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JULY 2014

NEWS » EVENT

Excitement at Park After Dark

Attending Edmonton's largest patio party at Northlands Park



(Above) Some people go to the Park After Dark in fine horse Derby style. » NORTHLANDS PARK (Right) Jockeys riding horses during one of the races at Park After Dark. » ALOUISE DITTRICK

ALOUISE DITTRICK

Hunter S. Thompson once wrote, "the Kentucky Derby is decadent and depraved." At Park After Dark, you won't find anything depraved, but you may find some decadence.

Three years ago, this free weekly event began at Northlands Park on Friday nights. Northlands Park converts their tarmac into a large patio party with plenty of comfortable patio chairs to watch the horse races. Food and drink specials are close by for purchase. Live music from a DJ with 91.7 The Bounce is also available. Other activities, like the Buckin' Around races, make this patio party a fun way to spend a Friday night.

Participants in the Buckin' Around races can compete for the championship race on Sept. 5 and a \$2,500 prize for the men and women's winners.

"This is a really unique experience. There's pretty much nowhere else in Edmonton that you can go and sit out on

this huge patio... It doesn't cost you anything, and [you get] to have horse racing as the backdrop," said Northlands public relations specialist Jennifer Sheehan.

While she states that families are more than welcome to come out to the event, she also mentions many adults use Park After Dark as the place to go to for birthdays, stags, and other celebrations. Some people are even dressing up in their Derby finest, perhaps getting ready for the Canadian Derby at Northlands on Aug. 16.

For those new to horse racing, Park After Dark is a great place for a first horse race.

"Sometimes just being on the tarmac and being a part of it [horse racing] is actually really exciting. It makes you want to learn more about horse racing," said Sheehan.

Walking around Northlands Park are Betting Ambassadors, easily spotted in their bright orange shirts. These ambassadors are available to explain

the races and how they work. Programs (\$2.75 each) with listings of the current day's races, including information about the horses competing, are also available.

Being racing novices, my friend and I decide Park After Dark will be the perfect event for our first horse race. We learn there are three basic racing bets. Picking a horse to win means you collect winnings if the horse comes in first. Picking a horse to place means you collect winnings if the horse comes in either first or second place. Picking a horse to show means you collect winnings if the horse comes in either first, second, or third place.

Looking over the program and asking questions about the competing horses is probably how one should place bets. Instead, I prefer my own method of betting, which is to pick a horse with the oddest-sounding name.

Placing \$5 on Shesfittobetied, I watch as the horses and their

jockeys fly from the gate. I get caught up in the excitement as hooves thump on the dirt track and people cheer beside me. After what might only be a minute, the race finishes and the announcer declares the first place finish to Shesfittobetied.

While we head over to collect our winnings, my friend and I agree that although this is our first time at Northlands, it won't be our last.

Park After Dark is a fun night you can bet on.

PARK AFTER DARK

Fridays nights from June 6 until September 6, from 6 -10 pm

Northlands Park
7410 Borden Park Road

Free for the general public.
You must be 18 or older to drink or gamble at Northlands Park.
Races begin at 6:30 pm and run every 30 minutes.

For more information,
call 780.471.8174 or go to
www.northlandspark.ca

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Avenue goes to the dogs festival

Saturday & Sunday
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Eastwood Park 11803-86 St
www.facebook.com/AvenueGoesToTheDogs

NEWS » SAFETY

Summer holiday challenges for online safety

Tips for child and teen safety

CADENCE BERGMAN

For those of us who can remember a time without the Internet, it is sometimes hard to believe how much the world has changed since the early 1990s. Now, there are very few aspects of life not affected by the rapid growth of technology. For our children and teenagers, this world isn't novel, it's normal. They have computers and email, TV streamed from the Internet, and gaming consoles connected with strangers. It is a large, complex world, and keeping kids safe online can be hard for parents who are often just trying to keep up.

Summer holidays present additional challenges for online safety. Kids can spend more time on the computer or gaming console, and teens may spend more time on social media, connecting with friends they don't see every day.

According to Const. Derek Onysko, an EPS school resource officer, knowing what your children are doing online is vital.

"Parents should have a conversation with their kids about

what sites they are visiting, and how frequently they are visiting them. What are they looking at and why? Be educated about what these sites are, and why they are going there."

Online safety tips for kids

- Keep personal contact information private, and never give out or post that information. This information includes your full name, birthday, physical address, phone number and email address. If someone asks for that information, think about why that person would want or need that information.
- If someone is abusive to you online, or you witness something inappropriate, do not respond or react online. Contact an adult, or the police if appropriate. If this isn't possible, call the Kids Help Phone at 1.800.668.6868.
- Learn how to take a screenshot so that you can show someone a message or picture later. Save inappropriate emails and messages so there is a record.

- Question everything you read online. Dangerous people can pretend to be someone they are not. Be very cautious about making plans to meet with someone you met online, and always check with your parents and have an adult go with you.

Tips for parents

- Learn from your children. Teens often know more than adults about the online world, and learning from them will help you know potential dangers.
- Keep communication open. Talk to your children about dangerous people online, online predators and scams. Be familiar with all the places that your children are accessing on the Internet, including public places and handheld devices. Limit online access to common areas of the home.
- Don't threaten to remove access to the computer as a punishment if your child has gotten into trouble online. This could result in your teen hiding a dangerous situation in order to stay connected.



The summer holidays bring more opportunities for kids to go online. »STOCK

RESOURCES

For more information, visit the Edmonton Police Service website under the Crime Prevention tab. Their Internet Safety for Teens, Kids Online Safety, and Cyber Bullying tips sheets are helpful. A great site for more information is www.protectchildren.ca, published by the Canadian Centre for Child Protection.

Alberta Health Services

Screen Test

Women aged 50 to 74 should plan to have a screening mammogram every 2 years, and can self-refer.

Women 40-49 may be screened with a referral for their first mammogram.

Visit **Screen Test** at the

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Office 311

Call for an appointment
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(toll-free)

Everyone who loves Linda is glad she got a mammogram. Because her breast cancer was found early, she is alive and well today.

For more information about breast cancer screening visit www.screeningforlife.ca

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NEWS » BUSINESS CLOSURE

Avenue Theatre closes

Alberta Avenue loses a strong supporter of revitalization

CHANTAL FIGEAT

With the closure of the Avenue Theatre, an important community arts venue with a long history has been lost.

The building was erected in 1951 after the original Avenue Theatre (formerly the Rose Theatre) was torn down and replaced by the Tiara Building at 94 Street and 118 Avenue. It was a popular movie theatre. Then, the Avenue Skatepark occupied the space from 2005-2008. The Avenue's most recent role has been a music and community arts venue.

The Avenue Theatre strongly supported revitalization of the Alberta Avenue neighborhood. Staff worked to change the negative public image of this community through their versatile multi-purpose venue. They cultivated a reputation for helpfulness, compassion, and respect.

At 1500 square feet, the theatre boasts one of Edmonton's largest stages. The theatre hosted many local and out-of-town musical performers, and provided space for events during the annual Deep Freeze and Kaleido festivals.

"The owners had some personal change. They decided it was the right time to close down," said Steve Derpack, general manager and talent buyer for the theatre. The building is in rough shape and "the amount of money that would be expected [for renovation] is too much," said Derpack.

So what will happen to the Avenue Theatre?

"I honestly don't know," said Derpack. Developers have approached the owners,



Avenue Theatre has played several roles over the years. » CHANTAL FIGEAT

but as of now, the building has not been sold. Derpack hopes someone will take over the theatre, renovate it to its former glory, and make it a viable business once more.

In the highly competitive music business, "the problem with the Avenue has been the location. It's not the best location for people in Edmonton and it obviously hasn't had the reputation as being the premier place to go."

It was difficult for the theatre to compete, especially compared to the Starlite Room by Jasper Avenue and the Whyte Avenue music scene.

The last event was on Saturday, June 14 with metal band Red Skull Ritual. On

his Facebook page, vocalist Brandon Captain Schneider asked his fans to "show the Avenue some love cuz it won't be around much longer."

Despite questionable economic success as a music venue, the Avenue Theatre provided opportunity and was a venue with a wide appeal for all age groups.

Alberta Avenue has had a theatre since the Rose Theatre opened in a former real estate office in 1917. The Avenue will join the succession of Edmonton movie theatre closures such as the Strand and the Rialto. Long-time residents have fond recollections of this building, which may soon remain only in memory.

DISCOVER

OUR NEIGHBOURHOOD HISTORY

Go on a neighbourhood walk with *Rat Creek Press* writer Chantal Figeat. Chantal is a life-long amateur historian who loves to discover and share the history of the Norwood neighbourhood.

She will lead the walk and talk about historical building construction and architecture as well as how the streetcar on 118 Avenue shaped the neighbourhood.

Chantal will also describe the atmosphere of early Norwood and historical events which influenced the development of the area. Get a glimpse of some of the people who lived in the area.

When: Sunday, July 13 at 1:30 pm

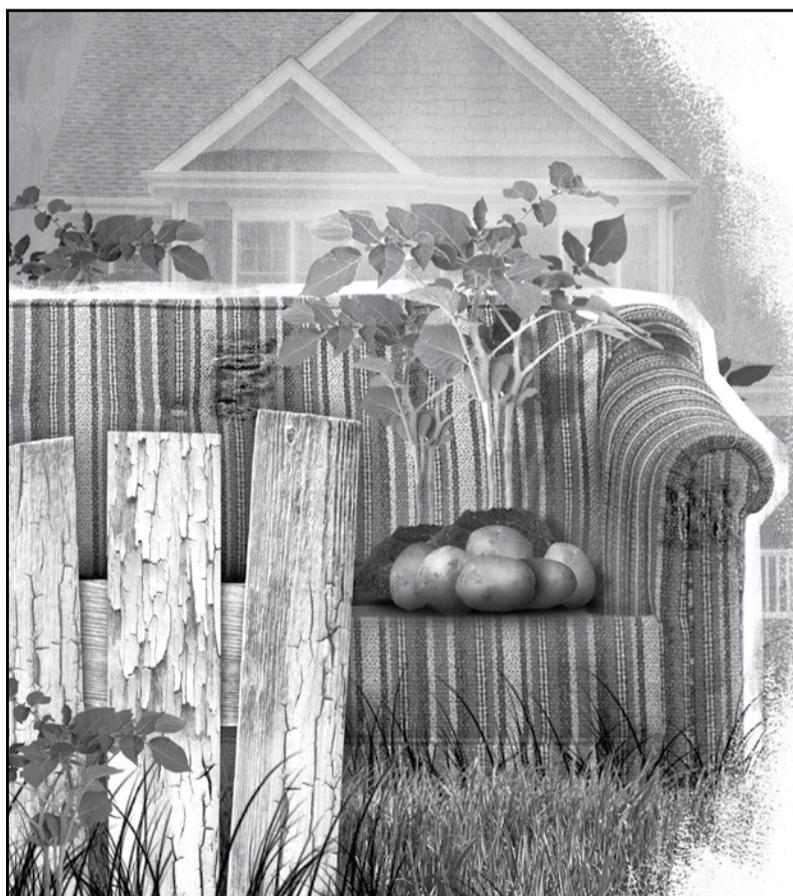
Length: approximately an hour and a half

Meeting place: Alberta Avenue Community Centre (9210 118 Ave) on the front patio

PUPUSA FESTIVAL



The Salvadorean ladies cooked up over 2,000 yummy pupusas for the crowd at the 2013 Pupusa Festival. Attend the festival this year on Saturday, July 26 from 12 to 8 pm. » KAREN MYKIETKA



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WHAT'S ON » EVENTS

Rising from the ashes

Bringing a community together to celebrate its perseverance



The Phoenix Festival celebrates Parkdale-Cromdale Community League's strength and resolve. >> REBECCA LIPPIATT

MICHELLE HAYDUK

Parkdale-Cromdale Community League has gone through its fair share of ups and downs.

In 1979, after a long period of decline, the Parkdale Community League sought to rejuvenate itself. The league selected the phoenix as its symbol and much like the phoenix that rose from ashes, so did the league. Thirty years later, in 2009, the amalgamated Parkdale-Cromdale Community League fell into a state of turmoil and the league collapsed. With the guidance and support of the Edmonton Federation of Community Leagues, the Parkdale-Cromdale Community League revived.

In tribute to the community's strength and determination, the league created the Phoenix Festival, an inaugu-

ral celebration on Saturday, July 26.

Richard Williams, vice-president of the league, explains: "We are using that symbol [the Phoenix] to recognize the renewed community spirit in the Parkdale-Cromdale community and the growth that has occurred since the closure and re-birth of the community league five years ago."

The festival offers a unique mix of family friendly activities, such as wagon rides, magicians, face painting, and crafts. There will also be a community bingo, a potluck, and a family music night.

That night, families with children can register to attend a full-moon sleepover and camp out in the secure ice rink, roast marshmallows over a campfire, and tell bedtime stories. The next morning, campers can enjoy a community breakfast.

During the festival, there will be a graffiti contest and the completed artwork will decorate the community ice rink. Significant prizes are to be awarded for best designs.

As the Parkdale-Cromdale Community League commemorates its perseverance, it hopes the festival will provide memorable experiences and opportunities for community members to come together and celebrate the neighbourhood in which they live.

PHOENIX FESTIVAL

Saturday, July 26
Parkdale-Cromdale Community League (11335 85 St)

For further festival details, sleepover registration, and event times visit www.parkdalecromdale.org or phone the league at 780.471.4410.

Piles of pancakes

Non-profit hosts a free pancake breakfast

CLAIRE WESTFALL

DECSA, a community-based non-profit organization, will host its eighth annual community pancake breakfast from 7:30 to 10:30 am on Wednesday, July 9.

"This exciting special event is about community inclusion, capacity building, and sharing good food and laughter," said Deborah Rose, chief executive officer of DECSA.

Guests can enjoy a breakfast of pancakes, eggs, sausages, juice, and coffee. Kids can get their face painted, play in a jumpy castle, and join in organized games.

"We are excited to bring the community together for this event," said a DECSA team member who helped organize the breakfast.

In previous years, local firefighters attended the breakfast, gave kids a tour of their fire truck, flipped pancakes, and joined in the activities. DECSA has invited them to return and hope they will do so.

Over 300 guests attended last year's event, and DECSA expects to serve about 450 this year.

A teen who volunteered last year said, "There were many laughs and smiles throughout and everyone had a great time! I loved seeing the kids and parents happy!"

DECSA supports individuals in their efforts to reach education and/or employment-related goals. They also provide programs for those who have been sexually exploited, who live with mental health conditions, and who have disabilities. Drop-in employment resources and services are available to everyone – see www.decsa.com.

DECSA'S EIGHTH ANNUAL PANCAKE BREAKFAST

Wednesday, July 9
7:30-10:30 am

Bellevue Elementary School building (on the lawn) 11515 71 St.



DECSA's annual community pancake breakfast will be held on July 9. >> DECSA

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WHAT'S ON » PARKS

Borden Park gets a facelift

Park will be accessible beginning of July



New trees will enhance Borden Park's natural space. >> NICOLA DAKERS

NICOLA DAKERS

Borden Park is over 100 years old. In 2006, a massive revitalization project began to update the 20-hectare park, largely untouched since the 1950s.

"There has been a lot of community involvement," said Rachel Dumont, project coordinator for the city's park and facility development department.

Demolition of old picnic structures, walkways, and the playground began once the plan was finalized. In 2011, construction on new amenities began, including installing an extensive modern drainage system, as well as a new playground, walkways, picnicking areas, benches, and garbage cans. New picnic shelters and tables are built on cement pads rather than the old shale pads.

On July 1, pavilion construction and art installation will be complete, with the park becoming fully accessible.

The renewal process has not lost sight of the park's heritage: maintaining the 20-hectare footprint, designing and building structures acknowl-

edging the park's history, and maintaining some sites that are part of the city's story.

Once host to the city's first zoo as well as a roller coaster and carousel, the new playground incorporates images of this history with animal sculptures atop the play structures and a slide system that looks like the original roller coaster. The city has kept and maintained the baseball diamonds, tennis courts, and band shelter, named a Municipal Historical Resource. The city will also preserve one of the original pool buildings.

Modern aspects to the park include art installations, new pavilion and picnic structures, and washrooms. Art installations will play a major role in the new design.

"The city has gone above and beyond the one per cent required allocation for art installations in this project," said Dumont. "There will also be transitory art throughout the park."

Art installations will also be in the band shelter and art will continue to play a role in the park landscape.

The last phase combines

both old and new with a reconstruction of the outdoor pool into a completely naturally filtered swimming pool. The first of its kind in Canada, the pool relies mostly on mechanical filtration through gravel and sand with a further 10 per cent of the water filtered by plants.

"The pool is somewhat different than originally envisioned," said Dumont.

Plants were supposed to do most of the filtration, but the water needed to be safe for swimming. However, the pool will still be chemical free. The city expects to complete the swimming pool in 2016.

A walkable flower garden has been planted and throughout the park are many small picnicking nooks or park benches hidden amongst trees and bushes. Dozens of trees have been planted.

Park pavilion and art installations are set to be completed by June 30. Covered picnic sites can be booked for private usage starting July 2 by calling 311.

For more information, call 311 or visit the City of Edmonton at edmonton.ca.

Splashing around

Spruce Avenue's new spray park

CADENCE BERGMAN

Spruce Avenue community members have saved money, worked casinos, and held community garage sales. For years, dedicated volunteers drove the new playground park project forward, along with community partners such as neighbourhood schools and Glenrose Hospital.

This May, community members raised another \$1,500 through the annual community garage sale to put towards the last stage of the project.

The new playground opened last year, and the spray park will be ready soon. Like the playground, the spray park will be barrier-free and everyone can enjoy it, including those with greater developmental and physical needs.

Spray park construction is complete, but the grass must be cut three times before the park can open in order for the sod to

be established.

Verna Stainthorp, secretary-treasurer of Spruce Avenue Community League, hopes it will be ready in early July.

"We've never had a water feature before, and on a hot day, it will be wonderful," said Stainthorp.

After the spray park opens, development will continue. The third phase is a walkway linking the playground and the spray park to 114 Avenue. A new parking lot is planned to the west of the community hall, and the space out front is slated to return to parkland.

Make sure to stop by this summer and cool off in the new spray park!

A major fundraiser for the park is coming up and the community will work a casino Aug. 1-2. If you can volunteer, contact Verna Stainthorp at 780.479.8019.



Children and families enjoy the new Spruce Avenue spray park during the ceremonial opening on June 19. >> CADENCE BERGMAN

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Parkdale Cromdale community league

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PHOENIX FESTIVAL
Saturday, July 26

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Wagon rides, magicians, face-painting, and kids crafts

EVENING ACTIVITIES:
Community bingo, pot-luck dinner, and family music night

LATE-NIGHT ACTIVITIES:
Full-moon sleepover for families (registration required), campfire and marshmallow roast, bed-time stories, and a community breakfast the next morning for campers

11335 85 Street | 780.471.4410 | www.parkdalecromdale.org

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COMMUNITY » CRIME & POLICING

Experiences with problem houses

The challenges and realities of limited resources and struggles against crime

REBECCA LIPPIATT

The tree-lined residential street, with picket fences and flowered yards, is calm and peaceful during the day.

In the evening, it begins to resemble a Tim Hortons drive-through. Instead of a double-double and a box of Timbits, the drivers have drugs, need drugs, and are possibly carrying guns. Music blares in the dark. Fights erupt in the house and spill onto the sidewalk. There is screeching, shouting. The sound of anger and pain evokes fear that rolls and echoes down the street.

Before the drug house was up and running, children used to play on the front lawn, or even on the sidewalk. Now, addicts lean against the fences and walk through the yards looking for a shortcut to the back alley.

Walking home from work involves running a gauntlet of verbal abuse. Women and girls, desperate, follow cars looking for a date, looking for money, looking for a fix. Children are no longer safe in the front yard, or really, even the backyard.

The police were called. Three years ago.

Bodies are pulled out of the house. The police come. The police go. Streetworks delivers needles, but picks nothing up in exchange. There's a fire in the garage. There's blood on the sidewalk. The street is taped off. The tape comes down.

To be clear, I'm not talking about one house in particular. These are the experiences of two families in Parkdale-Cromdale, one family in



For neighbourhoods with a drug house, police cars become a familiar sight. >> REBECCA LIPPIATT

Delton, and my own experience living next to a drug house.

According to manager Chip Sawchuck, evidence and information is filtered from the city police to the Safer Communities and Neighbourhoods program (SCAN). The goal is to use the civil court system to shut down a "problem" house.

It seems easy. Catch someone selling drugs. Find drugs on the property. Arrest someone. Prove the house is being used for illegal activity. But it's a supply and demand market, and when one person is removed, another moves in. People get out on bail and the cycle continues.

Community involvement alerts authorities that there is a problem, but the evidence required to enact the legislation to shut down a drug house must come from the police. To

shut down a house, there must be evidence of habitual disorder. Once this is collected, a letter is sent to the owner ordering a remedy of the issues. The owner has time to comply. Then, another period of time is spent collecting evidence, to see if the warning letter made a difference.

More complaints are made. Phone calls to police in the middle of the day or the middle of the night, every time something happens. The investigation continues.

SCAN is the only agency in Alberta with the power and responsibility to shut down drug houses. There are seven investigators for northern Alberta: Red Deer, Grande Prairie, Fort McMurray, and Edmonton. Seven.

Each investigator has a caseload of approximately 10 to 15 files. Across northern Alberta,

there are over 100 active files and 65 to 70 houses are under active investigation. There is a backlog of files. A waiting list, if you will.

Unless there is more funding, this story will continue.

CALL TO ACTION

SCAN is a great program but more funding is needed to quickly and effectively investigate reports of problem houses. Ask that this program be properly funded.

Minister of Justice and Solicitor General, Jonathan Denis
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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.



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CONSTANCE BRISSENDEN

Norm Aldi comes by his love of business honestly. Of that, he's almost 100 per cent certain.

"In 1918, my grandfather, Bartomelo Aldi, arrived in Edmonton. His was the first Italian family to settle here," Aldi said.

After working for the railway, his grandfather opened a grocery store. "He changed his name a few times, which is somewhat suspect," Aldi admitted. Even his grave is unmarked. "That's the way my grandfather wanted it. Nothing with his name on it. It's the family's unsolved mystery."

In 2000, having worked his whole life in retail, Aldi moved to the 118 Avenue neighbourhood for economic reasons. Little did he know that the move would change his life. Within a few months, he got to know many of the area merchants, and what he learned wasn't good. "They were unhappy with business conditions on the Avenue. Very little was being done to make improvements."

A meeting with Coun. Ed Gibbons got Aldi moving. When Aldi explained the negative business climate, Gibbons' response was straightforward and immediate: "What are you going to do about it?" he asked Aldi.

"That was perfect," said Aldi, "because I had a plan to rejuvenate the Avenue."

His next supporter was also a councillor, but soon to be the city's mayor. Stephen Mandel had pushed Aldi and the Alberta Avenue Business Association to ask for money.

In 2004, as the new mayor, Mandel was on the phone to Aldi within 10 days. They met, and the Avenue Initiative Revitalization Strategy was underway. It is now recognized as Edmonton's pioneer neighbourhood revitalization project designed to improve streets, businesses, and green spaces.

"The Revitalization Strategy really worked, it changed the area," Aldi said with well-deserved pride.

The inspiration for Aldi's efforts is not the businesses per se, but the people who run them. He mentions mom and pop operations that open early and close late at night.

"The kids are somewhere, doing their homework at the back of the store. They'll go to university, and that makes me happy. These are the people I wanted to help, wonderful people." The Avenue's diversity is now a plus, not a minus. "With the 118 Avenue revitalization project, everything fell into place. It was the right time, with the right people, in the right area."

A decade or more ago, he walked the Avenue with then-Chief of Police Mike Boyd. Aldi recalls the crack houses, the open prostitution, and the run-down, vacant storefronts.

Change came slowly, but it did come. Crack houses were closed by the police; unsavory businesses moved away. The Cromdale Hotel was shut down. What is Aldi's secret to helping make positive change a reality? "I express my opinion. I don't yell and scream, I present reasonable arguments and hope for the best," he said.

The area along 118 Avenue between the Coliseum LRT



Norm Aldi volunteers at Eastwoodfest. >> CLAY DICKSON

station and NAIT is no longer a wasteland with 40 per cent vacancy in the retail sector. In fact, just the opposite has occurred. Today there are not enough rentable spaces to meet demand. "Established businesses want to locate here," said Aldi. "I get calls asking me to report back to them when a space opens up."

To Norm's delight, a third bakery will soon join the ranks along the block near the Eastwood Community League at 118 Avenue and 86 Street. "I'm a doughnut freak," he laughed. Doughnuts are sweet, and so is Aldi's pleasure at how the Avenue has changed for the better. "I never thought the change would be this drastic. We have diversity, good shops and some of the best restaur-

ants in town. What we have here on the Avenue today is the best."

In September, Norm Aldi will turn 75 years old. After 14 years, some as co-chair and some as president of the Eastwood Community League, he's cutting back on the hours spent on the volunteer work to focus on his health.

"Some would say it's about time," he admitted. "I used to live here at the league office just about 24-7."

His efforts did not go unnoticed. Aldi received the EFCL Volunteer of the Year Award, Alberta Centennial Medal, and Queen Elizabeth II Diamond Jubilee Medal.

Norm Aldi, friend and champion of Eastwood, will be truly missed along the Avenue.

GREEN SHACK PROGRAMS

RUN: JULY 2 TO AUGUST 22

ALBERTA AVENUE PARK
9210 118 Ave NW
Monday thru Friday
10am to 1:30pm

DELTON PARK
12325 88 St NW
Monday thru Friday
10am to 1:30pm

EASTWOOD PARK
11803 86 St NW
Monday thru Friday
2:30 to 6pm

NORWOOD SQUARE PARK
9516 114 Ave NW
Monday thru Friday
10am to 1:30pm

SHEILA BOWKER PARK (PARKDALE)
11335 85 St NW
Monday thru Friday
10am to 1:30pm

SHERIFF ROBERTSON PARK (CROMDALE)
111 AVE & 82 ST NW
Monday thru Friday
2:30 to 6pm

SPRUCE AVENUE PARK
10240 115 Ave NW
Monday thru Friday
10am to 1:30pm

WESTWOOD PARK
12139 105 St NW
Monday thru Friday
2:30 to 6pm

POP UP PLAY LOCATION

ELMWOOD PARK
12505 75 St NW

Two visits per week for two hour per visit. Hours to be confirmed. Flyer will be sent to residents in the immediate area and will be posted on edmonton.ca

For additional Green Shack Playground and Pop Up Play locations, please visit:
www.edmonton.ca/playgrounds



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COMMUNITY » POLICE

Derelict property or useful space?

The Edmonton Police Service takes advantage of vacant buildings for training



A Parkdale home is being used for tactical training by EPS. >> REBECCA LIPPIATT



Two members of the EPS tactical team will use this Parkdale home for valuable training exercises. >> REBECCA LIPPIATT

MICHELLE HAYDUK

Within Edmonton's inner city, infill development has become an increasingly common sight. It is almost impossible not to come across some form of construction while walking through the *Rat Creek Press* neighbourhoods. Even with redevelopment, a unique opportunity exists for derelict buildings. These empty buildings still have something to offer before they make way for something new.

Recently, one of the Edmonton Police Service tactical teams took advantage of such an opportunity. With agreement from property owners, police conducted training drills in a local Parkdale house. The building currently awaits demolition permits, but in the meantime, it offers valuable space for training exercises. Vacant buildings

provide diverse floor plans and exposure to new situations and settings that allow police to use and refine their skills.

Const. Vince Boe, one of the members training in the Parkdale house, offered some insight.

"We use the training sites to practice our various disciplines, including controlled entries for drug and property search warrants, hostage rescue, rapid deployment, barricade individuals, and for utilizing our technology," said Boe.

Even though police training techniques cannot be demonstrated to the public, homeowners who offer use of their vacant properties can rest assure that their building will go to good use.

"The training is generally non-destructive and you normally can't even tell we were there," said Boe.

Police work with homeowners and use the properties to the owners' level of comfort—from simple movement drills to more destructive activities involving non-lethal weapons, explosives, and battering rams.

"Of course, we like to practice our breaching capabilities when we get the opportunity," joked Boe.

Police involved in training drills are working and are covered by WCB and the city. But it is important homeowners have clear expectations about what can happen to their buildings. Boe and his team are pleased to have opportunities, like the one in Parkdale, for accessible space that can help them get the most out of their training.

Over the upcoming weeks, the Parkdale house will move closer to its demolition date and the training activities inside will



Members of the EPS tactical team get ready to use a Parkdale home for training before it's demolished. >> REBECCA LIPPIATT

become more aggressive (along with the damage to the structure). But for this uninhabitable house, it's invigorating to know it can still be useful for those who serve and protect.

Homeowners interested in allowing police to use their vacant buildings are encouraged to contact Chris at info@crudedmonton.org.

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BUSINESS » THE LEMONADE STAND

300 per cent or more

Create a maximum return, not a negative return

HENRI YAUCK

There is only one investment in your business that can give you up to 300 per cent or more.

No, it is not gold, arbitrage, or stocks. If you own a business you are serious about, Plan M can often generate more than 300 per cent profit.

Truth be known, it is not location, it is not inventory, and it is not a brilliant idea that will do it for you. I have covered this in previous articles in the Lemonade Stand, yet it seems not many are getting it. I'm not sure, maybe I wasn't clear enough, didn't explain it well enough, so I'm going to be very blunt.

You may remember visiting a farm and seeing seven or eight birds sitting on a telephone or power wire. All at once, one bird flies to another wire. Before long, the other birds follow. Next thing you know, the bird flies over to the top wire on a nearby fence and look at that, the other birds join him. Wow, did you see that? A farm cat springs out of nowhere and nabs a bird.

This little exercise, or should I say birder-cise, happens in the small business world too. A small business tries to imitate the other small businesses down the street or in the strip mall. They do little to no marketing, just a sign in the window or maybe a sandwich board. Alas, that fat cat, a government pet called inflation or rising costs, springs out of nowhere and another little business joins the 90 per cent that don't make it.

Let's look at a real example. Not long ago I visited a small

business. The business decided to run a small ad in the *Rat Creek Press*. I offered to write the ad or put together a promotion.

The individual insisted on running a per cent off deal. That's OK, these can work if the product is in high-demand or the discount is big enough.

The ad ran and I mentioned it to a friend, a frequent purchaser of that type of product. He made a purchase (unknown to me).



I happened to stop by the business a few days later and asked if anyone had responded to the ad and was told no one responded. A few days later, I bumped into my friend and asked him again, he said he stopped in and asked if he would receive the discount on the product he wanted to purchase. He was promptly told, "Oh, everyone that buys those types of products automatically gets that percentage off."

With what happened here, do you think my friend will be back again? If that discount is automatic to anyone that walks in the door, is that

really an offer? Or is it a sure way to lose customer confidence?

Methinks that looks a lot like the bird that followed another to a different wire or fence without any thought about anything.

Mmmhmm, the opposite of Plan M. This strategy never produces a return of any kind. In this case, the potential return was killed and has become a negative return. That's reality.

The whole idea of running a Plan M style ad is to bring buyers of your product niche into your place of business. To build trust and set the stage for bringing that person back and turning him into a regular customer. If you are selling your products at a certain percentage less than the suggested retail or your competitors, you can use that effectively in your marketing, provided with any promotion, you provide something extra. For example, you can run a promotion with VIP membership pricing. Join our frequent buyers club and get VIP xx Savings. Not too imaginative, but much better than birder-cise pricing, right?

If you have missed the earlier Lemonade Stand articles, or are now just plain ready to look into Plan M and go beyond the self-sabotaging birder-cise, you can easily check them out again.

There is no cost. No obligation. Check it out now.

<http://www.ratcreek.org/the-lemonade-stand.html>

If you have any questions or comments when you are on the blog, just click on Contact and send me an email.

BUSINESS » SHOP LOCAL

Canine bliss

Local facility offers a long list of services



Nicole Siegel, owner of Dogspaw, poses with client Razzle. >> PRISCILLA CLARK

DOGSPAW/ PAWS FOR LIFE FOUNDATION

12215 WILLIAM SHORT ROAD
OWNER: NICOLE SIEGEL
HOURS: MON-FRI 6:30 AM-7:30 PM, SEE WEBSITE FOR DAYCARE / BOARDING HOURS
WWW.DOGSPAW.CA
WWW.PAWS-RESCUE.COM

PRISCILLA CLARK

Nicole Siegel, owner of Dogspaw, used to work in human resources. She threw away job security, a great salary, and fringe benefits to follow her bliss and become a certified professional dog trainer.

"It is our personal responsibility to find happiness," said Siegel, who founded Dogspaw in 2005.

A canine daycare, training, grooming and boarding facility, Dogspaw is in a nondescript building that blends in with adjacent industrial architecture.

Don't be fooled by appearances, though. Upon entering, there is a large sandwich board style roster listing ongoing training classes. Canine treats, leashes, and various other doggie paraphernalia are on display interspersed with pamphlets on dog rescue organizations.

Dogspaw offers all its services under one roof. The staff is committed to the life-long learning necessary to keep abreast with canine training and care designations.

"You wouldn't just place your child anywhere. You use teachers who have knowledge and experience behind them. It's the same with dogs," said Siegel.

Siegel is also the president and founder of PAWS For Life, a not-for-profit dog rescue.

"Rather than being euthanized, we provide second chances and quality care to our rescues, and try to match pets to families in terms of lifestyle."

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ANIMAL » CARE

Fostering: a labour of love

Open your heart to a dog in need

PRISCILLA CLARK

Sampson lives up to his name in size only. This gentle giant is a 150-pound, three-and-a-half year-old smooth-coat St. Bernard. He's laid back and friendly as he ambles through Alberta Avenue Park with foster host Sarah Klaszus and canine companion Allegro. It's hard to believe that this beautiful, amiable animal is a rescue dog.

Klaszus is a volunteer canine foster host for PAWS For Life Foundation, a not-for-profit dog rescue organization that is volunteer run and financed solely by donation. Sampson is under her care until a suitable permanent home is found. Klaszus opens her heart and home to rescue dogs waiting to find what she describes as their "forever homes." She has been hosting rescue dogs since last November, when Sampson came into her life. A dedicated dog lover, Klaszus also works at Dogspaw, a neighbouring canine daycare, spa, training, and boarding facility.

Rescue foster home applicants must provide detailed personal information and

undergo stringent background checks in order to qualify as hosts. Food and medical care are paid for by the organization, but unlike fostering children, volunteers receive no pay for hosting. It is truly a labour of love.

For those thinking of fostering rescue dogs, Klaszus responded, "Don't be afraid to love them. They are dogs that wouldn't normally stand a chance."

Klaszus said the biggest fostering challenge is letting go.

"When a dog is adopted, it's not easy. You let them go just because you know there's another dog out there needing help. I'm just a bridge to their best home ever."

Sampson has had a unique and turbulent history. In his short life, he has been shunted from home to home. Originally a farm dog, he had the deal-breaking habits of chasing livestock and fence jumping. His second unfortunate match family was a city couple with cats. Sampson and the cats didn't get along, and he was given away to yet another family.

An escape artist by nature, Sampson went back to his fence-jumping ways and ended up in animal control. When his new owners were contacted, they refused to pay for his return. Sampson had recently developed epilepsy, and the family didn't want him back. The cost of medication and the challenges of dealing with the aftermath of his grand mal seizures was more than they were willing to deal with. PAWS For Life stepped in and placed Sampson in foster care with Klaszus. Sampson was literally taken off canine death row.

For those considering adopting rescue dogs Klaszus advises, "Adopt, don't shop. There are so many beautiful, deserving dogs out there in need of homes."

If you are up for the challenges involved in adopting a special needs dog, Sampson is still waiting for his forever home.



Sampson sits with his foster host Sarah Klaszus and her dog, Allegro.

>> PRISCILLA CLARK

PAWS FOR LIFE FOUNDATION

12215 William Short Road
<http://www.paws-rescue.com/>
 780.471.BARK
pawsrescue@hotmail.com

DO YOU LOVE DOGS? OWN A DOG? DON'T MISS THIS FESTIVAL

Check out the Avenue Goes to the Dogs festival, held on the weekend of July 12-13. This festival began in 2008 and brings the community, dog owners (and of course their dogs) together for a weekend of canine activities, including an agility course, games, and entertainment. Dog-related organizations and presenters will be on site with information on adoption and proper animal care and ownership. Canine culture is celebrated with works from artists, artisans, and performers.

AVENUE GOES TO THE DOGS FESTIVAL

July 12-13 from 11 am-4 pm at Eastwood Park (11803 86 St)

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O CANADA "IN ALL THY SONS COMMAND"

Changing our national anthem to render the line "in all thy sons command" seemingly more gender neutral is grammatically unnecessary. "O Canada" is already gender neutral. We can check the dictionary or recall our historical precedents to see there is no need to make changes out of some sense of political correctness.

The word "son" has more than one definition; it does not necessarily refer to a male offspring. This is particularly true when referencing nationhood.

Take *Merriam Webster's Collegiate Dictionary*, tenth edition. A son is defined as: "a **person** closely associated with or deriving from a formative agent (as a nation, school, or race)." Or the *Concise Oxford*, ninth edition, which includes in its definition: "a **person** regarded as inheriting an occupation, quality etc. or associated with a particular attribute (sons of freedom, sons of the soil)." Hence, sons in this context can be seen as **persons**.

The 1929 "**Person's Case**" contested and won by the "Famous Five," which included well-known Albertan Emily Murphy, concluded that women are indeed persons.

Therefore, if sons are **persons** in the national context, then the word "sons" in our national anthem "O Canada" is gender neutral and indeed means both male and female persons.

The version of "O Canada" on which the official English lyrics are based was written in 1908 by Justice Robert Stanley Weir. Today's English version includes changes recommended in 1968 by a Special Joint Committee of the Senate and the House of Commons, which reviewed the anthem word for word for its appropriateness.

"O Canada" was proclaimed Canada's national anthem on July 1, 1980, one hundred years after it was first sung on June 24, 1880.

I see no reason to change the anthem's lyrics. The current anthem wording is politically correct and is gender neutral.

What do you think?

780-495-3261 www.petergoldring.ca

Spruce Avenue Community
 10240 - 115 Avenue

CASINO VOLUNTEERS NEEDED!
 On August 2 and 3, call Verna 780-479-8019

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

CANADA DAY AGENCY BBQ

Saturday, June 28 from 11 am-3 pm at Norwood Centre (9516 114 Ave). Everyone Welcome! Please call 780.471.3737 to register.

AVENUE GOES TO THE DOGS

Canine festival on Saturday and Sunday, July 12 and 13 from 11 am-4 pm at Eastwood Park (11803 86 St).

EXPERIENCE ALBERTA AVENUE POP UP MARKET STREET SALE

Saturday, July 19 from 11 am-4 pm on 118 Ave from 85 to 90 Streets. Come find the Carrot's table on the north side of 118 near 88 St.

MULTICULTURAL GATHERINGS

International food, music, dancing, singing and fun. Saturdays from 2-5 pm, July 19 African Cultural Festival, and September 20 Corn Festival at Action for Healthy Communities (#101, 10554 110 St). To register contact Yanyu@zhou@a4hc.ca or 780.944.4687.

PHOENIX FESTIVAL

Free family fun festival, community potluck and full-moon family sleepover. Saturday, July 26 at Parkdale-Cromdale Community Hall (11335 85 St).

GAMES NIGHT HITS THE STREETS

Bring a card table, lawn chairs and your favourite game to set up on a street corner. Tuesday, July 29 from 7-9 pm. Half price coffee at the Carrot from 7-9 pm.

POETRY NIGHT AT THE CARROT

Thursday, July 31 from 7:30-9 pm the Carrot will host a poetry reading facilitated by Dahlia Ross (a poet with over 25 years experience). Open to poets from across Edmonton. For more info contact carrotassist@gmail.com

NOTICES

MISSING CAT

A black, short haired cat got loose on June 13 and has not returned. His name is Ben and he lives in the area of 119 Ave and 91 St. If you see him, call Tracy 780.477.8706.

THE CARROT STAGE

9351 118 Avenue, 780.471.1580
www.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.

BRAZILIAN PERFORMANCE

Come to the Parkdale-Cromdale Community Hall (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

RECYCLE YOUR COMPUTER ITEMS

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

PROGRAMS/CLASSES

BOOKS FOR BABIES

Starts July 8. Runs every Tuesday and Thursday until July 22 from 10:30am-12:30pm at Norwood Centre (9516 114 Ave). Call 780.471.3737 to register.

TODDLER TUMBLE BABY BOUNCE

(by Bent Arrow Parent Link Assoc.) All young parents or grandparents may bring pre-school aged children for gym play time on kid-friendly equipment followed by our Little Peoples Lunch. Tuesdays from 11:30 am-12:45 pm at Crystal Kids (8718 118 Ave).

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.

IMPROVE YOUR ENGLISH

ECALA English for Community Integration offers free Parent-Tot English classes. Bring along your little ones and learn basic English skills for everyday situations. Tuesdays and Thursdays from 9-11 am at Parkdale-Cromdale Community Hall (11335 85 St). More info: Sarah at 780.887.6825.

COLLECTIVE KITCHEN

Cook with friends, try new recipes, help your food budget at PrayerWorks Collective Kitchen. Second Wednesday of each month, 5:30-8:00 pm, St. Faith/St. Stephen Anglican Church, 11725-93 Street. Cost is \$3 for one serving of each of 4 different meals. For info, please call Trish at 780.464.5444.

FREE MUSIC LESSONS BY CREART!

Every Saturday at Parkdale-Cromdale Hall (11335 85 St) free group lessons for league members. Singing lessons from 9-10 am and Guitar lessons from 10 am-12 pm. Play and meet others. Contact 780.878.8265 or createedmonton@hotmail.com

SAA MEETINGS AND FELLOWSHIP

Big Book Study sponsored by Sex Addicts Anonymous. Everybody welcome. For meeting info call 587.921.1397, text 780.394.3709, email recovery4wolf@gmail.com.

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.

JUST FOR TODAY AFG

Are you troubled by someone's drinking? Al-Anon meeting, Mondays at 10 am at St. Stephen Anglican Church (11725 93 St). Entrance is at back door by handicap access. For more information, phone: 1.888.322.6902.

SOCIAL ACTIVITIES

BABES IN ARMS

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

LI'L SPROUTS PLAYGROUP

Parkdale-Cromdale Community League is looking for a responsible parent to lead this fun Li'l Playgroup. If you can help out please call 780.471.4410.

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. Sprucewood Library (11555 95 St). More info: 780.496.7099.

FAMILY MUSIC POTLUCK NIGHT

Join us on Friday, July 25 from 7-11 pm at the Parkdale-Cromdale Community Hall (11335 85 St) for our monthly family friendly arts party and potluck. Enjoy live professional and emerging musicians or take part in the open mic.

LADIES COFFEE

St. Faith's Women's Fellowship Guild Cosy Coffee Club at 11725 93 St in Prayerworks Hall (entrance off the parking lot facing 92 St). Wednesday, July 18 from 10-11:30 am. Come and join other women in the parish for a cup of coffee, a snack and conversation. Open to all ages, children welcome.

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 MusicJam on the third Friday. Saturday breakfast 8:30-9:30 am.

CRUD DINNER CLUB

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

NFB FILM CLUB

Saturday, July 19, 1:30 pm at Sprucewood Library (11555 95 St).

SENIORS BREAKFAST AND SOCIAL

All seniors 55+ are welcome to join us for breakfast, then stay for a visit, play some cards or billiards and if you like, you can watch a movie! Wednesdays from 11:30 am-12:45 pm at Crystal Kids Youth Centre (8715 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).

PARKDALE-CROMDALE SENIORS GROUP

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

SPORTS/REC

FREE COMMUNITY ACCESS AT COMMONWEALTH REC CENTRE

Use any of the amenities at the Commonwealth rec centre for free on Saturdays from 5-7 pm with your community league membership. FACILITY CLOSED JULY 26 TO AUGUST 18.

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.

VOLUNTEER

KALEIDO VOLUNTEER INFO DINNERS

Volunteers are the heart and soul of the Kaleido Family Arts Festival and we like to spoil them rotten. Want to volunteer? Come to one of our upcoming information dinners on July 22 and Aug 19! More info and to RSVP: kaleidovolunteers@gmail.com

SPRUCE AVENUE CASINO

Volunteers needed to work the casino August 2 and 3 at the Bacarrat. Call Verna at 780.479.8019.

PARKDALE/CROMDALE CASINO

Volunteers needed to work the casino August 3 and 4 at Century Casino. Call Margaret at 780.479.8134.

VOLUNTEER AT THE CARROT

Daytime and evening shifts at the Carrot need volunteers. More info: carrotassist@gmail.com

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

CHURCH SERVICES

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

Two Traditions – One Faith.
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

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

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.

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 12 yrs.
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 and Collective Kitchen (Seasonal - call for more info.)

St. Vincent de Paul Food Help Hotline:
780.471.5577

KINNAIRD RAVINE PLAY RANGERS



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REBECCA LIPPIATT
 photographer

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Brian Mason, MLA
 EDMONTON HIGHLANDS-NORWOOD

*Proud to represent the
 community voices of
 Alberta Avenue, Parkdale,
 Delton, Eastwood and
 Elmwood Park in the
 Alberta Legislature.*

Please contact my office or interact online
 with me to share your views, issues and concerns
 that impact our community and
 our democratic values.

Brian Mason

Connect with Brian!

6519 - 112 Avenue Edmonton, AB T5W 0P1
 Phone: 780-414-0682 • Fax: 780-414-0684
 Email:
edmonton.highlandsnorwood@assembly.ab.ca