



Celebrating the mixture of Koultures



Uyi Oyairo celebrates the opening of her dream restaurant. With 50 guests in attendance, she hosted the grand opening of Koultures Afro-Continental Restaurant.

DARREN BOISVERT

With the cutting of the red ribbon across the threshold, Uyi Oyairo officially opened the Koultures Afro-Continental Restaurant. Although customers have been enjoying the food since the restaurant's soft-opening on September 11th,

the grand opening celebration on October 8th launched the newest dining opportunity for the Avenue.

"This has been a long, long, long dream," said Oyairo as she thanked the 50 people joining her in launching the restaurant.

The party lasted over 3 hours, with prayers to start the

crowd off in a thankful mood. It was a colorful affair with the host dressed in a traditional Nigerian outfit, and a long line of free drinks, rice, goat meat, fresh fruit, and fried bananas laid out along the bar counter top to feed the crowd.

Esohe Olusola, Oyairo's brother, flew in from Atlanta,

Georgia to attend the restaurant launch. In his speech, he paid tribute to his sister's famous family cooking skills. "I was supposed to be flying out on Sunday, but because of the food, I'll be going home on Monday."

continued on page 9.

Bizarre accident leaves business owner bemused

DARREN BOISVERT

At 9:45 a.m. on Saturday, October 8, Ruby Valladares received a phone call from her alarm company. The dispatcher said there had been a break-in at her Accounting & Computer Services company at 8810-118 Ave.

She rushed to work to find a small car parked neatly in her waiting room. The driver had driven straight through the intersection into her building, until stopping right in front of her desk. A 30 metre skid mark on the pavement in front of her store suggested a car travelling too fast and out of control.

"It's really scary," said Valladares as she sorted through the mess. "It's lucky no-one was here."

continued on page 3.

Police honour Avenue organizer with award

DARREN BOISVERT

Christy Morin and Arts on the Ave (AOTA) were presented with the Harry Hole Award at a gala dinner held by the Edmonton Police Association on Wednesday, October 12. According to the selection committee, she was selected for her tireless work, vision for the community, and her success in changing the perception of the Alberta Avenue community.

It's the first time the award was given to both an individual and an organization. Both Randall Fraser and Karen Virag were present at the gala dinner to represent the many volunteers who contributed over the years to making AOTA the driving force behind the revitalization along 118th Avenue.

Sitting in the Carrot Cafe the day after receiving the award, Morin was still genuinely touched and emotional discussing the honor. "I was very excited when I heard about the award. I realized that our little stones are making a ripple in this community."

Morin says that the first three years were the hardest, requiring an incredible amount of time and perseverance. "People must have thought I was foolish when I started, but I just listened to my inner voice."

While Morin had been nominated previously, both Kris Andreychuk and Constable Steve Sharpe from the Neighbourhood Empowerment Team (NET) decided to re-submit her name for this year's award.

"Our relationship with Christy Morin has been integral to our success," says



Christy Morin, founder of Arts on the Ave

Andreychuk. "She inspired us to look at problems from a different perspective. She taught us crime prevention doesn't

have to be grim and determined. It can be fun."

Proof of this collaboration can be seen in the creative use of the arts to bring attention to the old problems of drug use, prostitution, and community neglect. Over the years, they have teamed up to launch programs like Eyes on the Ave, I Believe in 118, Miracle on 82nd Street, and many others.

This success, says Andreychuk, lies in the ability to encourage people to get involved -have fun- while being engaged in community building.

AOTA's activities have also garnered international attention. Delegates from the United States and across Canada have toured the Avenue to learn

about the effective use of art to effect community change.

Although proud to be inspiring other communities, Morin's motivations were personal and deep. "One of the biggest motivations for us starting AOTA was us young moms who wanted to have a great place for our kids to live. When my son tells his friends he lives 'in the hood', but that it's a great place to live..." says Morin, pausing to regain her composure. "I wouldn't trade this neighbourhood for any other in the city."

Please read the guest editorial on page 4 for a full list of Christy Morin and AOTA's contributions to 118th Ave.

Think beyond the big box

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EDMONTON

Commonwealth Community Recreation Centre Information Sessions

The City of Edmonton will be opening our Commonwealth Community Recreation Centre in early 2012. Our vision is that it will be a gathering place that will bring people of all ages, abilities and cultural backgrounds together to enjoy recreation, sport, social and cultural activities. We want to get your ideas and input as residents and community groups on how to make this facility a welcoming place full of activity.

You are invited to register to attend one of two sessions for information gathering and sharing about community needs, services, programs and the opportunities for children, youth, families, adults, seniors and various community groups that may be offered at the CCRC.

**Wednesday, November 23, 2011 7:00 p.m. or
Saturday, November 26, 2011 2:00 p.m.**

Green & Gold Room at Commonwealth Community Recreation Centre
11000 Stadium Road, N.W.

*Access from Stadium Road southeast of Gate #13 at the Eskimos Team Store entrance.
Please park at the Transit lot across the street.*

Please register for an Information Session by November 17th.

To Register:

If you would like to attend the meeting, please call or email with the following information:

- Your Name
- Your Group's Name (if applicable)
- Your Preferred Sport/Activity
- Minor or Adult
- Number of Members from your group attending the Information Session (Space is limited)

Contact:

Allison Penner
Ph 780-495-0650
Allison.penner@edmonton.ca

For more information on the Commonwealth Community Recreation Centre, please visit:
http://www.edmonton.ca/city_government/planning_development/commonwealth-community-recreation-centre-construction

Commonwealth Rec Centre opens soon

KAREN MYKIETKA

Come spring, residents will have a brand new multi-purpose recreation facility just minutes away from their homes.

The Commonwealth Community Recreation Centre will have a gymnasium, field house, fitness centre, aquatic facility, as well as multi-purpose rooms and meeting rooms. The goal is to engage residents in sports, recreation,

arts and culture by providing a seamless environment where multiple family members can engage in activities spontaneously in one facility.

“We want community members to come (use the facility) when it’s convenient to their lifestyles,” says Daren Dwernychuk, facility supervisor.

There will be an array of activities and programs for all ages. Swim laps in the fitness pool or try your strength

at the climbing wall over the pool. Frolic in the leisure pool or splash down the waterslide. Step, bike or run on cardio equipment overlooking the aquatic centre or run laps around the 260m indoor track around the field house.

Drop into fitness classes and attend arts and crafts seminars, while your children enjoy playtime at the indoor playground. Schedule your team a practice time in the field house. End your visit with a relaxing dip in

the whirlpool. Every amenity in the facility will be publicly accessible to all visitors.

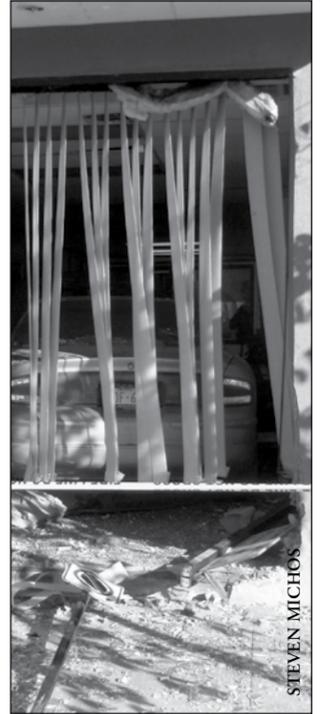
Community leagues will likely have the opportunity to buy into a ‘community use time’ where members can access the facility for free once a week. Let your league know if this is something you would be interested in.

The centre is slated to open on March 2011, so have your running shoes and swimsuit ready for the grand opening.



Concept rendering of the new Commonwealth Community Recreation Centre

Public meetings in November will provide residents the opportunity to give input into the rec centre’s programming and how to make it a welcoming “community hub” environment. Contact Daren at 780-496-5889 or Daren.Dwernychuk@edmonton.ca for details.



STEVEN MICHOS

An unwelcome visitor parked in the waiting room.

continued from page 1.

“Imagine if people were sitting here.”

The driver fled the scene immediately, using the back door as an escape route. According to Valladares, nothing was stolen, but repairs would take several weeks to complete.

“It fit right into the store perfectly,” said Valladares, shaking her head in bemused disbelief. “Twenty years and no problems in this location. I didn’t expect a car in my building when I got up this morning.”



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fall clean ups, core aeration, rototiling, hedge pruning, fertilizing, lawn mowing, power raking and sodding.

Ed Remesz 780-471-5322

Next Rat Creek Press editorial meeting will be held on Tuesday, November 15th at 7pm at the Carrot Cafe. Everyone is welcome to attend. Bring your ideas and enthusiasm for news. Contact editor@ratcreek.org for further information.

Councillor Tony Caterina

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LA-Z-BOY



REVITALIZATION

OF THE OLD CYCLE BUILDING ON ALBERTA AVE CONTINUES!

Arts Habitat + Arts on the Ave and team are making significant progress towards our vision of an exciting community arts hub on 118th Avenue.

WORK ON THE BUILDING HAS BEGUN!

Inside, old clutter and hazardous materials have been removed in preparation for construction this fall and winter. Those renovations will include a new front entry, brand spanking new washrooms, complete new sprinkler and mechanical systems, and a clean “white box” interior.

OUR IMPROVED SPACE WILL BE READY IN THE SPRING OF 2012 ... YAHOO!

We’re looking forward to providing great studio, performance, gallery, office, meeting, classroom, and rehearsal spaces to artists, cultural industries and social enterprises!

Our design team heard the excellent feedback you the community offered at our spring Design Charette, and is incorporating it into a complete design vision for the Phase 2 redevelopment.

PLEASE JOIN US at the Carrot for an open-house information presentation on the Phase One design proposal and variances (9351-118 Avenue).

NOVEMBER 6TH AT 2PM OR NOVEMBER 14TH AT 4PM.

Arts Habitat Association + Arts on the Ave thank our sponsors for their generous contributions.



Courage is almost a contradiction in terms. It means a strong desire to live taking the form of readiness to die. ~G.K. Chesterton

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EDITORIAL POLICY:

The Rat Creek Press is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity. Letters should be no longer than 250 words and must include the full name, location and contact information of the author. Op-Ed columns should be 600-800 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time. All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the Rat Creek Press. Send submissions to the Rat Creek Press Editor via email editor@ratcreek.org, or 9210 118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

Editorial

Submissions: editor@ratcreek.org

Honouring leadership in our community

This month's editorial is the letter submitted by Kris Andreychuk and Edmonton Police Service's Constable Steve Sharpe (NET Team) to nominate Christy Morin and Arts on the Ave for the Harry Hole Award. The Rat Creek Press congratulates the award winners and offers this space in the acknowledgement that we couldn't find better words to honor the contributions of this organization to our community.

Community leader, resident, and household name, Christy Morin, is the force behind many of the events and spaces that have, and continue to, encourage change along Alberta Avenue. In 2006, having identified community disconnection as a key obstacle to crime reduction and revitalization, Christy initiated Arts on the Ave; a non-profit, community-based initiative engaged in developing Alberta Avenue into a community arts district.

Starting in 2005 and incorporated into a Society in 2007, this coalition has experienced exponential growth with a current involvement of over 200 multidisciplinary artists and invested community members; growth which has been spurred on by highly dedicated and involved

members. As the founder and Director of Arts on the Ave, Christy has, and continues to, be key in this movement to connect community through the arts, and in doing so, propel the revitalization forward.

The Carrot, a non-profit volunteer run coffee house, started by Arts on the Ave, opened its doors in 2007. The Carrot is known as the hub of the community, often bustling with community members and volunteers. The Carrot is where organizations meet, neighbourhood patrols are sent-off from, and where the community connects.

Christy Morin and Arts on the Ave is the coalition behind annual festivals such as Kaleido, Deep Freeze, Ave Goes to the Dogs, That Bloomin' Garden Show and Art Sale. The profile and attendance of these events grow exponentially each year as they engage community and bring thousands of Edmontonians to the Avenue. As diverse as these series of events are they share the common purpose of asserting Alberta Avenue as the community arts district and a model for community revitalization.

Christy's accomplishments, however, extend far beyond her involvement with Arts on the Ave and their many successful endeavours. As an execu-

tive member of Eastwood Community League, Christy led a Christmas Light initiative at both Eastwood Community League and Alberta Avenue Community League to light up evergreens in an effort to increase safety. She's worked with local artists in creation of Back Alley Murals with Capital City Clean Up, helped lead Eastwood Community Gardens, is on the committee for the Alberta Avenue Farmer's Market. She has also helped facilitate social art experiences, such as community drumming in back alleys that have been historically plagued with high crime, snap and shoot workshops in parks, and leading Christmas caroling to create sense of community down Alberta Avenue and throughout the residential areas.

The 118 Avenue Neighbourhood Empowerment Team has worked with Christy in various capacities including her involvement with 'We Believe in 118' and the campaign to reclaim the Avenue as a drug and weapons free zone, partnering with 'the spoke' to secure a space for the program, 'Miracle on 82 Street', and her work to engage the growing West African Community along Alberta Avenue.

Christy's workings with the West African community have resulted in a UNESCO peace

walk attended by 200 community members, the Sarafina African Festival and plans for Gala Blanc et Noir. Gala Blanc et Noir is an internationally recognized event which brings emergency response services together with the African Communities to celebrate and recognize excellence in community service.

She's often found moonlighting as a liaison to businesses looking to relocate to Alberta Avenue or working with media to discredit the negative perceptions of the community concerning crime and disorder. To date, Christy has helped facilitate two business property sales, which has transformed formerly empty spaces into art studios. In her work with the media, Christy is often recognized as the spokesperson for the community; asserting it as the thriving arts community it is.

Christy's accomplishments in the community are far reaching, impacting the arts, revitalization and crime - both real and perceived. All of the above accomplishments speak to the passion and desire that sets Christy Morin apart. What's paramount to Christy is a healthy, safe and vibrant community. There are no boundaries to Christy's passion as both an instigator and maker of positive change in community.



PETER GOLDRING
Member of Parliament
Edmonton East



REMEMBERING AN EXEMPLARY CITIZEN

On November 11 at 11 a.m., Remembrance Day, Canadians take time to remember, to pay tribute to the more than two million who have served this country in uniform since Confederation, especially the more than 116,000 of them who lie in foreign graves, forever young. By honouring them we show respect for their legacy: our country - our freedom.

One of those two million, who served with distinction, was Bill Lesick, who passed away in September of this year. His story, from humble beginnings, says a lot about just what it means to be Canadian.

Bill was born in 1923, in Spedden, Alberta in the Smoky Lake district, of immigrant Ukrainian parents. He contributed to his province and to his country with great distinction, in a way that can best be described as truly honourable.

As a member of the Canadian Army he served in World War II, in Europe, helping liberate Holland with the 4th Princess Louise Dragoon Guards. After the war he owned and managed the Beverly Pharmacy.

Bill Lesick believed in public service. He was elected and served as Member of Parliament for Edmonton East, then served as Citizenship Judge. As a member of the Royal Canadian Legion Norwood Branch Bill was known to all as he chaired the Remembrance Day Parade at the Beverly Cenotaph for many years.

William George Lesick was a War Veteran, a Member of Parliament, a Pharmacist, a Citizenship Judge, a recipient of the Queen's Jubilee Medal and a Friend.

Like so many Canadian veterans, Bill Lesick was respected for his service to his country in war and peace. He will be greatly missed by his family and his many friends, especially on Remembrance Day each year. This year, pause for a moment, remember those who served Canada for the freedoms we enjoy today.

We must not forget.

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Letter to the Editor

Rene Ladsous

I would like to bring some clarification to the information given by MP Peter Goldring in his October advertising article.

The Canada Pension is composed of 3 distinct components: Canada Pension Plan (CPP), Old Age Security (OAS), and Guaranteed Income Supplement (GIS).

To receive any of these pension benefits, you must be a Canadian citizen or a legal resident. To be eligible for CPP, you must have been living 10 years in Canada. It's based on contributions while working in Canada. It is payable anytime from age 60, if you are willing to lose 5% per year before 65.

To be eligible for OAS, you must have 10 years residency in Canada after the age of 18 (20

years if you live outside the country when you apply). It is not based on contributions, but on 40 years residency, and only payable when you reach 65. For example, if you came to Canada at age 55 and stayed in Canada until 65, you are only eligible to 1/4 of the entitlement.

To be eligible for GIS, you must be receiving OAS, and your total income must fall below a set amount. Should you decide to leave the country when you retire, you will lose between 25% and 12% of CPP and OAS and you will no longer be eligible for GIS.

It would have been nice if Mr. Goldring had provided links to support his assertions. I am an immigrant; given my military service and the 3 years I worked in my original country, I expect to receive an additional \$50 per month.

CORRECTIONS

The Rat Creek Press would like apologize to Yasmeen Ismail for running her picture in association with the story on Bedouin Beats (October 2011). While she performed during the Kaleido Festival, she is a professional belly dancer and co-owner of Desert Rose Dance Studios Inc. in Edmonton, and not as the picture suggested, with Bedouin Beats. The RCP apologizes for the error in attribution.

The RCP also extends an apology to Cris Basualdo who was quoted in the Univer Bottle Depot story (October 2011). While a member of the Alberta Avenue Community League (ACCL), she does not speak for the league on development issues as was written in the story. Her quote was taken from a source not cleared for publication. The RCP deeply regrets these errors.

Little Gnome Fact: The town of Wroclaw, Poland is home to over 123 gnomes and they are multiplying everyday.

Speaker's Corner

Have opinions? Great let's hear them!

Submissions: editor@ratcreek.org

Univer Bottle & Recycling Depot

STEPHEN GALLARD

As a resident in the area where this depot sits, I have serious concerns about it being allowed to continue in the same location.

Perhaps over the years it had its place, but the neighbourhood is different now. The area between 118 Ave and 111 Ave is doing its best to rebuild itself from an area seen as 'down and out' to a true residential community which takes pride in itself. The bottle depot by its very nature attracts those who are on the fringe of society (by choice or otherwise) who scrape by through collecting bottles and cans to survive, or to aide their habits. I have watched as they move through our area in droves, heading to their centre of small returns, and then taking their new-found wealth and spending it on alcohol (another local issue) or using it to further their other habits which link them to the streets.

For the most part, those who trundle by are friendly but there is an increasing element which forces residents to keep everything under lock

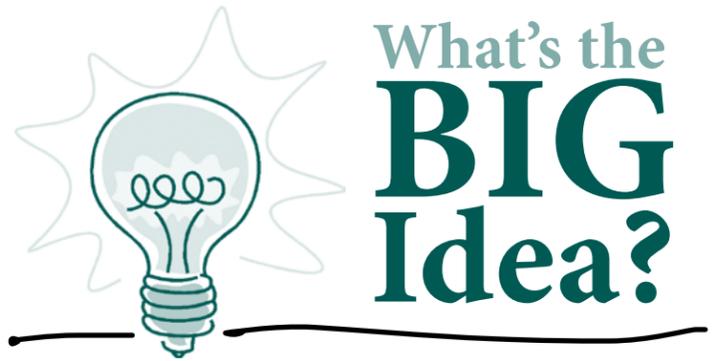
and key to prevent thefts of items easily hocked in the many pawn brokers in the area (another issue for later coverage) and also the misuse of our property. We often chase them away from the hidden coves in our alley, and then we have to clean up the leftover broken bottles/needles/condoms/paraphanelia they leave behind. It seems the area we live in must also be considered the most open air lavatory in Edmonton, as those passing through relieve themselves in our neighbourhood.

Our garbage bags are often ripped open in search of returnables and litter is discarded throughout our carefully maintained yards and streets. To some of these disadvantaged people, it seems they feel the right to come knocking on our doors at all hours because they feel using a local resource makes them a part of our neighbourhood. Sadly this is often when they are either high or drunk and feel the need to seek further funding. A more frightening aspect is the conflict between them as they shout and fight in the streets. We are left wondering whether to call the

police (who seldom respond) or try to intervene (which is ill advised). To those of us not trained in self-defence, it can feel like being a prisoner in our own home.

This area is doing its best to grow and attract more people to our 'diamond in the rough' community, and its this reason why we need to remove those elements which cater to poverty. The 111th Avenue area will never attract other businesses to the area if the depot remains.

Please don't get me wrong. I have worked in a homeless shelter, and in addiction rehab, and I want to see those on the street helped to move forward in their lives. However, making it easier for them to hang on to the reasons they are on the fringe makes no sense. Perhaps some of the social agencies on 96th Street (further south) could open a bottle depot so they could see their clients more and offer them assistance at the crucial time when they get money in their pockets. That, or offer them a course in what community is, combining rights with the too-often missing element of responsibility.



What's the BIG Idea?

Launching new songwriter's group

COLLEEN BROWN KEENLEYSIDE

Nashville Songwriter's Association International (NSAI) is excited to announce the launch of an Edmonton Regional Chapter. NSAI is the world's largest songwriter-based not-for-profit trade association. It is dedicated to educating, elevating and celebrating professional and amateur songwriters in all music genres. Established in 1967 by professional songwriters in Nashville, NSAI now serves songwriters worldwide.

I am a local songwriter who has been selected and trained as coordinator for the Edmonton Regional Chapter (one of 120+ local chapters worldwide.) Several years ago, I decided to take songwriting more seriously. After researching a variety of songwriting organizations, I felt that NSAI offered the most "bang for the buck". I have been an NSAI member since 2005 and have made regular trips to Nashville,

taking part in numerous songwriting courses and events. When I was approached by NSAI, I agreed to take up the challenge of starting a regional chapter and encouraging local songwriters to join together.

The Edmonton chapter will provide local songwriters with the opportunity to improve their skills, learn more about the music industry, have songs evaluated, and network on a regular basis. We will also host guest speakers and hold workshops and songwriter circles.

The Carrot Community Arts Coffeehouse has generously offered to provide an inviting space for monthly meetings. We will meet on the second Monday of every month at 7pm. Cold drinks, coffee, tea and a variety of snacks will be available for purchase as well as espresso drinks prior at 6:30pm. Both NSAI members and nonmembers are welcome. Next meeting will be on November 14th.

Visit nashvillesongwriters.com or call NSAI toll-free at 1-800-321-6008 for more information. Colleen Brown Keenleyside can be reached at 780-973-5311 or col_kside@hotmail.com.



Banging the drum for bugle fun

Marching band looking for new members

STEPHEN MCCONNELL

The history of Drum and Bugle Corps is rooted in both tradition and innovation. The activity originally stemmed from the post World War I era, when these types of musical groups were militaristic in design and most were sponsored by veterans of foreign wars (VFW), Scout Posts, and Legions. There were also a number that were sponsored by churches. The groups were meant as a means to provide opportunities to youth, primarily the children of military veterans, as well as adult groups for the veterans themselves.

Over time, the activity gained widespread popularity, and by the 1960's there were over 2000 separate Drum Corps within North America, with hundreds

of those groups being based in Canada. However, many organizers began to feel the format of competition and rules were stifling and little money was directly supporting the performers. They began forming their own entertainment-based performing circuits, such as Drum Corps Associates, and Drum Corps International and moved away from the Legions and VFW organizations.

As these newly formed circuits continued gaining popularity, many changes were introduced; multi-keyed instruments and orchestral percussion sections were added, the honour guard that presented the national colours became performers who'd spin flags in unison and be theatrical performers in the Corps' productions, and choreography and

dance were included. The activity morphed into a performing art similar to marching band.

The Drum Corps is made up of four sections, a Brass Ensemble, a Drum line, an orchestral percussion group and a Colourguard which learns modern dance techniques and incorporates spinning flags, sabres and wooden rifles in unison.

The Drum Corps of today is much more than a marching band. Performances now include indoor brass theatre (where musicians actually become the performers in a stage show), black-light drumming showcases, and Winterguard competitions where theatrical shows are performed to pre-recorded music.

Impact is following this tradition of innovation and

excellence in offering a brand new Drum Corps program in Edmonton. We are now the only group of our kind for youth in Western Canada. We will offer an experience similar to a performing arts school in the winter, with each individual section receiving their own unique performance opportunities, ie. public performances, stage shows, dance competitions, performing at sporting events. In the summer we will perform in parades and field competitions.

We are offering up to 150 spots to youth ages 12-18, and we will accept slightly older performers as long as they are students who are still in school. The program began on October 13th, and will continue until August 2012, with the members being scheduled to perform for

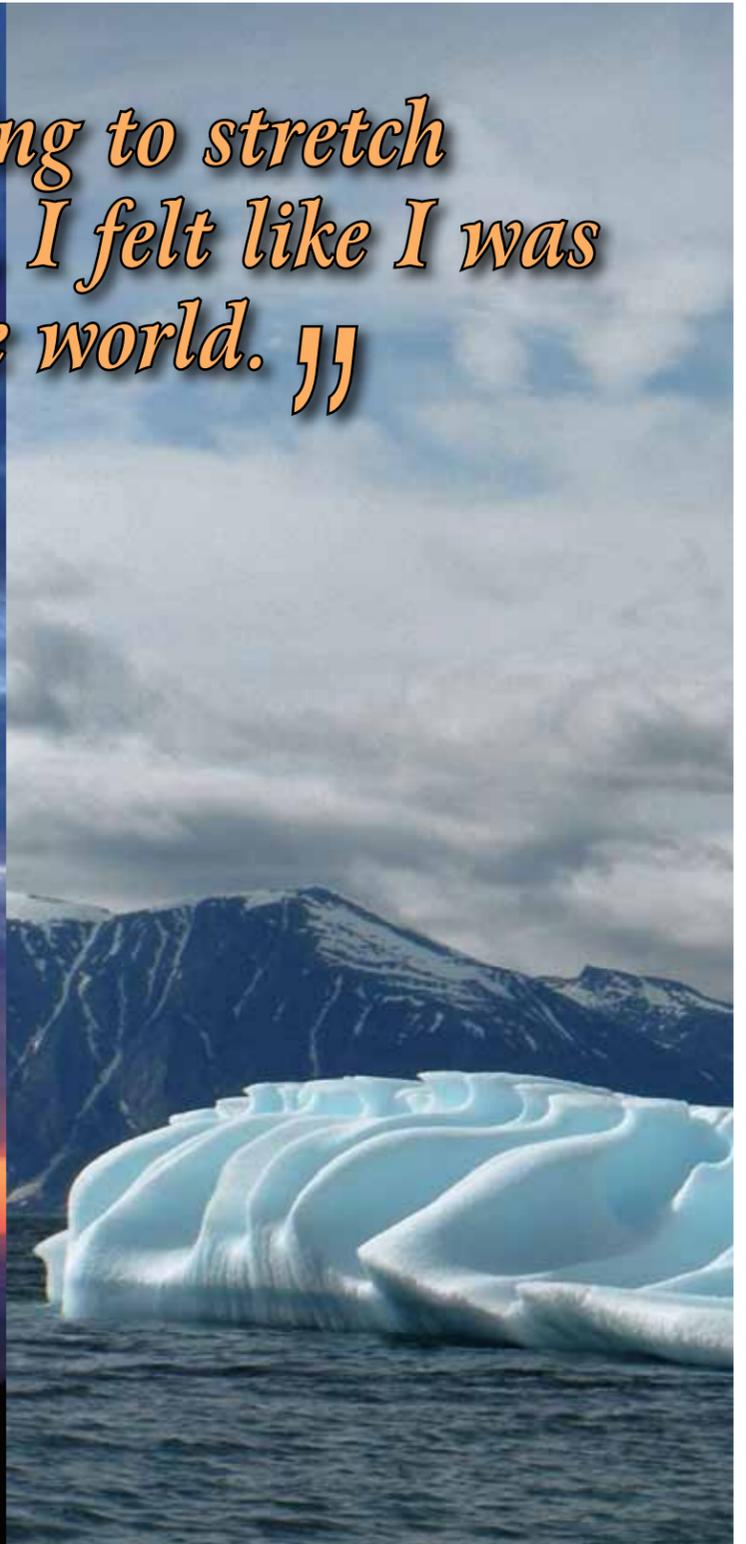
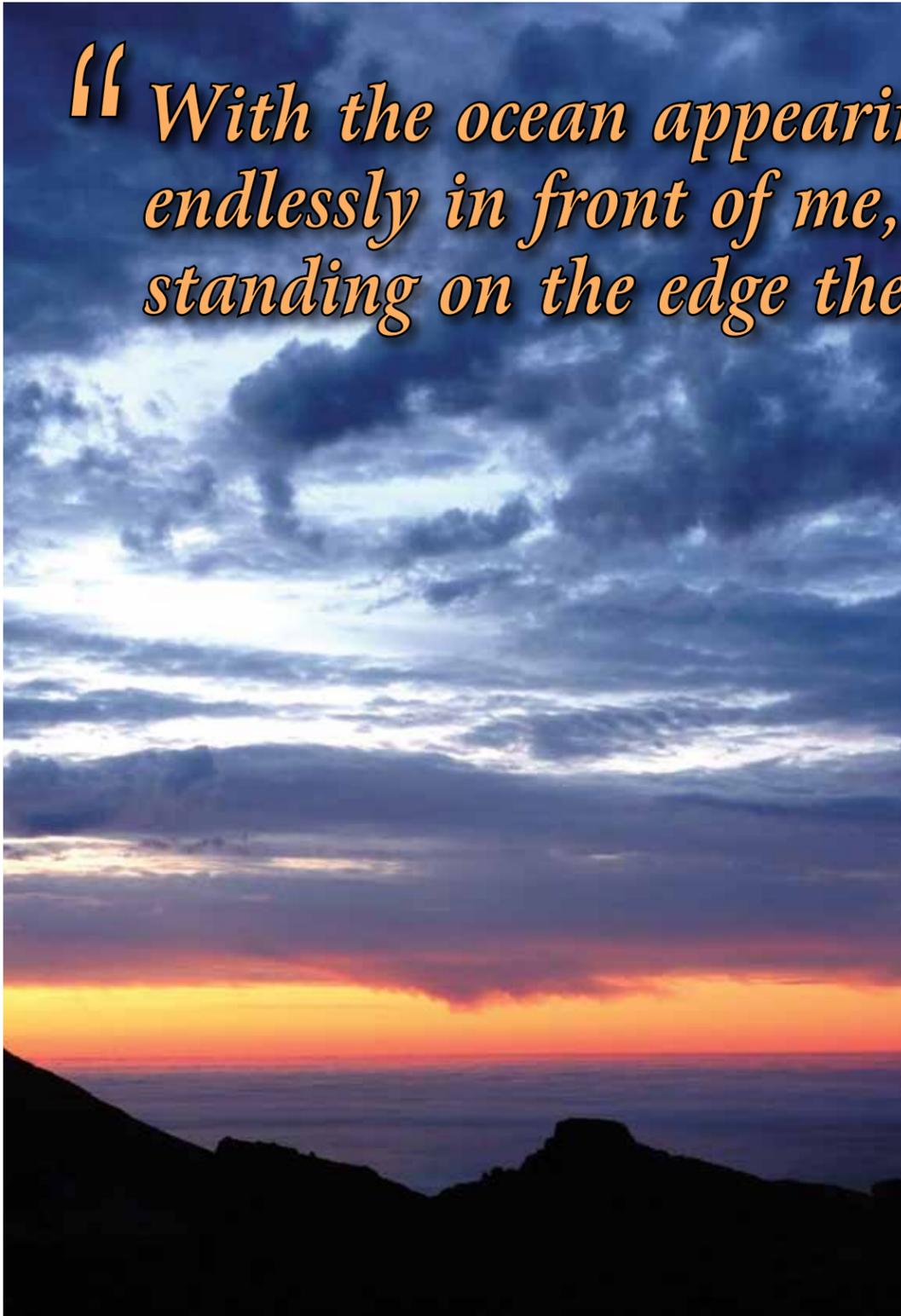
Remembrance Day, a winter concert, upcoming conventions, in local festivals, for Capital Ex, in the Calgary Stampede and at various other public events all throughout the year.

The cost for our programming year is \$450, but can be paid in payments throughout the year. We also have a number of sponsors willing to help families who cannot afford the fees. Impact will accept everyone who demonstrates a desire to participate and commit to the program schedule, and work to ensure every student is funded. No-one will be turned away due to their finances, and all instrument and equipment rentals are included in the yearly fee.

IMPACT
Performing Arts Association

Impact rehearses on Tuesday and Thursday nights, from 6:30 - 9:00 PM at Parkdale School, 11648 85 Street. For more information, visit www.impactarts.ca or contact Stephen McConnell (Director, Impact Performing Arts Association) at 780-246-7228 or director@impactarts.ca.

“ With the ocean appearing to stretch endlessly in front of me, I felt like I was standing on the edge the world. ”



Standing on the edge of the world



Jessica Sabell, a 32-year-old resident of Parkdale, made four trips to Baffin Island this summer (2011). Her work as an environmental scientist provided her with an opportunity to assist in the environmental clean-up of remote bases in this isolated part of Canada.

She stayed in a work camp half-an-hour's plane trip from the nearest community and had a rare chance to visit a piece of Canada that few southerners experience. The Rat Creek Press is grateful she was willing to share her observations with the community.

Having never spent time in northern Canada, I didn't know what I was getting myself into on my first trip to Baffin Island. I pictured barren, cold landscapes and not much else. After spending nearly 2 months between Iqaluit and Cape Dyer, I admit that I underestimated Canada's north.

Because Iqaluit is north of the tree line, at first glance it appears barren. But up-close, you find a multitude of wildflowers growing among the rocks. On a mid-morning stroll behind town, I found this dwarf willow covered in early morning dew blooming in mid-July. The tenacity of life in the north is amazing

see: a polar bear and an iceberg. I saw a polar bear within the first couple days, but catching a glimpse of an iceberg proved more challenging. Cape Dyer, where I was staying, is along Exeter Bay which is a sheltered, narrow fjord. The ice melted without leaving anything behind, but one morning I drove to the beach and saw



Arriving by plane, I landed in Iqaluit, where 7,000 people live in Nunavut's capital which overlooks Frobisher Bay. It's an inviting town, with buildings covered in bright, unconventional paint colours and perched on the rocks. It reminded me of pictures I've seen of small Atlantic fishing villages. The locals were warm, welcoming and more than willing to share their culture with visitors. I tried "country foods" like raw, frozen seal meat and watched a performance of throat singers at the Nunavut Day celebrations, and revelled in the chance to learn about Canada's Inuit culture.

to see – the growing season is short and everything comes alive as soon as the snow melts, thriving under a sun that shines for nearly 24 hours a day. I was fortunate enough to explore parts of Baffin Island that don't have established communities and was surprised by the beauty of the landscape. Many people think the tundra is flat, but Baffin Island is rugged and mountainous. Weather is unpredictable and the skies are dramatic. I became addicted to watching the clouds, always looking for the perfect photo opportunity. When I found out I was going to Baffin Island, there were two things I wanted to

that a small iceberg had floated in from Davis Strait. It was quickly melting, creating an uneven surface alternated by the reflecting sunlight and the contrasting shadows. I was surprised to learn that parts of Baffin Island are made up of extinct volcanoes. Hiking around these eroded mountains was beautiful. Standing on steep cliffs overlooking the water, I knew Greenland was somewhere beyond the horizon, over 300 kilometres away. But as the sun set over Davis Strait, and with the ocean appearing to stretch endlessly in front of me, I felt like I was standing on the edge the world.

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Hand-drum Crosswalk Workshop
November 12th 2:00pm-4:00pm
Please RSVP: 780.471.1580
Dress for the weather.

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November 19th 9:30am-4:30pm
Come shop made in Edmonton gifts!

Jingle Jammin' Christmas Caroling and Party!
December 16th 5:30pm-10:00pm
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VOLUNTEER at Deep Freeze Festival
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9351-118 ave www.thecarrot.ca

Bissell Centre: where hope finds help for all

COMMUNITY PROFILE

Paula Gillis

Bissell Centre, 10527 96 Street

Bissell Centre is a non-profit organization that was created to meet the needs of inner city Edmonton and celebrated its 100th anniversary last year. While it changed its name from the All Peoples Mission, the mandate of the agency has remained the same: helping those in need.

Programs include employment assistance, Food for Two (which is a nutrition program for single mothers), Fetal Alcohol Spectrum Services and a housing program.

Bissell's programs are available for the transient population of the city, estimated to be over 2500 people. While the Bissell Centre doesn't provide overnight accommodation, it's kitchen provides people with a hot meal at 10:30am and a snack is available for those who



stay around for the afternoon. On site showers and laundry facilities are available.

Bissell Centre offers both short and long-term services for those seeking employment. Some people begin with the day labour program and work their way up to finding a full time job. Others receive assistance with resumes and other pre-employment skills.

One notable successful program is called 'Moving Up', which assists people with finding and maintaining residency. To qualify for this program people must meet stringent criteria including the amount of time they have lived on the streets, their ability to adjust to life within four walls and the ability to maintain employment. A support worker is

assigned to the individual for one year to assist them with the adjustment. Clients are placed away from the downtown core in order to remove them from the temptation of their street friends.

The Moving Up Program has been the most successful of its kind in the city and members of the Bissell staff have been invited to a New York conference on homelessness to speak about their success. It has assisted people such as 'George', who was in a rehab program for 6 months and was homeless and unemployed upon completion. George applied for the Moving Up pre-employment program and succeeded in getting hired for several months working for a winter festival. This work experience led to a residential construction placement, and is now housed and sober.

Running this many programs is costly. While it receives funding from all levels of government, the Bissell Centre is still expected to raise over a million dollars each year. They hold a fundraising dinner and

silent auction once a year, and rely on a long list of generous donors including the United Church of Edmonton. They also generate revenue through their second-hand Bissell Store on 118th Avenue.

Other creative initiatives include an online Christmas Catalogue for people who wish to make a one-time donation. There are opportunities to buy a snow suit for a small child, a blanket for a homeless man or household supplies for a family in need. A gift card is provided to the person named in the purchase as a way of thanking them for their generosity.

Bissell Centre recently published a small book on their organization's history. Called 'Where Hope Finds Help', with proceeds from the \$10 cover price going to support their programs.

For more information about the Bissell Centre, or to contribute to their programs, visit www.bissellcentre.org or call 780-423-2285.

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JUST CHRISTMAS 2011

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LOCATED AT:

Alberta Avenue Community Hall
9210 - 118 Avenue

Friday, November 18 Saturday, November 19
5:30 pm - 9:00 pm 9:30 am - 4:00 pm

 **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.



Free parking
Admission by donation
Food and entertainment

For more information visit: justchristmas.org

Little Gnome Secret: What do you call a group of gnomes? a) a haggle b) a herd c) a clan d) a party

Celebrating the mixture of Koultures on the Ave

continued from page 1.

While it was always the dream of Oyairo to open her restaurant, it wasn't easily achieved. She arrived in Canada in 2008 from Nigeria as a refugee. After several months in Toronto, she moved to Edmonton where she had an uncle who convinced her it wasn't too cold in Alberta to start a new life. She held odd jobs including retail clothing sales and feeding workers in a camp in Fort McMurray. When her mother passed away recently and left her an inheritance, she decided to make her dream a reality.

In February, Oyairo was walking the Avenue to look for a suitable stand-alone location for her restaurant. "As soon as

I saw the building, I knew this was the place," said Oyairo.

Since last year, the location had been slated to be an Italian restaurant, but the owner pulled out of the deal. It was perfectly suited for Oyairo. After months of fighting through red tape and extensive remodeling, she was able to open one of the classiest looking restaurants on the Avenue.

Joachim Holtz, Executive-Director of the Alberta Avenue Business Association, attended the celebration. He was impressed, noting the place looked very professional with a keen attention to the small details.

"The important part to opening a restaurant is to have a hands-on approach," said

Holtz. "From what I have seen today, Uyi Oyairo has that."

Koultures is the 191st business on the Avenue. Back in 2008, when Holtz first walked down the 27 blocks that comprise the Avenue, he said he counted 32 empty store fronts. Today, he noted, there are only 6 locations still vacant. He thinks Koultures will thrive if people give the food a try.

Oyairo hopes so as well. She takes pride in the elegant atmosphere, African hospitality, and spices from nuclear to merely tasty.

"It's slow, but it's picking up. I get excited when I see people coming back for a second time," said Oyairo. "This will be the start of a good thing."



DARREN BOISVERT



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DO YOU GNOME?

Little Gnome Secrets:

A group of gnomes is traditionally called c) a clan, but here on the Ave they're more like d) a party!

The term "gnome" is derived from the Latin "gnomus" meaning a) earth-dweller, not to be confused with the Greek "gnosis" meaning knowledge.

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2 LARGE 12" PIZZAS any 3 toppings \$21.99	2 SL 16" PIZZAS any 3 toppings \$26.99	3 LARGE 12" PIZZAS any 2 toppings \$27.99	3 SL 16" PIZZAS any 2 toppings \$35.99

DAILY SPECIAL
LUNCH, DINNER

WING NIGHTS
Every Tuesday & Friday
25 cents each!

KARAOKE
THURSDAY & SATURDAY

Learn about the variety of interesting shops on the Avenue and great places to eat. www.alberta-avenue.com

We 'Ave Words

A showcase of poetry and prose from Edmonton's finest writers

Page editor: Michelle Earl

Submissions email: Lit@ratcreek.org

Slammin' poetry from Kaleido Fest

The Rat Creek Press sponsored Poetry Slam was held on Sunday, September 11 at the Kaleido Festival.

Eighteen poets competed for \$500 of prizes, regaling the audience with excellent spoken word and poetry pieces.

For those who couldn't make the performance, we are running the winners of the event.

Congratulations to the winners and all the participants.

Due to space constraints, we were unable to publish all the submitted poems from the participants in the October issue.

We have several more for your enjoyment this month.

Sad But True

SHARON E. RILEY

*The smoker sits with sorrowful eyes
Watching all the passers-by.*

His last cigarette is gone.

He will not beg.

The time goes past,

How long can that smoker last?

With trembling hands,

He searches his packets.

*Crumbs of tobacco and one cigarette
paper*

Are all he can find.

*How he hopes that someone will be
kind,*

and drop a long butt

With a few drags on it.

ONE JUST LANDED!

He pounces on it.

*Shaking and quivering with sheer
relief,*

He lights the butt and draws in

deep.

Fantastic, delightful - yet nearing

its end

The butt stops smoking

Too bad - my friend!

*From his packet he pulls the
cigarette paper,*

Digs around for tobacco crumbs,

*Peels open the butt and with careful
precision*

*Puts each piece of tobacco into the
cigarette paper.*

He rolls it tightly,

And though it is thin,

*It's a whole cigarette he thinks,
with a grin.*

He lights it up.

He's make his decision

And make no mistake,

He's thought it out carefully

Though it may not be great.

He's a smoker - he is!

For the rest of his life,

*No matter how much the trouble
and strife.*

*Somehow he'll smoke for the rest
of his days.*

With each puff he takes,

While the smoke curls up blue,

He thanks God for that cigarette

IT PULLED HIM THROUGH!

Whip it good

E.E. MORANETZ

so, it's christmas
and i'm sitting here
and drinking
and thinking
and wondering
what all the outcasts out there
on skid row are do'in tonite?
probably smokin
and a drinkin
and a cryin
about how life passed them by.

like cousin mike
who died in the back seat of
a car
like his idol hank williams
on the way back from jasper
with his drinking pals
in that dam cold winer
of 96.

he had a long black beard
and looked like rasputin
laying there in his coffin.

he was nicely dressed
in a dark suit and red tie
and everyone said that
he looked better in death
than he did in life!
so, here's to you mikey,
may you rest in peace...
you old pisstank!



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



For information call
Judy Allan 780-496-1913
avenueinitiative.ca

DEEP FREEZE

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JANUARY 7 & 8, 2012
9210-118 Avenue
Two Days of Winter Fun!

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Thursdays
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118 Ave & 93 St
abavenuemarket.org

Light Up The Ave! Business & Residents take part...
Facebook: Light UP The Ave.

Have questions for the police? Concerns on your block? Call Community Liaison Cst. Paul Pilon at 780.421.2602.

COMMUNITY CALENDAR

for the neighbourhoods of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood

Listings for free events and programs as well as volunteer opportunities. Email your listings to info@ratcreek.org.

ENTERTAINMENT

BETWEEN THE COVERS

A multimedia exploration of music, literature, history and culture. This unique program blends live performances of pop music with literary readings and discussions of significant world events. Saturday November 5 from 3pm-4pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

KARAOKE WITH CRUD

Tune up your vocal cords and join us down at the Green Frog's Pub (9349 118 Ave) for another hopp'n good time of socializing and singing. Friday, November 25 at 9pm.

THE CARROT OPEN STAGE

Thursdays for folks 55+ 1:30-4pm. Saturdays 7pm-10pm. 9351 118 Ave, 780-471-1580.

EVENTS

AN EVENING IN TIBET FUNDRAISER

A dinner and silent auction fundraiser for the construction of a Gaden Samten Ling's Alberta Centre for Peace and Meditation on 101 St and 114 Ave. The auction features one-of-a-kind items. Saturday, Nov 5. Doors open at 5:30pm; Dinner served at 6:30pm at Meridian Banquet Hall (4820 76 Ave). Cost \$50. For tickets contact Oceanna 780-483-5419 or treasurer@gadensamtenling.org

GREY CUP WITH CRUD

Come watch the Grey Cup (Sunday, Nov 27) at CRUD's second annual Grey Cup Party at the Alberta Avenue Community League (9210 118 Ave) doors open at 4pm. Join us in celebrating our Nice Neighbour Award recipients during half-time. Concession and cash bar available.

AFRICAN CHRISTMAS CONCERT

African Christmas Concert at St. Faith's Church. Award winning African singer and the Alberta Avenue Choir. Email princegarth@gmail.com for tickets.

TALKS AT THE MARKET

Starting the end of September is a series of talks and activities in the lounge at the community centre during the farmers' market. Talks are free. Nov 3 - Go Vegan; Nov 10 - Big books & pop-up!; Nov 17 - Fair Trade. Come learn and participate on Thursdays from 6:30-7:30. Go to www.albertaave.org for more. And don't forget to shop at the market.

albertaave.org for more. And don't forget to shop at the market.

DRUMMING ON THE AVE WITH MARCUS

Come spend a couple hours drumming with Marcus Fung. Bring your own drum if you have one; drums will also be available. Saturday, Nov 12 from 2pm-4pm. Meet at The Carrot (9351 118 Ave) and be prepared to go outside. A social art experience sponsored by the Avenue Initiative. RSVP: info@artsontheave.org.

AUTHOR VISIT - RICHARD VAN CAMP

Richard Van Camp, an internationally-renowned storyteller and bestselling author will talk about his new book, *Nighty Night: A Bedtime Song for Babies*, a lullaby that both babies and parents will enjoy. Friday, November 25 from 11am-12pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

NOTICES

JOIN US AT THE RCP AGM

The Rat Creek Press is in need of more board members. Annual General Meeting is Monday, November 7 at 7pm at The Carrot Coffeehouse (9351 118 Ave). Contact board@ratcreek.org

RCP EDITORIAL NIGHT

Join us in brainstorming and planning upcoming articles and features. Tuesday, November 15 at 7pm at The Carrot. More info: editor@ratcreek.org.

NICE NEIGHBOUR RECOGNITION

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for CRUD's Nice Neighbour Recognition Award and give some recognition to those that make our community great. Nominations are accepted via e-mail at info@crudemontion.org.

COPS AT THE CARROT

Join EPS members every Tuesday morning from 9:30 to 11 am for open and direct access to the EPS members working in your community. Bring your questions and comments or come in for a visit and coffee.

PROGRAMS/CLASSES

ADULT COMPUTER FUN LAB

Experience the more creative side of

technology. Use free software to create a short stop-motion film, write and share reviews of your favourite books, films and music, and check out some entertaining databases. Mondays, November 14 to 28th from 7pm-8:30pm at Sprucewood Library (11555 95 St). More info: 780-496-7099. Please note: Laptops will be provided for 9 participants, however if you have your own you are welcome to bring it.

ADULT GUITAR LESSONS

Bring your guitar, learn a few chords and meet some friends! Saturdays from 10am-11am at Parkdale Cromdale Community League (11335-85 Street). Free to Parkdale Cromdale league members. More info: Sebastian Barrera 780-477-1294.

COMMUNITY ARTS NIGHT

Free adult class for everyone whether first timers or accomplished artists. Tuesdays from 6:30 to 8:30pm at the Nina Haggerty Centre (9225 118 Ave). November - clay building. To register call 780-474-7611. More info: www.ninahaggertyart.ca.

NEEDLE FELTING WITH MIKE GERMANN

Learn the basics of felting. Materials supplied and tools will be on hand for those who don't have their own. Share ideas and techniques while chatting over a drink. The Second Saturday of the month at 1:30 pm at The Carrot (9351 118 Ave). More info: info@artsontheave.org or call 780-471-1580.

ENGLISH CONVERSATION CAFE

For those who need to practice their new found English language skills. Every Saturday 10-11:30am at Bethel Gospel Chapel (95 St & 117 Ave). Free child care provided.

SOCIAL ACTIVITIES

ALBERTA AVENUE CHOIR

Join your neighbourhood choir on Sundays 4pm at St. Faith's Church. Check out Garth Prince "Sand and Sea" featuring the choir on iTunes! Contact Garth 780-700-2847.

SONGWRITERS MEETING

Songwriters of all genres, from beginners to pros: Join us for discussions on songwriting, the craft and the business, song feedback and a chance to network

with fellow writers. NSAI (Nashville Songwriters Association International) Edmonton Regional Chapter Monthly Meeting at The Carrot on Monday, Nov. 14 at 7pm. For more information www.nashvillesongwriters.com. Contact Colleen Brown Keenleyside (Regional Chapter Coordinator) col_kside@hotmail.com or Ph 780-973-5311.

TEEN TABLETOP CLUB

Play board and card games, and listen to some tunes. Join the club to meet new people or to hang out with old friends. Sundays, Nov 13 & 27 from 2pm-4pm at Sprucewood Library (11555 95 St). More info: 780-496-7099.

BOOK TALKS BOOK CLUB

Share your love of reading. Come to this unique book club to talk about the book you are reading and listen to others talk about books they are reading. Wednesday, November 30 from 7:30-8:30 at Sprucewood Library (11555 95 St). More info: 780-496-7099.

FREE DOG TRAINING

Free workshops for puppies and dogs of any level. Each session will address common training requirements as well as the management of problem behaviours like barking, jumping up, pulling, and not coming when called. For more info or to book a 1-on-1 call Darlene at K9 Behave at 780-915-0213. Every Wednesday from 6:30-7:30 at the Parkdale Rink (11335 85 St).

MAKE MELODY

Are you a singer, songwriter musician who wants to perform and share your ideas? Join the Edmonton Melody Makers at the Carrot Saturday nights at 6pm. Contact Mj at mjn_mjn@hotmail.com for more information.

CRUD COMMUNITY DINNER CLUB

Discover new flavours and restaurants while you explore a variety of wonderful cuisine along Alberta Avenue with friends and neighbours. Check CRUD's calendar at www.crudemontion.org or Facebook for the time and location of this month's feast.

LI'L SPROUTS PLAYGROUP

Come by the Parkdale-Cromdale Hall (11335 85 St) with your little ones Fridays, 10am-12pm. Call the hall for more information. 780-471-4410 or parkdalecromdale.org.

FRIDAY NIGHT DROP-IN

Open-house, free coffee and snacks - games and conversation with friends. A safe place to hang out on a Friday night from 7-9pm at Salvation Army Crossroads Community Church (11661 95 St). More info: 780-474-4324.

PARKDALE-CROMDALE SENIORS GROUP

Seniors bingo takes place every Monday from 10am-2pm at the hall (11335 85 St). Coffee and snack provided.

SENIORS LUNCH

Wednesdays from 11:30am-12:45pm at the Crystal Kids Youth Centre (8715 118 Ave).

SPORTS/REC

CRUD WALKING GROUP

Join us for a nice stroll around the neighbourhood. Wednesday evenings at 6:30pm in front of the main doors of the Alberta Ave Community League (9210 118 Avenue). The group walks west to 95th Street, heads south towards Norwood School, then loops back and ends at the League. Walk is cancelled if it is raining or below -15 degrees.

FREE INDOOR PUBLIC SKATING

Free Public Skating is offered at City of Edmonton indoor arenas year-round. Staff will be on site during all Public Skating times. Skate Assists will be available for Public Skating. Helmets are not required, however highly recommended. Equipment not permitted during Public Skating includes the following: strollers, sleds, hockey sticks, pucks, and balls. Three types of Public Skating programs at our indoor arenas: Family Skate, Parents & Tots and Senior Skate. More info: Call 311 or go to edmonton.ca (search public skating).

COMMUNITY SWIM

Free swim for Alberta Avenue and Parkdale-Cromdale Community League members. Sundays from 12pm to 2pm at Eastglen Pool (11410 64 St).

CRUD DOG WALKING GROUP

Meet neighbours and their canine companions while walking around the community. Mondays evenings: 6:30pm in front of St. Alphonsus Church (11828-85 St). Walk is cancelled if raining or below -15 degrees.

We would like to thank the Norwood Neighbourhood Association for sponsoring the Community Calendar.

Church Services

Avenue Vineyard Church

A friendly, informal, non-judgmental and safe place to grow spiritually. Traditional Christian values in a non-traditional way.

8718 118 Ave (Crystal Kids building)

Sundays at 10:30 am
www.avenuevineyard.com

Bethel Gospel Chapel

A Bible-based, multi-ethnic fellowship

11461 95 St. 780.477.3341

Sunday meetings:

9:30 a.m. - Lord's Supper
11:00 a.m. - Family Bible Hour
Saturdays - Free English
Conversation Café for immigrants

St. Faith's Anglican Church St. Stephen the Martyr Anglican Church

Two Traditions - One Faith
St. Faith 780.477.5931
St. Stephen 780.422.3240
11725-93 Street, Edmonton, AB

Sunday Services

8:30 a.m. Low Mass (St. Stephen)
9:00 a.m. Morning Prayer (St. Stephen)
9:30 a.m. High Mass (St. Stephen)
11:00 a.m. Morning Worship (St. Faith's)
7:00 p.m. Evensong (St. Stephen)

St. Stephen uses the Book of Common Prayer in the rich worship style of Anglo-Catholicism. St. Faith worships according to the Book of Alternative Services and has a more contemporary service in language and form.

Advertise your church here for only \$120/year.
Contact ads@ratcreek.org

NNA NORWOOD NEIGHBOURHOOD ASSOCIATION

Norwood Neighbourhood Association (NNA) is accepting grant applications to support neighbourhood non-profit projects and events. The NNA vision is to support good projects and activities that benefit the neighbourhood.

The grant application form can be found on the Alberta Avenue Community League (AACL) website at albertaave.org/nna.html

Information required includes:

- Proposed Project Description (including commencement and completion, location, fit within a larger organization, etc)
- How will this project benefit the neighbourhood?
- Proposed Budget (NNA prefers that groups are finding matched or other funding so that NNA can spread its budget across more activities and groups)
- How will your organization report the project back to the neighbourhood?

There is also a requirement that successful grantees will supply volunteers for the next NNA casino in 2013.

Completed grant applications can be mailed or dropped to: 9210 118 Avenue, Edmonton, AB, T5G 0N2 or can be emailed to nna@albertaave.org

Application deadline is November 21st, 2011.

Little Gnome Secret: The term gnome is derived from the Latin "gnomus" meaning: a) earth-dweller b) short-person c) cute-goblin d) knowledge-seeker

Great photographs just one click away

REBECCA LIPPIATT

What makes any art great is passion for your subject. It doesn't matter if you love cars, horses, cracks in the sidewalk, nuts and bolts, or cuddly babies. Start there. If you pay attention, you can always tell when someone is truly connected to what they are photographing.

Sometimes, you can use photography to find out what you love. I've been photographing for fun for nearly 20 years, and as a job (which I love) for 5 years. The more I photograph, the more I learn about myself.

TIPS FOR TAKING GOOD PICTURES

Breathe: I learned this one from watching shoot-em-up movies. If you want to hit your target accurately, inhale when you're aiming, and slowly let your breath out as you squeeze the shutter. It will stop you from shaking, and keep you (and your subject) focused.

Understand the settings on your camera: It doesn't matter if you have a point and shoot or a

high-end camera. Learn your equipment and what it can (can't) do. I've seen award winning photographs that were taken with point and shoots. I've also seen some of the terrible photos that come out of professional cameras.

Understand your lighting: I recommend *Understanding Exposure* by Bryan Peterson. Everything you need to know about your camera settings (ISO, F-stop and aperture) and how they work together is covered in this book. He also discusses how to use lighting creatively to get the effect you want.

Knowing how to use your lighting is important; however, happy accidents often occur. I've seen great photographs where a guest's flash fired at a wedding and illuminated the photographer's picture in an unexpected way. Sometimes your exposure is completely off and you get a fantastic silhouette rather than portrait with details. That's ok. Learn from what you did, and try to recreate it, or avoid it in the future.

Understand composition: Often we try to centre everything in a photograph. If you study great art (not just photography) and learn how the viewer's eye is drawn around a piece, you can learn to frame your photographs more effectively when you are taking them.



Photo by Rebecca Lippiatt

Don't be afraid to fail: At one of the first weddings I shot with my mentor, my outdoor photographs were terrible and

grainy. I was rather upset and couldn't quite figure out what I did. I later realised that I had forgotten to change my ISO when I moved from indoors to outdoors. That is a mistake I have never made again. One of the best things about the digital age of cameras is you can learn so much quicker than you could with film. If you mess up, delete it and try again. I don't advise being the primary photographer at a wedding until you have learned this lesson though.

Respect yourself and your art: Whether you're a complete amateur or a professional with years of experience, it's important to remember that every picture is a work of art. It might not be the best art, or art that you will want to keep forever, but it's a piece of your learning process.

Have fun. Find inspiration in the world around you and capture it with your camera.

Rebecca's photos can be seen online at www.dragonflyphotography.ca

ATTENTION ALL SHUTTERBUGS

We want your photos!

The Rat Creek Press is encouraging residents to capture our community on film. We will award the best photograph \$20 each month.

All subject matter is welcome (hard news, slice-of-life, community events etc.). All ages are encouraged to enter the contest.

All photos must be received by the 15th of the month. All photographs will be considered for publication in our community newspaper.

Send by email to editor@ratcreek.org (attach photo-graph as a separate attachment) or mail hard copy to 9210-118 Avenue, Edmonton, AB, T5G-0N2.

Please include your full name, age, and neighbourhood you live in.

Dear friends and neighbours in Highlands-Norwood:



I am calling on the premier designate to reverse her plan to raise the \$40 per month cap for seniors in long-term care and privatize services. Seniors are already paying as much as \$1,200 per month for housing under the current cost cap. Alberta's seniors deserve to get the care they need without suffering financial ruin. Many are already living in poverty.

Please don't hesitate to contact me with your feedback on this issue and any other comments or concerns as your input makes an important contribution in the community.



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

www.brianmason.ca ph: 780.414.0682

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