

# RAT CREEK PRESS

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NEWS » WINTER FESTIVAL

## The weird and wild side of winter

Deep Freeze Byzantine Winter Festival has a variety of activities to suit any mood



Running helps keep the blood hot in the cold weather at the Deep Freezer Race. >> SUPPLIED

DYLAN THOMPSON

It is depressing staying indoors all winter. Now that all the holiday cheer is stowed away until next year, what is there to look forward to?

The organizers of Deep Freeze, a Byzantine Winter Festival, have the answer! There are many unique activities in which to participate or spectate over the weekend of January 11 and 12. So get out of that winter funk and have some wacky fun.

Christy Morin is the executive director of Arts on the Ave and an organizer of the seventh annual Deep Freeze Festival. She wants to see the community come out to show their support.

"People don't realize it's right under their nose," Morin said.

For fans of bobsledding, or anyone who enjoys a good spectacle, The Deep Freezer Race takes place between 12:30 pm and 2:30 pm on both the Saturday and Sunday

of the festival.

Steve Winkler is a volunteer who is helping organize the Deep Freezer Race.

"It's a riot!" said Winkler. "Bring your team or bring your family. You plop . . . inside the deep freeze and you get some people to push and off you go!"

Many different types of teams participate: families, work friends, and, in past years, wacky themed teams, including: team zombie, team Star Wars, and team underwear.

The race is a fun competition but the organizers take safety seriously, requiring participants to sign waivers, wear helmets and respect other teams' space.

"It's not bump' em cars," Winkler said. "It's Deep Freezer Race. That's it. That's the only rule. You don't slam into one another."

This year, races will be held right on the Avenue between 92 and 93 Streets. The deadline to register a team of five is January 6.

Want another way to move

across the ice and snow? The Deep Freeze Festival has it all: Tobogganing, snow shoes, and skating! You can borrow skates at no cost from the City Skate Van or check out the street hockey tournament.

Once you've enjoyed those events, warm up at the Thaw Hut competition, organized by the festival in partnership with Media Architecture Design Edmonton (MADE). Teams design a warming enclosure and are awarded points for "heating efficiency" and "artistic merit" among other criteria. Teams arrive Saturday morning and have until 4 pm to finish.

"Designers and architects [find] ways to make a warm structure that you can be inside and not freeze," Morin said. "It can be anything from solar power to candle-lit."

John Larsen, a volunteer with the Deep Freeze Festival who competed last year, said there are three ways to make a successful hut.

"Number one: you've got

to get out of the wind," said Larsen. "Number two: trap any kind of body heat. Number three: capture any auxiliary heat from another source."

Finally, stick around until 6 pm on Saturday for a traditional Chinese lion dance followed by a fireworks show.

**DEEP FREEZE FESTIVAL**  
118 Avenue 90-94 Street

**DEEP FREEZER RACE**  
Jan. 11-12 from 12:30-2:30 pm  
Teams can register before Jan. 6

**THAW HUT COMPETITION**  
Set-up: Saturday, Jan. 11 all day  
Judging: Sunday, Jan. 12 at 2 pm  
Awards: Sunday, Jan. 12 at 3:30 pm

**OUTDOOR ICE-SKATING,  
OLD TYME CURLING, ICE GAMES**  
Saturday, Jan. 11 from noon to 8 pm  
Sunday, Jan. 12 from noon to 6 pm

**LAMPPOST COMPETITION**  
Installation: Jan. 11 from 1-4 pm  
Judging: Jan. 12 at 2 pm  
Awards: Jan. 12 at 3:30 pm

**FIREWORKS:** Jan. 11 at 6 pm

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## NEWS » COMMUNITY

# Outdoor skating rinks

Made for the community, by the community



Martin Bundred clears the snow at PCCL rink (left) and Lyall Pederson floods the AACL rink (right). >> SUPPLIED

KAREN MYKIETKA

The age-old Canadian tradition of pouring water over the frozen snowy ground continues in our neighbourhoods due to the dedication of a handful of volunteers. It's cold and often thankless work.

I stopped by Parkdale-Cromdale rink on a Saturday afternoon to chat with Martin Bundred. He not only works full time, but he's also the league president and their primary ice maker. He was out snowblowing the foot of snow off their asphalt rink surface before the next snowstorm hit. This is the first step in making an outdoor rink.

Alberta Avenue doesn't have rink boards. Rink volunteers Lyall Pederson and Steven Michos make snow banks and then spray them down with water to freeze them.

Outdoor rinks are made by spraying water from a fire hose into thin layers, which quickly freeze. But there's actually a fair bit of technique to get-

ting good ice. The City runs an ice-making workshop every November to train volunteers.

Quite often Henry Stainthorp from Spruce Avenue teaches the course. He not only makes and maintains the rink at Spruce Avenue, but he also travels the province making ice for curling and hockey. He used to make ice for the Oilers.

Outdoor rinks, both in their use and making, are at the mercy of the winter weather gods. One can only make ice when it's not too cold, not too warm, not snowing, and when the rink surface is free of snow. If the ice maker has a day job, then these perfect conditions are needed on evenings or weekends.

Bundred doesn't know how they made rinks in the day before snow removal equipment. As it is, he spends a couple hours walking back and forth with the snowblower. Then, because they don't have a sweeper, the ice needs to be shoveled clean with big metal

scrapers. All that, before he can flood the ice.

Some leagues have it easier. Four years ago, Walter Gurba at Delton purchased a Zamboni. He still does the initial flooding with the hose but doesn't worry about removing snow or getting the ice too even because the Zamboni has a blade to smooth it out.

Regardless of equipment, outdoor rinks are a lot of work to make, maintain, and operate. It's sad that the work is falling to just a handful of volunteers, most often people who are already busy doing community league board work. Have you ever thanked them? Or just complained because the rink was late opening or the snow was not cleared?

If community rinks are going to survive for generations to come, then there needs to be more "community" in the rink making and operating process. At the very least, appreciate those who work so hard to create something for the whole community to enjoy.

## OUR COMMUNITY RINKS

Rinks are likely closed when the temperature is below -20. You get a plastic, coloured skate tag (blue this year) with your community league membership. This gives you access to all community rinks in the city.



Fun times at the AACL community rink. >> REBECCA LIPPIATT

**ALBERTA AVENUE**  
9210 118 Ave; enter by the gate on the West side just past the building.

**HOURS:** Mon to Fri 4-8 pm;  
Sat & Sun 1-6 pm  
**COST:** Free; league membership encouraged  
**RULES:** Helmets recommended for minors.  
**AMENITIES:** Smaller snowbank rink. No supervision, skate at your own risk. Benches outside for putting on skates. Warming area is only open if/when there is a rink attendant or volunteer available, and when it's open, free hot chocolate!

**DELTON**  
12325 88 St; access from 124 Ave between 87 and 88 Streets.  
**HOURS:** Mon-Fri 5:30-7 pm public, 7-9 pm shinny; Sat & Sun 1-3 pm public, 3-6 pm shinny  
**COST:** Free with skate tag; otherwise \$1 under 16 years and \$2 for 16 years and over.  
**RULES:** Under 16 years must have a helmet.  
**AMENITIES:** Skate change room. Pop available for purchase.

**EASTWOOD**  
11803 86 St; rink is behind park, access through chain link fence on 86 St.

**PARKDALE-CROMDALE**  
11335 85 St; enter from the back alley.  
**HOURS:** Mon-Fri 5-8 pm;  
Sat & Sun 1-8 pm  
**COST:** Free with skate tag; otherwise \$5/person  
**RULES:** Helmets required for under 18 years.  
**AMENITIES:** Dressing room is opened when weather warrants and supervisor is available.

**SPRUCE AVENUE**  
10240 115 Ave; access on East side through gate behind building.  
**HOURS:** Mon, Tue, Thu, Fri, Sat 6:30-9 pm and Sun 1-4 pm  
**COST:** Free with skate tag; otherwise \$1/person  
**RULES:** Helmets required for under 18 years.  
**AMENITIES:** Dressing room, some skates and helmets available. Sometimes concession is open.

RAT CREEK PRESS ASSOCIATION 9210 118 AVENUE, EDMONTON, AB T5G 0N2 | T: 780.479.6285

### ABOUT US

The *Rat Creek Press* is a non-profit community newspaper in north central Edmonton serving the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

### COMMUNITY, COMMUNICATION, CAPACITY

The *Rat Creek Press* goals are to help connect residents with what is happening in the community, provide a forum where information and ideas can be exchanged, and help individuals learn new skills, acquire experience and develop leadership.

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### EDITORIAL POLICY

The *Rat Creek Press* is a forum for all people. We encourage comments that further discussion on a given article or subject, provide constructive criticism, or offer an idea for community activity.

**Letters** should be no longer than 250 words and must include the full name, location and contact information of the author. **Op-Ed columns** should be 400-700 words and observe formal rules of spelling and grammar. The RCP reserves the right to edit all material and to remove any electronic comment at any time.

All columns, letters or cartoons submitted are attributed to the author and do not necessarily represent the views or opinions of the *Rat Creek Press*. Send submissions to the *Rat Creek Press* Editor via email at editor@ratcreek.org, or 9210-118 Avenue, Edmonton, AB T5G 0N2. Mail may also be dropped at the address above.

### COMMUNITY CALENDAR

Space is available to non-profit groups for event and program listings as well as volunteer opportunities on a first-come first-serve basis and will be printed as space permits.

## EDMONTON

Learn to Skate  
118 Ave Area

- Starting January 2014
- 6 Sessions
- Alberta Avenue, Spruce Avenue & Parkdale/Cromdale Halls

## Learn to Skate

This program is for children who have limited or no skating experience. Children ages 3-10 will learn basic skating skills at their own pace.

\*Participants must provide their own skates & a CSA approved helmet which is mandatory\*

**Alberta Avenue Hall - 9210 118 Ave**

**Dates:** Thursdays, Jan 16 to Feb 20, 2014

**For Details and To Register:** Call 311

Children 3-4 yrs 5:00-5:30pm Code: 515437

Children 5-6 yrs 5:50-6:35 pm Code: 515438

Children 7-10 yrs 6:55-7:40 pm Code: 515439

**Spruce Avenue Hall - 10240 115 Ave**

**Dates:** Saturdays, Jan 18 to March 1, 2014

**For Details and To Register:** Call 780-479-8019

**Parkdale/Cromdale Hall - 11335 85 St**

**Dates:** Sundays, Jan 12 to Feb 23, 2014

**For Details and To Register:** Call 780-471-4410 or email info@parkdalecromdale.org

Referrals to The Brink Sport Central are available through your Community League if you need help purchasing equipment for the program.

Edmonton

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NEWS » BRIEFS

# Hips don't lie

Bedouin Beats beginner classes will get you moving



Lisa McColl, fifth from right, hopes to study more advanced Tribal Fusion style of bellydance in the future. >> SUPPLIED

LARISSA SWAYZE

Looking for a new way to get fit this year? Bedouin Beats may have just the class for you. Even if you've never danced a step in your life, the studio's instructors will have you shaking your hips in no time.

Just ask Lisa McColl – who enrolled in two beginner classes last September after seeing Bedouin Beats dancers perform. “It looked so cool and so fun,” says McColl.

After checking out their website, she registered in both the Monday and Wednesday beginner classes – 10 week sessions that run in fall and winter. Although McColl mainly signed up to get out of the house and spend time with her “own body,” she notes a surprising benefit has been weight loss.

Of course, anyone in the know when it comes to bellydance will tell you that weight and body type are of little concern to the art form. This is a point that studio owner Denise Leclair stresses. “I have ladies that are size 6 to size 20. There's no size restriction.”

There's also no age restriction and Leclair calls the studio's “Beginner Boomer Bellydance” classes, which are

geared towards women in their 50s and up, “pretty special.” Offered on Saturdays at 2 pm – with a new “Boomer Nooner” class added on Mondays – they're “a chance to come and dance and not worry about being totally flexible.”

If you aren't a boomer, there are a host of other beginner opportunities. Aside from the 90 minute Monday and Wednesday classes attended by McColl, there are also 60 minute drop-in classes on Tuesdays and Thursdays, which may be the best choice for someone who's uncertain if they want to commit to bellydance.

Both McColl and Leclair are aware of the hesitance new students may feel. Leclair says they are often “a little bit nervous to start, but then they begin blossoming because they're having so much fun and they realize they can do it.”

The anxiety of trying something so different is still fresh in McColl's mind. “I was a little bit scared. I didn't know what to expect. Was I going to have to expose my midriff?” But, when her instructor began the first class by asking everyone to introduce themselves and talk a bit about why they were there, McColl realized

they were all in it together.

The camaraderie McColl found in that first class was confirmed when she and her classmates recently showed a piece of choreography to the studio's more advanced students. “As soon as we started to move, the other dancers started cheering. I thought maybe something cool was happening behind me, but no, they all just realized that us getting up and moving in front of them was gutsy enough and cool enough on its own.”

For more information and to register in classes, visit [www.bedouinbeats.com](http://www.bedouinbeats.com), call 780.761.0773, or stop by in person at 11805 94 Street.

Stop by Bedouin Beats during Deep Freeze for free performances! Running Saturday, Jan. 11 from noon to 6 pm and Sunday, Jan. 12 from noon to 4 pm. Experience the different styles of bellydance and marvel at the intricate costumes. Stick around after dark for an outdoor fire dance, performed by D'Kadance Fire Fusion. Plus, Saturday night from 8-11 pm, Bedouin Beats is hosting “The Merry Mead Hall” – a free dance with a guest DJ and refreshments! Visit Bedouin Beats' Facebook page for more information.

# Treasure hunt

The ultimate community garage sale

WES BELLMORE

I love a garage sale. Lured by the prospect of dusty treasures at bargain prices, I regularly prowl up and down alleys, eyes peeled for crooked lawn signs and mushy helium balloons. I am certain that among the yellowed ice cube trays and Princess Di anniversary pickle platters, there will be an overlooked gem to brighten my day.

For now, at least, I need to prowl no further because the garage sale is coming to me. And not just any sale, but the ULTIMATE Garage Sale! A cross between a flea market, trade show, farmers' market and craft fair, the UGS offers a bit of everything for the bargain hunter, collector, epicure, and casual browser.

Andre Martire, the creator of UGS, has paid his dues behind a folding table. “I sold hockey cards at flea markets when I was nine years old,” he laughs. “I loved garage sales as a kid, and I love them even more now!” Andre has recently hosted sales in Kilkenny, MacLeod, and in January he brings his roadshow to the Alberta Avenue Community Centre.

“There is going to be a bit of everything and anything,” says Andre. “You'll see home-based businesses like Avon, Epicure, and Scentsy. We also have service providers such as dog groomers or DJs. And of course, you'll find the ‘ma and pa’ tables who wanna sell their stuff.”

I attended the MacLeod hall UGS on a blowy, blustery autumn day. While the snow kept weaker hearted people indoors in a sensible bid to stay defrosted, I was not deterred. Row after row of tables greeted me; my senses were over-

whelmed and my wallet leapt into my hand. Where to begin?

A handmade sweater from Chile; it fits and the gecko is adorable, so it's a deal. A cute little antique padlock and key for two dollars—certainly that price must be an error—I pay quickly before the vendor wises up. I eyeball an enormous glass vase, a teak table, a wooden helicopter, two blazing scarlet Hudson Bay army blankets; there is temptation everywhere.

If I were seeking Dinky toys or Hot Wheels cars, or collector's figurines, I would have been in Nirvana. If I were seeking Nirvana, I perhaps could have found a CD. A cup of instant energy coffee from a home-based seller warmed my hands as I chatted with a lady selling cast iron pots and cooking gadgetry of all description. Further

along a charming young woman was tending her mother's table loaded with fashionable outdoor boots and assorted goodies.

Crafts, jewelry, antiques, sports memorabilia, food, clothing, nostalgic toys – it was all there. I did not buy a 50/50 ticket when offered, but Andre says UGS is a proud monthly sponsor for The Stollery, Santa's Anonymous and the Food Bank.

I attended the MacLeod hall to write a story, and I left with armfuls of swag. Maybe I'll see you at the Alberta Avenue UGS. Bring a donation for the food bank but remember: I have dibs on the royal anniversary pickle platter.



**ULTIMATE GARAGE SALE (UGS)**  
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WHAT'S ON » WINTER FESTIVAL

# Revel in the beauty of winter at Deep Freeze

This year's Deep Freeze Byzantine Winter Festival offers a unique "Viking" themed experience

CHANTAL FIGEAT

Most of us think of Vikings as those pesky Scandinavian raiders who pirated land long ago. From January 11 to 12, 2014, Vikings is the grand theme of the upcoming 7th annual Deep Freeze Winter Festival on 118 Avenue between 90 and 94 Street.

This event is a rich tapestry of cultures gathering the friendly Ukrainian, French-Canadian, Franco-African, First Nations, Chinese, and African communities for a party!

French-Canadian culture is emphasized on Saturday, Jan. 11. Be sure to visit the cabane à sucre (sugar shack) and buy a baton to pick your maple syrup up from the snow. If you want to flex your muscles, you can enter the logging competition.

Indulge your palate with traditional French-Canadian food such as tourtière (meat pie), pouding de pain (bread pudding), and tarte au sucre (sugar pie) at the Alberta Avenue Community Centre. Don't miss fiddle champion Daniel Gervais playing traditional French-Canadian melodies. Go further east by partying with the Acadians and Newfies 7 to 11

pm at the Community Centre.

Take in Ukrainian traditions on Sunday, Jan. 12 by watching the Ukrainian dancers and enjoying lazy holupsi (cabbage rolls), kielbasa, domas (Ukrainian doughnuts), and perogies. Warm up at the Carrot Community Arts Coffeehouse by drinking a hot beverage and listening to Ukrainian musicians.

Entertain yourself by watching Cheemosh, a traditional Ukrainian dance company full of energy and spirit. Or, visit the Avenue Theatre to hear the Ukrainian Men's Choir. If you're the crafty type, go to the Nina Haggerty Centre for the Arts for a lesson in Ukrainian bead netting known as "gerdany."

No celebration is complete without mountains of great food! Maureen Wade oversees several community volunteers working together in shifts to "cook roughly 800 portions of each [dish]." But munching is not the big idea.

"It's just a lot of fun," said Wade. "The reason why we cook all the food is to get that community feel."

You can enjoy a slice of that community feeling by dining

on the spit-roasted village pig on the south side of the community hall.

Relax for a wagon ride through the neighbourhood or compete in old-fashioned curling and street hockey. For the artists, there are snow and ice sculptures to appreciate and snow paintings to create. If shopping is your thing, check out the indoor Artisan Village and Market at the Anglican Parishes of St. Faith's and St. Stephen the Martyr for items crafted by locals.

There are plenty of performances to see. Visit our Native neighbours at their tipis to enjoy fancy dance, traditional stories, and bannock by an open fire. Go to the Avenue Theatre to hear Adje playing and dancing to the rhythms of African music. Our Chinese friends will perform a lion dance starting beside the community hall to the back of the park. Fireworks will follow, awing both young and old.



Spectators enjoy spectacular fireworks. >> EPIC PHOTOGRAPHY

**DEEP FREEZE FESTIVAL**  
Jan. 11 and 12  
Various venues 90-94 Street around 118 Avenue. Free admission.  
More info at [deepfreezefest.ca](http://deepfreezefest.ca)

**THE EATERY**  
Alberta Avenue Community Centre  
Jan. 11-12, noon - 6 pm  
**LOGGING COMPETITION**  
Jan. 11, Noon - 5 pm

**CABAN À SUCRE**  
(sugar shack)  
Jan. 11, Noon - 5 pm  
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Jan. 11-12, Noon - 5 pm

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WHAT'S ON » WINTER FESTIVAL

# The Vikings are coming!

Impressive preparation involved in snow and ice carving for the Deep Freeze Festival



Power tools help this ice carver craft his masterpiece. >> EPIC PHOTOGRAPHY



The snow needed for this beautiful carving was prepared weeks in advance. >> EPIC PHOTOGRAPHY

ROB BERNSHAW & RCP STAFF

From January 11 to 12, the Vikings will land and take over Alberta Avenue in an amazing and fun way: snow and ice carvings.

The carvings are a beautiful part of the Deep Freeze Festival, but there's a lot of preparation involved before you see the finished product.

**Snow carving**

Carvers need giant blocks of clean white snow to create their art.

It starts with volunteers like John Larsen screwing together sheets of plywood supported by two by fours to make large wood boxes called forms, some as large as 8x8x12. The amount of snow needed to fill them is impressive: approximately 30 to 40 tractor-trailer loads come from Rundle Park. Josh Laczko is the one who carefully scrapes the snow from the grass and delivers it to the site.

Afterwards, a crew of four uses a snow blower to fill the plywood forms with snow

through the one side that was left open. Then they close up the forms and let the snow sit for a week to 10 days in order to harden. Take the plywood forms off and you have a frozen block of snow ready for carving.

Many snow carvers lend their talents to the festival. Dutch carvers Wilfred Stijger and Edith Van De Wetering are among the artists who will be returning this year to do another large snow carving.

**Ice carving**

Another very important com-

ponent of the Deep Freeze Festival is ice carving. Barry Collier of Ice Works in St Albert provides the 300 pound ice blocks used at Festival. Collier is also a sculptor. He often spends work days in his freezer creating various works of art. For the festival, he creates traditional games – ring toss, hole in one and Tic Tac Toe – from ice.

Collier will also be sculpting an ice bar complete with ice glasses. This isn't just for show. Bartenders will be at the ice bar serving up Bailey's, and yes, you

can even have that drink in a glass made of ice.

Don't miss a stroll in the ice promenade in the Alberta Avenue Community Centre parking lot to watch carvers transform three blocks of ice into beautiful but temporary works of art in the Chisel and Chainsaw competition. You can watch them in action on Saturday and return Sunday to see the completed artwork all lit up in the winter night. Judging is at 2 pm on Sunday and award presentations at 3:30 pm.

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Brian Mason  
NDP Opposition Leader

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## HISTORY » WINTER

# Blazing the winter trail

RUSTI L LEHAY

I'm an all-season walker. Maybe it is the born-on-a-farm, park-anywhere-for-free mentality that first prompted my walking 20 blocks downtown in a ski suit at -30 temps for lunchtime waitress shifts in 1988. Why pay for parking or the bus? After moving to the avenue in December 2012, I walked downtown 45 minutes each way to help out a friend for 10 days.

Maybe it was the extra pounds that appeared on my hips in winters that pushed me out the door to return to my winter walking proclivity. Calvin Rutstrum's book *Paradise Below Zero* was a motivating and fun read. Rutstrum says, "Urban comforts enervate individuals."

But I feel energized and super stoked when I return from a walk. Not just a stroll, but a winter walk with a purpose! I reclaim the pioneering or rural strengths when I leave the car parked and stroll past bus stops.

I prefer any self-propelled modes of travel and the avenue makes it easy to leave my car parked. After doing errands on foot in winter, time inside is sweeter. Though I envy the ability of wild animals to sur-

vive with nothing more than what they are born with, I like challenging myself in colder weather. It makes coming back to the warmth of my home and an evening of cocooning more of a blessing and a reward for the effort of my foray into the outdoors. Winter's ability to trap me is taken away.

Everything is within walking distance on the avenue. I allow the snow to bury my car for weeks at a time. The biggest challenge is avoiding overheating when I step inside a shop, the bank, or the library. I instantly rip zippers open, baring my hands and head to vent. A brisk winter walk will cure any chills. The only other time I experience that kind of inner warmth is a long soak in a hot bath. Find it impossible to warm up? Put on your duds, some great walking boots, your backpack for any vittles or books as you hunt and gather and walk. The sound is softer in winter. Snow muffles and absorbs.

You don't need to walk in the country for that feeling of nature. More than summer breezes on your skin, when I am bundled up and winning against the elements, I experience a high hunting and gathering, doing my errands by

foot. Winter walks are free and free of bugs!

Countless writers talk about how walking sets off creative connections. When I run, the characters in my novel start talking in my head. Charles Dickens said, "Walk and be happy, walk and be healthy." He developed the plots for his novels on 20 mile jaunts. Walking can help you devise goals, work projects through or puzzle out conversations that need some finessing.

Summer isn't the only time to enjoy the benefits of walking. The sheer amount of scientific evidence is all the encouragement you need to walk year-round.

"Walking is man's best medicine," said Ancient Greek physician Hippocrates. Walk regularly to help lower your risk of heart disease, type 2 diabetes, stroke, and certain cancers.

Think about it: by the time you plug in your car (if you remember), start the engine, brush off any snow, then sit inside and shiver while the car warms and the windows defog, then crawl along with the traffic taking care at icy intersections, you can already be at your first neighbourhood destination.

Try it, I know you'll like it.



Walking is an all seasons activity. Don't let the snow stop you. >> RUSTI L LEHAY

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## OTTAWA TAXI DRIVERS PROTECTED BETTER THAN EDMONTON POLICE CONSTABLES

For the past five years the City of Ottawa has mandated the installation of security cameras, to record taxicab occupants – both drivers and passengers. For privacy reasons, images from the camera are only downloaded by the police and used for the purposes of law enforcement when there are reasonable grounds to believe that a Criminal Code offence has taken place.

Which leads to the question: if such devices can be made mandatory for Ottawa taxis, why are they not mandatory for Ottawa police vehicles, or indeed all police vehicles? Why do police officers not at least use body-worn cameras? Why should it be that Ottawa taxi drivers and passengers be better protected than other cities and indeed be better protected than police officers and the public across Canada even here in Edmonton? Such devices would offer increased protection for the public and for police themselves. In recent years there have been many high-profile incidents with conflicting reports that could have been easily resolved if there was video evidence available. A picture is worth a thousand conflicting stories, and the camera doesn't lie.

The argument that such devices would be expensive to install doesn't hold much weight. The cameras would pay for themselves. Faced with video evidence many accused would plead guilty rather than trying to outwit the system. As a result, court costs would be greatly reduced and justice would be speeded up. One day in court can cost over \$20,000, body-worn video cameras cost approximately \$1,200; such evidence would also help protect police from suggestions of improper actions. The technology is there, it makes sense to use it! Battery powered Segways are great for saving constables from the drudgery of pedaling bicycles but they do nothing to protect the police and public from false accusations.

What do you think?

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**Westwood Community League**

Be in the know, check out [www.westwoodcl.ca](http://www.westwoodcl.ca)



# COMMUNITY CALENDAR

Sponsored by the Norwood Neighbourhood Association whose vision is to support good projects and activities that benefit the neighbourhood.

For the communities of Alberta Avenue, Delton, Eastwood, Elmwood Park, Parkdale-Cromdale, Spruce Avenue and Westwood.

## EVENTS

### SNOWBALL FESTIVAL

4th Annual Snowball Festival Saturday, Jan. 25 from 1-5 pm at the Parkdale-Cromdale Community League (11335 85 St). Wagon rides, skating, bannock, crafts, and of course our delicious chili cook off (only \$1 per bowl). To enter the chili cook off contact Colleen Fenwick at 587.988.5112.

### LITERACY DAY

Various literacy activities throughout the day including story time and free books. Lunch and supper provided. Monday, Jan. 27 from 10:30 am to 7 pm at Norwood Centre (9516 114 Ave). Call 780.471.3737 to register.

## NOTICES

### ATTENTION ELMWOOD PARK RESIDENTS

The community league invites you to our next meeting on Wednesday, Jan. 8 at 7 pm at 12505 75 St. We have three director positions open. Hope to see you there. More info: 780.729.8741 or alisonmmcknight@yahoo.com

### COP TALK WITH CST. LUCAS

Tuesday, Jan. 7 from 10-11 am at The Carrot (9351 118 Ave). Wednesday, Feb. 12 from 12-3 pm at El Rancho (8710 118 Ave).

### JOB OPPORTUNITY

Parkdale-Cromdale Community League is looking for a dependable, responsible individual to run the community league rink. Please send resumes to info@parkdalecromdale.org. Salary and hours negotiable.

### ROOTS FOR TREES MATCHING GRANTS

Want to complete a tree planting project but need more funding? Check out the Root for Trees Matching Grant. Applications are being accepted from Oct. 1, 2013 to Jan. 31, 2014. More info: www.edmonton.ca and search "Roots for trees". Follow the link "plant a tree in your community" to find the grant application.

### BRAZILIAN PERFORMANCE

Come to the Parkdale-Cromdale Community League (11335 85 St) to

see free capoeira performances every Saturday from 1-2 pm!  
Capoeira is a mix of Brazilian martial arts, music, and dance. More info: www.capoeiraacademy.ca

### THE CARROT STAGE

9351 118 Ave, 780.471.1580  
thecarrot.ca  
Fridays: Live music starts at 7:30 pm. Check website for line up. \$5 cover, all ages welcome. Saturdays: Open mic 7 pm-9:30 pm. Great time to share your newest tune, poem or comedy act! Free for all ages. \$1.25 minimum charge.

### RECYCLE YOUR COMPUTER ITEMS

The Electronic Recycling Association will refurbish used computers and IT equipment and donate to non-profit organizations. Go to www.era.ca for more info.

## PROGRAMS/CLASSES

### BOOKS FOR BABIES

Fun with reading and language for babies up to 12 months old and their parents/caregiver. Families take home a tote bag and books. Snack provided. Thursdays for 5 weeks starting Jan. 16 from 10-11:30 am at Norwood Child and Family Resource Centre (9516 114 Ave). More info or to register, please call 780.471.3737.

### BOOKS FOR TODDLERS

Children 13 months to two and a half years of age and their parents/caregiver will read books, visit the library, learn songs, play games, meet other families and learn about other resources in the community. Tuesdays for 10 weeks starting Jan. 14 from 10-11:30 am at Norwood Child and Family Resource Centre (9516 114 Ave). More info or to register, please call 780.471.3737.

### A HEALTHY START TO THE NEW YEAR

Get some tips for helping children eat well. Snack and childcare provided. Saturday, Jan. 18 from 1:30-3:30 pm at Norwood Centre (9516 114 Ave). Call 780.471.3737 to register.

### IMPROVE YOUR ENGLISH

ECALA English For Community Integration: Free Parent-Tot English classes. Bring along your babies/

toddlers and learn basic English skills for everyday situations. Tuesdays and Thursdays from 9-11 am starting Jan. 7 at Parkdale-Cromdale Community League (11335 85 St). More info: Sarah at 780.887.6825.

### FREE ART NIGHTS AT THE NINA

Community Art Nights, Tuesdays, 6:30-8:30 pm. Family Art Nights, Thursdays, 6:30-8 pm. The Nina (9225 118 Ave). www.thenina.ca. Starts on Jan. 14/16.

### FREE MUSIC LESSONS BY CREART!

Running every Saturday at Parkdale-Cromdale Community League (11335 85 St) free group lessons will be offered to members. The teacher is part of the community and loves to share his knowledge! Singing lessons run from 9-10 am and guitar lessons from 10 am-12 pm. Play and meet others. Contact the league at 780.471.4410.

### SING, SIGN, LAUGH AND LEARN

For children up to age three accompanied by a grown-up. Tuesdays from 10:30-11:15 am at Sprucewood Library (11555 95 St). More info: 780.496.7099.

### ALATEEN MEETINGS

Help for young people whose parent, relative or friend is a problem drinker. Saturdays at 10 am at 11107 129 St (backdoor, downstairs). More info: call 1.866.322.6902 or Google alateen edmonton. Al-Anon and Alcoholics Anonymous meet at the same time, in the same building. Help and hope for the whole family.

### JUST FOR TODAY AFG

Are you troubled by someone's drinking? Al-Anon meeting each Monday morning at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by ramp: handicap access. More info: 1.888.322.6902.

## SOCIAL ACTIVITIES

### COSY COFFEE CLUB

St. Faith's Women's Fellowship Guild. Women of all ages are invited to come and enjoy a coffee, snack and conversation. Make new friends! Children welcome. Wednesday, Jan. 15 from 10-11:30 am at 11723 93 St.

### PRAYERWORKS COMMON

Hot complimentary meals and warm friendship at St. Faith/St. Stephen (11725 93 St). Every Thursday lunch 10 am-2 pm. Every Friday supper 5-8 pm with Music Jam on the third Friday. Every Saturday breakfast 8:30-9:30 am.

### BROWNCOATS KNITTING GROUP

Wednesday, December 11, 6:30-9:30 pm at The Carrot (9351 118 Ave).

### NORWOOD LEGION SENIORS GROUP

Play darts, shuffleboard and pool. After, socialize over coffee and desserts. Tuesdays at 10:30 am. Cribbage Wednesdays at 1 pm. At Norwood Legion (11150 82 St).

### CRUD DINNER CLUB

Everyone welcome. To stay informed about upcoming dinners, join CRUD on Facebook.

### FAMILY STORYTIME

Share stories, songs and games for the whole family. Sundays from 2:30-3 pm at Sprucewood Library (11555 95 St). More info: 780.496.7099.

### TEEN GAMING

Come to the library to play some great games! For ages 12-17. Thursdays from 6:30-8:30 pm (resuming Jan. 9). Sprucewood Library (11555 95 St). More info: 780.496.7099.

### WOMEN'S AFTERNOON OUT GROUP

For women to get out, socialize and work on crafts such as knitting, crocheting, card making, and more (or bring your own project). Cost is \$1 drop-in fee for materials. We have a potluck snack. Mondays from 1:30-4 pm in the Sprucewood Library Programming room. More info: Michelle 780.232.5822 or heartsalive@hotmail.com

### PARKDALE-CROMDALE SENIORS GROUP

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

### SENIORS LUNCH

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

### BABES IN ARMS

A casual parent group every Friday from 10 am to noon at The Carrot (9351 118 Ave).

### LI'L SPROUTS PLAYGROUP

Playgroup is temporarily cancelled while the Parkdale-Cromdale Community Hall is under renovation.

## SPORTS/REC

### LEARN-TO-SKATE

Sunday afternoons, Jan. 12 to Feb. 23 (no class Feb. 16) at the Parkdale-Cromdale Community League (11335 85 St). Ages 3 to 4 at 2-2:30 pm, ages 5 to 6 at 2:50-3:35 pm, and ages 7 to 10 at 3:55-4:40 pm. Cost: \$20 per person. Contact the league at 780.471.4410 to register. Need skates? Borrow some from the league.

### FREE SPORTS EQUIPMENT

All kinds of sports equipment to kids in need, including hockey, skates, bicycles, soccer, softball, rollerblades, racquets, snow sliders and more. More info at 780.477.1166 or www.sportscentral.org. Also accept donations of gently used sports gear.

### FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Enjoy the fitness centre at Commonwealth for free on Saturdays from 5-7 pm with your community league membership.

## VOLUNTEER

### VOLUNTEER AT DEEP FREEZE

Orientation Tuesday, Jan. 7, 6 pm at Alberta Avenue (9210 118 Ave). More info: deepfreezevolunteers@gmail.com. Or call The Carrot 780.471.1590.

### VOLUNTEER AT THE CARROT

Daytime and evening shifts at The Carrot. More: arrotassist@gmail.com.

### HANG AT A GALLERY

Nina Haggerty Centre for the Arts is looking for individuals willing to share 2-4 hours a week as gallery attendants and supporting the neighborhood arts scene! More info: volunteer@ninahaggertyart.ca

# CHURCH SERVICES

### ANGLICAN PARISHES ON ALBERTA AVE ST. FAITH AND ST. STEPHEN

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11725 93 Street

St. Stephen: 780.422.3240

**Sunday Worship:**  
8:30 am - Low Mass  
9:00 am - Morning Prayer  
9:30 am - High Mass  
7:00 pm - Evensong

St. Faith: 780.477.5931

**Sunday Worship:**  
11:00 am - Sunday Worship  
1st Sunday - Worship in the Common  
2nd Sunday - Traditional Anglican  
3rd Sunday - Aboriginal Form  
4th Sunday - Traditional Anglican

### CHRISTIAN LIFE CENTER

Our Vision is to be a growing community of believers who are woven together by the love of God for support, fellowship and prayer.

10123 Princess Eliz. Avenue  
780.471.2250 www.clifec.ca

### Service Times:

9:40 am - Pre-service Prayer  
10:30 am - Worship Service  
10:45 am - Kzamm Kids  
Child care provided for ages 0 to 12 yrs.

### AVENUE VINEYARD CHURCH

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

8718 118 Avenue (Crystal Kids building)  
www.avenuevineyard.com  
Sundays at 10:30 am

### BETHEL GOSPEL CHAPEL

A Bible-based, multi-ethnic fellowship.  
11461 95 Street 780.477.3341

**Sunday Meetings:**  
9:30 am - Lord's Supper  
11:00 am - Family Bible Hour  
Saturdays - Free English Conversation Café for immigrants

### CARISMA CHURCH

Our vision is to EMBRACE a relationship with Jesus and share it with others. Come and experience a multicultural worship service in an informal, friendly environment.

8401 114 Avenue 780.477.1235  
www.carismachurch.org

**Sundays at 10:00am**  
Kids Ministries for ages 2 to 12yrs.  
Come as you are. All welcome!

### ST. ALPHONSUS CATHOLIC CHURCH

11828 85th Street 780.474.5434

**Service Times:**  
7:30 am - Mass, Tuesday to Friday  
4:00 pm - Mass, Saturday Vigil of Sunday  
11:00 am - Mass, Sunday Main Celebration  
4:00 pm - Mass, Sunday, Eritrean Catholic Community

English Classes & Collective Kitchen (seasonal - call for info)  
St. Vincent de Paul Food Help Hotline: 780.471.5577

### ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

Please join us for our diverse services. We offer regular Sunday worship services in German and English languages.

10759 96 Street (Corner of 108 Ave)  
780.422.0059 www.stjohnsluth.ca

**Service Times:**  
9:30 am - German Service  
11:00 am - English Service  
11:00 am - Sunday School for Children

Holy Communion: Every first Sunday of the month in the German Service  
Holy Communion: Every third Sunday of the month in the English Service

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# 4th Annual Snowball Festival

PARKDALE-CROMDALE COMMUNITY LEAGUE  
11335 85 STREET

**SATURDAY  
JANUARY 25  
1-5 PM**

Wagon rides, skating, bannock, bonfires, crafts, and our delicious chili cook off. Sample the best chili Parkdale-Cromdale has to offer for only \$1 per bowl.



**PARKDALE-CROMDALE COMMUNITY LEAGUE**  
**LEARN-TO-SKATE**

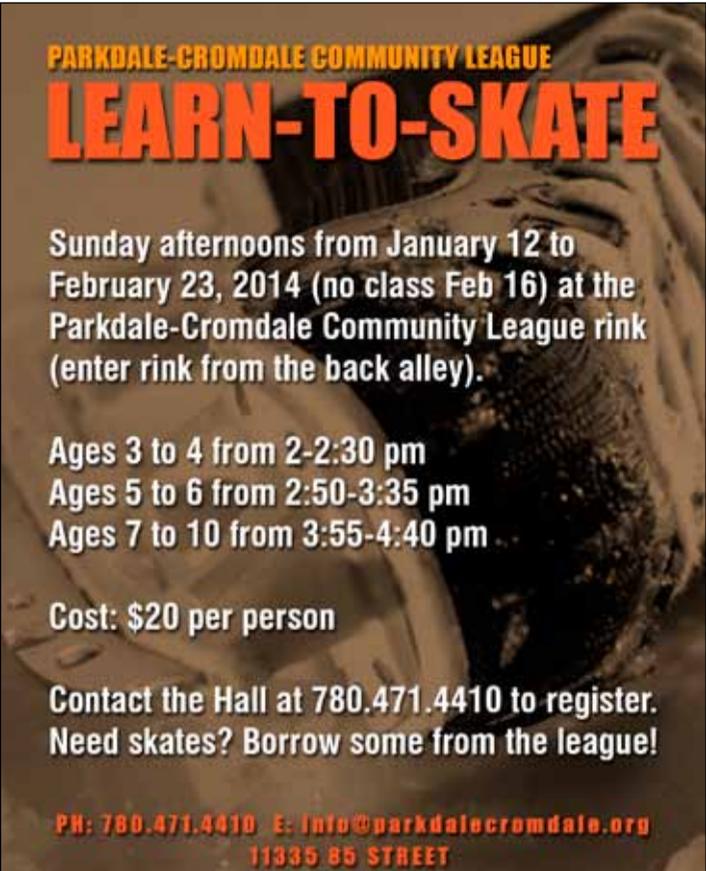
Sunday afternoons from January 12 to February 23, 2014 (no class Feb 16) at the Parkdale-Cromdale Community League rink (enter rink from the back alley).

Ages 3 to 4 from 2-2:30 pm  
Ages 5 to 6 from 2:50-3:35 pm  
Ages 7 to 10 from 3:55-4:40 pm

Cost: \$20 per person

Contact the Hall at 780.471.4410 to register. Need skates? Borrow some from the league!

PH: 780.471.4410 E: info@parkdalecromdale.org  
11335 85 STREET



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