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Norwood resident is a woman of vision Entrepreneur finds ways for independent businesses to work together

JESSICA KIMMERLY

Jessie Radies, a resident of Norwood for the past 15 years, was nominated as October's Global Woman of Vision.

The award is given by Global Edmonton to recognize women who use their "talents and abilities to improve the community or create a successful venture."

Radies has both created a successful venture and improved the community

with her organizations, Original Fare and Keep Edmonton Original.

Original Fare is a group of restaurants that work collaboratively. "I worked in franchise restaurants for about a decade before my husband and I bought a restaurant," explains Radies. "And I was shocked at the difference between working in a corporate system and working as an independent." Franchise restaurants have the benefit of ordering in large volumes and sharing staff. As an independent, there is a shift in pricing and access to products and there are no marketing or accounting departments at the ready.

Radies knew that she must not be the only independent restaurant owner who struggled with the disadvantages of operating solo. "I knew that working collaboratively with my competitors, we would be able to move forward rather than just fight among ourselves for customers," she says. With this idea, Original Fare was born.

Original Fare now consists of over 20 independent restaurants, including Radies' business, The Blue Pear. Most restaurant members are in

Edmonton, though a few are located throughout Canada and the U.S.

There are many advantages to being a part of Original Fare. "Employees get a card that entitles you to a discount at all the participating restaurants. We do advertising, we do promotions every year, we do group fundraisers for different

charities and we have a gift card that you can buy online that's valid at any of

the restaurants," says Radies. Original Fare is also launching a group benefit program for members who wish to offer benefits to their staff.

Once Original Fare caught on, Radies saw that Edmonton needed an organization to represent all types of independent business, not just restaurants. "When we started getting some media coverage about Original Fare, I started getting phone calls from other independent business owners in the city, saying 'we need something like Original Fare for hair salons, or clothing stores.'" And so, Radies started Keep Edmonton Original (KEO) for independent Edmonton businesses, which now boasts 70 participating businesses.

Most of the businesses on the Ave would qualify to belong to KEO. For the \$500 annual membership fee, independent businesses are included in the website directory (www.keopedmontonoriginal.com) and can post their promotions and events

on the "Retail Ramblings" page. Businesses also get to be included on bag stuffers, which are made to be distributed at all participating locations.

The mission of both Original Fare and Keep Edmonton Original is to strengthen independent businesses, and also to encourage local spending. Original Fare members have "shared values around regional cuisine and quality—authenticity." Radies talks about the many advantages of shopping locally, which has social, environmental and economic benefits for us all.

"When you shop at a locally owned business, you triple your economic impact compared to a chain or a big box store," explains Radies. "We have some artists in the community. If you buy directly from them, it's more than triple the economic impact." Independent businesses keep more money in the community.

"That's not my opinion, that is a fact," says Radies.

The economy is a hot topic right now, and the city is working to keep ours strong. This November is Edmonton's first "Shop Local First" month. Mayor Stephen Mandel approved a proclama-



JESSIE RADIES LIVES IN NORWOOD AND RECEIVED THE GLOBAL WOMAN OF VISION AWARD FOR HER INNOVATIVE IDEAS WITH KEEP EDMONTON ORIGINAL AND ORIGINAL FARE.

tion, which states, "during Shop Local First month, Edmontonians will be encouraged to think local first so that we can strengthen the local economy, reduce our environmental impact and improve social equity."

"We're trying to promote local businesses as the place to do your Christmas shopping," says Radies. "With all the shopping that happens in November and December, we would like our citizens to think past the sale and think about what happens to their money."

Radies' message to the community is that we have a lot of power as consumers, but

not if we're just providing lip service. She recommends shopping at the businesses you want to stay, and avoiding businesses you would rather not have in your neighbourhood. "We can't complain about the number of pawn shops on 118th if we're shopping there," she says.

So before buying into mass produced gifts this coming holiday season, browse through the Keep Edmonton Original website and see which local stores can help you with those wish lists. As Radies says, "We're spending the money already, we just need to be deliberate about where we spend it."

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Rat Creek Press AGM

Join us for our Annual General Meeting on Sunday, Nov. 16 at 7 p.m. at the Carrot Community Arts Coffeehouse (9351-118 Ave.).

We will be electing board members while enjoying coffee and desserts.

Janice Melnychuk will be joining us as our keynote speaker.

Rat Creek Press hiring

We are looking for a Marketing and Advertising Sales Person to join our team.

Do you have connections in the community, like to shop locally and are an outgoing person who likes to visit and chat? The job entails dealing with new and existing advertisers, coordinating distribution of the paper, managing monthly advertising spreadsheets and writing short briefs on businesses in the area.

Contact Dawn Freeman at ads@ratcreek.org or 780-479-6285.

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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

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

A collage of encouraging words for everyone



EDITORIAL
WITH JESSICA KIMMERLY

You know those little calendars, with a tear-away page for each day. Each page has some “inspirational” quote or a few amusing anecdotal words. Yes, that thing you got for Christmas last year that’s still sitting on your desk, stuck on Wednesday, Jan. second.

Well, I’m about to save you the trouble of reading through all those tidbits of heart-warming wisdom. This editorial is a buffet of quotes that remind me of this dynamic community, and how we all should slow down once and a while to appreciate the gift of words, beautifully spoken.

To all the local artists and members of Arts on the Ave: “All the world’s a stage, and all the men and women merely players” (William Shakespeare, *As You Like It*, Act II, sc vii).

Haven’t we all wondered what it would be like if our lives were a play, a movie, a painting, a dance, a song? We may not always have complete control over what happens in this life-sized production, but we can fill it with beautiful motions, comforting sounds and stunning colour. Your art turns the Avenue into an exceptional stage for all of us.

To all the businesses on the Avenue: “Obviously everyone wants to be successful, but I want to be looked back on as being very innovative, very trusted and ethically and ultimately making a big difference in the world” (Sergey Brin, co-founder of Google). This is the difference between a business that exists for the sake of itself and a business that truly wishes to serve others. Business has significant power over the suc-

cess of the Avenue. What could be better than being trusted, ethical business leaders in Edmonton?

To all the residents on the Avenue: “There’s no place like home” (Dorothy, *The Wizard of Oz*). Sometimes it may seem like home bears more similarities to the mythical Land of Oz, where peril is everywhere along with the occasional brainless,

“we all should slow down once and a while to appreciate the gift of words, beautifully spoken”

heartless or cowardly companion. (Hey, none of us are perfect.) But the point is that after our adventures, we can go home to friendly faces and contentment. The real danger is in failing to recognize the people around us who make us feel at home.

To all the visitors of the

Avenue: “A house may draw visitors, but it is the possessor alone that can detain them” (Charles Caleb Colton, English sportsman and writer). I’m sure this quote is meant to be a funny quip, but if you replace the word “detain” with “capture,” then you get some great advice. People may stop by the Ave to see shows or attend a meeting, but it is the people here that will make visitors wish to return. After the construction crews clear away and the Ave is looking shiny and new, it is the people alone that will continue to impress visitors with hospitality and friendship.

So there you have it—words spoken by people from different times, different places, different situations, and yet still make sense for all of us. And now to end with a few words from Friedrich Schiller’s famous poem, the “Ode to Joy,” “Hasten, brothers, on your way, exulting as a knight in victory.”

Thank you volunteers

The Rat Creek Press would like to thank all our volunteers for helping connect our community through our paper. We couldn't go to press without you!

RAT CREEK PRESS

Upcoming Features:

December:
Good Neighbours

January:
Photo Essays

February:
Youth

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NEWSBRIEFS

Edmonton Mennonite Centre for Newcomers opens on 82 St. and 118 Ave.

The EMCN's Grand Opening Celebration on Sept. 23 was overflowing with people and their praises for the Mennonite Centre. Executive Director Jim Gurnett pointed out the centre's growth, from two staff 27 years ago to over 100 staff today. "Clearly, the opportunity to serve newcomers in this city has expanded," he says.

Mayor Mandel also spoke at the event, saying that facilities like the EMCN are "imperative" for Edmonton to be "a city that opens its arms and welcomes everyone."

To find out more about services at the new EMCN building, visit their website at www.emcn.ab.ca or call 780-424-7709. —JK



STAFF AND GUESTS AT THE EDMONTON MENNONITE CENTRE FOR NEWCOMERS BUILD A COLOURFUL CHAIN LINK OF REASONS WHY EDMONTON IS STRONGER FOR ITS DIVERSITY

Federal election results

Peter Goldring for Edmonton East and Laurie Hawn for Edmonton Central were both re-elected in the October election. Conservative Peter Goldring received 51.3% of the popular vote, about 8,000 votes ahead of the closest runner-up, NDP Ray Martin. Laurie Hawn, also conservative, received 49% of the popular vote, about 10,000 votes ahead of closest runner-up, Liberal Jim Wachowich. The country's voter turnout was 59.1%. —JK



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New legislation allows peace officers to close problem properties

JESSICA KIMMERLY

On October first, the Safer Communities And Neighbourhoods (SCAN) Act came into force in Alberta. SCAN is a name you will want to remember—it enables residents to file complaints about properties regularly used for illegal activities. Then SCAN's new sheriffs' unit has the power to investigate and shut down buildings that negatively affect the community's crime rates.

"SCAN is a tool and is only as good as the people who use it," says Fred Lindsay, Solicitor General and Minister of Public Safety. It is the residents who must alert the SCAN unit and describe the specific property disturbing their neighbourhood. But once alerted, the SCAN

unit can take action in a way that the Edmonton Police alone were not able to before.

When police are dealing with a problem property, usually one person is arrested while his or her property continues to function as a location for criminal activity. The properties cannot be closed under the Criminal Code or Controlled Drugs and Substances Act, which the police are responsible for enforcing. With SCAN, the focus is on stopping the property from being a place of crime.

Edmonton police chief Mike Boyd describes drug houses as "magnets for undesirable behaviour and activity" in a neighbourhood. Such houses elevate the general crime rates in the area. And until now, the police have not had the resources to deal with the houses in an

effective way. All that should change with the new SCAN legislation, says Boyd.

After receiving a complaint against a property, the SCAN unit will begin an investigation. Investigators will attempt to solve the problem first with the property owner, and if necessary will apply for a Safety Order from the Court of Queen's Bench. The order can allow the property to be closed for up to 90 days. Landlords can also be proactive by using SCAN to help them evict problem tenants, since landlords are responsible for the activities taking place on their property. All criminal activity will be relayed to the police.

Complaints are confidential, and can be made by phoning toll-free at 1-866-960-7226 or online at www.scan.alberta.ca.



Office hours:
Mondays & Wednesdays from 6pm to 8pm

NOW HIRING

Part-time janitor/caretaker needed for the Alberta Avenue Community Centre. About 10-15 hours a week, flex-time at \$15/hour.

Handyperson needed to perform various repairs and maintenance in and around the Alberta Avenue Community Centre.

Call Karen at 780-278-4812.

Winter Social

Tuesday, December 9 from 6:30 to 8:00pm

Fun for all ages. Drop-in for a hot drink, bring treats to share and meet your neighbours. Door prize draws, chocolate making, crafts and more.

Membership

Family \$20 or Single \$10. Purchase during office hours or call/email to make alternate arrangement. Draw from current member list on Dec 9 at the winter social for a prize.

Email: info@albertaave.org Ph: 780-477-2773 www.albertaave.org



What's happening in Spruce Avenue Community

SPECIAL NOTICE

General Meeting of the Spruce Avenue Community League
10204 - 115 avenue • Monday, November 17, 2008 7:00 pm

CASINO WORKERS are needed for all shifts and positions for Friday, January 23 and Saturday, January 24, 2009 at the Baccarat Casino.

Please call Verna @ 780-479-8019 or email at Verna.Stainthorp@shaw.ca

MEMBERSHIPS

2008-2009 Spruce Avenue Community League memberships are now available for residents living within the boundaries of the Spruce Avenue community. A membership will give you and your family:

- Access to programs, including sports programs offered by Spruce Avenue Community League and other leagues.
- A voice on community issues and future planning.
- Access to community rinks.

- Access to free swimming at the MacEwan Centre for Sports & Wellness on Sundays from 2:00 pm to 5:00 pm.
- Discounts on hall rentals at Spruce Avenue Hall.

Memberships are

Family – \$15.00 Single – \$ 7.00
Senior – \$ 7.00 or No charge with volunteer hours.
Call David @ 780-477-6716

Meetings: Second Monday of the month at 7pm
Hall address: 10240 115 Avenue Hall phone: 471-1932
League boundaries: 97 St to 106 St from 111 Ave to 118 Ave

Let your dreams begin...

A good night's sleep can cure just about anything it seems, and the key to getting it is a good mattress underneath you. Well, now we have our very own mattress store on the Ave, ready to help your dreams begin.

Robert Farhat opened his store The Mattress King (9410-118 Ave) just a month ago, and has already had a number of customers.

"Everyone needs a mattress," says Farhat. At his original general furniture store, Sofa Lair Furniture (12518-132 Ave) mattresses were a big seller and this gave Farhat the idea for The Mattress King. "I wanted to be able to focus on the one product here," he says. "That way I can educate people on the benefits of a good quality mattress."

Although, that is not all The Mattress King has in stock. Along with that great mattress you can also buy modern looking bed frames, head and foot-



THE MATTRESS KING (9410-118 AVE)

boards, bunk beds, futons and a wide range of bedding. And of course, anything in Farhat's catalogues, or that is offered in his other store, is available to be ordered.

The Mattress King has a wide range of prices for their stock, although Farhat encourages people to buy the best quality of mattress they can afford. It's all about the support layer, he says. One of his best sellers, The Posture Beauty NewBurgh, has a continuous coil system that gives firm

support and no rollback when that other person gets out of the bed—an important consideration in the middle of the night.

Another important consideration according to Farhat is that his mattresses are made in North America. His stock includes Posture Beauty, King Coil, Spring Air and Sovo.

Come and talk to Robert at The Mattress King and let him help you get the right support for a great night's sleep, every night.

New Board of Directors Elected for 2009!

AABA NOTES

AABA's Annual General Meeting was held on Sept. 25, at which members elected the Board of Directors for the 2009 year. Congratulations to all!

Your Board Elect for 2009

Saidia Abdilahi
B-Unique Beauty Salon

Samir Bleibel
Donair Express

Wanda Bradbury
Polar Bear Health & Water

Greg Gerard
Scotiabank

Bereniece Kaiser
Medicine Shop

Aura Magana
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Mike McLary
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Christy Morin
Carrot Community Arts
Coffeehouse

Kamal Nuur
Billan Financial Services

Dale Schmidt
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Valerie Scott
Saffron's Caribbean Delight

Paul Soares
Popular Bakery

Doug Thompson
Flavour Budzzz

Bill Varvis
Coliseum Steak & Pizza

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New Look For AABA

To ensure AABA is presented professionally, we have created a new look. Our new logo was successfully introduced in October. In addition to a new logo, our revitalized website is now live (www.alberta-avenue.com) and our new colour newsletter was recently sent to all business members. We are proud of our new look and you will be seeing more of AABA in the future.

Projects in Action

AABA is excited about the new Member Communications and External Marketing Plan being developed for the Association by Focus Communications Services Inc; a company hired through the Avenue Initiative. The plan will provide tools necessary for two-way communication with members and the community, while attracting new businesses to the area. "We are planning to be more physically present at key events throughout the next year," says Joe Holtz, Executive Director.



The Association has been busy with other projects too! AABA

completed a database of all empty commercial buildings on the Avenue, updated the business member list, as well as a comprehensive list supported by photos of all graffiti sites. These items, along with the upcoming New Business Recruitment Program may provide progress for increased business on the Avenue.

Looking to earn money on a part-time basis?

AABA is hiring a part-time Administrative Assistant, a new position for the Association. Candidates should have book keeping experience and be available to start Jan. second, 2009. If you are interested in the position, please contact Joe Holtz, Executive Director, to discuss further.

Alberta Avenue Business Association 11770 – 95th Street Edmonton, AB T5G 1L9

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CD Review: Songs From the Avenue

GORDON VICKRUCK

I had settled in for the long haul. I said I would do it and now was the time. Dropped off at the door was an unwrapped copy of *Songs from the Avenue*, a new CD release of songs about living in the 'hood, made by musicians from the 'hood. In a weaker moment I had volunteered to do a review of this CD. What do I know about the local music scene? Why should I care?

CD in the player, pen in one hand, scotch and remote in the other. I settle down into the easy chair and prepare to

Waits - who no doubt wrote it with Norwood and area in mind.)

Peters' piece is titled "I Don't Live in Norwood." It is a shameless, sentimental, romanticized portrayal of love lost and love found on the Ave. And I love it! Corny and hokey as it is, I am tapping my foot and humming along all the way through on first listen. Definitely not crying.

Now I am carried away into another time, strangely familiar to our day, when we were at war and young men were being called off to battle and women were "Wondering

is a history lesson on every page, detailing a broad spectrum of social realities, from 1892 to 2008, some forgotten and some ever present.

"Bob Hope Played The Cromdale." OK we're not saying this is absolute fact, but it is a great story, nonetheless. And if not Bob then a lot of other prominent entertainment in the day when it was a classy venue before its long painful demise; "Just the fall of the neighbourhood." However, like all of the other songs, this one ends in another kind of "hope"—a testament to the indomitable spirit and vision of the people who live here.

The historical intricacies and mysteries continue to tumble out from song to song. The album hits notes from the early days when 500 armed Edmontonians faced down the Feds and Mounties after Ottawa tried to steal land title documents, to the voices of today who cannot ignore the less flattering aspects of the neighbourhood.

Then a song with no words. Mobius is a classy jazz act that I saw live at the "Kaleido" festival. He was sitting on a hay bale by a fire pit trying to stay warm and I thought I would go see these guys again if it were somewhere warm and a little less smoky. Liner notes from Bill Damur read, "I want 118 Ave to be Whyte Ave without mistakes, circa 1983, a counter-cultural place that is cool and hip." Right on.

All in all, too much fun. This is a history lesson certainly, and an honest reflection of present day reality as well, but more a vote of confidence in the future. This neighbourhood is getting back on track, Jack. The spirit, enthusiasm, energy and vision are all here.

I end the afternoon thrilled at having received that little plastic package on my doorstep, and not too disappointed that I missed my nap.

Songs from the Avenue is available for \$18 at the Carrot Community Arts Coffeehouse.



SONGS FROM THE AVE

be bored to tears in moments.

"Blastchft! Thump, thump, thump!"

What was that? I wake up in a time warp, seeming to be listening to Highway 61 revisited, with Dylan pulling out all the stops and throwing in every noisemaker in the studio. But this wasn't Dylan and this wasn't a time warp. This was, apparently, Scott Peters doing his own composition. (All the songs are original compositions except the last track, "In the Neighbourhood," by Tom

What's a Girl to do in 1942."

I had never heard the husky, sultry voice of Terry Morrison before, although apparently she has played the major folk gigs around over the past dozen years. I definitely intend to hear her again.

Now I am settling into a pattern. My scotch is neglected, my remote is lost. In one hand my pen is scribbling furiously and the other is holding up the liner notes. This is definitely one CD that needs to be read while being heard. There

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100 Years of ETS Part 2

MICHELLE EARL

As mentioned in the October issue of the *Rat Creek Press*, ETS celebrated its hundredth birthday. After taking the tours, we went back and took a walk through the square. Volunteers were there for people to talk to, and we got to board each of the buses.

Just behind the information center was a big tent with a huge display. There were display cases with memorabilia, uniforms, hats, pictures and much more. George and I sat in drivers' chairs—we found out what type of chair they used to sit in compared to the ones they sit in now. (We prefer the ones they sit in now.)

In the front, there was a space where people could draw pictures. It was for a contest where the best artwork would be featured on a bus. The theme was, of course, ETS. You

could also pick up a kit that allowed you to put together a cardboard bus and streetcar.

Behind this table was a neat display. The Northern Alberta Lego Users Group (NALUG) made a display depicting historical Edmonton, and its primary piece was an actual replica of a moving streetcar! You can find their website at <http://www.nalug.org/>. When we were weary, we sat and watched a video made about the LRT, which we believe was created in the 1970s.

My favorite of the buses would have to be what was called the Leyland Mortorbus. It was the smallest of the buses, carry-

ing only twenty-five passengers. Its square look makes it quite interesting. Another reason that I think it's so cute is that when I boarded the bus, I had to find an alternative way to get in and out because the step was so high! We complain about bus steps being high today, but back then they were even higher. I am four foot nine,

and I had to sit to get out! So, I have to laugh every time I think about that.

Another good memory was when we were talking with some of the volunteers near the memorabilia counter. One volunteer, Kim, showed George the mock-up of the LRT console. This was very informative for him, and well enjoyed.

Edmonton's transit history goes well into the deepest roots of our city, and the visit was well worth it. The celebration was a great success, informing us, the public of where we came from. Let's hope the next hundred years are just as good and that the decisions for Edmonton are well made.



DISPLAY OF ETS DRIVERS' UNIFORMS THROUGHOUT ITS HISTORY



THE 1939 LEYLAND BUS

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ph: 780-944-4687
or actioncf4@shawbiz.ca
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ROMEO & JULIET

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Performance: 7:30pm, November 25th, 2008

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Workshop free to all Alberta Avenue residents

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Thank you Kaleido Festival volunteers and patrons!

Kaleido! Family Arts Festival was a great success this year. Arts on the Ave wants to send a huge “thank you” to our Festival Leadership Team. This creative, hard working team transformed 12 venues into lively, arts spaces where children and folks of all ages were seen laughing, appreciating and loving the historic neighborhoods that we live in. Our festival would have never happened if it hadn't been for the volunteers. Thank you volunteers for sharing your own personal time for Kaleido! Your volunteer elbow grease and positive energy was evident throughout the festival. And thanks to everybody who participated and made the beautiful fall weekend even brighter!

If you would like to send any comments and be part of the CD contest, check out www.artontheave.org.

Christy Morin, President of Arts on the Ave.



A soldier remembers Afghanistan

PATRICIA DUNNIGAN

The nine-year-old son of a poppy seed farmer in Afghanistan dares to dream of being a doctor. But what are the odds when you are born to a family struggling for survival, in a country where life expectancy is 42 years, and 25 per cent of children die before their fifth birthday? “Life is cheap,” says Patrick Wilkins. “Three generations of occupation, war and poverty can reduce individual existence to the next loaf of bread to feed the family.”

Giving kids a chance to have dreams is the heart of the struggle in Afghanistan for Wilkins. “Rebuilding this country has to start with the youth. Those who are over 30 have known such extremes of poverty and violence that change is impossible for most of them. It’s different with the young—they have a window on the world with the Internet and they can see beyond their struggle.”

Patrick Wilkins lived the reality of Kandahar and its struggle to be free of the Taliban during his tour from July 2006 to March 2007. “It changed my view of Remembrance Day profoundly,” he says. “Now I understand what my grandfather did for me when he went to war and why he never talked about it.”

This Afghanistan tour of duty was Wilkins’ third. A member of the Canadian Air Force 408 Tactical Helicopter Squadron here at the Edmonton garrison, he became a soldier to help bring peace and a better life to others. “I served twice in Bosnia with a NATO peacekeeping force and found it very rewarding,” he recalls. “There we made a difference in helping to stabilize the area so that people could start returning to normal . . . I asked a man if I had made a difference in being here and without batting an eyelash he said, ‘Yes, no one shot at me on the way to work today.’”

Wilkins found a fundamentally different situation in Afghanistan, a country at war. “Afghanistan was unlike anything I encountered before.” With no trust between neighbours, people have no one but family to count on. The first priority is security for citizens as we combat the Taliban insurgents. “It’s a bit like policing in our part of the city where drug houses invade a residential street and put families at risk. You have to shut down the risk and remove the offenders to create a safe place for kids to grow up.”

So essentially it is seen by Patrick as a mission of the heart. If not, who would risk what he endured? Imagine arriving at the most dangerous part of the country, the Kandahar Airfield, in July where temperatures range from 45 to 52 degrees, and being outfitted with a 40 pound tactical vest plus 60 to 70 pounds of combat gear. “For the first while you guzzle water and stand at the urinal but surprisingly you do become acclimatized.”

This tour of duty took a high toll. Twenty-Five Canadians died in those seven months. “I worked 156 14-hour days without a break at one stage, and it sucked the life out of me. At the end the only thing that kept me going was that I was coming home.” He describes the food, and says “at the mess hall there was a sign posted, ‘No guns, no Service’.” How often do you see that in your life time?”

The fighting takes place largely in the villages, most of which are interconnected. Civilians need security but progress is slow and this is hard on families. With time and the Canadian military presence change is evident. People are slowly shifting what crops are grown; the police, most of whom are illiterate, are being retrained. Patrick projects that the biggest reward will come in 10-15 years and fears that if NATO troops leave now those who died will have died in vain.

Hunger for news from home keeps the troops glued to the media. These men and women need to know that they are supported, and when negative comments for political reasons are broadcast their morale suffers. While they know that they do not influence the political decisions, they are the ones who risk their lives to carry the decisions out.

While longing to return home, each individual needs to live the journey of re-entry to a life that may never feel normal again. “There is a much better understanding now of what’s needed to support the troops coming home now then they knew then. It was hard for me to recognize emotional wounds I brought home with me. Thank God for my wife Dorothy who still helps me deal with my emotional scars. The physical wounds are so much more easily accepted.”

“I didn’t start to feel until I got home and it caught me off guard that I was so mad at everybody.” He found Canadian concerns petty. He felt frustrated at how much we take for granted, but most of all at our failure to appreciate the bounty and the freedom we have.

Patrick realizes that he will never go back to Afghanistan again, “which is hard for me, being a soldier at heart. I wish young men and women would not be in such a rush to fight.” The tragedy is that there no glory in the realities of war, only brutality. His plans for the future include formal studies in photography, leaving the service when he is discharged and meanwhile making the best of each day.

Call for nominations

Do you have a friendly, pleasant or courteous neighbour? Let us know about him or her! They don’t have to be volunteer superstars, just good people you’re glad to have next door. Nominate them for our “Good Neighbour” issue at editor@ratcreek.org or call 780-479-6285.



Rebecca Lippiatt-Long



LAUNCHING THE UNMANNED AERIAL VEHICLE (UAV) FROM KANDAHAR AIR FIELD (KAF) TO DO A SURVEILLANCE MISSION IN THE PANJAWY PROVINCE

Supplied

Dorothy's War

PATRICIA DUNNIGAN

Dorothy knows that nothing could have prepared her for life while her husband Patrick Wilkins was serving in Kandahar. "I lived in a state of denial for those seven months. I couldn't let my mind wander to the reality of what was expected of the soldiers over there." She understood the risk when she fell in love with a soldier. He was home for one short year of their five-year relationship when he was deployed. "He is worth it though," she says coyly and Patrick responds with a grin. An amazing thing happened that helped Dorothy cope. A friend she had known since childhood came to live with her for the year while she

was at college. "She thought I was doing her a favour, but in fact she helped me to get through. I don't know what I would have done all alone in this house for those long months."

She felt as though her life was on hold. "Every time I didn't hear from him for 24 hours I knew there was a media shut down on the base. This was necessary whenever someone died because the families had to be notified first. I was too terrified to answer the phone until I got an email to let me know he was okay. I didn't want to get the news that way." There were twenty-five deaths while he was away and all she could do was to stay busy and try to keep her spirits up.

Dorothy is the daughter of Dutch immigrants. Her family has high regard for the Canadian military and the role they played in the Second World War. "They always supported me in my marriage to Patrick and especially during his time in Afghanistan." She had another problem at work, however. People were forever coming to her asking if she had news from Patrick or if she knew any of the soldiers that had been killed. "I finally had to confront them and tell them that I can't watch the news or know the details of what is going on there. I set some boundaries with them and told them what would be helpful for me, like going for coffee or out to a movie to distract me."

Dorothy took time off work when Patrick came home. She knew that they both needed to be together to do some healing. She credits her career in the stress and disability world as having helped her advocate on Patrick's behalf after his return. "An emotional injury is like a leg fracture in some ways. If it isn't dealt with early it won't heal and often has to be re-broken to properly mend it."

She carries her own

wounds too. Any separation from each other now is a reminder of his time away in Afghanistan and brings back some of the emotion she felt during his deployment. I'm reminded of Winston Churchill's quote, "They also serve who only stand and wait" when listening to Dorothy's experience of the war. I am further reminded of the burden being borne by the soldiers currently serving and their families anxiously awaiting their safe return.



ITEMS GIVEN TO PATRICK WILKINS BY HIS FAMILY ALONG WITH HIS RIFLE AND MEDAL



Rebecca Lippitt-Long





PETER GOLDRING
Member of Parliament
Edmonton East

In Silent Remembrance

When the guns fell silent at the end of World War I, on November 11, 1918, it was as if the planet breathed a sigh of relief. The so called "War to End All Wars" was over.

Ninety years later we know that November 11, 1918 wasn't the end of war. The rest of the 20th century and the early years of this one have been times of turmoil, sometimes locally, sometimes globally, even to Afghanistan today.

Yet still we gather to remember. We fall silent and pray at the eleventh hour of the eleventh day of the eleventh month. We pray with thanksgiving for the sacrifices of those who came before us. And we pray for the safety of our armed forces today and for peace in our time.

More than 118,000 Canadian soldiers have given their lives in the service of their country since Confederation. They have a permanent memorial in Ottawa, in the Books of Remembrance that are kept in the Memorial Chamber of the Peace Tower on Parliament Hill. Since 1942 each morning at 11 the Turning of The Page ceremony has been held in the Memorial Chamber, displaying a new page to the public for that day in the seven memorial books. The order of pages turned is based on a perpetual calendar, which allows family members of a deceased soldier who wish to be present to plan a trip to Ottawa for the proper day.

A visit to the Memorial Chamber and seeing the names is a moving one, but not possible for everyone. However the Department of Veterans Affairs has made it possible to view the books on-line. You can see them at www.vac-acc.gc.ca/remembers.

I feel it is important to remember the sacrifices others made for us to have a free Canada today. What do you think?

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The Daring Diner
WITH ANGIE KLEIN

Chasing down an alligator

It started with indecision... Greek, Japanese, perhaps Indian. We could throw caution to the wind and go Cajun. The French restaurants are all closed on Mondays. What to do? This was my Jeff's birthday, and birthdays are special occasions—they deserve a special night out. We decided to take a sniffing tour. First, we laid down some ground rules. The parameters of the search had to be within the downtown core and we would include one restaurant of each cuisine mentioned above.

Louisiana Purchase was the furthest away (111 St. and 103 Ave.) so we started there. The sweet sound of old blues hung in the air as we stepped onto the inviting patio. True to our quest, we stepped in for a sniff. The place smelled awesome! We checked out the menu, and got back in the van.

Next on our tour we stopped at Khazana (Tandoori cuisine) on 101 Ave. and 107 St. It's a large place and the kitchen is way at the back, but it smelled pretty yummy too. Their menu was full of all my favorite dishes and some I'd never tried. This quest was not going to be an easy one.

Off to Greece we sailed in

our van, to Cosmo's on 101A Ave. and 100 St. The place was huge, and empty. I am sure they draw a great lunch crowd, but there wasn't enough food ready sniff at so we pressed on.

Our search ended at the closest place to home. Zen is a cozy Japanese restaurant on 101 St. and 105 Ave. It passed the sniff test with flying colors. Casual, with its funky sit-on-the-floor booths, it's a restaurant I think my 11-year-old daughter would find cool, so we saved it for another adventure. We ended up at our starting point, ravenous from all the scents we'd inhaled. Louisiana here we come!

It was steady for a Monday night, but our server came right over to take our drink order. Jeff tried the specialty beer from Edmonton's own Alley Cat brewery. (Nice to see them supporting the city.) I opted to wait for the wine. We started out with two fresh oysters on the half shell (sampler size at \$1.50 each). Alligator kebab skewered with black bean salsa was also a must have (\$8.50). Both were fantastic!

Louisiana Purchase has a great deal on Louisiana Jambalaya (\$8.95) on Mondays, so I ordered a steam-

ing plate of the traditional dish. I saved enough on my main course that I felt we should splurge on some Pecan Breaded Brie (\$8.00). Both helpings were large enough to share yet tasty enough to eat the whole thing. I opted to bring some jambalaya home, but there was no way I was leaving a morsel of my beloved fried cheese.

The day's special was blackened snapper with lobster crême sauce (\$16.00). The portion was very fair for the price and Jeff seemed to enjoy it very much. Our friendly wait staff was very kind and brought the birthday boy a beautiful fruit desert compliments of the house. Fresh blueberries and creamy custard artfully arranged with a bright orange gooseberry on the side—as full as we were, we managed to inhale it! Our bill came in at around \$100 with tip.

Until next time . . . happy eating.

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Day Trips – The ETS Way

A Taste of Italy brought to Edmonton – The Italian Center Shop



Day Trips
WITH MICHELLE EARL

The Italian Center Shop
10878 – 95 Street
780-424-4621

When I mention that I frequently shop at the Italian Center Shop, many people I know ask, “What’s that?” A few years ago, I found out that this shop had another name – Spinelli’s, and when I mentioned that name, people clued right in. Mr. Spinelli opened its doors in 1961, and since then, the family has turned Edmonton onto a gourmet paradise of Italian goods.

This little nugget is fairly close to Alberta Avenue, and very easy to get to. It is right across the street from Giovanni Cabot Park. Take the number five bus to get there. Very recently, they have opened a store on the south side, but it’s the 95 St. store I’m writing about.

My favorite areas of the store are the produce, pasta, and deli areas. The produce is good quality and their prices are extremely good! The same goes for their pasta. At one time, you could get a package of pasta for under a dollar, and even now, when the prices have gone up, they’re still

below what most stores sell it for. Also, it’s the best place to go for olive oil. For a one-litre bottle of oil, most places would charge \$10 or more, but I can find a bottle for just above five dollars.

The staff at the Italian Center Shop is friendly too. Since going there, I have become friends with Lynn. She is always fun to talk with and very personable—she always asks how George is doing, and how things are going with me, making me feel right at home. She is very knowledgeable and informative about the products. The last time I went there and made a big purchase, Carmella, another staff member took it upon herself to make a special box for my bundle buggy. I was

going all over the city that day, so I really appreciated it. I have often asked questions of their staff, and it was they who



THE PRODUCE DEPARTMENT AT THE ITALIAN CENTRE SHOP

recommended my favorite goat cheese made by Santa Lucia. Every time I walk into the shop, it has always been clean and well stocked. If you’re going for meats and cheeses, they allow you to sample, which helps you with your decision on what to buy. They not only have food items, but many items for cooking Italian. I rate this business as a five out of five olives.



BACKYARD BISTRO
WITH SHAWN BAERT

Scotch Eggs

This is an easy and favored recipe that I recall from my youth. My mother and grandmother served it often. I now find that as well as bringing to mind great memories, it also still tastes great.

- 8 hard-boiled eggs
- 1/2 cup flour
- 2 packages 500g maple leaf pure pork sausage meat
- 1 onion, chopped finely
- 2 eggs, beaten
- 2 cups fine bread crumbs
- Cooking oil

Peel the eggs and dust them with flour. Combine the ground pork, 1 egg, 1/2 cup bread crumbs and onion. Cover each egg in the pork mixture, keeping the shape of the egg. Dip the coated egg in the beaten egg and roll them in bread crumbs. Fry the eggs in hot, deep oil for seven minutes. Transfer the eggs to paper towels to drain.

Serve sliced in half with salad.



avenue initiative revitalization

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



For information call
Judy Allan 496-1913

Last Chance!

The deadline for matching grants is November 15, 2008

Do you have an idea that would make a difference in your neighborhood? We are looking for projects that will enhance, beautify, create a sense of community or improve safety. The Neighborhood Matching Fund will match your volunteer time or donations in kind to make your project a reality. You can apply for up to \$20,000 for large community projects. SMALL SPARKS funds up to \$250.00 for local neighborhood events such as block parties or fence painting. For an application and more information go to www.avenueinitiative.ca or email judy.allan@edmonton.ca

Think About Joining a Working Group!

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

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

I would like to introduce myself



LAW AND ORDER
WITH CST. ANDREW LARSON

I would like to take this opportunity to introduce myself. In early September, I was notified by Cst. Russell that he was leaving. He spoke to me about taking over his position and I jumped at the opportunity. Community policing is something that I have always been interested in and I look forward to working with all of you to solve the safety issues that have plagued this community for so long.

To give you a little background about myself, I have been with the Edmonton Police Service for the past three and a half years. Cst. Russell and I were actually in the same recruit training class. I have been working in Downtown Division as a patrol constable and have responded to many calls in and around this community.

In the past month I have met with numerous community members, groups and the local businesses in the area. I have seen the commitment and effort placed forth by the local people in an effort to take back your neighborhood. In my short amount of time here I have seen the community response to urban disorder (CRUD) initiated. This program was started by the local community members and has seen some great success. To see large groups of people getting together and getting out and enjoying your neighborhood is great to see. I fully support this initiative and would like to see it continue. As well, I was lucky enough to take part in the Kaleido Festival on Sept. 26 to the 28. Again, this initiative was a great success and we had very few security issues.

What I bring to this position is a great passion for policing and I am willing to

work as hard as I can to see this community become a safe and crime free environment. A lot of this success depends on all of us working as a team. Unfortunately, police resources are extremely stretched in today's world, so we are required to find new and creative ways to deal with crime and disorder. The good news is crime has dropped 25% over the past year in this community, mainly due to your efforts in partnership with Cst. Russell, the beat officers, local patrol members and the Alberta Avenue Initiative. We are winning the battle, but there still is a lot of work to do. I would like to see this rate to continue to drop in the future.

One of the largest and most time consuming issues for me is dealing with drug houses located in this neighborhood. With drug houses come crime and disorder that can plague a community. A new initiative that will help alleviate the burden on the police in dealing with these is the Safer Communities and Neighborhood (SCAN) Act, which has been brought in place by the Crime Reduction Task Force. The Alberta Sheriffs SCAN team will target properties that are being used for crime (prostitution, drugs and gangs). SCAN will hold property owners accountable for what is occurring at their residence and they have measures in which to deal with that. This will free up police resources to respond to your calls quicker and more effectively as well as deal proactively with the crime and disorder on 118 Ave. and in your neighborhoods. For more information please feel free to visit their website at www.solgps.alberta.ca.

I would like to thank you for welcoming me to your community and I look forward to working with you in the future.

Is your dog photogenic?



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

Throughout November and December pet photos with Santa are being taken all over the city. I often hear the comment, "oh, I could never get that done with my pet."

First, let me say that not only is the pricing in many cases very reasonable for a photo of your pet but it also provides a very nice photo journal—especially if you have more than one pet. In some cases the money goes to charity so that's another reason for getting a photo done. If you don't relish the idea of standing in line with pets, there are some like Petcetera that will do it by appointment—so no lineups!

Sometimes the reason is the pet won't hold still long enough. The Santa used in many cases are skilled with animals and can hold the pet either in their arms or on lead—it's not like a formal sit-stay where the pet is totally on their own in holding still for their photo. Many pets behave better or are less in motion when in a strange place. If need be you can sit in the photo, or if your pet isn't too fond of Santa then he will step aside. Remember the photographer is also skilled and the equipment used is professional so a moment of perfection can be caught on film where we may have been unsuccessful in the past.

If "staying" is of real concern to you, then start practicing now and you could probably have them ready for a photo within the next couple weeks.

- Have your dog sit or down, whichever is easiest and most comfortable (you can't teach "stay" if they don't even know how to sit or down).

- Once your dog will hold still in a sit or down, increase the time to 15 then 30 seconds. You will be surprised how long a dog can sit when learning. Also keep the rewards coming—if the animal figures out they don't have to do anything and the rewards keep coming they

will sit/down for long periods of time.

- Now that you have a steady sit you can train "location." Many dogs think "sit" is to walk over to you and put the rear on the ground. They don't really understand the simplicity of what we ask. Ask your dog to "sit" (or "down") while you are in a chair, on the bed, on the floor, standing, leaning against a wall, and the hardest—ask the dog to sit while you are laying on the floor (this last one, of course, is optional). Once the dog has the idea that your body position is irrelevant, try having them sit on your right, on your left, or even facing away from you. This also means you are training inside, around, and outside of the home.

- The dog is starting to get the idea it is more what they are doing (or not doing) than what you are doing that means sit and ultimately stay. By now you probably are getting much longer periods of sit or down. Now while rewarding the dog for holding still, you can move your foot, your arm, bend and straighten knees and so on. Often the dog "breaks" their sit because the handler moved. So you now need to teach the dog that even though you are moving

they hold still. Start slowly and gradually build from a shallow movement to where you can actually jump up and down and even turn around in front of the dog while they hold the sit.

- Next you can start walking around the dog while they remain in position. This can be tricky and you may need to hold a treat or toy in front of the dog's head while they sit and you walk around them. Start by just walking a quarter way to one side or the other of the dog, then half way around and back then finally in a big circle around the dog. Leave room for his tail!

- Lastly, you can now start increasing distance. Start with a sit, step back then return to position and reward. Very quickly, you can work up to two steps back and then reward. If successful with two steps then actual turn away and walk then turn back in. Be very natural about walking away from your dog.

- Notice, at no time during this process you are saying "stay"! When asking a dog to sit or down they should remain in that position until you "release" them. Saying "stay" is redundant.

So, no excuses—get that photo done!



MIKALOW'S ART SHOWING

Selected Artworks By Michael Germann

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Reception

Thursday November 13th

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Music By David Von Bieker



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Resident Profile
WITH HARVEY VOOGD

Norwood house available for \$11

\$11 and a song may get you the house of your dreams in Norwood.

David Stockburger and his wife want to award the house at 11720-95A St. as a mortgage free, completely renovated prize. This contest is not a lottery or raffle, but a house essay contest. Contestants must submit \$11 along with at least one reason why they should own the house.

The website www.the11dollarhouse.com states "We'll take essays, life stories, anecdotes, artwork, poems, songs videos, family photos, whatever you think it'll take to convince us that you're the right person to own the house."

The contest needs a minimum of 25,000 entries to be a go, with a maximum of 40,000 entries. The deadline is Dec. 31 of this year, with the possibility of an extension to February 15, 2009.

The winning entry will be announced no later than March 31, 2009 and the house title will be transferred to the winner no later than May 3. The house will be substantially complete and capable of immediate occupancy and be clear of any mortgages, liens, encumbrances or other restrictions.

"It will come with an Energy Star rated refrigerator, dishwasher and washing machine, along with a stove, clothes dryer, and microwave, all brand new and waiting to be used by the winner," states the website.

"This has been tried in the USA a number of times," says Stockburger. "There was even a movie in the mid 90s called the

Spitfire Grill which was about a woman who holds a contest to give her grill away."

"Someone tried a similar thing in Grande Prairie a few years ago with a hotel," Stockburger continues. "They had to shut it down. Before them, it was tried once or twice in Ontario in the 90s, also without success." Hopefully Stockburger's attempt will be much more successful.

David voluntarily suspended his contest on Aug. 29, shortly after it began, when he heard that the Alberta Gaming and Liquor Commission (AGLC) had launched an investigation "to make sure this contest was on the up and up."

"On Sept. 25 an investigator with the AGLC got back to me," says Stockburger. "I was told their investigation was concluded and that other than monitoring this contest to see how things play out, they have no problems with what we are doing and we are not breaking the law."

Stockburger and his wife bought the house for \$125,000 in Sept. 2006. "The house had previously been condemned by the City of Edmonton and the local health authority," he explains.

Previously a lawyer, Stockburger has been rebuilding the house for the past two years. "The previous house we owned bit me with the renovation bug," says Stockburger. "I've always been a bit keen about real estate, so this seemed to make sense."

The house is considered two and a half stories. The total living space is around 1,900 square feet with another

900 square feet of room in the basement. The website states the basement will have everything roughed in to add a bathroom and a second kitchen, if you want to add a suite.

The contest's tag line is "The contest where a house with a past could change your future." The house was built in 1913. Its previous residents include Grant Notley, former NDP leader and the first NDP candidate elected to the provincial legislature. He owned and lived in the house from 1968 to 1971. Notley sold the house when he won a seat in northern Alberta.

The house was appraised in March for \$255,000 as part of the approval for a mortgage. The appraisal for completion was pegged at \$355,000. Stockburger says he recently turned down an offer of \$375,000.

"The contest idea first came when my daughter asked me how much we were going

to sell the house for," says Stockburger. "I liked the idea of a contest which has many people helping one person get a house. Even with the market down in Edmonton, housing is still too expensive for many

people." If not enough entries are received, contestants will get their \$11 back. For more information, you can contact David either at us@the11dollarhouse.com or 780-240-9924.



A peaceful inspiration

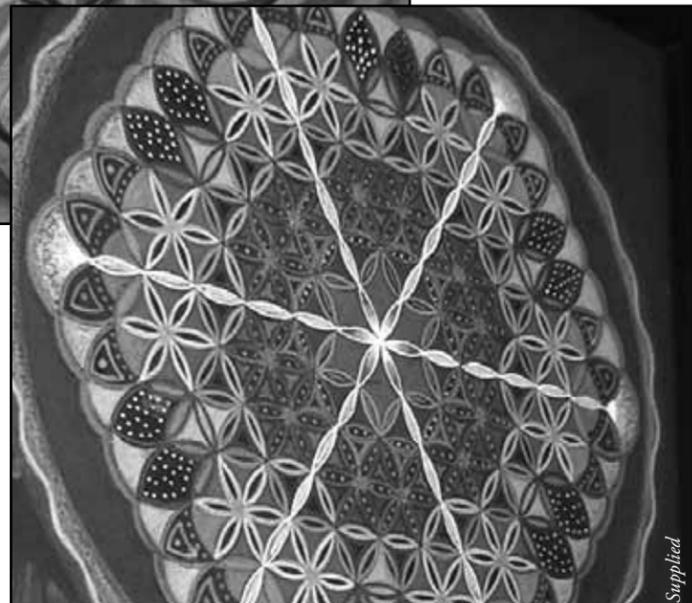
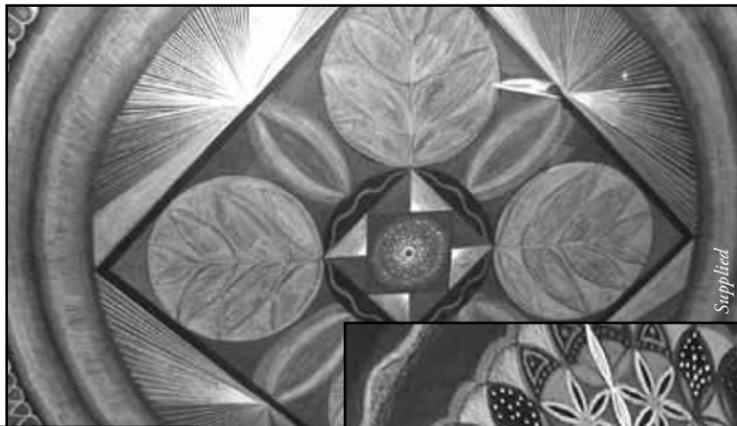
IOANA CALDERON

Black mandalas. Why are they black? And in any case, what are they?

I met Heide Mueller-Haas during Kaleido—the Avenue Fall Festival. Kaleido Family Arts Festival is a great celebration of our creative spirit in the community, and people from across the city joined us. Heide is an artist who uses simple, geometric shapes and figures. She organizes the space mixing and matching triangles, squares and circles.

Different religious practitioners used this technique around the world for centuries and they ranked their artistic activity as "spiritual"—profoundly religious and deeply impregnated with stern introspection. To all these fantasies I prefer Heide's confession: "It's all in geometry. I always liked it. I thought that using colours and creating simple patterns would give me a basic sense of matter versus non matter."

The black background of Heide's mandalas resonates with a black hole's force of seduction and spurts out vibrant accents of colours. "I tried different colours for my mandalas, but black came out with a richer power among others—black is our own conscience at rest, awaiting for the vibrant colorful thoughts to surface during a moment of peaceful creation."



Young Readers Choice Awards and Kids Read Edmonton

"With beasts and gods, above, the wall is bright./The child's head, bent to the book-coloured shelves,/Is slow and sidelong and food-gathering,/Moving in blind grace..." – Randall Jarrell, from "Children Selecting Books in a Library"

- Join us on Thursday, Nov. 6th to remember our past conflicts, and to honour the sacrifices of our soldiers and civilian heroes. Coffee and tea will be provided. For more information, please call the branch at 780-496-7099.

- Visit the library on Saturday, Nov. 22 for an afternoon of Cree culture. Sprucewood Library will be hosting Adrian LaChance, an Aboriginal motivational speaker, cultural facilitator, traditional dancer and drum keeper. To register for this event, please call the branch at 780-496-7099.

- Are you looking for a good children's book? Kids Read Edmonton 2008 is an EPL book club for grade school children. This year's feature book is *The Several Lives of Orphan Jack* by Sarah Ellis. The plucky and resilient Jack lives at the Opportunities School for Orphans, where his most cherished possession is a battered dictionary, with the B section missing. When he learns that he will be apprenticed to a firm of bookkeepers, he is ecstatic. After all, who wouldn't want to be a protector of books?

But when the job turns out to be less than it seems, he takes off, making a detour at a fair, where everything changes after he spontaneously tells a woman that he sells whims. Ellis weaves a humorous story that binds the spiritedness of a young boy with the joys of language. Games, web discussions, and educational resources are available online at www.epl.ca/kidsread. Participants are also eligible to win tickets to Fort Edmonton, a writing workshop for their classroom, or a pizza party for their whole grade.

- Readers, parents and teachers are also encouraged to browse through the 2009 nominees for the Young Reader's Choice Awards (YRCA). Organized by the Pacific Northwest Library Association, YRCA is the oldest children's choice award in the United States and Canada, and it aims to provide children with an opportunity to honour a book that gives them pleasure. This year nominees include *Gossamer* by Lois Lowry, *Ark Angel* by Anthony Horowitz, and *Nick and Norah's Infinite Playlist* by Rachel Cohn. Also, this is the first year nominations include graphic novels: *To Dance* by Siena Cherson Siegel and *American Born Chinese* by Gene Luen Yang.

Irene Ng is a library assistant at the Sprucewood Branch of the Edmonton Public Library.

For info on these programs and more, go to the Community Calendar Page or online at www.epl.ca



Hope

SHARON E. RILEY

Hope—fragile like a heart,
A mirror, holding the image of a dream
Meant not to be broken or shattered.
The truth reflected,
The honesty of sorrows,
The strength to look
At an image of tomorrow.
The faith to look again
And see the reality of today
Existing as a vision of Hope.

For Kids of All Ages

SHARON E. RILEY

A monkey was walking the streets of a town,
Saying, "What planet an I on."
The big Baboon sunning in the moon,
Said, "The Planet of the Goon."
The monkey rolled his eyes and said,
"I wish I was at home in my little bed."
The big Baboon gave him a hug and said,
"Earth has many little beds,
And Zoos for ones that are like us,
Where people come and make a fuss.
They hide us there and though we mourn,
For things we hold dear, in the early morn,
They are not all goons on this planet Earth,
But it is the planet of their birth."

EDMONTON

Shoveling your snow today...



...clears the path for safer streets tomorrow.

Help keep our neighbourhoods safe. Ensure you shovel snow off sidewalks within 48 hours of a snowfall. Failure to do so could result in a \$100 fine. Do your part to keep our community clean and safe.

For more information on our Community Standards Bylaws, contact us at **780-496-3100** or visit our website at www.edmonton.ca/bylaws.

Clean up today for a better tomorrow.



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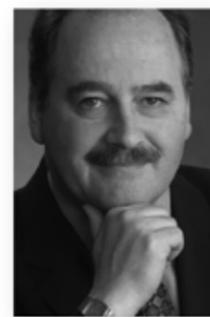
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Hello Highlands-Norwood!



The Legislature has settled in for the fall session and I am looking forward to once again representing the valued constituents of Highlands-Norwood. Please feel free to contact my office with any comments or suggestions you may have.

6519 - 112 Avenue
Your MLA, Brian Mason

Edmonton Highlands-Norwood

www.brianmason.ca

ph: 780.414.0682

COMMUNITY CALENDAR

ART & MUSIC



MAGAZINE RELEASE PARTY
Saturday, Nov. 8, at 8 pm. The Artery (9535 Jasper Ave) Admission: FREE! *Other Voices* has partnered with *Notebook Magazine* to co-host a fantastic evening event celebrating the release of two amazing fall issues produced by our magazines. Come together to support your local purveyors of the finest poetry, fiction, creative non-fiction, and art of all sorts. For more details email info@othervoices.ca. Check out www.othervoices.ca and www.notebookmagazine.ca, and look for the event on Facebook.

KIDS TAKE OVER THE CARROT
Kid's Arts Market and Open Stage, Saturday Nov 8 from 11am - 3pm, at The Carrot Community Arts CoffeeHouse (9351 118 Ave). For ages 5 to 18 years. 5 to 12 year olds MUST be accompanied by a parent at all times. A time for kids to showcase their art pieces in any medium for selling. There will also be an open stage for music and spoken word performance. Please call Karen Porkka at 780-481-9015 to register for either the art or the performance and for any questions.

THEATRE PROSPERO PRESENTS ROMEO & JULIET
Public Workshop: 2:30 to 5:30. Performance: 7:30 pm, Nov 25. With our innovative workshop/production, you help tell the story by taking a part in the play, with coaching and preparation from our crack team of actor/instructors! Workshop free to all Alberta Avenue residents. Performance: Admission by donation. Alberta Avenue Community Centre, 9210-118 Ave. Call 780-477-2773 ext. 2 to reserve a place in the workshop

SOCIAL ARTS EXPERIENCES
Check out our autumn workshop series of Social Arts Experiences. Professional Artists teach all workshops right here in your community, and best of all, they are FREE! Drinks and treats offered at The Carrot Community Arts CoffeeHouse (9351 118 Ave) after all workshops. Space is limited so register ASAP. November 29 - Suminagashi paper marbling with Chris Dickinson Presented at Saint Faith's Church. 10am - 3pm. Please register after October 29. Contact Becky at 780-435-3499

JUST CHRISTMAS
Friday, Nov 21, 5:30pm - 9pm and Saturday, Nov 22, 9:30am - 4pm. Alberta Ave Community League (9210 118 Ave). Admission by donation. Just Christmas is a cooperative venture of local people who want to make a difference in communities around the world through the sale of fair trade goods. For more information contact www.justchristmas.org

A CARROT CHRISTMAS ARTS BAZAAR
Friday, Nov 21, 6pm - 10pm, and Saturday, Nov 22, 9am - 8pm. Local artists show their wares at The Carrot's second annual Christmas Arts Bazaar. Get your Christmas shopping done early!

QUEER ARTS AND CULTURE FESTIVAL
Be a part of Exposure: Edmonton's Queer Arts and Culture Festival. Open call for artists at www.exposurefestival.ca. Looking to curate or put on a show and want to partner with Exposure? Contact Program Chair Todd Janes at todd@exposurefestival.ca or Producer Ted Kerr at ted@exposurefestival.ca

ARTISAN MARKET
1st and 3rd Saturdays, 11am-4pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave). All creations are made in Edmonton by local artists and artisans. Jewellery, woodwork, textiles and more! If you are interested in selling your wares at the market, please contact Lorraine at 780-919-9627.

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

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

MUSIC LESSONS
Professional musician and qualified music teacher, with degrees in Music and Education. Sax, flute, clarinet, piano, keyboards, guitar, bass, theory. All styles. Neil: 780-477-9232.

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

KEYNOTE MUSIC
(see ad on page 3) Learn to play guitar, bass, piano. Over 10 years teaching experience. Call Reg Taylor at 780-915-1241.

LOTUS QIGONG + LOTUS DANCE
Everyone on the Avenue welcome. Thursdays from 7pm to 8pm. Cost: donation optional. For more details call Astrid at 780-477-0683.

DROP-IN GROUPS & PROGRAMS

ACTION FOR HEALTHY COMMUNITIES'
Voices Community Dialogue 2008: a public discussion to promote the

creation of community health and wellness-related initiatives.
Tues Nov 4 Canadian Native Friendship(1205 101 St), 6:30pm. Topic: Homelessness
Thur Nov 27 Sprucewood Library (11555 95 St), 6:30pm. Topic: Aboriginal Edmonton
Wed Dec 3 The Haven (15120 Stony Plain Rd), 6:30pm. Topic: Art to know ourselves
Contact Chris for more information: 780-944-4687 or actioncf4@shawbiz.ca or www.a4hc.ca

CARROT WRITERS' GROUP
The Carrot Writers' Circle meets every Thursday morning at 10 am at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

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

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

BABES IN ARMS
Fridays, 10am to 12pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave). Come and connect with other parents in the community. Call The Carrot at 780-471-1580 for more info.

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

SCRAPBOOKING
Thursdays from 6 pm to 8 pm at Ben Calf Robe Society (12046 77 St). Come make a photo album for your new baby or one for yourself. Bring your pictures and we supply the rest of the materials. Childcare is available. Call 780-477-6648 for more info.

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

BEN CALF ROBE SOCIETY YOUTH DROP-IN PROGRAM
Parkdale/Cromdale Community Hall (11335 85 St)
3pm - 7pm most days. Contact Heather on 780-868-8504 for details.

SALVATION ARMY
Edmonton Crossroads Community Church (EC3)
11661 95 St, Ph 780-474-4324
Mon, Tue, Wed, Thur., noon to 4pm
Fri., 7pm - 10pm

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

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

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE
9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm
\$5 cover charge
Nov 07: CHRIS WYNTERS
Nov 14: MULE (ambient instrumental)
Nov 21: LECKIE OLSEN
Nov 28: LARA YULE
Dec 05: CORA MCLAUGHLIN
SATURDAYS: Open mic 7:30pm-10:00pm Music, spoken word, comedy

SPORTS & REC

FREE SKATE AT WESTWOOD ARENA
Wednesday nights, October to March at Westwood Arena 12040-97 St. Call Marty at 780-474-2667 to sign up.

ALBERTA AVE FREE SWIM FOR COMMUNITY LEAGUE MEMBERS
Eastglen Pool(11410 68 Street) is supposed to open again in November. Call 780-496-7384 for confirmation.

VOLUNTEER

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

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

IMMIGRANT/REFUGEE SETTLEMENT MENTORS
Mentor new immigrants/refugees in a formalized friendship; assist newcomers to practice English, develop social networks, learn about Canadian culture, and acquire life skills to facilitate successful integration into Canadian society. 8 hours/month. Training and support

provided. Contact Leslie @ 780-432-1137, ext 362 or e-mail volunteer@catholicsocialservices.ab.ca

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

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

NINA HAGGERTY CENTRE FOR THE ARTS
Do you love art and people? Then the Nina Haggerty Centre for the Arts can use you! Come volunteer and show off your talents and passion. www.ninahaggertyart.ca or 780-474-7611

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

NOTICES

NORWOOD NEIGHBOURHOOD ASSOCIATION
Meets Wed. Nov. 12, 7pm @ Norwood Child and Family Centre, 114 Ave. & 95A St. New members welcome.

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

CHURCH SERVICES

ST. FAITH'S ANGLICAN CHURCH
11725 - 93 St. Ph. 780-477 - 5931
Sundays 8:30 am and 11 am
Sunday School at 11 am
Hall available for Rentals 477-5931

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

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

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, Sep. 5 to Dec. 19
Participation limit: 15. Presented by Bent Arrow Traditional Healing Society. Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.
Calling All Homeschoolers
2 p.m. Tuesdays, Sep. 16 to Dec. 16
Ages: 5 - 12 years. Participation limit: 12. Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.
EXplore! Your Library
Participation limit: 30
Please call 780-496-7043 to book a time. What's missing at the library? YOU! Your group is invited to join us at the library on a staff-guided tour. The tours help children of all ages learn more about Edmonton Public Library, and the world of resources to be found here. It can be a simple introduction, or an in-depth exploration of a topic of your choice. Daycares, homeschoolers, and clubs are welcome.
Sing, Sign, Laugh and Learn
10:30 a.m. Tuesdays, Oct. 21 to Nov.

25. Ages: Up to 3 years
Participation limit: 15
For children birth to three and a grown up who loves them. Come and spend time cuddling, reading, signing, playing, laughing and learning. Brothers and sisters are welcome to attend. This is a group in partnership with the Edmonton Early Intervention Program, who serve children who have a delay in their development or a diagnosed disability. Parents will learn strategies to engage their child and enhance their communication and development. Children of all abilities will benefit from this group. No program on November 11
Paws for a Story
2 p.m. Saturday, Nov. 1
Ages: 6 - 12 years. Participation limit: 12. Come read a good tale to a furry friend with a real tail! Each child will have a 15 minute reading time with a dog or cat from the Pet Therapy Society of Northern Alberta.
TEENS
Girl Power
3:30 p.m. Thursdays, Sep. 25 to Dec. 19. 3:30 p.m. Thursdays, Jan. 22 to Mar. 26. Ages: 12 - 15 years.

Participation limit: 20. O.K. girls - get ready to have a ton of fun! Do you have interests that need to be challenged? Join the gang at Girl Zone where you will participate in heaps of activities like: team building, leadership development, fashion, cooking, arts and crafts, music, fitness, sports, drama, and much much more!

Teen Game Night
6:30 p.m. Fridays, Sep. 26 to Dec. 19
Ages: 12 - 17 years. Participation limit: 15. Drop in for some board and electronic game fun with other teens.

ADULTS
Cafe Anglais - English Conversation Club for Newcomers. 6:30 p.m. Mondays, Sep. 22 to Dec. 8. Participation limit: 20. FREE of Charge. Learning English? Join the club at Cafe Anglais where you can chat in English, meet new friends, and use our vast resources!

English Conversation Circle (LACE Program)
10:30 a.m. Saturdays, Sep. 27 to Dec. 13. Participation limit: 10. Free of Charge. Drop-In. Practise your English at the library. Drop in and join others who also want to talk in English. Catholic Social Services' Learning and Community Enrichment (LACE) program offers this program.

For more information contact Biviana from Catholic Social Services at 424-3545. Please note-there will be no class on November 11, 2008-Remembrance Day.

Computer Basics - E-mail
10 a.m. Mondays, Nov. 3 to 17
Participation limit: 4. Learn how to create your own free e-mail account. We will also teach you how to open, create and reply to e-mails, as well as some other basic e-mail skills.

Honouring and Remembering
1 p.m. Thursday, Nov. 6. Join us for coffee, tea and some thoughtful reflection as we honour and remember the sacrifices of our soldiers and civilian heroes from past conflicts.

Stories from the Heart of the City - with Linda Goyette
1:30 p.m. Thursday, November 20, 2008. Drop-in, Free of Charge
All are Welcome! Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years. Writer Linda Goyette will host this session for story-lovers of all ages.

Computer Basics - Databases at the Edmonton Public Library 10 a.m. Mondays, Nov. 24 to Dec. 8
Participation limit: 4. Seniors Welcome! Your library card gives you access to more than books. With it, you can also access databases on the library website. Learn about our audiobooks, encyclopedias, consumer information, world newspapers, health information and much more.

ELL (English Language Learning) Tours
Call 780-496-7099 to Book a Tour
Learn all about the Edmonton Public Library in a tour for English Language Learning (ELL) students. We create library cards for all students. We have many books, CDs, DVDs, magazines and internet resources for ELL (ESL) students at all levels. Tours will teach students how to use the library to find what they need.

ALL AGES
Adrian LaChance, Traditional Dancer
2 p.m. Saturday, Nov. 22
Participation limit: 40. Drop In. All welcome. Join Adrian LaChance, an Aboriginal motivational speaker, cultural facilitator, traditional dancer and drum keeper for an afternoon of Cree culture.

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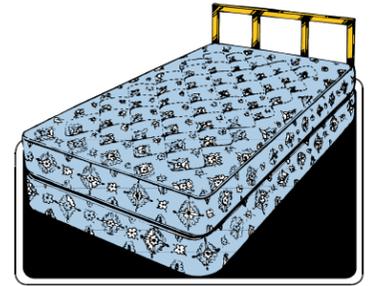
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Friday, November 22nd 6:00pm - 10:00pm
Saturday, November 23rd 9:00am - 8:00pm
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