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## Crime free multi-housing comes to the Ave

JESSICA KIMMERLY

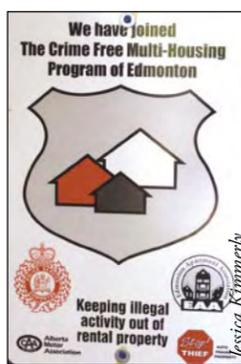
What does it take to feel safe at home? Homeowners can install security systems, upgrade their doors and windows or add lighting and fences around their property. But what if you live in an apartment building? Should tenants be vulnerable to their surroundings simply because they are renters, not owners? The Edmonton Apartment Association (EAA) and Edmonton Police Service (EPS) say “no”—people should feel safe and empowered as renters. And here’s how.

The Crime Free Multi-Housing Program of Edmonton is designed to “reduce calls for service to the buildings and create a safe environment,” says Constable Dale Brenneis, who facilitates the program.

The first phase of the crime free program is a two-day course for building owners and managers. “We have undercover drug detectives come in, and undercover gang guys to give the owners and managers an idea of what’s going on in Edmonton,” explains Brenneis. There are also presentations from the Fire Department, and even a bailiff who explains the process of how

to evict problem tenants. Once certified, the building staff must be re-certified for this course every three years.

Phase two is the most intensive, and could be the most costly. The building must pass a safety audit of nine components. Every door must have a deadbolt with a one-inch throw (that heavy bar that slides into the door frame), a strike plate



with three-inch screws, a 180 degree door viewer, adequate interior lighting (faces must be recognizable from 25 feet), visible exterior address, anti-lift and anti-slide devices on windows and doors, trimmed bushes and trees, exterior lighting and no graffiti.

While meeting these requirements may be expensive at first, it pays off in the long run. “To have the right tenants and keep everybody happy—how can you put a price tag on that?” says Brenneis. Plus, to have the same safety audit performed by a private industry can cost anywhere from \$10,000 to \$25,000. Signing up for the crime free multi-housing program means the EPS will do the

audit every year free of charge. But be sure to stay on top of maintenance, because a failed safety audit means the building loses its crime free status.

The last phase of the program is called the “safety social.” Basically, the building staff throws a party for the tenants every year or two. The social allows tenants to meet the beat officers in the area, and most importantly, other tenants. “You want to know who your neighbours are,” says Brenneis. “This is your home, you protect it.”

But all the responsibility does not fall on the building owners. The crime free program also requires tenants to sign an addendum to their lease. “It says you will live a crime free lifestyle . . . you will not be involved in drugs, gang activity, prostitution, violence, and if you are in violation of any of these things you are subject to 24-hour eviction,” explains Brenneis. The addendum also gives police permission to share information with the building manager regarding any criminal activity that does happen in the building. “Otherwise, without that addendum, there would be nothing because of FOIP [Freedom of Information and Protection Privacy Act].”

With all of these precautions and training in place, the building is well on its way to becoming crime free. Lynn Biggs, executive director of the Edmonton Apartment Association, says the program “has reduced the number of calls for service often by 50%, sometimes as high as 90%.” For these amazing statistics, the EAA received the 2007 Consumer Champion



**BUILDING OWNER BETTY PETRY (LEFT) AND MANAGER GAYLE PARD WITH HER DOG HARVEY IN FRONT OF MADISON PLACE, NOW RECOGNIZED AN OFFICIAL CRIME-FREE MULTI-HOUSING BUILDING**

Award of Merit. “It’s probably the best crime prevention program I’ve ever seen,” confirms Brenneis.

In our community, Madison Place (11836 – 89 St.) has stepped forward and is now a certified crime free building. “I took the program three years ago but I knew I couldn’t pass because of the windows,” says Betty Petry, building owner. “I had to do a bunch of hard-cost security things. I completely re-key the building every couple years. We had to do some landscaping—trimmed the spruce trees and put the fence in. It hasn’t been cheap.” But well worth it. Petry recommends the program to everyone.

Gayle Pard is the manager of Madison Place, which has

flowers and plants around its perimeter, all placed there by the tenants. “The tenants were pretty receptive. They feel closer to the police,” she says. Pard has noticed the community making positive strides with organizations like the Avenue Initiative and Arts on the Ave. She adds, “this crime-free program is being a part of all that.”

Representatives of The Crime Free Multi-Housing Program will be present at the trade show “Building Stronger Partners” at Northlands Agricom, Tuesday, Oct. 21 from 10 a.m. to 4 p.m. Please visit their booth if you are a building owner interested in joining the program, or call the Edmonton Apartment Association at 780-413-9773.



**SERVICE ALBERTA CONSUMER CHAMPION AWARD OF MERIT TO THE EDMONTON APARTMENT ASSOCIATION. BACK ROW: MINISTER LLOYD SNELGROVE, SEAN WOODS (EPS CIVILIAN COORDINATOR), LARRIE BODDY (EAA DIRECTOR), BEN SEUTTER (EAA PRESIDENT 2007) FRONT ROW: JOANNE BURNS, DIRECTOR, RESIDENTIAL TENANCIES, SERVICE ALBERTA, LYNN BIGGS (EXECUTIVE DIRECTOR EAA), WENDY MAH, AMA**

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## Call for nominations

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

## Next Rat Creek Press editorial meeting

Tuesday October 14 at 7pm  
at the Carrot Community Arts Coffeehouse.  
(9351 - 118 Ave.)  
Everyone welcome.

PHONE 780.479.6285

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**OUR MISSION**

The mission of the Rat Creek Press Association is to highlight community news, activities, and recreational opportunities as well as local residents and businesses to support the growth of a strong, vibrant, well-connected community.

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**EDITORIAL**  
WITH JESSICA KIMMERLY

# Ode to a garden menu

This is the season of harvest. We get to enjoy the fruits (and vegetables) of our backyard gardens. Or perhaps we get to enjoy the overflow of our generous neighbour's garden.

As this month's feature showcases the great gardens and beautiful backyards in our community this last summer, I decided to compose an "Ode" to those dedicated gardeners who worked diligently to grow and preserve their gardens.

Caveat: the writer is not responsible for any sudden feelings of hunger or dislike for poetry. And I don't do the "rhyming" thing.

They require plenty of water,  
And they demand much precious care;  
These plants have a clean, acidic scent.  
Mmmm, garden tomatoes taste delicious.

Twirly green sprouts,  
Small and darling little things;  
Their pods yield baby orbs of sweetness.  
Mmmm, garden peas taste delicious.

Tall and husky, yet elegant,

Skinny giants of the garden community;  
Their hidden treasure is a noble vegetable.  
Mmmm, garden corn tastes delicious.

They grow so large and cumbersome,  
Fleshy insides that can be cooked into anything;  
You know exactly what I'm talking about.  
Mmmm, garden zucchini tastes okay.

Underground moles growing silently,  
Until a cold, hard shovel unearths them;  
So much work for a starchy lump.  
But Mmmm, garden potatoes taste delicious.

Leafy, the deepest of green,  
Layers and layers of fresh layers;  
Don't ever let it wilt, because  
Mmmm, garden lettuce tastes delicious.

Finally, the brightest show of the yard  
Rock stars and divas among plants;  
Petal fans and bouquet adorers abound.  
Alas, I've never tasted garden flowers.

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# Sprucewood Library hosts a community celebration marking 50 years

JESSICA KIMMERLY

On September 5th, Sprucewood Library was spilling over with excited children doing scavenger hunts along with people of all ages enjoying barbeque, cake and music.

"We wanted the community to come out because they've been the ones supporting us," says Connie Hargreaves, manager of the Sprucewood branch. "Just to say, 'thanks so much.'"

The plan to attract community members was certainly a success. Hargreaves explains that they did very little to advertise the event. Instead, "people who normally walk by noticed us." It would be hard to miss this party, as the road beside the library was closed down and set up with tents and food. In addition to the food and cake, there was scavenger hunts for the children, door prizes and entertainment.

Barb Zavitz has been the assistant manager of Sprucewood Library for seven years. She says the biggest change she has noticed is the "number of kids coming in and using the computers." Linda Cook, CEO of Edmonton Public Libraries agrees

that Sprucewood is one of the busiest libraries in the city. Executive Director of Public Services, Pilar Martinez, also attended the event, saying Sprucewood is "a community meeting place."

After 50 years in one location, Sprucewood is seeing its next generation of community members. "I've noticed adults coming in and saying they grew up here, and are bringing their kids now," says Zavitz. Sprucewood is working on expanding their outreach programming for the specific needs of the community, which Zavitz says is increasing in families with English as a second language.

Sprucewood Library is a great resource to the area, and it is encouraging to see librarians recognizing the faces of children and teenagers who frequent the library. Happy anniversary, Sprucewood! We look forward to what the future will bring.



BARB ZAVITZ (RIGHT) SERVING A HOT DOG TO CONNIE HARGREAVES AT SPRUCEWOOD LIBRARY'S 50TH ANNIVERSARY CELEBRATION



CHRIS WYNTERS (LEFT) AND SCOTT PETERS PROVIDE LIVE ENTERTAINMENT AT SPRUCEWOOD LIBRARY

## ETS celebrates 100 years

MICHELLE EARL

On Friday, September 13, ETS celebrated 100 years of getting you, the public, to and from your destination. The celebrations lasted all week with displays of old busses, information booths, open houses at various garages and trolley rides.

I attended some of the festivities on Saturday. There were street performers roaming the square, such as an accordionist. And in the distance, I heard percussion. From Fort Edmonton Park, there was an old motorbike, which the operator kindly started for us. An old taxi was there along with three police cars, one of which was a wagon from the police museum. It was listed as a 1957 4X4.

We saw some older buses made by the Brill Car and Foundry Company and got to explore its insides. George and I sat on the seats and marveled at how comfortable they were compared to the seats today. The colors back then weren't the blue and white you see today—they were orange-red and cream. On display was also their first 1908 streetcar, which was recently restored.

Stationary displays weren't the only thing going on Saturday. They had free historical tours on a diesel bus leaving from city Hall, as well as tours on the trolleys.

Some people may groan about the trolleys being showcased in the anniversary celebrations, but really, they have been part of our history since very early on. We rode on the last Brill manufactured by the Canadian Car and Foundry factory in Fort William, which is now known as Thunder Bay.<sup>1</sup> We rode Brill 202 around the Highlands area and learned a lot about the history of that area and downtown.

ETS began services on October 30, 1908 with a streetcar service that ran until September 1951. The trolleys started in September 1939. This year marks one hundred years not only of transit here in Edmonton, but one hundred years of electric transit here in the central area of Edmonton.<sup>1</sup> This service will end soon due to a seven to six vote to scrap the trolley system.<sup>2</sup> This will mean a loss of history, not to mention what some argue is a viable way of keeping the air cleaner. For more information go to <http://www.trolleycoalition.org/>

Much has happened in Edmonton during the past one hundred years, and hopefully we can make the next one hundred count for our city.

<sup>1</sup> Doug Cowen – Commentary 2008

<sup>2</sup> Edmonton Trolley Coalition Website. <http://www.trolleycoalition.org/>



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## On the Avenue Family Share Fair: Your Connection to the Community

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Location: Eastwood School 12023 – 81 Street

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See you there!

Event Sponsors: Stronger Eastwood Families and Area Network & City Centre Education Partnership



## What's happening in Spruce Avenue Community

### SPECIAL NOTICE

Annual General Meeting of the Spruce Avenue Community League

10204 - 115 avenue

Monday, October 20, 2008 7:00 pm

### MEMBERSHIPS

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

- Access to programs, including sports programs offered by Spruce Avenue Community League and other leagues.
- A voice on community issues and future planning.
- Access to community rinks.
- Access to free swimming at the MacEwan Centre for Sports & Wellness on Sundays from 2:00 pm to 5:00 pm.
- Discounts on hall rentals at Spruce Avenue Hall.

### Memberships are

Family – \$15.00 Single – \$ 7.00 Senior – \$ 7.00 or No charge with volunteer hours.

Call Verna @ 780-479-8019

Meetings: Second Monday of the month at 7pm

Hall address: 10240 115 Avenue Hall phone: 471-1932

League boundaries: 97 St to 106 St from 111 Ave to 118 Ave

## Redesign your home for sale or just for living in

**The Rustic Door**  
**Laurie Robinson Tod**  
**780 264-4156**  
**e-mail: therusticdoor@shaw.ca**

Have you ever wished for a house fairy? Someone who would come in and organize and tidy your place? Good news, one lives right in the neighbourhood, and she's open for business.

Laurie Tod is a home stager, redesigner and organizer – obviously a woman who not only wears many hats, but knows where to put them afterwards as well. The organizing she has been doing for a while, the home staging and redesign is something new.

"I love organizing, and really the home staging just evolved from that," says Laurie. "It's been around in the States for a while, but it is relatively new in Canada."

Home staging is basically the art of neutralizing your house so that it will look better for sale – and sell faster too; stats from

the 2006 Maritz Research Poll show that staged homes can sell up to 50% faster – a huge incentive especially in today's market.

"The keys to selling your house are depersonalizing and neutralizing the space so that the assets of the rooms can be highlighted," says Laurie. Many experts agree that most people make up their minds within minutes of viewing a house. First impressions count.

"When you declutter and depersonalize a house, potential buyers are able to see themselves living there, rather than the owner," says Laurie. "It's hard to do it yourself though," she adds.

Which is where Laurie comes in. The first consultation with the home owner can last up to one and a half hours. She will look through the house and take photos, then within 24 hours will give the owner her list of recommendations – what needs to be changed, what needs to be moved and an estimate of cost.

After that Laurie will work

with the owner to pack up belongs, declutter the house and move furniture around. The packed up things can be placed neatly in a basement or even in a friend's garage for the duration of the house's time on the market. And of course, it goes without saying that things have to stay neat.

"The people still have to live in the house which makes it hard. But it is so important that beds are made and dishes are done when showing your home," says Laurie. The hope is though that the extra tidy state won't have to last nearly as long.

Laurie also offers redesign and home organization skills. Even if you are not selling your home, sometimes it can be difficult to arrange your home to its best advantage. She is happy to help get that office under control or to design a room to be more elegant and efficient.

Ahhh, I like fairies, don't you? Call this one today to book your consultation.

## Closed for business

After 15 years as a fixture on the Avenue, Dean of Dean's Furniture (corner of 118 Ave and 94 St) has closed his doors for the last time. A farewell morning was arranged for him at The Carrot across the street where he would go most mornings for his cup of joe.

Dean is not exactly retiring though, at present he is renovating his house and plans to go back to work in the future in a different industry. He is also thinking about taking a long

deserved vacation on a cruise ship. Bon voyage Dean.

The store has been sold to a new owner who is very excited to be part of the Avenue community, and proved it by donating the use of the facility to the Kaleido Family Arts Festival that happened at the end of September. Plans are in the works for the next phase in this store's life, so keep your eyes peeled.

Bisharo's Donair (8903 118 Ave) is also closed for business.

## Want to get involved in your community?

**Join the Eastwood Community League, Become a Board Member**

**Eastwood Community League Annual General Meeting Elections for Board Officers**

**October 22, 2008, Wednesday 7:00 pm**

**Eastwood Community Hall (11803 86 St)**

Before...



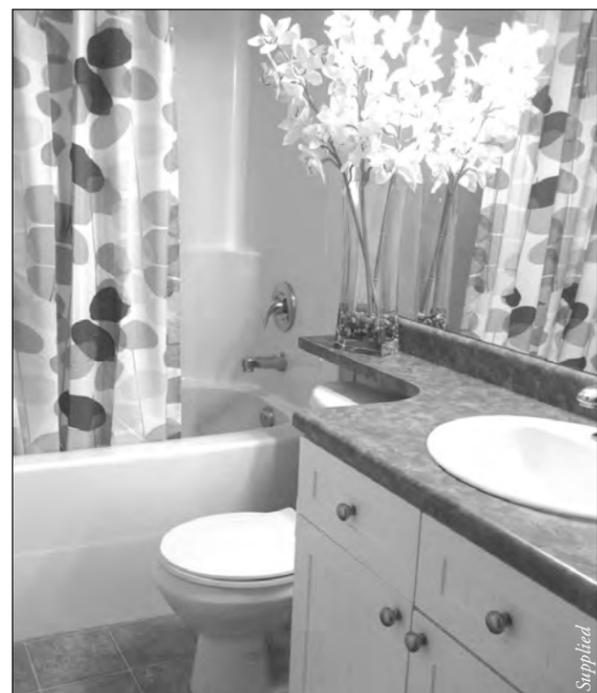
After...



Before...



After...



### Laurie's Top 5 Tips for Home Staging

Clean your front entranceway and yard – curb appeal is oh so important

Odour control is essential – extra cleaning and remove pets from house if possible

Declutter and neutralize – clear spaces and open rooms

Depersonalize – pack away your belongs, and the bonus is when you're ready to move you're already packed!

Tidy, tidy – make beds, do dishes, wipe away spills and toothpaste!

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# Book buying binge for back-to-school

JAN BUTERMAN

While students throughout Edmonton spend their first morning of school getting acquainted with their teachers and classrooms, Parkdale School students spent the same morning shopping for library books at the West Edmonton Mall location of Chapters.

These student shoppers have been hitting the schoolbooks for three weeks already. "For us, this is a really exciting day today because it's the first day of school for the rest of the world, for us we've already completed three weeks of school," says Marlene Hanson, Parkdale's principal. "But it's really a day about generosity. It's about Indigo being generous to us and believing in our kids and its about our students being able to pick out books to donate to our school library."

The elementary-junior high school had applied for the \$62,000 Love of Reading Foundation grant twice before, successfully winning the grant on their third try. The application included a proposal from the school's teacher-librarian, letters from students, and even a video about what they wanted their library to include.

WEM Chapters general manager Liza Robinson is enthusiastic. "We're so thrilled for these schools. We were fortunate enough that they chose us to be their Love of Reading host store. We were very excited about that." Robinson says her location has monthly fundraising events for the Foundation. "Our customers are wonderful. All the cash donations go directly into the Love of Reading Foundation." The store is also involved in the annual Gift of Reading campaign, which gives books to many city students at Christmas time, including Parkdale.

Students spend nearly an hour combing the shelves for their favourite authors and genres. For many, it was their first trip to a bookstore.

Seth Leske, four, attends kindergarten. He is excited to see a book about one of his favourite stories, Charlotte's Web. "I like Charlotte," he says. His teacher,

Donna Grason, says student picks include touch-and-feel books, interactive books and books related to themes, such as dinosaurs or health. They also get to choose books with some of their favourite characters, such as Dora the Explorer.

Sara Fontaine, grade eight, enjoys manga, a style of graphic novel originating in Japan. She says her favourites are stories of good battling evil. She thinks other people should read them "because they're good mysteries and make you want to read more." Clyde McCormick, grade

Sajil Ali, grade seven. His choices include some mystery stories and a popular book for younger students.

Cheyenne Rae, grade five, grabs books from a couple popular series. "I'm looking at Camp Rock and Hannah Montana," she says. "I like reading cool books. I think Hannah Montana is cool because she's funny. She makes jokes and has a lot of fun with her friends."

Brendon Smith, a customer browsing travel books during the shopping spree, thinks the event is a good idea. "I think



GRADE EIGHT PARKDALE SCHOOL STUDENTS SARA FONTAINE AND JENNY SCRIVER CHECK OUT A MANGA NOVEL AT CHAPTERS, WEST EDMONTON MALL, DURING A SCHOOLWIDE FIELD TRIP

six, also loves manga because of the action. He explains that some series such as Full Metal Alchemist have a lot of good books.

Grade seven students Chase Seegarts and Blaine Forscutt enjoy adventure stories. The best part is "the action, things blowing up," says Forscutt. "I like mysteries because they keep you going to find out what it is," says

it's cool. They're not making too much noise, they're having fun." Smith says books are great for kids because "there's a lot of new ideas, and new things." He suggests that some kids could go through a phase where going to the library isn't cool, but feels that bookstores bridge that gap. "If you can start out [loving books] at a young age, I'm sure it will come back to you."

# Test your trivia knowledge at the Carrot's quiz night

JESSICA KIMMERLY

What is a fox's tail known as? (Answer: a "brush.") How about, what is traditionally easily available in Reno? (Answer: divorce.) You don't have to know the correct response, but if you like to rack your brain for that word on the tip of your tongue, or if you enjoy making up answers, the "British Pub Quiz" night at the Carrot Arts Coffeehouse (9351-118 Ave.) is for you.

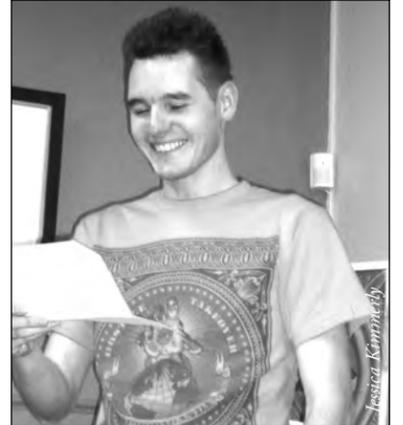
Angel Featherstone, resident of Alberta Avenue, came up with the idea after a few months of volunteering at the Carrot. He heard the "Babes in Arms" parenting group talking about small sparks grants from the Avenue Initiative, and he decided to apply for one. It was granted, and now Featherstone runs a quiz night modeled after the games played in British pubs on weeknights.

"[Quiz night] is done everywhere—from cities to rural towns," says Featherstone, who grew up in Scotland and England. The pubs in England run a night of trivia games in order to bring in more revenue during the week. Each table forms a team that writes down a single set of answers. After every

10 questions, there is a short break for people to refresh their drinks and visit.

Featherstone writes most of the trivia questions himself. "I just store useless facts," he says. "My Uncle used to be a quizmaster and he'd get me to write the movie questions."

"Movies" is the theme of



ANGEL FEATHERSTONE IS THE QUIZMASTER AT THE CARROT ARTS COFFEEHOUSE'S "BRITISH PUB QUIZ." NEXT QUIZ DAYS ARE OCT. 1 AND OCT. 15

the quiz night on Wednesday, October first. But if you missed that one, there is another on Oct. 15. Everyone is welcome to come form or join a team. And if you don't remember the name of the person who designs a knight's coat of arms, you will know it by the end of the night!

## EDMONTON

# Curious...

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### UPCOMING CLASSES

- Course 1 Land Use Planning: The Big Picture ..... (3 hrs. - \$25.00)
- Course 2 Getting a Grip on Land Use Planning.....(6hrs. - \$35.00)
- Course 3 Come Plan with Us: Using Your Voice.....(6hrs - \$35.00)
- Transportation Elective .....(6hrs - \$35.00)
- Urban Design Elective .....(6hrs - \$35.00)

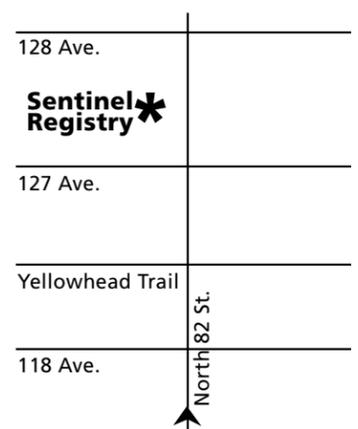
Pre-registration is required. To find out more about this or other Planning Academy classes, or to register visit [www.edmonton.ca/planningacademy](http://www.edmonton.ca/planningacademy), or call 496-7946.

THE CITY OF EDMONTON PLANNING AND DEVELOPMENT



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# Local artist and contest judge paints pictures of winning gardens

JESSICA KIMMERLY

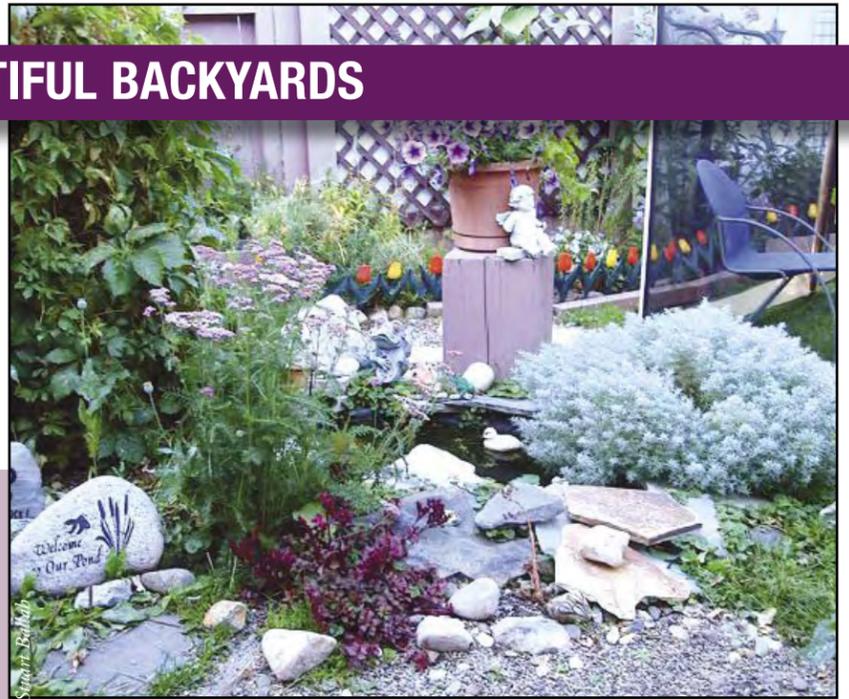
Stuart Ballah—local artist and gardener—decided to take his role as an Alberta Avenue Communities in Bloom judge to the next creative level. In addition to the prestige of having the brightest and best gardens in the neighbourhood, winners of the contest also received a masterfully painted picture of their garden.

This was Ballah's first year judging for Communities in Bloom. He explains that the contest starts with "nominations from the general public of [gardens] that looked nice and caught their eye." Ritchie Velthuis and Craig Stumpf-

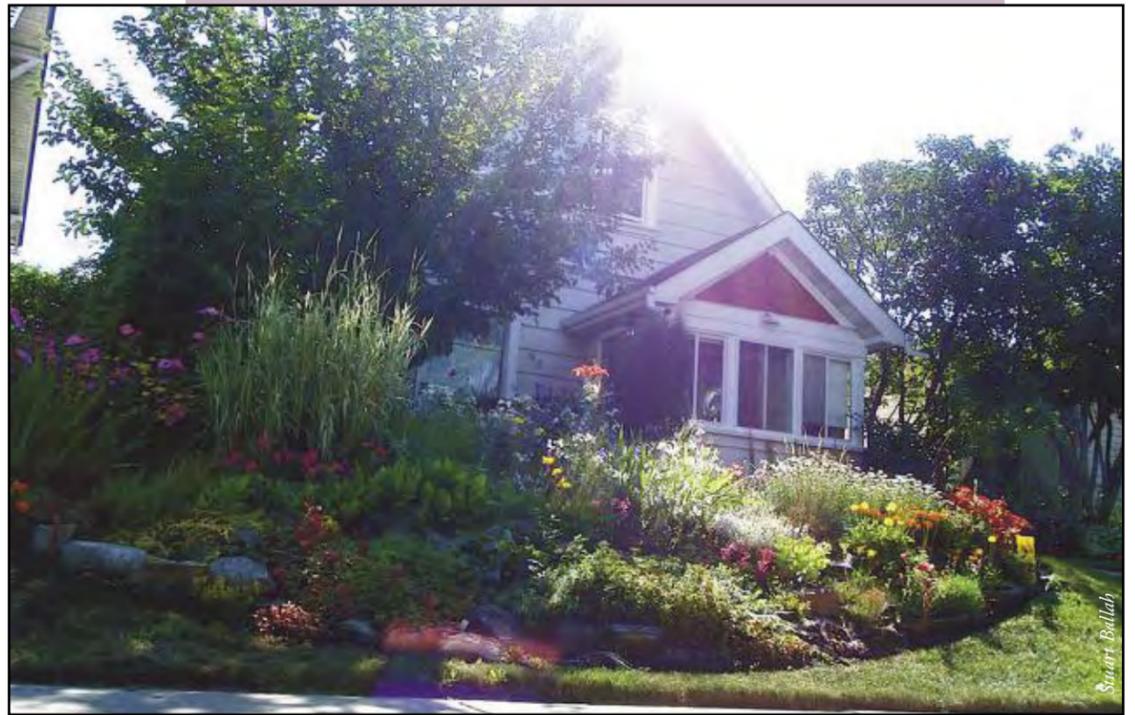
Allen helped judge the front yards, and Ballah judged the back yards and gardens.

Congratulations to the winners of the Alberta Avenue Communities in Bloom competition: best front yard, 11546 – 97 St., best garden, 8708 – 116 Ave. and best back yard, 11518 – 101 St. Thanks for lighting up our community with beauty and colour!

For those who aspire to be gardeners, there are more benefits than just winning painting of your yard in contests. "It gets me out of the house in the summer, and it's a wonderful way to meet neighbours too," says Ballah. So be ready to hit the dirt next spring!



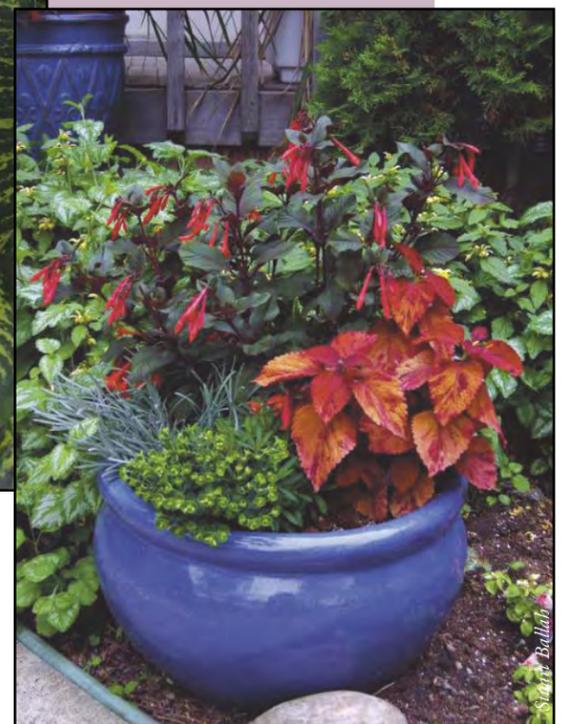
A water feature on 93 St. There are many water features in our neighbourhood.



A front yard on 95A St.



Stuart Ballah combined his expertise in art and gardening as a judge for the 2008 Alberta Avenue Communities in Bloom competition

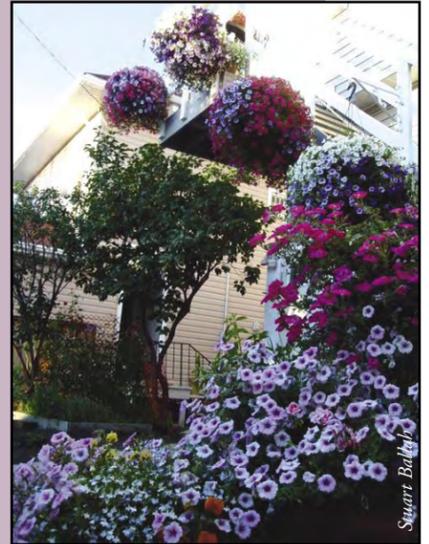


A planter on 95A St.

# GREAT GARDENS AND BEAUTIFUL BACKYARDS



**The winner of our front yards in bloom competition. 11546 97 St.**



**Who says gardens have to be in the ground? This one on 94 St. Is like a stairway to heaven**



**Back yard winner on 11518-101 St.**



**Front view of back yard winner**



**Winner of the best garden. 8708-116 Ave.**





**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## A Tax Grab By Another Name

Hold on to your wallet, because Liberal leader Stephane Dion wants to reach in and take some of your hard earned cash with his so-called "Green Shift" carbon tax, which is more or less a tax on everything.

I would have expected Mr. Dion, a former environment minister, to come up with a better environmental policy than just adding to the tax burdens of Canadian voters.

Mr. Dion has been travelling the country, promising more money to various special interest groups. That money will have to come from somewhere. It looks to me like the "Green Shift" is just a new way for the Liberals to tax and spend.

The last thing Canadians need or want is more taxes. As a former Cabinet Minister you would think Mr. Dion would understand that.

The Conservative environment plan takes into account the needs of our planet and the needs of Canadians. Prime Minister Stephen Harper has been taking a leadership role at home, in the Commonwealth and at the G-8 to deal with the greenhouse gas emissions issue.

Canada's position on global action on climate change has been clear. Any agreement on fighting climate change must include targets for everyone, especially the big emitters like China, India and the United States.

We want an agreement that includes all countries, especially the major emitters, because everyone must do their part to reduce greenhouse gases. Our Government will continue to take real action and deliver real results.

When Stephane Dion was environment minister, green-house gas emissions in Canada rose 33% above our Kyoto Accord targets. I think he's very good at talking about the environment – but it is a Conservative government you can count on to get things done and protect our environment for future generations.

What do you think?

**780-478-6565** Authorized by Official Agent



## Resident Profile

WITH HARVEY VOOGD

Carla Meyer is an Eastwood resident who is committed to making the world a greener place.

She spends about 15 hours a month as an event representative for Bullfrog Power, a leading Canadian provider of 100% green, carbon-free electricity. Meyer worked at the Edmonton Symphony Orchestra's recent Symphony under the Sky concerts, which were lit up by electricity generated by wind power from Bullfrog.

"I like the job," says Meyer, "because I get to chat with people and it makes me feel good about helping the earth."

In her other job, Meyer works 24 hours a week as the Volunteer Coordinator for the Edmonton Naturalization Group (ENG). "I help coordinate projects, recruit volunteers, maintain the [www.eng.fanweb.ca](http://www.eng.fanweb.ca) website and go to events to promote ENG."

Meyer started working for ENG last February. "I really wanted to drive a garbage truck but the City didn't hire me," said Carla. "I was surprised because I am an excellent driver. I can parallel park a 72-seat bus. My parents own a school bus company and I still help them as a relief driver when someone is sick or needs time off."

After being rejected by the City, Carla saw the ENG position advertised. ENG is an informal group of volunteers who enjoy growing and gardening with native plants, in support of local biodiversity.

"Native plants are those that were here before European settlement," says Meyer. "It is important to preserve these plants as they are used to the climate and are important to local bugs and animals. They are well adapted to our environment and don't need extra water, etc."

Unfortunately, many native plants are getting out-competed by introduced noxious weeds

## Blowing, promoting, growing and living green

and non-native plants. ENG has several projects throughout Edmonton to counter this loss. At the City's Old Man Creek nursery they have over 150 different native plants growing. These plants have been grown from harvested seeds or rescued from areas that are being developed.

Another project is the reclamation of Shooting Star Hill, which is near the Whitemud Equine centre. According to Meyer, this hill used to be known as Caragana Hill. "For seven years, volunteers have been eliminating the non-native Caragana to create space for the native Shooting Star."

"This pink plant has petals that go backward as if it is a shooting star. It is a pretty and

Environmental Excellence in the community group category.

Carla Meyer's love for the earth extends beyond her jobs. This spring, she graduated from the City's Master Composter/Recycler Program. "I heard about this 35-hour training program on the radio," said Carla, "but three relatives also called to say I should take this course. I liked finding out for sure how composting and recycling work, as well as having my facts straight."

Meyer has put her training to good work as a volunteer every Thursday morning at the City Farm in northeast Edmonton. "It is a place where kids and adults who don't have access to country living can experience chickens, garden plots and other farm experiences. I compost for them."

When not working or volunteering, Carla is pursuing her newfound love of gardening. "I grew up mostly in Stony Plain where my mother is a huge gardener," says Meyer. "Growing up I was forced to garden, but this year I've been bitten by the garden bug."

"Last Christmas, my parents gave me \$100 to buy seeds from a catalogue. I had a great time spending the winter planning my garden. I started everything from seed. It was fun to see it all sprout out of the black earth and then become a vegetable jungle."

Most of the vegetables are being frozen. But Carla has also made pickled beets, cucumber lemon balm marmalade, zucchini rosemary pickles, dill beans and a chokecherry cordial.

And of course, Meyer has a native plant garden. "I have asters, fleabane, common tall sunflowers, three flowered avens, violets and gaillardia." After all, Carla Meyer is committed to living out the Edmonton Naturalization Group's slogan, "Grow Wild with Us!"



**EASTWOOD RESIDENT CARLA MEYER WITH THE ALBERTA EMERALD FOUNDATION AWARD FOR ENVIRONMENTAL EXCELLENCE IN THE COMMUNITY GROUP CATEGORY**

delicate plant that is part of a rare ecosystem created by saline seepage springs . . . Unfortunately the Shooting Star is under threat from the Caragana which was introduced to the prairies as an ideal wind row plant because of its fast growth and need for little water."

ENG's outstanding work since 1997 was recognized this year by the Alberta Emerald Foundation with an award for

**Check out our revamped website!**  
[www.ratcreek.org](http://www.ratcreek.org)

## NET: Neighbourhood Empowerment Team

WITH CST. SHANE BRENNAN & CONNIE MARCINIUK

The Neighbourhood Empowerment Team has been working in the communities surrounding 118 Ave. for about six months. Our daily activities include proactive community patrols, subject stops, developing partnerships with community agencies and liaising with various service providers. We have focused on about 10 different target addresses, which were identified as hotspots by EPS intelligence. These range from apartment buildings and drug houses to families in need of a bit of extra support and a property crime awareness campaign. Here is a brief highlight of a few of our successes:

- Apartment managers have gotten on board with our Apartment Safe program and are committed to making their buildings safer places to live. At one of the apartments we supported the eviction of 13 of 18 units that were causing the build-

## Six months in the life of NET

ing to be an unsafe place.

- During our property crime awareness campaign we were pleased to see the number of individuals who take responsible steps towards protecting their property and keeping all valuables out of sight in their vehicles.

- Many of the families that we have encountered are struggling with day to day challenges; food security, addictions, housing, mental health issues, and disabilities. We have connected these individuals to services which will help them resolve these issues and will improve their quality of life.

- There are many wonderful social agencies in the community. We have developed some great relationships with these service providers and look forward to working with them more closely in the future to enhance services to individuals, youth and families.

- Numerous persons of

interest have been identified within our various target locations with the cooperation of tenants, managers, and owners. As a result of these relationships we have laid 34 charges, 87 outstanding warrants executed, and 57 summonses issued.

Over the coming months we will continue to concentrate our efforts on specific target locations and will work towards sustainable resolutions as well as work with community agencies to enhance services to individuals and families in the community. We are also developing a community spirit campaign which we hope will capture the spirit of this great community as a wonderful place to live, work and play.

*Constable Shane Brennan #2470  
Community Capacity Builder  
Connie Marciniuk  
Eastwood Community Station  
11845 81 ST  
780 944-8402*

## Call Me 1st



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Call Roxanne Litwyn  
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Your neighbourhood Realtor  
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## FREE MARKET EVALUATION

List of homes for sale  
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[www.roxannehomes.com](http://www.roxannehomes.com)

Not intended to solicit properties already listed for sale.



**volunteer  
of the month**  
WITH GORDON VICKRUCK

We arranged our meeting before the official hours of the Carrot so the café is quiet and serene. Across one of the round oak tables sits a 60ish, attractive, soft-faced gentleman, Glen McLean by name, with long flowing grey hair, and the most heart warming and welcoming smile.

"That smile," I ask, "Do you get that from volunteering at the Carrot?" Here is his opportunity to give the establishment a big plug.

"Well, not really, although it probably doesn't hurt."

O.K. Blew that lead. But I am committed to finding the secret to this beaming countenance. I want one! "Let me guess.

You do other things than volunteer at the Carrot." I propose.

"Yes, I run a handyman/carpenter business, which keeps me quite busy." I still think we're missing the mark. "And I take tours to Tibet."

Whoah! Now we're getting somewhere! I run with it. "Let me hazard a guess. Tibetans, do they smile a lot?" I ask.

"They have the most beautiful smiles in the world. You can pick them out in a crowd anywhere. They welcome you with

the most, open sincere joyous greeting you could imagine." Immediately McLean is off on another guided tour, with me in tow as his non-paying traveling companion, except for the three dollars I shelled out for my café-late.

It would be hard to derail McLean at this point, but then I don't care to. To the land of smiles! "They are the most innocent and pure hearted souls imaginable and it seems to radiate through their entire being. It is quite shocking and deeply moving. It seems that they couldn't possible conceive of any malice or ill-will."

"And you find these people – in Asia somewhere?" I am stretching back to my grade eight geography but everything is coming up fuzzy.

"Right in the heart of the Himalayas. But there is even a community of about three hundred in Calgary, and a few solitary souls in Edmonton."

"Why Alberta?" I ask with a combination frown/ sneer, meaning "why Calgary and not Edmonton?"

"Well, they come as political refugees of course. Alberta is quite similar in climate and topography to Tibet. Tibet is much closer to the equator but its elevation is so much higher that it has seasons similar to ours. The landscape is also mostly arid, like southern Alberta. And then of course there are the mountains."

"Of course, the mountains. Pretty big ones, I am told."

"The starting elevation for our tour is about 12,000 feet, so the height of Mount Robson. And it just goes up from there. At the end of the trek we camp out at a 1,000 year old monastery at 17,000' elevation. Most people get elevation sickness at some point along the way. Tibet is the highest inhabited landscape in the world. From some points you can look down on the rest of world, China to the East, Mongolia and Russia to the North, India and Nepal to the South."

"Is your fascination with Tibet a recent thing?"

"I made my first contact in the late sixties when I went to Nepal to study with a Lama—part of my world-touring phase. I got hooked and have ever since then kept in touch with the Tibetan people and their struggle for independence." From there we sink deeper into the dynamics of Chinese occupation and how the Tibetan people bear up under Communist repression until I finally surface for air.

"Wait a minute! I just came to ask you about volunteering at the Carrot."

"Sorry," Glen apologizes, "I get carried away. Yes, volunteering at the Carrot is wonderful too."

"And the smiles are free?" "Yes."

And we part company, both smiling.

Anyone wishing to get in touch with Glen may contact him at 780-474-4413 or email tibetl@shaw.ca.



**BACKYARD BISTRO**  
WITH SHAWN BAERT

## Turkey pot pie turns leftovers into a delicious dish

This is a delicious and simple way of using up the leftovers of holiday meals that are sure to

be cluttering our fridges soon. With Thanksgiving coming our way I opted for turkey in this recipe, but feel free to improvise with any

leftover meats and adjust your spices accordingly. Leftover potatoes, veggies and gravies may be used in place of the fresh, frozen or canned version listed in this recipe, just leave out the precooking step and (in the case of gravy) leave out the flour in the filling.

### Filling

2 cups potatoes, quartered  
2 cups frozen vegetables (peas and carrots)  
1 tbsb butter  
2 cups sliced mushrooms  
1 cup chopped onion  
1 can condensed cream of mushroom soup  
2 tbsb flour  
1 tsp thyme  
1 tsp dry mustard  
1 tsp oregano  
4 cups cooked turkey

Cook potatoes and frozen vegetables in boiling water just until tender, about 15 minutes.

Drain, reserving 3/4 cup liquid for the sauce. Meanwhile, heat the butter in a pan over

medium heat, sauté mushrooms and onions just until tender. Combine soup, flour, thyme, mustard, oregano and reserved liquid, stirring

until smooth. Stir in turkey, mushrooms mixture, potatoes, and vegetables. Pour into casserole dish.

### Crust

2 cups flour  
1/2 tsp salt  
4 tsp baking powder  
1/2 cup shortening  
2/3 cup milk

Mix flour, salt and baking powder. Cut in shortening until mixture looks like a coarse meal. Add all the milk at once and stir just until dough balls around the fork then turn out on lightly floured counter and gently knead.

Roll out biscuit dough to fit top of dish, place over filling, trim edges and cut slit in center to allow steam to escape.

Bake at 400 degrees Fahrenheit for 20 to 30 minutes or until the crust is golden and filling is hot.



Shawn Baert



GLEN MCLEAN VOLUNTEERS AT THE CARROT AND RUNS GUIDED TOURS IN TIBET

# avenue initiative revitalization

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



For information call  
**Judy Allan 496-1913**



## Block Captain Training

**Be a part of keeping your neighbourhood safe!**

The role of a Block Captain is establish and friendly network of neighbours who watch out for one another and to report problem's occurring on their block. This has proven to one of the most effective ways to create a safe neighbourhood. We hope to have a Block Captain on each block.

**Thursday October 30th 7 - 9pm**

Call 496-1913 to register.

### Think About Joining a Working Group!

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

#### 1) Streetscape-- 1st Tuesday of the month

Working on details of the streetscape.

#### 2) Development and Revitalization-- 1st Wednesday of the month

Responsible for planning and zoning issues.

#### 3) Beautification & Cleanliness-- 2nd Wednesday of the month

Works on special events, community clean ups and beautification projects.

#### 4) Safe Streets-- 3rd Tuesday of the month

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

## The hits and misses of gardening year 2008

Well, dear reader, as much as The Gardening Diva might wish to pretend it isn't so, fall is here. There was frost on the garden-mobile, the vegetable garden is looking decidedly past its prime, and the containers are ready to haul into the garage. It is a sad time of year, when memories of this year's garden come to the front, along with a plethora of tomatoes.

Accordingly, TGD brings you the hits and misses of this year.

### The Hits

#### The Weather

As much as we all hated the snow in late spring, it did bring a marvelous amount of moisture to our gardens. Indeed, there was very little watering required until the end of July. The string of really hot days in August did marvelous things for TGD's squash, and her spaghetti squash vine is absolutely loaded.

#### The Produce

The zucchini was, as always, abundant, and the lettuce seemed to last a bit longer than usual before it bolted. Our long cool spring was wonderful for the spinach. Alas, one of the non-gardening dogs ate the entire yellow zucchini plant, just as it was starting to produce fruit, leaves, roots and all. TGD planted a new variety of tomatoes from Vesseys, called Applause, and truly,

TGD feels like she should stand in front of the bush and applaud. They are large and red and firm, and wonderful to eat, sprinkled with a bit of kosher salt.

#### The Flowers

After three years of diligent weeding, TGD was pleased to note that she has finally made a dent in the weeds, and the flowerbeds are starting to take off. The shade garden was simply splendid, and the new, full sun bed looked delightful. The sweet peas reached enormous heights, and reminded TGD of why gardening is such an amazing thing.

#### The Misses

##### Roma Tomatoes

If the Applause tomatoes were worthy of the name, the Romas were paltry. While there are many, they are wee things, and TGD is sure she will have to ration her spaghetti sauce this year. Unfortunately, she also missed a period of watering, and is afflicted with blossom end rot. A reminder dear reader, it is essential that you consistently water your tomatoes. Be sure that your sins will find you out, if you do not.

##### Canar

TGD and the non-gardening husband moved to pea gravel in the front yard, and ordered a good-sized volume from

Canar. TGD has used Canar for many years, and she must confess that she was extremely disappointed with the service. The order was 24 hours late in delivery, and did not include the entire order.

#### The Bugs

That vicious little bug again ate the columbine, and this year it moved on to the delphiniums as well, requiring TGD to actually treat the nasty little worm. Aphids attacked my rose bush out front, to an unprecedented degree, requiring numerous treatments of dish soap.

#### The Dry Fall

It has been an extremely dry fall. Please don't forget to continue to water your plants until that first snow. And, as mentioned in last month's column, please give the city trees some water as well, to preserve the magnificent trees that line our streets.

And with this, TGD must bid you adieu for the season. Wishing you happy dreaming of a spring and summer garden.

*TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. She believes that everyone should have a garden, and that store tomatoes are not fit to eat.*



dog talk  
WITH DARLENE TAYLOR  
OWNER OF K9 BEHAVE

## Doggie first steps

Along the streets and in the parks I notice all the puppies—they are cute little fluffs awkwardly toddling their way. I'm receiving many calls now, not only from the new puppy owners but many who have rescued or adopted an adult dog. Many of the questions are the same and I thought I would share some answers.

Training for a new dog should include the basics such as sit, down, come, leave it (don't touch that object it could kill you), manners such as where to potty, sleep, and the rules of the home. Training should start the day they come home regardless of age. Expose the puppy to as many noises (start off very low and distant and gradually increase (do not startle), textures (carpet, concrete, glass, grates (let the puppy explore these

new surfaces at their own pace), sights (floppy hats, masks, men, women, children), situations (crating, leashes, collars, harnesses, being handled, and anything else you can think of). Puppies then grow up as confident, well-mannered dogs that have not learned common bad behaviors.

Check with your veterinarian about where and what you can expose your dog to. You may find it best to keep puppy protected in an owner controlled environment like home. Puppies can catch deadly illnesses simply by sniffing where another dog has been. These youngsters may be subject to a painful old age if they are taken for walks that are too long or on hard concrete and pavement, giving way for arthritis or other damage to their soft developing bones.

Don't be in a rush for your puppy to grow up. It is

difficult to put in the required training and socialization and still protect your new dog, but it can be done. Many large training centers may not take dogs under six months simply because they do not have the full set of shots required for insurance of their premises. Other trainers require a dog to be six months or even older due to the type of training method used. Many trainers agree training starts from day one. So start now.

At the other end of the spectrum, dogs are never too old to learn something new.



Supplied

If you need to find out how to get started, check on the numerous books or DVDs or through an in-home trainer.

A very brief source list and suggestions:

- Mungos Books ([www.mungosbooks.com/](http://www.mungosbooks.com/)) in Calgary 1-888-MUNGO-BK

- Pamela Dennison's *The Complete Idiot's Guide to Positive Dog Training*

- DVDs *Dog Park Adventure* or *Dog Friend at Home Adventure* to help with the socialization and behavior training portion of your dog's training available online from [www.thedogdvd.com](http://www.thedogdvd.com).

If you have any questions or want a more extensive list of material, you can email me at [k9behave@presplus.onza.net](mailto:k9behave@presplus.onza.net) or call 780-915-0213 and leave a message with your question (say, "My Rat Creek Press question is . . .") and your name and number.

## EDMONTON

### What's wrong with this picture?



### Even one scrap of litter makes a difference.

Join us in the campaign for a cleaner Edmonton. By doing your part to throw away refuse in parkways, boulevards and alleyways, you will avoid fines of \$250.

For more information about community standards, visit [www.edmonton.ca/bylaws](http://www.edmonton.ca/bylaws) or call us at 780-496-3100.

Clean up today for a better tomorrow.



## Hello Highlands-Norwood!



I would like to take this opportunity to wish you and your family a very Happy Thanksgiving; and to thank you for all your continued support!

Please contact my office if there is ever anything I can do for you.

6519 - 112 Avenue  
Your MLA, Brian Mason

Edmonton Highlands-Norwood

[www.brianmason.ca](http://www.brianmason.ca)

ph: 780.414.0682

# COMMUNITY CALENDAR

## ART & MUSIC



### SOCIAL ARTS EXPERIENCES

Check out our autumn workshop series of Social Arts Experiences. Professional Artists teach all workshops right here in your community, and best of all, they are FREE! Drinks and treats offered at The Carrot Community Arts CoffeeHouse (9351 118 Ave) after all workshops. Space is limited so register ASAP.

**October 25 - Encaustic Painting with Lorna Kemp.** Presented at Eastwood Community Hall. 10am – 3pm. Please register after Sept. 25. Contact Cindy at 474-9961

**November 29 – Suminagashi paper marbling with Chris Dickinson** Presented at Saint Faiths Church. 10am – 3pm. Please register after October 29. Contact Becky at 435-3499

### EDMONTON'S QUEER ARTS AND CULTURE FESTIVAL

Be a part of Exposure: Edmonton's Queer Arts and Culture Festival. Open Call for artists at [www.exposurefestival.ca](http://www.exposurefestival.ca). Looking to curate or put on a show and want to partner with Exposure? Contact Program Chair Todd Janes at [todd@exposurefestival.ca](mailto:todd@exposurefestival.ca) or Producer Ted Kerr at [ted@exposurefestival.ca](mailto:ted@exposurefestival.ca)

### ARTISAN MARKET

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

### PIANO LESSONS

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

### PIANO LESSONS IN YOUR HOME

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

### MUSIC LESSONS

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

### MUSICAL NOTES

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

### KEYNOTE MUSIC

(see ad on page 2) Learn to play guitar, bass, piano. Over 10 years teaching experience. Call Reg Taylor at 780 915-1241.

### LOTUS QIGONG + LOTUS DANCE

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

### DROP-IN GROUPS & PROGRAMS

#### AVENUE FAMILY SHARE FAIR

Thursday, October 9th, 4pm to 8pm at Eastwood School (12023 – 81 St). Local businesses, agencies and services of your community. Food, fun and activities for the whole family. This event is sponsored by Stronger Eastwood Families and Area Network & City Centre Education Partnership.

#### LITERACY GROUPS AT NORWOOD CHILD & FAMILY RESOURCE CENTRE (9516 114 Ave.)

**Books for Babies:** Oct 10, 17, 24 & 31. Fridays, 10-11:30 am. This group is for infants up to 12 months with their parent/caregiver. Each infant will take home a book each week and a tote bag. Snack provided. Call 780-471-3737 to register or email: [tinak@ncfrc.ab.ca](mailto:tinak@ncfrc.ab.ca)

#### LEARNING TOGETHER FAMILY LITERACY PROGRAM

Learning Together is a 36-week program (Sept 16-Jun 24) that supports both adult and children's literacy skills. For children 3-5 years. Two afternoons a week at St. Gerard Catholic Elementary School (12415-85 St.) We are still looking for more families - call 421-7323 for more information.

#### SENIORS DROP-IN

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

#### MOMS & TOTS

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

#### BABES IN ARMS

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

#### THE AVENUE COMMUNITY PLAY GROUP

Every Tuesday from 10am to noon starting Oct 7, at Alberta Avenue Community Hall (9210 118 Ave). Residents from all communities are welcome to join us. For more information contact Becky at [peacebeadz@hotmail.com](mailto:peacebeadz@hotmail.com).

#### SCRAPBOOKING

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

### PARENT SUPPORT GROUP

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

### BEN CALF ROBE SOCIETY YOUTH DROP-IN PROGRAM

Parkdale/Cromdale Community Hall (11335 85 St) 3pm - 7pm most days. Contact Heather on 780-868-8504 for details.

### SALVATION ARMY

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

### ST. FAITH'S

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

### CRYSTAL KIDS YOUTH CENTRE

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

### ENTERTAINMENT

#### TUNISIAN AND BELLY DANCE GALA SHOW

Sat., Oct 25 at 7:30 p.m. Location: Arden Theatre. Tickets \$15. Call 780-237-1886 or e-mail Jodi ([jodi@raqabellydance.com](mailto:jodi@raqabellydance.com))

#### THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 – 118 Avenue FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge Oct 10, 2008 MIKE MCDONALD Oct 24, 2008 THANEAH KROHN Oct 31, 2008 ELENA YEUNG bluegrass SATURDAYS: Open mic 7:30pm-10:00pm Music, spoken word, comedy

### SPORTS & REC

#### CHILDREN'S LEARN TO PLAY HOCKEY WINTER 2008

Sundays 4:30 to 5:30 pm, October 19 to December 21 At Westwood Arena (12040 97 St) This city program is designed for 6 – 11 year olds who have never played ice hockey before and would like to try it out. Drills will focus on stick handling, passing, receiving, shooting, strategy and defensive and offensive skills. Basic skating skills are a pre-requisite as instructors will focus on hockey skills. Full equipment is needed. Cost: \$40.00/child for the 10 week session Code: 295182 REGISTRATION INFORMATION: By Phone: 496-4999 (press 2) In Person: Any City of Edmonton Leisure Centre E-REG: <http://eReg.edmonton.ca>

### FREE SKATE AT WESTWOOD ARENA

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

### DANCES AT NORWOOD LEGION

11150 82 St. 780-479-4277. Dance to Old Time, Country and Ukrainian Music. Thurs, Oct 16 - Band: "The Highlights." 7 p.m. to 11 p.m. \$12/person or \$10/Legion members. Price includes Late Lunch.

### YOGA IN THE FALL

Mondays from 6pm to 7:15pm at Alberta Ave Community Centre (9210 118 Avenue). Instructor: local resident Melanie Ustina. Eight week class starting October 6. Call 477-2773 to register for the class starting in October.

### ALBERTA AVE FREE SWIM

is closed in September and October for maintenance.

### TAEKWONDO

Rising Eagle Taekwondo in conjunction with Edmonton Urban Native Ministry offer free Taekwondo classes to native and metis people. Mondays and Wednesdays, 6pm-6:45pm for adults and children beginners. Classes held at the Alberta Ave Community Centre (9210 118 Avenue). Drop into class to register or call Edmonton Urban Native Ministry at 780-477-1769.

### VOLUNTEER



#### GIRLS NIGHT OUT!

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

#### CASINO WORKERS NEEDED

Spruce Avenue Parents Society is raising funds through a casino. The proceeds from this fund raiser will benefit the children of Spruce Avenue Community and the children attending Spruce Avenue and St. Basil Schools. A portion of the proceeds will also go to Spruce Avenue Community for their planned park redevelopment. We need volunteers for Mon and Tues, Oct. 21&22. Day and evening shifts. Call Melanie at 479-2641 or email [melanieu@telus.net](mailto:melanieu@telus.net)

#### WALKING CLUB VOLUNTEER

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

#### IMMIGRANT/REFUGEE SETTLEMENT MENTORS

Mentor new immigrants/refugees in a formalized friendship; assist

newcomers to practice English, develop social networks, learn about Canadian culture, and acquire life skills to facilitate successful integration into Canadian society. 8 hours/month. Training and support provided. Contact Leslie @ 432-1137, ext 362 or e-mail [volunteer@catholic-social-services.ab.ca](mailto:volunteer@catholic-social-services.ab.ca)

#### CHILDREN AND YOUTH MENTORS

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

#### VOLUNTEER DRIVERS NEEDED

Do you know what a Volunteer Driver is? It's a community member who can spare 3-4 hours once a month to drive a senior to appointments, banking and shopping. Gas reimbursed. Call Bev at 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](http://www.ninahaggertyart.ca) or 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 471-1580 or visit [www.thecarrot.ca](http://www.thecarrot.ca).

### NOTICES

#### EASTWOOD COMMUNITY LEAGUE ANNUAL GENERAL MEETING

October 22, 2009, Wednesday 7:00 pm at Eastwood Hall (11803 86 St). Elections will be held for Board Officers. Want to get involved in your community? Join the Community League, become a Board Member!

#### GRAFFITI REMOVAL KIT

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

### CHURCH SERVICES

#### ST. FAITH'S ANGLICAN CHURCH

11725 – 93 St. Ph. 477 – 5931 Sundays 8:30 am and 11 am Sunday School at 11 am Hall available for Rentals 477-5931

#### AVENUE VINEYARD

2nd Fl, 11726 95 St Sundays, 10:30 am Monthly Community FUNtime [www.avenuevineyard.com](http://www.avenuevineyard.com)

#### ST ANDREWS PRESBYTERIAN

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

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

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**CHILDREN**

**Aboriginal Family Storytime**  
11:30 a.m. Fridays, Sept 5 to Dec 19

**Calling All Homeschoolers**  
2 p.m. Tuesdays, Sept 16 to Dec 16  
Ages: 5 – 12 years

**EXplore! Your Library**  
Please call 780-496-7043 to book a time

**Saturday Specials**  
2 p.m. Saturdays, Sept 27 to Oct 25  
Ages: 8 – 16 years

**Young Reader's Choice Award 2009**  
Grades: 4 – 12

**Sing, Sign, Laugh and Learn**  
10:30 a.m. Tuesdays, Oct 21 to Nov 25  
Ages: Up to 3 years

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**TEENS**

**Girl Zone**  
3:30 p.m. Thursdays, Sept 25 to Dec 19, 2008  
Ages: 12 – 15 years

**Teen Game Night**  
6:30 p.m. Fridays, Sept 26 to Dec 19  
Ages: 12 – 17 years

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**ADULTS**

**Cafe Anglais – English Conversation Club for Newcomers**  
6:30 p.m. Mondays, Sept 22 to Dec 8

**English Conversation Circle (LACE Program)**  
10:30 a.m. Saturdays, Sept 27 to Dec 13

**Making Aboriginal Storysacks**  
1:30 p.m. Fridays, Sept 29 to Dec 12

**Computer Basics – E-mail**  
10 a.m. Mondays, Oct 6 to 27

**Capture Your Personal Medicine**  
6:30 p.m. Thursday, Oct 9

**Stories from the Heart of the City – with Linda Goyette**  
1:30 p.m. Thursday, Oct 16

**ELL (English Language Learning) Tours**  
Call 780-496-7099 to Book a Tour

*Sprucewords*  
WITH IRENE NG

As the foliage takes on the autumn colours, staff members at the Sprucewood Library are working hard to host a wide variety of programs for this October.

- “Edmonton Reads—One City, One Book” is an EPL book club that aims to get the city reading and talking about a new novel. The choice for 2008 is *Riding with Rilke: Reflections on Motorcycles and Books* by Edmonton author Dr. Ted Bishop, a professor of English and film studies at the University of Alberta. In *Riding with Rilke*, Bishop takes us on a road trip to Austin, Texas, and combines his two great passions—books and motorcycles—in one memorable journey. Edmonton Reads events will be taking place at EPL branches throughout the city until November 30. Read the book, attend the readings and join in on the discussions in person and online. For more information, visit [www.epl.ca/EdmontonReads](http://www.epl.ca/EdmontonReads)
- On Oct. ninth at 6:30 p.m., Sprucewood Library is

## Fall programs to get Edmonton reading

offering the program “Capture Your Personal Medicine” where you will be introduced to Essence Qigong or ‘Xiang Qi Fa’. In this session, you will capture your personal Essence through simple movements in order to promote harmony, luck and general wellbeing in body, mind and spirit. Seniors and individuals with limited mobility are encouraged to join in. To register, please call the branch at 780-496-7099.

- Sprucewood Library is also pleased to offer a free computer basics course on e-mail. Sessions will be held every Monday at 10 a.m. from Oct. sixth to Oct. 27. Learn how to create your own free e-mail account as well as produce, reply and attach files to e-mails. Basic mouse and keyboarding skills are recommended.
- For children zero to three, with an adult who loves them, come and spend time cuddling, reading, and playing at our program series “Sing, Sign, Laugh and Learn.” This series will be taking place every Tuesday at 10:30 a.m. from Oct. 21 to

Nov. 25. These programs are in partnership with the Edmonton Early Intervention Program and designed for caregivers to learn strategies to engage young children and enhance their communication and development.

- Correction: In our September article, it was stated that we would be offering a free English as Second Language (ESL) conversation group. Sprucewood Library is actually offering two ESL groups! Café Anglais—English Conversation Club for Newcomers will meet every Monday at 6:30 p.m. Alternatively, Catholic Social Services will organize the English Conversation Circle (LACE Program) at the Sprucewood Library every Saturday at 10:30 a.m. For Café Anglais, please call the branch at 780-496-7099, and for the English Conversation Circle, please contact Biviana at 780-424-3545.

*Irene Ng works at Sprucewood Branch of the Edmonton Public Library. For more information visit [www.epl.ca](http://www.epl.ca) or call: 780-496-7099*



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Member of Parliament  
Edmonton East

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Re-Elect

# Live Music at the Carrot

Oct 3, SYMON JERYCHO  
Oct 10, MIKE MCDONALD  
Oct 24, THANEAH KROHN  
Oct 31, ELENA YEUNG  
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Friday nights!  
Saturday nights-Open mic, Free!



## Arts Market

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12:00 - 4:00pm

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