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RAT CREEK PRESS

BUILDING COMMUNITY . ENCOURAGING COMMUNICATION . INCREASING CAPACITY

CIRCULATION 13,000

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If these streets could sing... Local songwriters bring community stories to life

DAWN FREEMAN

Some of the best singer/songwriters in the Edmonton music scene live in the Avenue neighbourhoods, and it was this very resource that gave Scott Peters the idea for a unique project.

The *Songs From the Ave* CD project came from realizing what musical talent we have living in our community, and wondering how we could harness that to become part of the revitalization effort that is happening right now on our streets," says Peters, the project coordinator and one of the album's songwriters. "It became an opportunity for these top songwriters to write songs about the community they live in, record at Norwood Recording Studio (also located in the neighbourhood) and then perform at a community release party at the 2008 Arts Alive! Festival on Alberta Avenue."

The Songs

Peters put the word out to his peers in the community and the response was amazing.

"Everybody I talked to thought it was a great idea, and were really excited to be a part of it," says Peters. He ended up with 11 songwriters (see sidebar for list) and only one disappointment.

"Corb Lund, who is also a neighbour, was really interested in being involved, but due to his crazy touring schedule, just couldn't do it. Maybe next time, buddy."

The research stage was the most fun for a lot of the writers. Peters started in June 2007 by researching and compiling a volume of history about the old Norwood neighborhood for the writers, giving everyone a good basic historical background from which to start writing.

Meetings were arranged at The Carrot Coffeehouse and Sprucewood library for writers to meet with older residents and local historians. Peters also worked with author and histo-

rian Linda Goyette, and together they organized a lecture by legendary Edmonton historian and broadcaster Tony Cashman. Goyette also held regular meetings at Sprucewood library called "Stories From the Heart of the City" as part of the Edmonton Public Library's "Year of the Adult" theme. One of the writers, Terry Morrison, especially enjoyed attending these.

"I decided I wanted to write something about the war so I started going to Linda Goyette's sessions at the Sprucewood Library and asking more pointed questions of the people who actually lived in the neighbourhood. Then I met Florence [at The Carrot Community Arts Coffeehouse] who told me great stories about the dances that used to happen at the American barracks on Blatchford Field. She said their mothers would never let them go [to the dances] without a chaperon because of the fear that they would be 'taken advantage' of."

The Production

Recording of the songs began at Norwood Studios at the end of November 2007 and was an energetic and exciting project for studio owners Chris Wynters and James Murdoch, both of whom also wrote songs for the album.

"From a producer and engineer point of view, this project was different and easier than any other I've worked on. The songwriters are all such good and experienced players and they all knew what they wanted their songs to sound like," says Wynters. "And working on a different song with different people every day kept the energy always changing."

"These songs are stunning and far beyond anything that I could have imagined. Working on them over the months has been a joy and a huge creative inspiration," adds Peters.

Songs From the Ave the play?

With the recording of the



THE SONGS FROM THE AVE ALBUM, ON WHICH THESE FOUR ARTISTS ARE FEATURED, WILL BE RELEASED AT THIS YEAR'S KALEIDO FAMILY FESTIVAL. FROM LEFT: SCOTT PETERS, PROJECT ORGANIZER, TERRY MORRISON, AND DR. RANDY RITZ AND DON NOOT FROM DR. BLU.

songs finished, Peters turns his mind to the CD release party to be held at this year's Kaleido Festival on September 26, 27 and 28. With a background in theatre as well as music, he wanted to do things a little differently.

"I started thinking about making the release a multi-disciplinary performance, weaving the songs into words and dance. And it just so happens that the award-winning playwright Lyle Victor Albert lives a few blocks from me," laughs Peters. He commissioned Albert to write a script that weaves its way through the songs, tying them all together through moments of drama, comedy, and some stark realities. Also involved in the show are award winning director Jim De Felice who will direct the project, Chris Wynters providing musical direction, as well as choreographer Amber Bissoinette and Bob Todrick on visual projections. Four of the

five are residents of the neighbourhood.

"Need someone with artistic talent? Just look next door," laughs Peters.

The Release Party

Songs From the Ave, the multi-disciplinary extravaganza, will be presented at the Arts Alive! Kaleido Festival on the evening of Saturday, Sept. 26. Watch for the official festival program for exact time and venue. *Songs From the Ave* the CD will be available to buy at the festival for \$20.

"The songs tell a myriad of stories past, and present, shaking the dirt off the roots of this old neighborhood. The musical styles range from pop, jazz, folk, country, blues, and yet they all fit together to tell these great stories; stories lifted right off of the street in front of my house," says Peters.

"If these sidewalks could talk, the stories they would tell.

If these streets could sing, the songs we would hear."

The *Songs From the Ave* CD project has been proudly supported by the Cultural Capital of Canada Campaign, the Edmonton Arts Council and the Avenue Initiative.

Songs From the Ave includes songs written and performed by:

- Terry Morrison
- Chris Wynters
- James Murdoch
- Brent Oliver
- White Cats featuring Bill Damur
- Joe Bird
- Barry Westerlund
- Captain Tractor
- Dr. Blu
- Scott Peters
- Paul Bellows

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Kaleido Family Arts Festival
 Friday, September 26
 No-Tie Gala & Art Sale
 11805 94 St. 6-10pm
 Saturday, September 27
 Arts Festival
 9210 118 Ave. 10am - 11pm
 Sunday, September 28
 Edmonton's Biggest Block Party
 9210 118 Ave. noon - 5pm

Rat Creek Press
Open Editorial Meeting
 Tuesday, September 9
 7pm at The Carrot (9351 - 118 Ave.)
 Join us as we plan our upcoming features.
 Everyone welcome.



EDITORIAL
WITH JESSICA KIMMERLY

Why meetings are fun. Really!

You're hesitant to read this editorial because you know I'm wrong. Nothing will convince you that taking your seat at that conference table is on par with taking a seat at your favourite show, getting out your golf clubs or stepping onto a ride at Disneyland. I know your prejudices. They go something like this:

1) My opinion doesn't count

You show up at the meeting and five minutes in you have the suspicion that the decisions are already made. The meeting is just a formality. A way to give everyone the impression that this is a group consensus—what a great team!

My first "it's already settled" meeting occurred at the early age of 13. Teachers seem to enjoy giving students group projects, and this was

one such case. My group had a leader who was organizing task designation—"Who would like to be in charge of the presentation? I do! Good, that's settled . . ."

2) I never feel comfortable

No matter how luxurious and well-stocked the meeting room, there always seems to be something that makes that hour (or two, or three) drag as if you're waiting to be released from a prison cell. That plush chair is lumpy in all the wrong places, or the air conditioning is set to deep freeze mode.

At 17 I worked in a clothing store, where we conducted our meetings while perched on hard plastic storage crates from the stock room. For the first few minutes, I was just glad not to be sitting on the floor with the tumbleweeds of dust floating past the air

vents. But within ten minutes I could feel the design of the crate—hundreds of little squares—pressing into my bottom like a relentless cookie cutter. It was difficult to listen to lectures about loss prevention while feeling the imprint of the crate transferring to my flesh.

3) They're eerily cultish

Doesn't it sometimes seem like employee morale slips into the realm of employee brainwashing?

I once worked as a trainer at a fitness club. I am sure all clubs follow the same principle—the more enthusiastic your employees, the more memberships they sell. But after a while staff meetings start to get creepy. Every "special offer" is a life-altering event, and once we sell 100 more memberships, something magical will happen!

Wait a minute, you say. This editorial is titled "Why meetings are fun," not "Why meetings are misery." Perhaps I should re-write the title to read—"Why Rat Creek Press meetings are fun. And you're invited!"

Our open editorial meetings are nothing like the above scenarios. If you stop in, you have the chance to give your input to your community newspaper. We meet at The Carrot Arts Coffeeshouse (9351-118 Ave.), which is not a conference room, but a café. And there are no mandatory Rat Creek Press chants or cheers. You choose how involved you wish to be.

We are resuming editorial meetings this fall. Check the paper for information and updates about the next (really fun) meeting.

Standing up for solutions

CHERYL WALKER
President, Rat Creek Press Association

I remember a teacher of mine. When you would come running to him with an issue, he would look at you and say, "Problem or Solution?" And if you had a problem, and no solution, he'd tell you to keep thinking.

I don't think anyone is going to disagree that the Ave faces problems. But, there are two options: problem, or solution. Do you want to fix the issues, or do you want to sit around and complain about them? As a community tries to solve its problems, there will always be different points of view and different solutions. Not everyone is going to get what they want. Compromise is part of a community. And when we

have reached a compromise, it's time to move on, time to look to the next challenge. It's time for all of us to move forward.

The avenue is cleaning up. The new streetscape will make an enormous difference in our communities. It announces this area is cared for, that those of us who are fortunate enough to live here feel proud to be here, and that we are pleased to live and do business on the Avenue. I understand that the new streetscape has removed parking spaces. The redesign has allocated former parking spaces to other uses. Not everyone agrees with this idea. But it's done, and we need to move on.

A letter is floating around the businesses on the Avenue, accusing Arts on the Ave and the Rat Creek Press of somehow being behind parking dilemmas

on the Avenue. I have to confess, as the chair of the Rat Creek, I was surprised. I can't think of a single thing that our organization has done to get rid of parking spaces. I promise you, we aren't part of some vast conspiracy to rid the Avenue of parking spaces. Really, there is no conspiracy. There were discussions, open to the public. There were votes and studies and the decision was made.

The Rat Creek Press will stand behind any group working for solutions. We'll stand beside anyone that works for the betterment of our community, who spends countless hours trying to build a better place for us all to live and work. We are proud to live here, and want to encourage the work of others who make our neighbourhood a better place to live.

We'll stand behind organizations like Arts on the Ave, and their Chairperson Christy Morin. Through the arts, they are trying to make our neighbourhood a better place to live and work. We'll stand up to anonymous people who write badly punctuated letters and are too cowardly to sign their name to them. We'll stand up and say that we should have real discussions about the issues, and in order to have a real discussion, you have to sign your name to your ideas. We'll offer the opportunity for this anonymous letter writer to write a letter to the editor, and detail their concerns. They will have to sign their name. On behalf of the Rat Creek Press, I'm proud to stand beside those looking for solutions, and I'm proud to call Arts on the Ave and Christy Morin our friends.

RAT CREEK PRESS

Upcoming Features:

October:
Communities in Bloom

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Download our ad rate sheet from our website at www.ratcreek.org or call us at 780-479-6258 for more information

re: Reclaiming Eastwood Park

The front page article on Eastwood Park in the August issue did not have comment from or mention the community league. The Rat Creek Press did not intend this as a slight on the league or all the hard work they have put into the park. We did not solicit comment from the league and in hindsight it would have been great to include a

comment from them. The league, however, was not the focus of this article.

For many years we've run articles on the league and its great work around Eastwood Park. Last year we ran a front page article on the EastwoodFest ("Eastwood League committed to creating community spirit"). The year before that we ran pictures and info on their wonderful new spray park. The year before that we did a story on the new playground the league put in. This time the intention was

to show how the new park is perceived and used by residents and to encourage residents to take responsibility for reclaiming the park from undesirable elements by using it.

The community league did its part in providing a great playspace for the community, now it's the residents that have to use it and claim it as their own.

Karen Mykietka,
Managing Editor

RAT CREEK PRESS
Upcoming Features:

October:
Communities in Bloom

PETALS
ON THE TRAIL
TRENDY TO TRADITIONAL DESIGN
SPECIALTY GIFT AND FRUIT BASKETS
BEARS AND BALLOONS

HIGH END DESIGN
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NEWSBRIEFS

Norwood welcomes nine new families with Habitat for Humanity

On July 26, the Norwood community hosted a block party to welcome the nine families who moved into their new Habitat for Humanity homes.

Stacey describes June 28 as a "massive moving day." The moving trucks arrived like clockwork and everything went blissfully smooth. Stacey and her family applied for their home one year ago. And like every Habitat for Humanity

family, they put in 500 hours of "sweat equity" to help build the house.

René Ladsous, who organized the block party, thanks Popular Bakery, The Carrot Community Arts Coffeeshouse, Downtown Auto and Tires and Norwood Child and Family Resources for sponsoring the event. The event was a success, and Stacey says "I wouldn't trade this place for the world."

Rat Creek Press welcomes the new residents of Norwood to the community! —JK

Field House planned for Commonwealth Stadium

City council approved a \$40 million field house as part of the new recreation centre planned for Commonwealth Stadium.

The structure will be 7,300 square metres and feature artificial turf, change rooms, locker rooms as well as offices for the Edmonton Eskimos. The team is contributing \$20 million towards the facility.

The recreation centre is scheduled to begin construction next year at a cost of \$147 million. This multi-purpose facility includes swimming pools, a jogging track, a family resource centre and classrooms and relocation of the current fitness centre.—JK



STACEY, JOSH, ERIC, ALYSA AND IAN IN FRONT OF THEIR NEW HABITAT FOR HUMANITY HOME IN NORWOOD

The Canadian Cancer Society in Your Community

NICOLE SCHILE

Canadian Cancer Society volunteers will soon be in the Norwood/North Central community with an exciting new

approach to health promotion! the tools they need to make informed decisions about their well-being. Starting in the fall of 2008, Canadian Cancer Society volunteers will be active in your area. By partnering with community members and organizations, we will focus on community-based solutions and programs

that will improve the ability for people to eat well, be active, and generally live a healthier lifestyle – all of these things can help to reduce the risk for cancer and other chronic diseases.

We want to hear from you!

If you are passionate about your community and healthy living, and you are interested in becoming involved as a volunteer, please call Nicole Schile at 780-437-8404 or email nicoles@cancer.ab.ca.

The Canadian Cancer Society is a national community-based organization of volunteers and staff whose mission is to eradicate cancer and to enhance the quality of life of people living with cancer. When you want to know more about cancer, visit our website www.cancer.ca or call our toll-free, bilingual Cancer Information Service at 1-888-939-3333.



Canadian Cancer Society

Société canadienne du cancer

What is "health promotion"? Health promotion is an approach to improving health by providing individuals, families, and communities with

BUSINESSBRIEFS

WITH DAWN FREEMAN



Don't get scared off by all the construction, businesses on the Ave in the first stage of the Streetscape revamp (82 St to 87 St) are still open and ready to serve you! The construction zone is walkable, or if you have to drive, just park a block off the Avenue until everything is finished and fantastic. Here are a few snippets to remind you of what treasures we have in Stage 1, but don't stop at just

these ones, they are only the tip of the iceberg!

Natalia's Hair Salon 8604 118 Ave Ph 414-1385

Don't forget about Natalia's if you are looking for a new hair stylist. Natalia has been at her current location for over 3 years, and she loves working on the Ave. And her customers will drive from as far as St Albert just to get the Natalia touch.

"I've been coming to Natalia's for 3 years and yes I do drive in from St Albert," says Cheryl, a regular at the salon. "It is worth the trip. My hair

always turns out wonderful, the atmosphere is friendly and the prices are competitive. I would recommend her in a heartbeat."

Natalia's is open Tuesdays to Saturdays, call for times and appointments.

Van's Nails 8610 118 Ave Ph 477-0002

Do you need beautiful nails?

Go and see Linh at Van's Nails. Have a relaxing manicure and polish application or go crazy with acrylic nails or the coolest airbrush designs. Walk in or call for an appointment, Van's is open Mon to Sat.

Handy Bakery 8660 118 Ave Ph 477-8842

El Rancho 11810 87 St Ph 471-4930

Safron's Caribbean Delight 8307 118 Ave Ph 474-9005

Hungry? El Rancho, Safron's and the Handy Bakery are ready to feed you. El Rancho serves up delicious Salvadorean and Mexican food for lunch and dinner, with a pleasing and colourful atmosphere to enjoy them in. Safron's favorites include jerk chicken, chicken curry and jamaican patties. Try them for a filling lunch or dinner Monday through Saturday. The Handy Bakery is just that! Go see them for wonderful breads, buns, deli sandwiches, ice cream and more.

Closed: Buckskins Leather (8815 118 Ave) is closed for business.

Need custom sewing or alterations?

Call Marion Swanson, a seamstress with 30 years experience, for quality work at a reasonable price.

Specializing in Plus Sizes, native ribbon shirts and Leather Work industrial Machine available

phone 477-0778 email marionswanson@msn.com



HOURS	
Sunday	11:00 - 8:00
Monday	Closed
Tuesday	4:30 - 8:00
Wednesday	12:00 - 8:00
Thursday	11:30 - 8:00
Friday	11:30 - 9:00
Saturday	11:30 - 9:00

AABANOTES

Alberta Avenue business and Edmonton police work together

Joe Holtz, Executive Director of Alberta Avenue Business Association, and Constable Michael Russell would like to present the district one statistics since Jan. 2008.

Tickets issued in District One from 2008 Jan 01 to 2008 August 01: 2685
Sex trade workers arrested from 2008 Jan 01 to 2008 August 01: 60
Sex trade workers who participated in SNUG program: 41
Underage sex trade workers who were placed in PSECA program: 2
Johns arrested from 2008 Jan 01 to 2008 August 01: 51
Vehicles seized as result of arrests of johns: 37

-SNUG program is an intensive social services intervention for sex trade workers who are arrested during a VICE operation.

-PSECA (Protection of Sexually Exploited Children's Act) gives police a holding power to place these children in care for various amounts of time, through social agencies.

-Not all Johns vehicles can be seized under the current legislation.

Crime Prevention initiatives in District One

District One Survey

The District One survey is a door to door handout of a Crime Prevention questionnaire through all 11 500 houses. We are asking citizens to share their concerns with us in order for us to better understand what problems the public see as prevalent.

School Letters

As schools are an integral part of our communities, we have partnered with them to hand out a "watch out for your neighbor" letter for houses that surround schools in District One in order for them to watch out for any concerns or things going on at the school after-hours. This letter also has the contacts for school and police resource.

Block Captain and Safe Streets

Working with the Alberta Avenue Revitalization Safe Streets Committee, the Police are heading up a program of Block Captains. Block Captains are one household in the block that carries contact information for the rest of the block. The focus is on accurate reporting to the police as well as an inoculation against problems on the block.

Group Homes

Every group home in District

One has a Patrol Constable Liaison. They are responsible for meeting staff and helping with questions etc. whenever needed.

Schools

As well as the School Resource Officers, each school in District One is assigned to a patrol member. The patrol members are responsible for introducing themselves and dropping by at recess, lunch or after hours activities at least two times a month. We are gathering Kindness Citations and passes for City complexes (swimming pools, ice rinks) for the Constables to give out when they see fit.

Disorder Houses

Each Disorder House reported to Report a Drug House is assigned to a Constable. They are diary dated and when finished with one, newly reported houses are handed out.

As of 2008 January 01 135 Disorder houses have been reported in District One through Report a Drug House program. Those houses are further broken down into various categories:

Yet to be dealt with: 44
Concluded: 54
Still under Investigation: 26 (Officer is still working on gathering information, checking subjects, etc.)
Warned / Updated 11

Disorderly Businesses

With the assistance of Police, the Alberta Avenue Community League was able to successfully defeat a proposed liquor store at 91 St. and 118 Ave. Police continue to work with the community, trying to forge a better relationship in order to prevent further development of liquor stores and pawn shops (both currently seeking establishment in Parkdale)

Prostitution

District One members assist VICE section each month with two STINGS or SNAGS. During large events where the influx of prostitution offences grows, special projects are put together to address these problems.

LRT Safety

In conjunction with ETS Security, District One members have initiated Operation DERAILMENT. This operation is aimed at targeting repeat disorderly people in and around the Coliseum LRT station. The targets then have criminal convictions and conditions to not attend this area.

Start learning about social enterprise



OMAR YAQUB

Interested in strengthening your organization's balance sheet, diversifying your funding, and reinforcing your mission? The Social Enterprise Fund will be offering a series of seminars on social enterprise, a hybrid of business and non-profit thinking, starting on September 9th. Courses will include "An introduction to Social Enterprise," "Getting Ready for Enterprise Culture," "Preparing a Business Plan," and "Legal & Financing issues for new Social Enterprises."

The series is designed to take you from scratching your head, to implementing your plan. It is a fast, engaging way to see if social enterprise is right for you.

You may be wondering, where to begin? Can I even implement social enterprise as a non-profit? Where can I get the start-up capital and assistance I need? Or, even what is social enterprise and why should I do it? The seminar series will help you answer these questions and more.

The series is composed of four two-hour seminars. The total cost of all four seminars is \$75. Registration is limited to 10 people per session. The series runs through the fall. Dates and registration info can be found on the website.

The Series includes...

Introduction to Social Enterprise

What is social enterprise? Why should(n't) I do it? Learn about the different types of social enterprises, the basic challenges and trade-offs involved and, about some successful examples of social enterprise in Edmonton.

Transitioning to Enterprise Culture

This course will help you navigate the common unknowns of creating a social enterprise. These include cultural shifts, assessing your readiness, the differences between enterprise and non-profit thinking, and how to prepare to begin.

Preparing a Business Plan

This course will walk you through the basic steps of creating a "SE" Business Plan that includes blended value creation. It will look at idea exploration, feasibility assessment, the basics of business planning and more.

Legal and Financing

This course will address the basic questions about legal structure, incorporation, threats to funding and more. It will also point you towards additional funding for start-up, expansion, and growth of social enterprise.

The Social Enterprise Fund provides financing, business expertise, and more to non-profits in Edmonton. We work with non-profits along every step of the way towards building sustainable social enterprises.

To find out more visit our website: <http://socialenterprise-fund.ca>, email: office@socialenterprise-fund.ca, or call 780-756-0660.

BusinessSpotlight

Learning to play an instrument just makes sense

Keynote Music
Reg Taylor, Guitar and piano instruction
Ph 780 915-1241
e-mail: Reg@presplus.onza.net

It was 25 years ago that Reg started out teaching guitar and piano at Cascade Music in Kingsway Mall. He operated his own store from 1987, then in 1995 decided to concentrate on giving in-home instruction.

Now Reg has opened up his own studio and rehearsal space right here in the neighbourhood.

To celebrate, Reg is offering a neighbourhood special to those lucky people who live in the Rat Creek Press delivery area. For the first year of instruction in piano or guitar, Reg is offering the special rate of only \$50 per month. His regular fee when coming to your home is \$75 per month.

"This year I have renovated my home to include a studio and rehearsal space. I'm looking forward to teaching people right here in my own space," says Reg. "I'm happy to teach any ages from 6 years to

90 or beyond the wonders of playing the guitar or piano." Reg is also an experienced band coach and would be happy to discuss working with

your band in his home studio. Cut out the coupon in Reg's ad (see page 5) and make sure to mention it when calling to book your first lesson.



REG TAYLOR IS OFFERING A FANTASTIC DEAL ON GUITAR AND PIANO LESSONS RIGHT IN THE NEIGHBOURHOOD

How to deal with a missing or found pet

HEATHER SYREN

We have all seen the posters. Missing Cat. Lost Dog. All accompanied by pictures of someone's loved animal friend. My heart would always go out to the people and the animal whenever I saw one of these posters. I could only imagine what they must be going through. Then it happened to me.

My cat went missing August long weekend. He went out as usual but never came home. He is a smart cat, streetwise. He was a stray I took in three years ago, so he knows the neighbourhood and I just couldn't imagine what could have happened to him. He doesn't travel far so I figured whatever happened to him happened close to home.

This story has a happy ending. I got him back six days later. A neighbour mentioned that she noticed an open basement window in a vacant house and was worried a cat might get in so she closed it. The house was two houses from mine. I went and opened the window and there was my cat, hungry, but otherwise okay. He had obviously been in the basement when the window was closed. Thanks to the tip from my neighbour, I got him back.

Even though this story ended with a happy reunion, those six days were hell. It was hard to keep positive as the days went by and he wasn't anywhere

to be seen. Neighbours were looking for him and I put up posters and flyers in mailboxes, contacted the city pound and began to learn what to do to try and find him.

I would like to share some of what I've learned in the hopes that more pets are reunited with their human friends.

What to do if you have lost your cat or dog

1) The first thing is to contact the city pound. Give a description of your animal, license number, tattoo or microchip information. You can also go to their website to see animals they have at the pound. You can also go the Petlynx website to create a lost pet report, which can be printed to create a lost pet poster.

2) Talk to your neighbours to see if anyone has seen your pet. Cats often don't travel far on their own when they get out. This is especially true for indoor cats as they often get scared and hide.

3) Put up posters and deliver flyers to mail boxes. If people have a personal flyer this will help them identify an animal that may appear in their back yard.

4) Check with the Edmonton Veterinarian's Emergency Clinic in case your animal friend was injured and someone took him

or her there. They are open 24/7, 365 days a year.

5) You can also place an ad in a local paper. The *Edmonton Journal* charges \$41 for a three-line ad for three days. The same ad will cost \$73.49 for seven days.

What to do if you find a cat or dog

1) If you find a lost pet, check to see if there are any tags with the owner's phone number. If there is no phone number, take the animal to the city pound. If you keep the animal at your place, contact the pound with the license number (if it is available) and they will provide you with the name and phone number of the owner.

2) If you see a loose dog but can't catch it, you can contact animal control (pound) to report the sighting, or after hours contact city police 423-4567. If you can you can catch it, take to the pound or to a local veterinary clinic.

3) The Edmonton Humane Society does not take in any animal found within city limits.

They only take animals from outside the city, so any animal found inside Edmonton limits should be taken to the pound or a local veterinary clinic.



4) Cats often hide and are much harder to spot. You may notice a cat hanging around your yard or hiding in your yard. If

it is there for a few days, there is a good chance it's lost. You may not be able to catch it, so putting out food and water will help. Some people don't want to put food out for fear of attracting more animals. If this is the case, at least put water out.

5) You can place a found ad in the *Edmonton Journal* free of charge. You can also create a found pet report on the Petlynx website.

Some other helpful information

If someone is pet sitting for you while you are away, provide him or her with information about your pet. This includes the animal's name, breed, and description. Also important is to

provide the license tag number, tattoo number and microchip number.

It's a good idea to have visible I.D. such as a collar and tags and/or tattoo. A microchip is a good investment as tags can come off and tattoos may be hard to read as the animal gets older.

I have heard so many stories of cats locked in garages—this is a good place to start looking. Other hiding places are under steps, decks and porches.

If you find a dead animal please contact animal services. Do not dispose of the animal yourself. Animal services will check for tattoo, tags and microchips. While it is heartbreaking to get a call saying your pet has been killed, it is much worse never knowing what has happened to it.

Contact information

City Pound
12515 - 128 St.
780-496-8860
www.edmonton.ca
click on "household" tab then "pets" tab

Petlynx website
www.petlynx.net

Edmonton Journal classified
428-1234

Edmonton Veterinarians' Emergency Clinic
11104 - 102 Ave.
780-433-9505

Edmonton Humane Society
12551 - 67 St.
780-471-1774

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Mention this ad from the Rat Creek Press and receive a discount.

What do you think of the new road and sidewalk improvements currently under construction?



Ify Uzor
Owner of Vancafe and Vantercor Business Centre
 "It looks beautiful and I think it's going to clean up the neighbourhood. The new improvements will enhance the area and likely improve business."

Chris Jonson
Eastwood resident
 "I think it's good—they're going to make [the street] look pretty."



Safron Bambury
Owner of Safron's Caribbean Delight
 "So far it's looking pretty decent. It's giving the Avenue a different look."

Rosa Marcelo
Employee at Handy Bakery
 "It's bad for business right now, but after it's done, it will look nice."



Tom Stefura
Owner of Dawg Father
 "They're for the benefit of the Avenue, obviously. Every old neighbourhood has to be re-developed eventually."

Your built history is precious

TIM O'GRADY
Heritage Collaborative Inc.

The term "built history" refers to buildings that are representative of an area's past. These buildings may be grand, architecturally significant sites such as the Parliament Buildings in Ottawa. However, they can also be the "ordinary" commercial and residential buildings that represent the lifestyle of a community, reflecting the story of its occupants over time. These "ordinary" buildings can be found throughout the 118 Ave. area, and were the focus of the City's recent Heritage Inventory.

Local Built History

Development in the Alberta Avenue area began in 1904. The area was popular because it was on Edmonton's old streetcar line, which travelled north on 95 St. and east on 118 Ave. A small commercial centre was established on Norwood Boulevard (112 Ave.) and large homes were built in the area. By 1913, Edmonton was in recession, construction had slowed and many lots in the area remained vacant.

By the late 1920s, 118 Ave. was a developing commercial strip. Along with the businesses on Norwood Boulevard, it comprised Edmonton's third commercial centre, after downtown and Strathcona. The late 1920s brought a new trend in residential housing. Large homes fell out of style in favour

of smaller, easier to maintain homes. This trend can be seen throughout the Alberta Avenue area, and is most noticeable along 97 St. with its high concentration of bungalows from the late 1920s and early 1930s.

After the Second World War, the Alberta Avenue area experienced a construction boom. Edmonton's population was increasing rapidly and the economy was doing well. New houses were built in the remaining vacant lots. As a result, buildings from different eras are found adjacent to one another. For example, a 1916 home may be next door to one built in the 1950s. Commercial buildings were also being constructed, and modern architecture began to develop along the Avenue, seen today in the many concrete block and brick commercial buildings with storefronts made of aluminum and tempered glass.

Alberta Avenue BRZ Neighbourhood Heritage Inventory

Recently the City of Edmonton contracted Heritage Collaborative Inc. to undertake an historic survey in the Alberta Avenue area, including parts of Alberta Avenue, Eastwood, Parkdale, Westwood and Spruce Avenue. The inventory identified 48 buildings that are recommended for consideration and further evaluation by the Edmonton Historic Resources Review Panel. Buildings that are recommended by the panel to the City's register of historic

places may only be designated if the owner wishes to take advantage of the opportunity to be designated by completing a designation application.

Preservation is Important

The preservation of built heritage in the Alberta Avenue area is very important. Benefits include:

Social

Historic buildings provide neighbourhoods with character. They instill pride in the community, and as a result communities are cleaner, have less graffiti and fewer derelict houses.

Economic

Heritage rehabilitation projects have economic advantages as well. The positive outcomes may include increase in a community's property values, attracting new businesses and promoting tourism.

Environmental

For those worried about the planet, using existing buildings takes far less energy and produces far less waste than replacing them. The preservation of built heritage is the obvious choice for those who are into being green.

The Alberta Avenue area is full of potential. The area's age and history, present in the variety and amount of built heritage, are valuable resources that can be used to ensure a positive future for the community.

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City of Edmonton

Sunday,
September 28, 2008
 10 a.m. - 6 p.m.

Free admission Day
 a celebration of Recreation!

The City of Edmonton and ENMAX invite Edmontonians to a full day of family fun with free admission.

There will be activities at leisure, sports and fitness facilities, attraction sites and arenas.

Look for more details in September to see how you can spend your day participating in a celebration of recreation!



ARTS ALIVE 2008 NEEDS YOU

Arts Alive (September 26-28) will be needing numerous volunteers to make it a success again this year. You can be involved in the planning or give a few hours on the event day. Contact Jennifer Herrick, the volunteer coordinator, at 780-903-9984 or jaherrick@shaw.ca.

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 Where there's a way

New community arts theater opening on 118th Avenue

JENNA HOFF

It's an exciting time of transformation for a building that has long graced 118th Avenue, a building that many longtime residents will recall as a fixture in the community for decades. Generations of Edmontonians may remember attending movies at what was once Avenue Theater on 9030-118 Avenue, built in 1953. "I remember going to matinees there as a child, when admission was a quarter and popcorn a nickel," Maureen Schentag, who grew up in Parkdale, recalls fondly.

From 2005 until earlier this year, the building was home to Avenue Skatepark, a place popular among young skateboarders, particularly in the winter when the Edmonton weather discourages outdoor skateboarding. Occasional concerts, mostly punk and rock, were held in the skatepark as well. "The skatepark brought young people here and displaced a lot of the bad action that was happening," says owner Frank Bowen.

Although the skatepark has closed, the building is now being transformed into an art-focused theater, reflective of the arts revolution that is sweeping like a breath of fresh air through Alberta Avenue. "With the street improvements starting, the time was right to move it to a theater from a skatepark," says Bowen. Jonny Jacques, the Avenue Theater's General Manager, says, "The city has begun following through with plans of doing revitalization in the area, and we're beginning to see its effects. We feel it's a really great time to be here, to be part of

points out, although the name is the same, the new theater will be quite different than the movie theater of the past. Instead of showing movies, it will be an artistic place of "live theater, dance, and music performances." In addition, a gallery space is planned for the lobby area of the theater, in which the work of local artists will be showcased.

Jacques says, "What's going to make it unique from any other theater or business venture is that we are trying to promote togetherness on a more personal, down to earth level. We're not necessarily going to be for one specific genre, we want to be a house that can facilitate anyone. We definitely don't want to exclude anything and we want to be open to any expression of art whether it be visual, audio or both. Let it be punk rock or folk or country, it will all be very welcome. We want the image to be that we're here for the community to take advantage of, and use to help the people grow with arts."

Another interesting aspect to the venture is Gateway Press, a shop space adjacent to the theater that retails local and



JONNY JACQUES IN GATEWAY PRESS, A NEW STORE NEXT TO THE AVENUE THEATRE SELLING LOCAL AND INDEPENDENT MUSIC, ART AND CLOTHING

independent music, art and clothing. They also offer services such as screen-printing, graphic and logo design and digital printing. (Everything from art prints to business cards to flyers, posters, and banners.) "Having Gateway in the facility will be an easy connection for many artists to find the means to promote their work," says Jacques, who is also the owner of Gateway Press.

When asked about the the-

ater's long term goals, Jacques smiles, saying, "To help the community grow and revitalize." Certainly this is a worthy and noble undertaking—one that all residents who live on and around Alberta Avenue will notice. The Avenue Theater will be a welcome addition to the fresh artistic change that is sweeping through our community. It is clear that an exciting future is in store for this landmark of Edmonton's streets.



THE AVENUE THEATRE IS BEING TRANSFORMED ONCE AGAIN. IN SEPTEMBER, THE VENUE WILL BE OPEN FOR USE AS A LIVE ARTS THEATRE

and contribute to the 118th Avenue neighborhood as it grows. With the community evolving the way it is, it's a good time to change the facility and be of more purpose to the area."

Avenue Theater is slated to open in September. As Bowen

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Hello Highlands-Norwood!

I hope you all had a wonderful summer season and were able to enjoy some of the great local events that took place. Don't hesitate to contact my office if there is anything I can do for you!

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Kaleido Family Arts Festival

It's that time of year again!
No, it's not Christmas just yet. It's time for Arts on the Ave to put on their annual festival of art, entertainment and community spirit.

Name change

Formerly know as the "Arts Alive!" festival, Kaleido Family Arts Festival decided to drop the "Arts Alive!" and stick with the name "Kaleido," which was the theme of last year's event.

Christy Morin from Arts on the Ave explains Kaleido (short for kaleidoscope) is a perfect metaphor for how the arts function in our community. "The coming together of shape, form, colour and beauty is only seen when light is present."

Hope to see you there!

This feature summarizes some of the activities during Kaleido Family Arts Festival 2008. Many events at the festival are free of charge, but don't leave your wallet at home—there will be local vendors, live theatre shows and plenty of art for sale that you won't want to miss out on.



FRIDAY, SEPT 26

"No-Tie" Gala & Art Sale

6 p.m. to 10 p.m.
Gallerie Bernard Boisvert (11805 – 94 St.)

The festival will launch in a swirl of visual art and music at the Gallerie Bernard Boisvert. There is no set admission fee—bring a donation to keep the festival running and open to the public for years to come.

SATURDAY, SEPT 27

Pancake Breakfast

10 a.m.
Alberta Avenue Community League (9210 – 118 Ave.)

Start the day right. Join everyone in the Alberta Avenue Hall parking lot for pancakes and music. "Down to the Wood" will be performing in their fun bluegrass style.

Main Stage

11:30 a.m. to 10 p.m.
Outside Alberta Avenue Community League (9210 – 118 Ave.)

The main stage will bring you great bands all day long. Tim Hus, The Wheat Pool, Mike MacDonald Broadband, The Ghetto Blasters, Mobius, The Swing Sisters, West of Winnipeg and more.

Theatre Stage

11:30 a.m. to midnight
Avenue Theatre (9030 – 118 Ave.)

Theatre performances by Jumpin Jack, Surprise, Maria Dunn and more. Also, you won't want to miss the multi-disciplinary performances based on the *Songs from the Ave* CD. (See cover story for more details.)

The Carrot Stage

Noon to 7 p.m.
The Carrot Community Arts Coffeehouse (9351-118 Ave.)

The solo music of Dave Von Bieker, Karen Porka, Lynett McKell, Matt Halton, Leckie Olson, Cora McLoughclan, Will Preville and others will run on the Carrot stage. Grab a latte, relax on the couches and enjoy!

Gallery Stage

Noon to 7 p.m.
Gallerie Bernard Boisvert (11805 – 94 St.)

Enjoy a grand variety of improv, music and literary arts. The People in Pants Improv group will keep you laughing. Plus four published authors will be reading their work!

Family Stage and Activities

Dome tent behind Alberta Avenue Community League (9210 – 118 Ave.)

Netti Spaghetti hosts a day of children's performances. Bring your singing voices and smiles. There will also be penny carnival games, face painting, balloon animals and everything your child (and inner child) loves.

Dance Stage

3 p.m. to 7 p.m.
Elite Dance Studio (11756-95 St.)

Come watch dance performances at this beautifully renovated studio.

Film Viewings

Noon to 7 p.m.
Back room at the Carrot (9351-118 Ave.)

It's great to see that Hollywood isn't the only place making movies. To get a break from that movie theatre (and those endless previews!) come to The Carrot.

Art Workshops

Noon to 7 p.m.
Inside Alberta Avenue Community League (9210 – 118 Ave.)

If seeing so much talent inspires you to join in, be sure to attend a few art workshops at the Alberta Avenue Hall. People of all ages are invited to come for art, drum, dance and theatre workshops. Come ready to participate and learn something new.

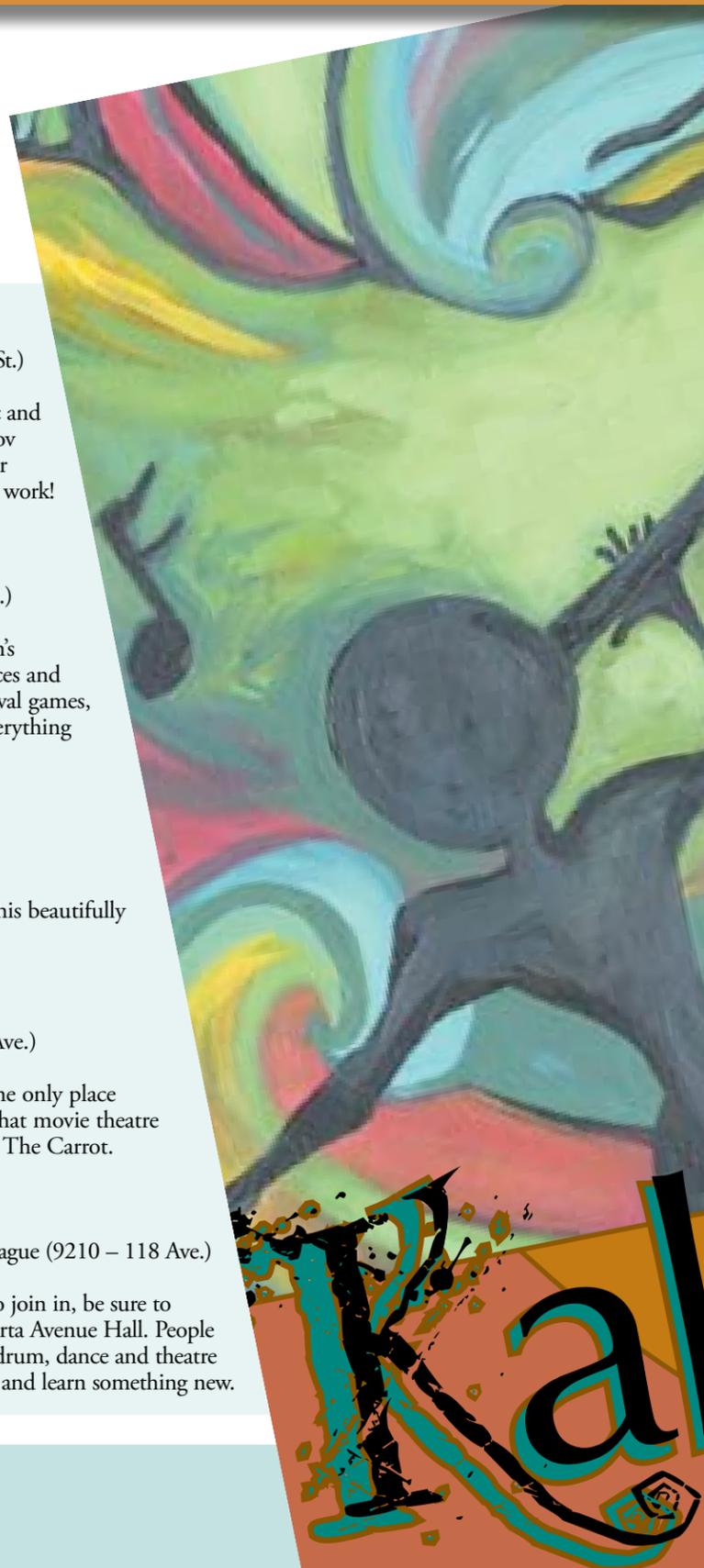
SUNDAY, SEPT 27

Edmonton's Biggest Block Party

Noon to 5 p.m.
Alberta Avenue Community League (9210 – 118 Ave.)

Bring your own hot dogs, food and beverages and use the on-site fire pits for Edmonton's biggest block party. Stuart Ballah and Ritchie Velthuis from the Sculptors' Association of Alberta are hosting an outdoor sculpting workshop open to everyone. There will be buskers, carnival games, and of course, The Carrot and the Gallery stages will be filled with art and performers once again.

Visit www.artsontheave.org for updates and more about Kaleido Family Arts Festival.



September 27

www.artsontheave.org

Volunteer for the Kaleido Festival

If you would like to be a part of this year's festival, download a copy of the application form at www.artsontheave.org. Drop off your completed application form at the Carrot (9351-118 Ave.)



Arts On The Ave presents:
"ARTS ALIVE!"

Kaleido

Family Arts Festival

26-28, 2008
Friday, Sept. 26
"No-Tie" Gala & Art Sale
11805-94 street 6pm-10pm
Saturday, Sept. 27
Arts Festival
9210-118 avenue 10am-11pm
Sunday, Sept. 28
Edmonton's Biggest Block Party
9210-118 avenue Noon-5pm

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

Making Songs from the Ave



SCOTT PETERS HAS PLAYED IN THE BANDS BUSTER NAD, LEONA BRAUSEN'S BOYFRIENDS BAND, THE THIEVES, THE BRAVE AND FOOLISH AND CAPTAIN TRACTOR. HIS SONG ON THE ALBUM IS CALLED "I DON'T LIVE IN NORWOOD"



THE NEIGHBOURHOOD CHILDREN'S CHORUS RECORDING IN NORWOOD STUDIOS



CHRIS WYNTERS, WHO HAS BEEN IN BANDS SUCH AS THE BRAVE AND FOOLISH AND CAPTAIN TRACTOR, DOES THE SONG TITLED "BOB HOPE" IN SONGS FROM THE AVE



PETER GOLDRING
Member of Parliament
Edmonton East

Corporal Punishment Up For Debate

A Private Members Bill recently passed by the Senate has received first reading in the House of Commons where it is expected to be debated this fall. Bill S-209, **An Act to amend the Criminal Code (protection of children)** was proposed by Liberal Senator Céline Hervieux-Payette and introduced in the House of Commons by Liberal Member of Parliament Marlene Jennings.

Section 43 of the Criminal Code allows any schoolteacher, parent, or person in place of a parent to use force to correct a child, as long as the force is reasonable.

The proposed law would repeal Section 43, and allow only corrective action other than force, in effect banning corporal punishment (spanking).

Those in favour say parents, teachers and guardians should no longer be allowed to use what they describe as repeated physical abuse when disciplining children.

Proponents of the Bill say spanking can cause a rise in aggression in children and reinforces the validity of physical force as a means of achieving goals. They also claim that spanking (especially over long periods of time) deteriorates the relationship between the parent and the child, causing the adult to seem less trustworthy in the child's eyes.

Opponents of the Bill feel it is telling parents how they are supposed to run their homes. They say that the state is interfering with parent-child relationships, by banning spanking.

For many people, corporal punishment is traditional, a normal form of discipline. They feel for some children it is the only way to change negative behaviours that can lead to anti-social problems later in life.

We need to protect our children, but there is already protection from abusive parents. I think this new Bill goes too far.

What do you think?

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- View an online community directory
- Start a topic or post your comments in our discussion forum

Neighbourhood Prose and Poetry

Poetry by Sharon Riley

Turn of the Ages

Old houses and old people are like a tree.
You must look for the character and history behind them.

Bits of Proverbial of Wisdom

To be at peace with oneself is a mercy of life.

A poem is a door to the soul.

The Final Verse

The days of Yesteryear are many.
She grows frail and thin,
But still the eyes cerulean blue
Light up with her smile
And the stars shine around her head
As the grey fronds of night or'whelm her.
The mirror of the yet to be
Still lies open.

Complicated Kindness

H. OLLIVIERRE

Complicated kindness: being a youth worker.

Human beings are designed to be kind. It is in our nature as social creatures. Even when our formative years are full of emotional struggle, a lack of kindness and very little role-modeled kindness, we still want to be kind people. Our internal kindness seems to perk up when it hears a hint of its own language. It begins the challenging journey through years of learned hatred.

She hates her powerful unwillingness to say nice things to me. Deep inside she knows she really likes me and her kindness, her gentleness have been awakened. She wants me to like her, but she doesn't know how to be liked anymore. Too many heartaches; too many let-downs.

The young teen looks at me with a complex message in her eyes. They say, "Please help me, I'm sad and hardened. I see goodness in you and it confuses me that you are nice to me. I've learned to survive using hate, but it doesn't seem to work on you. I'm frustrated that I can't hate you. I want it to be easy, but I feel so awkward."

I know she has goodness in her, too. I have seen it, subtle though it may be. I am nervous for the child she is bringing into the world. Will the hate and heartache cycle again or will kindness help her break out and begin a new cycle of her true spirit from within the core of her humanity? Only she knows. It's complicated.

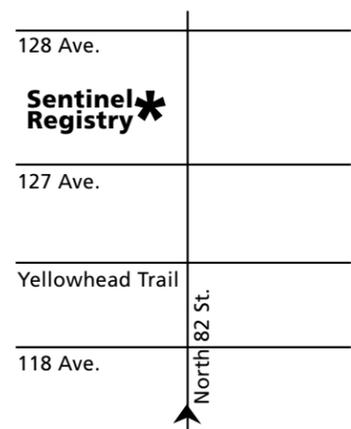


The new Lois Hole mural by artist Ian Mulder on the corner of 95 St. and 113 Ave.

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Day Trips
WITH MICHELLE EARL

Churchill Square - A Happening Destination



THE FOUNTAIN AT CHURCHILL SQUARE IS OPEN ALL SUMMER LONG

Summer is lingering, so I must speak of fun, festivals, and learning. Edmonton is called Festival City, and for a good reason; there is always something going on. During the summer, Churchill Square is a beehive of activity.

There is a lot to do in Churchill Square during the warm weather seasons. There's the children's festival, Street Performers' Festival, the Works, Taste of Edmonton, and much more.

Across the street is City Hall. Its wading pool is a sanctuary for those who are baking in the sun—popular for adults and children alike. A person can wade in the end areas and not get very wet, or, if you are really brave and want to cool down, you can go under the double-arch fountains.

From the north end of city hall, historical tours by ETS run three times a day. They tour Glenora, Strathcona, Norwood, Downtown (Centennial Special), and Highlands.

My favourite things to do are to attend the Taste of

Edmonton, listen to any music that might be going on in the square as well as visit the wading pool. We also like to go on the Historical Tours.

The driver was Bill McDonald this

summer, and the commentator was Doug Cowan, who, along with Kevin Brown voluntarily wrote the commentary.

Cowan took the photos in the souvenir booklet.

He told me the RCMP named the Rat Creek, and that the rats they saw weren't true rats; they were muskrats. We have gone on three tours, but so far, my favourite tour was of Norwood because it took in the old streetcar line that ran through the Norwood area, not to mention that we drove through the Legislative grounds and learned some history about that area.

How do you get to Churchill Square? This is one of the easiest routes I have written of so far. From 95 St. and 118 Ave., take the eight or five bus to the Coliseum and then take the LRT. Get off at Churchill Station, and take the north stairwell. Walk through the pedway until you get to either the stairs or elevator to City Hall. Turn right if you're going to the wading pool or left twice if you're going to the Historical Tours.

The tours ran until August 23, costing \$5 per ticket, which you can purchase at TIX on the Square. There is talk of holding more tours in September, or you can keep this activity in mind for next summer. Find out more about them by calling

ETS or going to their website at www.takeets.com. The wading pool runs all summer long. Keep a look out; there are sometimes buskers who lend a melodic touch to our city.

If you have a place you would like to go, and you

think it would be a good place for others to enjoy, please email me at fantasy.poet@hotmail.com with the words Day Trips in the subject line.



GEORGE EARL AND HISTORICAL TOUR BUS DRIVER BILL McDONALD

Volunteer of the Month

GORDON VICKRUCK



Do you know any great volunteers in the community? He or she could be profiled in our next Volunteer of the Month column. Send in your nomination to Jessica at editor@ratcreek.org or call 780-479-6285.

Name: Irene Yuack
Facts: Grandmother of two. Has been a resident of this area for a year and a half after moving from Calgary.

Organization: The Carrot Coffee House
Volunteer since: October 2007

Q: You have just recently moved to this area. What attracted you?

A: Our daughter insisted on it. She lives here with her husband and two children and she desperately needed a babysitter and I was very happy to oblige. Also, she said this was a delightful neighbourhood and a great place to live.

Q: Was she right?

A: Yes, it is a wonderful neighbourhood. I have never experienced such friendly people and a strong sense of community.

Q: What drew you to volunteering at the Carrot?

A: I was walking by one day, smelled the great coffee and saw a sign that said "volunteers wanted." That was all the encouragement that I needed.

Q: What do you enjoy most about volunteering here?

A: The people. Always someone new and different, as well as the familiar faces. And there is so much going on here. The music Friday and Saturday evenings, the workshops on Saturday afternoons. And then the ever-changing art displays.

Q: Do you have trouble finding artists interested in displaying their works?

A: Not at all. There's a lineup.

We take a moment to review the very colourful abstract acrylic paintings covering the wall. While we are chatting a photographer from the next table stops over and shares with us some great tips about getting photographs printed and mounted. So, that along with a great cup of coffee and muffin and the fascinating conversation makes for another adventurous and rewarding morning at the Carrot. Hats off to Irene and all the other volunteers.

To find out more about volunteering at the Carrot, call 780-471-1580.



What's happening in Spruce Avenue Community

HARVEST FESTIVAL

Spruce Avenue Harvest Festival will be held on Saturday, September 20, 2008 from 1:00 to 5:00 pm at the community hall. The event is free and will include a horse drawn hay ride followed by beef-on-a-bun and corn roast.

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

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LAW AND ORDER
WITH CST. MIKE RUSSELL

It has been over a year and a half since I took the position of Community Liaison Constable in District One downtown and, like all things, my time here has come to a rather abrupt end.

Many years ago my wife and I started talking about moving to Victoria, B.C. and through the years this has become more of a possibility. I have been in talks with the Victoria Police and have recently found out I will be transferring to their department. Initially, I thought I would have plenty of time to inform everybody personally (the way in which I wanted to do it) however, as I write this article on August 15, I have been informed that my position in Victoria starts September 11.

I wanted to take this time to say thank you to all of the residents who have helped make the noticeable change on the Avenue. Every person who has made a record, call, walk, movement, organization etc, to mobilize the neighborhood has done more to better their community than I could ever have

done. I have always stressed that it is not the police who make the difference in the community—we simply act as resources.

Everything that has been set up in cooperation with the police will continue under the direction of my successor Cst. Andrew Larson. Cst. Larson is a classmate of mine and an excellent police officer. I have no doubt that with your cooperation, he will continue the hard work which we have started. Cst. Larson will have the same contact numbers as I and will be starting (hopefully) as I leave on August 21, 2008.

As Cst. Larson is getting his feet wet we still have our Beat Constables (Hoople, Radmanovich and Cameron) and our NET team. All of these members are committed to making the transition as painless as possible and will all be working with Cst. Larson to get him up to speed.

I want to personally thank everybody for providing me with the best working experience of my short career with the EPS. I will remember all of the hard work and dedication of all the great community members who have made this job and your neighborhoods remarkable.



The Daring Diner
WITH ANGIE KLEIN

Epicurious?

Once again, I open up my Alberta Avenue Business Directory. I pull it out at least once a month when I am looking for a new local treasure. Scanning pages for our next adventure in dining, I come across an unassuming sounding restaurant . . . Ernest's Fine Dining. "Perfect," I thought . . . I was in the mood for a little pampering. We made reservations for 7:30, showered up, and headed over to the NAIT campus just off 118th Ave. at 106 St. We weren't quite sure what to expect. A fine dining experience inside a school?

Stepping inside Ernest's Fine Dining was much like entering any good hotel's dining room. Fresh flowers were at the reception and on each of the linen draped tables. Our Maitre d'/Instructor of Culinary Arts, Tim Goodison, seated us and explained how it worked. First year culinary arts students would be serving us as part of the hospitality section of their course. The second year students were in the kitchen preparing what I was hoping to be a sumptuous feast in NAIT's award-winning \$3.5 million kitchen.

Their menu is a pleasing mix of some of my favorite continental dishes, accompanied by a surprisingly extensive wine list. Jeff and I ordered an Argentinean Malbec, while Tyra was treated to a Shirley Temple. We started with a Caesar Salad to share between the three of us. It was made at the tableside, something that hasn't been done for me in years. Tasty, but I think a little too heavy on condiments. Appetites teased, we waited for the entrées.

Jeff ordered Red Thai Curried Mushroom Ravioli and Tyra wanted to try the Grilled Alberta Beef Strip Loin with Jack Daniels Peppercorn Sauce. I was looking forward to the Dijon and Herb Encrusted Rack of Lamb. We didn't have long to wait until our meals were served. Each dish came with their vegetable creation of the day—fresh grilled cherry tomatoes, sliced beets, and mushroom caps topped off with spring asparagus spears. My daughter, who doesn't like beets, ate all her veggies. We all did. They were simple, but delicious.

Tyra's steak was a perfect medium rare and she didn't find the peppercorn sauce too spicy. Her meal was served with Double Corn and Okra Polenta, and what she didn't finish Jeff and I were quick to polish off. My rack of lamb was a good-sized serving, prepared medium as I had asked for. Not too heavily encrusted, and glazed with a sauce that was sweet and very well suited to the dish. Yummy! The lamb was served with mashed potatoes topped with melted cheddar. What can I say, a spud's a spud. Good, but not remarkable. The tortellini was a bit of a disappointment. It tasted fine, interesting even, but the large, hand made pouches were underdone and quite chewy. That didn't hinder Jeff from cleaning his whole plate.

We were all quite full, but there was still wine on the table, so we decided to share a desert. Bananas Flambé! What could be more exciting than having something lit on fire at your table?

After our meal, Tim (the instructor) took us on a tour of the kitchen/labs. The state of the art facility was sparkling clean and well equipped for those wanting to seek a career in the culinary arts. The school/restaurant will be closed mid April and will re-open in the fall. Reservations are recommended, and their Friday Lunch Buffet books up months in advance. Our bill came in at a little over \$150.00 with tip, but you can't put a price on a good education. Until next time . . . Happy Eating.



MATTHEW, A NAIT CULINARY STUDENT, MAKES BANANAS FLAMBE AT ERNEST'S FINE DINING

Ernest's Fine Dining
11762 – 106 Street
471-8676
Taking reservations from Tuesday to Friday, between 6 p.m. and 7:30 p.m.

Staff at the Rat Creek Press would like to sincerely thank Constable Mike Russell for being a friendly, dedicated columnist. Best wishes for your future in Victoria!

WE WANT YOUTH!

Want to get a job & hold it? Hope to have a career? Don't know where to start?

For youth between 15 and 30 who are not eligible for EI and who are willing to work towards employment.

Project runs from September 22 – February 6 and includes life skills, training, employment readiness, job shadow & employer paid work experience placements.

Receive a living allowance and a \$500 bonus and other incentives throughout the project.

Applications available at the Youth Emergency Shelter Society, or call 468-7186 EXT 227 for more details.

Application deadline is September 10, 2008.

This project is funded in part by the Government of Canada.



Learning Together Not your average preschool program!

Learning Together is a FREE preschool for children and their parents. Parents and children attend all sessions that take place 2 times per week Sept. 08 – June 09. Subsidy for transportation and babysitting available.

Location: St. Gerard School – 12415 – 85 Street

Call 421-7323
for more information

Learning Together is a project of the Centre for Family Literacy in partnership with St. Gerard Catholic Elementary School and is funded by Alberta Advanced Education and Technology, Community Programs

Family Fun! Family Learning! Free!

Go to
www.ratcreek.org
and
download
our
new
ad
rate
sheet!

The new school year brings exciting new library services

Sprucewords
WITH CONNIE HARGREAVES

"A library is the highest architectural expression of human civilization. It represents all the best parts of the human soul – our desire to learn, to explore, to question, to ponder, to dream."
- The Late Honorable Lois Hole

As the children shake off the hazy days of summer and once again take up pen and paper, change is also in the air for the Edmonton Public Library.

This autumn, the Edmonton Public Library welcomes the city to its newest facility, the Lois Hole Library. Please join us in celebrating the grand opening on Thursday, September 4, 2008. Lois Hole Library is located at 17650-69 Ave. Details are subject to change so please consult our website at www.epl.ca for the latest information.

The Library is also increasing accessibility with our first-ever satellite location! eplGO U of A will be located at the University of Alberta's main campus, on the first floor of Cameron Library. While its primary audience is the nearly 32,000 students on campus, eplGO can be used by any EPL cardholder. Patrons will be able to browse the catalogue, pick up popular items like best-sellers, CDs and DVDs, as well as holds from other branches. This project was developed in partnership with the University of Alberta Libraries and it is

anticipated that eplGO U of A will open to the public in early September.

Beginning September 27, Sprucewood Library is offering a free English as a Second Language (ESL) conversation group, called Café Anglais, every Saturday at 10:30 a.m. In addition, we are hosting English Language Learning (ELL) Tours designed to show ESL students the services of the library, register new library memberships, and encourage students to become regular library patrons.

Calling All Homeschoolers! Are you looking for a fun outing? Come to Sprucewood Library and join us an hour of books, activities, games, and crafts every Tuesday at 2 p.m. beginning September 16.

For the teenager, Sprucewood Library is pleased to again offer Babysitting and Beyond. This well-rounded course covers basic childcare, first aid, and introduces participants to the importance of play in a child's life. This free course is ten hours long. It is taught over two days by a qualified instructor and certificates are awarded upon successful completion. To register, please call the branch at 780-496-7099.

Connie Hargreaves is the manger at Sprucewood Branch of the Edmonton Public Library. Email her at chargreaves@epl.ca. For info on these programs and more, go to the Community Calendar Page or online at www.epl.ca

In which she stands up to the garden bugs of injustice

the Gardening Diva
WITH CHERYL WALKER

Ahh Dear Reader, did you miss me last month? I was, alas, overtaken by the ants in the garden, and failed to come to in time to write my column.

Nana's Quotes

No discussion about bugs would be complete without two pieces of advice. Infestations are easier to treat when they are small. Watch your garden. Do not let problems get out of hand. A stitch in time saves nine. Treating infestations quickly saves plants. Also, sick plants suffer from more bug infestations than healthy ones do. An ounce of prevention is worth a pound of cure.

Slugs

Surely you know what a slug is? A grey, fat slimy little creature. They slither along our gardens, and eat holes in our plants. Truly, they are horrid.

There are a variety of ways to rid yourself of slugs. Probably the easiest is to head out at night with a flashlight and pick your slugs off the plants and the ground. Drown them in salt water. If you are squeamish, use gloves to handle them. Surely you will make as fetching a picture as I do.

Alternatively, you can purchase or make slug traps, using cheap beer for bait. The trick is

cheap beer; this is not the time to use the tres wonderful garden diva husband's pint of Guinness. This does not martial concord make!

Aphids

Dear Reader, ants are a minor pest, causing a bit of nuisance as they crawl on you while you try to weed. They might set up house in an inconvenient location, but they aren't generally fatal to gardens, and it's reasonable to assume a live and let live sort of attitude. You know, the same attitude we develop with certain politicians and your objectionable neighbours.

Aphids on the other hand, they are nothing but bounders and cads. They suck the joy out of plants. Leaving them with holes, shriveled and worn.

The problem with Aphids is that they often come hand in hand with Ants. They are the original gruesome two-some. The ants eat the "honeydew" the aphid's produce, while destroying your plants, and the aphids are watched over by the ants. While TGD cheers such wonderful multiculturalism, she naturally abhors the damage to her roses. Accordingly, aphid management involves elimination of the aphids, and control of the ants.

Eliminate aphids by using a standard insecticidal soap (Safer's makes an excellent organic brand) or using a few drops of dish soap, a few drops of mineral

oil in a bucket of water. Coat the affected branches thoroughly. If the plant is severely affected, you are best to just remove the affected parts. And for heaven's sake, dear reader, throw those branches out. We don't put infected material in our compost heap! Control the ants by using any of the methods discussed in the last column.

Dutch Elm Disease

This is perhaps one of the biggest risks to the beautiful elms in the neighbourhood. I will once again hammer my garden spade against the floor and yell "constant vigilance!" The elm bark beetle spreads the disease, so our elms require close attention. The City of Edmonton website provides these symptoms: elms with drooping branches, yellowing leaves, branches with leaves that are much smaller than the rest of the leaves on the trees, branches that have no leaves, and dead leaves that remain on the tree. Contact the City of Edmonton at 780-496-6905. And finally dear reader, the best way to keep our elms on our streets is to keep them healthy. Would you join me in watering them a few times a summer?

TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. She believes that bugs that harm plants must be stopped. Next month she will talk about the hits and misses of her gardening summer.

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.

Open House

Mark September 18th on your Calendar!

An Open House will be held to unveil and get input on Phase II of the Streetscape.

**Alberta Avenue Community Hall 7:00 pm
9210 - 118th avenue**



**avenue initiative
revitalization**

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

Neighbourhood Matching Grant

We are looking for projects that will enhance, beautify, create a sense of community or improve safety. The Neighborhood Matching Fund will match your volunteer time or donations in kind to make your project a reality. You can apply for up to \$20,000 for large community projects.

SMALL SPARKS funds up to \$250.00 for local neighborhood events such as block parties or fence painting. For an application and more information go to www.ratcreek.org or email judy.allan@edmonton.ca www.avenueinitiative.ca Submission deadlines are the 15th of each month.

Back to School



dog talk
WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

There are so many routine changes in the fall for the whole family, including our pets. Pets “suddenly” seem to misbehave at this time of year—not only do they react

to the weather changes, time changes but they also react to the change in household routine. This is especially true for families with school age children. The pet is left alone longer and doesn't receive the same attention and care that it did over the summer. It is important that we continue to give attention and reassurance to the dog during this time of change.

This is also the time of year when many dog classes begin offering everything from manners and obedience to a variety of dog sports such as agility, fly ball, and more. Training is a good way to help your dog transition through the changes in routine and weather. While stronger through the summer months, many dog sports continue into the fall and provide opportunities for newcomers.

The Canadian Kennel Club (CKC) announced the first ever National Responsible Dog Ownership Day beginning Saturday, Sept. 20, and culminates in an RDOG Walk across Canada on RDOG'S DAY Saturday, Sept. 27. “Responsible Dog Ownership Groups” (RDOG'S) mandate is to promote, educate and enlighten. The CKC Responsible Dog Ownership Committee has developed a comprehensive information package dealing with “Children and Safety Around Dogs,” “Bite Prevention” for people who encounter unfriendly dogs through work, and a fact sheet detailing “Your Responsibilities in Case of a Bite Incident.” For more information you can contact the Client Services Department at 416-674-3699 or check the website <http://www.ckc.ca>.

With children going back to school, dog owners need to be especially watchful that the dog does not get too excited or agitated as the children pass by on their way to and from school. Dog owners may need to spend time in the yard with the dogs to teach them to ignore children as they pass by. This can be easily accomplished by redirecting the dog's attention to toys, play or treats as children pass. When the owner stays calm, rather than joining in the dog's noise and excitement, it teaches the dog that he can generally ignore these little passers by as the routine develops. Owners may need to check fences and may even need to put up a temporary secondary barrier to prevent children's ability to tease the dog or the dog escaping from sheer excitement of investigating the trespassers. Remember, the dog may consider his territory goes beyond your fence.

Information is available from almost any pet related organization on bite prevention and children safety—please be informed as dog owners and parents.

It's time for broccoli to shine!



BACKYARD BISTRO
WITH SHAWN BAERT

Here is a delicious and healthy salad that is sure to be a hit at any backyard event. It is quick and simple to make and will have all the kids (young and old) eating their broccoli!

Broccoli Salad

- 1 large bunch of broccoli, cut up
- 1 1/2 cup green seedless grapes, cut in half
- 1 bunch of green onions, cut up
- 1 1/2 cup celery, chopped
- 1 cup raisins
- 1/2 cup pine nuts or your favorite nut
- 1/2 lb bacon

Fry the bacon until crisp, then crumble. Combine broccoli, raisins, grapes, green onions, celery and pine nuts.

- Dressing
- 1 cup mayonnaise
 - 1/3 cup sugar
 - 1 tbsp vinegar

Combine mayonnaise, sugar and vinegar for dressing, mix very well. Toss with vegetables and sprinkle crumbled bacon on top.

This salad is best when made and refrigerated several hours before serving.



Shawn Baert



Edmonton Public Library

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

CHILDREN

Aboriginal Family Storytime

11 a.m. Fridays, Jul 4 to Dec 19
11:30 a.m. Fridays, Sept 5 to Dec 19
Participation limit: 15
Presented by Bent Arrow Traditional Healing Society
Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories.

Baby Laptime

10:15 a.m. Wednesdays, Sept 10 to Oct 15
Ages: Up to 12 months
Participation limit: 12
Hear stories, share books and learn new rhymes, songs and finger plays. You will also meet other parents and babies. Baby Laptime help babies learn to speak and make music.

Calling All Homeschoolers

2 p.m. Tuesdays, Sept 16 to Dec 16
Ages: 5 – 12 years
Participation limit: 12
Looking for a fun outing at the Library? Join us for an hour of books, activities, games and crafts.

EXplore! Your Library

Participation limit: 30
Please call 780-496-7043 to book a time.
What's missing at the library? YOU! Your group is invited to join us at the library on a staff-guided tour. The tours help children of all ages learn more about Edmonton Public Library, and the world of resources to be found here. It can be a simple introduction, or an in-depth exploration of a topic of your choice. Daycares, homeschoolers, and clubs are welcome.

Saturday Specials

2 p.m. Saturdays, Sept 27 to Oct 25
2 p.m. Saturdays, Nov 8 to 15
2 p.m. Saturdays, Nov 29 to Dec 20
Ages: 8 – 16 years
Participation limit: 15
Imagine – and then create!
What can you do with paper? Go wacky!
What can you do with string? Be wicked!
What can you do with lids and tubes, bits of wire and pieces of yarn?
Open your mind to ALL the possibilities!

Young Reader's Choice Award 2009

Please call 780-496-7043 to book a time
Grades: 4 – 12
Teachers! The Young Reader's Choice Award 2009 is an excellent way to introduce Grade 4 – 12 students to a variety of novels. Your students will be encouraged to read for enjoyment and vote for their favourite titles in March. The students determine which authors will win an award. You can book our staff to come to your school to introduce the nominated titles to your students with lively book talks. This year's titles are listed under our website section: Especially For ... Teachers.

TEENS

Babysitting and Beyond

6 p.m. Friday, Sept 19
9:30 a.m. Saturday, Sept 20
Ages: 11 – 16 years
Participation limit: 12
Bring a doll or teddy bear to class. LUNCH Provided on Saturday. Learn what it takes to be a great babysitter! This well-rounded course covers basic child care, first aid, and introduces participants to the importance of play in child's life. This course is ten hours taught over two days by a qualified instructor. Certificates will be awarded upon completion.

Teen Game Night

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

ADULTS

Stories from the Heart of the City – with Linda Goyette

1:30 p.m. Thursday, September 18, 2008
1:30 p.m. Thursday, October 16, 2008
Drop-in, Free of Charge
All are Welcome!
Do you live in Boyle-McCauley or Norwood or along the Avenue of Nations? Did you move here from somewhere else, or did you grow up here? Come and tell your story, and hear stories about interesting people who lived here over the years. Writer Linda Goyette will host this session for story-lovers of all ages.

Sprucewood Library's 50th Anniversary

5 p.m. Friday, Sept 5
For Details Call: 780-496-7099
WOW!...Sprucewood is 50!
Bring the family, join in the fun and help us celebrate.
There will be food, there will be entertainment, and of course...cake!

Seniors Drop In

10 a.m. Mondays, Sept 8 to Dec 29
Looking for a welcoming place

to meet others and make new friends? Or maybe a place to learn new things at your leisure? Then the library is the place for you! Join us for a great cup of coffee and let the good times begin! No program on October 13

Computer Basics – Absolute Beginners

10 a.m. Mondays, Sept 15 to 29
Participation limit: 4
Seniors Welcome!
These sessions are for those new to computers who have never touched a mouse before! Learn the basics of clicking, scrolling, and handling a mouse.

Cafe Anglais – English Conversation Club for Newcomers

10:30 a.m. Saturdays, Sept 27 to Dec 13
Participation limit: 20
FREE of Charge
Learning English? Join the club at Cafe Anglais where you will chat in English, meet new friends and discover books, magazines and other library resources that meet your interest.

ELL (English Language Learning) Tours

Call 780-496-7099 to Book a Tour
Learn all about the Edmonton Public Library in a tour for English Language Learning (ELL) students. We create library cards for all students.

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 Café after all workshops. Space is limited so register ASAP.

September 6 - Pinhole Photography with Wenda Salomons. Presented at Alberta Ave Community Hall. 12:30pm-4:30pm. To register contact Becky at 780-435-3499

October 25: Encaustic Painting with Lorna Kemp. Presented at Eastwood Community Hall. 10am - 3pm. Please register after Sept. 25. Contact Cindy at 780-474-9961

November 29 - Suminagashi paper marbling with Chris Dickinson Presented at Saint Faith's Church. 10am - 3pm. Please register after October 29. Contact Becky at 780-435-3499

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. Looking to curate or put on a show and want to partner with Exposure? Contact Program Chair Todd Janes at todd@exposurefestival.ca or Producer Ted Kerr at ted@exposurefestival.ca

ARTISAN MARKET

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

PIANO LESSONS

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

PIANO LESSONS IN YOUR HOME

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

MUSIC LESSONS

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

MUSICAL NOTES

Extremely affordable piano lessons for beginners 5 to 11 years. Using the John Thompson series only. References available. Call 780-479-4054.

LOTUS QIGONG + LOTUS DANCE

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

DROP-IN GROUPS & PROGRAMS

LITERACY GROUPS AT NORWOOD CHILD & FAMILY RESOURCE CENTRE

Rhymes that Bind: Sep 17 - Nov 19. Wednesdays -11:45-12:30. Children newborn to 3 years can join this group with their parents or caregiver. We learn songs and rhymes. Lunch provided.

Books for Babies: Oct 3, 10, 17 & 24. 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.

Books for Toddlers: Sep 17 - Oct 22, or Nov 5 - Dec 10. Wednesdays,

10-11:30 am. Children 13 months - 2 1/2 years can attend this program with their parents or caregiver. We will explore books, play games, sing songs, and do crafts and many other fun activities. Snack provided.

Books for Preschoolers: Sep 11 - Oct 16, or Sep 16 - Oct 21, or Nov 4 - Dec 16, or Nov 6 - Dec 11. Thursdays, 10 am - 12 pm. Children 3 - 6 can attend this group with their parents or caregiver. We will read stories, tell stories, sing, and dance, do crafts, play games and meet other families. Lunch provided.

All of these programs are held at Norwood Child & Family Resource Centre (9516-114 ave). Call 780-471-3737 to register for any of the groups. Email: tinak@ncfrc.ab.ca

LEARNING TOGETHER FAMILY LITERACY PROGRAM

Learning Together is a 36-week program (Sep 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.) Call 780-421-7323 for more information.

ABC HEAD START PRESCHOOL

ABC Head Start is seeking children and families for its St. Alphonsus, Eastwood and Ecole Nord school site programs. This free head start preschool, which includes transportation and nutritious snacks, is for children who will be 3 1/2 by September first. Call 780-461-5353 to apply.

WRITERS' CIRCLE

The Carrot Writers' Circle meets every Thursday morning at 10 am at The Carrot (9351 118 Ave). Writers of all ages, genres and levels of experience are welcome to join. Call Anna Marie Sewell at 780-432-6711 or email her at prairiepomes@yahoo.ca for more information. Or, just come on Thursday with your favourite pen and writing paper.

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).

SCRAPBOOKING

Thursdays from 6 pm to 8 pm at at Ben Cafe 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.

BABES IN ARMS

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

PARENT SUPPORT GROUP

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

FALL HEAD START

The Head Start Program at the Norwood Child & Family Resource Centre is now taking registrations for 2008-09 school year. Children must be 3 1/2 by September 1st 2008. Please call 471-3737 for more information.

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

SPRUCE AVENUE HARVEST FESTIVAL

Saturday, September 20, 2008 from 1:00 to 5:00 pm at the community hall. The event is free and will include a horse drawn hay ride followed by beef-on-a-bun and corn roast.

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.)

THE CARROT COFFEEHOUSE

9351 - 118 Avenue
FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge
September 5 - JEREMY DOODY
September 19 - BRIAN GREGG
October 3 - THANEAH KROHN
SATURDAYS: Open mic 7:30pm-10:00pm
Music, spoken word, comedy

SPORTS & REC



INDOOR SOCCER

Registration at Delton Hall (12325 88 St)
Fri, Sept 5, 6-8pm
Sat, Sept 6, 10am - 12pm
Cost and volunteer requirements will be advised at registration. Call Sue at 474-3491 or e-mail at nozack@telus.net for more details. Games start after the Thanksgiving weekend.

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, Sept 18 - Band: "Diamonds." Thurs, Sept 25 - Band: "Rhythm Airs." 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. Check it out in September 8, 15, 22, 29 for FREE! Eight week class starting October 6. Drop-in during September or call 780-477-2773 to register for the class starting in October.

ALBERTA AVE FREE SWIM

Is closed in September and October for maintenance.

VOLUNTEER



GIRLS NIGHT OUT!

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

KALEIDO 2008 NEEDS YOU

Kaleido (September 26-28) will be needing numerous volunteers to make it a success again this year. You can be involved in the planning or give a few hours on the event day. Contact Jennifer Herrick, the volunteer coordinator, at 780-903-9984 or jaherrick@shaw.ca.

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 780-479-2641 or email 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 @ 780-432-1137, ext 362 or e-mail volunteer@catholic-socialservices.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-socialservices.ab.ca

CHILDREN AND YOUTH MENTORS

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

VOLUNTEER DRIVERS NEEDED

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

NINA HAGGERTY CENTRE FOR THE ARTS

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

THE CARROT COFFEEHOUSE

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

NOTICES

LOST

1 bright yellow raincoat with keychain and keys in left pocket. Lost in the area of 94 St. between 118-116 avenues. If found, please return to the Carrot. Thank you.

HAVE YOU LIVED HERE FOR 50 OR MORE YEARS?

Calling all residents! The Sprucewood Library wants to hear from those who have lived in the area for 50 or more years. Call Barb or Connie at 780-496-3678 before August 30.

ALBERTA AVE OPEN HOUSE & GENERAL MEETING

On Tuesday, September 23, the Alberta Avenue Community League will be holding an open house and general meeting. Come tour the facility and share your ideas on uses and upgrades. Buy your 2008/2009 community league membership and participate in the membership meeting. More details to come in the September League Newsletter or check the website at www.albertaave.org. Contact the league at 780-477-2773 or info@albertaave.org.

GRAFFITI REMOVAL KIT

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



GET IN THE GAME!

DISCOUNT EDMONTON ESKIMO TICKETS NOW AVAILABLE FOR OCTOBER 4TH GAME!

To add value to buying a Community League Membership, Edmonton Federation of Community Leagues has organized cooperative sponsorship an Edmonton Eskimos game.

The October 4th, 5 pm game with Edmonton Eskimos vs. Winnipeg Blue Bombers is OURS and promoted as "Community League Game Day". For \$19 Community League Members can purchase a bronze seat, pop, and hot dog (valued at \$37).

Purchase tickets in advance until October 3rd and in person at the Edmonton Eskimos Ticket Office (9023 - 111 Avenue). ****2008/2009 Membership card must be presented****. Make cheque payable to Edmonton Federation of Community Leagues or bring cash.

Additionally, we will draw from EFCL Community League Members a league name, and that league will in turn draw for VIP seats at a coveted green and gold table.

2008/09 COMMUNITY LEAGUE MEMBERSHIPS NOW AVAILABLE

Alberta Avenue	Office hours Wed 6:30 - 8pm (9210 118 Ave) or call Cora 780-444-7864. Family \$20; Single \$10.
Delton	Call Jodi Foster 780-477-5549
Eastwood	Office hours Mon, Wed, Fri 10 am - 2 pm or call 780-477-2354 to make an appointment. Family \$15; Single & Senior \$5
Elmwood Park	Call the league at 780-479-1035.
Parkdale-Cromdale	Call the league at 780-471-4410.
Spruce Avenue	Call Verna 780-479-8019. Family \$15; Single & Senior \$7
Westwood	Call 780-474-1979. Family \$20; Single \$15; Senior \$10.

EDMONTON MENNONITE

centre for newcomers

**Edmonton Mennonite Centre for Newcomers
Grand Opening Celebration**

Tuesday, September 23, 4-6pm
Program at 5pm

Special Guest

Stephen Mandel

11713 - 82 St. Main Floor
Music, refreshments, mural dedication
RSVP to Katrina 780-423-9697
or kpaufler@emcn.ab.ca

Live Music at the Carrot Friday nights!

Sept 5, 2008 JEREMY DOODY
Sept 19, 2008 BRIAN GREGG
\$5 cover at the door

Saturday nights-Open mic, Free!



Arts Market

September 6th and 20th
11:00am - 3:00pm

The market will feature artists and artisans from the community and beyond! You'll find unique gifts with a truly local flavor made in Edmonton!

9351-118ave www.thecarrot.ca



Hope you enjoyed your summer.
Best wishes to all our returning students.

ED GIBBONS

City Councillor, Ward 3

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

**GOT
COMMUNITY
NEWS?!**



**CALL US!
780-479-6285**

*Proud to Live
In Ward 3*



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

Phone: (780) 496-8333
Email: tony.caterina@edmonton.ca
Web: www.edmonton.ca



Start Pre-school

in September!

- FREE pre-school program
- 4 half days per week
- FREE transportation and nutritious daily snack
- For children born between Mar 2, 2004 to Mar 1, 2005
- For families of low income
- Opportunities for family involvement



ABC HEAD START

VOLUNTEERS NEEDED!

If you want a great volunteer experience, have 3 hours a week, and love being with kids consider volunteering with us. For more information about our volunteer program :

- visit our website at www.abcheadstart.org
- Call or email annb@abcheadstart.org