Sprucewood Library. Email her at chargreaves@epl.ca.

For info on upcoming programs go the Community Calendar page or online at www.epl.ca



EASYFORD MEATS
"Your Natural Choice"

Your Direct Farm Connection for:

- Natural fed beef
- Local produced pork
- Free range chickens
- Free range turkeys

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
- 2 - 3lbs Sirloin Tip Roasts
- 10 lbs t-bone steaks

EASYFORD MEATS 12165 Fort Road 479-1714
Check Out www.easyford.com for \$49.99 Easypacks

Go to www.ratcreek.org and download our new ad rate sheet!

Re-elect
Brian Mason
in Edmonton
Highlands-Norwood

Brian commits to:

- 1. Making life affordable for Albertans
- 2. Getting full value royalties for Albertans
- 3. A green energy plan for Albertans
- 4. Getting big \$\$ out of politics in Alberta

If you have any questions or would like to volunteer in our campaign...

E-mail us:
BrianMason@AlbertaNDP.ca
Call us:
780.474.5355
Or, visit us:
12052 Fort Road Edmonton

AlbertaNDP.ca/BrianMason

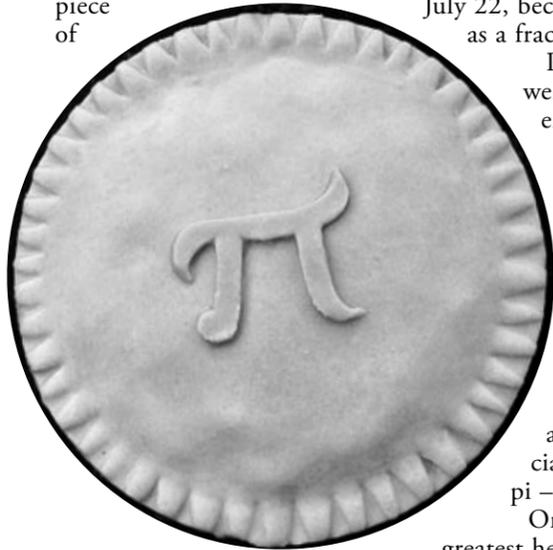
On your side.

KidPower: Pie Day!

JAN BUTERMAN

March is the time for the best-ever math holiday in the world. Well, okay, we don't actually get a holiday for it unless the day happens to fall on a weekend, but still – math! celebrations! dessert! Dessert? Yes, dessert. March 14 is Pie Day, a little math joke that I'll explain in a bit.

To make pi, grab a pie and long piece of



string. Carefully wrap the string around the edge of the pie and cut it at the spot where it joins together again. The edge of the circle is the circumference of the pie. Next, put the circumference string across the middle of your pie, and cut it to match the pie's width. Do it again, and again. Cutting up the circumference string, you'll get three-and-a-bit pieces of string: 3.14.

The seriously cool thing is that if you do that same experiment with other circles, you'll always get three-and-a-bit pieces, no matter how big or how small the circle.

That's because pi is a ratio (ray-she-oh). A ratio is something that compares two numbers, in this case, pi is the ratio that compares the length of the circumference of a circle to the width of a circle. Ratios can be written as decimals or fractions.

The joke about Pie Day is that you can write the date "March 14" as 3.14, the same as the ratio of Pi. Some people celebrate Pi Day on July 22, because Pi written as a fraction is 22/7.

Pi is one of those weird numbers that ends up getting used all over the place, whether you know it or not. People use pi to figure out if a new computer chip is working properly or if it has bugs. Scientists and mathematicians of all sorts use pi – even Einstein.

One of the world's greatest heros is a guy you probably haven't heard of, a librarian named Eratosthenes (air-uh-tos-thuh-knees), used pi to measure the size of our planet. He did this more than 2,000 years ago. By using pi and some cool math, he measured the planet almost as perfectly as our modern satellites.

So, measure up some pi and celebrate math this March with a slice of tasty pie!

Book recommendation:
The Librarian Who Measured the Earth by Kathryn Lasky, available at the library, from other librarians who probably haven't tried measuring the Earth yet, but would probably love some Pi!

The Daring Diner

WITH ANGIE KLEIN

I've never met a goat I didn't like, (except for my aunt's nasty Billy goat, but I should stick to the ones I have tasted for the purpose of this story). Safron, the owner and chef at Safron's Caribbean Delight, did not disappoint with his delicious Curried Goat. The curry was a lovely yellow and very flavorful without being too hot. There wasn't a tough morsel on my plate. The same should be said about the Ox Tail. My daughter preferred it to the curried goat, as the flavors were not so unfamiliar to her 10-year-old taste buds. I would say the Ox Tail had a flavor reminiscent of a really good beef stew.

In addition to these two meat dishes, we also brought an order of Jerk Chicken home with us in our Friday night take out. I did not try it as the poultry was all dark meat and I like white meat, but Jeff and Tyra both enjoyed it very much.

We all started the meal with a piping and spicy hot thick chicken soup. I enjoyed the soup's flavor very much, but I could have done without the doughy hockey puck (dumpling??) floating in it, and certainly without the chicken's feet sticking out of it.

To all you veggie lovers out there, you will not be too thrilled with the options. Meals come with a choice of coleslaw or Caesar salad. Not the dishes I would have thought to be very Caribbean, but they are the only vegetable dishes on their menu. They do offer a Fried Plantain on Saturday morning, and

Caribbean dishes tasty-but vegetarians beware



Jessica Kimmerly

OWNER AND CHEF SAFRON BAMBURY SERVES A DELICIOUS DISH OF STEWED BEEF

I wonder if it wouldn't be something they could add to their regular menu. I know I would have liked to try it.

All in all, our entire take out meal was good, the price was reasonable and the service was friendly and efficient. I would recommend you go earlier in the day rather than later as they cook the menu in its entirety once a day, and when it is gone . . . it's gone.

Until next time . . . Happy Eating!

Safron's Caribbean Delight

8307- 118 Avenue
474-9005

Open Sunday to Thursday
noon to 9 p.m.

Open Fridays and Saturdays
noon to 10 p.m.



Higher Ground
Home & Garden Services

BOOK NOW FOR
SPRING CLEANUP!

Kory or Shelley Burns
471-4992

Reliable & Professional Services

- lawn mowing, raking, edging, aerating, fertilizing, hedgetrimming
- landscaping projects/design (fountains, firepits, pathways, etc)
- sod laying, rototilling,
- evestrough maintenance
- fence & deck repairs
- painting
- contract services available

Higher Standards Agents... Higher Results!
HomeLife Guaranteed Realty

780.267.1159
cboulter@homelife.com
www.HomelifeGuaranteed.com

Christy Boulter
supporting sustainable lifestyles

**GOT
COMMUNITY
NEWS?!**

**CALL US!
479-6285**

avenue initiative revitalization



Join a Working Group.

Groups meet on a monthly basis to implement the goals and actions of the Avenue Initiative. To get involved call Judy at 496-1913 or email judy.allan@edmonton.ca

- 1) Streetscape-- 1st Tuesday of the month**
Working on details of the streetscape that is scheduled to begin in spring '08.
- 2) Development and Revitalization-- 1st Wednesday of the month**
Responsible for planning and zoning issues.
- 3) Beautification & Cleanliness-- 2nd Wednesday of the month**
Works on special events, community clean ups and beautification projects.
- 4) Safe Streets-- 3rd Thursday of the month**
Works with EPS, Bylaw & Safe Housing to create a safe community.

www.avenueinitiative.ca

Introducing NET

LAW AND ORDER
WITH CST. SHANE BRENNAN & CONNIE MARCINIUK

The introduction of the N.E.T. team will increase the police presence in the targeted area, respond to "repeat calls" for police service and build solutions for chronic neighbourhood issues.

NET will be bringing a variety of proven crime prevention programs to be replicated in this area and will also be developing initiatives specific to the needs of the community. Examples of programs that may be introduced include: Bully-Busters, AutoSafe, Safe

& Secure Home, Apartment Safe and no-cost youth directed activities.

Your knowledge of this area

(community strengths and/or concerns) is very important to us. Our office will be located in the Eastwood Community Police Station at 11845 81st Street. Please feel free to drop in and chat with us anytime after March 24.



The Edmonton Police Service is pleased to announce the implementation of the Neighbourhood Empowerment Team (N.E.T.) within Downtown Division (District One – Wayne Gretzky Drive to 97 Street/112 Avenue to Yellowhead Trail).

N.E.T. is a crime reduction/prevention program that meshes traditional law enforcement practices with community development theories. The N.E.T. team service delivery has been altered to fit a district wide mandate and we are excited to share with you our new and improved model of crime reduction/prevention.

Garden planning

the Gardening Diva

WITH CHERYL WALKER

with a variety of leaf textures, shapes and colours. When it comes to flowers, think either colour groups (oranges, reds, yellows) or opposites (yellow and blue). A wise gardener will invest in a colour wheel. Remember also, if you must be fixated on flowers, to have a variety of flowers blooming at all times of the spring and summer.

Using rhythm and repetition

Rhythm and repetition refer to the structure of a garden

in colour (lightest to darkest), size (largest at the back please!) Plant items in clumps of threes or fives, a grouping commonly seen in nature. Use large plants, trees or garden architecture to provide structure to the garden and define the space. Eschew the perfect line. Remember, our eyes expect certain things to be in certain places, like the main chorus of a song. The wise gardener inserts certain surprises, like a plant with stunning foliage, a unique flower, a tree or piece of gar-

Dear Readers – the Garden Diva trusts that you have had a pleasant winter, spent dreaming of the wonders of spring. In this column TGD plans to tell you all about how to plan a flower garden. Accordingly, TGD brings her readers an overview of the elements of design, and how to use some of these principals in their gardens. TGD is ever thankful for her fine arts teacher, the wonderful Miss Kelly, who insisted all students learn the elements of design. TGD was hopeless at painting, but does excel in gardening.

Using colour, contrast and texture

Colour is the most obvious thing that we think of in our gardens, because it's the most obvious thing that we see – the skin of our garden. Our eyes react to colour, it changes how we see light and space. So often, dear readers, TGD hears about flowers matching or "going together". This matters dear reader, but not as much as one might think. Especially with perennials, think outside the flower! Foliage matters. Seeds matter. Plant shape matters. Ask yourself, does the plant itself look interesting, does it have texture, an interesting shape, seed pods for visual interest, foliage from darkest of green, to yellow and gold, with lacy or heavy or glossy or thick leaves?

Ignore those show-off flowers that are only around for a short period, and look at the leaves and structure of the plant. Add interest

– the bones, not just the skin. In a well planned garden, the planner is able to use these elements of design to control how and when our eyes move. The palette, the plants used, the colour, the size of the plants, the physical structure of the garden interact with each other to give our eyes a sense of movement. Rhythm and repetition give backbone to our gardens—they form the spine.

Far from requiring precise rows and lines, think about plant groupings. Order plants

den architecture. These act like a sudden drum beat or a high note in a piece of music.

As always, TGD is willing to answer questions, email her at thegardeningdiva@gmail.com

TGD lives and gardens in Parkdale, with the très wonderful gardening diva husband and the non-gardening dogs. She believes that every garden should be planned. TGD is also a firm believer in planting trees, and will cover that subject in her April Column.



Call Me 1st



Thinking of Selling?

Thinking of Buying?

Call Roxanne Litwyn

439-7000

Your neighbourhood Realtor
Serving Central Edmonton Since 1990

FREE MARKET EVALUATION

List of homes for sale
(some restrictions apply)



www.roxannehomes.com

Not intended to solicit properties already listed for sale.

avenue initiative revitalization



Get involved...volunteer for one of the many events happening this summer
May Community Clean Up, Gardening Event, Avenue Goes to the Dogs, Community League Events

Be a part of making your neighbourhood safer.

The Block Captain Program is in full swing. Block Captains are provided with information on how and where to report problems and crime and how to encourage neighbours to look out for one another. Call 496-1913 for more information.

Zoning and Streetscape

Two components of the Avenue Initiative Revitalization will happen this spring. The Streetscape will take place from 82 - 87 street. Zoning changes to allow for slightly higher density housing one block north and south of 118th will go to council in the spring. For more information please visit

www.avenueinitiative.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.

ONLINE COMMUNITY CALENDARS All our community events & meetings are also on google calendars. Go to www.ratcreek.org/calendar. Scroll down to view one of the four different calendars. Click on an event to get the details.

ART & MUSIC



ARTIST TRADING CARDS

Saturday, March 1 and 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.

ARTISAN MARKET 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.

PIN HOLE PHOTOGRAPHY - SOCIAL ART EXPERIENCE

Saturday, March 8 from 12:30pm to 3:30pm at The Carrot (9351 118 Ave) with professional photographer Wenda Salomons. Go to <http://photo.net/pinhole/pinhole> for more info.

Limited space. To register call Becky at 435-3499. Funding provided through Avenue Initiative Matching Grant.

MOSAIC TILE CREATIONS Thursday evenings, March 20 and 27 from 6:30pm to 9:30pm at The Carrot (9351 118 Ave) with Margo Anton. To register, call Becky at 435-3499.

BOOKBINDING Saturday, April 19 at 4pm at The Carrot (9351 118 Ave) with Jan Przysieszniak. To register, call Becky at 435-3499.

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.

FREE PIANO, GUITAR AND BAND

For children and adults. Beginners welcome. Please call to register. Edmonton Urban Native Ministry Reverend Kim at 477-1769 or email hoosik@hotmail.com

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.

PIANO LESSONS Lessons from my home for beginners 6 to 9 years old. John Thompson series only. Have references, very reasonable. Call Sharon Riley at 479-4054.

DROP-IN GROUPS & PROGRAMS

NORWOOD CHILD & FAMILY RESOURCE CENTRE 9516 114 Ave, Ph: 471-3737 Must register for all programs unless stated drop-in.

Rhymes that Bind Drop-in Wed, 11:45-12:30 from Jan 16 to Mar 19. Songs & rhymes for children between newborn

and age 3 and their caregivers. Lunch is provided.

Planet Norwood After school program Learning, fun and a safe environment for ages 5-13. Mon, Tue, Wed, Fri 3:30-6:00pm and Thu 12:00-6:00pm.

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.

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 Tue, Wed, Thur from noon to 4pm Fri from 7:30-10:30pm

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 Seniors program: Wed, 11:30am-12:45pm. Moms and Tots program: Tues and Thur, 11:30am-12:45pm. Youth program (ages 6-17): Mon, Tue, Wed 3-8pm, Thur 2:30- 8pm, Fri 3-10pm, and Sat 1-5pm.

ENTERTAINMENT

ROMEO AND JULIET

Theatre Prospero presents Romeo & Juliet by William Shakespeare. Saturday, April 12th 2008 - 7:30pm Alberta Avenue Community League The Big Space - 9210 - 118th Avenue Appropriate for ages 9 and up.

THE CARROT COFFEEHOUSE

9351 - 118 Avenue Fridays: Live music, 7:30pm-9:30pm. \$5 cover charge Saturdays: Open mic 7:30pm-10:00pm Music, spoken word, comedy

COMMUNITY BOOK CLUB

Are you interested in meeting your neighbours, discussing a good book and have a great cup of coffee (or tea)? Call Kimberley at 474-8302.

SPORTS & REC



2008 OUTDOOR SOCCER

Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood Community Leagues invite their members to 2008 OUTDOOR SOCCER REGISTRATION: March 8th, Delton Hall (123 Ave 88 St) from 9:30am-noon. March 15th, Spruce Ave Hall (10240-115 ave) from 9:30am-noon

SPRUCE AVE RINK

10240 115 Ave, 471-1932. Mon, Tue, Thu & Fri 6:30-7:30 Public. 7:30-9:00 Shiny Sat 2pm to 8pm. Sun 1:30pm to 4:30pm. Wed Closed. Public skating

free with a membership. Spruce Avenue residents memberships will be available at the rink. Residents from other communities will need to get memberships from their respective community leagues. Rink will be closed when temp reaches a wind chill factor of -20 celsius or when temp rises to +5 celsius.

COMMUNITY RINKS

Call for skating times. Delton 477-3326 Eastwood 477-2354 Parkdale 471-4410

FREE PUBLIC SKATING

Oliver (10335 119 St) Tuesdays, 6:15-7:15pm Russ Barnes (6725 121 Ave) Saturdays, 5-6pm Westwood (12040 97 St) Sundays, 3:15-4:15pm

SPRUCE AVE FREE SWIM

Free swim for Spruce Ave community league members at Grant MacEwan pool, Sundays, 1-4pm. Show your current community league membership to get in.

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

Gardening Day (May), Large item pick up(May & Sept), Graffiti Removal, Avenue goes to the Dogs (June), EastwoodFest (August) and Arts Alive (September) 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 Karen at 479-4812 / info@ratcreek.org or 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

COMMUNITY DIALOGUE Thursday, March 6, 7pm at Spruce Avenue Hall (10240 115 Ave). Spruce Avenue Community Dialogue facilitated by Action for Healthy Communities. Food provided. Call 944-4687 for info.

Tuesday, March 18, 7pm. Queen Mary Park Community Dialogue facilitated by Action for Healthy Communities. Call 944-4687 for information.

ARTS ON THE AVE AGM

Sunday, April 6, 3pm at The Carrot (9351 118 Ave). The Annual General Meeting of Arts on the Ave. Memberships \$5. www.artsontheave.org

JOB OPPORTUNITIES

The City of Edmonton is hiring summer recreation staff as well as part-time rec staff starting immediately. Go to www.edmonton.ca Click on City Jobs / Job Opportunities

RCP EDITORIAL MEETING

We meet monthly to plan our upcoming issue. Stop in and share your thoughts and ideas or share something you've written or would like to write. Contact us if you'd like to be on our editorial email list: editor@ratcreek.org or 479-6285. Next meeting: Tuesday, March 18 at 7pm at The Carrot.

COMMUNITY GARGAGE SALE

The Spruce Avenue Community League will be holding it's 13th annual Community Garage Sale May 1, 2 and 3. It's not too early to start thinking about spring clean-up and if you have items that you would like to sell but do not want the hassel of holding your own garage sale you may want to consider renting a table at a cost of \$10.00 for the 3 day event. A bottle drive will also be held on that week-end with proceeds going to the park re-development. Call Verna at 479-8019 for more details.

PLANNING ACADEMY

Curious about urban planning and want to get involved in the process? Register with the City of Edmonton's Planning Academy. Topics include land use planning, transportation, urban design and more. To find out locations and times visit www.edmonton.ca/planningacademy or call 496-7370.

GRAFFITI REMOVAL KIT

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

CHURCH SERVICES

AVENUE VINEYARD

2nd Fl, 11726 95 St Sundays, 10:30 am Monthly Avenue Family Fun Time www.avenuevineyard.com

ST ANDREWS PRESBYTERIAN

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



**Earn Your Wings...
be a Snow Angel and help someone in need
shovel their walk!**

To nominate your Snow Angel
Call 496-8200 or go online to
www.edmonton.ca/snowangels

SNOW ANGELS is proudly sponsored by:





Edmonton Public Library

SPRUCEWOOD BRANCH

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

CHILDREN

Aboriginal Family Story Time

11 a.m. Fridays, February 8 to May 30 Participation limit: 15. Presented by Bent Arrow Traditional Healing Society. Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Spring Break 2008 - Pickled Tink - Word Play

2 p.m. Monday, March 31 Ages: 6 - 12 years Participation limit: 20. Learn to play with words in a way that will have you in stitches!

Spring Break 2008 - April Fools' Day

2 p.m. Tuesday, April 1 Ages: 6 - 12 years. Participation limit: 20 Don't be a fool! Join us at the library for an April Fool's Fiesta full of fun and foolishness.

Spring Break 2008 - Here a Piggy, There a Piggy

2 p.m. Wednesday, April 2. Ages: 6 - 12 years Participation limit: 20. Pigs in the library! Fun enough to make your tail curl.

Spring Break 2008 - Something Funny Happened at the Library

2 p.m. Thursday, April 3 Ages: 6 - 12 years. Participation limit: 20 Looking for a few laughs? Something to tickle your fancy? Then this is the program for you!

Babysitting and Beyond

6 p.m. Friday, April 4 9 a.m. Saturday, April 5 Ages: 11 - 18 years. Participation limit: 12 Bring a doll or teddy bear to class. LUNCH Provided on Saturday. Learn what it takes to be a great babysitter! This well-rounded course covers basic child care, first aid, and introduces participants to the importance of play in child's life. This course is ten hours taught over two days by a qualified instructor. Certificates will be awarded upon completion.

Spring Break 2008 - Crazy Critters

2 p.m. Friday, April 4 Ages: 6 - 12 years. Participation limit: 20 What will happen when animals start to act up? Find out in this program designed to hit your funny bone.

TEEN

Teen Advisory Group

6:30 p.m. Friday, March 14, March 28, April 11 For ages: 12 - 17 years. Make your voice heard! Join our Teen Advisory Group and you can suggest programs that the library should offer for teens and what books, music and movies we should order. Have fun, meet other teens, and gain valuable volunteer experience.

Anime-ted Library

4 p.m. Thursday, Mar 13, Apr 17, & May 15. For ages: 12 - 17 years. Get together with

friends and fellow anime-holics to watch Japanese animation and to discuss manga. The club meets once a month and light refreshments will be served.

Terrific Teen Tuesdays

4 p.m. Tuesdays, Jan 22 to Mar 25. For ages: 8 - 14 years. Munchies provided. Chill out Tuesday afternoons and catch some awesome action in "the room" for you to choose from like 'Food on the Fly' cooking, Hip hop dance, Ductivity Duct tape art, and much, much more.

Beaded Earrings

2 p.m. Saturday, March 15 Ages: 13 years and up. Participation limit: 10 Create beaded earrings with a Metis artisan. Adults welcome

ADULTS

Stories from the Heart of the City - with Linda Goyette

1:30 p.m. Thursdays, January 17 to March 13 Drop-in, Free of Charge. Celebrating EPL's Year of the Older Adult - 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 in Residence Linda Goyette will host this session for story-lovers of all ages.

Community FUNtime



WHAT: Free Community Swim

**WHEN: Saturday, March 29
from 6pm to 8pm**

**WHERE: Grand Trunk Swimming Pool
13025 - 112 Street**

Free transportation



There will be free bus service to and from the pool. Pick up times and locations will be posted at The Carrot (9351 118 Ave) and online at www.avenuevineyard.com

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 RCP connect awards

Recognizing contributions that support the growth of a strong, vibrant and well-connected community

The Rat Creek Press Association seeks nominations in each of the following award categories:

Building Community

An individual, organization or business that:

- Creates networks for individuals and groups to connect within the community
- Supports local businesses
- Promotes what is happening in the community

Encouraging Communication

An individual, organization or business that:

- Acts as an advocate for the community and all its citizens
- Shares information with residents and non-residents of the community
- Provides opportunities to exchange ideas for the betterment of the community

Increasing Capacity

An individual, organization or business that:

- Helps individuals learn new skills or acquire experience
- Encourages participation in the community from residents and non-residents
- Fosters leadership development

Award recipients will be announced at a special event in April.

Deadline for nominations: March 15, 2008

Download details at www.ratcreek.org
or contact the Rat Creek Press at
info@ratcreek.org or 479-6285.



- Do you have ideas about what you want to see in your community?
- Do you want to be more connected with your neighbourhood?
- If so, come out to your next *Community Dialogue*, for meaningful conversations about community concerns and solutions, laughter, and food!

Join us:
Thurs. March 6, 2008
Spruce Avenue Community Hall (10240-115 Ave)
7pm (food provided)

Hosted By:

Action for
Healthy Communities
Contact 944-4687
www.a4hc.ca

"People in Pants" present:

Improv on the Ave!

Thursday
April 3rd
at 8:00pm
\$5 cover charge

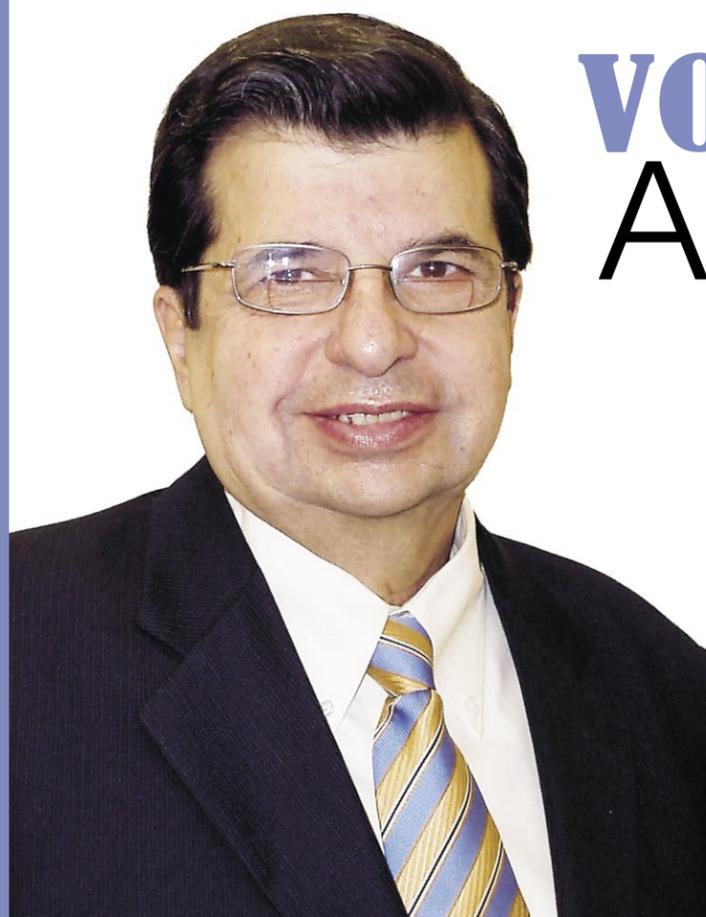
At the Carrot, watch as some of Edmonton's favorite performers create a multitude of characters and weave intricate, dramatic and hilarious stories right before your very eyes! Join hosts Chris Bullough and Jana O'Connor for this delectable once-monthly improv treat!

Live music at the Carrot!
Every Friday night!

March 7 - Leckie Olsen
March 14 - Dave Von Bieker
March 21 - Closed Good Friday
March 28 - Will Preville
There is a \$5 cover at the door



9351-118ave 780-471-1580
For Art Workshops: www.thecarrot.ca



VOTE ✓

Andrew Beniuk

Your Advocate For Highlands - Norwood



CALL FOR A COMPLIMENTARY TRANSPORTATION TO YOUR POLL

Call **479-8883** • E-mail: beniukpc@telus.net
3315A- 118 Ave, Edmonton AB

INTEGRITY • HONESTY • ACCOUNTABILITY

HEALTH CARE • CHILD CARE • TACKLING CRIME • LOWER TAXES • ENVIRONMENT