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Kaleido Ignites the Avenue in its fifth year

MARI SASANO

The Kaleido festival is back, and it's bigger and better than ever! What began as an idea among area artists is now a full three-day celebration of neighbourhood, local and national musicians, dancers, theatre and visual artists that is attracting attention across the city.

"It's our fifth anniversary. I can't believe it!" says festival producer Christy Morin.

"I sit and remember— it's been a huge growth. And it's because of the volunteers, the production team, and the community."

The emphasis is still on local artists, who continue to move into the area and are excited to be part of the program.

"Five years ago, it was much harder to find the artists. Now it's happening naturally. I had a lot of people this year calling and emailing wanting to play on our stages. I think people are beginning to realize that it's not just talk, it's really happening," says Morin.

The theme this year is Ignite, which is exactly the role of the festival in the revitalization of north central Edmonton:

involved, the more audiences from outside of this area can see what is happening here—with the hope that they will return during the year for shopping, other festivals, or even to live in a home on our beautiful tree-lined streets.

Certainly, as Kaleido's reputation has grown, Morin has seen a motivation among festival partners and sponsors to step up and help.

"On Sunday we join forces with the Alberta International Percussion Society, who is putting on the Rhythms of Our Own Drum festival, and the Nina Haggerty is hosting the first lantern parade. And Don's Piano Warehouse is lending us a grand piano, which was a dream of mine! It's neat seeing other groups helping Kaleido. It's really exciting."

As far as the future is concerned, Morin believes the next step is to secure funding and sponsors, and to introduce the Avenue to people from other areas across the city.

"I think where we are is great. I don't think we can expand onto any more rooftops! But we hope to get more people to come and check it out."

from Lionel Rault, with more blues on the street and at the Carrot!

Aurora Lantern Parade: Join the Nina Haggerty Centre as they celebrate one year on the Ave! 10 pm

Kaleido After Dark: Edgy experimental theatre for the late-night set. 12 am to 1:30 am at the Old Cycle Building.

SATURDAY:

Free Pancake Breakfast: Enjoy a hot breakfast and some cool bluegrass music as the Mayor cuts the ribbon on the festival. 10 am to 12 pm

Graffiti Art With Lasers:

Designer Paul Bezaire and director Bradley Moss collaborate to produce live laser projections creating graffiti on the side of the Old Cycle Building! At dusk.

Theatre on Wheels: Award-winning theatre artists Chris Craddock and Clinton Carew team up to create a ride you won't forget. Don't forget your seatbelt! Old Cycle Building, Saturday and Sunday 12 pm to 6 pm.

SUNDAY:

Successor: Take a walk with the ensemble cast through your neighbourhood for a haunting and humorous adventure. Meet at the Carrot Coffeehouse Sunday at 2 pm, 3 pm, 4 pm, and 5 pm.

Sunday Evening Concert: Hear the sounds of drums from around the world 7 pm at the Avenue Theatre. This is a ticketed event: \$20 for ages 12 and over, \$15 for AIPS members, seniors and volunteers, children under 12 are free.

Avenue Poetry Slam: Poets compete for cash prizes at the Avenue Theatre. Poets 17 and under are at 2 pm, adults perform at 3 pm.

Don't forget there's music, dance, performances and comedy all day, both days on the outdoor stage, the Old Cycle

Building, Don's Grande Piano Alley (behind the Old Cycle Building), and the Carrot.



BILL DAMUR CONDUCTING CARTET AT LAST YEAR'S KALEIDO FESTIVAL



ABORIGINAL DANCER ADRIAN LACHANCE PERFORMS AT LAST YEAR'S KALEIDO FESTIVAL

"Kaleido is helping to ignite a movement with one spark. We're showing who's living in this area, and that our neighbourhood is fantastic!"

As more people in our area become

Festival highlights: FRIDAY

No-Tie Gala: Art show and sale at the Old Cycle Building with wine and cheese reception at 6 pm. Live blues

Especially for kids:

Vintage Movie Night: Watch Swiss Family Robinson in the fresh outdoors! Bring your lawn chair and settle in front of the giant inflatable screen behind the Alberta Avenue Community League. Show starts at 8:30 pm.

Project Whooping Crane: An ecological story of loss, love, and dedication told through puppets and masks! Saturday 12:30 pm and Sunday at 3 pm, at the Old Cycle Building

The Big Sky Dome: Kids' activities like Giant Snakes and Ladders, Bubble Mania, and the Paper Airplane Challenge! Saturday and Sunday, 12 to 6 pm.

Venues:

- The Old Cycle Building**
9141 118 Ave.
- Alberta Avenue Community Hall**
9210 118 Ave.
- Nina Haggerty Centre for the Arts**
9225 118 Ave.
- The Carrot Coffeehouse**
9351 118 Ave.
- Avenue Theatre**
9030 118 Ave.

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Write for the Rat Creek Press

Do you have a news tip or an idea for an article? Come to the next editorial meeting on September 7, 7 pm at the Carrot Cafe or email editor@ratcreek.org

Upcoming Themes:

- October: Technology (deadline September 13)
- November: Small Business (deadline October 11)
- December: Home (deadline November 15)

Attention shutterbugs!

Love taking pictures? Send your shots of community events, interesting happenings, or interesting local features to editor@ratcreek.org

Rat Creek Press seeks managing editor

The Rat Creek Press is looking for a Managing Editor. This is an honorarium position that consists of approximately 20 hours per month. Organizing, networking and administrative skills a must! Community residents will be given preference.

If you are interested, send your resume to the Rat Creek Board at info@ratcreek.org by September 30, 2010.

PHONE 780.479.6285

WEB www.ratcreek.org

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OUR MISSION

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

OUR FINANCIAL SUPPORTERS

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

Education: what it is, and what it isn't

EDITORIAL WITH MARI SASANO

I am highly educated. But not just in the obvious ways.

Growing up in an immigrant family, I was always told that working hard at school was important. It was the only way to ensure my future survival and success. And so it was, and not always in the ways I expected.

Sure, getting A's is important. And I'm pretty proud of the fact that I have a graduate degree (a Master's in English) hanging on my wall. I worked hard for it, and I'm lucky to be able to say I use my education every day. I even remember a fair amount of high school science, enough to get by at parties and trivia matches.

But what was the most important thing I learned over the years? Research.

More than the entire works of Shakespeare, more than the cutting-edge of literary criticism, it's knowing that not knowing isn't the end—it's the beginning!

Identifying what I need to know, figuring out the best sources of information, seeking advice from experts, asking the right questions, and coming up with a creative, made-for-Mari solution has been the most important skill I've learned. It is the key to all learning, and the key to all problem solving in all aspects of life.

And when you spend time with a community of people

who are experts in their field, you learn that they had to start somewhere: their own interests. Anyone can become an expert if they pursue their passion. And that even an expert relies on other experts when they need to find out

something outside their area of interest. You begin to realize that the world is a network of people, each one with strengths and weaknesses. Knowing what your own strengths and weaknesses means that you're able to

contribute where you can, and ask for help where you can't.

Probably, even if I never went to school I would've figured that out. But I'm

very grateful to have had the chance to learn this in an environment that allowed me to truly explore what my interests are, and to discover talents I didn't know I had. It gave me the confidence to approach anyone about anything—a skill that turned out to be pretty useful in journalism.

I don't believe going to school is the only place to get an education. There are some people who go to university and don't get a thing out of it because they don't learn the most important parts of being a scholar. More important than the ability to remember facts is having the curiosity to learn more, and the willingness to dig deeper and to be excited about the world. You don't need a degree for that, but chances are, if you start with the right attitude, you'll be as educated as someone who does!

“Growing up in an immigrant family, I was always told that working hard at school was important. It was the only way to ensure my future survival and success.”



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John 9:35 - 36 NKJV

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City looking for hidden gems among area buildings

MARI SASANO

Our neighbourhood has its share of old homes and buildings, some dating back to the turn of the century. Even though the quirks and upkeep can sometimes seem like a perpetual project, most of us who live in an older home love the character of something built in the days when Edmonton was a young city, and I often wonder about who might have lived here through the decades.

The City of Edmonton is interested, too. This year, partnering with the province and Urban Systems, they are conducting a heritage inventory of McCauley, Alberta Avenue and Parkdale. This survey is meant to supplement a city-wide study done in 1994, which designated The McNeill Residence on 97th Street and the MacTaggart Residence on 95A Street as heritage buildings. This time, the search will be more focussed on the mature neighbourhoods in central Edmonton, and they are asking for your help.

"You might know something about your home through word-of-mouth, or you can do some research at the City archives to see if there is information on your property,"

says David Holdsworth, Principal Heritage Planner with the City of Edmonton.

"The good-looking ones stand out, but someone famous may have lived in one of the more modest ones. We're also looking for photos and stories to find out more about what the buildings looked like or was used for. The hardest thing is to find plans and photos— usually they are kept in private records and people don't think to donate them to the archives."

Urban Systems, an urban planning consulting firm, will conduct a survey of the area to identify buildings of architectural merit and go through records and permits in order to find significant names of those who have built or lived in our area. Then a list will be presented for approval by a review panel, after which owners will be notified of their home's status.

"The inventory is like a wish list of what we want saved," says Holdsworth. "I think [north central Edmonton] is becoming a desirable location, especially for young professionals, and there will be some development pressure. This way, we can persuade property owners to restore old buildings rather

than knock them down."

Grants are available through the City for restoration projects such as windows, siding, roofs, and exterior detail. Funding is contingent on agreeing to protect the building, but residents will still be allowed to build additions with consultation with heritage planning. And the hope is that they will find some diamonds-in-the-rough.

"We're interested to see how some of the older buildings have been altered through time; if someone has put in new siding, you can't always tell how old they are. It's hidden underneath. We are also consciously trying to capture the modest buildings. They tend to get knocked down. A typical house from 100 years ago, there are not many of them left. But they don't have to be old. We're looking at buildings up to the 1960's."

"Heritage areas historically do well once people become aware of what is in the neighbourhood. I think there's a sense of pride when you find out where the community comes from and the character of the area. It helps reinforce community identity. A lot of people want to move into old neighbourhoods, and this is



THE MCNEILL RESIDENCE IS A DESIGNATED HISTORICAL BUILDING ON 97TH STREET

one way to protect the desirable characteristics."

Anyone interested in participating in the project can contact

David Holdsworth at 780-496 5281, or David Johnston at Urban Systems at 780-430-4041 extension 2234, djohnston@urban-systems.com

the spoke. lets youth steer away from crime

MARI SASANO

When Children's Services and NET's Kris Andreychuk got together to talk about our community, one thing that they noticed was the prevalence of bike thefts committed by youth in our community.

"I made a flip comment that maybe we should get them jobs at bike shops," says Andreychuk. But the more he thought about it, the better the idea seemed.

"I contacted one of the youth who was caught stealing bikes, and over the winter we co-wrote the idea that became the base of the spoke."

Located in the Old Cycle Building and taught by the Edmonton Bicycle Commuters, the spoke. provided old bikes (donated by the EPS, most destined for the landfill) and taught each participant how to strip down and rebuild their bike. The program has now graduated the first group of youth, all of whom were once involved in bike-related offences.

"They get to select their bike to tear apart and rebuild, and after that they get to keep them. The majority of the youth wouldn't be able to afford a bike otherwise," he says, noting the environmentally-friendly message of both bicycling and recycling. And that's just the beginning.

"Bikes are just the medium," says Andreychuk. "The hope is that they become more integrated and feel a sense of belonging and that the folks on the block are interested in their well-being."

Giving them the opportunity to learn useful skills builds self-worth and a sense of responsibility and pride in the community. The first group of trainees are already giving back:

"They're all quite young— three of them were only 12. But the great thing is that two of them have come back to volunteer to help train the new batch."

The spoke. is now opening up enrollment to other youth, not just bicycle thieves: as long as they are between 12 and 17 and able to commit once a week, a short paragraph explaining why the youth should be involved will put them on a list for one of the sessions that will run over the fall and winter.

For more information, call Kris at 780-944-8402 or email kris.andreychuk@edmontonpolice.ca

Crop 'n' craft on the Avenue

KELLY FOWLER

Calling all scrap divas and paper fiends! Start your long weekend right as the first-ever neighbourhood crop is set for Friday, October 8, 2010, at the Alberta Avenue Community League. The scrapbooking evening runs from 6 pm to 12 am, and for \$20 includes a thank you gift, supper, refreshments, and snacks throughout the night, and even a chance to win a door prize.

Tired of driving all the way across the city to scrapbooking events, organiser Kerry Humphrey decided that it was time to start one in her own neighbourhood, and what better place than at the Community League!

"This hall is great to scrapbook at as the parking is free and there are no stairs from the parking lot to the cropping room – you can roll your supplies right into the space," says Kerry. Be one of the first paid participants and enjoy the luxury of spreading out your supplies on an eight foot long table. Bring a friend and reserve adjoining tables to maximize your chat and creative time.

Kerry looks forward to meeting other scrapbookers in the community and hopes to grow the gathering to a bi-monthly event where scrappers can get together to chat, relax and work on their memory books or other creative projects.

"Cutting and pasting is a departure from my work and studies," says Kerry. "Scrapbooks are also something we can look back on years from now. I've gotten my mother-in-law and sister-in-law into scrapbooking, and my husband is appreciative of all the memories created through my hobby."

All levels of scrapbookers are welcome, and there will be the opportunity to share crafting tools and products. Children who scrapbook are welcome, but there is no child care available on site for little ones.

"With Thanksgiving upon us, this is a great way to kick off the long weekend and get some scrapbooking 'me' time in," says Kerry. "Come and relax, have someone else make supper and work on your craft projects."

For additional information or to register, please contact Kerry at (780) 453-6121 or on email at kerry_h@shaw.ca. Alberta Avenue Community League, 9210 118 Ave.

"Scrapbooking" is a method for preserving personal and family history in the form of photographs, printed media and memorabilia contained in decorated albums. "Crops" are scrapbooking get-togethers that are often likened to modern-day quilting bees as crafters work on their projects while making friends, talking about life and enjoy all-around girl fun. Not sure where to start? Create a scrapbook about your family, your neighbourhood, your ancestors, your favourite things to do, your new house... just about anything can be in a scrapbook!



Parkdale-Cromdale celebrates autumn with Harvest Festival

MARI SASANO

“Community” is a word we like to throw around a lot. The concept is at the heart of our quality of life in our area, a neighbourliness that we try and foster as a way to build the connections that strengthen the efforts to revitalize the inner city. The first step is getting to know who lives around you, and to find ways of having fun right outside your door.

Parkdale-Cromdale will be presenting a Harvest Festival, September 18, at its community league hall (11335 85 St.), to do just that.

“This is the first time! We’re trying it out as part of Community League Day,” says organizer Mirella Zadkovich.

“We’re having a band and square dancers, and they’re going to be teaching lessons. We’re bringing in some hay bales and clothes so you can make a scarecrow, and there will be activities for the kids, with a parachute and stuff.”

Inside the hall, festival goers can enjoy some fine art from the University of Alberta’s art students. And there will be food, of course (chili and cornbread for a small cost), and even a way to share your own “harvest”:

“This is the time for bringing in the harvest— if people have grown too much in their gardens, they can come and trade. And bring in your funny-shaped vegetables, or weird sized ones to be judged in a contest.”

As well, anyone who has extra perennials (divided) from their garden, the community league invites you to plant them in the hall’s garden. Zadkovich is excited for the potential for this festival in Parkdale-Cromdale, and has plans for the future.

“I’m hoping it will turn into an annual event!”

This map was made for... talking about!

MARI SASANO

Over the summer, you should have received a copy of the neighbourhood walking map in your mailbox. You might be one of the residents that had a look, and were surprised at all the amenities and features that exist in our community. Or maybe you were motivated to explore the routes suggested in the map. Now, the co-creators of the map want to hear from you!

“We’ve already had some word-of-mouth stories from people, and now we’re trying to get a more systematic survey. We’re asking people to complete an online survey to get an understanding of how they use the map, and how it could be improved,” says Laura Flaman, Project Coordinator of the University of Alberta’s Community Health and the Built Environment project within the School of Public Health.

Our walking map is the eighth in a series of maps in the Communities on Foot series to encourage people to get out and be active. It’s a partnership between Community Health and the Built Environment, the City of Edmonton’s Walkable Edmonton, and the community. It’s funded by the Heart and Stroke Foundation and the Canadian Institute of Health Research.

“We’ll compile the information and get it back to the community and work with Walkable Edmonton to make improvements on this map and others,” says Flaman.

Participants need to be over the age of 18 and a resident of the eight neighbourhoods included on the map: Alberta Avenue, Cromdale, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue, and Westwood. As an incentive, there is an early bird prize (draw date August 31) of a \$100 gift certificate to a local grocery store, and a grand prize (draw date September 30) which is a mountain bike and helmet (approximate value \$500).

“We want people to get out and active and engaged with their community and to see the assets that exist in their neighbourhood. Rocky Pilisko [of the City of Edmonton] said that one woman told him that she didn’t realize that there was a spray park in her area, and she ended out taking her kids and having a fun day out.”

If you have any questions, call toll free to 1-877-992-1947. To access the survey, visit www.edmonton.ca/walkmap

School closures an issue? Housing? Jobs? Community dialogues!

CHRIS FORD

Action for Healthy Communities works with people to host dialogues in their neighbourhoods to talk about neighbourhood opportunities and issues. We work together to create plans, projects and activities so opportunities can be taken and issues addressed. Because of that, people have richer, healthier community lives.

To join us in hosting dialogues, call us and join a neighbourhood team, to join a dialogue show up at one of the following dialogues, but phone to confirm the venue:

McCauley Neighbourhood Dialogue, Saturday Sept 18, 1:30-4:30 pm
McCauley Boys and Girls Club* 9425 109A Ave.

Eastwood Neighbourhood Dialogue, Saturday Sept 25, 1:30-4:30 pm
Eastwood Community League Hall 11803 86 St.

Parkdal/Cromdale Neighbourhood Dialogue, Saturday Oct 9, 3:00-6:00 pm
Addictions Recovery Centre* 11724 82 St.

Spruce Avenue Neighbourhood Dialogue, Saturday Nov 13, 1:30-4:30 pm
Spruce Avenue Community League Hall* 10240 115 Ave.

Queen Mary Park Neighbourhood Dialogue, Saturday Dec 11, 1:30-4:30 pm
Queen Mary Park Community League Hall* 10844 117 St.

Norwood Community Dialogue, Saturday Jan 22, 1:30-4:30 pm
Norwood Child and Family Resource Centre* 9516 114 Ave.

Central McDougall Neighbourhood Dialogue, Saturday Feb 19, 1:30-4:30 pm
Action for Healthy Communities, 10554 110 St.

Alberta Avenue Neighbourhood Dialogue, Saturday Mar 19, 1:30-4:30 pm
Alberta Avenue Community League Hall* 9210 118 Ave.

All events are no-cost and include refreshments. *Venue NOT confirmed at press time! Call Chris at 780-944-4687 extension 222 or email actioncf4@shawbiz.ca, or drop in to the office at 101, 10554 110 St.

Notice of potential cat poisoning of in the neighbourhood around 95A Street and 112th Avenue

GILLIAN KERR

Please be aware that a number of cats have turned up dead in the middle of August. We cannot be sure that it is a poisoning as it would take an autopsy, but from talking to a vet, the symptoms appear to be poisoning. Neighbours with cats may want to keep them inside for the next week or so.

To date, five abandoned cats that we have had spayed and were getting domesticated have died, including three five month-olds. In addition, one of my own cats is also missing now.

We have contacted Animal Services and the police. They are aware that we may have a situation. If you see anything that may be out of the ordinary, please call the police complaint line at 780-423-4567.

Me and Money – Financial Literacy workshops for women

Elizabeth Fry Society of Edmonton, 10523 100 Ave.

This program helps women to become financially sufficient. These workshops increase women’s self-esteem and help them to make healthy decisions according to their values when managing money. When you pay attention to money and respect money, you are better able to transform your financial situation. After participating in this program, women will be able to keep track of their spending habits, pay their bills, reduce debt, achieve financial goals, and save money.

Two groups will be starting in September. The first group meets on Thursdays from 5 to 7 pm, September 2 to December. The second group will meet on Monday and Wednesdays from 9:30 am to 11:30 am, September 13 to October 27. Both groups will meet at Elizabeth Fry Society of Edmonton, 10523 100 Ave. Each workshop has components on creativity through art and journaling, self-esteem and stress management.

For more information or to register please contact Tara at 780-784-2203.

BUSINESS SPOTLIGHT

Businesses Wanted!

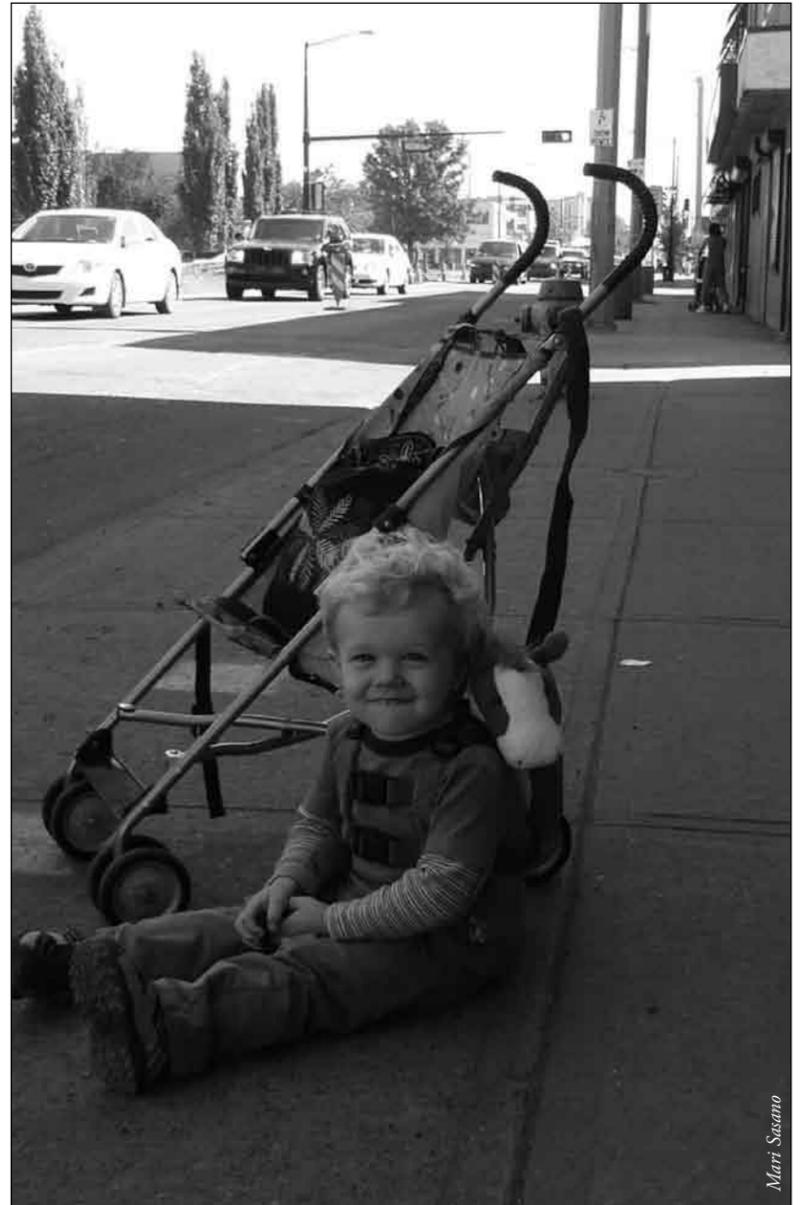
Laurie Tod

The Rat Creek Press will be running a Small Business and Artist Edition in November. We will be showcasing local small and home-based businesses and working artists within our community. We encourage all business owners and artists to purchase an ad for this issue. The Rat Creek Press will be offering two preferred ad sizes at very reasonable rates. You may purchase the standard business card size ad and/or a short profile of you and your business. Readers will pull the section out of the paper and reference it for future shopping or services needed.

The purpose of this issue is to introduce, encourage and educate local readers and residents on what is available in our own backyard. There are a lot of great items and services available in our community that most of us are not aware of, and what better way to let people know! With the holiday quickly approaching, it is a great time to show off your talents. If you would like to take out an ad in the November issue, please email Laurie at ads@ratcreek.org or call 780-479-6285.



PREVIEW OF KALEIDO-- THOUGHT-PROVOKING ART!



TWO YEAR OLD BOB THE BUILDER FAN STUART, WHO IS TRANSFIXED BY THE REAL-LIFE CONSTRUCTION ON THE AVENUE.

avenue initiative revitalization

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



For information call
Judy Allan 780-496-1913



Thank You Volunteers!

Thanks to everyone who volunteered this spring...on the Bloomin' Garden Show, Avenue Goes to the Dogs, Large Item Pick Up and Eastwoodfest!
All your work is what makes the community special!

Construction on phase 3 of the Streetscape Improvements is well underway. All businesses along the Avenue remain open...please support the Businesses along the avenue during construction!

Join In!

Safe Streets Meeting, September 16th
8904 - 118th Ave (Landlord and Tenants) 6:30 Call 780-496-1913 for info.

Spirituality in a Secular World

GEORGE TSOUKALAS

In our world today, we often have to work harder in order to make ends meet. We spend more and more recreational time in front of a television or computer instead of getting together with friends and family to enjoy each others' company. And much of our social routine is spent at the mall or discount stores in an effort to feed our appetite for more material possessions. Any search for meaning in our lives usually involves driving in our vehicles to a favourite restaurant or bar in another part of town, and paying for our excessive eating or alcohol consumption with a credit card.

But is that the purpose of our lives on Earth, a constant and never-ending quest for physical and psychological

gratification? Is life on Earth simply a biological curiosity with no connection to our ecology that supports our existence? Why do humans constantly struggle with the harsh reality that life on Earth is finite? These are questions that I pose to you as I put forth the idea that searching for meaning in our lives involves introspection, or looking inwards, to determine what really drives us to behave the way we do.

Since the beginning of human history, our ancestors have looked to the sky during the day and marveled at the rising and setting of the sun and changes in weather, and looked at the night sky and wondered if there was some external force moving the stars and moon. Everyday occurrences were thought to be influenced by astronomical

phenomena, and many cultures came to the theory that nature is the product of a Creator and that we are integral parts of our world. Not only that, but we also have a connection to all living creatures on Earth, and we have a responsibility to look after and nurture all life.

While I do not want to single out any one ethnic or religious group, I am using Aboriginal peoples as a very good example of how traditional thinking can often lead to a life with deeper meaning.

Is it any wonder that all aboriginal peoples from around the globe have a deep respect for all living things, or that they possess knowledge about the healing powers of many plants, flowers, herbs, foods, and animal parts that are being studied by medical researchers today? Could it be that we

have lost some connection to our immediate environment?

These cultures lived completely isolated from one another for thousands of years, yet there exists a core set of values that all humans embrace. All humans punish murderers, rapists, thieves, and other wrongdoers, however, despite these common values there still exists a spiritual divide in our current world. With all the technological advances made in the last 250 years, much of the developed world has lost the spiritual connection with nature and our Creator, but many of the Aboriginal peoples around the globe still maintain a strong bond with the values and beliefs of their ancestors and have not forgotten the importance of continuing to respect all life around them. And, many of these Aboriginal peoples are not materialistic or

ignorant of the consequences that their actions have on themselves or each other.

I want everyone who reads this article to take another look at their lives and how they conduct themselves in day-to-day activities. When you are in line at the checkout counter in Wal-Mart waiting to pay for a smorgasbord of discounted goods (probably bound for the garbage or in a charity basket), take a moment to think about whether those products will really bring you happiness and contentment. I am not suggesting that shopping in any form will leave you feeling spiritually empty. I am saying that our society's "conspicuous consumption" often leads shoppers to a crossroads where they make the decision to continue on business as usual, rather than make a change in their lives.

GREAT EVENTS & PROGRAMS



CORN ROAST

Don't forget to come down to the Farmers' Market on Thursday, September 9 to take part in our 2nd Annual Corn Roast in support of the Kaleido Family Arts Festival! Yummy roasted corn for \$2 a cob. Dunk it in butter, add your seasonings and enjoy.

OPEN HOUSE-GENERAL MEETING

Friday, October 1 from 7pm to 9pm. Stop by visit with neighbourhood families, enjoy refreshments and check out our lounge and entertainment system. Our new facade and landscaping plans will be displayed. Give your feedback and input on this years goals and plans. Volunteer to help. All Open House attendees will be entered in a draw for one free family membership to the Telus World of Science!!

PUB NIGHT

Friday, October 1 from 9pm to 11pm. Mingle with your neighbours in our refurbished lounge while enjoying refreshments and live music from Alberta Ave local Carla Rugg. Beer, wine and coolers available for \$2.50/drink. Must have a community league membership. No minors.

WEEKLY FARMERS' MARKET

Every Thursday from 2pm to 7pm. Check our our website for the vendor list.

UPCOMING PROGRAMS PRESCHOOL GYM CLASS

Burn off some of your preschoolers energy and preserve your sanity! The class will focus on gross motor activity, cooperative play and building confidence in children.

6 Saturdays 10am to 10:45am from Oct 16 to Nov 20

For ages 2 1/2 to 5 years.

Instructor: Sara Hendricks, Phys Ed Teacher and mother of three little ones living in Alberta Avenue.

Cost: \$30; League membership required

SPORTS THURSDAYS

We are looking for hosts to take on a drop-in sports program Thursday evenings at the community centre. Volunteer for a couple hours once a month (or more!). If you are interested please call the office.

PLAYGROUP

Our community playgroup needs a host if it is to continue. If you are interested in helping, please contact the office.

Alberta Avenue Community League

W: www.albertaave.org E: info@albertaave.org P: 780-477-2773



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The Rat Pack

CHRISTMAS IN SEPTEMBER BY ELLISON, AGE 10

Summer is over and school is here, which means back to school shopping, parent-teacher conferences and plenty of other things to keep you busy in case you were getting too much spare time planning vacations and things like that. It's like Christmas in September. Fortunately, there are sales and convenient breaks if you don't have too much to do between 8:30 and 3:00.



BIRTHDAY SURPRISE
BY G.A.,
AGE 10

The Hospital Sharon E. Riley

Sometimes I barely dragged to bed
Without a thought inside my head.
All I did was lay and snore
And knew not who looked in my door.

Sometimes I shuddered in sheer dread
Because I had to stay in bed
And sometimes even tried to snore
When the staff peeked in my door.

I sigh when I remember now
The times I got up anyhow
The mixed results – hidden then
Now come from my ballpoint pen.

The Purpose Sharon E. Riley



A lonely spruce tree
Reaching out branches
Never touching
another
Yet still trying
An inner loneliness
Solitude to the core
Yet stretching high
To reach constantly
for height
The height unique for
it alone
The goal only it can
achieve
Different in existence
from all others.

Lorraine Shulba

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For more information about community standards, visit www.edmonton.ca/bylaws or call us at 311.

Clean up today for a better tomorrow.



Rat Creek Press Association Upcoming Casino

The Rat Creek Press is holding a casino on September 16 & 17 at the Baccarat located at 101 street and 104 avenue.

Casino workers (cashiers, banker, chip runners and count room) are required for the day and evening shifts. Hours for the day shift are 10:30 am to 7:00 pm; the evening shift 7:00 pm to 2:30 am and the count room 9:45 pm to 3:30 am. If required transportation to and from the casino will be provided. Contact Verna at 780-479-8019 .

Parkdale memories: a principal looks back

MARLENE HANSON

As we approached Parkdale School in the car, my mother insisted she had never seen this place before in her life. We were arriving for Parkdale's 90th anniversary, in 2002. Even as we walked down the hallway to the gym, the school seemed unfamiliar to her. We sat down in one of the wooden chairs, facing the stage, and waited for the speeches to begin. As names from the archival history of Parkdale School were read, it was as though a light bulb had been turned on.

"Mr. Somerville.....oh, yes, of course, he was our principal!" "Mrs. Olsen – yes, of course I know her!" mom chuckled. Even with Alzheimer's disease having settled in, there were glimmers of the past surfacing now and then. Of course, even without dementia, nobody could predict that I would become the next principal of Parkdale School the following year.

From the crenelated rooftop of Parkdale School, one can scan the outer reaches of an urban landscape that has seemingly wandered from its roots in the city centre. It wasn't so long ago that this local community was the heart of the city, in what were then booming times. In fact, when Parkdale School was built in 1912, it was to alleviate the

crowding at the local North Delton School.

Those were the days when the women on the Edmonton Commercial Grads Basketball team would pound the third floor gym of the school, during practices. The war years saw the enrollment at Parkdale School peak at 741 students in 1944, when more children lived in the heart of the city. As I count the desks and textbooks that will now move with the children, to the schools one neighbourhood over, my mind wanders back to a time when Sunday afternoons were spent counting crab apples in my grandparents' backyard.

The McCoy crab apple trees were legendary in our family. We would disappear high up in the branches, or climb onto the garage rooftop, to see who could fill their bucket with the most crab apples. Not that we actually liked crab-apples, mind you—the trees offered a backyard escape for the grandchildren, away from the grownup talk and the need to peel potatoes in the kitchen. The two trees were majestic in size, at least to a child's eyes, and if we three siblings perched long enough on the branches, we could watch the raucous game of lawn bowling, in the yard of the Italian neighbours next door. The energetic cheers needed no translation!

My mother was born in an

upstairs bedroom in that grand, two storey house on 88th St,

in 1929. It was one of the first homes on the block in the '20s. And although the early

family photos show only a boardwalk for a sidewalk and a dirt field in the background,

the house was home to the busy, growing family of Frank and Florence McCoy. They

would raise six children in this Parkdale home. The McCoy children were raised with high expectations.

After all, they had to endure growing up with their father as a teacher

at the neighbouring Eastwood School, and later, as their own school principal, when he opened Eastglen High School.

Marlene Hanson, granddaughter to Frank and Florence McCoy, served as principal of Parkdale School, from 2003 to 2010. Martha Hanson (McCoy) passed away in 2006. This is the first of a four part memoir of her family's history in the Parkdale area.



PARKDALE SCHOOL

I CAN kid story

CARISSA HALTON

The City Centre Education Project (CCEP) faces the fall with three less schools. However, Nancy Peterson, principal of the CCEP, sees the glass as half full. From her vantage point, more students in each remaining school means greater flexibility in programming and student placements:

"We can group children better because there are more classrooms and teachers, while greater student body diversity brings a richness to brainstorming and class discussions. Students can be matched to specific teachers which can mean they are better set for success."

The City Centre Education Project was started in 2000, when 10 inner city school principals were brought together to think creatively about their shared challenges: decreasing enrollment; large, aging buildings; limited budgets; and a high ratio of high-needs students. Edmonton Public School Board agreed to their idea to form the CCEP. The schools would work together in building partnerships with outside agencies to provide

lunch programs, literacy help, success coaching, family liaison workers, nutritional support, and after-school programming. In addition to their usual budgets, EPSB agreed to additional funding.

Peterson, a new principal at Spruce Avenue that year, remembers a teacher handing her a wish list for her classroom. Peterson questioned her about the line item, "textbooks." The teacher took her on a tour of her classroom, there were two science textbooks for the entire class to share. TWO! That year, they culled most of the books in the library because they were old, geographically wrong, or socially inappropriate.

With the increase in resources, the CCEP schools (now down to seven schools) began to see great leaps forward in capacity. The libraries began to fill with relevant books, a computer classroom was updated, an arts space was created. And the teachers' educational capacity rapidly increased as partner groups surrounded them and the children and families in the community with the appropriate supports.

This synergy began to

diminish by the last half of the decade, as low enrollment numbers started to put limitations of the holistic model that was developing. This new year represents new possibilities to focus the resources of the CCEP schools again on building holistic learning environments.

The Edmonton Public Schools opening this month are: Delton (elementary), John A. McDougall (elementary), Norwood (elementary), and Spruce Avenue (junior high).

"Staff are excited about this year. Each school is creating their own identity," Peterson says.

For instance, Spruce Avenue will have a large cohort of teachers working together to present a hands-on, project-based learning program called Understanding by Design. At Delton, they are introducing the Reggio Emilia way of engaging young children, which uses art to help kids express themselves.

"This is a program that encourages the children to be the driver of their education. For example, if a teacher is doing a unit on travel, he might first introduce the subject by asking the students, "What do you know about

travel?" and "What do you want to learn about travel?" This allows him to assess the kids current knowledge as well as where their passion lies on the subject."

The CCEP has committed resources in 2010-2011 to one of their key priorities: literacy. Five staff have been hired to lead, mentor and support school culture toward increasing the capacity of all staff to respond to the varying level of needs students have.

"Literacy isn't just reading, but includes writing, problem solving, communicating, assimilation of information," Peterson says.

The CCEP is committed to ensuring that each kid is taught in the way they need. Teachers can do that, in part, due to the reading assessment every student completes in the first complete months of the year. The results of the assessment allows teachers to distribute appropriate materials to kids along a wide spectrum of capacities, from "high risk" to "high challenge."

The CCEP schools are serious about their responsibility for education. Peterson says, "We have

teachers who teach kids, not just curriculum."

Programs in the elementary school include music, French, nutrition, and art, while the Junior High offers a variety of Comp courses. This year they are partnering with NAIT to modify their shop site so it incorporates technology along with traditional woodworking machines. The schools also offer pre-kindergarten and full-day kindergarten programs. There are free school supplies, subsidized field trips, and there are no school fees.

This year, the project will work with students and their families to determine what kind of programming they would like to see incorporated to meet unique educational needs such as second language or academic challenge programs.

Bussing is available for those students not in walking range.

Contact 780-429-8000 to inquire about your designated (or catchment) school and for bussing information.

Returning to the books ... as an adult!

SHEELAGH SEMPER

Staring at a stack of textbooks and a Visa bill that would make your eyes bug out and heart palpitate, I find myself questioning my sanity once again. September looms and with it another series of courses at university. This is not my first kick at the can as a mature student. I graduated from a program at the University of Alberta (U of A) in 2006 only to find myself enrolling in a degree at Royal Military College (RMC) in the fall of 2007. With commencement looming in spring of 2011, I'm once again completing application forms for yet another university program, all while working full-time. I think I am addicted to learning, or the massive amounts of stress brought on by tight deadlines.

Returning to school as an adult brings with it a series of trials different from those experienced by students straight out of high school. While not the exclusive realm of mature students, juggling careers, childcare, household chores, and finding room in the budget to pay for tuition and books, are just some of the challenges adult learners need to address as they return to school on a full or part-time basis.

Mature students, commonly defined as any student over 22 years of age upon first registering at a post-secondary institution or a student who

has not attended formal classes in four years, are registering in university and college programs in increasing numbers. Whether to improve their existing skills, obtain a promotion at work, or to change careers mid-life, adult learners are often focused on an end goal long before they step foot in a classroom. While they may have been away from school for a number of years, mature students haven't been idle. Previous work experience or time spent raising a family often provides adult learners with a wider base of life experiences than their younger counterparts. These experiences can provide a solid foundation for the development of valuable transferable skills such as budgeting and time management.

Those time management skills will be put to the test every day. One of the hardest things I've found about returning to school as an adult is staying motivated while staring at a stack of books or a calendar filled with assignment deadlines. Staying on top of course work can easily eat up 7-15 hours a week per class. Sign up for three or more classes and you could find yourself putting in nearly as many hours on your school work as you would working a full-time job! Falling behind is a constant risk as we juggle the day-to-day elements of our lives.

With that in mind, I've found the following tips and tricks a huge help over

the past few years:

- Set aside at least 60 minutes a day to spend on your course work. Pick a time when it's quiet and less chaotic. After you put the young'uns to bed or while your children are working on their own homework are great times to start your school work.

- Set aside a place to study. It can be a desk, at the kitchen table, or on a comfortable chair. Pick a low traffic location where you're likely to be undisturbed.

- Set ground rules for yourself. If you're easily distracted, it may be a good idea to turn off your cell phone and TV or unplug your internet connection while you study.

- Set ground rules for your family. It can be difficult to find the time to devote to studying if you're constantly being interrupted or if the TV is blaring in the next room. It may help you to set rules, such as "no TV from 8-10pm" or "ask daddy when mommy is studying" with your family members.

- Take notes. Creating notes, especially paraphrasing information in your own words, can help you interpret

and recall information at a later date. Don't like to type? Try recording a verbal summary of the topic or chapter content.

- Don't wait until the last minute. It's tempting to put things off – be it studying or working on an assignment – until the last minute. There are so many other things we'd rather be doing. However, this can often have an impact on your assimilation of the information AND on your grades. Consider how hard you had to work to return to school. Do you really want to throw it away and risk a poor (or failing) grade?

- Remember to breathe. While it's great to be goal oriented, sometimes it's just as important to stop and smell the roses. After going to school year-round for two and a half years, I took this past summer off, and went from babbling burn-out to looking forward to returning to school. Making the most of your break time can help you stay focused when school is in session.

Learning can take many paths. Formal classes are most often taught in the workplace, community centres, colleges and universities. Informal learning can take place through observing others, reading books, or trial and error. Whichever path you choose, enjoy your journey and keep learning.

Parkdale resident becomes first female Culinary Bootcamp instructor

MARI SASANO

A roomful of students in white jackets and camouflage pants are working furiously, knives in hand. This is no military exercise, though: this is NAIT's Culinary Bootcamp. Now in its fifth year, the Bootcamp is an intensive, week-long program that schools everyday people (teachers, lawyers, homemakers) in the basics of cooking.

In the middle of all the chaos, students approach their mentor, Luisa Magnan, for advice. Should I go with a pesto sauce? Where is the fennel? It's hot in the kitchen, but as the Bootcamp instructor, she keeps her cool. But she's as excited as her students.

"I work here as an educational assistant. I have my Red Seal, and my boss came to me in February and said, "I want you to teach Bootcamp." And I thought this was an opportunity I couldn't pass up. I'm the first female Culinary Bootcamp instructor," she says.

As one of three female culinary arts instructors on

faculty, Magnan is used to working with the guys, but for two weeks this summer, she's the boss.

"Usually I'm the assistant; this time I'm running the kitchen. I'm very grateful for this because women don't usually get to be in charge in the kitchen, in this industry. Only at home do we control everything!"

And it's at home where she learned to appreciate good food.

"It's in my blood. My parents are Italian, we just grew up around food all our lives. It's food, soccer and family, in no particular order! When I graduated from university, I worked in social services for a while, and after six years decided that wasn't for me. I came back to school and graduated in 2004. I love this field."

At the Bootcamp, she shares her knowledge in the hopes that they will learn good kitchen habits, and that properly prepared food is economical, healthy, and tastes great! Over a week, students learn how to make soups, sauces, and the basic techniques to grill meat and

prepare fish. They have a final exam, and for their graduation, they prepare an entire meal for their friends and family— up to 150 guests.

Teaching her students and preparing them for that big day is just as hectic as working at a restaurant, she says.

But having been the head chef of two weeks of Culinary Bootcamp gives her a different perspective on how most people cook.

"I learned to be more patient. People come to class with bad habits; it's like when your dad teaches you how to drive. Someone taught them these bad habits, then they learn the real fundamentals, and that real food tastes good! You have to be encouraging. What you put in is what you get out. I love both teaching and cooking. There is always lots to learn."



LUISA MAGNAN IN THE NAIT KITCHEN DURING THIS SUMMER'S CULINARY BOOT CAMP

(Not your average) Curry in a hurry



The Daring Diner
WITH ANGIE KLEIN

I'm always forgetting to bring lunch to work. This isn't usually a problem. There are some pretty good places to eat near my shop: I can choose from soup and subs, pub grub, Chinese food, handmade pasta and baked goodies, all within a few minutes walk. I can now add some pretty amazing Indian food to that list.

India Village Restaurant opened its doors at the Sherbrook Plaza on the corner of 118 Ave. and St. Albert Trail late in July. What was once a dingy little restaurant with worn floors and dirty

windows is now a slick and stylish dining room. Gleaming chafing dishes line the buffet that overflows with all my favorite Indian dishes, and some I have yet to try. Butter Chicken (boneless marinated chicken in an herb-enhanced

tomato cream sauce) alongside Palak Paneer (cubes of homemade cheese laced with creamy spinach and tomato). Dal Makhani (lentils flavored with freshly ground spices, sautéed in butter), Curried Goat and too many others to mention are lovingly prepared by five-star chef Amar Dami and his wife. They have a large a la carte menu with 10 different types of Naan and other bread.

They serve spectacular sweets, including a sugar syrup pumpkin and classic rice pudding with real vanilla bean. Fish, chicken, beef, lamb... whatever you're looking for you will find it here. This is, without a doubt, the best Indian food I have had in Edmonton. The price is very reasonable with a lunch buffet at \$10.95 and dinner at only \$13.95 You can't go wrong!

Until next time...
Happy Eating!



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Avenue Theatre listings

Jonny Jacques

It's that time of year, back to school! Now that everybody is back from holidays and in working mode again, Avenue has a solid month of events to help you unwind in your free time. We've got everything you want and more from movie marathons, a variety show called 'The Avenue Jam' featuring music dance and theatre, to our regular weekly concerts... check it all out below!

Friday September 3 – Avenue Movie Marathon #1. Catch three classic films FOR FREE! Doors open 7 pm, movies start 8 pm. Sorry no minors. Fresh popcorn, hot dogs, snacks, beer and more! Check www.avenuetheatre.ca for updates and announcements.

Saturday September 4 – Avenue Movie Marathon #2. Catch three classic films FOR FREE! Doors open 7 pm, movies start 8 pm. Sorry no minors. Fresh popcorn, hot dogs, snacks, beer and more! Check www.avenuetheatre.ca for updates and announcements.

Friday September 10 – The Avenue Jam. A variety show featuring live music, dance, theatre and more! Doors at 7 pm. Sorry no minors. Full details online at www.avenuetheatre.ca

Saturday September 11 and Sunday September 12 – Come check out the Avenue Theatre during this year's Kaleido Festival! Art and live music for free! All Ages welcome!

Friday September 17 – NSC Records Presents: Who's The Man 3. Live Hip Hop and Rap, featuring Nekkbone, DJ Creezn and more. Sorry no minors. Doors open 9 pm. Admission is \$10.

Saturday September 18 – Raised Fist Promotions Presents: Throatkick & GFAP Canadian Tour w/ Submerge the Sky, Stallord, Exits & Trails, Tessitura & Display of Decay. All Ages Welcome. Doors at 5:30 pm. Admission is \$12.

Friday October 1 – Foundation Concerts Presents: Library Voices & Paper Lions. Sorry No Minors. Doors open 8 pm. Sorry no minors. Tickets online at www.foundationconcerts.com

Saturday October 2 – Chasing Jones and Guests. All Ages Welcome. Doors at 7 pm.

Thursday October 7 – Despised Icon w/ Misery Index & The Last Felony. All Ages Welcome. Doors at 6:30 pm. Tickets online at www.avenuetheatre.ca

LAW AND ORDER
WITH CST. REID NICHOL

Drug Houses

Drug Houses are a significant concern for many community residents – they not only cause concern because of what is happening in the home, but a rooted drug house can cause problems for an entire community. A very active drug house can affect the day-to-day activities in a neighborhood, and is a source of fear and distrust among neighbors.

I receive information from a number of places in regards to suspicious residences, suites, and activities that are believed to be drug houses. There is not a "set" formula for what a drug house looks like or where they area. There are drug houses throughout the city, and each and every one is unique and presents its own unique set of challenges.

Some common signs that you may live near a drug house include, but are not limited to:

- Increased vehicle traffic/foot traffic
- Visitors at odd hours
- Visitor goes up to house or resident exits house and approaches visitor

- Quick visits
- Variety of vehicles coming and going
- Drug paraphernalia
- General unkempt house/yard
- Blinds/curtains closed
- Vehicles left running outside

More information can be found on the EPS website at: <http://www.edmontonpolice.ca/crimeprevention/communitysafety/reportadrughouse.aspx>

There are a number of people that you can call within the EPS if you wish to report a drug house to us. As always, I can be contacted at 780-421-2602. You can call Report A Drug House Unit at 780-426-8229, Crimestoppers at 780-422-TIPS (8477). You may also call SCAN (Alberta's Safer Communities & Neighborhoods) at 1-866-960-7226 or check their website at: https://www.solgps.alberta.ca/safe_communities/scan/Pages/SCAN.aspx

I also wanted to present a new way in which I will be sending out information to you, the readers. As part of a

Downtown Division initiative, I will be sending out monthly IM articles via e-mail, which you can receive. These articles will contain information, tips, police and community related discussions, and may also be used to provide information on upcoming EPS and NET related events, similar to what I have been writing about in the Rat Creek Press. If you are interested in receiving these articles, please log on to the internet, and go to www.edmontonpolice.ca/downtownd1.

Once the page has opened on your screen, you can click on the "Subscribe" link on the bottom of the page, and follow the instructions. You can also look at previously posted articles and mail outs by clicking the "Archives" button. You can choose to remove yourself from the list at any time if you no longer wish to receive these articles.

The Edmonton Police Service is proud of its partnership in your community. If you see a police officer, take the time to stop and say hi. We work hard in your community to make it a safer place to be 24 hours a day, 7 days a week.

Summer's fresh herbs will be your pesto companion

AN AVENUE HOMESTEADER WITH CARISSA HALTON

It's September and your herbs are beckoning to be picked. No matter how much you may want to ignore the inevitable, frost is sadly just around the corner.

Around this time I also begin to mourn the loss of fresh herbs "out back" for my cooking pleasure. Setting this aside, I gather strength from a couple strong espressos and cut my basil, oregano, parsley, chives, and (some) borage down. I rinse them well then let them dry overnight.

I've been experimenting with the recipes from *Keeping Food Fresh: Old World Techniques and Recipes by The Gardeners and Farmers of Terre Vivante*. This Herb Pesto recipe is adapted from there.

1. Chop mix of herbs very finely; the more variation of herbs, the more interesting the flavour.

2. Chop/mince garlic. Vary amount according to your taste. I used a whole bulb for about 4 cups of chopped herbs.

3. Mix herbs and garlic with coarse salt, about 1 teaspoon per 1 pound of herbs.

4. Place mixture in sterilized jars (smaller is better). Avoid allowing too much air in, but don't pack herbs too tightly; the oil must be able to penetrate them. Fill jars to 1/2 inch from top.

5. Pour over herbs about 1 Tablespoon of vinegar per 250 mL jar and 3/4 Cup oil per 250 mL jar. There should be a layer of oil left on top once oil has infused mixture. If not, add more oil until there is a thin layer at the top OR pack herbs in a little more firmly.

6. Tightly screw on lids and store in a cool (10 to 15 degrees), dark place or keep in the fridge.

Use this to flavour pasta, vegetables, grains, salads or spread thinly on bread. It should keep for up to a year in a cool place.

If you have thoughts or recipes to share, check out the Avenue Homesteader blog at <http://avenuehomesteader.blogspot.com>

The Nina Haggerty Centre for the Arts is pleased to offer FREE art classes starting once again in mid-September.

Local artist Lorraine Shulba has lined up a series of exciting art projects for Family Art Night,

Thursday evenings from 6:30 to 8 pm at the Nina Haggerty Centre for the Arts. Children ages 16 and under and their guardians are welcome to come express their creativity!

Lead Artist Sue Seright from the Nina Haggerty offers a variety of art lessons for novices, as well as the more experienced artists in a supportive and structured environment during the Centre's Community Art Night, Tuesday evenings from 6:30 to 8 pm. Expect to work with a variety of art forms, from print-making to clay! Community Art Night is geared to accommodate everyone from first-

timers (novices) to accomplished artists. These sessions are for adults only.

Community Art Night starts Tuesday, September 14th, while Family Art night kicks off Thursday, September 16th. Registration for both sessions takes place week by week. To register, call the Nina Haggerty Centre at 780-474-7611. If no one is available to take your call, please leave a message and phone number, and we will call you back to let you know if space is available.

Community and Family Art Night Classes are FREE thanks to a grant from ECALA (Edmonton Community Adult Learning Association)



THE BOYS' ENTRANCE TO SPRUCE AVENUE SCHOOL

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www.abcheadstart.org

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PETER GOLDRING
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LIBERAL PART-TIME CITIZENS – LIFETIME PAY CHEQUE

Canadians are proud that our success as a society has been due to the contributions of immigrants from all over the world who have joined with the aboriginal community to build our nation, which fairly and reasonably legislates prerequisites for all citizens to access social benefits.

Our Old Age Security pension benefit qualifiers are designed to strike a balance between the many years of contributions of individuals to our society with publicly paid benefits received in their old age. It is reasonable to expect someone to at least reside in Canada for a minimum consistent period before being granted this benefit. The ten-year minimum residency requirement now in place is considered by most as generous and reasonable. Reducing the residency requirement, as proposed by a Liberal Member of Parliament in Bill C-428, would seem to mock those who have contributed steadfastly to our economy and our society for 30 years or more.

The Liberal Bill C-428 would allow a citizen to become a pensioner by accumulating only three years of total residency, which includes time in refugee and permanent resident status, over 20 years; while the remaining 17 years could be residing in another country.

This fiscally irresponsible Liberal plan would give many thousands of barely part-time citizens a lifetime pay cheque at taxpayer expense and, also, automatically allow them the Guaranteed Income Supplement for even more taxpayer funds.

It would be irresponsible for our Conservative government to adopt a policy that would cost taxpayers many hundreds of millions of dollars per year to give tens of thousands of part-time citizens a lifetime pay cheque, just to give the Liberals a few more votes.

I certainly will not be supporting this Bill and I am pleased that neither will our Conservative government.

What do you think?

780-495-3261 www.petergoldring.ca



dog talk

WITH DARLENE TAYLOR
OWNER OF K9 BEHAVE

Someone commented to me, "Why don't people train their dogs?" This is not the first time I have heard this question. In fact, I've heard it from both dog owners and non-owners.

As a teen with my first dog in the early 1970's the only dog training I heard of was for the movies or for the blind. Even to my mother the concept of having a dog live in the house and having to "train" it to behave while we were away was new. Generally, the majority of dogs lived outside in rural areas and wandered at will. They were trained and socialized by their peers. Dogs that misbehaved or were aggressive were dealt with quickly and permanently.

Dog training became important to me the day that Stormy was killed by a car because he was too slow

in responding to my "come" command. It's a hard way to learn the importance of training.

But even into the early 1900's, training occurred only for working dogs used in military, herding or hunting. Soldiers involved with the training of World War I and II dogs to perform specific tasks – came home and tried to make a career of it.

The pet owning public becomes inspired to teach their own dogs to perform simple tricks and behaviors because

of television and movie dogs like Rin Tin Tin or Lassie. A trainer might be sought out to solve a behavior issue often with the threat that if it wasn't solved, the dog would be disposed of.

There are various training methods that have developed side by side giving pet owners choices. Some points in history I find interesting are:

*In 1929, obedience competitions designed by Helen Whitehouse Walker who wanted to prove that her standard poodles can do something other than eat food began in the US. Winifred Gibson Strickland, known as Ms. German Shepherd of Obedience, began competing in the 1940's. Her training methods used both praise and punishment.

*1962, William Koehler, a high profile trainer, worked with Hollywood dogs using his military police dog training background emphasizing negative training and punishment.

*For the 1980's, Dr. Ian Dunbar, a veterinarian and animal behaviorist, promoted

It's Only A Pet Dog



DOGMA DEMONSTRATING "FETCH!"

positive reinforcement in dog training. He wrote books, videos, and appeared in his TV series addressing the pet dog owner.

*Karen Pryor a behavioral scientist and animal trainer began her training career at Sea Life Park in Oahu, Hawaii, training performing dolphins. She introduced the idea of operant conditions to the masses in her 1984 book, Don't Shoot the Dog. It was not written specifically for dog training but became very popular with dog trainers.

*In the 1990's dog training started taking off. It was split into dog friendly versus traditional British dominance trainers and Drive theory training.

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



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Rat Creek Press Association Upcoming Casino

The Rat Creek Press is holding a casino on September 16 & 17 at the Baccarat located at 101 street and 104 avenue.

Casino workers (cashiers, banker, chip runners and count room) are required for the day and evening shifts. Hours for the day shift are 10:30 am to 7:00 pm; the evening shift 7:00 pm to 2:30 am and the count room 9:45 pm to 3:30 am. If required transportation to and from the casino will be provided. Contact Verna at 780-479-8019 .



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Winter Lawn Care Tips: 1. Remember to rake before it snows.

2. Aerate 4-6 weeks before first frost.

3. Winter grass height should be 2-3 inches.

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Return to the lawn

the Garden Diva
WITH CHERYL WALKER

Ahh Dear Readers, the last part in The Garden Diva's (TGD) series on grass. (Again I say, not that kind.)

As many of you will recall, TGD left you all with a cliff hanger at the end of her last column – so this

month she promises joy, delight and salvation – instructions on what to do instead of having a lawn.

Dear readers, set off your shackles, embrace lawn-less liberty!

Hardscaping in the place of Lawns

Hardscaping is a landscaping term referring to the permanent physical features in our yards (And not a term for a certain current Canadian Prime Minister and his ability to think sensibly and make his way back from the long form census brouhaha). Within Hardscaping are more permanent options like replacing grass with cement or paving stones, and somewhat permanent solutions like replacing lawns with non-vegetative matter, including boulders, pea gravel and rocks

(The Tres Wonderful Non Garden Diva Husband can furnish the exact specifications of each class – at great length – if you are interested!).

If rocks are not your thing, bark mulch works nicely, with the additional bonus of a lovely smell. In either case, do put down good quality garden fabric under your stones or mulch to prevent the weeds from coming through.

TGD does caution, if you chose concrete or paving stones you will need to be a bit more aware of drainage and watering, especially in the case of large trees. Water exits paved surfaces very quickly.

Moreover, be mindful of paving an entire back or front yard, you will find the retained heat may make you retreat from your back yard retreat.

Landscaping in the Place of Lawns

Perhaps TGD's single greatest gardening delight are those houses in our neighbourhood that have opted the medians to grow things. A thrill passes through her at the very thought of people running out of garden spaces in their yards and moving into the median. Dear readers, have you run out of garden

space? Well, why do you have a lawn at all? Set up paths and go forth – plant more flowers. Plant more bulbs. Plant more trees. (No, former Rat Creek Editor Karen, do NOT plant more potatoes in your front yard. That just looks silly and makes TGD quietly weep)

If flowers are not your thing, consider low growing perennials. Lily of the valley spreads quickly and is remarkably resilient, creeping vinca and creeping thyme will actually permit a certain amount of walking.

A Better Option than Grass

Finally dear readers, if you must, consider turf grass. Turf grass is slow growing, drought resistant, and based on natural grasses found in the prairies. It is easy to care for, tolerates shade and sun and will over winter nicely.

TGD lives and gardens in Parkdale, with the tres wonderful gardening diva husband and the non-gardening dogs. She is very cross about the census form issue indeed. Next month she will talk about planning for spring while it is still fall.

Sprucewords
WITH PATRICIA FOUFAS

That time of year again...

It is the time of year when the butterflies in the stomach of all the school-aged girls and boys are rivaled only by the post-festival mini doughnut high. Just as summer seems to get going, the threat of "back to school" looms on the horizon. A trip to the library can be a great way to get the kids' minds out of the daze of summer and back into the books.

If you are one of those parents with a child starting school for the first time, there are a number of great stories to help prepare them for the excitement and drama of the first day. Adventure Annie Goes to Kindergarten, by Toni Buzzeo is a great read for first time school-ers and back to school jitters. As the story goes, on Annie's first day of kindergarten, Mr. Todd, the kindergarten teacher shares the Gold Star Rules for class but Annie

has her own interpretation. It is a familiar story to many and a fun story to read with the first-timer.

For the older students tackling calculus, physics, molecular biology and a whole host of other high school level topics, a new set of books takes an exciting new turn in using Manga style comics for teaching the subjects. The Manga Guide to Calculus by Hiroyuki Kojima is one of this series that uses a narrative to explain formulas, principles, examples and applications. Given the continuing popularity of Manga style comics, combining Manga and learning is long overdue.

As you hunt for school supplies, stop by the library for some books to get the kids mentally ready for going back. You and your school aged kids can still experience all the

library has to offer by stopping in to pick up some good reads before the long march to school begins. It may have been a while since parents have had to tackle homework, so what your child is learning in school can be new to you too. The Edmonton Public Library also has Alberta Education publications to help students and parents with school from Curriculum Handbooks for Parents to Exam Guides. Come in to the Edmonton Public Library for all your back to school information needs.

Megan Goodall and Patricia Foufas are Library Assistants with the Sprucewood Branch of the Edmonton Public Library. Megan and Patricia are madly preparing their households for the valour and the horror of the back to school season.

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Nice Neighbour Recognition Award for July

CHRIS HAYDUK

I first met Carla Meyer, the July recipient for the CRUD Nice Neighbour Recognition Award, at the Carrot Coffeehouse. One of the things that caught my attention was that she seemed to ride her bike everywhere, all year. Carla was friendly, positive and had a great attitude, and that carried over to so many important community topics.

It was great to present a Nice Neighbour Recognition Award nomination to Carla and see how much her neighbours enjoy living next to her. The nomination said that Carla is a good neighbour, but how do you measure a good neighbour? Sometimes neighbours are just great without doing anything specific, but Carla adds to that. She has a reputation of being someone who will always make time to chat. She

is always friendly, social and flashes a big welcoming smile.

One common trait of many of our Nice Neighbours is that not only will the Nice Neighbour make time for pleasantries, but are trusted to look after their neighbour's houses while they are away; Carla is no exception. Carla has been known to bring goodies over to her neighbours, just 'cause; she even lets people pick flowers from her yard. Obviously Carla demonstrates that her connection to community is important, and it does not go unnoticed.

As it turns out, Carla is the community co-ordinator for the Avenue Food Security Network. This is a network of people working together with community, agencies, and faith groups around all issues of food security. This is a non-denominational group who works with anyone who wants to participate. Their website is

www.avefsn.weebly.com.

Thank you, Carla, for being such a Nice Neighbour and supporting our community during its wonderful transformation. Carla, along with all of our award recipients, are representative of the great people living in the north central communities. Let's keep up the great work and remember to nominate all of your nice neighbours.

CRUD would also like to thank all of the contributors that make this monthly award possible. The prize pack sponsors for July are: Habesha and Lan's Asian Grill restaurants, Councillor Tony Caterina, Safeway, and The Carrot Coffeehouse.

For details on the Nice Neighbour Recognition Awards along with other community building initiatives visit www.crudedmonton.org. Nominations can be made at info@crudedmonton.ca or



DEBORAH WOOD AND CHRIS HAYDUK PRESENT JULY'S NICE NEIGHBOUR, CARLA MEYER

by phone at 780-996-4728. Please include your name and contact information, the nominee's contact name and information, plus details on

what makes your neighbour so great. Let's work together and recognize all of the great people in our neighbourhood.

Tara Chats with Kim Deep from The Family Wealth Academy and Kidz Make Cents Inc.

FINANCIAL LITERACY

WITH LISA TARA EDEN

Why not think about financial literacy for our children in the same way we think about sports, art, Girl Guides and Scouts? Why not educate all children about financial literacy as a crime reduction and poverty reduction strategy? Why not, as parents, educate ourselves about money so that our children won't make the same mistakes we made? Kim Deep of The Family Wealth Academy and Kidz Make Cents Inc. and author of The Childrens Book Conductor Kash and the Prosperity Express is helping families understand the road map to financial freedom.

Last Spring I took Kim Deep's two hour workshop. It was my kind of two hour workshop: we played a game practically the whole time. I had to pick out a job before my employer would pay me. Well, when I was in Kindergarten, what I really wanted to be was a fireman so I had great fun with my power bicep water slinger, especially when provincial and federal taxes were docked giving me only a measly \$1000. It was then mandatory that we put our pay cheque into these jars: 50 per cent living expenses, 10 per cent sharing and giving, 10 per cent learning, 10 per cent fun, and 10 per cent sunny day fund.

We had only a choice with 10 per cent of our money: we could either choose to put it in the piddlescrap jar or in the financial freedom jar. The piddlescrap jar money is over and above what is budgeted for fun or for vacation or for unexpected life events, while the financial freedom jar can be used to save up for investments; in this game, the investments are real estate, stocks, or business. The object of the game is to make a habit of putting 10 per cent of all earned income

into your financial freedom jar (Pay Yourself First) to make enough passive income to pay for your desired lifestyle.

I liked Kim's approach in directly involving people with money and making it fun. If children could learn early on about money it could change the course of their lives in positive ways for not only themselves, but their families, their communities, and maybe the whole world. I asked Kim if I could chat with her about her unique way of teaching people about money.

What gave you the idea to set up money jars?

I can't take full credit for it because it was actually introduced to me by T. Harv Eker from Peak Potentials. I had gone to one of his programs, The Millionaire Mind, and he had introduced the concept. I really liked it so what I did is that when I was looking at it for children was to find a way to integrate it so that it was meaningful to them and by making it meaningful to them it would be a great tool for them. The jars are very kinesthetic, very visual, very physical. I modified the explanation of the jars so it would be more digestible for the younger mind and for most adults too. So by using the concept that money has specific jobs and that we have this system to make money work for you, we have a recipe for success — much like how a franchise is a business model for creating financial success.

How much money do you think kids should be given for their allowance?

I have a formula. Keep in mind that what we're doing is giving the kids money that we would already spend on them. The concept is not to give them something you're not spending on them, but giving them a piece of the household budget that directly impacts them and lets them learn to manage it. For example: 11 and under, \$2

per year of age per week, and over 11 years old, would get \$3 per year of age per week. So a 10 year old would get \$20 a week, whereas a 12 year old would get \$36 a week. They split money into the jars based on the money jar formula with percentages of 10 per cent into each of the five jars and 50 per cent into the living jar. Of the 50 per cent that goes into the living expenses, 50 per cent would go towards rent, room and board and they start to learn the appreciation of saving for the necessities. When they start to pay for their clothing they make different choices rather than when the parents are buying the clothes.

Do you think kids should do chores to get paid an allowance?

My kids get an education allowance. I don't call them chores; I reframe it and I call them activities or responsibilities. They don't get paid for responsibilities: it's part of their contribution to being part of the household. If they do something over and above their household responsibilities, then I pay them.

As a parent how do you relinquish control when a kid sees something really shiny and brand new and has been targeted by mass consumerism?

The kids have six jars. One jar is, of course, the fun jar. Typically, what parents do is they bow under pressure eventually, but when kids have money to go into the fun jar they are empowered to make their own choices. They might make poor choices, but they can learn that the toy didn't last very long. When they have X amounts of money in the fun jar, they learn to make different choices. When the child's friend asks her to go to a movie at the end of the month and she doesn't have it, she might make different choices the next time.

What advice would you

give for people to save more money on their grocery bill?

Plan your menu for a week at a time. Spontaneous purchasing can be very detrimental to your food budget. Try not to buy pre-packaged goods. The way the stores are set up is to try and get you to buy a lot of their pre-packaged goods because they make more money from you. Shop outside the store aisles: your dairy, your bread, your produce. Have a list of what you need for the week and have it all laid out. You will be less tempted to buy other stuff. Eat healthy and buy local at farmers markets because you get better value for your dollar in terms of quality and taste. Plan your snacks, your breakfast, lunch, and your dinner. This eliminates waste — I'm speaking from experience, I have three kids, we used to get a lot of waste because I wasn't looking at our busy schedule for the week and taking into account all the evening activities like soccer twice a week. Take a look at what you and your family are doing during the week. Going to soccer two nights that week, plan for that.

You said once before that you do this with one year olds all the way to 102 years old? How does this system apply to adults?

Because it's simple. Probably the biggest challenge with most people that I deal with — I've been doing this for 25 years — is that it gets too complicated and then they don't do it. By keeping it simple you can start using it on a daily basis.

How do you teach adults about money?

Everyone's different. Everyone has a different way to do money. What we do in the workshops is we bring them fake money and put it in the jars. People can also open up President's Choice no fee banking, ING Direct virtual

banking or Scotia Bank savings accounts where there's no fees and split the money up. It really depends on what people are used to.

Why do you name one of your jars "sunny day" instead of "rainy day"?

If you plan for rainy days you're going to get a lot of rainy days. By reframing it and calling it "sunny day fund," it becomes the positive things you're saving for like the trip you want to take or the car you want to save for. It helps you to stick to the plan for what you are saving for.

How much do your workshops cost?

For adult, a one day workshop or four consecutive evening workshops cost \$79.

How much do your kidz camps cost?

Summer camp is \$249 for a week.

What do you think is the most important insight into teaching kids about money?

It needs to be a family affair. Parents are the first role model for the kids. Sometimes the challenge is that parents don't admit to their children they are struggling around their finances because there is shame around not having money. But if you're not a ballerina how do you teach your kids ballet? If you're not a guitar player how can you teach your kids guitar? And it's not enough for just kids to take the workshops they also need the family's support. It's part of the whole family getting together and all buying in to it that really makes it work.

To find out more about Kim Deep's workshops you can e-mail her at kdeep@kidzmakecents.com.

Lisa Tara Eden is the financial literacy coordinator for Elizabeth Fry Society. To find out more about Elizabeth Fry's Me and Money workshops call Tara at 780-784-2203

COMMUNITY CALENDAR

ART & THEATRE

THE CARROT'S VISUAL ARTISTS COLLECTIVE

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

CALL FOR SUBMISSIONS: NINA HAGGERTY CENTRE

The Nina Haggerty Centre for the Arts provides a studio where a collective of artists who have developmental disabilities can explore their creative potential and contribute to Edmonton's art community. The Stollery Gallery, located at the Nina Haggerty Centre, is accepting submissions for exhibitions throughout the year. Priority will be given to artists or organizations that experience barriers to the conventional art world, such as artists with disabilities, mental health issues, low-income or self-taught artists. For more information, please phone 780-474-7611, email info@ninahaggertyart.ca www.ninahaggertyart.ca

COMMUNITY ARTS NIGHT AT THE NINA HAGGERTY CENTRE FOR THE ARTS

Come out for an evening of art making ranging from clay building to printmaking and everything in between. There is no fee required, just an interest in art. 18+ Limited space so please phone ahead to register: 780-474-7611. Tuesday evenings from 6:30 - 8:30 PM at 9225 - 118 Ave.

CROP AND CRAFT

Bring your scrapbooking or crafting tools and supplies and enjoy an evening of cropping and crafting from 6 pm until midnight! The fee for the crop is \$20 which includes a thank you gift; supper, refreshments and snacks throughout the night; and a chance to win the door prize. This hall is great to scrapbook at as the parking is free and there are NO STAIRS from the parking lot to the cropping room. Feel free to invite a friend (adjoining tables can be reserved). October 8, 2010, Alberta Avenue Community League, 9210 118 Ave. For additional information or to register contact Kerry at 780-453-6121 or kerry_h@shaw.ca.

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DROP-IN GROUPS & PROGRAMS

PRIDE CENTRE PROGRAMS & EVENTS

9540 111 Ave, Ph 780-488-3234
YouthSpace (Youth under 25) Drop-In: Tues to Fri 3-7 pm, Sat 2-7 pm
Youth Movie: Fri 6:30-8:30 pm
Community Drop in: Tues to Fri 1-10 pm, Sat 2-6:30

Seniors Drop-In: Tues and Thurs 1-5pm
TTIQ (Education and support for Transgender, Transsexual, Intersex and Questioning people at any stage of transition): Second Tues of the month 7:30-9:30 pm
Community Potluck: last Tues of every month, 6-8:30 pm

Drop in Counseling: by appointment and drop in (if available) Wednesdays 7-10 pm, except the first Wednesday of the month.
Cocaine Anonymous: Thurs 7-8 pm
AA Big Book Study: Sat 12-1 pm, open to everyone
Youth Understanding Youth: Sat 7-9 pm
Gay Men's HIV Support: Second Mon of the month 7-9 pm
Free School: Second Sun of the month 11 am-5 pm

Carrot Writers' Group
 Every Tuesdays at 7pm-9pm at The Carrot Community Arts Coffeehouse (9351 118 Ave). Join us or call Irene at 780-471-1580.

MOMS & TOTS

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

SENIORS DROP-IN

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

STITCH AND CHAT

Every second Wednesdays, 7pm at The Carrot Community Arts CoffeeHouse (9351 118 Ave) Meet other fibre artists from the neighbourhood. Knit, crochet, cross-stitch, sew.

BABES IN ARMS

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3), 11661 95th St, Ph 780-474-4324. Drop-in summer hours: Tuesday - Friday 10:30 am - 4 pm and Friday evening 7 pm - 9:30 pm.

ST. FAITH'S

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

CRYSTAL KIDS YOUTH CENTRE

8718 118 Ave, Ph 780-479-5283 Youth program (ages 6-17): Mon to Thur 12pm-8pm, Fri 3pm-10pm, and Sat 1-5pm.

BOOK CLUB

Love to read? Come and join us at The Carrot Coffeehouse on second Thursday evening of each month from 7PM to 9PM for Book Club! Lively discussions, humor, and enlightenment! For more info, call Ann @ 780-752-4867.

COPS AT THE CARROT

Join EPS members every Tuesday from 9:30 am to 11 am for "Cops at The Carrot" for open and direct access to the EPS members working in your community. Please join us, bring your questions and comments, or come in for a visit and coffee every Tuesday at The Carrot. Special thanks to The Carrot for hosting us. Look forward to seeing you there!

ENGLISH CONVERSATION CAFE

For those who need to practice their new-found English language skills. Every Saturday morning (starting October 3), 10:00- 11:30 AM at Bethel Chapel, 95 St. @ 115 Ave. Free child care provided.

PARKDALE-CROMDALE LIL SPROUTS PLAYGROUP

Fridays from 10 am to 12 pm. Come join our playgroup! A place where parents can meet and children can play. Bring your snacks, ideas and sense of adventure! For more information, email info@parkdalecromdale.org or phone 780-471-4410

ENTERTAINMENT

THE CARROT COMMUNITY ARTS COFFEEHOUSE

9351 - 118 Avenue

THURSDAYS: Zoomers (Boomers with Zip!) Open mic 1-4 pm Contact: Ann Jones Ph: 780-752-4867 Email: windsorhouse@shaw.ca

FRIDAYS: Live music, 7:30pm-9:30pm \$5 cover charge
 Aug 27 - Keristan Vaughn
 Sept 3 - TBA

Sept 10 - Kaleido festival

SATURDAYS: Open mic 7:30pm-9:30pm Music, spoken word, comedy, plus every Saturday great Cinnamon Buns!!! Neither bulldozers nor jackhammers can uproot the Carrot - we are open during the current street renovations. And Carrot is now selling fresh flower bouquets from Zocalo.

SPORTS & REC



GIRL GUIDES AND BROWNIES

If you're a girl looking for fun, friendships, and new challenges, Girl Guides of Canada - Norwood District has a spot for you! Sparks (girls aged 5 and 6 or in Kindergarten or Grade 1) meet Mondays from 6:30 to 7:30 p.m. Brownies (girls aged 7 and 8 or in Grades 2 and 3) meet Mondays from 6:30 to 7:30 p.m. Girl Guides (girls aged 9 to 12 or in Grades 4 to 6) meet Mondays from 6:30 to 8:30 p.m. All groups meet at St. Andrew's Presbyterian Church, 8715 - 118 Ave. For more information, call Jean at 780-469-4487 or Angel at 780-642-0879.

VOLUNTEER



VOLUNTEER DRIVERS NEEDED

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

NINA HAGGERTY CENTRE FOR THE ARTS

Now settled into our new home on the Ave, extended hours for the Stollery Gallery are in the works. That is where you come in! The Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants. Gain experience working in a gallery setting, while supporting your neighborhood arts scene! For

more information on volunteering at the Stollery Gallery, please contact Anna at volunteer@ninahaggertyart.ca

THE CARROT COMMUNITY ARTS COFFEEHOUSE

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

THE LEARNING CENTRE

LITERACY ASSOCIATION is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall. Contact: Denis Lapierre Coordinator at 780-429-0675 or email: dl.learningcentre@shaw.ca

NOTICES & UPCOMING EVENTS

COMPUTER HELP AVAILABLE

Having trouble figuring out how to do things on the computer or setting it up? After consulting with you, I find out how to do these things and create easy to understand "cheat sheets." Rate includes printout of sheet(s) or a copy of the document on your flashcard. Flashcards are extra. Software help for: Windows XP, Windows 7, Microsoft Office 2007, Open Office 3, Firefox, Windows Live Mail, Windows Messenger, Microsoft Works. Learn to blog (Wordpress), share photos online, use Twitter and Facebook. Call Michelle @ 780-232-5822 for more information

EASTWOOD COMMUNITY GARDEN

If there are any community members interested in starting or being involved in a community garden please email Eastwood Community at ewcl@telus.net or call the League at 780-477-2354

AVENUE COMMUNITY GARDEN

Interesting in helping start a community garden in Alberta Avenue? Email info@albertaave.org or call 780-477-2773.

SATS BOARDROOM AVAILABLE FOR RENT

Seniors Assisted Transportation Society of Greater Edmonton (SATS) located at 9907 108 Ave. has a Board room for rental. SATS charges \$100 for a Business to rent the board room a day and \$50 a day for non-profits and charities. A deposit of the same amount is needed to hold the space, in advance of the rental. The Board room is 380 square feet with a large Boardroom table with 12 chairs around it plus four desks and 20 chairs. For more information, call at 780-732-1221 or email info@satsfedmonton.org.

FARMERS' MARKET

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

CRUD AVENUE DOG WALKING GROUP

CRUD's Avenue Dog Walking Group provides an excellent opportunity to meet your neighbours (and their canine companions) as well as spend some quality time walking around the neighbourhood. The Dog Walking Group meets at 6:30 pm every Monday in front of St. Alphonsus Church (11828-85 Street), then walks west towards 95 Street. For more info contact CRUD at info@crudemonton.org.

CRUD COMMUNITY DINNER CLUB

Meet neighbours and friends while exploring a variety of wonderful cuisine along Alberta Avenue with CRUD's Community Dinner Club. Every month the group discovers a new flavor and restaurant. Please visit www.crudemonton.org or call 780.996.4728 to find out the time and location of this month's feast.

CRUD'S NICE NEIGHBOUR RECOGNITION AWARD

Do you know someone who makes your neighbourhood a better place to live? Then why not nominate them for the monthly Nice Neighbour Recognition Award. For further details visit www.crudemonton.org or call 780.996.4728.

CARROT GIFT CERTIFICATES

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

CHURCH SERVICES

AVENUE VINEYARD

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

ST. ALPHONSUS CATHOLIC CHURCH

11828 85 St, 780-474-5434. Mass every Sunday at 10 a.m. Saturday mass at 4 p.m. Morning mass from Tuesday to Friday at 7:30 a.m.

ST ANDREWS PRESBYTERIAN

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

SALVATION ARMY

Edmonton Crossroads Community Church (EC3) 11661 95 Street, Ph 780-474-4324 Sunday 3:00 pm and Wednesday 7:00 pm

ST FAITH'S ANGLICAN CHURCH

11725 93 St, 780-477-5931 Sundays 11 am Holy Communion & Christian Education for children

BETHEL GOSPEL CHAPEL

11461 95 St, 780-477-3341 Sundays 9:30 AM - Communion; 11:00 AM - Family Bible Hour



Edmonton Public Library

SPRUCEWOOD BRANCH 11555 - 95 Street Call 780-496-7099 to register Go to www.epl.ca for more program details

Children

Aboriginal Family Storytime

11:30 am Fridays, September 3 to December 31, 2010 Drop In

Hey moms and dads! Bring your little ones and join us for an hour of Aboriginal songs and stories. Presented by Bent Arrow Traditional Healing Society.

Story Stop

10:30 am Thursdays, September 9, 2010 to January 27, 2011 Drop in

Stop for a story! This quick 15-minute storytime features stories, rhymes and songs - fast and fun for the whole family.

Sing, Sign, Laugh and Learn

10:30 am Tuesdays, September 14, 2010 to January 25, 2011 Drop In

For children birth to three and a grown up who loves them.

Join us for singing, rhyming and signing. Parents will learn strategies to engage their child and enhance their communication and development. This program is suitable for all children including those with developmental delays. Siblings are welcome. Offered in collaboration with the Edmonton Early Intervention Program.

Reading Buddies

10:30 am Saturdays, September 18, 2010 to January 29, 2011 call 496-3678 for more information Are you in grades 1-4? Do you love to read? Do you want to have fun, make new friends and practice your reading skills? Reading Buddies is a program that matches teen mentors with kids in Grades 1 to 4. Through interactive games and activities with your teen buddy, kids will become more enthusiastic readers.

Teens

Teen Gaming

6:30 pm Fridays, September 3, 2010 to January 28, 2011 Ages: 12 - 17 years Drop In

Come to the library to play some great games!

Babysitting and Beyond

6 pm Friday, September 24, 2010 9:30 am Saturday, September 25, 2010 6 pm Friday, January 28, 2011 9:30 am Saturday, January 29, 2011

Ages: 11 - 16 years

Register Online, in person or call: 780-496-3678

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 10 hours taught over two days by a qualified instructor. Certificates will be awarded upon completion. Lunch Provided on Saturday! Bring a doll or teddy bear to class.

Adults

Building Healthy Habits: Eating Well and Staying Active Together

7 pm Wednesday, September 15, 2010 Call 780-496-7099 to register Want to improve your daily health habits but not sure where to begin? Come learn some tips and tools to improve your well-being from a Registered Dietitian and Community Health Nurse. Good habits can be simple and last a lifetime!

Stories from the Heart of the City

1:30 pm Thursday, September 16, 2010 1:30 pm Thursday, October 21, 2010 1:30 pm Thursday, November 18, 2010

1:30 pm Thursday, December 16, 2010 1:30 pm Thursday, January 20, 2011 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.

All Ages

English Conversation Club

6:30 pm Mondays until September 27, 2010 Call 780-496-7099 for more information Are you learning English? Practice your English, meet new friends and have some fun at the English Conversation Club. Speakers of all levels of English are welcome!

Eastwoodfest

FREE! family-friendly
Outdoor Movie
on a large
inflatable screen!

Friday, Sept 10th
approx. 8:30pm at Alberta Avenue Park
118 Avenue and 93 Street

- Movie showing - "Swiss Family Robinson"
- Part of the Kaleido Festival



This Community FUNtime event is brought to you by Avenue Vineyard Community Church with funding assistance from the Avenue Initiative Matching Fund. For more info call Wayne at 780-716-6823.



EVERYTHING FROM HAIRCUTS TO FRESH SNACKS AT EASTWOODFEST

Proud to Live In Ward 3



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

Phone : 780.496.8333
Email: tony.caterina@edmonton.ca
www.edmonton.ca



THE HORSES SHARE A MOMENT WHILE PASSENGERS BOARD THE WAGON AT EASTWOODFEST

Hello Highlands-Norwood!



I hope you all enjoyed a safe and happy summer season. There were many great events that took place right here in our neighbourhoods and I was happy to get out and participate in a good number of them. Please remember, school is back in and to slow down in all school and playground zones. As always, if you have any questions, comments or concerns, please do not hesitate to contact me.



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

www.brianmason.ca ph: 780.414.0682



Kaleido

family arts festival



Free Event:
Donations Welcome

September
10, 11, 12

visit KaleidoFest.ca for details

118 Avenue
between 92-94 Street

