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Honour and chivalry play out at Alberta Avenue community league

The Society for Creative Anachronism finds a new home in our neighbourhood

JESSICA KIMMERLY

Picture this—knights suiting up in armour, rapiers brandishing swords, ladies and princes practicing chivalry—right here on Alberta Avenue. Sounds like a dream, right? To some members of the Society for Creative Anachronism, it is called “the dream.” And they get to live it out every time they meet.

The Society for Creative Anachronism (the SCA) began practicing in the Alberta Avenue Community League hall in November 2008. The SCA is an international society based out of the U.S., and is devoted to “researching and re-creating pre-17th century Western European history,” more commonly known as the Middle Ages.

The Personas

Every Wednesday at the Alberta Avenue hall, Paul Beach leaves his name and his everyday life behind to become

Cynewulf, the 11th century Saxon. He joins his friends to practice what is called “heavy fighting.” Others warm up their muscles to practice fencing, led by Nasheeta al-Rakkasa Machiavelli, their Mistress of Fence.

Eastwood resident Eli Brook (known by the SCA as Aiden ap Darren y Cigfrain) is the group’s heavy fighting champion. “I’ve always been into contact sports, and this is the ultimate contact sport,” he says. “I also enjoy the historical aspects—I do bronze-casting, and I do a variety of artwork and leatherwork.” Brook explains his wife is a talented costumer, and makes all his medieval costumes. “You can’t go to Wal Mart and buy a medieval dress,” adds Beach with a hearty laugh.

The Culture

“When we go to an event, we try to make it an environment that’s a medieval recreation—we’re trying to re-live the Middle Ages in all the good parts, and get rid of the bad stuff like the plague and lack of hygiene,” explains Beach.

The Edmonton branch of the SCA, called The Barony of Borealis, has many ways of recreating the Middle Ages. In addition to the combat fighting and the fencing, there are branches in arts and science, court entertainment (Bards), dance, archery, poetry and culinary

arts. “There’s so much to do here,” says Beach. “People have things they’re interested in. We find what that is and hook them up with people.”

Connections usually happen during Tavern, which is the group’s monthly social event. Beach says this is the best time to visit if you’re a newcomer. They will even lend you medieval clothes to wear. “People who come love it because it’s so fun and you get to put aside your mundane

life for the time being. And everyone there is treated with respect and chivalry, which is a pleasant change,” says Beach.

Lynn Thompson, also known as Aislinn of Dromore, explains “there is a protocol, and medieval times was very much about a hierarchal system.” People stand when royalty enters the room, which happens often in Edmonton, as the King and Queen of the whole kingdom (western Canada, Washington and Oregon) live in our city.

The Tournaments

Like any kingdom, people engage in friendly competition. But in order to engage in fighting, there are rules and safety precautions to make sure the result is nothing like real medieval tournaments.

“To do rapier or heavy fighting, you must be 16 or older with parental permission,” says Thompson. Beach continues, “You have to get qualified. To come to a practice you’re learning to fight, but to come to a tournament, a marshal has to say that you’re safe... you need a license to engage in the heavy fighting. You have to have the right kind of equipment.”

That equipment includes full leather armour and heavy metal helmets. And the swords—they’re rattan wrapped in tape.

Coming up this spring, people from this region will travel to Saskatoon for a big tournament to determine who will be the new Prince. “Every six months there’s a tourna-

ment to see who the new King and Queen, Prince and Princess will be,” says Thompson. “That way everyone gets to participate,” Beach adds.

The Enlightenment

While the goal of the SCA is leisure and sport, there is an educational aspect to it. “I teach classes in medieval philosophy,” says Beach, who is an instructor at Concordia University College of Alberta. He knows Anglo-Saxon, among many other talents of the time.

“You can learn the weirdest things,” says Beach. “I know how to make Viking wire-woven jewelry. I also know how to use a ground kiln.”

To add to the SCA’s long list of activities, they also do fundraising. This winter the group participated in the Coats for Kids fundraiser, which was altered slightly to “Cloaks for Kids.” Currently they are

doing a Food Bank drive, called “Feed a Viking.”

The SCA always welcomes newcomers. “There are people who really do get into trying to recreate history and role-playing back in time. And then there are other people who just want to do some interesting crafts or get some exercise,” says Beach. To check it out, visit their website (www.borealis.avacal.net) or stop by the Alberta Avenue hall Wednesday at 7:30 to watch some action. “We love new people,” says Beach. “If you want to play, we’ll find a way to help you play.”



VANESSA BANAAG (AS MEILAN) CALLS HERSELF “THE ONLY ORIENTAL RAPIER”



LEFT: PAUL BEACH (AS CYNEWULF) RIGHT: ELI BROOK (AS AIDEN) PRACTICING MIDDLE AGES COMBAT FIGHTING AT THE ALBERTA AVENUE COMMUNITY LEAGUE



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EDITORIAL
WITH JESSICA KIMMERLY

How to break the news? Next month, you will see a different name beside the title "Editor" in the masthead to the left of this column. This is my last issue as editor of the *Rat Creek Press*.

For those of you who are curious, I have accepted a position as staff writer at the weekly newspaper *Yorkton This Week* in Saskatchewan. Life changes and we all change with it, but good-byes are always hard. Especially when leaving means walking away from a place that has become home.

Leaving the Alberta Avenue community reminds me of another farewell, when I left South Africa. I had only been there two months, but each day there I stepped out of the same little house, walked down the same little paths in the same

little beach town. I learned how to wash my clothes in a red bucket on my front step, how to get everywhere I needed on my own two legs, and how to live beside languages that made no sense to me.

The day I was to leave South Africa, a hurricane-like storm blew into the town. A friend was going to drive me to the airport in Port Elizabeth, and the moment I stepped out the door with my suitcase I was accosted by horizontally flying waves of rain. After staggering into the car, we found the vehicle was no better off than we were on foot. The windshield wipers could not stay their course and the side windows would not stay up. Maybe I was supposed to stay—it was too hard to leave.

A lesson in leaving

Eventually, we asked someone with a stronger car to drive me to the airport, and I made it there safely. But I couldn't help worrying about the town I left behind. It certainly didn't need me, but I had become a part of its daily rhythms and cycles. Was I leaving a piece of my life behind?

I have spent 15 months at the *Rat Creek Press*, and once again I feel a part of something with its own heartbeat. This paper has taught me so much—from the dedicated volunteer writers and photographers to the fascinating people I interviewed for each article.

The *Rat Creek* truly is a paper owned by the community. I encourage everyone living here to take ownership of it—your voice in Alberta Avenue and in Edmonton—and continue to shape it the way you feel best.

The *Rat Creek* truly is a paper owned by the community. I encourage everyone living here to take ownership of it

In leaving the Ave, I also feel the pang I felt leaving South Africa.

It is hard to go (although I must say I don't fear for my life this time). But if I have learned anything as a writer (and editor) it is that no experience ever gets left behind. It all goes with you, and into the many stories that will be written and read. Just like this one.

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LETTER TO THE EDITOR

Re: CAP Picker Stickers

I was appalled when I read in the *Rat Creek* that we were going to encourage garbage-philia with a "picker-sticker." I am strongly opposed to the idea and I will encourage everyone not to participate in that program.

The problem goes far beyond the dissemination of our garbage. The individuals who partake in that activity are for the most part dealing with various issues such as a lack of self-esteem, an inability to socialize and addictions. Giving in to the "picker-sticker" creates another form of dependency — another negative in itself, and makes you complicit to an addiction. Furthermore, the positive anticipated effect will be limited at best. Most of these individuals will not stop rummaging through your neighbour's unmarked bags.

Before embracing a misguided endeavour, we must ask ourselves: "is pushing cart homeless or garbage pickers roaming our back alleys the vision we should adopt of the much favoured "global village" CAP has been advocating for such a long time?"

Don't appease your conscience with a fake good deed which only result is to set the problem out of sight and on the back burner. Get proactive in your desire to help and do something positive. Do not tell me they perform a valuable service by recycling. If you are so concerned about the environment, do it yourself, or are you just paying lip service to the environment because you are too lazy to do it yourself? If that is the case, give them a few dollars to come to your "front door" and pick up your recycling. This way, at least you show them respect. Treat them as people, not animals.

But in the end, if they can get up early enough to get dirty going through garbage before it gets picked up, they can get up a little later to get to work that is likely not as dirty, and earn an honest living. What's more, a paycheck at the end of the week might just boost their self-esteem, give them a sense of control over their life, and the knowledge they are part and contributing to the general welfare of society.

This may not be a popular opinion, but I am not afraid to say I agree with the slogan:

NO TO PANHANDLING, YES TO CHARITY

But charity does not mean encouraging one's forfeiture of his/her own humanity.

René Ladsous

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AABANOTES

AABA announces new service

In our ongoing effort to provide value and good service to our member businesses, we are announcing a new service for the benefit of both our businesses and property owners on the Avenue.

If you are a property owner (or commercial realtor) who has property available for sale or lease on 118 Avenue between NAIT and the Northlands overpass, we will post it on our website under Projects" tab, well, if you are on the Avenue who is contemplating selling, you can post your information on our website.



Northlands overpass it on our the "Initiatives/ free of charge. As a business owner who is contem- your business,

For more information on this complimentary service, please call our office between 8:30 a.m. and noon on Monday, Wednesday or Friday and ask for Isabella.

Interested in contributing some of your ideas?

AABA is looking to fill one position on its Board of Directors. We are also looking for volunteers for our new marketing/ communications committee. If you are interested, please contact Joe Holtz, Executive Director at 780-471-2602. You can make a difference!

Any Suggestions?

We always welcome any suggestions on how our businesses can serve you better. Please call our office at 780-471-2602 or e-mail us at aaba@alberta-avenue.com

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NEWSBRIEFS

Pride Centre may close due to lack of funding

The Pride Centre of Edmonton (9540 – 111 Ave.) may be forced to close its doors. The organization operates mainly by donation, and a drop in donations has caused the Pride Centre to consider shutting down.

Administrator Will

Sutherland said, "People from the community are concerned because a lot of money goes into the overhead, but without that we wouldn't have the drop-in or the space for groups to use. We wouldn't have our library, and without the building to hold it it's kind of useless."

It costs about \$200 per day to keep the services at the Pride Centre running. For more information or to make a donation, visit the website at www.pride-centrefedmonton.org or e-mail Will at will@pridecentrefedmonton.org. —JK

Eastwood inner city housing development refused

In December 2008, the Inner City Housing Society was denied a permit to develop their second project in the Eastwood community.

The project was refused due to the size of the housing development. The complex was to consist of 32 bachelor units, replacing what is currently a single family house. (12334 – 82 St.) The plan also allowed for only eight parking stalls.

The decision was appealed and later appeared before the Sub Division Appeal Board. Eastwood community, headed by Norm Aldi, attended the appeal to argue against the development. As a result, Eastwood won the appeal and the development will not proceed. —JK



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ATB Financial – A Uniquely Albertan Focus

“We’re committed to the communities in which we live and work”

Interview with Mr. Nelson Braz, Branch Manager – ATB Financial 8804-118 Ave.

RCP: How and when did your business start?

NB: ATB Financial is the largest Alberta-based financial institution, created by Albertans for Albertans in 1938.

RCP: Could you mention key factors as to why your business is successful?

NB: We’re uniquely Albertan, with outstanding people providing world-class financial solutions for Albertans. We’re focused on making ATB the place to work by developing

leaders, constantly improving our work environment, and listening to our 4,800 associates. And we’re committed to maintaining an effective, financially sound organization.

RCP: Please highlight in what ways your business is successful

NB: We fulfill the financial needs of our clients by being there every step of the way. We’re committed to the communities in which we live and work. And we’re regarded as one of the best places to work in Canada.

RCP: What promotional activities do you conduct?

NB: Dozens of events and organizations across Alberta, including the Edmonton Oilers, the Citadel Theatre, the Street Performers’ Festival, the Stollery Children’s Hospital Foundation and the United Way.

RCP: Let’s talk about the business value: what values underpin your business; and how do you demonstrate these values in your external business relationship?

NB: Maintaining ATB Financial’s reputation as a disciplined, ethical and self-sufficient financial institution



is critical to our success. We earn Albertans’ trust by delivering superior products and services at competitive prices, implementing

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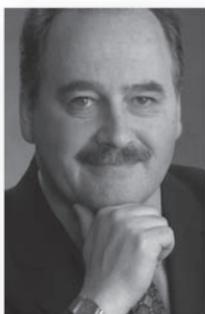
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The spring 2009 session began on February 10th with a throne speech that lacked any real plans to combat the global financial crisis.

Alberta is not immune and we must do more. My main focus throughout this session will be on jobs, health-care and the environment.

If you have any questions, comments or concerns please contact my office.

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

All those precious angels...

Kids'R'Us accredited day care opens their second location

JAZZ WYATT

I knew Mrs. Hothi from a previous journalistic meeting at their first Kids'R'Us space on 118 Ave, not far away from NAIT. I was invited this time to visit their brand new location close to Westwood Community League, where they occupy a very generous space in the Vanguard College building.

As I entered the day care's space, a fabulous place unfolded in front in my eyes. Although the rooms look already good, the director is still working at the space decor. The nursery rooms are not small and not crowded but big, new and clean – that is Kids'R'Us style – very full of visual stimulus and various ethnic elements of decor.

“One of my pivotal ideas in developing these nursing areas,” Mrs. Raj Hothi, the owner and director of the day care, says, “is a keen interest in child development. We like to involve children in all sort of activities, organizing regular field trips and try to offer them as much outdoor time as possible. We also ask parents to participate in special activities (e.g. celebration of holidays) and field trips and we have a monthly newsletter to go to parents.”

They offer a hot lunch and two nutritious snacks and a very big playground area. They have access to the Vanguard's Gym space and take children for indoor sport activities when the weather doesn't allow them to go out.

Kids'R'Us staff took the mailbox (idea) by the front door – from their first location to the new space where parents could drop off their written



KIDS'R'US SPACIOUS NEW LOCATION BY WESTWOOD COMMUNITY LEAGUE

ideas, suggestions, comments.

I ask Mrs. Raj Hothi about the reasons to open a new location. She pointed to their waiting list: “The generating engine for this new business was the the waiting list that trailed us for 10 years, since I am in the business” Mrs. Hothi says. “We felt it sometimes as a challenge. We always wanted to accommodate more children but we couldn't over do it. We were an accredited day care and have met so far the standards, the inspections and monthly professional screenings.”

Although Mr. Hothi has his own job, he is involved with the day care and helps on a regular basis; he's got his own weekly check list, making sure that all the furniture and installations are sound and safe in the day care's space.

One of the constant features at Kids'R'Us is the amiable staff; they are level I, II and III ECD professionals and had their own input in creating the

day care's philosophy. Part of their philosophy focuses on developing social skills in kids, or creative, intellectual and emotional skills. Social development encompasses a program that is based on prepared activities and environment to foster children moral development, self control, awareness of right and wrong and responsibilities. Creative activities are planned according to children's interest. Open-ended art material is provided all day. The intellectual focus provides kids with specifically designed blocks of various color, shape and size. Also, water and sand equipment and accessories will be provided to teach children about size, color, weight, temperature, measurement etc.

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A minute with Brian Mason By Brian Mason, your MLA

As you make your way down 112 Ave., do you ever wonder to yourself, what does the constituency office of Brian Mason do? What can they do for me? What services do they offer?

As your provincial representative, my constituency office is established to serve as a link between the residents of Edmonton Highlands-Norwood and the Government of Alberta. We are happy to offer a variety of services for you, the constituent:

Information: We provide all constituents, local businesses, community groups and others with information on government grants, awards, funding, legislation and policies that may affect you. We are happy to provide and assist with any applications you may need from the

Government of Alberta. We can also provide the forms and guide you through your appeal with certain provincial programs such as AISH or WCB. We are here to advocate for you.

Assistance: We support members of the riding with problems, questions or concerns they may have with the provincial government. Whether it is a provincial program, ministry or department you are dealing with, we can help you with everything from petitions, grant information and letter writing, to referrals and program information. We also do anniversary and birthday scrolls.

Community: From crime prevention to housing, seniors and the arts—my office strives to connect and work with the community to facilitate your needs and listen to your questions, comments or concerns when it comes to where you live. I am also available to visit your

classrooms, senior's residence, parent advisory meetings, special events, community league meetings and other public events. The office can assist in launching new ideas and services in the community as well.

I do my best to ensure that my office and the information within it is accessible to all constituents. From information on seniors' services, to the latest *Rat Creek Press*—my office has it. The work my staff does is conducted professionally, with integrity and confidentiality. If you need assistance, please contact Constituency Manager Tyler Bedford at: 780.414.0682.

It has been my pleasure to serve you for the last nine years as MLA.

*Brian Mason, MLA
Edmonton Highlands-Norwood
Leader of Alberta's NDP
Opposition*

Body maps raise awareness for HIV Edmonton

TED KERR

On February fifth, the Carrot volunteers were jumping to make coffees and new friends on one of the café's busiest nights. It was the evening that HIV Edmonton hosted a reception for their month long exhibit at The Carrot Community Arts Coffeehouse, entitled Living with X: Body Maps Depicting the Realities of Living with HIV. The cozy, crowded event included collaborative drumming led by Motivation in Motion, the comedy of People in Pants, snacks from Handy Bakery as well as brief speeches from HIV Edmonton's Executive Director Debra Jakubec and Education Coordinator Lynn Sutankayo.

Those in attendance had a chance to meet some of the artists that were part of the year-in-the-making, four-day workshop where the body maps were created. By either speaking with the artists or viewing the body maps people from the Alberta Avenue community could once again see how art not only educates and informs, it also brings people

together. In fact, one of the Body Map artists at The Carrot reunited with family members who he had not seen in eight years.

HIV Edmonton, which has been around since it was started in five-time city councillor Michael Phair's kitchen over 20 years ago, works on reducing new HIV infections, ensuring that people living with HIV live longer, healthier lives, and works through advocacy and education to reduce the stigma and discrimination around HIV/AIDS and related issues.

For more information about Body Mapping, HIV Edmonton and their artist in residence project please visit www.hivedmonton.com.



HIV EDMONTON'S EXECUTIVE DIRECTOR DEBRA JAKUBEC GIVES A SPEECH AT THE RECEPTION FOR THEIR BODY MAPPING EXHIBIT AT THE CARROT COMMUNITY ARTS COFFEEHOUSE



EDUCATION COORDINATOR LYNN SUTANKAYO JOINS THE COLLABORATIVE DRUMMING AT HIV EDMONTON'S EXHIBIT RECEPTION



ALBERTA



Doug Elniski
MLA Edmonton Calder

Law & Order

I believe in law and order. I value a safe community. I want my constituents to feel safe in their homes, neighborhoods and workplaces. Albertans want to feel protected from crime and the fear associated with it, and I believe that our government needs to provide that protection.

We must hold offenders accountable for their actions. I support access to justice, the protection of law-abiding citizens and respect for the law.

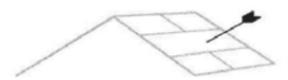
Our government is committing to protect our communities by ensuring that there is a strong sense of order and respect in each one. By preventing and reducing crime, we can ensure that our communities are safe and secure.

I'd like to hear your thoughts and solutions on crime prevention and safe communities. If you aren't already a member of Edmonton Neighborhood Watch, please join. Crime prevention and safety starts with your involvement.

Call me in the constituency office Tuesday through Friday at 780-451-2345.

Doug

ARROW ROOFING



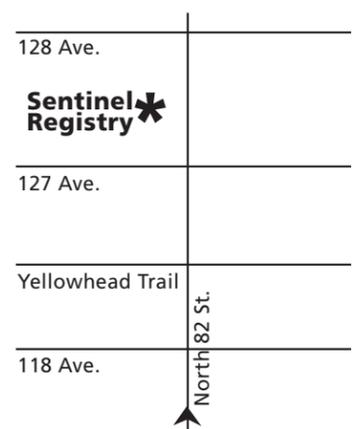
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FANTASY FICTION EXCERPT

SERIES: THE ELEMENTALS

BOOK TITLE: SWORD OF EARTH

AUTHOR: MICHELLE EARL

PROLOGUE

Aylanna awoke, her face full of dirt and the smell of burning wood and flesh assaulting her senses. She rose to her hands and knees; the smells were so powerful that she couldn't help but vomit. Something was glowing next to her, but she ignored it. She spat out the remaining dirt, and was finally able to muster the strength to take in her surroundings. She finally heard the crackling of the fire.

Fire! What happened to Mama, Papa, Shivaya, Cabota, Liscranna, and Shinla? Were they able to get out? Were they hurt? I must find out!

She forced herself to stand, swaying like a willow in the wind. Shadows surrounded her, and she could hear soft murmurings around her. She felt circled, almost claustrophobic. Where were her parents?

"Mother? Father?" She called out into the darkness. "Shivaya? Anybody?"

She heard footsteps, and a figure came into view. She saw the person hesitate before speaking. "Aylanna?"

She knew for certain who it was; it was her cousin. Aylanna took her by the shoulders and looked her in the eyes. "Jaylanna, tell me! What's happened to everyone? Where are they? Did they get out?"

Jaylanna shook her head, her long hair silhouetted in the fire behind her. "I'm afraid not Aylanna."

Aylanna felt like fainting, but she willed herself to stand. "Then, how did I get out? I should have died with them!"

"You don't know?" Jaylanna gasped. "Why, Aylanna, you were wide awake when you were swinging that thing around!"

Jaylanna pointed to the ground where the object that Aylanna had been ignoring was still lying. Aylanna's eyes rounded as she gazed at the glowing thing that she realized was a sword glowing green in the darkness of the night. Where did this come from?

Aylanna racked her brain, trying to remember where she had obtained the sword. Then she remembered encountering a middle-aged woman the week before while she was in town purchasing supplies for her parents.

"Finally! I have found you!" She remembered the woman's breath coming in short bursts as she tried to catch up with her. "Wait!"

"Who? Me?" Aylanna remembered hesitating; the woman looked familiar, but she recollected being unsure.

"Who did you think I meant?" The woman snapped. "There is nobody else on the street! Who did you think I meant?"

Aylanna shrugged. "I thought someone else stepped outside. Who are you?"

The woman reached her side. "My name is not important. What is important is that you take this."

The woman shoved a long package wrapped in a blanket into her hands, and ran off into the shadows, leaving Aylanna shocked and bewildered.

"Wait!" She called back; her throat strained to try to catch the woman somehow. "I cannot take this!"

"You are the Chosen of Earth. Use your gift wisely." Aylanna remembered the woman's voice echoing off the buildings' walls. People were peeking out their windows, so Aylanna quickly stored the object under the wagon seat. Later, after she had unhitched her horse and bedded her down for the night, she opened it before she had to go in for supper. Even then the sword had an eerie glow. She remembered growing weak in the knees and sliding down the stall wall and sitting in the straw.

What am I going to do with this? This is magic! I could be imprisoned for this! Memories of being called to supper in the past mingled with Jaylanna calling her to the present.

"Aylanna!"

"I'm sorry Jaylanna. What were you saying?"

"I said that Papa and the rest of the Elders want to see you."

"Why?" Aylanna's voice started to take on a negative edge.

"I don't know!" Jaylanna snapped back, fear showing in her voice. "They're over there. I'll lead the way."

"All right." Aylanna wanted to say more, but she was rattled; Jaylanna had never been afraid of her before. They had played together often when they were children and gossiped together as young women; they were only a year apart in age. Now, she was afraid? What really went on while she was asleep? Surely this was a bad dream.

Improv experience takes imagination and comedy to a high voltage

GORDON VICKRUCK

Carrotica Unbound: The Incidence of the Over Zealous Mortician's Apprentice and his Disastrous Invention.

(Acted by People in Pants, featuring Chris Bullough, Jana O'Connor, Sheldon Elter. Also Beth Graham, Christie Hanson, Jennie McKillop as alternates. Performances first Thursday of every month at the Carrot.)

What would you do? Think quick. Worst case scenario:

You (Chris) are lying in a coffin, dead, minding your own business. Next a nerdball apprentice mortician (Sheldon) fixes alligator clips from a battery onto your opposing big toes, just to get a little reaction. The reaction is bigger than he expects. You shoot straight up and out of the coffin, alive!

The boss (Jana) is enraged because now the family is upset because you were a jerk and they paid for your funeral and they wanted you to stay dead. You (Chris) are now even a bigger jerk because your soul has been distilled to its essence after your near death experience. You are bouncing around on stage like a monkey on uppers.

That sets the scene for a ten minute "in from out-of-nowhere and god knows where it is going" segment of impromptu theatre with People in Pants, a comedy improv troupe with Chris Bullough, Citadel actor and playwright; Jana O'Connor, actor and improv teacher at the Citadel; and Sheldon Elter, actor and recent finalist on Canadian Idol. Add to the list three other People in Pants, Beth Graham, Christie Hanson and Jennie McKillop and you have a recipe for a whole lot of hilarity, which unravels the first Thursday of every month at the Carrot.

RCP: How did you end up doing this routine at the Carrot?

Chris: Jana (my wife) and I live "on the Ave" so we are of course interested in supporting the arts community here. But apart from that, is just a very un-intimidating, relaxing venue for getting comfortable with the genre, especially for a few of us who haven't had experience with improv.

RCP: Do you typically get much of an audience? (This night is an exception since there was an HIV festival double-booked so they ended up with about forty odd stuffed into the couches and chairs.)

Chris: Our loyal fan base is

building. We have about ten regulars. But small is good because it gives us the freedom to experiment without the pressure.

RCP: You are all accomplished actors. Why do a non-paying gig and risk making a total fool of yourselves and your acting careers doing improv?

Chris: It's the rush. And making a fool of yourself is the point. But it all happens incidentally as you try to weave together the semblance of a story with the other actors who have no idea what you are thinking. It is a real exercise in cooperation. Saying the honest thing at the right time and for some reason people finding it funny. The fact that everything is spontaneous and could go horribly wrong at any moment gives it that extra edge and charge. The audience really buys into it.

RCP: The dead coming back to life would be a case in point.

Chris: Exactly. Who knew?

Blaring in the background, also spontaneous and unscripted, is the chorus of "I'd rather live in Norwood," from *Songs from the Ave*, an excellent CD on sale at the Carrot. (Shameless plug and totally scripted.)



Zachary Ayotte

PEOPLE IN PANTS FROM LEFT TO RIGHT: JANA O'CONNOR, CHRIS BULLOUGH AND SHELDON ELTER



Javier Salazar

THE PEOPLE IN PANTS IN ACTION

Search for answers while you play online Computer games powered by Microsoft Live Search

JAZZ WYATT

You can expand your knowledge while enjoying online games. If you go to <http://club.live.com> you can play on-line games that involve live Internet search (for hints) to help solve games situations. For example, there is a puzzle game called Discover The World with Matt Lauer, and an "I spy" situation on the Titanic wreckage with Hidden Expedition Titanic, a crossword called Flexicon, and a matching game in Love Crossed Crosswire.

The game situation takes place in the upper half of the screen, while the bottom half displays the results of your live search during the game. While playing the game, the player is allowed by the game's function to search for hints. The best keywords for the search are automatically placed by the game in the search engine. If the player goes for the fun of it, then a multiple choices page will pop up so the player can browse through amazing history accounts, newspaper headlines or on line encyclopedias while still playing the game. A few seconds or minutes of live Internet search will help the player find the appropriate answer and resume the game, simply returning to the upper half of the screen.

Love Crossed Crosswire game description:

"Properly connect questions and answers without tangling wires and you win!"

"A classic matching game, with a modern edge. Pair facts from opposite sides and connect them with wires. Use Live Search hints when things go knotty. Beware in round three: a phony HighWire clue and answer can shock your wirework." (Microsoft Live Search Club, <http://club.live.com>.)



PETER GOLDRING
Member of Parliament
Edmonton East

A Billion Dollar Saving?

The Edmonton Committee to End Homelessness spokesperson is saying that homelessness in Edmonton could be eliminated for a billion dollars, and spending that money would actually save taxpayers more money. Neither statement is true.

The apparent growth in homeless numbers from 2006 to 2008 is due mostly to having added shelter spaces not previously counted. Building a further 3,000 new social transitional or emergency shelter units, with full wrap around \$90 million per year social services, will further add to Edmonton's homeless shelter numbers, not decrease it.

Of course we need to provide help for the up to 10% of the homeless who are said to be chronically homeless who presently are not being helped.

However, throughout the Committee's deliberations I spoke of the most important fundamental need for affordable private sector independent living singles rental housing. Over the last 30 years Edmonton has lost over 80% of its single person housing stock and not replaced it. It is no coincidence that there are now 3,079 homeless single persons living in shelters or couch surfing with friends and family. Most homeless persons need affordable homes, not more social shelters.

Homelessness is an extremely complex and involved expression that has a multitude of definitions of needs, far beyond simply being without a home. The United States has modelled how to deal with the confusion and industry exaggerations of the homelessness issue – create a national understanding of the issue, define it as best possible, decide how to most effectively deal with it, and implement that plan. It is my suggestion that Canada form a comparable agency to the United States Interagency Council on Homelessness to begin the process nationally.

Such a new agency could really help bring about an end to homelessness confusion that sadly serves to inhibit efforts to help those truly in need.

What do you think?

780-495-3261 www.petergoldring.ca



health
& wellness
WITH JENNA HOFF

How to sneak more fruits and veggies into your diet

Although the Canada Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>) recommends that we eat a large variety of fruits and vegetables daily (ranging from four servings per day for two to three year olds to eight to 10 servings for adult males), for those who find this food group about as palatable as cardboard, it can be tough to meet these requirements. This is scary, as a diet deficient in fruits and vegetables has been linked to a whole host of health risks. Fortunately, there are many delicious ways to sneak fruits and veggies into your diet.

Smoothies

One of my favorite breakfasts is amazingly easy to prepare. Simply throw whatever fruit you have handy (my favorites are blueberries, strawberries, oranges and bananas) into a blender, pour in juice or water, dash in a scoop of ice cream or frozen yogurt (or ice cubes if you prefer a less creamy drink) and blend. Voila—you not only have a delicious and healthy

breakfast, but one that has started your day off with fruit. For extra healthy goodness, you can add flax seeds, nuts, or chunks of plain tofu.

Invisible veggies

Puree a cup of veggies (my favorites are carrots and zucchini) and toss them into your spaghetti sauce, chili, stew, or sloppy Joes. This should not significantly change the taste of your recipe, but is one more way to add a serving of vegetables into your diet.

Delightful salads

Salads can be a lot of fun when you jazz them up with apple slices, peas, corn, cheese (try feta, smoked gouda, or parmesan for added flair) flax and sunflower seeds, nuts, orange sections, cherry tomatoes (much tastier than their larger counterparts), raisins, dried fruit (I'm particularly fond of dried apricots and cherries), and pepper slices.

Six layer fruit parfait

One of my all time favorite

healthy desserts, this is a delicious and healthy alternative to high calorie ice-cream treats. I make it by whipping up a bowl of fruit salad comprised of whatever fruits I've found on sale at the grocery store this week (my favorites are berries, oranges, apples, grapes, and grapefruit). This fruit salad mix becomes "layer one". Layer two is created by liberally spreading yogurt (any flavor will do) over the fruit layer.

Layers three to six are created by sprinkling nuts (my favorites are walnuts, almonds or pecans), seeds (sunflower or flax), and chocolate chips (I have to get my chocolate "fix" in somehow!) Finally, grab a good book and a steaming cup of cocoa, sit back, and enjoy this delicious and healthy treat.

Jenna Hoff is a former pediatric Physical Therapist turned freelance writer. Contact her at physiowriter@yahoo.ca with health questions, or with suggestions for health topics that you would like to see addressed in a future column.



BACKYARD BISTRO
WITH SHAWN BAERT

A childhood recipe that never gets old

This is an old recipe that my Mom used to make when I was a kid. They are easy to make, very filling and made with ingredients readily available in most kitchens. My brother and I could not get enough of them.

Burger Bundles

Ingredients

2 lbs hamburger
2 eggs
½ cup bread crumbs
2 boxes stove top stuffing or your favorite homemade
6 slices bacon
2 cans cream of mushroom soup
Spice to taste (I suggest garlic and/or onion powder, pepper, Italian spice).

Do not add any salt, the soup and stuffing have salt.

Instructions

Prepare soup, using 1 can of water to 2 cans of soup. Prepare stuffing according to directions. Add the eggs, bread crumbs and preferred spices to the hamburger. Mix well.

Form the stuffing into 6 round balls, packed firmly enough to hold together. Form the hamburger mixture around the stuffing balls to form a slightly larger ball. Place balls in a deep



Shawn Baert

baking dish in a single layer, place the bacon slices across the top of the balls and pour the prepared soup over the top.

Cover and bake at 350 f for 30 minutes or until hamburger is thoroughly cooked. You may wish to uncover dish and bake to brown the bacon.

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Resident Profile
WITH HARVEY VOOGD

Waste not; want not—a passion lived out at work and home

Reuse, recycle, waste not and want not is a belief and passion that Laurie Taylor lives out not only at her job with the City of Edmonton, but also in her home business “Taylaur-Way Greeting Cards & Gifts.”

Since last December, Taylor works part-time for the city’s Waste Management branch. She promotes recycling at trade shows, goes to grade four classes to teach worm composting and works at the ReUse Centre.

“This is my dream job come true,” said Taylor. “I get a lot of my craft supplies at the ReUse Centre and I’ve always had a passion for teaching. But most important of all this was how I was raised.”

“My dad was 64 and 38 years older when he married my mother, who was 26. Dad was born in 1916 and lived through the depression. My mom was the oldest of 13, so they both had a similar background of making do with what you had and reusing everything till it fell apart.”

Her parents’ thrift ethic was not their only gift to Taylor. She got her creativity and artisan bent from her father.

“When I grew up, my parents were always home as my father was retired and my mom a house wife. Dad was quite a crafty, artistic person,” said Taylor. “He loved to

make plaster of Paris casts. The museum in Alberta Beach, where I grew up, had a plaster cast my father made of the original Alberta Beach railway station.”

Taylor’s business combines recycling and her love of creating things. “At least half of the stuff I make is made out of used or recycled material. I make greeting cards, wine cork boards, gag gifts, treasure rocks, record bowls and photos displayed on magnets.”

Custom-made products are also a specialty of Taylor’s. “You tell me about the person and then I make something that reflects what that person likes.”

Taylor always made birthday cards for her family. “[When I was] 15, my grandma said ‘you should do this for a living.’ A light bulb went off and that’s when I started . . . my grandma was my biggest

customer for six years.”

“My work with wine cork boards started with a girlfriend of mine whose parents had saved every wine cork for over 20 years. They gave me at least

five huge garbage bags. With the training in framing that I had from Mill Creek Picture Framing, a new creation was born”

Taylor’s corkboards and cards can be bought at Mill Creek Cafe, where she also works part-time. Or she can be contacted

at taylaur-way@live.ca or 780.498.1220.

Taylor’s gag gifts include Cowboy Bubble Bath (bag of white beans) and Cowboy Potpourri (bag of peanut shells, pennies, elastic bands and beer bottle caps). “The treasure rocks are like a Kinder surprise, but you can’t eat the outside. They are made out of used coffee grounds (I use the coffee filters in the greet-

ing cards), sand, salt and flour. Inside are age-appropriate gifts for kids aged five to 15. They are very popular!”

Taylor knew nothing about the area before she moved to Spruce Avenue in January 2007. “Later that year, I think in July, the Carrot Cafe opened and the *Rat Creek* newspaper

started coming to my house.” “I really like the community feel. I’m very happy with all the contacts I’ve made. I grew up in a small community and I enjoy being part of a community again. I like knowing the people in my neighbourhood and seeing them on the street.”



LAURIE TAYLOR

HEALTHY ALBERTA COMMUNITIES

LIMBER UP YOUR GREEN THUMB!

Tuesday March 24th, 2009 from 6-9 pm
and / or : Thursday March 26th, 2009 from 6-9 pm
St Faith's Church, 11725 - 93 Street

TUESDAY WORKSHOP

- seed starting
- container gardening
- composting

THURSDAY WORKSHOP

- insects (the good and the bad) and disease
- ecoscaping/ responsible water use
- lawn care

Information about starting a community garden, master composting, and more

\$2/ day; come for one day or both days
Light snacks and refreshments will be provided;
Children are welcome to participate with parents

Register in Advance by March 23rd, 2009

Dianne Gillespie 780-913-6646 or dianneg@ualberta.ca

www.healthyalbertacommunities.com

avenue initiative revitalization

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



For information call
Judy Allan 496-1913
www.avenueinitiative.ca



Neighbourhood Matching Grant

The Avenue Initiative Neighbourhood Matching Grant is available for projects that will enhance, beautify, create a sense of community or improve safety. The Neighbourhood Matching Fund matches volunteer time or donations in kind up to \$20,000 for large community projects. The Small Sparks grant funds up to \$250 for small local neighbourhood events.

Think About Joining a Working Group!

Groups meet on a monthly basis to implement 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.

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-- 2nd Thursday of the month

Works with EPS, Bylaw & Safe Housing to create a safe community.

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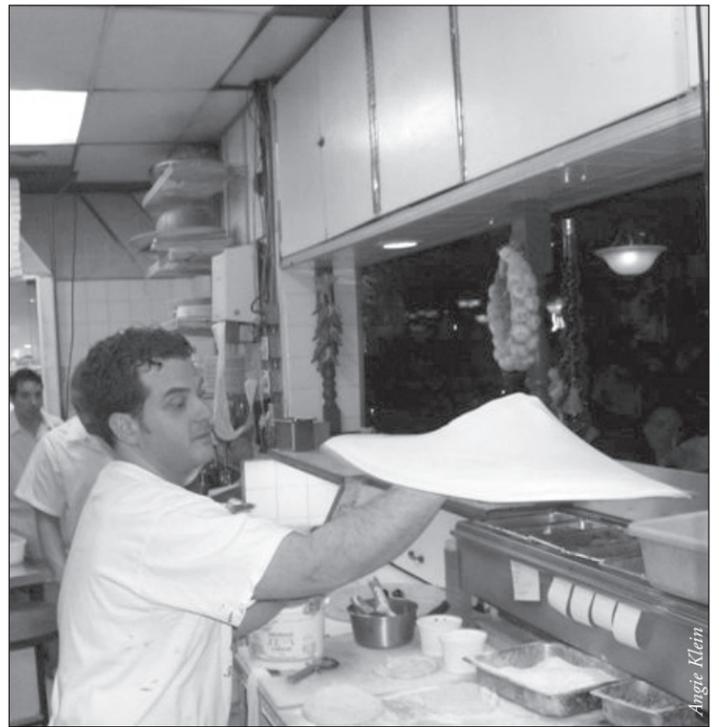
**The Daring Diner
WITH ANGIE KLEIN**

We've been feeling the pinch of the down turn in the economy. My fiancé, a well site geologist, hasn't been able to get any work at all this season. As a volunteer writer I pay for all of our meals myself, so we needed a more affordable night out. Pizza seemed like the perfect answer. I had heard that there was an amazing, award winning traditional pizzeria right around the corner. My prayers were answered.

Tony's Pizzeria e Ristorante Italiano, or Tony's as everyone calls it, doesn't need my good review to get customers, judging by the crowds of diners in there on a cold Tuesday evening. But that's just what they are going to get! We arrived shortly after 5 p.m., after being told it was best we arrive early or make a reservation. By 6 p.m. the place was packed.

The wait staff at Tony's is friendly and very efficient, dressed in traditional black and white. The house wine is predictable and affordable, and the ambiance decidedly Italian.

On the wall, an old photo of founder, Tony Mazzotta, seems to keep a watchful eye while Sal, keeping the family business alive, tosses pizza dough in the air. With too many choices of toppings to choose from, and my daughter wanting just plain cheese, we decided to go for the Classic-Original New York style pizza,



Angie Klein

with mozzarella and Tony's special spices. It comes in extra large only, (\$19.75 for a 16 inch pizza) but who doesn't like leftover pizza for lunch.

Our pizza was the perfect compliment to the Mussels Marinara (\$12.50) that Jeff and I shared. The portion was large with lots of fresh tomato marinara, spotted with yummy little capers and fresh cilantro. It was a little on the salty side, but that didn't stop us from sopping it all up with our delicious thin crusts. Our bill came to around \$60 including tip with

some pizza left to take home.

Until next time...

Happy Eating!

**Tony's Pizza Place
9605 - 111 Avenue
780-424-8777**

**Hours of Operation
Mon - Thu: 11:30 am - 2:30 pm,
4:30 pm - 10 pm
Fri: 11:30 am - 2:30 pm,
4:30 - 12 am
Sat: 3 pm - 12 am
Sun: 4:30 pm - 10:30 pm**

PENNY CARNIVAL

**Saturday, April 4
1pm to 4pm
Alberta Ave Hall
9210 118 Avenue**

Bring your pennies and loose change and come enjoy an afternoon of games, challenges, food & fun. Change will be donated to Third World Mission projects.



Sponsored by Avenue Vineyard Community Church www.avenuvineyard.com
For more info call 780-660-0334.

EDMONTON



New to the Neighbourhood

The City introduced the new Community Standards Peace Officers last month to provide quicker and more effective response to bylaw concerns, making Edmonton a cleaner, safer city.

They will be focusing primarily on public places like roads and green spaces and will mainly be looking for:

- Vehicles driving with an unsecured or poorly secured loads;
- People dumping snow, dirt, garbage or anything else illegally;

Officers Wright, Millante and Blaine are three of the ten new peace officers patrolling the community

- People obstructing a public road;
- Signs or other visual obstructions along roadways; and
- Excessive construction or industrial noise.

The new officers are now out and about and can answer any bylaw questions or concerns when you see them.

For more information or to register a bylaw complaint, please visit www.edmonton.ca or call 311.



COMMUNITY CALENDAR

ART & THEATRE

TOUCH DRAWING WORKSHOPS

Touch drawing involves moving the hands on a sheet of paper which has been placed over a surface of oil paint. No artexperience required. Must be 18 yrs of age or older to participate. All materials supplied. Workshops: March 12, 2009, 6.30pm-9.30pm, 9210-118 Ave March 26, 2009, 6.30pm-9.39pm, 3A St. Vital Ave
Cost: \$65 including materials; \$55 if you previously attended workshops
Contact: Nathalie Perron: nperron22@gmail.com, 780-619-2057

THE CARROT'S VISUAL ARTISTS COLLECTIVE

2nd Wednesday of the month at 7pm at The Carrot (9351 118 Ave). Drop in, have a coffee, discuss visual art related topics. For more info contact: Michael Germann, mikalow@shaw.ca, 780-909-7027, www.meetup.com/Carrot-visual-artists-collective

MUSIC



PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus @ 780-479-1330

PIANO LESSONS IN YOUR HOME

All levels; children and adult students welcome. Please call Connie Collingwood ARCT at 780-490-1922. Must live within the *Rat Creek Press* boundaries.

PIANO LESSONS FOR BEGINNERS

5 to 9 years. In my home using the John Thompson series only. A low rate at \$50 a month, includes book. Call soon, limited openings. Excellent references available. Call Sharon Riley at 780-479-4054.

KEYNOTE MUSIC

Learn to play guitar, bass, piano. Over 10 years teaching experience. Call Reg Taylor at 780-915-1241.

DROP-IN GROUPS & PROGRAMS

PRESCHOOL CREATIVITY

4 Thursdays Feb 19, 26, Mar 5, 12. 10am to 11am for 3.5 to 5 year olds. 11am to 12pm for 1 to 3 year olds.

Music, movement, creative play, craft and story time with Marie Butler aka The Willow Lady. Cost: \$20 league members; \$30 non-members. Call 477-2773 to register.

VISUAL ART SAMPLER

SPRING BREAK CAMP Mar 30 to Apr 3 from 9:30am to 12pm for ages 6 to 10 at the Alberta Avenue Community Centre. The class will include such techniques as watercolour landscape, mixed media abstract, carving plaster of paris/ sculpting, still life with pencil crayons, and paper mache mask making. Instructor: Lorraine Shulba. Cost: \$60 members; \$80 non-members. Call 780-477-2773 to register.

FREE FAMILY ART NIGHTS

Thursdays from 6:30 - 8 p.m. for Parents and children up to 17 at the Nina Haggerty Centre for the Arts (9702 111 Ave). All materials, instruction and a light snack are free. No experience necessary, but space is limited. Call 780 474-7611 to register your family.

CARROT WRITERS' GROUP

Every Thursday morning at 10 am at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

SENIORS DROP-IN

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

MOMS & TOTS

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

BABES IN ARMS

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

THE AVENUE COMMUNITY PLAY GROUP

Every Tuesday from 10am to noon at Alberta Avenue Community Hall (9210 118 Ave). Residents from all communities are welcome to join us. For more information contact Becky at peacebeadz@hotmail.com.

SCRAPBOOKING

Thursdays from 6 pm to 8 pm at at Ben Calf Robe Society (12046 77

St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Childcare is available. Call 780-477-6648 for more info.

PARENT SUPPORT GROUP

Fridays from 1 pm to 4:15 pm at Ben Calf Robe Society (12046 77 St). Join us for crafts, coffee, snacks and great conversation. Call 780-477-6648 for more info.

SALVATION ARMY - HAS MOVED!

Edmonton Crossroads Community Church (EC3) 2nd floor, 11726 95 St, Ph 780-474-4324
Mon, Tue, Wed, Thur., noon to 4pm
Fri., 7pm - 10pm

ST. FAITH'S

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

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283
Youth program (ages 6-17):
Mon, Tue, Wed 3-8pm, Thur 2:30-8pm, Fri 3-10pm, and Sat 1-5pm.

ENTERTAINMENT

BIKER BOOK CABARET AT THE CARROT

March 4, 7pm - 9pm. Come hear authors Ted Bishop, Albert Huizinga and Jeremy Kroeker read about their experiences with love, life and motorcycles - not necessarily in that order. \$7 cover. Includes snacks. Cash bar. The Carrot is located at 9351 - 118 Ave.

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm
\$5 cover charge

Mar 6: This Girl / That Boy
Mar 13: Karen Porkka
Mar 20: Phyllis Sinclair
Mar 27: Jan Baker

SATURDAYS: Open mic
7:30pm-10:00pm
Music, spoken word, comedy

SPORTS & REC



COMMUNITY RINKS

Call for opening dates and times. Free to any community league members. Alberta Avenue (snow bank rink) 780-477-2773 www.albertaave.org Mon to Fri from 4pm to 9pm (no sticks until after 7pm). Sat & Sun 1pm to 6pm (no sticks until after 4pm).
Delton 780-477-3326
Eastwood 780-477-2354
Parkdale 780-471-4410
Spruce Avenue 780-471-1932

FREE PUBLIC SKATING/INDOOR ARENAS

Grand Truck (13025 112 St)
Sundays from 1pm to 2pm
Russ Barnes (6725 118 Ave)
Saturdays from 5pm to 6pm
Oliver (10335 119 St) Tuesdays from 6:15 to 7:15pm
Westwood (12040 97 St) Sundays 3:15 to 4:15pm

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street). Call 780-496-7384 for full pool schedule or go to www.edmonton.ca and search Eastglen pool.

NORTH EAST ZONE SOFTBALL & BASEBALL 2009 REGISTRATION

If your community league is not holding registration, then register at: Central Registration, 7515 Borden Park Rd (behind the tennis courts in Borden Park)

Sat, Mar 15, 12 - 3pm
Wed, Mar 25, 6:30 - 8:30pm
Sat, Mar 21, 11 - 3pm
Wed, Apr 01, 11 - 2pm and 6:30 - 8:30pm
Check out www.nezsports.com for registration information, fees and program information
Or contact: Baseball - Dave Ball 780-475-5609 or balldr@shaw.ca
Softball - Jen Chute 780-437-6667 or jenchute@telus.net

OUTDOOR SOCCER 2009 REGISTRATION

Outdoor soccer registration for anyone living in the following communities: Delton, Elmwood Park, Eastwood, Alberta Ave, Westwood, Spruce Ave and Parkdale/Cromdale
Delton Community League Hall (12325 88 St)
Fri, Mar 13, 6 - 8pm
Sat, Mar 14, 10am - noon
Registration fees to be advised. You must be a community league member to register. For more information go to www.edmontonnorthsoccer.ca or call Sue at 780-474-3491.

PLAY FIELD HOCKEY!

A game that combines the fitness of Soccer and the finesse of Hockey Try it Free Events, Spring & Summer programs
Boys & Girls 5-14 years of age
Inexpensive Sport
Register now!
www.fieldhockey.ab.ca
780-760-2180

VOLUNTEER



GIRLS NIGHT OUT!

Help disabled women get out in the community and participate in recreation and social activities. Female volunteers are needed 2-3 hours, twice a month, evenings or weekends. Delton area. Staff assistance provided. Contact Leslie @ 780-432-1137, ext 357.

WALKING CLUB VOLUNTEER

Accompany disabled adults as they walk the mall for fitness and socializing. Every 2nd Friday; 5:30 pm to 7:30 pm, at Westmount Mall. Staff support on-site. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

IMMIGRANT/REFUGEE SETTLEMENT MENTORS

Mentor new immigrants/refugees in a formalized friendship; assist newcomers to practice English, develop social networks, learn about Canadian culture, and acquire life skills to facilitate successful integration into Canadian society. 8 hours/month. Training and support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

CHILDREN AND YOUTH MENTORS

Be a positive role model to abused/neglected children and youth, aged 5 to 17 who live in group care. Participate in supervised leisure and educational activities; share your interests, hobbies, talents. 2 hours/week. Orientation and staff support provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicocialservices.ab.ca

VOLUNTEER DRIVERS NEEDED

Do you know what a Volunteer Driver is? It's a community member who can spare 3-4 hours once a month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 780-732-1221.

NINA HAGGERTY CENTRE FOR THE ARTS

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 780-474-7611

THE CARROT COMMUNITY ARTS COFFEEHOUSE

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

NOTICES & UPCOMING EVENTS

EDMONTON SNOW ANGELS

Be an angel this winter and help someone in your neighbourhood shovel their walk. Do you know an angel? Help them get their wings! If someone has helped you shovel your walk this winter, call 780-496-8200 or go online to www.edmonton.ca/snowangels and nominate your snow angel and be entered to win a prize.

COMMUNITY WALKING GROUP

Community Response to Urban Disorder (CRUD) is interested in creating a community walking group. Walking is good for your health and good for your community too. Create community safety with eyes on the street by joining with other residents to take back the Avenue and get fit too! Contact info@crudedmonton.org

COMMUNITY DOG-WALKING GROUP

Community Response to Urban Disorder (CRUD) is interested in creating a community dog walking group. Create community safety with eyes on the street by joining with other residents to take back the Avenue while keeping your dog fit too! Contact info@crudedmonton.org

SPRUCE AVE COMMUNITY GARAGE SALE

April 30, May 01 & 02 at Spruce Ave Community Hall. Contact: Verna @ 479-8019. Rent your own table at a cost is \$10.00 / table for the weekend. Donations are also requested for the Community Garage sale table, with revenue generated from the community sale being donated to the Spruce Avenue Park re-development.

CARROT GIFT CERTIFICATES

Buy your friends an original gift... Carrot gift certificates available at the Carrot and Tickets to Friday Night For Two at the Carrot Gift certificates for our evening performance.

GRAFFITI REMOVAL KIT

A graffiti removal kit is available for residents to borrow free of charge. Call Joe at the Alberta Avenue Business Association at 780-471-2602.

CHURCH SERVICES

ST. ALPHONSUS CATHOLIC CHURCH

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

AVENUE VINEYARD

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

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 2nd floor, 11726 95 St, Ph 780-474-4324 Mon, Tue, Wed, Thur., noon to 4pm
Fri., 7pm - 10pm

Edmonton Public Library		SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to www.epl.ca for more program details
CHILDREN	Chill Zone 3:30 p.m. Thursdays, Jan 22 to Mar 26 Ages: 12 - 15 years	
Aboriginal Family Storytime 11:30 a.m. Fridays, Jan 9 to June 26	ADULTS	
Sing, Sign, Laugh and Learn 10:15 a.m. Tuesdays, Feb 24 to Mar 24 Ages: Up to 3 years	Cafe Anglais - English Conversation Club for Newcomers 6:30 p.m. Mondays, Jan 5 to Jun 29 FREE of Charge	
Calling All Homeschoolers 1:30 p.m. Tuesdays, Mar 3 to Apr 28 Ages: 5 - 12 years	English Conversation Circle (LACE Program) 10:30 a.m. Saturdays, Mar 7 to Jun 20 Free of Charge	
Pyrogies Galore 2 p.m. Saturday, March 14, 2009 Ages: 8 - 14 years	Stories from the Heart of the City - with Linda Goyette 1:30 p.m. Thursday, March 19, 2009 Drop-in, Free of Charge	
Bugs in Space 2 p.m. Monday, Mar 30 Ages: 6 - 12 years	Learning Clicks! 6 p.m. Wednesday, Mar 11 Ages: 16 years and up	
TEENS	ELL (English Language Learning) Tours Call 780-496-7099 to Book a Tour	
Teen Game Night 6:30 p.m. Fridays, Mar 6 to Jun 26 Ages: 12 - 17 years		

**Proud to Live
In Ward 3**



Councillor Tony Caterina
2nd Floor, City Hall
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Edmonton, AB
T5J 2R7

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



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**LiveMusic
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Friday nights!

March 6, This girl/that boy
March 13, Karen Porkka
March 20, Phyllis Sinclair
March 27, Jan Baker
\$5 cover at the door

Saturday nights-Open mic, Free!

Fine & Design Market

Saturday, March 28, 12-4pm

Come shop wonderful gifts and art!



BABES IN ARMS
PARENT GROUP

EVERY FRIDAY MORNING 10 AM TO 12PM AT
THE CARROT COMMUNITY COFFEEHOUSE
For more info, email Trisha at
trisha.estabrooks@gmail.com

Come say hello! 9351-118 ave
For community event schedule www.thecarrot.ca



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help wanted (qualified staff, please)