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## Craft fairs open up a world of handmade options for your holiday shopping

MARI SASANO

Well, it's about that time of year again when we have to do our holiday shopping. But if crowded malls and mass-produced, over-hyped junk makes you want to hibernate for the rest of winter, take heart: here are four gift shopping options that are friendly to humans:

**Alberta Avenue Christmas Craft Fair**  
November 13 and 14,  
9 am to 6 pm  
Alberta Avenue Community Hall (9210 118 Ave)

This is the first year we've had it," says Marlene Schnarr, organizer of the event. "The General Hospital always had one, but they are not having it this year. I'm a vendor too—I make gingerbread houses and ornaments. So I thought that I needed a place to go and approached the community hall, who were very accommodating."

Hourly draws and entertainment create a soothing, fun-filled environment while you browse tables of baked goods, sewing, Ukrainian foods, chocolate, and all kinds of Christmas crafts like jewelry, cat toys, driftwood ornaments, and cards. Schnarr says it's like a Christmas version of a farmers' market:

"It's all very unique stuff. We can fit 38 tables, and we may have more in another room."

**Just Christmas**  
November 27 5:30 pm to 9 pm and 28th, 9:30 am to 4 pm  
Alberta Avenue Community Hall (9210 118 Ave)

The holidays can be so commercialized, and you might be worried about the message that sends to your kids. Just Christmas is a great antidote to that, pairing the idea of

handmade gifts with the educational aspect of finding out about the people around the world who make them, says Kristi Anderson.

"We've got over 30 nonprofit and charitable organizations selling fair trade goods, with profits going to international development initiatives."

Local groups as well as international agencies like Oxfam participate in Just Christmas, which underlines the importance of equitable labour practices. All the items for sale, including home decor, cards and calendars, art, jewelry, crafts, handmade soaps, pottery, bags and clothing and rugs are produced by hand.

"The great part is that you can go buy gifts and not feel guilty. You are creating positive change, versus the more typical things which may deplete resources of have questionable labour practices. You're buying something beautiful and helping another family."

Anderson says that Just Christmas is also very happy to be contributing to the revitalization of our area, and the connection to the local Salvadorean, Chilean, Guatemalan and Caribbean communities who will also be selling food at the event.



ARTISTS GREET SHOPPERS AT LAST YEAR'S CARROT CHRISTMAS BAZAAR

**Clean Your Room**  
November 14  
1 pm to 4 pm  
Alberta Avenue Community Hall (9210 118 Ave)  
to rent a table, call Dawn at 780-454-7809

If your kids have quite enough stuff, the Clean Your Room sale might be for them—it's a garage sale, by and for kids, to re-sell the toys that they have outgrown. The idea came from Karen Mykietka's son, who suggested they have a garage sale to raise some funds for this year's gifts.

"I find it's a good idea to purge the kids' bedroom once in a while, especially before Christmas, she says. It's an ingenious concept, one that saves money and shows the value of re-using:

"With kids, the adage that 'one person's junk is another person's treasure' is even more

true."

Kids who are interested may rent a table for \$2. Each table must supply their own change, and a parent must accompany the child during the sale.

**The Carrot Christmas Bazaar**  
November 27 5:30 pm to 9 pm, and 28th, 9:30 am to 4 pm  
The Carrot Cafe  
9351 118 Ave

During the same time as the Just Christmas sale, the Carrot is filling its tables with gifts made by local artists. Carrot committee member Christy Morin says that the timing of the two events is intentional:

"We thought why not bring more people down to the neighbourhood? The Carrot sells fair trade coffee, so we thought it would be a good connection, and it's also a way to support local artists, whereas their focus is on the

global. It's a neighbourly way to connect communities," she says.

Jewelry, ceramics, textiles, prints and paintings will be on display, while live music plays the stage. And all artists are local!

"It's amazing! And we're having to jury the vendors because there's so many applying. So hold off on your spending and shop local at the Carrot, or Just Christmas. I think it promotes the arts community, as well as global thinking about things that are happening around the world."

"The organic feel of the community really comes out at the Carrot Christmas Bazaar. You can buy something for a couple of dollars, or hundreds. But those small pieces are significant to the person receiving it, it's handmade and there's a story behind it and you get to meet the artist."

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### You are invited to the Rat Creek Press' 10th Anniversary

The Rat Creek Press will celebrate its 10th Anniversary on Sunday, November 8, 2009 at 3 pm.

The party will be held at the Carrot Community Arts Coffeehouse, 9351 118 Avenue.

Please come and join past volunteers, writers, editors and your neighbours as we celebrate the 10th birthday of our community newspaper.

You are also invited to attend the Rat Creek Press' Annual General Meeting which will be held the same day at 2 pm in the same location.

### rat creek press writers' workshop

Are you, or have you ever wanted to be, a writer for the rat creek press? Do you want to brush up on your writing skills?

The rat creek press will be holding a workshop of current and prospective writers on November 15 at the Carrot, from 1 pm to 4 pm. Learn about the different types of newspaper writing, get tips from an industry professional, and meet with rat creek staff!

Please bring one or two samples of your writing to work with.

To register:  
call: 780-479-6285 or  
email: info@ratcreek.org

# Hunting and gathering

## EDITORIAL WITH MARI SASANO

Love it or hate it, shopping is a fact of our lives. It's the modern-day equivalent to hunting and gathering. Even the thriftiest of us has to buy (or get) new stuff now and then.

Will the right product will transform our lives, make us better and happier? Maybe so. But it's not the fault of the stuff we want that we let shopping overwhelm us; it's the messages that tell us to buy, buy, buy. If we are to live sanely, solvently, and sustainably, then it's up to us to be critical of the mindless shopping that drives so many of us up to our necks in clutter—and debt.

This is the shopping issue, and believe me, we have issues! It's so easy to want things that we don't truly need, and to focus on buying

things to make us happy rather than cultivating other parts of our lives. Last month, we welcomed a new feature on financial literacy from Lisa Tara Eden; this is her second contribution on money-management on the topic of emotional spending. As we ramp up to the holiday shopping spree, I think her message is a reminder that it's our time that is valuable, not the stuff that we buy. Relax!

This month, our Rat Creek writers have found different ways to say the same thing: sometimes it's the little things that make us the happiest. Dawn Freeman who brings us the Business Briefs, invites you to explore local businesses for small luxuries

right on our doorsteps. Angie Klein gives us something to think about the next time we go out to buy a gift for someone, and here's a hint: it's not about how much you spend. John Henker finds a good cup of coffee, but most importantly, rediscovers the value of great

conversation and making connections with his neighbours. Darlene Taylor, our Dog Talk columnist, shows us another side of her: the bargain music-shopper. And our Avenue Homesteader Carissa Halton does double-duty with an essay on Buy Nothing Day plus her regular column this month, which shows us that home-made usually means

made with love.

Don't get me wrong: I love the ingenuity of some of the new stuff you can get these days. I drool over the latest iPhone or a pair of gorgeous shoes. But lately, I can see as much beauty in something practical and long-lasting as I can in the latest and most fashionable. I am beginning to think in the long-term: will I still want this a year from now? Ten years from now? Can I pass this down to the next generation? And the answer, most often than not, is that I'd rather not buy something new unless it's perfect for my needs now, and the needs of the future. Editors and writers are rich in many ways, but never financially—I'm finding that I'm pretty happy with less stuff and more of what really counts: friendship, a feeling of belonging, and knowing that the world has so much to offer that is beautiful, fascinating, and free.

“...it's our time that is valuable, not the stuff that we buy. Relax!”

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## Spruce Avenue Harvest Fest

VERNA STAINTHORP

On Saturday, September 19th the Spruce Avenue community celebrated its fifth annual Harvest Fest with hay rides and activities for the children, concluding with chili-on-a-bun and corn-on-a-cob. This was also a celebration of beautiful front yards within the community. The community league nominated 14 outstanding front yards for the City of Edmonton's Front Yards in Bloom. Two of the nominees have been selected as nominees for next year. A special thank you goes out to all nominees for making Spruce Avenue such a pleasant neighbourhood to live in. You may view the front yards nominated by visiting [www.spruceavenuecommunityleague.blogspot.com/](http://www.spruceavenuecommunityleague.blogspot.com/)



## Avenue revitalization inspires filmmaker

MARI SASANO

If there is a theme to how outsiders respond to the revitalization of our area, it's usually surprise. People are surprised by the efforts ordinary people are making to improve the quality of life here—and then they want everyone to know about it. Jaimie Clements is no exception. The actor/filmmaker moved into our community in January and was surprised, just like everyone else.

"I guess I wasn't expecting such a community feeling. In so many other areas of the city, it's so easy to come home from work, walk from your car to the house and never see anyone," she says. "But here there are so many opportunities to meet your neighbours. It's like a small town, and I know because I'm from a small town in Saskatchewan."

Then, joining the many other community members witnessing the spirit of 118th Avenue, she was inspired to take action. Her idea is to make an independent documentary on what she is seeing. Working mostly on her own, she has begun videoing some of the events that take place, such as September's Kaleido festival. She intends to follow the



JAIMIE CLEMENTS, DOCUMENTARY MAKER

activities of the area until next year's festival.

"I'm looking at different groups like the Avenue Initiative, CRUD, and Arts on the Ave. I want to interview artists and get responses on what is happening. It's great to show what they're doing. I would like to be able to show this to people across Canada, at film festivals. I want to show what can be done when people want to make a change."

The arts plays a large role in her film because so much of the revitalization is driven

by Arts on the Ave and new tenants in the area such as the Nina Haggerty Centre. But because she recognizes that much of the change is also generated by ordinary residents, Clements wants you to be involved.

"I'm looking for people to share stories of the area, their hopes and vision of the Avenue in the future. I want to set up a Speaker's Corner type thing, maybe a couple days a week."

To contact Jaimie call 780-721-8417 or email [tjclem@telus.net](mailto:tjclem@telus.net).

# 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.

## Concerned about safety?

**A connected community can make changes.**

Contact Judy for more information, 780-496-1913.

**Check out the fall issue of the Avenue Initiative Update at [avenueinitiative.ca](http://avenueinitiative.ca)**



# DEEP FREEZE

is Looking For Volunteers  
January 9th & 10th

**Our winter festival needs your help!**  
To volunteer, contact Judy 780-496-1913

[www.artsontheave.org](http://www.artsontheave.org)



# Hockey Stories for Boys opens at the Avenue

MARI SASANO

It's a well-known fact that there are many artists who live in our area, so it was only a matter of time before they started banding together and giving us something to do in the evenings. Actors George Szilagyi and his wife Sharla Matkin have lived in Norwood for six and a half years, and they have been looking for a project to do in the neighbourhood for a while. The time seemed to be right, so they teamed up as producers and are finally putting the finishing touches on Szilagyi's play, *Hockey Stories for Boys*, set to play at the Avenue Theatre (9030 118 Ave) from November 6 to 15.

Rounding out the cast and crew are fellow Alberta Avenue neighbours Chris Bullough and director Clinton Carew, and Roman Pfob who is an honorary resident—he used to live in the area.

The play originated as a commission by the Azimuth Theatre, and was mounted again in 2008 at the Roxy Theatre. This version has some changes, but the heart of it remains the same.

The plot involves a man with a failing marriage who loses his job; this is not a high point in his life. But while looking through a box of his father's old things, he finds a copy of the original deed to the Stanley Cup. That document becomes the catalyst to a road trip that intends to repatriate a

national symbol from the hands of expansion teams in the United States.

Szilagyi calls it a play about what hockey is about, from a historian and fan's point of view—you don't have to know all the NHL stats to enjoy it.

"One of the things that I was thinking about was the role of the male in society. It used to be very straightforward: men were the breadwinners, but now things are a lot more ambiguous. I think a lot of men are searching for something to guide them, and hockey is something they can hold onto," he says. But there's also something about hockey that captivates Canadians, regardless of gender or knowledge of the game.

"Even people who don't like hockey feel strongly about it! There aren't too many people who are indifferent to hockey. It's a national mythology, what it says about our values and what lessons we can take to our path as a nation."

While the plot is entirely



## HOCKEY STORIES FOR BOYS

fictional, there are aspects of the characters and experiences that he draws from his own life. Some of you might get a sense of familiarity in it, too.

"I played a little, and like every kid I've scored the winning goal of the Stanley Cup in the street," he says. "My older brother and my dad were fans; we were a hockey family. But like the main character in the play, I had a bad coaching experience and that was the end of my hockey days on ice."

Hockey Stories is also

about bringing the joy of the game back to the people, and that's something that Szilagyi and Matkin are also committed to, with community outreach to Inner City High and the Mennonite Centre for Newcomers.

"We're having open rehearsals for the school to show how professional artists work, and that being in the arts is possible. For the Mennonite Centre, we're having a Newcomer Night so that they can give out tickets to their

clients, staff, and teachers. And that's really to show newcomers the idea of what hockey means in our culture."

Regardless of how you feel about hockey, *Hockey Stories for Boys* manages to hit some emotional notes while making you laugh.

"I think that comes from telling the truth about something. There's an awful lot of heart in the story, and because it's about hockey, people are going to have strong feelings about it."

## The ribbon is cut for Nina Haggerty Centre

The stars were out and the weather perfect for the Kaleido Festival kickoff event, the No Tie Gala, which this year also doubled as the Nina Haggerty Centre Grand Opening. Several hundred people cheered on as Minister Lindsay Blackett, Mayor Stephen Mandel and Lynn Mandel, and artists from the Nina Haggerty Centre joined forces to cut the giant red ribbon that wrapped the building. Located at the corner of 93rd Street and 118th Avenue, the new three storey construction is a project of the Edmonton Inner City Housing Society



and creates two floors of condo units in addition to the main floor commercial space to house the Nina Haggerty Centre for the Arts.

"This is the first of what we hope will be many collaborations with Arts on the Ave," said Nina Haggerty Board Chair Curtis Gillespie as he thanked the many supporters who made this opening possible. Minister Blackett and Mayor Mandel spoke in turn, congratulating the Nina Haggerty Centre on its success. They also recognized Arts on the Ave and area residents for their work in transforming Alberta Avenue into a vibrant arts hub. For many, the opening of the new arts centre signals lasting change and new opportunity. Edmonton's Poet Laureate, Roland Pemberton, closed the opening ceremonies with a crowd-pleasing rant.

"The whole evening was perfect," said Nina Haggerty Director Wendy Hollo. "It couldn't have been better—a great welcome to the neighbourhood."

## Pohna program gives youth alternatives to gangs

MARI SASANO

Gang activity is a concern for our community, but some youth feel like it's the only place they can turn to. Unfortunately, associating with gangs can lead to a criminal lifestyle and a sense of hopelessness, with no other options in life.

But a new program called Pohna Keepers of the Fire, coordinated by the Native Counselling Services, is helping youth to find alternatives to gangs. Pohna in the Cree language means "Build a fire." The initiative was brought together by the Edmonton Police Service and Community Solutions to Gang Violence in March 2008, says program manager Karen Erickson of Native Counselling Services.

"Native Counselling Services was invited to the meeting because we've noticed a group of youth, aged 11 to 17, who were engaging in criminal activity and gang activity. And because of their age, we didn't feel that the regular enforcement approach was effective."

Erickson notes that the youth involved are forming their own gangs, rather than

being connected to organized crime. These young people are referred to the program by the police, who become involved in the process throughout.

"The process pulled together partners including the EPS, schools, Alberta Justice, Youth and Children's Service, the City of Edmonton, the Solicitor General and Community Solutions to Gang Violence. It puts kids in touch with a wide number of systems to find a way to work together."

This multi-service approach is necessary for success, yet Erickson says that without help, it is extremely difficult to coordinate all pertinent parties.

"I think our systems are so separate that negotiating that is a real challenge, even for our youth workers it's hard to get everyone to be on the same page. Without help accessing these services, the reality is that kids and their families are falling through the cracks."

Participation in Pohna requires a commitment on the part of the youth and their families—they are all asked to sign an agreement to the process, as well as allowing other agencies access to any applicable

information.

"We call it the Circle of Support, and we work with the youth to identify goals. It's everything from involvement in arts, sports and recreation, or they want to go back to school or stay in school. Some want to work on counselling for personal issues, or seek medical help. It's about engaging the youth to find a solution, then we act as mentors and advocates to develop a plan."

"Young people want to be engaged. They don't want that life, and they're reaching out to us. Most of those kids just drift into it, and hanging out as a gang is the only form of recreation for them. It's disturbing when you see someone so young think it's a way to get their needs met. We're there to say that there are other ways. We're giving them hope, and hope is necessary for change."

The program is funded by the Safe Communities Innovation Fund of the Province of Alberta.

For more information on Pohna, call 780-451-7559, or for more information on gangs, see [www.csgv.ca](http://www.csgv.ca)

# BUSINESS BRIEFS

WITH DAWN FREEMAN

## Go on, splurge a little... you deserve it!

When was the last time you bought yourself something? I don't mean something you needed (like toilet paper), or something you had to replace (like your winter jacket), but something on a whim, just for fun. Something just for you, or maybe to share with best loved ones.

Something nice that will make you smile doesn't have to be expensive. And it's even better for the economy and the environment if your treat is within walking distance to your house. I'm not talking about going to the mall here; I'm talking about splurging right in your own neighbourhood.

The day I set out to shop was windy and cold so I limited myself – what great things could I find in just a few blocks? I shopped from 95 St to just beyond 92 St. Here's some of the things I found, and remember, I didn't even go in every store on these blocks, so this is by no means an extensive list!

### Shoppers Drug Mart 95 St and 118 Ave

A hot bath is a magical cure for many things. And at Shoppers Drug Mart, you can find many delightful things to make that bath even better. I liked the idea of goats' milk soap or fizzy bath balls. The nice thing about Shoppers is that you can splurge on a little treat whilst still picking up that cat food you really needed – a double thumbs up trip.

### Polar Bear Health and Water 9342 118 Ave

And since we are talking about things that are good for us, try popping into Polar Bear Health and Water – they don't just sell water! Select from their range of natural hair dyes, lotions, shampoos and soaps and add a gorgeous scent to the air with a stick or two of incense. They also have



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a large supply of vitamins and extracts, herbal teas, organic juices and more – not exactly splurge shopping, but also very good for you!

### Paraiso Tropical 9136 118 Ave

Everyone needs a piñata, and not just on birthdays. What better snowy day treat to have tucked away in the closet for those bored and restless kids? Paraiso Tropical is indeed a tropical treasure store. Aside from the piñatas, what about trying a new way of cooking? Find a recipe on-line or at our local library, then find all the ingredients you need at Paraiso to make some fun and fantastic Latin dish. Ole!

### The Carrot Arts Coffeeshouse 9351 118 Ave

Original art can come in many different price ranges and you never know when you might find something you love that is in your budget. Keep an eye on The Carrot Arts Coffeeshouse – their artist of the month might just be the one for you. They also have a new stock of treasures for sale, all made by local artists. My pick? The silver cuff bracelet and the beautiful child's purple tutu (that one's not for me of course!)

### Bedouin Beats 9201 118 Ave

Bedouin Beats is not just about sparkly costumes, although they have those too! Their clothing range is beautiful, eco-friendly and affordable. My favorites? A wonderful faux-fur lined vest, and a long knitted green gypsy skirt both priced to be mine. I also like the fairy inspired line of greeting cards.

Remember this is just a small selection of Avenue businesses and products. Take some time to have a shopping adventure in other stores in the 118 Avenue community. You might be surprised at what treasures there are right in your own neighbourhood. And because it's so close to home, parking will never be a problem!



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ALBERTA



**Doug Elniski**  
MLA Edmonton Calder

### Alberta's Teachers : Making the Difference

This fall, I had the distinct pleasure of visiting hundreds of Edmonton-Calder students during Read-in Week. I never cease to be amazed at how much our local teachers truly care about their students.

Oct. 5 is National Teachers Day. It is also the perfect opportunity to celebrate the dedicated teachers who have made the difference in our lives, and in our children's lives. Everyone knows a special teacher, and I am especially lucky to have known two.

The first is **Gus Rozycki**, who taught at Archbishop O'Leary high school in the 1970s. He went on to work for the ATA and then became Executive Director at Bosco Homes. I had the pleasure as MLA of taking a tour through the Bosco Facility at St. Francis with Gus, and reconnecting with someone who had a profound impact on my life.

The second teacher is **Edith Dimacelangan**. I met Mrs. Dimacelangan just before the election campaign in 2008. The very way she said, "Douglas Elniski," made the hair stand up on the back of my neck, and sent me all the way back to my Grade 7 homeroom at St. Clares Elementary. In her 35 years of teaching, Mrs. Dimacelangan probably taught well over 2,000 students. I am not sure if it was my good behavior that stood out in her mind or not, but she recognized me immediately, and has become a gracious supporter. She was the first teacher who encouraged me to debate and to take up public speaking.

Some other great teachers included, Dr. Keifler, Mr. Gerry Hornby, Mr. Majeau, Ms. Groh, Sister Elizabeth Elniski, Mrs. Samwald, and Mr. Thiella.

I am forever grateful for the teachers who cared, and who taught and instilled the value that "when the reward is great, the effort is great." It was these teachers who set me on the path to where I am today.

Teachers, thank you for continuing to make the difference in the lives of Alberta's students, and not just stopping at me.

-Doug

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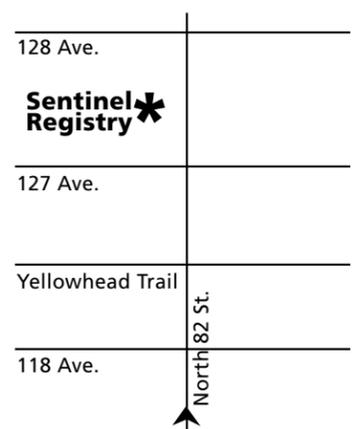
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## Used Guitar Buying

DARLENE TAYLOR

Pawn shops provide a wealth of treasures and the Rat Creek area has an abundance to take advantage of. Each pawn shop has its own character and specialty. You can find many things in all shops but some feature tools and bicycles, others clothing or furniture, and many have musical instruments. Keep this in mind when shopping in the pawn shop because they may be more helpful or provide a better product and deal where their expertise lies. One item Reg or I commonly shop for is the guitar, usually to be provided as a rental or for purchase to one of Reg's (Keynote Music) students.

When shopping for a used guitar here are a few things to keep in mind.

Before going into the pawn shop, have an idea of price and type (classical, acoustic, electric) of guitar you are shopping for. You might get a great deal in a non-specialty shop but buyer beware—a guitar may have the wrong strings on it or be incorrectly put together in an effort to make it look good to the novice purchaser. Heavy steel strings on a classical guitar that has been sitting a while can render it useless as it warps or can even be on the verge of cracking or breaking. If you are buying an electric guitar bring your own "patch" cord so you

can hear the guitar through an amplifier. Some shops may not have a cord or pretend they don't have one so you cannot check the electronics.

Check the construction of the guitar. Is every seam and joint solid? Is the neck straight? Does any body damage ruin the sound, cause buzzing or catch on your clothing?

Even if you do not play the guitar, strum it to see how it sounds and feels. Press down each string in turn and work your way along the neck to check the condition of the frets. Repair and replacement of frets can be costly.

Twist each tuning peg back and forth to check that they turn smoothly and that the strings are able to be adjusted minutely. Replacement of a tuning peg can be cheap and easy, on some guitars—it varies. If one is not functioning properly examine it to see how easy it is to remove. Are you willing to have a mismatched set?

With the electric guitar, while plugged in, check for shorting out or excessive static as you turn each knob and flip each lever. Gently move the plug to see if it is seated correctly and does not short out or make snaps and pops when wiggled. Do the knobs adjust smoothly and is the sound even. If there are multiple pickups make sure they are both

working — you should be able to play off a single or combination of pickups. Check it thoroughly — if all pickups are not working, then you can negotiate a lower price.

Beware of copies and "authentic" or "vintage" guitars with a premium price. Identifying such guitars is a specialty just like an antique dealer and difficult to confirm. Before paying a premium do your research: you will need things like the serial number — identifying marks on the inside of the guitar or on the neck — and in some cases, even more.

Guitar buying can be an



SELECTION OF GUITARS AT VARIETY EXCHANGE

enjoyable experience but when buying used instruments exercise caution. Remember if the price is too good to be true then it probably is. Don't be afraid to compare and bargain.

We wish to thank Variety Exchange on 9406-118 Avenue for allowing us to take photos

that accompany this article and with their assistance on a variety of occasions. (Yes, a pun there.)

More photos and details on buying a guitar will be found on Reg's website at <http://pre-plus.onza.net>.

## Consumerism getting you down? Consider Buy Nothing Day

CARISSA HALTON

Buy Nothing Day was founded by Vancouver artist Ted Dave in 1992. Promoted by Adbusters Magazine, it has become a global day of reflection and activism. It was started to encourage society to examine over consumption and today, participation now includes more than 65 nations. Adbusters says it's "... about starting a lasting lifestyle commitment to consuming less and producing less waste."

Black Friday is a big shopping day in the States, as well as in Canada, and was chosen as the date for Buy Nothing Day Celebrations (though outside of the USA its celebrated on the Saturday). The Friday after Thanksgiving is kickoff to the holiday shopping season both for shoppers and retailers. Some facts about Black Friday:

- In 1939, President D. Roosevelt moved Thanksgiving up a week to extend the shopping season and help business.

- The day was first called Black Friday in 1960s because of the old accounting practice of using red ink for debts and black ink for profits.

- In 2007, more than 147 million people hit the sales that weekend (14% were at it before 4 am), with each spending an average \$347.

(from *Real Simple Magazine*, November 2008, p 74)

The deals are great that weekend, particularly online. And Christmas is just around the corner, but... why not consider pausing your Christmas (and everything) spending just for one day? Think of it as a short fast. Traditionally, fasting has been recognized as a form of therapy both for the body and for the soul. While fasting from food or drink has long been a religious practice, why not fast from spending? I think it might be good for our souls (and perhaps our bank statements!)

This on November 28, Buy Nothing Day, I plan to pause and consider my shopping and consumption habits:

-What is it that I really need? Can I make it or find it reused?

-When am I most likely to buy things I don't need (tired, bored, stressed, happy)? What things do I buy when I'm in this "emotionally optimal shopping space"?

-Do I wish I could spend my money differently? What would that look like? How could I make it happen?

Opting out of spending this November 28th (27th if you're American!) may not make a dent in the local or global spree going on. However, it's a great opportunity to learn something new about ourselves and to approach Christmas with a strategy to creatively reduce, reuse and recycle.

ANGIE KLEIN

Is there such a thing as "The perfect gift"? As a mom and grandma I can honestly say I have yet to acquire one for my loving family. I have come close many times, but aside from getting the exact things on "the list" I always fall a bit short.

As a retailer and florist my track record is a bit better. I seem to be somehow more attuned to other people's needs and the emotions they are trying to portray. It's not easy having high standards for the kinds of gifts I give. Not that the gifts have to be expensive or extravagant, but they have to have meaning. Finding just the right thing to convey your feelings can be a daunting task. I often buy gifts that make me think of people when I see them, then hang on to it until their occasion comes up.

This strategy doesn't always work as I have found gifts

## The perfect gift

months or even years later, and sometimes they're not so appropriate anymore. I shop anywhere and often, at all kinds of stores. I am always looking for unique artisan products to help my clients on their journey to finding "The perfect gift". It's easy to sell items that make me feel good and hope others will feel the same. Hand picked, beautifully colored flowers can create a palette that says I love you, or I'm so sorry for your loss. A big bunch of balloons shouts out Happy Birthday. Sometime the occasion is spoiling yourself (my favorite occasion and one I celebrate as often as I can) and you need to find that perfect something for that empty spot.

I try to have that item on hand for you when the need arises. I love to shop local and avoid big box stores whenever possible choosing to support the local economy on a more intimate level, having them

remember my face, if not my name. It makes parting with my hard earned cash a little more pleasant; to be treated as I would treat my clients. Whatever your need to go shopping is, try to buy with a "shop local think global" outlook. Fair trade items need not cost a lot more, but they do make a difference to those who manufactured them. When ever possible I try to buy Canadian grown flowers, Canadian made gift items are not as easily found. I would love to support more local artisans in my shop, and I'm always looking for neat hand made articles to sell. If you have some great stuff to sell or you need some great stuff to buy come and see us at Petals on The Trail (see ad on inside front page). As a special treat we will offer anyone who mentions our ad in the Rat Creek a 10% discount on anything in the store!

## INTERESTED IN ADVERTISING?

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[www.ratcreek.org](http://www.ratcreek.org)

## Enjoy a cup of coffee with a friend on the Avenue today!

JOHN HENKER

"Let's meet for a coffee," I said, "and continue our discussion."

"Sure," she replied. "Do you know a good place close by that's open?"

"Um. Hmm. Let me think," I mumbled, racking my brain and stalling for time.

If only I knew which establishments were open at this hour, I lamented, and which ones would welcome a couple of residents who desired only a cup of coffee—no meal, just an old-fashioned, small-town cup of coffee and some conversation.

"Sorry, I'm not sure. Some day I'll just have to find out," I apologized, and suggested that we just hop in the car and drive somewhere.

This week, I decided it was finally time to 'walk the talk'. So, pencil and pad in hand, I donned my wool jacket, buttoned my collar against the chilly October air, and embarked on a journey of discovery: where on 118th Avenue would I indeed be welcomed to buy a single cup of coffee, sit, sip and chat? Do such "no minimum charge" establishments exist? If so, how many are there, and where? Finally, how much pocket change would I need to purchase a 'cuppa Joe', anyway? Deciding to limit my Avenue exploration to establishments between 95th Street and Rexall Place, I set off to find some answers.

Four hours later, I indeed had my answers, as well as the addresses of restaurants and cafes I hadn't even known existed—not to mention a pressing urge to relieve myself of at least some of the copious cups of the java I had consumed on my walk! Surprisingly, though, what I took away from my little adventure was not the coffee prices, business hours, and menus, but rather the memories of the twinkling eyes and friendly voices thanking me for visiting them, and inviting me to come back again. And I thought about how fortunate we are to have these business people in our community, bravely opening their doors to all, each providing us with a warm cheery retreat to interact with one another: people helping people, embodying the true spirit of Alberta Avenue. And I smiled to myself.

The establishments on the list below would be happy to serve you a cup of hot coffee and allow you to bide your time with them awhile, whether it be chatting with a friend or enjoying some solitude reading the paper. Most can accommodate your request for lattes, cappuccinos, espressos and tea, and offer goodies to accompany your beverage as well. Prices range from \$1 to over \$2 for a small/regular cup of drip coffee, with refills either being limited to one or costing extra. All the places I visited appeared clean and well-kept. Some were cute and cozy, others were big and bright, and



AUSTIN MARDON MEETING UP WITH ELY MACPHAIL AND CLAIRE USON IN THE STARBUCKS WIFI AREA OF SAFEWAY

almost all allowed the patrons a great view of the Avenue to people-watch.

The European Bakeries offered a complete selection of not only fresh-baked breads and desserts, but deli meats, cheeses, fresh sandwiches and specialty grocery items as well. All shops but one were easily wheelchair accessible. I was surprised at how early some businesses open in the morning, how many are open Sundays, and how many stay open quite late. One local taxi driver haunt stays open until midnight or later every night seven days a week.

I encourage readers to invite a friend for coffee, get out and take a walk on the Avenue. Discover for yourself the many interesting places available now where one can come in from the cold and sit down with a friend and a cup of java. They all operate at different hours, so please consider clipping and saving the list below to assist you in patronizing our local merchants. Salud!

### Camel Boys

9411 118 Ave.  
Open 11 am to midnight  
Lowest price per cup. Try their Somali ginger coffee and superb Samosas. A favourite haunt of North Edmonton cabbies!

### El Rancho Restaurant

11810 87 St.  
Open 11:30 am to 2 pm & 4:30 pm - 8 pm Wed-Fri., 11:30 am to 9 pm Sat., 11:30 am - 8 pm Sun. Closed Mon-Tues.  
Mexican warm chocolate and authentic Salvadorian Cuisine. Pupusas, anyone?

### Handy Bakery

8658 118 Ave.  
Open 7:30 am - 6 pm Mon-Fri., 7:30 am - 5 pm Sat., 8 am - 4 pm Sun.  
Portuguese bakery and deli, groceries. Recently renovated. Sleek, inviting urban design! Portuguese satellite TV, self-serve coffee.

### Karmel Café and Restaurant

9420 118 Ave.  
Open 10 am - 10 pm  
Lowest coffee price, with 50 cent refills. Authentic East African Cuisine, colourful decor.

### Maria's Place

11739-83 St.  
Open 8 am - 8 pm Mon.-Sat., 8 am - 3 pm Sun.

One free coffee refill. Favourite meeting place for groups, with an extensive menu of country breakfasts, traditional diner meals and authentic Ukrainian fare.

### Popular Bakery

9307 118 Ave.  
Open 7:30am-6:00pm Mon-Fri., 7:30-5:00 Sat., 10 am - 4 pm Sun.  
Portuguese bakery, deli meats, cheeses, and sandwiches. Yum!

### Sir Donut

8026 118 Ave.  
Open 6 am to 6 pm Mon.-Fri., 7 am - 4 pm Fri., 8 am - 3 pm Sun.  
No longer offering donuts, but provide many other beverages.

### Starbucks in the 82 St. Safeway

Open 7 am - 9 pm  
Besides a great selection of coffees, they offer free WiFi in the table area. A popular meeting place!

### Subway

8022-118 Ave.  
Open 7 am - 11 pm Mon.-Thurs, 7 am - midnight Fri., 9 am - midnight Sat., 9 am - 11 pm Sun.  
Lots of healthy sandwiches to tempt you!

### Taco del Mar

9405 118 Ave.  
Open 11 am - 9 pm Mon.-Sat., 1 pm - 9 pm Sun.  
One free coffee refill. Cozy and bright, with tantalizing Mexican menu as well.

### The Carrot

9351-118 Ave.  
Open Tues 9 am - 1 pm & 6 pm - 9:30 pm.; Wed-Thurs. 9 am - 4 pm & 6 pm - 9:30 pm; Sat. 10:00am - 10 pm Closed Sun. and Mon.  
Higher coffee prices that help defray costs, so come in and support this volunteer-run Avenue meeting place, check out the ever-changing local artist displays, and enjoy live entertainment Fridays and Saturdays (Modest cover charge). Kids welcome!

### Tippy's Restaurant

9103 118 Ave.  
Open 7 am - 7 pm  
Lowest price coffee, Canadian/Chinese menu. Doorway problematic for wheelchairs.



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## JUST CHRISTMAS 2009

Justice at Christmas

A Global Fair Trade Market Place

Remember when Christmas was about thoughtful giving?



**JUST CHRISTMAS**  
Justice at Christmas

Justice at Christmas is a global marketplace for quality arts, handmade crafts and other goods. When you purchase a gift from the non-profit and charitable organizations in this market, the money you spend goes towards the building of healthy communities around the world.

**JUST CHRISTMAS**  
offers the opportunity to give gifts that help make the world a better place.

**LOCATED AT:**

**Alberta Avenue  
Community Hall**  
9210 - 118 Avenue

**Friday, November 27**  
5:30 pm - 9:00 pm

**Saturday, November 28**  
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Free parking  
Admission by donation  
Food and entertainment

For more information visit:  
[justchristmas.org](http://justchristmas.org)

# You swipe, you splurge, you spend: reel your emotions in before you go shopping

LISA TARA EDEN

Every day you are bombarded by consumerism, deployed to play with those pleasure neurotransmitters in your brain and divorce you from pain neurotransmitters. The music in the stores is upbeat, merchandise is displayed attractively, food samples taste delicious and smell warm and comforting, signs such as “Buy one get the second one for 50%!” are everywhere. The message is: If you purchase the desired item you will be more confident, more empowered, more lovable.

## Emotional blood suckers are everywhere

Pay Day Loans offer you money fast and will approve you regardless of your credit. They don't tell you that the interest rate is often twice as high as a credit card, and that you must sign a paper so that they can

withdraw your money from your bank account when you get paid.

Credit cards operate on the “play now-pay later” doctrine in which you instantly feel the rewards. If you are not careful, credit cards can lead you into phenomenal amounts of debt and have you paying high interest rate on credit cards for years.

Grocery shopping offers yummy taste testers, a whiff of fresh baked bread, and your favourite song. Don't mention the awesome flyer sale for Chef BoyArdee canned ravioli, even though you don't eat meat! How often have you come out of the store spending \$50 more than you thought you would?

Retail stores display dummies in the storefront windows wearing the latest expensive fads trying to persuade you to buy their magic. Remember the movie Confessions of a Shopaholic? The long green

scarf that made everyone fall in love with Rebecca— it makes you wish, if you had that long green scarf you would get the job you want, the dream guy, and the quaint wood cabin in the mountains. That's a fantasy!

When you spend emotionally, that feel-good transmitter buys you fake self-esteem that disappears almost as quickly as it came and has you disliking yourself far more than you did before.

Always be aware of splurging on cigarettes, alcohol, food, and drugs when your pain neurotransmitters are acting up because, like swiping and spending emotionally on items that are “wants” and not “needs,” they will only be repressed temporarily.

Writing your story: How do you emotionally spend your money? What could you do differently?

The “coaching model” created by Dr. Maria Nemeth in

her book *The Energy of Money* is a tool for being self-aware about one's financial situation and quiets “monkey mind”— “monkey mind” is a Buddhist term for mind chatter, or negative self talk that tells you are always going to struggle, that it's never going to get better, so why try? The “coaching model” can give you the tools you need so that your hopes and dreams become reality.

## The “coaching model”: Look, See, Tell The Truth, Take Authentic Action

Look: An example of look is when you draw attention to something and it changes just by looking. You look in your wallet and you either have the money or don't.

See: Now that you are paying attention to money, continue to examine. Do you know how much money you have in the bank? In your purse? What

your debts are? How much money you need for the rest of the month?

Tell The Truth: Tell the truth about your money situation. What are your needs? What are your wants? Did you go out with your friends and spend \$40 more than you budgeted and are now low on rent money?

Take Authentic Action: What is your plan? Instead of spending money you don't have, make a list of as many free things you can do and try three of them. Carry a calculator with you the next time you go shopping, dress boldly and tell yourself you look wonderful.

How can you use the “coaching model” 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) 421-1175 Ext. 25*



## The Rat Pack

### WHY WE REMEMBER BY CELINE, AGE 11

As you know, Remembrance Day is coming up on November 11. It is a time for us to remember the soldiers who fought and sacrificed themselves in order for us to have the freedom and rights we have today. A poppy is worn on that day to show others that you remember those who died. We will always remember them because without them, we will not be here today. Here is a famous poem about Remembrance Day.

### THIS IS A POEM BY JOHN McCRAE

### IN FLANDERS FIELDS

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

### ELLISON'S SIMPLE REQUEST: SHOPPING BY ELLISON, AGE 10

Have any of you shopping-crazed girls ever wondered who could EVER hate shopping? Well the answer is that little boys (usually) HATE shopping. If there are any little boys out there reading this newspaper, I feel sorry for you for two reasons: I feel sorry for you for one because someone made you read about something as boring as shopping, right? (But come on little dude, this article could help you if you read the rest of it) And the second reason that I feel sorry for you is because you have to go shopping. Shopping with your sister, your mom, shopping for food and for clothing. Clothes are the worst because someone will like something and you won't, and just to be polite you don't say anything and next thing you know you're wearing plaid pants and dress shoes. Anyway girls, next time you go shopping try not to bring a little, innocent boy with you.

Til' next time,  
Ellison

### A POEM BY GIER, AGE 12

One day I wake up without a clue,  
what my future would be,  
but now I do,  
As I walk through the halls of my building,  
Knocking on each door,  
nobody answers,  
I try opening a door,  
it opens,  
I try the next,  
until the entire hallway has open doors,  
at this I thought was strange,  
so in my bathrobe,  
down the elevator,  
on the street,  
not a sound,  
cars are stopped in the middle of the road,  
I check all the doors they are open,  
suddenly I wake up in my room,  
seeing it's only a dream,  
with a message ...  
My doors to different lives are open,  
many options I have,  
where do I go?  
I've already made the decision,  
but I need to find out why,  
there are obstacles in life,  
my dream says,  
but those who chose not to over come them are disabled.

# A passion for writing the dark and twisted



## Resident Profile

WITH HARVEY VOOGD

This is the story of how a love of hearses and ambulances led to first prize at the Kaleido Festival's 'Words from the Avenue' poetry slam.

Kevin Lotsberg's poem, "The Embalming of Stan McPhee" won the \$300 first prize at the competition sponsored by the Rat Creek Press in celebration of its 10th Anniversary.

"The Cremation of Sam McGee is one of my favourite poems," says Kevin. "I took this poem and applied my experience in the funeral industry to write my piece."

When asked what attracted him to funeral work, Kevin says it was the cars.

### Cremation Poem Has Personal History

"Since I was a little kid I have been interested in hearses and ambulances. When I grew up, I found injured people stressed me out, while dead people didn't bother me."

So in 1995 Kevin moved to Edmonton from Lethbridge to work at a funeral home.

Though he worked less than three years in the industry, Kevin figures he attended at about 1000 funeral events. This included prayer services, memorials and funerals.

"On average we did two to three events a day, usually two funerals and a prayer service. Occasionally there would be up to 11 events."

Kevin's greatest satisfaction from the work was being able to accompany someone who is grieving and going through a loss that is so deep and personal.

"I felt I was doing a job that was one of the few consolations a person can experience at that time and helping them through it," says Kevin.

But it wasn't always easy. Early on, Kevin worked at a funeral of a man in his early 40's who had died.

"Usually it's the grey-haired brigade that show up at funeral. But this funeral hit home to me because the people attending could have been my uncles and cousins."

Working funerals does have its downsides, according

to Kevin.

"The job takes a toll on you, something you find out when you go to a funeral of a person you care for. When my grandmother died, I couldn't cry at her service."

"Grief takes longer to start. This process is delayed when the funeral doesn't slap your face. It was a couple of months later, when thinking of seeing my grandma at Christmas and knowing this wouldn't be the case, that my grief began."

Kevin was downsized in 1998 and decided to permanently leave the funeral industry.

"Though the money was good, it was a lot of hours. You're often on call. I view it as a young person's job. My life often seems to be either lots of money and no time or no money and lots of time."

### Discovering A Passion For Writing

And Kevin needed time because in 1997 he discovered a passion for writing.

"I think when you have a passion or creativity, it is nice to have a mindless job to save your brain cells for what you love," says Kevin.

Now he drives a truck.

"My serious writing began in 1997," says Kevin. "AOL had online short story contests, two every week. One contest had a limit of 250 words and the other started out with a limit of 650 words which was later raised to 1000."

"They provided the theme. My writing tends to be dark and twisted so it was a challenge to take themes like trees



POETRY SLAM WINNER, KEVIN LOTSBERG

and friendship and make them dark and twisted."

Kevin wrote at least two stories a week and wrote dozens of stories between 1997 and 2000. He received several first prizes and many second and third prizes.

"I developed my own following of people," says Kevin. "From the responses I got, I knew people liked my writing."

For the last five years, Kevin has been a member of writers' group called 'The Cult of Pain'.

"The name refers to the fact that we're all critiquing each other. I am unpublished, but the writers group has many accomplished authors, so perhaps my work is improving to the point of being publishable some day."

One of his favourite short story writers is Jeffery Archer, who is famous for the twist in his short stories. His favourite

poets, Robert Service and Shel Silverstein, also have a straight-ahead writing style with a twist.

"I don't like stories that set up an external, different world," says Kevin. "I like a story 99% familiar, and then a twist. I change a little for the punch. Twist endings are my trade mark."

### Writing Group Provided Inspiration

It was the writers' group that led to his winning poem.

"Each month we assign each other something to write," says Kevin. "It can be a theme, opening line, or whatever challenge we want to give each other. One time it was poetry."

"Poetry is fairly rare for me," says Kevin. I have been writing for the 10 years, but predominantly short stories and only occasionally poetry. I had to look back at the poetry I like"

The combination of Robert Service's poem "The Cremation of Sam McGee" and Kevin's experience in the funeral industry led to his winning poem "The Embalming of Stan McPhee."

In addition to working in a funeral home, Kevin used to collect hearses and ambulances. For financial reasons, he had to sell his cars. Today he collects 1/18th die cast replicas of these cars.

Kevin also enjoys photography and has read his stories a couple of times at the Saturday night open mikes at the Carrot Community Arts Coffeehouse.

When asked about his personal life, Kevin tells me he has lived in the neighbourhood since 1997.

And he adds with a twist, "I'm single because a cat is better than a wife and have no children because a cat is better than . . . well you get the idea."

## Playground Tragedy!

THE PLAYGROUND AT ALBERTA AVENUE COMMUNITY LEAGUE, 9210 118 AVENUE WAS TORCHED SOMETIME ON SUNDAY AFTERNOON, OCTOBER 25.



## Spotlight On Buchanan Eastwood United Church

### SPOTLIGHT on the Churches WITH DEANNA COX

The sign at 11905 82 Street read as an open invitation, "HOME IMPROVEMENT TAKE YOUR FAMILY TO CHURCH". So I did, and I have to agree. My girls love going to church and this church was warm and inviting. Buchanan Eastwood United Church was built in 1956 with the original church formed in 1912.

To think of how many times I have driven up and down 82nd street never realizing what a treasure lay waiting there! Sometimes we treat people the same way. We see the same faces in our neighborhood every week, but how many times do we take that extra moment to really meet them? I have to compare this church to a talented poet I met earlier this month, Sheila. Like the church, I had seen Sheila in my neighborhood often but I had never taken that extra moment.

On the outside of the church nothing really stood out; I mean it was a reasonable-looking church and all, but the treasure was within. From their high-vaulted ceilings to the beautiful colored glass, perhaps most importantly there was a genuine warmth and wisdom that was felt; a kindness and an openness that is refreshing to the soul. Sheila, the poet, was similar. In the time I spent listening

to her, I realized what a treasure she too is: a loving mother who lost a son but has so much beauty and wisdom inside and so passionately and honestly expresses it in poetry. And it just seems like such a lesson. Our lives are so busy, rushing here and there, rarely taking that extra moment that can mean so much, that can touch a heart so dearly. Matthew 6:21 says, "For where your treasure is, there your heart will be also." I found two treasures this month.

Rev. Deborah Hoekstra has ministered close to a year here and also has an earlier service at Beverly United Church. She led a beautiful communion service which really reflected what the "united" stands for in this church. Be prepared to join in and sing hymns throughout the service here, you will be accompanied with an awesome organist. For more information call 780-477-3931.

I'd like to share a prayer

request I read at the church. In the very near future, Padre Yvonne Mills will be deploying to Afghanistan as the Chaplain Team Leader for Task 3-09. She and her team will be in Afghanistan for about six months. Her team will be comprised of Padres Steve Defer (RC Pastoral Associate), Sandy Scott (Pres.), Dwayne Bos (Ang) and Jim McKay (RC Priest). Please pray for them, for the troops to whom they minister, and for the people of Afghanistan.

Join with me in November as we explore Buddhism in our communities. In December, we have been invited to the Bethel Gospel Chapel. It has been wonderful meeting so many people in our communities; I thank you for your emails. Please contact me for dates and times if you'd like to attend. It's an absolute honor to share the richness in our neighborhoods – please let me know if you'd like your place of worship in the spotlight!



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**One size fits all.**



7:30pm The Northern Jubilee Auditorium  
www.edmontonopera.com | 780-429-1000



## EDMONTON



## Derelict vehicles wreck the neighbourhood

It's a fact that wrecked vehicles don't help a neighbourhood look clean and tidy. Residential private property is not intended for the long-term storage of damaged, dismantled or discarded vehicles. And, removing these vehicles is a lot easier than you think!

Many disposal companies or charities will pick up these vehicles for no cost at all provided they are legally registered. In return, the owner gets a tax-deductible charitable donation receipt. Go on line to this handy Reuse and Recycling Directory to find out a listing of charities, businesses and City services that can reuse, recycle or dispose of your unwanted vehicles.

<http://webproxy.edmonton.ca:20050/external/recycling/default.aspx>

The bottom line...if you wish to keep or restore a derelict vehicle, you must store it in your garage or a paid storage facility. Allowing your property to become a nuisance is not in keeping with acceptable community standards and could land you a costly fine. Keep your property tidy and get rid of wrecked, dismantled, abandoned, unregistered or uninsured vehicles.

To register a derelict vehicle concern or to inquire about a nuisance property in your neighbourhood contact 311.



# Memories of pie, memories of grandma

Cooking is good grief therapy, I have discovered. For most of the week my grandmother has lain at the University Hospital. The first day I visited, the doctor checked in. Holding Grandma's wrist, she asked conversationally, "And how are you doing today?"

"I'm dying," Grandma said matter-of-factly, with only a hint of irony in her voice. The doctor quickly moved on to the business of keeping her comfortable. Yet, how I love the way Grandma embraced the reality of her passing. Common sense, pragmatism and surprising good humour were her strengths in life.

In my first memory of her, she is descending from the Greyhound bus that had meandered its way from Edmonton to the Crowsnest Pass, stopping at most of the postal codes in between. Instead of a scowl one would expect to see on one disembarking from this terrible trip, she wore a huge grin. "I got the seniors rate!" she said, terribly pleased with herself.

I'm sure she was happy to see her progeny. But she was

possibly more thrilled at her deal. In fact, sometimes as I spring-clean my closets, and under the bed, and the downstairs storage room, I curse the bargain-lover in me. I have Grandma to thank for that trait. Mostly it's a blessing—ask me on any given day what I am wearing that is second hand and I'll happily tell you what, where I bought it AND ESPECIALLY how much I bought it for. This trait is one shared by many of my maternal family. At any given reunion, compliment an aunt on her blouse, shoes, or purse and she will not thank you for the compliment but gleefully report how much she paid for it. Usually if it's over \$5 you can't brag about it.

After my husband and I moved into our first apartment, we invited my grandparents over for supper. I served Greek salad as a starter. We munched quietly away until Grandma bit into her first yellow pepper. "What is this delicious thing?" she asked. Never had she tried a yellow pepper. The more affordable green ones, she knew, but

yellow peppers were a decadence that she hadn't indulged! I loved this about her. She remembered a time when expensive food and out-of-season treats were not an option. So she appreciated these foods in a way I can't due to my laissez-faire approach (at best) and sense of entitlement (at worst).

My grandmother lived much of her childhood here in Alberta Avenue, attending Norwood School and, for a number of years, her apartment overlooked the Alberta Avenue skating rink. It means a lot to me that my kids are growing up in this same neighbourhood.

She was someone who lived out the values of the type of Homesteaders that I respect so much. She lived conscientiously. Not only was she thoughtful about her finances and valued recycling over new, she was careful about her relationships too. She was committed to her community and dedicated her life to her family, church, neighbourhood. She was creative about how to make resources stretch and she cheerfully dropped her

agenda for the sake of other's emergencies.

On Monday morning, Grandma passed away. I made this pie in memory of her. It, as did she, made me smile.

## Squash, Leek and Corn Pie

1. Heat oven to 350F.
2. Thaw or prepare a pie shell.
3. Cook and cool one medium sized Buttercup or Butternut squash (I cut it in half and place face down in roasting pan in oven at 350. Put a little water in bottom of pan to steam. It's finished when edible parts feel soft). Remove pulp, seeds and skin. Mash squash.
4. In olive oil, fry 2-3 leeks (white and light green parts) and 3-5 minced garlic bulbs until slightly browned (about 5 minutes).
5. Add squash to pan plus: 2 cups Sharp Cheddar Cheese, 2 cups Corn (frozen or fresh), 2 - 4 Tablespoons Pesto (or herb mix), Salt and Pepper to taste.



**SQUASH PIE, IN HONOUR OF CARISSA HALTON'S GRANDMA**

Mix together.

6. Place mixture in pie shell and cover with top shell. Cook for 1 hour or until crust is golden.
7. Whisk following ingredients in saucepan 5 minutes before serving pie. Stir until thickened. - 2 T melted butter, 2 T flour, 1 C milk, 1 C cheese, 1 - 3 t garlic powder (to taste)
8. Serve pie hot with garlic cheese sauce drizzled on top.

To comment or see pictures, see my blog at: <http://avenuehomesteader.blogspot.com/>



**RAT CREEK (KINNAIRD) RAVINE, 1930**

Photo courtesy City of Edmonton Archives (EA-10-1155)

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Edmonton East

## The Last Post

At 8 p.m. every evening of the year in the Belgian town of Ypres, a small crowd gathers at the Menin Gate Memorial, standing in silence as a bugler plays *The Last Post*. The ceremony is in memory of the soldiers of the British Commonwealth who died during the Ypres Salient of the First World War and who have no known grave.

Ypres is a town almost totally destroyed in three years of battles lasting from 1914 to 1917. Students of Canadian history know that the battle of Passchendaele, one of the bloodiest in our history, was fought just outside Ypres. The names of 6,940 Canadians are inscribed on the Nenin Gate. The last survivor of the battle, who was also the last surviving WWI soldier who had seen action in the trenches, Briton Harry Patch, died earlier this year, aged 111.

In Canada we are far removed from those Flanders fields that became a final resting place for so many brave Canadians. While Ypres remembers daily, we hear *The Last Post* once a year.

But on that one day a year, November 11 at 11 a.m., we take time to remember, to pay tribute to the more than two million Canadians who have served this country in uniform since Confederation, especially the more than 110,000 of them who lie in foreign graves, forever young. By honouring them we show respect for their legacy: our country – our freedom.

Today Canadian soldiers are continuing that legacy, working to bring lasting peace and freedom to the war torn country of Afghanistan.

We will not forget. It may not be a daily event such as is held in Ypres, but I feel it is important we take the time to remember.

What do you think?

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**dog talk**  
WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

It seems more like “puppy” season than fall or winter as the calls to help with puppy training far outweigh the calls to train the adult dog. Now more than ever companies are getting on the pet product band wagon. With the growing number of pet owners there is a growing number of those competing to get your dollar, not just food and toys but clothing and fashion. This is truer in Toronto or Vancouver but Fabulous Krista here in Sherwood Park has all the high end fashion for puppy, so brings it from the coast to Alberta. From sparkling neck gear and jackets to hairpieces. Yes, that is not a typo: the hairpiece, seen in the movie *Firehouse Dog*, comes in a variety of colors and styles and is available!

Before you run out and buy anything for your dog you must keep in mind the training and personality of your dog. I tend to break up how dog treats their toys in two groups. The ones that “nurture” or “mother” their stuffed toys to those who will shake and tear or remove the stuffing from the toy. My older dog would actually peel the covering off most tennis balls in under 60 seconds and then use a technique that would break the ball in half! He had to be taught to leave the stuffed toys alone as Karma needed a stuffy to mother. And then there are dogs who don’t care about toys at all – that’s my terrier.

The toy stuffed with some sort of food or chew type can be good for those dogs that don’t care for toys, just to occupy them during those hours their

people are away at work. Kongs and similar toys can be stuffed with some paste like cheese or peanut butter along with various sizes of kibble and cookies that can be knocked about while the dog works away at it.

For the mothering type of dog, it’s easy to buy for as they really don’t care what it looks like. Some prefer a larger toy or one with rope or stuffed appendages on which to carry it. If it squeaks or has some other noise it may be even more appealing. There are even stuffed tree trunks or “mother” toys stuffed with smaller toys that the dog can remove. The caution for any stuffed toy is to make sure it is safe – no glued-on eyes or noses or small plastic pieces that can get chewed off and lodged in puppy. Just like for a human baby, toys should have sewn eyes, nose, or spots. If you do buy a toy with glued-on pieces, remove them before giving it to your dog.

For the dog that destroys, if you even decide to get a toy – you’ll go for the tough Kong or Buster Cube as described above, or for the rope, tire, fire hose, tough-type toy. You may even want to anchor it to a wall so the dog can have a game of tug with it.

A variety of textures is best for your dog as their interest will change – just like a human child



– one toy or game rarely will last a lifetime. Ice cubes of water or apple juice can provide hours of entertainment as can frozen water-soaked plain bagels or even a twisted and frozen knotted wet towel. Supervise your dog playing with a plastic bottle or paper box as they destroy it or chase it around the house. Bones, sticks, ropes, and pressed rawhides can all provide hours of entertainment.

Buy big – many of the toys I see in homes are actually too tiny for the dog. The dog should be able to grasp it with both paws if they need to. Also, while some dogs may take to a toy right away, some may not. In this case you may want to soak or spray the toy with a more appealing flavor. Soft toys you can place in your lap or even sleep with before giving it to the dog so that it is filled with your scent. This will often make the toy much more attractive.

Check with your veterinarian, trainer and breeder regarding toys as there are a variety of opinions on what toys are suitable or not for your particular size, breed or character of dog.

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

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**health & wellness**  
WITH JENNA C. HOFF

## Simplifying the first step to a healthier life

So often when we talk about health, we think of trying to prevent, manage or treat specific medical conditions. Or, we think of trying to cram more things— such as finally joining that exercise class, or starting that new diet program that everyone has been raving about— into our already bursting-at-the-seams lives. Of course it’s good to take active measures to improve our health; it’s important to make sure that we eat a balanced diet and get daily exercise.

However, if you find that you are racing through life— always adding in more activities and never finding the time to rest or enjoy life— then something is out of whack. If you’re constantly stressed out and living life in overdrive, you may even be putting yourself at risk for health conditions such as high blood pressure, heart disease, anxiety, or emotional burnout.

There comes a time in all of our lives when the healthiest thing we can do for our bodies is simplify. If you are at this point, make it your goal to cut back; make this the season to simplify.

Living a simpler life will look different for everyone. For some, it might mean learning to

say no to activities that you don’t enjoy or aren’t in line with your values. You might need to take a close look at your schedule, and prune away those activities that are most time and energy-sapping. If you hate your job and find its long hours leave you mentally and physically exhausted, you may want to start to look for another job with fewer hours.

Granted, less hours may equate to less money, which means you may need to cut down on what you buy. Sure, it might be nice to have new fall clothes or the latest big screen TV, but if it comes down to working less hours (and thus having more time with my family), or working at a crazy pace just to afford a fancy wardrobe and a nicer TV, I know which option I’d choose!

For others, simplifying might mean that you sacrifice in some areas to enjoy a better quality of life in another area. For example, perhaps you value taking a daily walk around our neighborhoods’ beautiful tree-lined streets, but you feel that you never have the time. To simplify, you might stop watching your favorite nightly sitcom in exchange for more time to walk.

Or, perhaps you really value caring for the earth and our environment, but aren’t sure where to start. One way may be to try to buy less stuff. Not only will you save more money, but you’ll help the earth by consuming fewer resources, such as all the raw materials that go into the stuff we use. We talk a lot in our society about Recycling (which of course is good), but much less frequently mention the other “R’s”: Reducing and Reusing. Instead of tossing a sweater the next time it gets a tiny hole, could you sew it up? Instead of wrapping gifts in expensive gift wrap, could you make your own wrapping paper out of painted newspapers?

Living a simpler life will certainly mean different things to each of us. But, this fall, I challenge you to look deep within your self— and to simplify.

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



WITH KRIS ANDREYCHUK

# N.E.T. gives residents tools to improve community safety

Neighbourhood Empowerment Teams (N.E.T.) provides a multi-disciplined approach to crime reduction and prevention through proactive problem solving and utilizing community resources. The development and implementation of a "Community Action Plan," customized to each community's unique needs and opportunities, guides the day-to-day activity of N.E.T. teams. The following are highlights from the past Community Action Plan.

### • Notification of Community Crime (NOCC)

The Notification of Community Crime (N.O.C.C.) initiative was developed by N.E.T. in response to residential break and enters. The program

officially kicked off in May, but has increased its presence in the community significantly over the past few months.

Following a residential break and enter, N.E.T., along with youth volunteers from Centre High Campus, canvass neighbouring properties speaking with residents and disseminating crime prevention kits. Kits include crime prevention tips, a home safety audit, and a N.O.C.C. crime prevention poster to help deter thieves. The project responds to community crime via a bi-weekly canvass and has been highly visible in the community due to the volume of youth volunteers.

N.O.C.C. volunteers have made contact with over 2,700 households in the community which has led a substantial decrease in residential

break and enters.

### • We Believe in 118

The "We Believe in 118" campaign celebrates the neighbourhoods surrounding 118 Avenue and the amazing people who live here. The District 1 N.E.T. team, along with Edmonton Police Service officers, City of Edmonton bylaw services, and the Alberta Avenue Business Association canvassed 118 Avenue businesses introducing the campaign, delivering window decals, and promoting the business block captain initiative.

The canvass was highly visible and aimed to celebrate strengths and empower the business community, as well as capturing the vibrancy of the area and increasing community partnerships.

### • Story Ave Project

In response to overwhelming themes of community safety and fear of personal harm in letters from grades five and six students to the Mayor and Chief of Police, the District 1 N.E.T. team delivered a presentation in five of the seven participating CCEP schools. The presentations directly addressed the community safety concerns presented in the letters, and provided students with an opportunity to present new ideas and solutions of their own.

Conversations with the students were enlightening and informative—these young people care deeply and are invested in improving their social environments and increasing safety in their neighborhoods. Feedback received will help direct

future work of the District 1 N.E.T. team with the goal of making this community a safe place to live, work and play.

The District 1 N.E.T. team has recently developed a new Community Action Plan, which will guide our efforts in the upcoming months. Future projects will build upon the successes of the past, while working in unison with community members and organizations.

Please feel free to contact us if you have any questions, concerns or would like more information (780) 944-8204.

*Sincerely,  
Your Neighbourhood  
Empowerment Team,  
Constable Shane Brennan*

*Community Capacity Builder  
Kris Andreychuk, RSW*



POLICE BIKERS RETRIEVE THEIR RIDES FROM THEIR VAN AT THE 2009 EASTWOODFEST

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**The Daring Diner**  
WITH ANGIE KLEIN

## He who eats alone, chokes alone -Chinese proverb

As you might have gathered by the title, this gastric adventure is about Chinese food. We've all phoned in a delivery for the "Combination Dinner" on a busy day. Our mailboxes are inundated with a multitude of menus, but are the choices out there really any different from each other? I have ordered from five or six different restaurants over the past year only to get the same rubber beef and chewy chicken, mixed with the often soggy broccoli and carrot medley of veggies. Some offer a wider choice of dishes, one in particular that has a great variety on their combo list is right here in our neighborhood.

Szechuan Garden has 29 items on their "Choice Dinner" menu. Most of them

are the usual dishes, but they have a few items that you would normally see only on a full menu. Being a vegetable lover, I phoned in an order for the House Special Mixed Greens, in hopes it would be served with my beloved shiitake mushrooms, only to be sadly disappointed that it arrived with pork, beef, chicken, shrimp and the usual broccoli, carrot and bok choy mix of veggies with some baby corn and fresh button mushrooms. Not really what I would call a vegetable dish.

The Curried Beef was tasty with just the right amount of heat, but sadly the meat had the consistency of slimy rubber, so again I found myself eating only onions and green peppers. The rest of the family has a much less

finicky palate than I and ate my unwanted portion. The Lemon Chicken arrived looking and tasting like a huge chicken ball with lemon slices on it— something I avoid ordering from any menu. The lemon sauce was just a lemony yellow version of the bright red sweet and sour sauce that would normally have been served with chicken balls.

All the combos come with spring rolls and chicken fried rice. For \$23 it's a really good value, but it's still just the same old dinner for two. To be fair, I took the family in to the Szechuan Garden for a sit-down meal. We started with a couple of Tsing Tao beers and the very best green onion cakes I have ever had. (\$1.95). I chose Salt and Pepper Squid (\$10.50), a dish that usually

doesn't travel well in a delivery box. Jeff ordered Shrimp and Mixed Vegetable (\$10.50) and Tyra had the Shanghai Noodles (\$8.50). Our Squid was cooked to perfection, not chewy at all, but it could have used a little more pepper; after all this is a Szechuan restaurant.

The shrimp were plump and not overcooked, but the veggies were the same old tired mix. The beef in the Shanghai Noodles came as a surprise, a pleasant one for Tyra as she doesn't like seafood, but it was an unpleasant one for me as it was the same rubber beef that we had purposely avoided ordering. There is no indication on their menu that this dish should be anything but noodles, but I guess I should

have asked. I love hot and sour soup, and even though I was getting full, I had to try theirs. I ordered a small bowl (\$3.50) and found it chock full of tofu, bamboo, carrot and seaweed. It was missing was the coddled egg, but it had enough kick, if a tad too much vinegar. We didn't get any fortune cookies and the service left a lot to be desired, which is too bad because they have a huge empty restaurant that could be filled with diners if they just stepped up their game a bit. They offer all day delivery and have some great deals on pick up specials.

Szechuan Garden is open seven days a week at 89 St. and 118 Ave.

Until next time... Happy eating!

## Sprucewords

WITH PATRICIA FOUFAS

## Junk love

One of the many joys of the Alberta Avenue district is the proximity to the wealth of retro finds that are available in the numerous second hand shops that can be found here. It takes a trained eye to rescue potentially valuable treasures from obscurity and an even greater skill to refinish or recondition the gems that pop up from time to time. The library has a wealth of information sources for those with the patience and determination to become skilled treasure hunters.

Of interest to treasure seekers looking for value is our section on antiques and collectibles. Our antiques and collectibles section (the

745's) contains the information you would need in order to find that overlooked item of beauty and value. Check out the Antiques Roadshow Collectibles book for information on collecting soon to be classic toys, glassware or other memorabilia.

If style and not necessarily value is your thing, you can find a wealth of information on giving retro look furniture that unique twist. Junk Beautiful is a book that contains great weekend projects to repurpose or recondition someone's old junk into beautiful and interesting décor items. Adding reconditioned items to your décor is a great way to personalize

your home spaces and make things homey for the winter months to come.

Facelifting your flea market furnishings is only one of the many skills you can learn while visiting the library. Come on in for more information on how to find that coveted piece or beautiful retro project ideas.

*Patricia is a Library Assistant at the Sprucewood Branch of the Edmonton Public Library. Patricia is always looking for new ways to re-use and renew her retro stuff.*



Jan Baerman

MACHINES AND MEN WORK HARD IN HEAVY FOG ON 118 AVENUE ON THE MORNING OF OCTOBER 20



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# COMMUNITY CALENDAR

## ART & THEATRE

### THE CARROT'S VISUAL ARTISTS COLLECTIVE

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

### 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.

### NOVEMBER IS NATIONAL NOVEL WRITING MONTH

In celebration of National Novel Writing Month, the Carrot Writer's Circle is holding Novel Novel. Novel Novel gives those who are writing a book a safe place to work on writing your book and get support from other writers. Bring your laptop or whatever you use to write your book and have a coffee! Hope to see you there!

For more information about National Novel Writing Month go to <http://www.nanowrimo.org/eng/node/97>

When: Every Tuesday in November  
Where: The Carrot  
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**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 Tuesdays, 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 at 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 Wednesdays, 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 - NEW TIME!

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 10am - 4pm.

### 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.

### SLING MAKING WORKSHOP

Have a baby? Want to free up your hands while keeping babe close? Parents have been carrying their babies in slings for hundreds of years and you can too! Come learn how to make and wear a baby sling. Leave the workshop with a sling and a pattern to make more. No sewing or baby-wearing expertise is required. Child care and materials provided. Limit 6 participants per session (one partner/spouse/friend welcome to attend with participant), please RSVP early to Carissa at halton7@telus.net. Nov 1 from 2pm to 5pm at The Carrot. Free! Many thanks to City of Edmonton SPARK Grant for funding this community project.

### BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on Wednesday evenings from 7PM to 9PM for Book Club! Lively discussions, humor, and enlightenment! We will begin monthly gatherings starting September 9. 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

**SATURDAYS:** Open mic 7:30pm - 9:30pm Music, spoken word, comedy

## SPORTS & REC

### 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

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](http://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](mailto:dl.learningcentre@shaw.ca)

## NOTICES & UPCOMING EVENTS

### ALBERTA AVENUE COMMUNITY LEAGUE GENERAL MEETING

Monday, November 9 at 7pm. Topics: Bylaw Enforcement, Community Gardening, Community Centre upgrades. More info go to [www.albertaave.org](http://www.albertaave.org) or call 477-2773.

### MUSIC THROUGH THE AGES FUNDRAISER

A Fundraising Concert to benefit St. Faith's Anglican Church at 11725 93 Street November 14, 2009, 7:00pm Tickets: \$10.00 adult - \$5.00 children For tickets and information call: (780) 477-5931 or (780) 459-6719

### CHRISTMAS CRAFT & GIFT SALE

Friday & Saturday November 13 & 14 from 10am to 6pm at the Alberta Avenue Community Centre (9210 118 Avenue). For more info or to be a vendor call Marlene at 447-2513.

### FARMERS' MARKET CONTINUES INDOORS

Every Thursday from 2pm to 7pm at the Alberta Avenue Community Centre on 93 St & 118 Ave. Buy fresh veggies, meat, eggs and various artisans goods. Vendors listed at [www.albertaave.org/market](http://www.albertaave.org/market).

### CRUD AVENUE DOG WALKING

Meets at 6:30 pm every Monday at St. Alphonsus Church (118 Ave & 85 St), then walks west towards 95 Street. Contact CRUD at [info@crudedmonton.org](mailto:info@crudedmonton.org).

### EATING MADE EASY: HEALTHY EATING FOR A HEALTHY YOU

Edmonton Meals on Wheels (11111 103 Ave) First Tuesday of the month from Noon to 12:45pm. Monthly discussions about healthy eating with a registered dietician. First Tuesday of the month from Noon to 12:45pm  
Nov 3 What's the fuss about fibre?  
Dec 1 What's on your menu?  
Bring your own lunch or enjoy the meal of the day for only \$2.25. To register, or for more information, please call 780 429-2020

### CARROT GIFT CERTIFICATES

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

### CRUD FUNDRAISER

CRUD is hosting its first Princess House Party Fundraiser on Sunday, November 22, 2009 from 2:00pm - 5:00pm at The Carrot Community Arts Coffeehouse (9351-118 Ave) in support of CRUD's community building initiatives. Princess House offers a spectacular collection of kitchen and home décor items. Come out, support a good cause, and start your Christmas shopping early!

### CRUD SPECIAL GENERAL MEETING

All CRUD members are invited to attend a special general meeting on Thursday, December 3rd at 7:00pm at The Carrot Community Arts Coffeehouse (9351-118 Ave). The purpose of this meeting is to change a clause in the by-laws.

### WOMEN'S SELF DEFENSE

Saturday & Sunday, January 16 & 17 at the Alberta Avenue Community Centre (9210 118 Ave). Come learn realistic, self-defense tactics and techniques. The RAD System is dedicated to teaching women concepts and techniques against various types of assaults by utilizing easy, effective and proven self-defense/martial arts techniques. Cost: \$40/person. For more info or to register call 780-477-2773.

### BRENDAN VAN ALSTINE'S CAMPAIGN LAUNCH AND FIRST FUNDRAISER

Saturday, November 7, 2009 @ 6pm St. Faith's Church, 11725 - 93 St (entrance & parking on 92 Street) Join us as we jubilantly kick off the campaign with a night of delicious food and fabulous entertainment! Featuring a silent auction, live music and comedy, and an assortment of dishes provided by 118 Avenue restaurants. Brendan's campaign launch will be a night celebrating all the things that make Edmonton and Ward 7 a wonderful place to live. Tickets are \$30 + service fee and are now available through Tickets on the Square, 780-420-1757 or [www.tixonthesquare.ca/event/detail/1161/](http://www.tixonthesquare.ca/event/detail/1161/). Additional information is available by visiting [www.BrendanVanAlstine.ca](http://www.BrendanVanAlstine.ca) & clicking on "Events" or by going to the facebook event [www.facebook.com/event.php?eid=139603357204](http://www.facebook.com/event.php?eid=139603357204)

## CHURCH SERVICES

### AVENUE VINEYARD

8718 118 Ave (Crystal Kids) Sundays, 10:30 am [www.avenuevineyard.com](http://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 ANDREWS 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 Sun. 3:00 pm and Wed. 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

95 St. @115 Ave, 780-477-3341 Sundays 9:30 AM - Communion; 11:00 AM - Family Bible Hour



**SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to [www.epl.ca](http://www.epl.ca) for more program details**

## CHILDREN

### EXplore! Your Library

September 11 to December 18, 2009. Please call 780-496-7043 to book a time.

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.

### Calling All Homeschoolers

2 p.m. Tuesdays, October 6 to November 10, 2009  
2 p.m. Tuesdays, February 2 to March 9, 2010  
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.

### Aboriginal Family Storytime

11:30 a.m. Fridays Presented by Bent Arrow Traditional Healing Society. Bring your little ones and join us for an hour of Aboriginal songs and stories.

### Graphic Novels and Comics - A Gaming and Book Club for Kids

6:30 p.m. Tuesdays, November 17 to December 15, 2009  
Ages: 10 - 14 years  
Call 780-496-7099 to register  
Come and join us for gaming and to talk about some of your favorite novels and find new ones to enjoy.

### Paws for a Story

2 p.m. Tuesday, November 17, 2009  
Ages: 6 - 12 years  
Participation limit: 12  
Call 780-496-7099 to register.  
Each child will have a 15 minute reading time with a dog or cat from the Pet Therapy Society of Northern Alberta.

## TEENS

### Teen Gaming

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

## ADULTS

### 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. Come for some fun chats and stitch, knit or even paint! If you have something you're working on, feel free to bring it along.

### English Conversation Circle (LACE Program)

10:30 a.m. Saturdays. Drop-In. Practice your English at the library. Drop in and join others who also

want to speak in English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. For more information contact Biviana from Catholic Social Services at 780-424-3545.

### Cafe Anglais - English Conversation Club for Newcomers

6:30 p.m. Mondays  
Call 780-496-7099 to Register  
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!

### 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.

### Seniors' Tea

10 a.m. Tuesday, November 10, 2009  
Ages: Up to 99 years  
Come and celebrate Edmonton's dynamic seniors. Join us for tea, refreshments, and good company.

### Stories from the Heart of the City

1:30 p.m. Tuesday, November 10, 2009  
Drop-in, Free of Charge  
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. NOTE: November Meeting will be on TUESDAY, November 10 in conjunction with our Seniors Tea and Remembrance Day commemorations.



Jan Baerman

STEADY CROWDS ENJOYED THE GREAT WEATHER, SHOPPING, EXHIBITS AND EVENTS OF THE 2009 EASTWOODFEST

**GOT  
COMMUNITY  
NEWS?!**

**CALL US!**

**780-479-6285**



**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



**ED GIBBONS**

City Councillor, Ward 3



**Remembrance Day**  
*Lest we Forget*



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

**Hello Highlands-Norwood!**



I would like to take this opportunity to pause for a moment to remember the sacrifices made by our women and men in the Canadian military. I'm hoping that their efforts both in the past and presently serve as a reminder of how important peace is, and to wish them all a safe return home. I'll see many of you at the Beverly Cenotaph on November 11th to honour those who have fallen.



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

**G.R.U.D. FUNDRAISER**

SAFE, HEALTHY COMMUNITIES THROUGH COMMUNITY PARTICIPATION

CRUD is excited to be hosting its first Princess House Party Fundraiser on Sunday, November 22, 2009 from 2:00pm - 5:00pm at The Carrot, located 9351-118 Avenue.

This event is in support of CRUD's community building activities. Princess House offers a spectacular collection of kitchen and home décor items.

Everyone is invited. So come out, support a good cause, and start your Christmas shopping early!

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

www.crudedmonton.org



**Carrot Christmas Arts Bazaar**  
Friday, November 27th 5:30pm - 10:00pm  
Saturday, November 28th 9:00am - 5:00pm  
*Come shop "Made in Edmonton" gifts!*

9351-118 ave www.thecarrot.ca 780-471-1580

**DEEP FREEZE** is Looking For Volunteers  
January 9th & 10th  
Our winter festival needs your help!  
To volunteer, contact Judy 780-496-1913  
www.artsontheave.org

