

HIGHLANDS • BELLEVUE HIGHLIGHTS



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ISSUE 8



Photo SUSAN PETRINA-PRETTIE

Even in the dark days of winter, Mother Nature has a way of letting us know that spring will return, such as with these rose hips in Susan Petrina-Prettie's back yard. Dusted with snow and waiting patiently for the warmth of the sun, it won't be long before their perfume fills the air and gardeners throughout the 'Hood will be reconnecting again – over the fence or in the front yard.

In this issue...

A poignant reminder that nothing stands in the way of progress, not even the family home.

See pages 8 & 9

What happens when 2,500 copies of *HIGHLIGHTS* land on your doorstep.

See page 18

Even in the heart of the city, you can still enjoy the peace and quiet of the great outdoors.

See page 31

In this age of mass information, how is it that we can still be misinformed?

See page 39

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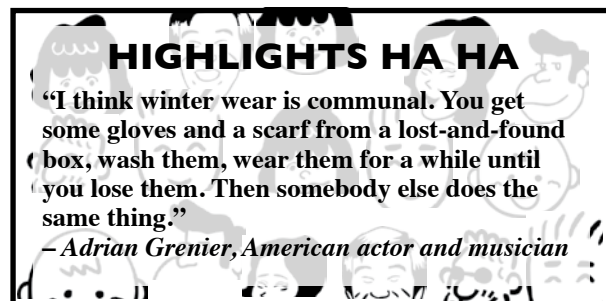
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Beating the winter blahs and staying connected

By **BARB MARTOWSKI**

Winter can be a time when many of us feel disconnected – disconnected from our neighbours, our community, even our friends. A sense of isolation and loneliness can quickly develop if we allow ourselves to succumb to staying cozy and warm inside our homes. There are ways to fight the winter blahs and stay in touch; in many ways, this issue is about staying connected.

Whether it's through Pub Night, a morning coffee visit to Mandolin or, while we are out shoveling snow, taking a minute to say hello to that neighbour walking their dog, these simple activities can go a long way to lifting our spirits.

It's not so much the activity itself, but the face-to-face encounter that has the greatest positive impact. Whoohoo, there are other people around!

A new way of staying connected

If you are a **HIGHLIGHTS** Facebook friend, you may have noticed a recent post regarding the Highlands Social Club. What started as a Friday night firepit gathering has morphed into a group of neighbours that come up with many other activities. And while e-mail updates were effective, creating a Facebook page was much easier and, a way to bring new people on board.

There's nothing formal about it, and it's open to anyone who wants to get involved with whatever activity is posted.

I can't think of a better grass-roots way of reaching out, staying connected, and having fun all at the same time. You can 'like' the page at www.facebook.com/HighlandsSocialClub

Connections where you least expect

Thanks to the HCL and the BCL, there are many activities and programs available to community members that are excellent ways of staying connected and involved, but have you ever thought about how these programs come about?

Avenue Magazine is looking for your vote

Last year, *Avenue Magazine* conducted its first-ever Best Neighbourhoods survey, in conjunction with Banister Research and Consulting Ltd.

The response was tremendous. And after months of number crunching, the survey provided the data the magazine needed for its first-ever *Best Neighbourhoods* issue, which came out in August, 2012.

Strathcona won, Garneau came in second. But Avenue wants to do it again for 2013. The editors received a lot of feedback from those who didn't think their neighbourhoods were well represented.

Now is our chance to be heard. If you think Highlands or Bellevue-Virginia Park is the best place to live in Edmonton, make sure you vote. Every vote counts for *Avenue Magazine's* 2013 Best Neighbourhoods Survey!

Note: The Survey closes at 5 p.m. on April 12.

Head to: www.avenueedmonton.com and click on Best Neighbourhoods 2013 under the Blog link.

Howard Lawrence tells us that it's often down to one person – a pivotal person who brings like-minded people together. Be sure to read his piece on "Connectors" on page 12 and see how the concept has turned into a great opportunity for Highlands.

We all know that one great way of beating the winter bluge is to get out and get active. Herb Gale takes us to the Highlands Golf Course (page 31) to reconnect with our selves and with nature, and provides some great insight into buying equipment.

Recently, we posted on FB, a *Journal* piece on neighbours, Joan and Bob MacGregor – a great article, but one thing that stood out for me, was Joan's comment, "You've got to keep making new friends all your life. I could never lead an insular life. I need to be reaching out."

She's right; it's all about reaching out that keeps you connected. It was the simple act of stopping to pick up some missed trash in my alley and a dog that allowed me to finally meet my new neighbour, Cory Richards.

For a few months now, his beautiful Rotweiler 'chatted' to me everytime I came and went, and I, of course, chatted back. Up until the other day, I hadn't seen his owner (that is not until the trash stop). Rotti was out saying his usual 'hello' and Cory came out to see what was going on.

Well, you know what happened next – introductions were made and a great conversation followed. So welcome to the neighbourhood, Cory (and Rotti), and I hope you take advantage of all the opportunities there are for you to get to know your neighbours and your new community.

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New year, new resolutions

By **SUSAN PETRINA-PRETTIE**

Happy New Year, Neighbours!

I encourage you to join me in the following community-minded resolutions. I'm limiting it to three so as to keep them easily accomplished:

No. 1 – Commit to meeting more of your neighbours.

Many of us know a few, but some don't even know who's on either side of their own home. Regardless of how fulfilling or, to be honest, sometimes disappointing those relationships may be, it's important to expand neighbourly connections beyond the block we live on.

Whether homeowner or tenant, you never really know what you'll have in common with the folks who live right around the corner.

No. 2 – Make a pledge to keep informed about what's going on in your community.

Yes, we're all busy and most of us have many interests and commitments that often fall outside of the 'Hood, yet often things occur quickly and we're left merely responding to an issue rather than being in a proactive and empowered position.

Think of municipal legislation and policing issues as just two examples.

No. 3 – Be an active com-

munity member.

If you're not already involved, start small – perhaps join a group or club, or volunteer to help with an event.

Interestingly, if you were to embrace just this one resolution, you would automatically take care of No.1 and No. 2 as well. You'd meet more neighbours and keep abreast of current events via the community grapevine.

Citizen engagement

I want to express my appreciation to all residents of Highlands, Bellevue, Virginia Park and those who live beyond our boundaries, for being engaged citizens on the 112th Avenue redevelopment proposal.

Regardless of your position on the future of the Avenue, many were informed and participated in the Renew 1.1.2 initiative by communicating with community volunteers, attending City-sponsored workshops and completing surveys this past November.

Many also attended December's public open house to review the research findings. Discussions sometimes got heated, yet the discourse was positive and, for the most part, all positions were heard and actively debated.

New project

And now for some news that is at once both great and

sad for the community.

The Highlands community and VP Howard Lawrence received a significant grant award of \$15,000 from the City's Neighbourhoods, Parks and Community Recreation-Northeast Division to fund a pilot project called, The Abundant Communities Initiative (ACI). This initiative is near and dear to Lawrence's heart.

The board was thrilled to learn the City wholeheartedly supported this pilot project via funding for Lawrence's role as Project Director, and also by granting our CRC, Anne Harvey, dedicated time to assist with the project that will take place throughout our community in 2013.

See Lawrence's article on page 12, and watch for further updates in future issues.

The sad news is that, effective January 1, Lawrence has resigned from the HCL board to ensure there is no conflict of interest as he undertakes this special project.

We are grateful that he will continue to be an active community member and will regularly report project findings to the board throughout the year. Congratulations and Thank you, Howard, for your continued dedication to nurturing strong communities.

Assets workshop

And ... we've set a date



Susan Petrina-Prettie

for that proposed Visioning Session.

The City will guide us through an "Asset Mapping Workshop" for all interested Highlands residents. The workshop results will support the ACI, so CRC Harvey is organizing the event with board input.

Mark your calendars for Saturday, Mar. 9 from 1 p.m. to 4 p.m. at the Highlands United Church (basement). Refreshments and snacks will be provided.

Please RSVP to Harvey by Feb. 23 either by phone or email: 780-496-3436, anne.harvey@edmonton.ca



Couple Looking For Highlands/ Bellevue Home

We fell in love with this community. We are a couple looking to purchase a home in the Highlands, Virginia Park, or Bellevue area. We are willing to pay fair market value for a home and are open minded to purchase a house of any age and in any condition.

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Honouring those that came before

By **JANICE FLEMING WEEKS**

Bellevue Community League is introducing a number of programs this spring – Decoupage and Woodstenciling workshops in Jan/February.

Le Petit Tennis and Bellevue Community Tennis will start again in late March and Ballroom Dancing.

We will be having the City of Edmonton drop-in program starting March 7 on Saturday mornings that will incorporate arts and crafts, games, and

playtime. This program is for 3-6 year olds.

We hope to be doing more renovations inside this hall this year and installing permanent pieces of historical relevance to the members of the community that have contributed greatly to our 93 year history.

We will be honoring all the presidents from 1920 to present with charcoal portraits and biographies, and to all of the long term service award recipients.

They are Jeanne Barr,

Judy Nuthack, John Flower, Grace Kelly and Rick McAdie.

The other two interesting individuals who will also be featured are Gary Hart, former President of the Teen Dances at Bellevue (1960s) and Abby Weeks, former coach of the award winning hockey team at Bellevue in the 1950s.

We hope, by having these permanent installments, residents in the future and present can come to know the rich his-



Janice Fleming Weeks

tory of Bellevue Community League.

We hope to have these installments later in 2013, so please watch for future information on the announcement in our paper.

Public meetings over the 112 Renew have been well attended



Photo by SUSAN PETRINA-PRETTIE

On December 11, the City held a second open house and information session at the Sands Hotel, to present its findings from the public workshops and survey data collected from the November workshop. During the Q & A session, the City allowed six questions from those attending the meeting. Needless to say, this did not go over very well.



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Writer, Herb Gale, makes birthday just a little brighter

Dear Editor;

Thanks so much for the article on Mom's (Emilie McLean) early days in the Highlands. She really enjoyed seeing it in print, also the picture of her with members of her only team, the Oilers.

One detail that got missed was that Dad's name was Hugh, not Howard as in the article. Other things that came to her after the interview – for hardware supplies and work (eg. re-glazing storm windows, replacing screens, etc.) Herb Horn from Horns Hardware did the trick. I also found old billing from Highland's Motors (I mistakenly thought it was Bill's Esso), a Texaco station on 112 Avenue at 70 Street. As to costs back then, Mom's old records for the Dodge show 4 qts. Havoline engine oil – \$2.20, oil filter – \$1.85, service air cleaner (oil bath type) – \$.50, gas was \$.39/gal.

And the telephone number for Highlands Motors back then (1951) reminded me the numbers only had five digits then, eg. 71367. That changed in 1959 to GR7-1367. Tobogganing was at Highland's Golf Course in the winter, no helmets ... you just tried real hard to avoid the bigger tree at the bottom of the run. Never saw more than two ambulances down there in all the winters playing there.

Anyway, thanks again from Mom, you made her 99th birthday a little more special to her.

– **Grant McLean**

Dear Grant;

We apologize for getting your father's name wrong, and hope

your mother wasn't too upset at the mistake. We do, however, really appreciate the "extras" you and she were able to provide. It gives great insight into what life was like in Highlands "back in the day." We also hear that your mom is not doing too well, and we really hope that she recovers to continue cheering on the Oilers – now that the NHL is actually playing.

...

Editor's Note:

*We truly appreciate all input from our readers. If there's something within these pages that makes you laugh, upsets you or that you have an opinion on, please send a Letter to the Editor by **March 15** for publication in the May issue. If you would like to submit a story, please do so by the same deadline. All submissions should be e-mailed to highlights.newsletter@gmail.com*

...

Unfortunately due to deadlines, and the publication dates of the *HIGHLIGHTS* Magazine, we are not able to provide any information on the two most important issues affecting our communities – the Mature Neighbourhood Overlay and the 112 Street Charette.

As you are aware, the City slated both for meetings in January; The MNO, with proposed changes to be presented to Council Jan. 28, and the latest recommendations by City Transportation regarding the reconstruction of 112 Avenue on Jan. 29. Information regarding the outcome of both meetings can be found on the Highlands' website at www.highlandscmmunity.ca

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The next chapter:

Profiles of some amazing ladies in the Hood

By RUTH CARR and ANITA JENKINS

On our Wednesday morning walks through the Highlands, we often talk about the challenges of being “Silver Girls,” that is, women who may have quite a few gray hairs but are not yet ready for the rocking chair. In this column, we have the delightful task of introducing you to some of the many other mature women in this community, who are still young at heart.

At the age of 82, Mae Cox says many of the most interesting things that happened in her life came about “because I typed.”

Her 50-year involvement with the Memorial Society of Edmonton and District began when the group needed a secretary on the board. She held several board positions over the years, and served in various other capacities. Her interest in this initiative, which is devoted to helping people arrange for simple but dignified funeral services, later expanded to include volunteering with organ donation and transplant programs.

In 1978, she self-published a well-received book entitled *Human Transplants in Canada*. Mae’s work with both of these pursuits gave her the opportunity to travel to most provinces of Canada for conferences and speaking engagements.

Cox can do much more than type, however. She is highly skilled with knitting needles and crochet hooks.

“I like making things and I like giving

things,” says Cox.

She is referring to the dolls and toy elephants she makes and donates to charity.

It all began with the Central Lions Seniors Centre’s Knit and Crochet Club, which made toys for the Stollery Children’s Hospital. But Cox’s most recent achievement was providing 25 of her colourful elephants to Santas Anonymous last year. Another major pursuit over the years has been the large and elaborate rock garden in the front of her Ada Boulevard home, which she still maintains.

When asked if she is a horticulturalist, she says, “With a garden like that, I have to be!”

Cox earned a teaching certificate after taking business courses in high school, typed theses and did some teaching when she wasn’t too busy raising six children with her husband, Tom, now deceased. She is a 50-year member of the Edmonton Bird Club. That interest led her to serve as a representative of the club on the Whitford Lake water management study, which required her to attend meetings once a month for two years.

It was worth it, though, as the effort resulted in the setting of provincial government standards on the subject.

When we caught up with Catherine Gunter in early December, she was preparing for a full schedule during the coming week. Among other things, she would be playing her bass clarinet at five different events and meeting with a technician about a glitch in her Simply Accounting program.

Gunter and her husband, Bill, a consulting geochemist, are empty nesters now, having raised a son who is severely disabled since birth, and a daughter who is a medical doctor living in Chicago. But Gunter is still kept very busy working as the bookkeeper for Bill’s part-time consulting business, as well as managing a rental house that she and Bill bought as a place for their son to live with several other tenants and their caregiver staff.

She also walks their golden retriever, Nugget, every day, which allows her to enjoy the beautiful, varied scenery of the Highlands and meet her neighbours.



Catherine Gunter

Another of Gunter’s activities is frequent trips to Ottawa to visit and assist her 98-year-old mother.

Gunter, who has a BSc in Nursing from the University of New Brunswick and an MSc in Nursing from the University of Maryland, decided early on to be a stay-at-home mom, in part, because her son needed a caregiver and advocate, and because Bill’s work led the family to live in many places throughout the U.S. and Canada, and even in Switzerland.

Eleven years ago, she joined the Cosmopolitan Music Society and took up the bass clarinet. She persisted through the “getting over the break” challenge – a difficult technique required to move over octaves on the 3.5-octave instrument – and is now in the “Monday Band,” which is the most skilled of the four Cosmopolitan bands.

Her other interests include maintaining and renovating the 1912 Highlands home that the family has owned for 30 years. Most recently, many rooms were revamped to accommodate some heirlooms the Gunters recently received from Bill’s family in New Brunswick.

If you would like to be included in this series, or know someone who would be a good subject, please contact Anita at ajenkins@compusmart.ab.ca, 780-474-6656.



Mae Cox

The life of 11301 – 73 Street from 1953 to 2012

By **JOACHIM NUTHACK**

When is a house a home? That's a question many residents of the Bellevue Community have answered over the years by simply living their lives and being good neighbours.

So it was with the house at 11301 – 73 Street, a 750 square foot home in 1953 by Otto and Erna Nuthack, recent German immigrants from Berlin, and their teenage son, Joachim (me). It had no garage, but there were three bedrooms and a very tiny bathroom, with a low basement with a vintage furnace, which must have been coal-fired when the house was built in the late 1920s.

My sister, Christel, joined us after she had finished high school in Berlin in 1953. The need to make the home comfortable for four people became very important.

Dad cared too much for his used 1950 two-door Dodge to let it stand outside, and with my help, we built an attached garage. At the end of September of 1954, as the last shingles were applied to the roof, I remember a fierce northwest wind chilling us to the bone.

The winter was spent on inside renovation, beginning with my bedroom.

In Germany, to have a home

without a fence just was not right. Come spring, the picket fence went up as planned.

The following years were filled with further renovations of the inside. Kitchen cabinets, wardrobes, panelling – there was hardly an evening or a weekend when it was time to just rest.

The outside received its last face-lift in the summer of 1956 with asbestos siding. It did not need painting, and the health dangers of asbestos were still unknown. The job fell to me, and I finished it in August.

Continued on next page



All photos courtesy JO NUTHACK

TOP: Jo Nuthack's parents, Otto and Erna, bought this house in 1953. Built in the 1920s, the home was only 750 sq.ft., but it did include three bedrooms and a bathroom. LEFT: By the end of September, 1954, two things had been accomplished that were important to the senior Nuthacks – a white picket fence and a garage to house Otto's beloved 1950 two-door Dodge.

The years passed, Christel had finished her pharmacy studies and began her career, and I met my wife, Judy. My parents considered selling the house, and sell they did – to Judy and I.

We soon had two children, and it became apparent that the house was ready to split at the seams. Mortgage money was tight in the 1960s, and buying a new house was out of the question. The lot was small, so additions were ruled out, but a neighbour, half a block north, had lifted the roof of his house to add the needed rooms.

We applied for a building permit to do the same, but were refused on the grounds that our extension would over-develop the lot. A struggle between us and the City ensued, but we finally won. Over the summer of 1963, the roof was removed and three bedrooms and a bathroom were added to the house.

But by the time the 1970s rolled around, the Capilano Freeway (now Wayne Gretzky Drive) had been built.

With Northlands's expansion plans, it became quite clear that the residential island between the freeway and 73 Street would not survive. Neighbours and friends of ours had moved away. We sold the house to a private buyer because Northlands seemed to be uninterested in the property at the time, yet the inevitable happened some years later. The house was boarded up, then torn down and eventually became part of the address of a parking lot.

In 1974, we found another home in the community on 70 Street. Judy had, more so than I, become active in the Bellevue Community League when our children started playschool, an activity which led to several

different other ones in the following years.

“Location, location, location” is today’s slogan and who can ask for a better one than Bellevue, close to Downtown with easy access to buses and the LRT. Although the Bellevue elementary school had to close due to small enrolment numbers, in its place DECSA, a Life Skills training school, has become a strong supporter of the community.

Eastglen High School, the Thistle Curling Rink and Eastglen Leisure Centre, as well as Borden Park, serve this part of Edmonton well. The people of the community will see to it that the Bellevue Community has a future.



All photos courtesy JO NUTHACK

TOP: Once the Capilano Freeway (now Wayne Gretzky Drive) was built in the 70s, it wasn't long before Northland's expansion plans spelled doom for the residential island of 73 Street. The Nuthack family home, with its second floor addition, was boarded up and torn down, like so many others on the street.

LEFT: The street where once many families lived, is now a parking lot for Northlands.

A little planning can go a long way ... to the bank!

By DAVID MARU, CMA
K2Z Accounting Associates

It is during the tax period that tax payers realize that they should have planned their tax affairs well in advance to take advantage of tax planning opportunities available. Tax planning is a legitimate activity that Canadians use to reduce their tax liabilities by arranging their financial affairs within the law as to minimise the amount of taxes they pay.

Tax Avoidance is a method of Tax Planning that is inconsistent with the overall spirit of the law. The CRA interpretation of "Tax Avoidance" includes all unacceptable and abusive tax planning methods. Tax Planning and Tax Avoidance both involve tax reduction arrangements that may meet specific wording of the legislation.

On the contrary, Tax Evasion is illegal and involves deliberately ignoring specific parts of the law. Tax evasion includes activities such as failing to report income earned or misstating facts so as to claim credits or deductions for which you are not entitled. Tax evasion, unlike tax avoidance, has criminal consequences and perpetrators can be prosecuted in a court of law.

Many Canadians, at various stages of their lives, prepare a financial plan either on their own or with the help of an experienced Financial Planner.

Making the most of your options

Saving for retirement, to finance a house, or a child's education all need identification and clarification in one's financial plan. Creation of wealth has long term implications on families and tax planning is an integral part of the process.

The aim of tax planning is to minimize your family's overall tax bill by claiming all credits and deducting allowable expenses.

Common Tax Credits and Allowable Deductions (Alberta)

Below is a list of common tax credits and allowable deductions that you can make against your return:

1. Eligible dependant credit: Claim this credit if at any time in the year you were single and supported a family member
2. Adoption expenses: Claim this for adoption of a child less than 18 years of age.
3. Age amount: You can claim this amount if you were 65 years or older on Dec 31, 2012 and your net income (line 236) is less than \$67,958
4. Medical expenses for self, spouse or common law partner and other dependants
5. Claim amounts for infirm dependant age 18 or older
6. Donations, gifts and political contributions
7. Tuition and Education amounts
8. Interest paid on student loans
9. Child care expenses

The above list is not exhaustive and relates largely to individual tax returns. For businesses, including sole proprietorships, the general rule is to charge to the business only those expenses that were incurred in order to generate revenue.



This can be cumbersome, especially for small businesses where there is little or no distinction between personal and business expenses. Maintaining proper business records is therefore critical. Using a professional bookkeeper or accountant can make a big difference.

The Canadian Income Tax Act is a large and complex document that is constantly changing. New laws, regulations and rules are issued from time to time. What is applicable in one period may not be so, in subsequent periods. The use of a professional accountant is recommended to ensure nothing falls into the cracks!

Notice to community residents

Are you having a tough time dealing with ice already this winter? Sand is now available at the Highlands Community Hall; just look for the green box by the parking lot.

Remember to bring your own shovel and pail, and if the box is empty, please call 311.



Musings of a Master Composter: The scoop on dog poop

By HERB GALE

We love our dogs in Highlands and Bellevue; our communities have many dogs which come in all sizes, shapes and a variety of ages (just like their owners).

All dogs need exercise (owners too) and play time; as well, all these pets have to pee and poop. Dogs don't care where these events happen. Thus the poop part is where we good citizens of Highlands/Bellevue become involved. We pick up the solid waste.

The City of Edmonton does have a bylaw in place as a reminder. To help, the City provides poop bags located in containers for our use. Ada Boulevard has several bag dispensers and trash cans. The bags are free for the taking. Poop bags come in many sizes, colours ranging from black, green, fluorescent pink/green, white, etc.

Many have a design and can be biodegradable or regular plastic. These bags can be expensive! Regardless of which bag is used, the solid waste is placed in the bag, top tied, and tossed into a City garbage container or in our household garbage. The used bags are swooshed (picked up with a vacuum truck from City garbage containers) away to the Waste Management Facility where all magically disappears!

When poop is disposed of at home, remember to double or triple bag the material and keep the bag(s) light. The collectors hate being covered with putrid liquid poop when a bag bursts open as it is being lifted. This happens most often during the spring pick up of poop from our yards.

At the WMF the bags are shredded open in the Trommell Screen (a large barrel with holes used to screen organics and has spikes facing inwards which tear the bags open). The bags (biodegradable or plain) are routed to either the landfill site or placed into storage to be used in the Bio-fuel Facility once it is operational.

The actual poop is sent to the compost site where it is blended into the mix to create compost (which we purchase).

There is no need to purchase fancy biodegradable doggie bags when we can use bags provided by the City. The money saved can be used to purchase a special treat for your pet.

Other "What do I do" headaches

What to do about the pizza box?

The disposal of Pizza Boxes has created an interesting response from *HIGHLIGHTS* readers, as well as from the Waste Management Branch. Seems people eat a lot of takeout pizza with the boxes tossed into the garbage or recyclable bag, or left in a pile for the garbage collector to decide on the disposal.

From my meeting with the City, the official word is if the boxes contain lots of oil, grease, cheese, and goop, toss the boxes in the garbage (if lids only are slathered with this material, tear off the lid for the garbage). Clean pizza boxes can go in with the recyclables.

How about old utensils?

When sorting out utensil drawers, we come up with a collection of knives, forks, spoons, etc. that we no longer need. The



Always take a poop bag with you when you take your dog for a walk, and don't forget to make sure your kids have some too when they head out to play. Responsible dog ownership can never start too early.

question I have been asked is how to dispose of these items?

The disposal method is simple – donate these items to a charity, drop them off at the Eco Station as scrap metal, or they can be put into the garbage where the utensil is pulled out using the eddy currents or magnets and then recycled as scrap metal.

Remember if there are any sharp knives they need to be placed into a container marked sharps.

On a final note, the City has adjusted garbage/recycle pickup to the same day each week (yes the City is also going to do pickups every week). Details and calendars were mailed out in mid-January. This change began at the beginning of this month, and if you didn't receive (or keep) the new calendar, you can download it at edmonton.ca/for_residents/garbage_recycling/collection-schedule

Become a master composter

Registrations for the City of Edmonton Master Composter Recycler Course are now being accepted for the 2013 course.

This is a free 40-hour course (from March 9 to May 2) that covers reducing waste, composting, grass cycling, etc. It's a great way to meet other green-minded citizens who share a passion for a sustainable city. There is always an opportunity to teach others.

More information is available mcrp@edmonton.ca or call 780 496 5991. Registrations must be submitted by February 7.

ARIE'S Garbage and Junk Removal Service

Do you have anything to go to the dump?

- Household items
- Old furniture and appliances
- Renovation debris
- Garbage, wood and yard waste

**Call Arie today for a free quote
780-474-0535 Reasonable rates!!**

New City pilot project has Highlands leading the way

Project to focus on resources that come from unexpected places

By **HOWARD LAWRENCE**

I grew up in a small town, where my mom knew everyone and everyone knew my mom. It wasn't until several years ago however that I realized that, in this abundance of "knowing," my mom had a very important job in our town.

It was hard to see her job because she wasn't paid for it and no one really commented on it. Most people like me, hadn't even realized that there was a job category for what she did.

That is, until I read a book by Malcolm Gladwell, called *The Tipping Point: How Little Things Can Make A Big Difference*. According to Gladwell, there are people with a special gift for bringing the world together, people he calls "connectors."

"They are the kinds of people who know everyone. All of us know someone like this. But I don't think that we spend a lot of time thinking about the importance of these kinds of people," says Gladwell.

Connectors usually know people across an array of social, cultural, professional and economic circles, and make a habit of introducing people who work or live in different circles.

They are people who "link us up" with each other, with our neighbours and with our community. Gladwell characterizes them as, "People with a truly extraordinary knack... (for) making friends and acquaintances."

He attributes the social success of connectors to the fact that "their ability to span many different worlds is a function of something intrinsic to their personality, some combination of curiosity, self-confidence, sociability, and energy."

We all understand the concept of networking when it comes to business, but we don't equate the same concept with our personal or neighbourhood lives. I know my mom didn't, and she truly was, one of these people who just knew who to connect with who.

More than just a connector

She had no agenda to advance her social or economic standing, in fact, her role as a "connector" often took her to both ends of society, and it was always amusing to see her introduce people of vastly different social worlds to each other.

Of course, at the time, I didn't understand the importance of what she did for the various people, or for our small town. I don't think she did either, she just knew they had some passion or interest in common.

Long before Gladwell defined and valued the Connector, a sociologist named John McKnight, who, while working among struggling neighbourhoods, observed the way in which neighbourhoods were transformed when certain people who he called "Community Connectors" were set free to do their work.

After reading this, I realized that my mom was much more than a connector. She was a community connector!

McKnight believes that such community connectors are "gift-centered" people. They see the "full half" in everyone. They are connected themselves, active in social and civic life. And, they know the ways of the neighbourhood.

They believe in the people in the community. They are not

cynical, doubting observers of local residents. They know that the community is rich in people resources. And they are people who get joy from connecting and inviting people to come together.

They are not seeking to lead people; they just understand the good that comes by bringing the right people together. They are hospitable and willing contributors to their neighbours and the neighbourhood.

This was so my mom!

New project and Highlands involvement

Sitting at a small coffee shop in another community the other day, I couldn't help but overhear two young women speaking. It appeared that they had just moved to the city and had just met each other. One of the girls exclaimed to the other, "It's great. We have so much in common."

The other went on to say, "It's hard to meet people here in Edmonton; in Vermillion, it was easy."

As I listened to what they were saying, I couldn't help thinking about my mom or about the many people right here in the 'Hood, who would have been that welcomed passport to their community that these girls needed.

Yes, our community has a lot of the same types of people as my mom. Without them, we wouldn't have the many associations and clubs that we do – the bridge club, gardening club, historical society and any number of groups that have been born out of a common interest, like the men's hockey team and the Mom & Tots group.

Guaranteed, there was one person who introduced the right people to each other, who in turn, said, "Let's do this." Just think about the possibilities of new associations that could be developed as we get to know each other even more.

Today, thanks to the Internet, we are more connected than ever, but for many, we are missing the most crucial part of being connected – the face-to-face interaction.

There are many, especially in roles of leadership, who feel that this has become the "unraveling" of the fabric of our neighbourhoods and society in general. For them, the value of "connectors" and more importantly, the resulting introductions and associations built via such friendly people – could be the key to strengthening our neighbourhoods and ultimately, society overall.

The City of Edmonton recognizes this and has asked the HCL if the Highlands neighborhood would pilot The Abundant Communities Initiative (ACI). This project will explore what we, as residents of Highlands, want, what our interests are and what groups we might want to start or to belong to.

It's an exciting project for our neighbourhood to be taking the lead role in, and in a large part, it will simply involve us sharing with one another, what our interests are, and possibly connecting with others who share the same interests as we do. There is a little legwork involved, but if what you've read here appeals to you and you'd like to know more, send me an e-mail at Howardlawrence@shaw.ca by the end of April.

I promise you, what's involved is very enjoyable and as easy as having a chat with your neighbours.

Make sure you are recycling right in Edmonton

By **JULIE PAQUETTE, Environmental Program Specialist, City of Edmonton's Waste Management Services**

Edmontonians are great recyclers! In 2011, they put more than 50,000 tonnes of recyclables out for collection in their blue bags and blue bins.

I've spoken to thousands of residents at Edmonton community events, ranging from newcomers who need basic recycling information to long time residents who meticulously separate out paper, cardboard, plastic containers and other recyclables for the City's blue bag/bin program.

Yet frequently, my chats with residents reveal some common recycling errors. Even the most avid recyclers need an occasional reminder about what material can and can't be recycled in blue bags and blue bins.

It is important to "Know Before You Throw" because some of the items that residents mistakenly put in their blue bag or blue bin can cause breakdowns to the machinery at the City's recycling facility.

Fill 'er up

Here is a quick reminder about what material is "Good to Go" in your household's blue bag or bin:

- Plastic and paper bags

- Bottles and other drink containers (caps off)
- Milk jugs
- Other plastic containers
- Cardboard
- Newspaper and writing paper
- Magazines
- Glass jars & bottles
- Aluminum containers/cans
- Tin cans

NOT for the blue bags/bins

Here is a list of items that "Don't Go" and can't be recycled in the City's blue bag and blue bin program:

- Computer cables, extension cords, Christmas lights
- Styrofoam and shredded paper (a bit of a "Doesn't Go" surprise for some residents)
- Large rigid plastic items like broken children's toys
- Disposable paper drink cups
- Scrap metal like small appliances and propane tanks (#1 unwanted item)

For complete details on recycling in Edmonton, including a printable "What Goes Where" waste guide, go to the City of Edmonton's web site (www.edmonton.ca/recycling).

Eco Stations are not just for drop-offs

While the blue bag/bin program takes care of most household reuse and recycle items, items that don't fit the program can be taken to anyone of Edmonton's Eco Stations. (locations available at edmonton.ca/for_residents/garbage_recycling/eco-stations)

These Eco Stations sort through dropped off items, and those that are deemed to be in good condition and reusable will be set out in the Reuse Area for a limited time for pickup.

Examples of such items include furniture, appliances and electronics (televisions, stereos, computer peripherals, etc. Note: Computers are not available due to privacy issues.)

Even paint. Since 1995 over 350,000 litres of free paint has been given away. Note: there is a limit 4 cans/visit – quality not guaranteed.

Reuse means to use something again and again rather than only once. The goal of reuse is to keep using items as long as they have a function or value. The Ambleside Reuse Area (14710 Ellerslie Road SW) makes various items dropped off at the Ambleside Eco Station available to individuals for reuse.

What is accepted

- Bring your household hazardous waste such as leftover paint, oven cleaner and car batteries at no charge!
- Bring your electrical appliances, old computer monitors,



Photo courtesy CITY OF EDMONTON

toasters, printers, power tools, etc. at no charge (Charges apply to items requiring CFC removal)

- Bring your big bulky items like old sofas, fencing and rubble, anything you might take to a landfill. (Charges apply).
- Bring your household recyclables such as newspaper, metal cans, milk jugs, old clothing and textiles, and more!

Not accepted

What can not be accepted at Eco Stations are commercial hazardous waste and biomedical waste, expired medications, explosives, radioactive waste, munitions, fireworks and pressurized gases.

To find out where these items can be sent, please call 311.

– Courtesy CITY OF EDMONTON

Safe winter driving

Now that winter is in full force it's important to remind ourselves about safe winter driving practices that can decrease the chances of being involved in a motor vehicle collision.

Here are some important tips to prevent yourself from being involved in a motor vehicle collision.

Tips to keep you safe

- Ensure your vehicle is prepared for winter including a working heating system and brakes.
- Take the extra minute before driving and ensure your vehicle's windows are free of snow and ice so that your lines of vision are clear.
- Ensure all snow and ice is removed from your headlights, tail lights and running lights.
- Keep your windshield washer fluid reservoir filled with the appropriate non-freezing fluid.
- SLOW down while driving.
- Leave an increased distance between your vehicle and the one in front of you.
- Be flexible and adapt to the varying road and weather conditions you will face while driving during the winter.
- Be aware of icy bridges and overpasses.
- Wear sunglasses on sunny days to prevent sun glare.
- Give yourself extra time to stop your vehicle for lights and stop signs.
- Avoid using cruise control on slippery roads.
- Give yourself extra time to reach your destination so you are not tempted to drive at an unreasonable speed.

If you are involved in a collision, know the proper way to report it.

Reporting a collision

What you do if you have been involved in a collision:

- If your vehicles are drivable, move them to another location so that they will not obstruct traffic. If one or more are not drivable call the police complaint line at 423-4567.
- Exchange information (insurance, registration, name and drivers licence number.)



- If someone refuses to provide their information, document the licence plate number, vehicle description and driver description before they leave the scene.
- Obtain names and phone numbers of all witnesses.
- If the combined damage to the vehicles involved is over \$2,000, you must attend a police station and file a Collision Report Form. Failure to do so could result in a \$287 fine.

If the collision involves serious injuries or if impaired operation of a motor vehicle is suspected, here is what you or someone else should do.

- Call 9-1-1 so that the necessary medical help can be dispatched to the scene and police can be notified.
- In this instance, vehicles need to remain where they are in order that the collision scene can be investigated. Police attendance is ONLY required when:
 - Someone has been seriously injured.
 - Individual does not have documentation including driver's license, registration or insurance.
 - You suspect the driver is impaired
 - One or more of the vehicles isn't drivable.

If you are unsure, call 780-423-4567.

Courtesy EDMONTON POLICE SERVICES

Become part of Edmonton's Snow Angel program

We live in a winter city and snow is no stranger to Edmontonians. When it snows, City crews clear our roadways and property owners clear their sidewalks, all in an effort to keep Edmonton moving.

But for some Edmontonians, particularly seniors and persons with disabilities, moving snow can be difficult and even dangerous. They need your help – they need a Snow Angel.

Snow Angels is an awareness and recognition program encouraging Edmontonians to help a neighbour in need by shovelling their snow and to acknowledge those who volunteered their time to shovel as a City of Edmonton Snow Angel. As part of a recent partnership, nominated Snow Angels will also receive tickets to an Edmonton Oil Kings game in March. To volunteer as an Angel, or if you are in need of the services of an Angel, please call 311.

Courtesy CITY OF EDMONTON



Photo courtesy CITY OF EDMONTON

Whether you are an Angel or not, help out your neighbours.

To park or not to park

Make sure you stay in the know about snow

When a seasonal parking ban is declared, you cannot park on routes where the seasonal parking ban sign appears. Vehicles must be moved off-street or to a side road where the signs are not posted, so be aware of winter roadway maintenance.

Keep informed

Seasonal parking bans

Citizens will be advised about the parking ban through:

- Local media (television, radio and internet)
- 311
- Email notification system
- FaceBook and Twitter posts
- Digital Messaging Signs by city roads
- Edmonton Transit bus-front messages
- City of Edmonton website

When there is a significant snowfall, a minimum of eight hours notice will be given if a parking ban will be called.

Vehicles that have not been moved off of signed routes when the ban comes into effect are subject to ticketing and towing.

There is NO parking permitted on the seasonal parking ban routes until the City declares the ban is over. In some cases, more work will be required or more snow may be forecasted, and the routes must remain clear of vehicles until the ban is officially lifted.

To sign up for e-mail notifications for parking bans or for more detail about winter road maintenance in Edmonton, visit www.edmonton.ca/winterroads.

Neighbourhood blading

Parking is not banned when the equipment operators comes to blade in neighbourhoods; however, it is recommended as crews can do a better job if vehicles are moved off-street.

Neighbourhood roads will be bladed to a solid 5 cm snow pack. If there is a significant amount of snow and a 5 cm snow pack cannot be maintained, crews will plow down to bare pavement where required.

Citizens will be advised about an upcoming neighbourhood blading cycle by the same notifications as with a seasonal parking ban.

To find out when crews will be working in your neighbourhood, you can either call 311 or visit www.edmonton.ca/winterroads and click on 'Neighbourhood Blading Schedule.'

The City of Edmonton is committed to keeping city roads in good winter driving condition throughout the snow season, and crews work around the clock to achieve that goal. It may take more than one day to complete the work in your neighbourhood, so make sure you are aware of the dates. Your cooperation means that we can do the best job possible and keep Edmonton moving!

— Courtesy CITY OF EDMONTON



EPS community update



Garages are a favourite target for criminals. Here are some tips to help you keep your garage safe:

- If you have windows in your garage, place curtains or blinds on them so people can't see in.
- Keep your garage door closed and locked, even when home.
- Install lights near your garage (or shed) to keep the area lit.

With the cold winter weather upon us, it is important to remember not to leave your vehicle idling unattended with the keys in the ignition, as this is an irresistible target for car thieves.

As always we would like to remind everyone in the community to be vigilant, and to report any suspicious or unusual activity to the EPS complaint line at 780-423-4567.

Community Asset Mapping Workshop

Highlands United Church (Basement)
11305 - 64 Street
Saturday, March 9
1 p.m. - 4 p.m.

Come join fellow Highlands neighbours in an afternoon of creating a shared vision for the future of our community.

Identify current community assets such as amenities, services, interest groups, clubs, individual skills and gifts, etc.

Let's build upon what we already have, and what we perhaps aren't aware exists as a community asset in our neighbourhood, and create a vision and a strategy for continuing to build a greater community life.

Please RSVP to Anne by Feb. 23
either by phone: 780-496-3436,
or email: anne.harvey@edmonton.ca



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He Named That Spot

By SUSAN PETRINA-PRETTIE

Long-time Highlands' resident, Ronald Rowswell, correctly identified the photo in last issue's contest as the early Highlands Community Centre, once situated on the land which the Highlands Community Garden now occupies.

He keeps coming home

Rowswell has called the Highlands home "on and off" since 1946, and says he enjoyed attending community events in the ol' hall that felt like a second home for so many folks. He is very much looking forward to having another wonderful meal at La Boheme Restaurant and Bed & Breakfast, his gift, courtesy of Connie Stojanowski.

La Boheme is situated in the historic Gibbard Block, which also marked its centenary in 2012. Stojanowski has been proprietor of the La Boheme for more than seven years, and generously offered to sponsor the *Name That Spot* contest as Highlands' wrapped up its centennial year.

Plenty of special events this coming year

With the busy holiday season now behind them, the staff at La Boheme is gearing up for another year filled with special seasonal events like the fast approaching Valentine's Day.

Visit the website for special event updates and to purchase gift certificates: www.labohome.ca or call 780-474-5693 for more information.

Throughout the year, a delightful Sunday Brunch is served regularly (reservations recommended), but, if you're in the mood



Photo SUSAN PETRINA-PRETTIE

Ronald Rowswell, seen here accepting a gift certificate from La Boheme owner, Connie Stojanowski, correctly answered the December issue of *NAME THAT SPOT*. Watch for a return of the contest in the May issue of *HIGHLIGHTS*.

for a simple treat after a long day at work, drop into the lounge for a glass of wine and an indulgence from the ample dessert menu or an appetizer ... then relax and enjoy this wonderful, neighbourhood architectural treasure.

Do you want to get fit FAST?

Kettlebell & Yoga Classes

New session begins February 26 and April 5
Free Classes February 8 and 9, March 29 and 30

Kettlebell is the ultimate tool for overall fitness, endurance, strength, conditioning and is easy on the joints.

Yoga heals, nourishes, challenges. Aims to undo tension in the body using the natural principles of gravity and breath.

United Church - Lower level
11305 64 Street (780) 913-4343

To review class descriptions and secure your spot, go to www.loripassmore.com



Lori Passmore - AKC, RKC Level 2, WKC Certified Kettlebell Instructor, Hatha Yoga Teacher, AFLCA Certified Resistance & Group Exercise Trainer

Getting the news out

By **DEB PETIT**

I have recently taken on the task of distributing the newsletter for both Bellevue and Highlands, two great communities. It was almost scary when 13 cases of *HIGHLIGHTS* magazines got delivered to my door, but I took a deep breath and remembered all that former head of Highlands distribution, Matt Pick, had told me and got on with it.

A little organization on my part, and with the help of a few great people, my first stint overseeing all the distribution went off without a hitch. Many volunteers are more than happy to deliver their route and have for a long time.

Every three months, I go through the list and call everyone to let them know the magazines are ready for delivery. It sure makes it easy with the cheerful replies I get from ALL of the people on my list.

It's these people that help get you your news. I hope I have all the spelling correct, because they are: Jeannie Barr and helper Barb, Camille Burk, Kerri Weeks, Susan Ruttun, Brian Finley, Arie Jol, Yvette Cioran, Dave and Karen Gillispie, Jodi Rietveld, Ted Smith, Sandra Fulton, Nicolette (sorry, I don't have your last name), Lianne Traynor, Wendell Gelderman, Fran Armstrong and Anita Jenkins. Shawna Larkin helps me do the mail-outs.

Thanks one and all. While I'm still hoping someone will come forward to take over Highlands, I look forward to continuing to working with all these great people. If you would like to volunteer, even as a carrier, I can be reached at dpetit@shaw.ca



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Dinner today – call
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Come in and visit your neighbourhood lounge (salon) for a glass of wine and sample our new appetizer menu, while enjoying the warmth of a wood-burning fireplace. Relax and enjoy yourself in our historical gem in the heart of Highlands.

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www.labohome.ca

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MOUNT ROYAL ARTS CORE SCHOOL



Second Annual Culinary Cook Off 2013 & Silent Auction

Who doesn't like a slider?

Mount Royal Arts Core school is pleased to announce their second annual Culinary Arts Cook Off to be held March 16, 2013 at the school campus, 11303 – 55 Street.

The last event saw the school raise over \$14,000 for the arts core programming, thanks to an incredible outpouring of community and parent support.

This year, the cook off will feature sliders for a toonie a taste!

In addition to the amazing food for offer, there will be a live auction, silent auction, raffles, family entertainment and an art show by our students with pieces for sale.

So mark the date – March 16 – on your calendar and make sure to come and enjoy some sliders.

Everybody is welcome and invited, and we look forward to seeing the community supporting our amazing arts core school.

HIGHLANDS • BELLEVUE HIGHLIGHTS



E-NEWSLETTER

Monthly news in your inbox.
Join our mail list at www.highlandscommunity.ca

An advertisement for Sabrina Butterfly Designs. At the top, the logo features two red butterfly wings flanking the text 'Sabrina Butterfly DESIGNS'. Below the logo, a woman with long dark hair is standing on a wooden floor, wearing a light-colored short-sleeved top with a floral pattern and dark purple high-waisted shorts with three buttons. She is holding a large, light-colored parasol. The background is a plain, light-colored wall.

**Highlands
Merchant
Block**
6421 - 112 Ave
780.482.6460

Store Hours:
Tuesday to
Saturday 11-5pm
Open Late
Last Friday of the
month 11-9pm

www.sabrinabutterflydesigns.ca

The holidays are over but not forgotten

By Susan Petrina-Prettie, HCL president

Hello Friends!

This note is to THANK YOU ALL for making our Holiday Potluck 2012 such a successful party!

A special 'tip o' the hat' goes out to Dan Rietveld, our events & social director, for working hard to pull everything together for his first HCL event.

So many of you, your friends and family members joined in to help with set-up and take-down, and then even contributed with dinner.

I do not know who all helped out, so please share my appreciation with them on our behalf.

I want to acknowledge Laura England's very special contribution ... her cello music was just lovely, and truly inspiring to those of us who did not know of her secret talent. It was also a reminder of all those unknown 'gifts' the members of our community have, and that Howard Lawrence so often speaks of.

And on that note, a significant gift to Highlands was presented by Linda Poignant in the form of two of the four panels from her community tile project.

Everyone in attendance was excited and impressed to see the tiles assembled, and most grateful for Poignant's perseverance to have them ready for the end of our centennial year.

Poignant and I,

along with a few others, got together before Christmas to install the panels inside the hall, and we'll let you know when they're ready for viewing. (see page 24) Thank you again, Linda, for your creativity and devotion to this project and our community.

A thank you also goes out to Arie Jol, who, along with his team of beautiful horses, is always ready to take local residents for a horse-drawn tour through the neighbourhood – it was such a reminder of how people might have enjoyed the holiday season 100 years ago.

Finally, a very hearty Thank You goes out to Brett Farquharson, our volunteer coordinator, for doing so many tasks all afternoon and evening, but obviously the most important one was as our Man of the Hour. You have a thoroughly engaging persona, Brett, and are a captivating storyteller. Thank you, 'Santa,' for your gifts to us!



Photo WILLIAM PRETTIE

Kids enjoyed a story told from the great man himself, Santa Claus.



Photo WILLIAM PRETTIE

Everyone tucks in to the delicious contributions by local residents at the Annual Highlands Holiday Potluck.



Photo TED SMITH

Those taking a walk or a wagon ride throughout our neighbourhoods, enjoyed many homes and blocks that were beautifully decorated for the holidays, including those along 61 and 56 streets and 111 Avenue.



EPL celebrated 1 year



Photo WILLIAM PRETTIE

EPL's Assistant Branch Manager Bernice Linkewich (left) and long-time staff member Mary-Ellen served up cake and drinks to library patrons Dec. 1 as the branch celebrated its 1st Anniversary at the temporary location on the corner of 66 Street and 118 Avenue. Construction on the new location continues over the winter and, despite some initial setbacks, EPL continues to work towards having the new building open in late 2013.

Anil Horse & Carriage

Wagon Rides EVERY FRIDAY in December from 7:00 - 9:00 and the last Friday in January. Leaving from Mandolin Books and Coffee Company. Book your spot today!!

Arie Jol 780 474-0535

Also available for fresh eggs, beef, pork, bison & honey
Capilano Mall Farmer's Market, Saturdays 9:00 - 4:30

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<http://www.youtube.com/watch?v=zlof3oW9VAM>

780.469.4418 9000-60 Ave
Bill Johnson - General Manger and Highlands Resident

Rejuvenation of a community

Photo and text by TED SMITH

It is great to see the rejuvenation of the neighbourhood with young couples raising their families in the Highlands and Bellevue neighbourhoods.

I couldn't resist taking a photo of the new additions, just within my immediate area alone, and I thank the parents for their indulgence.

Here is a photo of the parents and kids on 56 street between 111 avenue and 112 avenue.

Back row on left is Roberta and Dustin Grossman holding Charlie Hollis, on right is Shila and Gerhardt Klann holding Matthias Klann.

Right front kneeling down is Justine and Alex Buttigieg with Elliot and in front is Karen holding Allison and Mark holding Samuel Hanca.

There are two more young ones expected mid 2013 bringing the total of young children on the block to seven.

If your block is experiencing new blood, whether it's a new addition to a family, please send along a photo to *HIGHLIGHTS* at highlights.newsletter@gmail.com

If it's new neighbours, welcome them by sharing a copy of *HIGHLIGHTS* or invite them to an event at the community hall.



Sweet Baby Touch

4 week baby massage class at Birth Source, Inc.

Starts: January 10 or February 14 or March 21

Call Sharon Melvin at **780 288-2004**

www.babymassage.com



HIGHLANDS • BELLEVUE



Up-to-the minute news.
www.facebook.com/highlandscommunityleague

Keeping an eye on 118 Avenue businesses

By JOHN TIDRIDGE

Zanzibar Bistro (58 Street and 118 Avenue), No word from the operators although contacted twice. Is it open or not?

- 6401: A vacant, but well kept lot since the 1970s, now sports a chain link fence and several cars. The City had no information relating to a new development. Will just have to wait and see.

- 6415: A cement truck was actually observed pouring cement into the interior of the structure late in September; in November men on a scaffold putting building blocks in place, but what is happening here is still a bit of a mystery.

- 6421: All the signs advertising the emptiness of the building have been removed, as has the fence and gate, along with all the building supplies; something afoot here, but we shall have to await further developments.

It was suggested two years ago, 6415 & 21 were part of a joint project - part of the great unexplained!

Comprehensive Dental



Centre

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Please call with any questions or for references.

100 tiles of celebration by 100 hands

And the vision of one dedicated artist

Text and Photos By SUSAN PETRINA-PRETTIE

Great news to wrap up the centennial year ... we now have Linda Poignant's Centennial Community Tile Project safely installed in the Highlands Community Centre.

Thanks to Linda, Allan Mayer, Howard Lawrence and William Prettie for working with me to get the four panels up and secured.

I know you will join me in sending a round of applause to Linda and her colleagues, Lori Frank and Karen Klassen, for their work on the creative assembly of the panels, and to the 100 Highlands people who helped create each tile in this wonderful memorial of our centennial year. Not to be forgotten is the Edmonton Arts Council for its generous support.

Next time you visit the community hall, whether it's for an upcoming pub night, to take part in a program or to enjoy a club activity, please take the time to view the panels; they truly are a precious addition to our community hall.

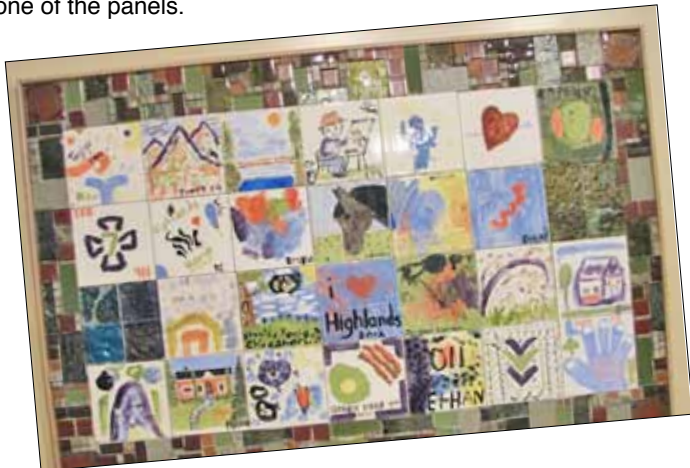
I'd say this neatly wraps up a fine centennial year!



Howard Lawrence, Linda Poignant and Allan Mayer with one of the stairwell panels.



William Prettie and Linda Poignant cut up framing that will hold one of the panels.



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- House has alarm system and security gate on back entrance and windows.
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52' x 120' lot with mature trees.

Highlands financials running smoothly

By **SUSAN RUTTAN, HCL Treasurer**

The casino that Highlands volunteers worked last fall has netted us \$76,690 in money from the Alberta Gaming and Liquor Commission.

That money will be used in many ways, including paying our cleaning company with it, as well as the company that plows our parking lot and maintains our ice rinks.

My top job right now is to build a budget that will be approved by Highlands Community League members at our annual general meeting in May.

Any future Highlands treasurers should know that we have a source of good advice in Linda Crosby, financial assistant of the Edmonton Federation of Community Leagues. Thanks to her, I am now working on a new template to make life easier.

Thanks to our new events director, Dan Reitveld, our Christmas potluck supper came in well under budget.

Our big winter expense is always

operating the two ice rinks, but they're totally worth the money.

We're paying a company to maintain the ice with a Zamboni, and paying three neighbourhood boys to staff the rinks during evenings and weekends.

The total cost could reach about \$13,000, a bit more than last year, but part of that cost – the ice-making company –

we can pay with our casino money.

Most of our casino money is dedicated to the general upkeep and maintenance of the building, making renovation improvements where it's prudent to the old gal, and saving for a new building, which hopefully one day, we will have.

Still, it's nice to be able to use casino funds for other purposes on occasion.

Membership has it's rewards

By **RHODA MCDONOUGH, HCL Membership Director**

Now is the time to purchase your Highlands Community Membership to ensure you receive the many membership benefits. To date we have sold 171 memberships and we have lots more to sell.

Why purchase a membership? Becoming a member of our Community League is a demonstration of your commitment to your community. It also gives you a discounted rate for many of our League's programs AND the City of Edmonton along with The Edmonton Federation of Community Leagues have created a new program called "The Community League Wellness Program" offering a 10% admission discount to all the City of Edmonton Recreation facilities.

Purchase your memberships at Mandolin Books – 6419-112 Avenue or purchase online at Edmonton Federation of Community Leagues – www.efcl.org

It's that easy!



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Pew View: Same-sex marriage

By **JOHN TIDRIDGE**

(The views expressed here are not necessarily the views of the Highlands-Bellevue HIGHLIGHTS magazine or the author.)

Some of the seven church leaders who represent the Christian Church in the Highlands-Bellevue and abutting areas, and contributors on occasion to *Pew View*, suggested there was a need for a change for this column. They wanted the space to be used to tackle questions posed by the readers, questions that relate to the Church and it's views.

The question posed for this issue will no doubt raise some eye brows, but it is relevant to our time and the changing views across North America.

Question:

What is the position of your church on same-sex marriage?

Answers:

Pastor Les Theiss – The Potters House Church

“Our position on same sex marriage is that it is against the will of God. Anything to do with homosexual activity is against the will of God, and for anyone who considers themselves a Christian, to have any other excuse about it being okay, they have never read the bible, and are working on social emotion rather than God’s Word.

“Just remember, homosexuality is no worse or better than any other sin, but the Bible says sexual sin, whether adultery, fornication or homosexuality, the offender sins twice: Once against God and once against their own bodies.

“The only action is repentance!”

Rev. Elizabeth Metcalfe – St. Mary’s Anglican

“As a worldwide community of churches, the Anglican Church (of which the Anglican Church of Canada and St. Mary’s is a member) has no “official” stance on same sex marriage. Needless to say this is a difficult issue, and at the moment, there is no clear consensus; there are a wide range of positions, and solid theological arguments for both sides of the argument.

“Part of being Anglican is that we “agree to disagree” on certain issues, and this is one of them. We do not see it as a matter of core doctrine pertaining to salvation (such as the doctrine of the Trinity, or acceptance of the historic Creeds), but something that the early church called “adiaphora”. This point of view leaves room for an open-ended theological conversation.

“Even though dialogue about this has been going on for what seems like a very long time, part of being Anglican is that we don’t believe that we all have to be “of the same mind” to continue to walk and serve the Lord together, as we wait for the Spirit to bring us to clarity. This is an ongoing process which continues to unfold.

“Each individual Diocese (local geographic grouping of parishes) is prayerfully studying and discerning about this in our own localities.

“At our recent Synod (a gathering of clergy and laity) the people of the Diocese of Edmonton voted (by a large majority) to allow our Bishop to give permission to clergy who request it to perform prayers of blessing for same gendered couples who have

entered into a civil union.

“It is important to understand what this does and does not say. It is not about “same sex marriage” and neither does it state that every minister is obligated to offer these prayers. As the mover of the resolution stated, ‘A blessing does not say that this is right or wrong, it simply says that the church is pulling for you.’ In typical Anglican fashion, it leaves the decision up to each parish and their priest. It is pretty open ended.

“I realize that this may appear a bit “fuzzy” and seem as though I am equivocating, so I am prepared to state openly that any same gendered couple or LGBT individuals who come to St. Mary’s will find themselves warmly welcomed and invited into all of our shared life and ministry, including prayers of blessing.”

Bishop +Joseph – Orthodox Cathedral of All Saints

GLORY TO JESUS CHRIST!

GLORY FOREVER!

“The Orthodox Christian Church continues to steadfastly maintain the Scriptural and morally traditional definition of marriage: exclusively between a man and a woman. Consequently, there is no such thing as a “same sex marriage” in the Orthodox mindset and therefore no provisions exist to recognize (and therefore condone) homosexual relationships.

“Any Church that calls itself Christian and – through ritual or some manner of ceremony – “blesses” homosexual unions is in apostasy and has separated itself from the true body of Christ.

“In holding this view, the Orthodox Church never advocates hatred of, or violence against, homosexuals. Homosexuality is counted as a sin among many others (see Romans 1: 24-32) and requires repentance.”

(If you have a question you would like to pose to the representatives of the various Churches, please send it to jtidridge@interbaun.com no latter than March 15.)



Photo courtesy Google Images

Actress, Portia de Rossi, and Comedian and talk show host, Ellen Degeneres, are one of the most recognizable couples in a same-sex marriage.

CHURCH BULLETIN BOARD



Highlands United Church
Sunday Service 10.30 a.m.
11305-64 Street NW
Rev. John Burrell
780-479-1565 or www.highlandsunitedchurch.ca

St. Mary Anglican Church
Sunday Service 10.30 a.m.
11203-68 Street NW
Rev. Elizabeth Metcalfe
780-477-5458

Orthodox Cathedral of All Saints
Sunday Service 10.00 a.m.
Sunday School every second Sunday (check with the church)
5824-118 Avenue NW
Most Rev. Archbishop Joseph (Royer)
780-471-2781 or www.allsaintsorthodox.net

St. Clare Roman Catholic Church
6310-118 Avenue NW
Saturday 4.00 p.m.
Sunday 9.30 a.m.
Sudanese 1.00 p.m.
Father Bob Kasun
780-471-2353 or www3.telus.net/stclare

The Neighbourhood Church
Sunday Service: 10.00 a.m.
(SE corner of 112 Ave 55 St. NW)
5347-112 Avenue NW
Rev. Kevin Green
780-479-4348

Potter's House Christian Fellowship Church
Sunday Services: 11.00 a.m. & 6 p.m.
Sunday School up to 12 yrs of age at 11.00 a.m.
Wednesday: 7.30 p.m.
Bible study: Call 780-904-9049 for details.
11816-66 Street NW
Pastor Les. Theiss
780-423-1267

For church history check: www.highlandscommunity.ca and look at the left side bar, scroll down to 'Places of Interest.'



PETER GOLDRING
Member of Parliament
Edmonton East

MCCAULEY HOCKEY RINK

Last November it was my honour and privilege to present a Queen's Diamond Jubilee medal to Edmonton East resident Dan Glugosh, in recognition of his contributions to the community in promoting and managing the McCauley skating rink.

In 1999 there were plans to appropriate the full-size McCauley Community Hockey Rink (which is paved, allowing summer roller skating ball hockey), replacing it with rental housing by a social group intending to use "profits" from the "non-profit" housing to pay for social centre office space. Also proposed was to keep a rink so small as to be unacceptable for hockey, meant only to make the community believe that it would still have ice skating.

I was appalled at this callous social-centric takeover attempt. I felt it was important to save the hockey rink, the only such facility in the area. When I informed the community by mail out, people were aghast at losing the rink and spoke up. The social welfare project was cancelled and the rink was saved. Unfortunately the very sound community hall with washrooms was removed and now needs to be replaced. Fourteen years later the rink is still a community magnet in all seasons.

One of the highlights of the rink year is the now annual McCauley Cup where beat officers from Edmonton Police Service's Downtown Division take on McCauley community youth in a game of shinny. This gives area youth positive interaction with the police and allows stereotypes to be broken, for the benefit of the community.

I think facilities such as the McCauley rink are a treasure to all communities. We should be vigilant and rightfully suspicious of those that wish to appropriate them.

I think it's time for a skate. So drop by, thank Dan or maybe volunteer to help.

What do you think?

780-495-3261

www.petergoldring.ca

A little Creole southern comfort in the 'Hood

By JOHN TIDRIDGE

"There's a new restaurant!," said the passenger in my car. This news of course, set off my normal approach to seeking an interview into motion. From the website of the restaurant, using the contact portion, I emailed and made my request. There was an almost immediate response. A couple of 'tweeking' calls later, I arrived at the restaurant.

Danielle Majeau, the owner and her general manager and husband, Scott Walman, who is originally from BC, were there to greet me. A friendly couple, we quickly got down to the matter at hand. Majeau, who attended schools in Sherwood Park, now lives in the Highlands.

She has always wanted to be in the restaurant business, having been seriously encouraged by her mother to 'get some employment' many years ago. Starting at McDonald's, she has spent 17 years working her way through many establishments in several provinces and in Afghanistan. I almost missed the last one; it was thrown in along with the others and no change in voice to indicate it was anything special.

Majeau spent seven months in Afghanistan with the PTI catering company. "No big deal," she said, "we were confined to the station."

Majeau graduated from NAIT with a Real Seal Certificate in Culinary Arts in 2005, adding later, a Certificate in Louisiana Cooking.

While the establishment's name may suggest only Creole cooking, this is not in fact true. The menu features the food of the Southern States. And, if you ask Majeau about the why in her cuisine choice, she will tell you, but you have to go to the restaurant!

The third restaurant at this address in the last four or five years, Majeau has welcomed people who have come in expecting it to be the same, only to leave when they learned of the change. However, she is happy to report that some of these people have returned to become regular customers.

The menus are too large to include here but there is a special item called 'Chef's Table' that is worth mentioning. Reservations are required with a minimum of four persons and at a cost of \$30 per person. The entire meal is prepared and cooked by the Chef, and it is entirely her choice of dishes. Sounds like something worth trying.

I personally have heard good reports of the food and the prices charged. Time to try something different, and Creole Envie might be just the place to start, so go for it!

Creole Envie is located at 6509 - 112 Avenue, and hours are

- Monday, Thursday and Friday Lunch Noon-2.30 p.m. Dinner 5-9 p.m.

- Saturday Brunch 10.30 a.m. - 2.30 p.m.

- Sunday Brunch 10.30 a.m. - 2.30 p.m.

- Closed Tuesday and Wednesday

As with any restaurant, reservations are recommended. Call 780-477-2422 or e-mail creoleenvie@gmail.com

Visit the website at creoleenvie.net



Photo JOHN TIDRIDGE

The temperatures may be chilly, but you can warm up with some tasty Creole food, an unique blend of African, French, Spanish, Portuguese and Italian cuisine, from Creole Envie, Highlands newest restaurant.

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www.highlandsnurseryschool.com

Now accepting registrations for September 2013

Pub Night – Feb. 15

By **BARB MARTOWSKI**

If you missed it, I understand it was one heck of a party. I am, of course, referring to the '80s party in November. From what I hear, it was a night with just a 'few' Madonna wannabes, plenty of spandex and neon, a prom dress or two and fantastic music. Well attended, revellers danced the night away to The Don Lopatka Project (call 780-935-8303 for bookings).

A big hand goes out to Nykie and Chris Graham, and Isabelle and Curtis Helberg for hosting, what some have told this scribe, was the best party of the year. I hear Pam Scott walked away with a Suzanne Somers Thigh Master prize – where the heck can one find one of those these days?

By the time you have read this, the January Pub Night will have happened, and it was especially geared towards those that might have slept through the big ring-in of the New Year. No doubt, hosts, Janice Tuff and Bill Johnson will have thrown one heck of a New Year's party, Pub Night style.

The next Pub Night is Feb. 15. If you are all tired out from lavish dinners with your sweets and pounds of chocolate, the best remedy just might be sharing some laughs at Pub Night.

Think about hosting your own

Pub Night (every third Friday of the month) is overseen by the Neighbourhood Patrol which takes on the hosting duties for October and March annually. The groups' Octoberfest and St. Paddy's Day bashes are legendary, but for the rest of the 10 months (no Pub Nights in July and August), the Patrol crew relies on community volunteers to step up to the bar so-to-speak.



Photo **SHAUNA LARKIN**

In full dress, November 80s Pub Night hosts, (L-R) Isabelle and Curtis Helberg, Nykie and Chris Graham.

The Patrol makes hosting these nights easy peasy with a play book that lays everything out for you – all you do is add the extras like a theme (only if you want), music, a few hands to help you out, some good promotion on your part, and voila, you are throwing a great community party. If you are interested in hosting an evening, contact Laural at 780-471-3931.

As for those who enjoy supporting Pub Nights, they are always guaranteed reasonably priced drinks, free munchies, door prizes, a warm welcome and great conversation with neighbours old and new. It's the best place to get to know your community neighbours. See you on the 15th!



This is Jimmie Snow, son of country music legend and Canada's own Hank Snow.

I have some great news for you. I want to talk to you about something that has been sweeping the country, with great health benefits. It is salt and it's available right now in your area. It will change your life. It is not the kind of salt that is sitting on your kitchen table right now, or is it the kind of salt that causes high blood pressure, and other health problems. Nor is it the kind of salt your doctor tells you to stay away from time to time. It is Real Salt, with over 60 minerals and it is mined in its natural state. Friends, this salt has not been bleached and no other additives added in, like the salt that you have been using...it is Real Salt.

"I don't have any problem with my hands or feet swelling when I use Real Salt."

L. Courtney, Burney, California

"Real Salt is the only salt I have used that doesn't bother my blood pressure and also has a great taste."

E. Wilson, Kansas City, Kansas



Real Salt is available right now at

Smoking Iron Farms
11401-50 St.

Victoria Fancy Sausage Ltd.
6506-118 Ave.

Fatima Discount Food Store
11809 66 St

Wild Earth Foods
8910 99 St.

Kasoa Tropical Food Market
9320-118 Ave.

Butcher Block #228,
390 Baseline Road
(Sherwood Park)

Lens of Life by Kevin Allen

Local photographer, Kevin Allen, has put together an amazing collection of scenery and nature. Each of his pictures bring out feelings of nostalgia, warmth, sensitivity and just plain wonder at the beauty that surrounds us every day, without much notice on our part.

This exhibit will instill in many viewers the desire to pick up their cameras, rediscover, truly see and appreciate the abundance of life in the world around us. Please come and enjoy this exceptional exhibit. Everyone is welcome.

The exhibit is being held at the Jeff Allen Art Gallery JAAG), located at Strathcona Place Senior Centre, 10831 University Avenue.(109 St and 78 Ave.), from Feb. 1 to 27.

A special reception is being held Feb. 13, from 6:30 p.m. to 8:30 pm.

Best Viewing hours for general public are 11:30 a.m. – 1 p.m. and 3 to 3:45 p.m. The Centre is open Monday through Friday, 9:00 AM – 4:00 PM

For more information, call 780- 433- 5807

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Up-to-the minute news.

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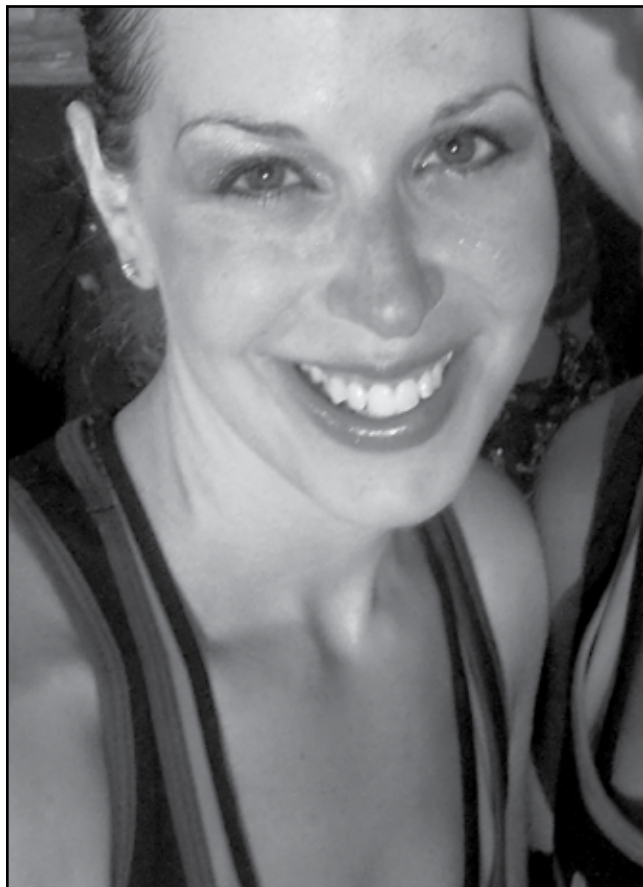
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The joys of snowshoeing in Highlands

By **HERB GALE**

There you are on the Highlands Golf Course – a sunny but crisp February day with the sun shining and warming your face. Your snowshoes quickly cut a trail in the snow. The chickadees are calling, a woodpecker is hammering away and was that a hoot? Oh yes, there's a Great Horned Owl.

What a great way to get exercise without having to do any prep or having to go very far; the golf course is so close. The weight of the snowshoes and lifting motion provide a great workout for the leg muscles, and using poles ensures your upper body also gets a workout. Upon completion, you hit Ada Boulevard, tuck snowshoes/poles under your arm and it's off to Mandolin Books for a well deserved hot chocolate and muffin.

If you are anything like me, you appreciate the flexibility of snowshoeing, and the golf course which is so handy, peaceful and coming to life with more and more daylight hours. All of this in a hour and a half (longer or shorter, depending on your time) respite before going back to the demands of everyday living.

Showshoes have been in use for 4,000 years plus, and the design has definitely evolved from the simple white ash frame with rawhide lacing and leather bindings of the mid 1900s. The

width required a person to use an unnatural gait (which could be very uncomfortable), and they were on the heavy side and hard to use on hills.

Modern snowshoes are designed using light weight composite metal frames, neoprene or plastic deck, an easy to use strapping system to hold your footwear with crampons on the bottom for purchase/holding (aids going up/down hills). These designs allow for great flexibility.

The types vary from very light and small for racing, larger ones that are ideal for Edmonton, to more sturdy and heavier for mountain travel. Yes, there are snowshoes designed for women.

The key is to have a pair that suits your activity. Brands that are worth considering are MSR, Atlas, Redfeather, Tubbs and Easton to name a few. If purchasing, try the snowshoes out in the store. They should be light and feel comfortable. A few stores that have a good range of snowshoes and knowledgeable sales clerks are Atmosphere, Campers Village, Mountain Equipment CoOp (MEC), Totem, and Track and Trail. MEC has an excellent description explaining the different types and usage.

Do not purchase a heavy, cheap pair as you will probably get blisters, very sore legs and you can be put off the sport forever.

Accessories can consist of gaiters, ski poles and a pair of warm, sturdy winter boots. Remember a person becomes very warm when snowshoeing, so dress in layers and carry an extra vest/jacket to put on when finished.

Do you own snowshoes and haven't used them in a while? Or maybe you want to practice the technique of going up and down the hills on the golf course? Feel free to contact me at 780 479 5884 or herbggale@yahoo.com, I'd love to go out with you.

No time during the day? Night excursions are beautiful. There's a full moon scheduled for Feb. 25 and it's the perfect opportunity to experience the surreal (semi-light) silence of HGC with only the light of the moon.

Mix together snow on the ground, the Highlands Golf Course and you on a pair of snowshoes, and it's the perfect recipe to put a nice red glow on your cheeks and have you feeling incredibly invigorated.

Let's see if we can get a group together to enjoy the beautiful, bountiful snow we have this year.



Photos courtesy of HERB GALE

Highlights scribe, Herb Gale, enjoys some relaxing time snowshoeing on the Highlands Golf Course.



Snowshoes have come along way from the wood frames and rawhide lacings of the mid-1900s.

Summer ball program registration

The snow is still on the ground and though summer may seem a long way off, registration for various Northeast Zone Sports Council ball programs are set for March.

The NEZ offers a variety of programs for boys and girls, ages four to 19, including BlastBall for the younger set.

BlastBall is a fun and easy way to learn the basic skills of baseball or softball.

This once-a-week program is held on Thursday evenings from the beginning of May to the end of June. All equipment will be supplied and the cost is \$40 per player.

Teams are small – a maximum of 5 kids. Register yourself or bring a group of friends and register as a team.

Softball

The boys and girls Softball programs is grassroots softball for children of all skill levels and more competitive softball through the Edmonton Warriors Athletic Club.

The season starts at the end of April/beginning of May – depending on

the weather and goes to the end of June. Teams from Mites to Midgets conclude their season with the EYSA City Finals in June. Some teams then go on to Softball Alberta Provincial Championship play in July.

Baseball

From the Rally Cap program for 6 and 7 year olds, to Midget ball for 16 to 19 year olds, there's a baseball program for all skill levels.

The season begins in May and runs through to the end of June. Programs run two nights a week, and includes tournament play.

Registration fees vary for the programs, so please visit www.nezsports.com

Registration for all programs takes place at the Northeast Zone Sports Council Office: 7515 Borden Park Road (behind the tennis courts in Borden Park).

Registration dates are:

- Sunday, Mar. 10 – Noon - 3p.m.
- Saturday, Mar. 16 – Noon- 3 p.m.
- Wednesday, Mar. 20 – 6:30 p.m. to 8:30



Hi, I'm Fairplay and you should "play ball." p.m.

• Wednesday, Mar. 27 – 11 a.m. to 2 p.m. and 6:30 p.m. to 8:30 p.m.

For more information, visit www.nezsports.com or contact Dave Ball at 780-475-5609 or balldr@shaw.ca for Baseball and Blastball,

For Softball, contact Shantelle Henderson at 780-474-2314 or s.nezsoftball_12@yahoo.ca

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FREE ESTIMATES

Heading to the gym or pool? Practice these tips

With the increase of patrons there is also an increase in thefts from change rooms and lockers.

Here are a few tips to help protect yourself and your property:

Protect your belongings by securing them in a locker. Lock it or lose it.



We recommend that you do not bring any valuables into the facility. Small lockers are available in the lobbies of many facilities for your wallet, keys, jewellery, or personal electronics.

If you bring along your own lock, use a good-quality padlock and keep the key on you at all times. Do not pin the key to your towel.

Do not leave your belongings unsupervised on benches or in cubby holes.

If you are in a team dressing room, make sure the door is locked before you go out to play.

Report any suspicious persons or activities to staff or police immediately.

For more crime prevention tips, please visit www.edmontonpolice.ca/crimeprevention

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Be part of the tradition where everyone is made to feel welcome.

Memberships now available for the 2013 golf season

Located just minutes from the downtown, nestled in the beautiful North Saskatchewan River Valley, The Highlands Golf Club was founded in 1929.



Clubhouse & Dining Room	(780)474-4211 ext 1
Landon Hargreaves, Golf Shop/Golf Professional	(780)479-4713
Ray Milne, Director of Golf	(780)474-4211 ext 4
Debbie Hude, Office Manager	(780)474-4211 ext 5
Samantha Castor, Food & Beverage Mgr	(780)474-4211 ext 3
6603 Ada Boulevard	www.highlandsgolfclub.com

HIGHLANDS



2013 Golf Season

We are now taking applications for 2013 Memberships

Dining at the Highlands - Neighbours Welcome!

Our Clubhouse reopens February 15th.

with regular off season hours Wednesday – Sunday 10-2
Sunday Brunch will resume Feb 17 (Except Feb 24-private function)

Valentines Sweetheart Dinner Call now to book your table!

Special Event or Wedding Planning

The Highlands Golf Course offers a beautiful setting and an exceptional menu selection for your upcoming event. Leave all the details to us. For dress code regulations, or information for booking our clubhouse please contact Samantha at 780.474.4211

Highlands Programs

All programs take place at the
Highlands Community Hall
6112-113 Ave.,
unless otherwise stated

Learn to Skate Programs

Saturday, Feb. 2, 9, 16, 23

Ages 4-6 from 1-1:30

Ages 7-12 from 1:45-2:30 p.m.

Where: West rink at Highlands Community League

Offered by: City Program Staff

Contact: Andrea (780)918-9809

Cost: FREE!

...

Chocolate Making Program

(What a great way to celebrate Valentine's Day)

Thursday, Feb 14

7:00 - 9:00 pm

Offered by: City Program Staff

Contact: Andrea (780)918-9809

Cost: FREE!

...

It's Snow Wonder!

Monday, Feb. 18 (Family Day)

12:30-3:30 pm

Outside and Around Highlands Community League

Offered by: City Program Staff

Contact: Andrea (780)918-9809

Cost: FREE!

...

CPR - One Day Emergency CPR

Saturday, April 13

Offered by: The Safety Coach

Contact: Andrea at 780-918-9809

Cost: \$105 for 1 day of training (includes GST and books)

...

For a complete list of adult and children's activities, visit www.highlandscommunity.ca and click on Programs. E-mail Andrea if you would like to start a program at programs@highlandscommunity.ca

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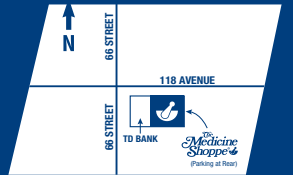
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Saturday: 10:00 am - 2:00 pm
Sundays & Holidays: Closed

Laurie Reay, B.Sc. Pharm.
Certified Asthma Educator
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Bellevue Community League Events and Programs

All programs are held at Bellevue
Community Hall, 7308-112 Ave.,
unless otherwise stated

Decoupage Class Workshop

Woodstenciling Craft with Nerrissa

Feb. 2, Saturday, 9am - 2 pm

(design and paint 4 different wood crafts)

Cost: \$50 BCL Members, \$70 Non-Members (all materials supplied and beverages/snacks provided by Community League)

...

Ballroom Dancing Registration

Feb. 15 - 6pm

Eight lessons, including Cha Cha, Rhumba, Tango, Salsa, Mambo, Waltz, Jive, Line dance, Greek dance.

Beginner - intermediate level, classes are Wednesdays, Mar. 6 to Ap. 24, from 6:45 pm - 8:00 pm

\$45 BCL members, \$60 Non-members

...

Bellevue Children's Puppetshow

Feb. 16, 2pm - 4pm

Theme: Be My Valentine

...

City of Edmonton Spring Kids Drop-In Play

March 2, 9, 16, 23, 10:30 am - 12 Noon Cost is Free if you have a membership

...

Tennis & Kids Glee Club Registration

March 4, 6 pm

Indoor LePetit Tennis (3-6 years) &

Bellevue Community Tennis (7-16 years)

Bellevue Glee Club (singing for children 5-15)

...

Bellevue Children's Puppetshow

March 16, 2-4pm

Themes: St. Patrick's Day & Easter

...

Upcoming Spring classes - dates to be confirmed

Cycling 101 with Edmonton Touring & Bicycling Club
(eight week clinic on teaching you how to ride your bike safely and properly) Instructor: Charles World

For more information on any of the programs you see here, please contact Janice at 780-474-1183



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**February Is
Heart Month**



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

HIGHLANDS COMMUNITY LEAGUE CONTACTS

Executive

President	Susan Petrina-Prettie	780 432-6678	president@highlandscommunity.ca
Vice President	Vacant		vp@highlandscommunity.ca
Treasurer	Susan Ruttan		treasurer@highlandscommunity.ca
Secretary	Allan Mayer	780-477-6382	secretary@highlandscommunity.ca

Directors

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Programs	Andrea Allen		programs@highlandscommunity.ca
Membership	Rhoda McDonough		membership@highlandscommunity.ca
Civic Affairs	Vacant		civicaffairs@highlandscommunity.ca
Volunteers	Brett Farquharson		volunteer@highlandscommunity.ca
Facility & Grounds	Acting: Susan Prettie	780 477-5350	facilities@highlandscommunity.ca
Sports	Geoff Lilge	780 695-0994	sports@highlandscommunity.ca

Committees

Highlands/Bellevue HIGHLIGHTS	Barb Martowski (magazine, facebook & enews)		highlights.newsletter@gmail.com
Highlands Website Manager	Yvette Cioran		enews@highlandscommunity.ca
Advertising	Shauna Larkin		advertising@highlandscommunity.ca
Pub Night	Laurel Erickson	780-471-3931	
Neighbourhood Patrol	Jim Krysko	780 850-8573	highlandsneighbourhoodpatrol@gmail.com
Casino	Lianne Traynor	780-477-8653	casino@highlandscommunity.ca

Clubs and Associations

Soccer	Rhys Bailey	780 479-6957	soccer@highlandscommunity.ca
Tennis	David Rossolatos	780 240-4807	manager@highlandstennis.ca
Community Garden	Lianne Traynor	780-477-8653	cltraynor@shaw.ca
Children's Playgroup	Nikela	780 472-8610	
Gardening Club	Audrey Hayward	780 474-2993	ahayward2@shaw.ca
Lawn Bowling Club	Brian Wood	780 473-0733	highlandslawnbowlingclub@gmail.com
Bridge Club	Murray Hoke	780 474-5408	mhoke@telus.net

Partners

EFCL District Representative	Christine Bremner	780 426-4369	cbremner@telus.net
Highlands Seniors Housing	Ann Blakely	780 479-5079	annblakely@shaw.ca
EDM Community Recreation	Anne Harvey	780-496-3436	anne.harvey@edmonton.ca

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BELLEVUE COMMUNITY LEAGUE CONTACTS

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President/Programs	Janice Fleming Weeks	780 474-1183	bridgetjones6@hotmail.ca
Vice President	John Flower	780-477-3288	
Treasurer	Rick McAdie	780 471-6720	rmcadie@telus.net
Secretary	Vacant		

Directors

Director at Large	Judy Nuthack	780-479-7878	judnu@telus.net
Community Safety	Arie Jol	780 474-0535	
Seniors Liaison	Jeanne Barr	780-477-7944	
Membership	Grace Kelly	780-757-1669	
Graffiti	Kerry Weeks	780-474-1183	kerw@telus.net
Director at Large	Joachim Nuthack	780-479-7878	jornu@telus.net
Newsletter Distribution	Debbie Petit	780-468-1074	dpetit@shaw.ca

Partners

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Whetstone Pottery Guild	Wendy Mitchell	780 478-7374	Mitchx2@shaw.ca
Northlands Communications	Darryl Szafranski	780-491-3401	dszafranski@northlands.com

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CITY EPS CONTACTS

Community Beat Sergeant	Keith Pitzel	780-426-8100	keith.pitzel@edmontonpolice.ca
Community Beat Constable	Joshua Adams	780-426-8100	joshua.adams@edmontonpolice.ca
Community Liaison Sergeant	Kim Clark	780 426-8100	kim.clark@edmontonpolice.ca



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Deadlines: February Issue: Dec 14
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September Issue: July 19
December Issue: Oct 18

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Ah, but can you trust what you read here?

By **CHRISTINE BREMNER**

Do you remember playing the “telephone game” when you were a child? You sit a bunch of kids in a circle, one makes up a sentence and whispers it into the ear of the next one, and each passes the sentence on. At the end of the game, what started out as “Jimmy has a cookie in his pocket,” ends up something like “Gerry saw a Wookiee in a rocket.”

It’s an object exercise on how information gets garbled in transmission.

While we live in an age where there’s more information, and it’s more easily available than ever before, there’s a corollary: there’s more misinformation available than ever before.

My own opinion is that we take in about half of what we see, read and hear, and manage to process and retain about half of that.

And it’s not just kids and word-of-mouth. A few years ago, I sent out a press release to local media about a birthday celebration for a 105 year old resident at an extended care facility. Besides some

background (he was born in the reign of Queen Victoria), there were four major facts in that release: the man’s name, his age, the number of his descendants and the name of the facility. Each station managed to mangle at least one of those facts – and one outlet only managed to get his age right.

This goes to prove that Ronald Regan had a point when he used the Russian proverb that translates as: “Trust, but verify.”

Early in January, for example, I heard a statement on CFRN news that “City meter readers visit over seven million homes each year.” Wow! But wait – there were only 355,000 residences in the city at the last census. So maybe what they meant to say was that city meter readers made seven million meter readings. But that arithmetic doesn’t work out either – unless they count the electricity meter and the water meter as two separate visits.

Last year’s campaign to solicit funds for prostate cancer research stated: “This year, one out of five men in Alberta will be

diagnosed with prostate cancer.”

Oh, that’s horrible! But wait – if 20% of the men in this province are diagnosed with prostate cancer each year, then (even allowing for population growth), in less than six years, each man in Alberta will have prostate cancer. Does that sound right or even reasonable to you?

Then there’s that fount of infinite misinformation, the Internet. Yes, you can access the Encyclopaedia Britannica, the Oxford English Dictionary, the websites of reputable medical sources and pharmaceutical companies. On the other hand, there’s an endless trove of old wives’ tales, new wives’ tales, flummery, scams, fakes and cons (baby-snatching eagles, anyone?). What amazes me is how many people are willing to swallow something – anything – unquestioning at face value.

So the point is that when you hear or read something, even from a source you regard as impeccable and unimpeachable, ask yourself : Is it reasonable? Is it true?

Trust, but verify. Yes, even this column.



May 2 - Sep 26, 2013

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