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Photovoice offers community members to show and tell

MARI SASANO

Last summer, a small group of area residents became health researchers. But instead of lab coats and Bunsen burners, they used stories to show how healthy or unhealthy habits are created by the environments in our community. And they used cameras to tell them— a picture worth a thousand words.

“We had 10 participants representing the Alberta Avenue and McCauley areas. What we did was met one on one, gave them cameras and the opportunity to show us what makes it easier or harder to be physically active and eat healthy in their communities,” says Laura Flaman, Project Coordinator for the Policy, Location, and Access in Community Environments Lab, which is part of the Centre for Health Promotions Studies at the University of Alberta.

Participants ranged in age from 20 to over 65, with incomes from less than \$25,000

per year to over \$100,000. Despite the variety of ages and socioeconomic status, a number of themes emerged from the photos.

“A big thing was the cultural diversity— the ethnic businesses, for example. One photo told of how the variety of restaurants is vital, that it makes the area a destination. People also talked about social problems: litter, graffiti, prostitution. They all mentioned the general 118th Avenue revitalization creating positive things in the community, and how it’s drawing people in from surrounding communities,” she says.

Other themes included the importance of meeting places like the library and the Carrot and hobbies such as gardening, or the positive and negative influence of dogs— an encouragement to walk on the plus side, and a danger to be avoided on the negative. But overall, residents didn’t see their neighbourhoods as either good

or bad. “I think it was balanced, positive and negative. Of course they talked about problems but also that it’s a vibrant place— they have a lot of pride in north central Edmonton. Many of them were already involved in community organizations.”

This information will be combined with the researchers’ observational data to help understand the advantages and obstacles to health in our community.

“The next step is to partner with stakeholders in the community to discuss how to create a healthier environment. For example, one of our projects is the Walking Map, which is a very community-driven to get people out to see destinations that they can walk to. What this is about is the process which allows us to engage a community, to allow them to tell those stories which we would eventually like to hit the decision-makers.”



“THE TREES LOOK BEAUTIFUL IN THE AREA WHEN THEY COME IN OVERHEAD. WHEN IT IS HOT AND SUNNY, I WILL VARY MY USUAL WALKING ROUTE TO WALK DOWN THIS SHADY STREET.”



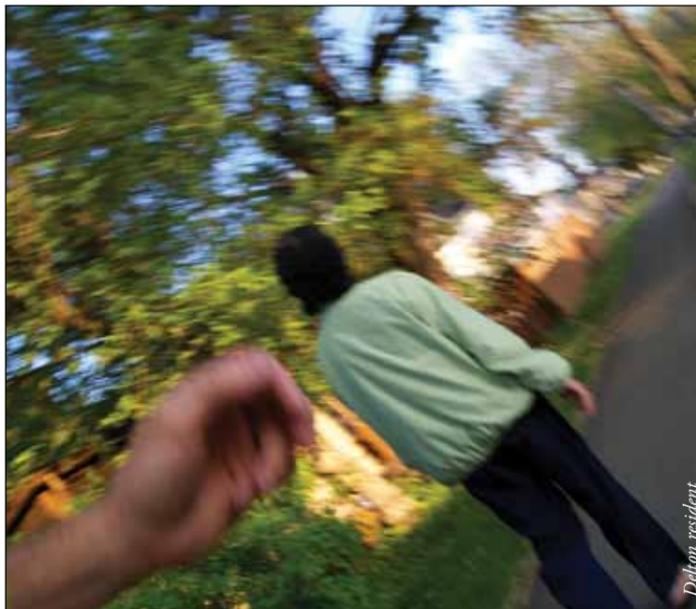
“THE VARIETY OF ETHNIC RESTAURANTS IN THE COMMUNITY IS AMAZING. THESE BUSINESSES ARE VITAL. THEY CREATE THE DESTINATION; THEY CREATE THE STRUCTURE RIGHT NOW, WHICH GETS YOU OUT IN THE COMMUNITY. I LOVE GOING, I JUST LOVE THE IDEA THAT THE PEOPLE WHO OWNED, WHO MADE MY FOOD, SERVED MY FOOD AND I PAID THEM. I WANT MY COMMUNITY TO DO WELL AND IT HELPS TO SPEND YOUR MONEY IN YOUR COMMUNITY.”



“THE CARROT IS A NICE PLACE TO GO TO, AND IT IS A GOOD REASON TO WALK UP TO 118TH AVENUE.”



“THIS IS A PICTURE OF SOME GRAFFITI ON NORWOOD BOULEVARD. THE BUSY STREETS IN THIS AREA ARE FULL OF GARBAGE AND CRIME, AND I WOULD NOT WALK THERE AFTER DARK. GRAFFITI BYLAWS DO LITTLE TO IMPROVE THE SITUATION AS DEEPER SOLUTIONS TO SOCIAL PROBLEMS ARE NEEDED.”



“THIS PHOTO CAPTURES THE FEAR THAT IS ASSOCIATED WITH A WOMEN BEING OUT ON THE STREET IN THE NEIGHBOURHOOD. THIS CAN BE A BIG DETERRENT TO BEING OUT AND ACTIVE IN THIS PART OF THE CITY. BEING A YOUNGER MAN I HAVE NEVER FELT THAT PERSONALLY, BUT I DO KNOW THAT IT IS OUT THERE AND A LOT OF PEOPLE TALK ABOUT IT.”



“MY NEIGHBOUR’S GARDEN IS MORE THAN JUST A PLACE TO GROW FOOD. IT IS A PLACE TO ESCAPE FOR HER. RECENTLY, IT HAS BEEN THE BACKDROP FOR GETTING TO KNOW AND UNDERSTAND EACH OTHER.”

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Writers Workshop

If you’ve always wanted to write for the Rat Creek Press but were unsure of where to start, come join us for our free spring workshop! Learn basic interview skills and how to turn your ideas into a publishable story. Current writers wishing to brush up on their skills are also welcome! Join us on Sunday March 7, from 1 pm to 4 pm, at The Carrot.

Please email editor@ratcreek.org to register.

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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

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Spruce Avenue Community League
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Neighbourhood schools — what is the future?

EDITORIAL WITH MARI SASANO

Children are our future. They are an investment. These are the kinds of platitudes that sell greeting cards and political spin. But let's have a closer look, in our Youth-themed *Rat Creek Press*. We've received an amazing response from young people in our community who have contributed their writing and artwork this issue. I have been excited about giving them the opportunity to take up our pages: their energy and enthusiasm burst out!

Young people— yes, they are valuable. Who's going to work in our workforces when we're gone? Who's going to pay taxes and build infrastructure and develop cures for diseases and write the latest songs? And who the heck is going to visit us in the nursing home down

the line?

But seriously, for all their energy and potential, they are also vulnerable. Until children reach the age of majority, they depend on adults. And sometimes it's hard for people to see beyond their immediate needs. Sure, we eventually want someone else to do our jobs for us, but we have to train them up. And keep them healthy. That takes time and resources. And that's our job.

In order to grow healthy, happy productive adults in the future, we have to make sure that we ourselves are healthy, happy, and productive. And then teach the kids everything we know. That's a lot of effort when we're already so busy making ends meet for ourselves. When politicians talk about "family values"

an active schoolground is a sign of a healthy community

and "family friendly," they are usually referring to a hazy, nostalgic idea of childhood— things that don't exist anymore, and probably never did. They're rarely talking about actual support, like keeping neighbourhood schools open.

Sure, that's a cheap shot. But it's a real concern in our area. As of mid-February, three inner-city schools are slated to close: Eastwood, Parkdale, and McCauley. Spruce Avenue's elementary program is also on the cutting block. Understandably, I've heard a lot of concerned voices from parents who send their children to our neighbourhood schools. In this issue, we continue to follow Edmonton Public Schools' plans, and we also talk to trustees in the Catholic

system who offer some arguments in favour of neighbourhood schools, and offer some hope to those who continue to fight EPSB's closure plans.

North central Edmonton is growing. Young families continue to move in revitalization attracts those looking for an alternative to suburban life. And schools should be a big part of that plan: an active schoolground is a sign of a healthy community. A small, local approach to serving our community has worked fantastically in other areas— why not schools? It stands to reason that the families living in our area have unique needs— and unique assets.

The final decisions don't get made until April. If you value your neighbourhood school, please make yourself informed of the issues and get involved. There is so much that this community has been able to do; keep fighting!

LETTERS TO THE EDITOR

Love is not enough

Cris Basualdo

I briefly knew Genevieve Stokowski, a lovely, chatty senior who lived in Cromdale, who was brutally robbed and murdered in her garage by a street prostitute.

Meth and crack, which are prevalent in use amongst drug-addicted street prostitutes, have been related to unpredictable and violent behaviour. Drug addicts, including those involved in street prostitution, have committed crimes in our neighbourhood including drug-dealing, assaults, weapons charges, robbery, thefts, break and enters and unlawful confinement. Preaching love, understanding and acceptance, is irresponsible in presenting unrealistic picture of the potential for violence of drug addicts on our streets. While it does not warm the heart like the thought of 400 loving acts of kindness, keeping a safe distance for personal safety may be a wiser choice.

This is our neighbourhood and we have a right to our safety and security — it's even guaranteed in the Charter of Rights. It is not acceptable to leave criminals on our streets. On the other hand, there are indeed many barriers that cause drug addicts to be on our streets, engaging in high-risk lifestyles and jeopardizing their own safety as well as ours. While acknowledging these barriers, how can anyone say that it's acceptable to allow them to continue this high-risk behaviour?

A good friend always says, "Scars remind us where we've been—they don't have to dictate where we're going" (I think the quote came from the TV show "Criminal Minds"). I do believe in the ability of people to make better choices for themselves, regardless of the harshness of their pasts. Much drug treatment theory recommends emotional detachment from the addict, and to not rescue them from the consequences of their behaviour.

It is not love that provides incentive for a person to quit their

drug use; people quit when the motivation to change becomes greater than the motivation to continue. Even some practices that are intended as "harm reduction" may enable a person to continue. Crisis is often necessary to force a person to make the choice to deal with their addiction. We need to reinforce the concepts of responsibilities and choices and provide less opportunity for excuses that enable people to continue to make poor choices.

In Sweden, anti-drug policy allows for compulsory drug treatment. Much literature about drug treatment speaks about a minimum of 90 days being required for success. It does not matter whether this occurs in jails or secure treatment centers, but it must provide the best possible foundation for dealing with the addiction and associated mental illnesses or emotional issues. Once the person is properly stabilized, then support can be provided in the community.

The bottom line is that residents of our neighbourhoods have a right to be safe and free from harassment and being victimized by crime or affected by disorder. In determining policy around drug addiction, associated crime and street prostitution, we must consider behaviours of drug users (including street prostitutes) and the damage they cause to others. Policy around drug use, street prostitution and associated crime and disorder must focus on the common good, considering the preservation of public safety its most important goal.

Cris Basualdo is the Chair of the Community Action Project. CAP is a grassroots residents' organization formed in 1997 comprised of 10 Central Edmonton neighbourhoods addressing issues that affect our community including crime and disorder and derelict housing. We believe everyone has the right to a safe housing in safe neighbourhoods, and a decent quality of life. For more information, contact CAP at cap.edmonton@gmail.com or call 780-270-5235.

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Arts on the Avenue Annual General Meeting

Members of the Arts on the Ave Edmonton Society are invited to the AOTA Annual General Meeting on Sunday April 18, from 2 to 4 pm at the Carrot. Members should renew their membership 30 days prior to the meeting in order to be eligible to vote, but all are welcome to hear about new developments for the arts in our community. Memberships are available at the Carrot, 9351 118 Ave.

Nominations are being taken for board positions. Candidates must be members for at least 30 days prior to the AGM, and supply a letter of nomination (resume and other information pertinent to a board position) and contact information for two references. Nominations must be sent to the Nominations Chair two weeks before the AGM. Board nominees will be interviewed by the nominations committee, which will then present recommendations at the AGM, followed by a vote by AOTA members.

Attendees will also hear from guest speaker Myrna Kostash. Kostash is an award-winning author and a Carrot volunteer.

For more information on Arts on the Ave, go to www.artsontheave.org

Norwood Neighbourhood Association: Vision and Funding Opportunities for the Norwood Community

Dear Community members,

The Norwood Neighbourhood Association (NNA) recently reviewed its operating and funding processes to ensure it is maximizing its contribution to the community.

The vision for the NNA is to support projects, services and activities that benefit the neighbourhood. Its mission is to be a funding organization that supports this vision. We aim to provide transparent and clear rules to all groups that might apply for financial aid. We are currently developing funding criteria and an application form to make the process easier for everyone.

The NNA will advertise funding request opportunities twice a year, in April and September. The Board will meet and assess applications after the close of submission dates and will grant funding based upon the established criteria, at its discretion.

Funding for the NNA comes from the Alberta Lottery Fund, by which the NNA provides volunteers to work a casino every two years.

2010 will be a year of learning and transition for the NNA and we welcome your comments. For more information, please watch for our ads in the *Rat Creek Press*. New contact information will be available in next RCP.

New Board members are always welcome!

Faculty of Extension seeks immigrant women for student awards

The University of Alberta Faculty of Extension is offering a student award to women new to Canada who need to change or upgrade their skills to find a job. Up to four women per year will participate in programs offered by the Faculty, including Human Resource Certificate, Management Development Certificate and Supervisory Development Citation.

Deadline for application is April 30.

If you have questions about the award, or are interested in the Business Programs offered by the Faculty of Extension at the University of Alberta, please visit www.extension.ualberta.ca/business/index.aspx (click on "Immigrant Women Award" under News and Events), or phone program coordinator Jackie Lane at 780-492-8315.

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Batters up for baseball season!

LORRAINE JEX
President, Northeast Zone Sports Council

Northeast Zone Sports Council is offering another season of softball and baseball to children ages 3-18.

NEZ Central Registration starts in mid-March. We put the teams together in mid-April and the kids are on the field as soon as the snow is off the ground. Regular season play starts the end of April and finishes up at the end of June. Some teams continue play through July with tournaments and Provincial Championship play.

The softball program is administered by the NEZ Softball Committee under the banner of Edmonton Youth Softball and Softball Alberta. Our youngest players – Nerf, T-Ball and Coach Pitch – play one or two games a week with some extra practices. These kids play within northeast Edmonton so the games are close to home.

As part of their program, all these children participate in the Fun-A-Rama. This is a tournament and fun day for the kids. It includes softball games, a penny carnival, bounce-houses, skills competition, free hot dogs and treats for everyone.

The older kids (Mites to Midgets) play in the EYSA city-wide league. They play twice a week with additional practices. In these age groups many teams enter tournaments across the city and for some, across the province.

All of our teams enter into our own Serenity Landry Memorial Fairplay Tournament on the Father's Day weekend.

This is an invitational tournament with teams from across the province entering to enjoy a great weekend of softball. Besides playing for the Gold Medals, the focus of this tournament is fair play. Our Fairplay Committee monitors all teams during the tournament and selects the one team whose players, coaches, parents and fans display good sportsmanship to receive the Fairplay award. This year our tournament will be held at our own Henry Singer Softball Park. Henry Singer Softball Park is a four diamond facility built by Northeast Zone Sports Council. It is a work in progress, but all four diamonds will be ready for play this spring.

The baseball program is administered by the NEZ Baseball Committee under the banner of Baseball Alberta. Our youngest players play twice a week with some additional practices in the Rally Cap and Rookie programs. Their games and practices are held in northeast Edmonton.

All these teams also participate in the NEZ Rookie Tournament at Rundle Park. This is an invitational tournament with up to 32 teams from across the city and across the province coming together for an exciting day of baseball at our beautiful Rundle Park facility. The kids all get medals, t-shirts, hot dogs, and a whole lot of treats. By the end of the day, we have a couple hundred kids sleeping in cars on the way home!

Our Mosquito and Peewee teams play in a league with Sherwood Park and Ardrossan. They play twice a week with additional practices and partici-

pate in both the Sherwood Park Tournament and our own invitational NEZ Mosquito-Peewee tournament in Rundle Park. Our Bantam and Midget teams play in a city wide league administered by Baseball Alberta. Bantams play most of their home games at Rundle Park and the Midget teams play their homes games at Spartan Park. This park is being torn down this season for the Fort Road redevelopment, so hopefully by June our teams will be playing at our beautiful new Wally Footz Field.

Both the softball and baseball programs offer additional clinics and camps to our players, coaches and umpires. The baseball program offers two free Rally Cap Skills days for the Rally Cap, Rookie and Mosquito players. They also offer pitching clinics throughout the season. NEZ Softball hosts a warm-up camp for all players from March 31 to April 18th and hosts the Mite and Squirt softball clinic at the end of April. This free day of skill development administered with the Edmonton Warriors is set up to teach skills to players and to coaches. We also host both coach and umpire clinics before and during the season.

Northeast Zone Sports Council strives to offer the best quality sports programs to the children of northeast Edmonton. Our mandate is to "Develop Youth Through Sport" by providing to all children the opportunity to participate regardless of race, gender or financial circumstance.

For more information visit www.nezsports.com.



LITTLE LEAGUERS RALLY FOR THE TEAM

Soccer registration kicks off

Outdoor soccer registration for those living in the following communities: Delton, Elmwood, Eastwood, Westwood, Alberta Avenue, Spruce Avenue, and Parkdale/Cromdale will take place **Saturday March 20, 10 am until Noon** and **Friday April 9, 6-8 pm** at Delton Community League (123 Avenue and 88 Street).

Please bring birth certificate, two cheques per child (maximum three per family), one cheque for jersey deposit, registration fee (cash or cheque). Community League memberships will be available for purchase (cash or cheque).

The league is also looking for coaches and referees (over 15 years of age)— training is provided.

If you have any questions call
Susan Nozack
Delton Soccer Director
780-474-3491

School closures: the Edmonton Catholic School District's point of view

MARI SASANO

Parents of children in the public school system are concerned about the proposed closures of our inner city schools. Cindy Olsen, Ward 3 Trustee, and Becky Kallal, Ward 2 Trustee for the Edmonton Catholic School District, reassure parents that there are no school closures forthcoming in that system.

"With Edmonton Catholic, every year our schools are reviewed according to certain benchmarks. If they're slipping, what we do before going ahead with closure is we work with schools and try to increase the enrollment and looking at ways with different programming. A really good example is St. Gerard School. That was one that was slipping in numbers, so we went into the school and worked with the school, put in the 100 Voices program, and the enrollment has increased to make it viable," says Olsen.

Though some school programs, such as the Ben Calf Robe junior high (which is not within our boundaries but serves many students from our area), are being monitored, the remainder of the schools—St. Basil, St. Gerard, St. Alphonsus

and Ben Calf Robe's elementary program—are safe for the time being.

"It's like Field of Dreams," says Kallal. "If you build it, they will come. If we provide really good programs, people will want to send their kids there. We want to make sure all our schools are offering something that we build that they will want to come."

Programs like 100 Voices—a pre-K program that encourages active learning through play—or offering unique opportunities such as Junior Achievement at St. Alphonsus are attractive to students. Nevertheless, both trustees are concerned about the trend toward closing smaller schools in more mature neighbourhoods, according to Olsen.

"There's a suburbanization of education, building bigger and bigger schools. Those new schools are 700-800 kids. For the inner city, one of the problems is that there is a utilization formula. It says for X amount of space, you need a certain number of students to make it viable. It doesn't take into account our older buildings with beautiful, big hallways and wonderful gym space. So even with all the classrooms full,

these schools still can't make the benchmark according to the formula."

The formula, which is calculated by the Province, causes grief for both the Catholic and the Public school boards. Those concerned about school closures must let the Alberta Education know their concern over the utilization formula, says Kallal.

"I think the government has to use a different formula for schools built before a certain time. Because we might have all that space, but we are not holding classes in the boot-rooms. I don't think it's any ill-will, but these schools don't fit the average. That's what we would really like to see, calculate the usable space. We know it's an issue for the public system too."

Kallal and Olsen are personally in favour of keeping neighbourhood schools open, especially in our area.

"When I look at the demographics to what is happening in this area, there's affordable housing here. This is where young families are going to move into. What's going to happen to these little kids when they hit school-age? So when you look at these mature neigh-

bourhoods and who's moving into there, we have to take that into account," says Olsen.

"I think the mayor's direction—having all of our schools becoming community centres, that's a real value that any size school can be added. And that's where community schools are really going to show what they can do," adds Kallal.

Both trustees encourage supporters of our local public schools not to give up the fight, noting that trustees are often undecided about planned Catholic school closures right up to the point of the vote. But Olsen does say there is one thing that parents can definitely do to help: send your children to community schools.

"I'm a strong proponent of community schools. That was my choice for my children. I think very often in these city neighbourhoods, it's about building up a sense of community and trust. And kids can get more attention, if they have special needs. And not having your child bussed in a long distance. The schools are the centres of the community. As a parent, I've found that when a school closes, there's a hole that is very difficult to fill."

Programs at ECSD schools

St. Alphonsus, K-9:
ESL, First Nations/Metis/Inuit, Junior Achievement, breakfast/snack/lunch
Open house March 10, 6-8pm

St. Basil, K-9:
Polish bilingual program, Jean Forest (all girls) Leadership Academy, day care/out of school care
Open house March 11, 7pm

St. Gerard, pre-K-6:
Full-day Kindergarten, no school fees, before/after school programs, breakfast program

Ben Calf Robe, K-9:
Cree culture, one of top 20 schools in Canada, breakfast and lunch, full-day Kindergarten, Aboriginal head start

Local school closures coming soon

JAN BUTERMAN

Edmonton Public Schools board of trustees met February 9, voting overwhelmingly in favour of "considering" the closure of Eastwood, McCauley, and Parkdale schools along with the elementary program at Spruce Avenue, despite impassioned pleas from parents and community partners.

Some trustees seemed surprised at the standing-room-only attendance, referring to the relative lack of participation in a consultation process that was undertaken within CCEP throughout the autumn—a process continually referred to as "flawed" by many area parents.

More than 14 people from the audience requested permission in advance of the meeting to speak for an allotted three minutes. Many spoke of the importance of McCauley campus for newcomers to Canada and the many services and partnerships within the school that help support families for success, including an on-site cross-cultural daycare that opened at the beginning of February. Others spoke of the desire to return to McCauley to raise and educate their children in the same environment they themselves had grown up in. Many spoke of choosing to locate in the inner city for its access to schools. One father explained that his child's attitude toward school was significantly transformed after moving from a suburban school to McCauley, referring to the campus as being "nothing but help" for supporting both students and

families.

Ward D Trustee Dave Colburn, whose ward includes all three CCEP campuses slated for closure, reminded those present that, "In 2005, CCEP received the Premier's Award for Innovation in Education." Colburn made numerous comments to administrators, including wondering why Edmonton Public would consider "dismantling a crown jewel." Colburn also noted reports regarding vulnerable populations, emphasizing that school closure is a moral issue. "[We] have a moral and fiduciary responsibility to support vulnerable communities," Colburn said, underscoring the point that closing three schools within a vulnerable community is excessive.

Trustee Colburn was not alone in his concerns. Speaking to the proposal of removing Spruce Avenue's elementary school program to change the campus into solely a junior high site, Ward C Trustee Sue Huff used administration's own data to argue against such a move. "It distresses me that we would take apart a viable school ... Spruce Avenue meets viability [numbers] for both elementary and junior high," said Huff.

Potential CCEP campus closures also attracted the attention of municipal and provincial officials. Three city councillors sent a letter of support for CCEP schools to remain open in light of municipal revitalization projects. Three MLAs, including Harry Chase, the member of Opposition directed to focus on the Ministry of Education,

were personally in attendance.

MLA Brian Mason, city Councillor Tony Caterina, and Trustee Dave Colburn had also previously attended a parents' meeting at Norwood campus prior to the EPS Board of Trustees meeting to discuss their concerns for their schools and their communities. "If this were to close, it's contrary to everything we're doing," Caterina said at that meeting, affirming CCEP schools were in prime locations in keeping with municipal plans towards limiting urban sprawl and increasing density, noting that several area developments well along in their planning stages were anticipated to bring yet more families to the area.



EPSB TRUSTEE DAVE COLBURN AND COUNCILLOR TONY CATERINA LISTEN AS MLA BRIAN MASON SPEAKS WITH FAMILIES CONCERNED ABOUT IMMINENT CLOSURE OF ONE OR MORE INNER-CITY SCHOOLS. THE MEETING WAS HELD ON JAN. 28 AT NORWOOD SCHOOL.

Meetings dates have been set for each school:

**Thursday, March 4
Eastwood School
12023 81 Street**

**Monday, March 8
McCauley School
9538 107 Avenue**

**Wednesday, March 10
Parkdale School
11648 85 Street**

**Thursday, March 11
Spruce Avenue School
11424 102 Street**

**All meetings begin at 7 pm.
Questions for the meeting
can be submitted in advance
to school.closures@epsb.ca**

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Smart discount shopping on the Ave!

LAURIE TOD

Well, with spring on the way it is time to start thinking about changing out the kids' clothing. I rallied up my good friend Dawn and together we hit the Avenue to do some smart discount shopping.

We met at the Bissell Center (8818 118 Ave.). Dawn was smart and came with a list. Her objective was "To outfit the kids in green for St. Patrick's Day." Because she was prepared, she fulfilled all the items on her list almost immediately. She found green 3/4 sweats for \$2.49 and a Green Day t-shirt for \$2.99.

My objective was not so focused. I was looking to see what was out there. I do admit I have not shopped second-hand for a while and was not sure what to look for! I have three children so I was looking for everything. I purchased a green down vest for my daughter. She loves it, and it was only \$2.49.

The Bissell Centre's pricing is easy to follow. Each item has a coloured tag and there are large poster boards with corresponding tag colors and pricing all around the store. They had a great sale on toques, only \$0.49!

Next we headed to Value Village (11850 103 St.) Here the items do cost more, but the selection was better. Dawn purchased a green fake fur vest for Gala and khaki green jeans

for Thorin. I purchased two printed dress shirts. I would have never purchased these at regular price, but my boys were thrilled. This style of shirt, new at a department store, costs \$14.99 and up. I purchased them for 80% off! Dawn and I came up with a Top Five must-do list to be successful shopping second hand.

1. Make a list of what your child needs.
2. Set a budget. With so many great deals it is easy to buy more than they need.
3. Check all seams, buttons and zippers are in good working condition.
4. Make sure you leave your coffee in the car or at home. You really need two hands.
5. Go with a friend. Share your list with them two sets of eyes are better than one!

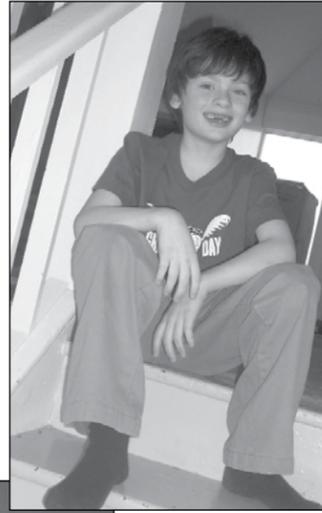


TEJHAS IN HIS COOL NEW SHIRT \$2.98
VALUE VILLAGE

GALA IS MODELLING HER ST PATRICK'S DAY OUTFIT. GREEN FAKE FUR VEST FROM VALUE VILLAGE \$3.99; GREEN 3/4 SWEATS FROM BISSELL \$2.49 ALL SHE NEEDS NOW ARE GREEN SOCKS.



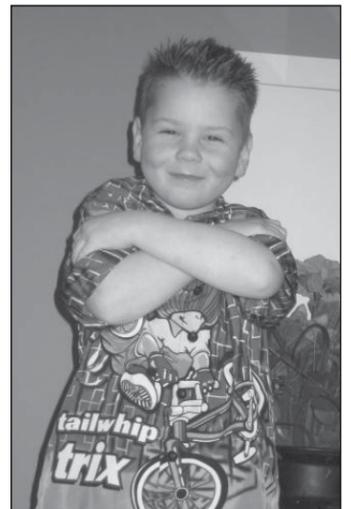
THORIN'S COOL NEW OUTFIT. GREEN DAY T-SHIRT - \$2.99 FROM BISSELL : KHAKI GREEN JEANS \$3.49 FROM VALUE VILLAGE



SHOPPING



MYSTIK MODELLING HER NEW DOWN VEST \$2.49 BISSELL CENTER



RYDER BORN TO RIDE IN HIS NEW BMX SHIRT \$2.98 VALUE VILLAGE

BLOCK CONNECT

Being connected with other like-minded residents on your block and throughout your community is the key to a safe and healthy community.

The Block Connect program is designed to encourage neighbours to know each other and to take responsibility together to create safe streets.

Block Connect is an initiative of the Safe Streets 118 Ave Crime Council.

We meet monthly to discuss community safety, cleanliness and crime prevention initiatives, and to network with other community safety organizations. All are welcome. Please go to www.avenueinitiative.ca for dates and location.

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.



Creating a connected community
one block at a time

avenue initiative revitalization

Alberta Cycle building revitalization plans take another step

MARI SASANO

Community members and arts groups are one step closer to a working Alberta Cycle arts space following a consultation with Toronto Artscape CEO Tim Jones, says Christy Morin of Arts on the Ave.

"He's a specialist in arts revitalization in Toronto, so we were excited to have him as a mentor. He's given us some things to look at so we're not reinventing the wheel. So at this point, it's learning about what will work in Edmonton and creating our own model," she says.

This will add to the visioning that took place with the public in November. Results from these sessions will be presented to the community again in April. But Morin says that interested groups should be in contact if they need space sooner.

"We're inviting letters of interest from parties who want to come in for one-offs or rehearsals— we're not going to have the space empty during this time, we want it to be filled with activity in this interim phase, and then we're going to do some major fundraising for the second phase."

Inquiries should be sent to Judy Allen from the Avenue Initiative, judy.allen@edmonton.ca

Arts on the Ave website – www.artsontheave.org
Avenue Initiative Revitalization website – www.avenueinitiative.ca
Arts Habitat website – www.artshab.com



Part two – can an old dog learn new tricks?

Or, to put it another way, can a chronically ill senior learn new health concept- and live another 20 or 30 years?

JUDY LOVEDA

The goal of this series of articles is to help you to discover that virtually anything is possible when it comes to reversing health conditions. That is why the Saga of Sandy – the 14 year old dachshund is being continued here in Part two.

As you recall, Sandy, a 14-year-old dachshund was being taken by my daughter and myself to our country home in a small Northern Ontario village. The idea of the Great Transformation was to turn Sandy's health around from a chronically ill, smelly, dying dog into a frisky young puppy. This amazing feat was to be accomplished in only 30 days!

In this way, I hoped to show my parents that they were sick for the same reason that their dog was.

Our seven and a half hour drive home was very enjoyable and passed by quickly. My four year old daughter was excited to have Sandy sitting beside her. It didn't matter to her that the dog smelled badly. I, however, made sure the window was wide open to circulate the air and reduce the odor.

By the time we finally drove into our yard, it was already early evening. Quickly, I unpacked all our

luggage along with Sandy's bed, food and dishes. Now it was time to unload Sandy. Keep in mind that she weighed 40 pounds and could barely move her own weight. Although she was definitely not a featherweight, I managed to get her safely out of the car.

Once she was on the ground she began to slowly and laboriously waddle her way to the bottom of the five flights of steps that would take her to the top of the front verandah.

Surveying the situation, I decided that from this moment on Sandy would have to begin the daunting task of climbing the stairs under her own steam, as much as was possible for her to do.

When I was ready to begin the climb I placed her two front paws on the first lower step and manoeuvred the top of my foot underneath her bottom. Then I gently pulled up on her leash to indicate that she was to get her front paws right up on the step. Between the two of us she did it!

"Amazing," I thought. If she can do it once, she can do it twice. And so I repeated the motions with her again and again until she was at the top of the landing. Once there, I gave her a moment of respite, which was necessary because

now we would be navigating up another 12 stairs to the inside level of the house. (It was a 75 year old house and had lots of stairs).

Although it took about 30 minutes to bring her up and into the house, she seemed to have survived the trip and the exertion of climbing the stairs just fine.

Being exhausted by the exercise I had put her through, she was very content to crawl into her bed. Almost immediately she fell asleep.

I realized that being in unfamiliar surroundings and away from my parents must have been emotionally hard for Sandy. However, the saving grace was that she knew and loved my daughter and I and felt safe with us.

We had begun Sandy's health boot camp from the moment I placed her on the ground outside our home and encouraged her to begin her exercise regime.

Thus began our first night in the Great Transformation of Sandy the 14-year-old dachshund.

Look for Part Three of the continuing Saga of Sandy to learn about the next phase of what is involved in teaching an old dog new tricks.

Will it be worth it?

That's what we're going to find out.

The Happy Café

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For lots of friendship, entertainment and laughs
For you and me.
We all love to get on stage, in front of a crowd.
Especially when people laugh and clap out loud.
The volunteers that make the coffee are very nice people too.
And I just love to go there when I have nothing else better to do.
And every month a new artist gets to hang their paintings on the walls.
Everyone has a great talent,
And I'm so glad to know them all,
I'm always happy to invite everyone I know,
To come and spend an afternoon or a day,
At the Carrot Café,
The place that I adore

Bernice Caligiuri

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Stadium Station Transit Oriented Development Plan Community Workshop #3

Where: Santa Maria Goretti Centre
11050-90 Street

When: Wednesday, March 17, 2010
7:00pm – 8:30pm

This is the third in a series of three workshops being held to involve interested citizens in different stages of the development of the Stadium Station Transit Oriented Development (TOD) Plan.

This workshop will provide interested citizens with an opportunity to review and provide feedback on a refined TOD concept for the Stadium LRT Station Area. Public feedback will help fine-tune the concept and guide the preparation of the final TOD Plan.

To help us prepare for this event please RSVP to the telephone number or email below by March 8, 2010. We look forward to seeing you there!

For more information contact:

Lisa Larson, Planner, Smart Choices Program
Phone: 780-944-0103 Email: lisa.larson@edmonton.ca

For more information about the Stadium Station Transit Oriented Development Plan please visit www.edmonton.ca/smartchoices.



Services for deaf or hard of hearing persons provided upon request.
Call 311 or TTY/NexTalk 780-944-5555.



Learn more about and get involved in City issues affecting you and your neighbourhood. Go to www.edmonton.ca/PublicInvolvementCalendar for a list of City of Edmonton public involvement opportunities.

The stark truth about depression, Part II

GEORGE TSOUKALAS

Depression affects more than just a person's emotional state and mental cognition. It takes a terrible toll on one's self-esteem and self-concept, both of which are intertwined to form an individual's psyche, but are damaged in different ways. One's self-esteem is affected when the environment you are in, be it school or the workplace, is full of negative people who make harsh comments on your appearance, racial slurs, or who bully and threaten you in an effort to satisfy their personal aggrandizement.

When I was 15 years old at the beginning of Grade 11, I was subjected to constant harassment by older and even younger students, and it became so intense that I started to "mentally retreat," or become very passive socially to the extent that I no longer felt a full participant in the activities of high school. After two months had elapsed in Grade 11, I felt extremely isolated and began to believe that the bullies were correct in their assessment of me: I was a tall and

skinny weakling that had no life outside of school and no friends to speak of. The terms "nerd" and "geek" had a profoundly harmful effect on my self-esteem, and the more I heard those insults hurled at me the worse I felt.

These events marked the beginning of my descent into depression, however, there was also the problem of my self-concept that needed to be addressed during this time in my youth. One's self-concept can best be defined as how one views themselves in the world, whether it be based on physical appearance or mental abilities. While I felt confident in my physical and mental prowess in high school there were many who did not.

Many more women than men fall victim to depression, and this is evident in the numbers of young girls who are so obsessed with their body image that they become anorexic or bulimic in an effort to control their weight. However, it should be pointed out that weight control is not the primary goal of anorexic or bulimic girls, but the beliefs they hold which makes

them believe they are fat even though they are thin and are at risk of becoming dangerously underweight. It is an illness that is exacerbated by the negative reinforcement of depressive thoughts and emotions, the unrealistic and unhealthy body image these girls grasp onto, and the constant assault on the psyche of these impressionable young girls that drives many of them to starve themselves and even commit suicide.

While I felt secure in my physical and mental abilities, I did not feel confident in my ability to make new friends in high school, which made my self-concept take the shape of a passive and quiet wallflower. I just did not believe that I was an interesting person or a fun person to be around, and it was these beliefs that made me turn inward or become introverted.

This is the second of three essays on depression by George Tsoukalas. For more information on depression and other mental illnesses, check out the Canadian Mental Health Association's website at www.cmha.ca or talk to your family doctor.

Wayne Gretzky

There was a young man
Hockey was his game,
And Wayne Gretzky was his name,
Little was known about this fine young man.
Until he scored his first goal.
Then I was his number one fan.
He flew on the ice, with a hockey stick in his hand,
A twinkle in his eyes, and a grin from ear to ear.
You scored another one,
When the fans began to cheer,
He grew famous very and fans loved him the best,
Then one day they traded him to L.A.,
And out city lost the Great One. And we regret it to this very day.
And my joy of hockey ended, and flew away to L.A.
I'm glad for his career,
But our city lost a great one, and that's very clear,
So I say good luck to Wayne Gretzky
To all his following years

Bernice Caligiuri



Stock



Carissa Hudson

FIFTEEN PEOPLE GATHERED ON JANUARY 24, 2010 AT THE ALBERTA AVENUE LEAGUE TO TRY OUT NEW BREAD MAKING TECHNIQUES. THEY MADE A VARIETY OF BREADS, INCLUDING WHITE, WHOLE WHEAT AND SEED LOAVES. THEY FEASTED ON HOMEMADE CINNAMON BUNS AND PIZZA WHILE THEY BAKED.

Idea Shindig

Local theatre artist Jeff Page hosted a group of about 40 residents at the Avenue Initiative's first Ideas Shindig on March 22, held at the Carrot Cafe. Neighbours shared ideas on how to improve existing projects and events, as well as pitching new ideas for our community as they snacked on food from Lan's Asian Grill.

"People don't like to go to meetings," says the Avenue Initiative's Judy Allan. "People do like to go to parties, so we threw a party." The idea is to involve new people and to invite them to share their thoughts on revitalization.

"It was magical; the ideas never stopped bouncing," says area resident Lori Youngman. "People were exchanging emails and saying, 'Yes, I'm in!'"

Notes from the shindig will be synthesized into one document, which will be provided to interested groups. For those who missed this first event, Allan says that more are to be scheduled in the future.



JEFF PAGE HOSTS A GROUP OF ABOUT 40 RESIDENTS AT THE AVENUE INITIATIVE'S FIRST IDEAS SHINDIG. NEIGHBOURS SHARED IDEAS ON HOW TO IMPROVE EXISTING PROJECTS AND EVENTS, AS WELL AS PITCHING NEW IDEAS FOR OUR COMMUNITY.



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ArtStart turns inner-city students into avid shutterbugs

MARI SASANO

Seven young residents have been avidly snapping photos for several months, thanks to ArtStart, a fine arts program aimed at low-income youth.

“I think it’s a way for them to explore the world and to show people what it’s like through their eyes, their perceptions. And the kids seem to be very interested in photography,” says Paula Costello, Program Manager of ArtStart.

The program is open to young people aged 5 to 14, and have been meeting twice a week at Parkdale school. Other programs include music, sculpture, drawing, drama and dance.

“We think it’s therapeutic, but it’s also a way to build on the skills that the schools teach them: communication, self-esteem. Our focus is to give the opportunity to children who otherwise wouldn’t be able to afford participation in the arts; we’re focussing on low-income families to help develop skills and talents.”

Classes are free, and are open to those who meet the financial criteria. ArtStart also runs spring break and summer camps— for more information or to register for classes, contact ArtStart at 780-424-7543 ext. 127 or check online at www.e4calberta.org/artstart.html



Clear as Crystal

ERIN THACKERAY

Most of us in our corner of the city have passed by the big blue-and-white striped building on 118th Avenue and 87th Street, noticing only its striking exterior. Well, I am here to take you inside and give you a little glimpse of Crystal Kids.

Crystal Kids originated in 1992 under the auspices of the Greater Edmonton Sports and Recreation Association, to provide a place for inner city youth to play recreational sports in a 980 square foot building. In 2000, they opened a new 9000 square foot facility, expanded their vision, and changed their name to honour a corporate sponsor and founder. I sat down with Director Miri Peterson to talk about that vision.

Crystal Kids exists not only for sports, but to foster self esteem and emotional well being in young people, provide support to the community and connect people to resources. Crystal Kids is very committed to helping these kids break out of destructive cycles, become contributors, and reconnect to community. Peterson spoke with eloquence, caring and compassion about the neighbourhood, and the kids and

youth that her programs reach.

Primarily, she says, it is a safe place for kids to get off the street. As she aptly puts, "An hour spent in our facility is an hour that [the youth and kids] aren't out on the streets." In the winter an average of 100 youth per day come not just for sports, but also hot meals, video games, mandatory homework help/reading time, and activities like writing letters to World Vision-sponsored children.

In the community it is also a food bank depot every Friday, feeding approximately 50 families a week. They have a time for seniors once a week, with an Elders' breakfast once a month. Crystal Kids also hosts the Avenue Vineyard church, and are involved with nearby Parkdale School and other schools in the area. "Teachers and staff will come here and walk around, and they tell us that the kids are never this well behaved at school," Peterson points out.

This is the result of a unique phenomenon: Peer Policing. At Crystal Kids, there are ground rules that everyone must follow, but beyond that, there is an unwritten code of ethics that the youth hold each other accountable to. Peterson recounted a

story of one youngster who wasn't happy about the way a basketball game was going in the gym. He began to get out of hand, and was immediately restrained and calmed down by his friends! And the kids naturally wait for their turn to play the video games. "I wish I could bring you here at 5 o'clock when this place is buzzing," she said, "It's a great atmosphere." So great that many of the youth come back as staff or volunteers when they turn 18.

But Crystal Kids faces its own challenges. Peterson says they have heavy operating costs. "No one thinks to donate utilities," she says. They have approximately \$400,000 a year in budget requirements, mostly from private donations, which is difficult for a relatively obscure operation.

The other hurdle is the negative rumours and reputation that surrounds youth centres like Crystal Kids. Often they are associated in peoples' minds with gang and drug activities, which Peterson adamantly refutes. Crystal Kids is very dedicated to this community and to re-shaping it and its reputation.

It makes a difference. Peterson recounts a heartwarm-

ing story as an example. Two years ago, there was a family with issues at home. Two of the kids, a brother and sister, came to Crystal Kids. Then they moved away to Clareview, and they lost touch. Six months later the brother and sister showed up: they had walked all the way from Clareview just to come there. It turns out, things at their home got worse, and they had to go into foster care. Crystal Kids was integrated into Social Services' plan for these kids. And when Crystal Kids was planning a trip to Calgary, Peterson personally made it her mission to track down those kids and bring them along. "It shows our commitment and the lengths we will go," she says modestly. "It was not easy to find them."

After meeting Peterson and hearing about Crystal Kids, all I can say is: I hope that more individuals and organizations like this will go to those lengths, with that sort of commitment to this neighbourhood. The world will change for the better one child, one teen, and one family at a time.

For more information on the programs and mission of Crystal Kids, go to www.crystalkids.org

Eastwood school student poetry

Fire

Wood Burning Cracking
Wild fire
Hot danger
Wild raging fire
Not safe

By Joshua, Grade 5

Fire

Fire is burning
In the night
I'm curled up good and tight.
Smoke so strong
I can't breathe long.
Fire works extreme
better than a dream.
Ashes flutter, rise into the air
like a butterfly
without a care

By Samantha, Grade 5

Fire

Flickering red
Into white Ice
Flames rose red
Blaze
Early morning ASH
The flames are gone

By Deanna, Grade 6

Fire

Little dancers
Begin to move
Crackling popping Sizzling
music
Soon the sound starts to fade
Audience applause
Silent hush
Cool ashes
Little dancers come to rest

By Sarah, Grade 5

Fire

Fire is my enemy
Fire is my friend
Fire is love
Fire is hatred
Fire is life
Fire is death
Fire is good
Fire is bad
Fire saves life
Fire takes life
Fire is magic
Fire is fire

By Keanan, Grade 6

Fire

Fire is burning
In the night
I'm curled up good and tight.
Smoke so strong
I can't breathe long.
Fire works extreme
better than a dream.
Ashes flutter, rise into the air
like a butterfly
without a care

By Samantha, Grade 5



The Rat Pack

TREES ON A ROOFTOP

BY ANGELA, AGE 13

Warm wind dances across my face while I lay on the baking rooftop. A leaf falls beside my upturned hand, and I catch it effortlessly. As I wonder at the uniqueness of it, a sigh escapes from me. Gazing at the world around me, tree swish in the air, I stare at them, they have been around for a long time, I wonder what they know of the world.

WE ARE ALL DIFFERENT, AND THAT'S WHAT WE HAVE IN COMMON

BY GIER, AGE 12

Why do people always refer to normal? I mean if you really think about it, there is no normal. Sure we're all human but we're not normal— everything is different. From space to Earth, god, food, animals, math, science and existing. If we stopped being egotistical, racists, hypocrites, and emo we would start caring more about things rather than our apparently oh-so-big problems. To be honest, stop giving me the crap saying, "I can't do this," because to be honest again, that's bull. Start caring about the things around you because it might just help.

STOOL

BY TYRA, GRADE 7

TYRA, GRADE 7

Everyday students file in, sit down in their seats, just leaving me there. At first I thought that maybe I was not cleaned properly. Then I thought a little: my legs aren't right. My color was fading from a beautiful sea foam green to distorted silver. The top of me has holes. Whatever it is, I feel pretty lousy. Any day now someone should walk in and sit

on me; until that comes true, I will just dream.

A girl came in today and looked at me and shook her head. I think she was going to sit on me. She walked away though and joined her friend on the spinning chair. To realize the pain I have been through over the years it's excruciating. I'm so old and not taken care of very well. I do still remember when I was young, where I used to be cared for in that small coffee shop, waiting for anyone who is there and needed a chair.

I still am not sure what's wrong with me. I mean, it's

probably my smell. I haven't been washed in years. That's why I'm all alone! They placed me next to that extremely tall chair and this very large and heavy projector. They are constantly bugging me about the fact nobody uses me. Well I have something to say about that. I DON'T HAVE GUM ON ME! It hurts to be laughed at. You feel extreme self pity, and then wish you were never made. As the students are leaving they all take a quick glance in my direction. I hope they like me, or maybe this is all a dream and I really am sat on.

I heard the teacher talk-

YOUTH, ACCORDING TO ELLISON

BY ELLISON, AGE 10

Hey, Rat Pack readers, this month's theme is youth so I'm going to write about youth. Now in my view there are two kinds of youth, the young growing up and preteen part and then the teen part when kids start driving. I am going to write about the type of youth that doesn't ask for your car and promise to be back by 12 this month

(sorry to any babies or toddlers out there that just happen to be reading the newspaper but I'm not going to write about you because you don't really do much ... except maybe read the newspaper, eat, sleep ... you know, that stuff).

Anyway the summer holidays are coming up in a few months and with the recent weather maybe the season itself is coming soon too. Summer means pretty much to a kid: I get to have fun on my bike, go to the park and most of all, not have to go to school for a couple months. One of the problems with summer is that if you don't know where your friends live or don't have a car and they live too far away to walk to their house, it's a huge antisocial event. I think kids would like not going to school a whole lot more if they could go to school and talk about how awesome it is not going to school.

'Til next time,
Ellison

This year: a no-excuses garden!

AN AVENUE HOMESTEADER WITH CARISSA HALTON

Don't think you have the yard space to grow veggies? Or perhaps you don't feel like you have the energy. Here are a few creative garden planning ideas to accommodate the smallest yards or balconies and craziest schedules.

1. Where there is soil and sun, there can be veggies.

On the south side of my home, I have a strip of garden 1.5 by 30 feet. I've planted all kinds of veggies and begun to fill this bed with perennials like grape, kiwi, and oregano. I have dill, coriander and parsley that reseed every year.

I like this bed because a sidewalk contains it. It's accessible and easy to fill with plants. Also, because it's set so close to my walkway and water supply, I never forget (read: too lazy) to water it.

Assess your space: Do you have a skinny strip of south-facing yard against your house? Your fence? Your garage? In your alley? Do you have pots and a balcony? All you need to plant fruit or veggies is sun and a foot-wide strip of dirt. To build a fertile bed, either use Lanza's Lasagna method (see below) or mix lots of organic matter, grass clippings, compost, or leaves into the dirt. Add peat moss if it doesn't drain well, then plant. Try: vine tomatoes, pole beans, basil, peas, zucchini (though it will overrun a walkway if there is one close), cucumbers, and/or peppers.

2. Convert lawn into veggies with a No-Dig Garden.

There are lots of variations of this method, but however you do it, it'll save you hours of back labour and rototilling. Patricia Lanza's "Lasagna Method" is a simple option: Lay soaking wet layers of newspaper on the area you wish to make into a garden. Use entire sections so that the newspaper layer is thick. Overlap the paper so grass/weeds can't slip through. Then



layer:

1. Straw or peat moss or compost
Organic matter like chopped leaves, composted manure, composted kitchen waste
Continue to alternate the last two layers until the bed is high enough for the plants you are planting (3 to 12 inches depending on the size of pot or root ball).

Plant (don't cut into the base layer of paper).

I used this method in a particularly weedy part of my yard and thought it miraculous how effectively the newspaper killed the underlying weeds and grass. I scattered seeds over the whole bed but you can plant seedlings or already established plants too. This method can be used in a container, replacing potting soil.

3. Think theme garden.

Lanza has some great ideas for one garden area or large container (read: bathtub size) or multiple pots:

Taste of Italy - Plant tomato, basil, garlic, onion, oregano, sweet peppers, zucchini and parsley.

Taste of France - Plant peas, beans, baby carrots, rosemary, tarragon, French sorrel and garlic.

Taste of Mexico - Plant basil, bell and chili peppers, garlic, onions, oregano, thyme, tomatoes and cilantro.

Salad fixings - Plant lettuce, basil, carrots, parsley, chives, spinach or other fave salad fixings in pots. Plant the fixings together in the same pot or plant singles in each pot then set in a sunny spot close to your door.

Oregano (or any beloved herb) bed - I've a whole bed dedicated to the perennial herb oregano. I love the flavour in my food and there are so many varieties to try!

4. Plant what you eat - Plan to plant only what you'll actually use. Do you eat lots of onions but never really liked Swiss chard? Then forget the chard and plant buckets of onions. Forget the kale and throw in extra bean seeds. You can never eat enough peas? Plant your whole garden in peas, trying some different varieties (and perhaps throw in some parsnips to control the pea aphids). While diversity benefits your garden because of opportunities for crop rotation and companion planting, don't be paralyzed by the overwhelming number of plant varieties and possibilities. Simplicity is a virtue for the busy gardener or small garden.

Happy planning and planting!

*Remember to RSVP for the "Homesteading the Avenue Workshops"- check out <http://avenuehomesteader.blogspot.com> for more details. This month, learn how to graft fruit trees on March 14 from 2 to 5pm.

Starting in January, when I've tired of winter and begun to dream about sun lotion, bugs and weeds, I start trolling the web for new garden planning books. Here are some great reads that I've found indispensable for garden planning, seed starting, and mental health this season:

Lasagna Gardening for Small Spaces by Patricia Lanza- Great ideas for creative, affordable and simple garden planning and planting in containers and small spaces.

Carrots Love Tomatoes by Louise Riotte- Companion planting can reduce your pesticide use and increase your vegetable yield; this book tells you how to do it with an easy to read index of dozens of edible plants.

Seed Sowing and Saving by Carole B. Turner - step by step techniques for collection and growing more than 100 vegetables, flowers and herbs

The Plant Propagator's Bible by Miranda Smith- A step-by-step guide to propagating every plant in your garden

All are available from the Edmonton Public Library.

Organization and budgeting skills for real life

FINANCIAL LITERACY WITH LISA TARA EDEN

Here's some tips for budgeting:

1) Involve family members as much as possible in your budget plan.

2) Know how much money you're spending for the whole month, three months, or a whole year. You may want to write it down on a notebook or create your own tracking expense form.

3) Label categories for your expenses and at the end of the month add up your expenses with a calculator.

4) Write down the income you expect for a whole month: employment, Alberta Works, GST, AISH, income tax rebate.

5) Use a budget form, envelope method, or scribbler/calendar to keep track of the ebb and flow of money.

a) **budget form** - You can make these yourself using various computer programs or use The Financial Consumer Agency of Canada one online at www.fcac-acfc.gc.ca/eng/publications/TipSheets/PDFs/Tsbudget-eng.pdf Enter your actual spending in categories such as home, car, life, entertainment into the budget form. Put your income in the income category and then take your income and subtract it from your expenses. Compare what you budgeted to what you actually spent. Compare previous months.

b) **envelope method** - Great for disciplined spenders - put your income into various envelopes such as rent, groceries, transportation, utilities, repairs, entertainment. It may be helpful to carry a calculator with you so you always know how much money is left over.

c) **scribbler and calendar** - Write down when a bill comes in and when you've paid it. Keep the scribbler in the same spot every time you use it so it doesn't accidentally get lost. Write the day bills are due on a calendar so you remember to pay bills when they come in.

There may be times when bills are paid late or you do not have enough money to pay the bills. It's important to call the company you are in arrears with and let them you know you will be late. Everything changes and with discipline and knowledge you are able to create more money in your life!

Lisa Tara Eden is the financial literacy coordinator for Elizabeth Fry Society. To find out more about Elizabeth Fry's Me and Money workshops call Tara at (780) 784-2203.

For some people, our income—whether it's magnanimous barrel waves, small rivulets on a sandy beach, or a dismal swell—is never enough. You can solve this by being organized and budgeting. Organizing often diminishes stress and increases energy: getting rid of things we no longer need or find pleasing can also energize us. Budgeting is a blueprint so that we can organize our money, make sure our bills are paid, and spend money on things that we most value. Organization and budgeting can help us get into a better financial situation.

There are many ways to organize papers

One way to organize papers is with an accordion file folder. Organize papers according to the folder's headings, or label the letters into months. Each month file your bills after you have paid them according to headings or months.

Alternatively, a method I've used for years to organize papers is from www.tuliptreepress.com:

1) Get a cardboard box, like a bankers box, or filing cabinet and coloured file folders.

2) Pick four different colours of filing folders. I pick yellow, burgundy, green, and blue.

3) All the yellow folders are current working folders. The titles on these folders could be Scotia Bank, Direct Energy, Shaw, Epcor, Koodo.

4) The burgundy folders are reference files for warranties, receipts for appliances, information for a new bank account.

5) The green folders are safety files - they are used for important original documents like marriage certificates, wills, homeownership papers or rental agreements.

6) Blue folders are archival files - this is where your old papers will go such as tax returns. Every year I file the blue folders in a separate box and shred anything I no longer need.

Inside the box, I have an empty folder I use to put in any bills that haven't been paid yet, or any letters that haven't been filed. Have a place for unpaid bills either in your accordion file folder or in safe place so you know where they are when it comes time to pay them. No matter what method you use for organizing, organizing makes budgeting easier.

Coralie Dixon – local dog groomer and national champion wrestler



Resident Profile WITH HARVEY VOOGD

Did you know we have a nationally ranked athlete in our neighbourhood who has competed against an Olympic gold medalist?

Eastwood resident Coralie Dixon has wrestled Carol Huynh, the Canadian who won wrestling gold at the 2008 Beijing Olympics.

Coralie is a born and raised Edmontonian who fell in love with wrestling in grade 6.

“My older brothers went to Highlands Junior High where a teacher, Ken LaLacheur, introduced them to wrestling,” says Coralie. “I would come over from Montrose school to watch them train. It looked like a lot of fun!”

“Because of my age there were no competitions for me, so Mr. LaLacheur, who is a really nice guy, would let me participate in wrestling games.”

Upon entering Junior High school, Coralie began wrestling. She also joined the Strathcona Wrestling Club. This club now practices at the Eastwood Community League hall. For the last year, they’ve had a room and mat in the basement.

“I loved wrestling right away,” says Coralie. “I began practicing everyday one and a half hours at school and then would go to our club for another one and a half to two hour practice.”

It turned out Coralie had a natural talent and so did not

lose very many matches when she was young.

“Natural talent means balance, body awareness and the ability to pick things up quickly,” says Coralie. “Balance is a key factor, especially when you’re young. At that age matches are not so much about technique but endurance. Having good balance means you don’t lose.”

A wrestling match is made up of three two-minute rounds. To win you need to take two out of three rounds. If you pin the opponent, you automatically win the match. Otherwise the winner is decided on points. If there is a points tie, then the match goes to clinch, which is like sudden death. Based on a draw, one person gets to be in the dominant position with their arm around the opponent’s leg.

They have 30 seconds to score, which in 95% of the cases the person in the dominant position does. If they fail to score, the opponent wins.

Coralie found success early, becoming a national champion at 13 in only her second year as a wrestler. In total she has won three national titles, having also won as a juvenile and as a junior.

In March, Coralie is off

to New Brunswick for the National Senior championships for athletes 20 years and older—wrestlers tend to hit their prime around the age of 27, which was Huynh’s age when she won the gold medal. Coralie will compete in the 48 kilo class, which is the lightest weight class.

“This is my first Senior’s competition, so my goal is to wrestle well,” says Coralie. “I would love to podium, but the end results don’t really matter for me.”

Wrestling has given Coralie the frequent opportunity to travel, which she loves.

“I’ve been to Germany twice, Chile, Turkey, Greece, the Czech Republic, Mexico, Guatemala, Venezuela and a couple of places in the US,” says Coralie. She has also

competed in the Canada Winter Games and the Western Canada Games.

Thankfully, Coralie has an understanding employer. She works for Puppy Love dog grooming on

118 Avenue, a business owned and operated by her parents.

“My parents are very supportive of my wrestling, so it is easier to work there than elsewhere,” says Coralie. “I get hours of work and the flexibility to leave when I need to compete.”

Puppy Love offers all sorts



CORALIE DIXON

of dog grooming from bathing to cutting hair, doing nails and plucking ears if needed.

Almost 10 years after beginning to wrestle, Coralie’s passion for the sport remains strong despite the challenges.

Common injuries include strains, finger dislocations and cauliflower ears.

“Wrestling can be very tough mentally,” says Coralie. “Many people are good in practice but go to pieces in competition. I’ve been in a lot of finals and have the ability to keep my cool in big matches.”

“Wayne Lee, a local hypnotist, used to be a wrestler. Twice he has come to our club and did visualization and mental stuff with us. It helped a lot!”

Coralie would like to see more youth take up wrestling. Unlike China, Russia, Georgia and Japan, wrestling is not popular in Canada.

“During the Beijing Olympics, we had to stay up till 3 or 4 am to watch Carol Huynh’s gold medal match,” says Coralie.

She believes wrestling opens a lot of doors. “It teaches discipline, gives you more confidence, teaches responsibility and is an opportunity to make new friends.”

If you’re interested in learning to wrestle or would like to see a national champion train, check out the practices at the Eastwood Community League Hall.



CORALIE WRESTLING (LEFT)

EDMONTON PUBLIC SCHOOLS

Notice of Public Meetings

Parents and community members are invited to attend public meetings about the possible closure of the following schools:

Eastwood School
Thursday, March 4 • 7-9 p.m.
12023 – 81 Street

McCauley School
Monday, March 8 • 7-9 p.m.
9538 – 107 Avenue

Parkdale School
Wednesday, March 10 • 7-9 p.m.
11648 – 85 Street

Spruce Avenue School
(elementary program only)
Thursday, March 11 • 7-9 p.m.
11424 – 102 Street

Capilano School
Monday, March 15 • 7-9 p.m.
10720 – 54 Street

Fulton Place School
Wednesday, March 17 • 7-9 p.m.
10310 – 56 Street

Trustees and district staff will be in attendance to listen to comments from parents and community members. District staff will also provide information and answer questions.

For more information, contact Lorne Parker, *Managing Director of Planning and Student Transportation*, at **780-429-8426** or email us at school.closures@epsb.ca.

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Not Wasted on the Young

Sprucewords
WITH PATRICIA FOUFAS

For the young, the library is anything but uncool in the Alberta Avenue area. It is a place to go to access the dynamic world of online gaming, graphic novels, intellectually challenging novels and a place where they can use the raw material of information to build and create themselves. At the Sprucewood branch of the Edmonton Public Library, we have challenging material for youth and teens to explore as well as a place for teens to get together and chat on Friday game nights.

Gaming and Beyond

Now I know what you are thinking: Is gaming really information? A growing body of evidence shows that gaming is as much rooted in our culture and history as movies, books or television. Games frequently use historical events to re-create a combat situation and use more and more realism in games to improve game play. Games often revolve around a narrative that is rooted in the contemporary or historical world of combat. Games have the power to inspire and involve the player in a fictional, hypothetical or historical world of immersive photorealistic visuals. The Edmonton Public Library has games to borrow for Playstation 3, Playstation 2, Xbox 360 and Wii consoles in addition to

hosting a Teen Gaming Club on Friday nights.

Freedom to Read and Freedom to Express

We have plenty to empower teens to express themselves to learn new skills and explore new forums for communicating. From our “How to Make Webcomics” by Brad Guigar to “Filmmaking for Teens: Pulling off Your Shorts,” by Troy Lanier and Clay Nicols, we have materials to enable young people to seize the media and represent themselves. Our teen section is a great starting point for finding stuff that will encourage teens to take the reigns and educate themselves on the things that matter to them.

Fitting well with the theme of youth is the recent Freedom to Read week celebrations at the Edmonton Public Library and the Edmonton Art Gallery. The Edmonton Public Library champions the right of our patrons, young and old to access challenged and controversial materials. Come on in to your local branch for the kind of books, music and DVDs that will make you think.

Patricia Foufas is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia is encouraging everyone to read a challenged book today. Ask us for details!



PETER GOLDRING
Member of Parliament
Edmonton East

An Inspiration To All of Us

My colleague, The Honourable Steven Fletcher, Minister of State for Democratic Reform, will receive The Canadian Paraplegic Association (Alberta)'s Christopher Reeve Award on March 5. I can think of no worthier recipient.

The Christopher Reeve Award honours the memory of the American actor (probably best known for his role as Superman) who was paralyzed in an equestrian accident. It is given annually to an individual who, on a national or international level, has made an outstanding contribution to the global village of persons with spinal cord injuries and other physical disabilities.

Steven Fletcher was a graduate mining industry engineer before being paralyzed from the neck down after an automobile accident with a moose. He was elected to the House of Commons in 2004, the first person with a permanent disability to be elected to the House, and has been re-elected twice.

Minister Fletcher will be speaking at several Edmonton events that weekend in March, including the Canadian Paraplegic Association (Alberta) annual Red Carpet Affair 2010 where he will be presented with the Christopher Reeve Award.

As Minister of State for Democratic Reform, Steven Fletcher has been working on creating a new Canadian agency to promote democracy abroad, as well as on election financing reforms and Senate reforms designed to strengthen the Canadian democratic process.

Minister Fletcher will also speak at a number of other Edmonton area events, talking about democracy, (perhaps touching on the recent presidential election in Ukraine and what effect the January earthquake will have on democracy in Haiti) and a number of important social issues, including discussion on a controversial subject, an Opposition Bill before Parliament on euthanasia.

I think Steven Fletcher's story is an inspiring one and I encourage you to hear him speak when he is in the area.

What do you think?

780-495-3261 www.petergoldring.ca

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dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

I have no idea why it is that the sight of a young person working with dogs fascinates me. I see them compete in agility, flyball, freestyle and more. Perhaps because when I was growing up, pets were kept outdoors and formed only an incidental part of my life. The choosing of a pet was random and while the child may have been casually involved in the process, parents knew they would be the primary caregiver. The idea of a "boy and his dog" was mostly fantasy. Thankfully, elsewhere, others had higher aspirations for their children and included them, at least in the background, in the many sporting events involving animals and pets.

I was inspired a few years back when I had heard about parents in Calgary starting their son out looking after pets requiring little care, such as fish. As he proved himself able to look after them responsibly, he was given another pet requiring more care such as a guinea pig and rabbit. Finally, he reached his goal of his own dog that he chose and looked after himself. Most parents are not willing to do this, which I totally understand.

Parents don't have to go to this extent, but they certainly can involve their children, depending on level of interest and ability, in the choosing, caring and training process. A pet is part of the whole family, and while it may bond to a particular member, it still remains part of the whole family. The care of this pet can set a foundation for the future care of animals, but also affects the relationship with their spouse and children.

Sophie is very prominent in my mind with the basic commands and number of tricks she had taught her black Labrador

The advantage of youth



JUNIOR HANDLERS, JACKIE FORCHUK OF CALLA COCKERS

puppy. The whole family was strongly encouraged in the raising and training of this puppy. It was a joy to see a dog, such as this, starting off on the right "paw" early.

A couple years ago I worked with a family and their children, (one autistic) when they adopted two lab puppies. It was a slightly different challenge but again showed dedication of both parents and the children to the puppies.

I think I was most inspired because the families were very interested in a good pet and what skills and knowledge I had to offer. They worked very hard on a daily basis to apply what they were learning. Any problems or issues were quickly raised and resolved. As I continue to write this article I start to remember how many more youth were involved in training of their dog and how much happier the results were for both dog and family.

Another family of several children participated in the training of their adult Cavalier King Charles Spaniel as it transitioned from one lifestyle to that of family dog. The one young lady became so dedicated that

she not only learned the basic skills but she also learned how to groom and maintain the looks of this wonderful little dog. There were some challenges along the way but she persevered.

I understand that the 4-H is expanding some of their programs into suburban and urban areas. Their vision of youth achieving their full potential and initiatives inspiring youth to become contributing leaders in their communities is worth respect.

Another program I find inspiring is the Canadian Kennel Club's Junior Handler program for youth under 18. Junior Kennel Clubs exist to promote the participation and education of young Canadians in all activities involving dogs, specifically purebred dogs. Their primary goal should be to create and nurture, in their members, a lifelong affection and understanding of animals, whether these members have only a family pet or wish to develop their expertise in dogs to the highest level.

Darlene Taylor, K9 Behave
780-915-0213,
k9behave@presplus.onza.net

Make your voice heard: eliminate the sale of weapons/drug paraphernalia

KRIS ANDREYCHUK

Dear Neighbours,

The Alberta Avenue Business Association, numerous 118 Avenue businesses, the Neighbourhood Empowerment Team (N.E.T.) and the Edmonton Police Service are committed to working together towards a safer community.

The We Believe in 118 campaign aims to let the public know that the communities surrounding 118 Avenue are great places to live, work and play – that amazing people live here who care about their surroundings.

The sale of knives, weapons and drug paraphernalia, like glass pipes, on 118 Avenue is of great concern to this committee and the community at large. Addictions, personal robberies, theft, gang violence – all of these problems escalate in areas where weapons and the means to do drugs are easily

accessed.

Over the past few months We Believe in 118 has been working to enhance the safety in this community. At the beginning of the campaign there were six businesses selling this material in the community. As of today, we are pleased to report that two have discontinued completely and one has discontinued the sale of crack pipes. This leaves only four businesses along the whole BRZ that sell drug paraphernalia and/or weapons— and the campaign has just begun!

We would like to thank Village Foods and Avenue Trading Post for their cooperation. These businesses have stopped the sale of weapons and/or drug paraphernalia in their shops and are working with us towards a safer community. Unfortunately, some businesses have ignored our request and continue to sell this

harmful material.

We all want to live, work and play in safe communities. We Believe in 118 invites you, your neighbours, friends and family to join us for a town hall meeting on the Avenue. As a community we are going to ask those businesses who have declined our request to reconsider by discontinuing the sale of weapons and drug paraphernalia.

Join us at our town hall meeting:

March 18th, 2010, 5 pm
Avenue Theatre, located at 9030 118 Ave

Thank you in advance for doing your part in working together towards a safer community. We look forward to seeing you in March!

Questions, concerns, comments?
Please contact us at 780-944-8402 or check us out on Facebook and Twitter!



Get those kids in the dirt!

Ah dear readers, it is indeed good to be back. The Gardening Diva (TGD) has missed gardening, has missed planning, she has missed you. (She has not missed spiders. They moved into her basement for the winter. Ick.)

When her editor sent out the update that this month's paper was about youth, well TGD was concerned. It's just, well, can TGD tell you a secret? She hated gardening as a child. TGD has terrible memories of gardening as a child. She remembers being sweaty, warm, and getting sunburnt. She remembers weeding instead of playing. It was a wholly unpleasant experience.

Now, on the face of it, it would seem that children and gardening ought to go together

naturally. There is dirt and mud, and the activity is outside. Moreover, with their wee little hands and boundless energy, children ought to be the most splendid of gardeners.

And yet. While TGD does not have children of her own (and spends most of the summer keeping the non-gardening dogs out of the garden), she has a few thoughts on how to keep your children interested in gardening.

Grow Interesting Things

Dear readers, however much you love your ornamental tea roses, they are not particularly interesting to the under-12 set. TGD is quite aware of this, having spent hours weeding and mulching her father's roses.

Start with vegetables. Think about this closely. Scarlet runner beans cover poles quickly, and produce amazing, long beans. Every child despises brussels sprouts, but have you seen how they grow? Très Cool. Cauliflower is boring – what if you grow purple cauliflower? Yellow tomatoes? Flying Saucer Squash? Multicoloured chard?

Involve the Children

TGD didn't realize it, but all of those years of enforced planting, hoeing and weeding did pay off. When she needed to, she had all of the means to grow her own garden. While she didn't realize that she had been learning, she had, for nigh on 20 years. Children don't need books, they

just need to watch.

Why can't they have their own veggie garden? Start them out with big seeds that germinate quickly – peas, beans, zucchini. All very hardy vegetables, seeded directly in the ground, requiring little in the way of maintenance.

TGD thinks that a pumpkin patch might be the very best way to introduce children to a garden. Think about it, dear reader. Pumpkins are easy to grow. You can work on a few for Halloween carving, try to grow a giant one, or even grow some for pie. The only downside to a pumpkin patch is their real estate-intensive nature. They really do take a lot of room.

And finally, dear reader. One last option. Lee Valley sells

vegetable moulds. These are heavy duty plastic moulds that you put on your growing zucchini, cucumber or corn. Rather like politicians who leave the liberal party and wind up as health minister, vegiforms make the unpalatable more palatable – an elf-shaped "vegiform" zucchini really make the squash go down more easily.

TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. Her zucchini are not elf shaped, but she would very happily put your children to work weeding. Next month she will find a way to incorporate the "writing" theme into her garden column. She's excited already.



NORWOOD RESIDENTS STUART BALLAH, TEAM CAPTAIN RITCHIE VELTHUIS AND EILEEN HEIDLER POSE WITH THEIR SNOW SCULPTURE TITLED TRAVELS TO A NEW WORLD. THE SCULPTURE WON PEOPLE'S CHOICE AND BEST OVERALL AT THE CARNAVAL DE QUEBEC IN QUEBEC CITY.



The Daring Diner
WITH ANGIE KLEIN

When I was in my 20s I had an "Earl's Bird" hanging in my house. They weren't for sale to the general public, but I guess I'd invested enough to deserve one. Back in the '80s Earls was a laid-back, funky kind of place that served mostly upscale pub grub. Through the years I have been back many times, the décor constantly changing along with the menu. I wish I could say I was always impressed; often I found the fare overpriced and overrated.

We had been given a gift certificate for Christmas, so we decided it was time to give Earls another try. The "Tin Palace" on Jasper Avenue exceeded my expectations as we walked through the door. We were greeted with a small complimentary glass of wine and seated by the window. The new décor is absolutely sumptuous! A fireplace in the center of the room, though unlit at the time, was stunning. I'd been to this Earls location several times before they renovated. All I can say is WOW, what a

Earl comes of age

transformation.

Our server was pleasant and seemed to enjoy her work. She brought Tyra a Shirley Temple, complete with little skewers of fruit and layers of grenadine and juices. (We had one served to us recently that tasted suspiciously like orange pop) Jeff ordered a half litre of the wine they served as we entered (Not bad marketing!).

Feeling pampered and relaxed, we checked out the menu. This was not the pub grub of yesteryear. This menu was interesting. We had been looking for a decent calamari (\$10), and Earls certainly delivered! Loads of tender baby squid along with small rings gently piled on a platter with just the right amount of yogurt-based sauce. I thought we should try the edamame beans (\$7). They were a big hit. Perfect for sharing, you eat them like peas from a pod. Steamed and yet buttery, with a liberal dose of sea salt. I would have these again. We all shared the enormous meal size Caesar salad (\$9) and snacked

on Tyra's Steak Frites (7oz steak and fries, \$20). The fries were the frozen shoestring variety, and though there were a ton of them (three of us shared), they were extremely salty and tasted like McDonald's. The steak was a little overdone for our taste, but otherwise very tender and tasty. I had a lobster tail served with butter and lemon (\$12) and it took a little longer, but that's OK— good lobster shouldn't be ready too quickly.

For dessert we shared a brownie with Toblerone chocolate (\$4). Better to get a couple of two bite brownies and microwave them, it would taste the same. All you need to do is add whipped cream, or Crème Fraiche Gelato, as they called it. All in all it was a nice meal. Our bill came in around \$100, less the gift certificate— Thank you Santa!

Until next time...

Happy eating!

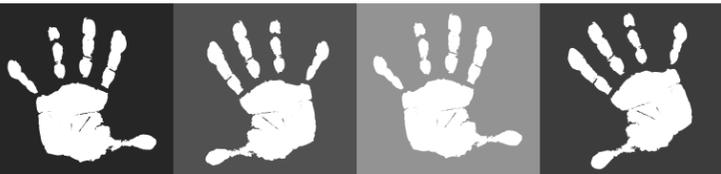


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Nice Neighbour Recognition Award for January

MICHELLE HAYDUK
CRUD

Community Response to Urban Disorder (CRUD) is excited to announce its first award recipients for the Nice Neighbour Recognition Awards Program, Tom Picard and Fred Dicker.

Tom and Fred were nominated for their consistent and helpful contributions to their community. Their neighbours told CRUD that Tom and Fred are regularly looking out for others' well being.

"We are surrounded on all sides by houses, but day after day it is Tom and Fred who we see picking up the garbage, removing debris, picking up cigarette butts, and sometimes greeting shady characters before anything untoward happens in our parking lot. (They) always have a smile and have invited many of (us) to tour their beautiful garden and renovated house. And I know their cheery, non-judgmental disposition extends to the larger community, as everyone we know who knows them tells us so!"

The Awards Program was introduced by CRUD to recognize the little, but important things that people do every day to make our community a

wonderful place to live. All of the little contributions that our community residents make can have a profound impact on the people around them and enrich their lives immeasurably. Our nice neighbours often help out each other with no expectation of any recognition other than a thank you. CRUD wants to acknowledge those efforts and encourage people to participate in their communities. The Nice Neighbour Recognition Awards are awarded once per month.

CRUD would also like to thank January's prize pack sponsors: Habesha and Szechuan Village restaurants, Councillor Tony Caterina and ETS, Safeway, and The Carrot Coffeehouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit www.crudedmonton.org. Nominations can be made at info@crudedmonton.ca or by phone at 780-996-4728. Please include your name and contact information, the nominee's contact name and information, plus details on what makes your neighbour so great. Let's work together and try to recognize all of the great people in our neighbourhood.

Spotlight on St. Andrews Presbyterian Church



SPOTLIGHT on the Churches WITH DEANNA COX

I first visited St. Andrew's some seven years back. My oldest daughter was beginning her adventures with Brownies and later, Girl Guides. St. Andrew's was the meeting spot, a warm welcoming church that began years of friendships, arts/crafts, field-trip planning, camping and parties where the girls showcased their learned skills in baking. As the years went by I noticed that St. Andrew's was much more than "just a church"—they encompassed what a church was meant to be.

Situated in the midst of what once was a prostitute- and drug-laden area, St. Andrew's was—and still is—a light to 118 Avenue. Their doors have been open not only to the young Brownies that come knocking with their

cookies, but to a wide range of the community. Narcotics Anonymous saw lives change behind these doors. Edmonton Urban Ministry found a home here providing such support as a drop-in centre, hot meals, emergency support, clothing bank, computer lessons, music lessons, Sunday School service, sports clubs... and really, the list just goes on and on.

Want to know what's next? Keep track of upcoming events on their sign outside of 8715 118 Ave. It's pulled me into fundraisers, used clothing sales and sometimes just a warm cup of coffee or cocoa. Of course, for further information on the Presbyterian Church in Canada visit their very informative website at www.presbyterian.ca. St. Andrew's Church can be reached at 780-477-8677 and their doors are open nearly every day, NOT just Sundays. Sunday's service commences at 11 am where you will find a very embracing community

and congregation, there to support you, not judge you.

Next month, please join me as we visit the Evangelical Baptist Church located at 12317 82 St. If you live in this neighborhood, I would be honored to join with you. Let me know at dlc@astelier.com. It is also encouraging to find more places of worship than simply those listed on the Google maps—drop me a line if you'd like your neighborhood church or place of worship in the spotlight or if you have a prayer request. Prayer requests can be anonymous—God knows who you are!

This month our paper's theme is Youth. Let's pray that our youths embrace, support, and join in the awesome flourishing change that we are witness to in our community. Let's give them full encouragement to be strong leaders in setting examples for their younger brothers and sisters.

dlc@astelier.com



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Easter Sunday Worship Service

Sunday, April 4 @ 11 am

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Bethel Gospel Chapel

11461 95 St. NW

Sunday Service schedule:
9:30 am Lord's Supper
11:00am Family Bible Hour

ESL Conversation Café
Saturdays 10-11:30am
New English speakers can come practice speaking English while learning about Canadian culture and making friends. Free service. Childcare provided. Find us on Facebook.

Youth Group
For youth in Junior High to High School. Meets Fridays at 7pm. Most evenings are free. Find us on Facebook.

Bible Studies
We have several Bible studies that meet throughout the week at various locations.

For more information please call: 780-477-3341

COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

Second 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

CALL FOR SUBMISSIONS: NINA HAGGERTY CENTRE

The Nina Haggerty Centre for the Arts provides a studio where a collective of artists who have developmental disabilities can explore their creative potential and contribute to Edmonton's art community. The Stollery Gallery, located at the Nina Haggerty Centre, is accepting submissions for exhibitions throughout the year. Priority will be given to artists or organizations that experience barriers to the conventional art world, such as artists with disabilities, mental health issues, low-income or self-taught artists. For more information, please phone 780-474-7611, email info@ninahaggertyart.ca www.ninahaggertyart.ca

COMMUNITY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making ranging from clay building to printmaking and everything in between. There is no fee required, just an interest in art. 18+ Limited space so please phone ahead to register: 780-474-7611. Tuesday evenings from 6:30 - 8:30 PM at 9225 - 118 Avenue.

MUSIC



PIANO LESSONS

Holistic and enjoyable music learning. Qualified teacher in your neighbourhood. Book now for the times you want! Call Anna, BMus at 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.

GUITAR LESSONS

All styles, all ages. Experienced & tailored to you. Call Reg at 780-915-1241.

DROP-IN GROUPS & PROGRAMS

PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234
YouthSpace (Youth under 25) Drop-In: Tues to Fri 3-7 pm, Sat 2-7 pm
Youth Movie: Fri 6:30-8:30 pm
 Community Drop in: Tues to Fri 1-10 pm, Sat 2-6:30
Seniors Drop-In: Tues and Thurs 1-5pm
TTIQ (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm

Community Potluck: last Tues of every month, 6-8:30 pm

Drop in Counseling: Mon to Fri 7-9 pm
Cocaine Anonymous: Thurs 7-8 pm
AA Big Book Study: Sat 12-1 pm, open to everyone
Youth Understanding Youth: Sat 7-9 pm
Gay Men's HIV Support: Second Mon of the month 7-9 pm
Free School: Second Sun of the month 11 am-5 pm

AVENUE PLAYGROUP

Tuesdays, 10am to 12pm at the Alberta Avenue Community Centre (9210 118 Ave). Come visit with other parents while the children enjoying playing together. Interested in being a host? It's very easy. You just greet people and make coffee! Call 477-2773.

COMBO WORKOUT

Drop-in Mondays, 7:15 to 8:30pm at the Alberta Avenue Community Centre (9210 118 Ave). Stretching, movement and Lotus Qigong for balance, harmony, and to open our hearts. This is a non-strenuous, lift-the-spirits combo which peaks your sense of exploration. Drop-in fee: \$5.00 (Seniors, Students, Unemployed \$3.00). For more info call instructor Astrid Lueth 780-477-0683.

CARROT WRITERS' GROUP

Every Tuesdays from 7pm-9pm at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

MOMS & TOTS

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

SENIORS DROP-IN

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

STITCH AND CHAT

Every second Wednesday, 7pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave) Meet other fibre artists from the neighbourhood. Knit, crochet, cross-stitch, sew.

SENIORS DROP-IN

Thursdays from 2pm to 3pm at the Alberta Ave Community League (9210 118 Ave) Come visit with other neighbourhood seniors, play a game or just visit over coffee and snacks. Then peruse the farmers' market.

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 for more info.

SALVATION ARMY

Edmonton Crossroads Community Church (EC3), 11661 95th St, Ph 780-474-4324. Drop-in hours: Monday through Friday 9:00am - 4:30pm and Friday night 7:00pm - 9:30pm

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 to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm.

BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on the second Thursday evening of each month from 7pm to 9pm for Book Club! Lively discussions, humor, and enlightenment! For more info, call Ann @ 780-752-4867.

ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3), 10:00- 11:30 AM at Bethel Chapel, 95 St. @115 Ave. Free child care provided.

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue
THURSDAYS: Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones
 Ph: 780-752-4867 Email: windsorhouse@shaw.ca

FRIDAYS:

Live music, 7:30pm-9:30pm
 \$5 cover charge
 March 5 - Tim Buck Two
 March 12 - Back Porch Swing
 March 19 - Alberta Playboys
 March 26- Geoff Wybenga

SATURDAYS:

Open mic 7:30pm-9:30pm
 Music, spoken word, comedy, plus every Saturday great cinnamon buns!!!
Tuesday March 4- Emerging from the Dark, poetry reading 7-9:30 pm
Saturday March 6 "Kids Take Over the Carrot" 12:00 noon-3:00pm
Sunday March 21- Seedy Sunday 11 am to 4 pm
Tuesday March 23- The Poet Within, poetry reading 7-9:30 pm

SPORTS & REC



2010 Baseball/Softball Registration
 If your community league does not hold registration, please register at: Northeast Zone Sports Council Office 7515 Borden Park Road (behind the tennis courts in Borden Park)
 Sunday, March 14, 12-3pm
 Saturday, March 20, 11am-3pm
 Wednesday March 24, 6:30-8:30pm
 Wednesday, March 31, 11am-2pm and 6:30-8:30pm
 Check out www.nezsports.com for registration information, fees and program information
 Baseball Contact: Dave Ball, 780-475-5609, balldr@shaw.ca
 Softball Contact: Jen Chute, 780-473-6667, jenchute@telus.net

FREE SWIM FOR ALBERTA AVE COMMUNITY LEAGUE MEMBERS

Sundays from 12pm to 2pm at Eastglen Pool (11410 68 Street).

GIRL GUIDES AND BROWNIES

If you're a girl looking for fun, friendships, and new challenges, Girl Guides of Canada - Norwood District has a spot for you! Sparks (girls aged 5 and 6 or in Kindergarten or Grade 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7 and 8 or in Grades 2 and 3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9 to 12 or in Grades 4 to 6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more information, call Jean at 780-469-4487 or Angel at 780-642-0879.

VOLUNTEER



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

Now settled into our new home on the Ave, extended hours for the Stollery Gallery are in the works. That is where you come in! The Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For more information on volunteering at the Stollery Gallery, please contact Anna at volunteer@ninahaggertyart.ca

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.

THE LEARNING CENTRE

LITERACY ASSOCIATION is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall. Contact: Denis Lapierre, Coordinator, at 780-429-0675 or email: dl.learningcentre@shaw.ca

NOTICES & UPCOMING EVENTS

INNER CITY SCHOOL CLOSURES

Keep up to date with developments on the proposed closures of three Edmonton Public inner city schools. Go to <http://districtseven.weebly.com>

SATS BOARDROOM AVAILABLE FOR RENT

Seniors Assisted Transportation Society of Greater Edmonton (SATS) located at 9907 108 Ave. has a board room for rental. SATS charges \$100 for a Business

to rent the board room a day and \$50 a day for non-profits and charities. A deposit of the same amount is needed to hold the space, in advance of the rental. The Board room is 380 square feet with a large table with 12 chairs around it plus four desks and 20 chairs. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

FARMERS' MARKET

Every Thursday from 2pm to 6pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Buy fresh veggies, meat, eggs & various artisans goods. Vendors listed at www.albertaave.org.

CRUD AVENUE DOG WALKING GROUPS

CRUD's Avenue Dog Walking group meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. CRUD's second Avenue Dog Walking group meets at 7:00 pm every Wednesday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. Contact CRUD at info@crudedmonton.org. Please note: If the temperature is below 15 degree with wind chill or pouring rain the walk will be cancelled.

CRUD COMMUNITY Dinner Club

Join CRUD's monthly Community Dinner Club. Meet neighbours and friends while exploring a variety of wonderful cuisine on the Avenue. Open to all but seating is limited and RSVPs are required. March dinner location and date to be announced. Check the website for details. www.crudedmonton.org

CARROT GIFT CERTIFICATES

Buy your friends an original gift: tickets to Friday Night For Two at the Carrot (evening performance) or gift certificates.

CHURCH SERVICES

AVENUE VINEYARD

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

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.

ST ANDREW'S PRESBYTERIAN

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 11661 95 Street, Ph 780-474-4324 Sunday 3:00 pm and Wednesday 7:00 pm

ST FAITH'S ANGLICAN CHURCH

11725 93 St, 780 477-5931
 Sundays 11 am Holy Communion & Christian Education for children

BETHEL GOSPEL CHAPEL

11461 95 St, 780-477-3341
 Sundays 9:30 AM - Communion; 11:00 AM - Family Bible Hour



Edmonton
 Public Library

SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to www.epl.ca for more program details

Children

Aboriginal Family Storytime

11:30 a.m. Fridays
 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.

Sing, Sign, Laugh and Learn

10:15 a.m. Tuesdays, April 6 to May 11, 2010
 Ages: Up to 3 years
 Call 780-496-7099 to register.
 For children birth to three and a grown up who loves them. Join us for singing, rhyming and signing. Parents will learn strategies to engage their child and enhance their communication and development. This program is suitable for all children including those with developmental delays.

Calling All Homeschoolers

2 p.m. Tuesdays, April 13 to May 18, 2010
 Ages: 5 - 12 years

Call 780-496-7099 to register.
 Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.

Silly Saturdays

2 p.m. Saturday, March 13, 2010
 Ages: 3 - 6 years
 Call 780-496-7099 to register
 We'll have crafts, stories and games; lots of fun adventures for you and your friends. Information about each program will be available at the branch.

Reading Buddies

3:30 p.m. Wednesdays, March 4 to April 1, 2010
 Ages: 6 - 10 years
 Call Paula Drury at 780-496-7099 to Register
 Reading Buddies is a program that matches teen mentors with kids in Grades 1 to 4. Through interactive games and activities with your teen buddy, kids will become more enthusiastic readers.

Spring Break 2010 - Board Games

2 p.m. Monday, March 29, 2010
 Ages: 6 - 8 years
 Call 780-496-7099 to register.
 Come to the library to play board games like Monopoly, Cranium, Trivial Pursuit and more.

Spring Break 2010 - Imagination Games

2 p.m. Thursday, April 1, 2010
 Ages: 6 - 8 years
 Call 780-496-7099 to register
 Do you like make-believe? Then come to the library and let your imagination go wild.

Claymation Workshop

2 p.m. Saturdays, May 15 to 29, 2010
 Ages: 8 - 14 years
 Please call 780-496-7099 to register
 This workshop will introduce you to the basics of animating with clay. Create a character and make it come alive with stop-motion animation. Participants are expected to come for each week of the session they register for.

Teens

Teen Gaming

6:30 p.m. Fridays
 Ages: 12 - 17 years
 Please call 780-496-7099 for more information
 Come to the library to play some great games!

Adults

Café Anglais - English Conversation Club for Newcomers

6:30 p.m. Mondays
 Call 780-496-7099 for more information
 Free of Charge
 Learning English? Join the club at Café Anglais where you can chat in English, meet new friends, and use our vast resources!

Women's Afternoon Out

1 p.m. Wednesdays
 Ages: 18 - 99 years
 This women's community group comes together every Wednesday to enjoy

some crafting and practice their English conversation skills. If you have a craft you're working on, feel free to bring it along.

English Conversation Circle (LACE Program)

10:30 a.m. Saturdays, January 16 to March 20, 2010
 10:30 a.m. Saturdays, April 10 to June 26, 2010
 Free of Charge
 Drop in and join others who also want to speak in English. For more information contact Biviana from Catholic Social Services at 780-424-3545.

Stories from the Heart of the City

1:30 p.m. Thursday, March 18, 2010
 All are Welcome!
 Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Come and tell your story, and hear stories about interesting people who lived here over the years.



BUCKET TRUCKS AND WORKERS LEAPFROG AS THEY REMOVE OVERHEAD TROLLEY LINES ALONG 95 STREET. EDMONTON DISCONTINUED ITS TROLLEY BUS SERVICE IN 2009 AFTER 70 YEARS.



FRIENDS MYSTIK AND SHELBY SWING HIGH AND FREE AT THE ALBERTA AVENUE COMMUNITY LEAGUE PLAYGROUND DURING OFFICIALLY SANCTIONED TRUANCY DAYS, ALSO KNOWN AS TEACHERS' CONVENTION.

ED GIBBONS

City Councillor, Ward 3



Happy Easter
Spring is on the way!



phone: 780.496.8138
fax: 780.496.8113
email: ed.gibbons@edmonton.ca

Register
NOW!

LITTLE
LEAGUE
BASEBALL



East Park Little League 2010 Registration Dates
Saturday, March 6 Saturday, March 13
Saturday, March 20 Saturday, March 27
Above Dates at United Cycle from 10:00 a.m. to 1:00 p.m.
Sunday, March 21 at Concordia High School Gym 5-8 p.m.
Saturday, April 3 at Ottewill Community Hall noon to 4p.m.



www.edmontonlittleleague.org

Proud to Live In Ward 3



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

Phone : 780.496.8333
Email: tony.caterina@edmonton.ca
www.edmonton.ca



GOT
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NEWS?!

CALL US!
780-479-6285



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

For further details contact CRUD.

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

www.crudedmonton.org



Hello Highlands-Norwood!



Friends,

For many years, Albertans have sent a clear message to their government: "Don't privatize our health care services and delivery!" As a result, I've been fighting both inside and outside the Legislature to deliver your message.

This week, 40 of Alberta's top pathologists join their voices to yours on this important issue. They're speaking out against the privatization of lab services across Alberta. They're telling your government that it threatens your safety and makes your health care system less accountable to you.

Rather, it makes you wait longer for important test results and makes them less reliable.

Medical Lab service is important to every Albertan. Make your voice heard on health care privatization!



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

www.brianmason.ca ph: 780.414.0682