

Boyle McCauley News



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JULY/AUGUST 2004

McCauley cleans up

By Dan Glugosh

Up to 70 McCauley residents from all walks of life showed community pride and came to volunteer on Saturday, June 5, to clean up the neighbourhood. This year volunteers filled seven massive bins with recycled metals.

The volunteers did a wonderful job picking up garbage in the local school grounds, parks, skating rink, back alleys and streets.

Once again we had local business, organizations and residents taking part in the day long event.

This campaign, like last year was started with the distribution of McCauley Clean up fliers to households throughout McCauley. 1200 fliers (200 more than last year) were delivered by McCauley Apartment volunteers to resident homes.

Residents were asked if they had any unwanted items (working or not) such as couches, chairs, mattress, tables, tree branches ect, to call a number and arrange for a free pick up.

Or if they had transportation they could drop off their items at the main location behind McCauley Apartments. Also there was a tree chipper on location so that we could give away tree chips to residents to use them to decorate their yards.

McCauley residents enjoyed the recycling area; good working items were placed there and residents could take them for free.

Once again we were unable to take fridges or freezers because of the cost.

If anyone has any ideas on how we could take fridges or freezers please call me. (424-2870)

The number of volunteers was up from last year. Thank-you to all the hard working volunteers who came out to make this event work; it would not be a success without you. Thanks to the Edmonton City Center Church Corporation (McCauley Apartments) and the McCauley Community League for organizing the event.

I want to extend my thanks for all those who helped in the Community clean up on June 5th. The day was hot and the work was hard but everyone everyone cheerfully participated. I tried to help too but most items were too heavy for me to even move, let alone lift and carry. In particular, I admired those working at and around the wood chipper. It is these good people that make this community a great place to live.

*Thank you,
Maija Korhonen*



Under 10 (U10) McCauley Community League soccer player Bryan Matic kicks the ball with Nicholas Marty rushing to assist. The final score in this game was 3-2 for Killarney Glenngary Rosslyn. The playoffs ended another great year of soccer for McCauley's soccer kids. According to coordinator Laura Berezan, the players had fun and the U10 team won more games than any other season. For U6 it was a difficult season due to lack of numbers. U18 did fairly well overall and had a good solid team. Berezan said next year the McCauley soccer program would like to expand to include a girls U12 team.



A group of McCauley clean-up volunteers take stock and sort through an incoming drop off truck. The sorting took place behind McCauley Apartments. This year volunteers filled six 6 x 40 bins and one 8 x 20 bin for recycled metals

Welcome to the new VOLUNTEER COORDINATOR



Kimberly Chung

Hi! My name is Kimberly Chung and I am the new volunteer coordinator for BMC News. I am excited to be starting with the Boyle McCauley News. I've lived in McCauley for just over a year now and was trying to find some way to get involved with the community. It seems like such an interesting area. I love how close it is to the different festivals that happen downtown and the proximity of all the different cultural food markets is neat. I've been exploring as many places as I can.

I can't wait to meet all the volunteers for the paper. In talking to Darlene, you sound like a very dedicated group of people. I hope that I can continue making this volunteer experience fun for you!

News article/advertisement deadlines

Story ideas and articles for the Boyle McCauley News can be submitted to the News office via mail c/o Boyle McCauley News #224, 9624 -108 Ave., Edmonton, AB T5H 1A4, fax 780 425-6244 or e-mail: bmcnews@telus.net. Writers/photographers/ illustrators can call the office at 780 425-3475 with story ideas. All writers and would-be writers welcome! Story and advertising deadline for September issue is Monday, August 16. Advertisements can be submitted through Erwin Seeger, 472-2354. Deadlines are firm. We reserve the right to consider articles or ads arriving after deadline for the next issue.



The Boyle McCauley News is a non-profit newspaper published monthly by the Boyle Street McCauley Community Newspaper Society. The Society is made up of people who live and work in the Boyle Street and McCauley neighbourhoods. Opinions expressed in the newspaper are not necessarily those of the Board of Directors. Any submissions may be subject to editing for length and suitability.

Boyle McCauley News
Vol. 25, No. 6
July/August 2004

The office of the Boyle McCauley News is located at
Room 224, 9624 -108 Ave., Edmonton, AB T5H 1A4. Phone 425-3475
Fax: 425-6244 E-Mail: bmcnews@telus.net
For advertising, call Erwin Seeger: 472-2354

Time of transition at the BMC News

By Phil O'Hara, BMCNews Board Chair

Transition and change can be hard for people and organizations alike. Throughout its 25-year history, the BMC News has gone through several periods of change, and it is going through one now.

To help make the newspaper more sustainable, recently the paper's staff positions were reviewed and changed.

Most significantly, some responsibilities were shifted from the volunteer coordinator to the editor. As a result of these changes, Linda Dumont has resigned as editor and Darlene Arseneault did not reapply for the revised volunteer coordinator position.

During her six years as editor, Linda improved the quality of the BMC News and expanded the range of voices in the paper by encouraging people from diverse backgrounds to become contributors.

Over the past two years, Darlene has increased the paper's circulation in Boyle Street while supporting and nurturing the over 60 volunteers who work on the paper each month. Both Linda and Darlene will be missed.

During this period of transition, Darlene and Kate Werkman, the paper's layout designer, have been contracted to co-coordinate the editing tasks of the newspaper. A new editor will be hired in the fall.

Finally, we're delighted to welcome Kimberly Chung to the paper as the new volunteer coordinator.

Kimberly has terrific energy and a wealth of experience working with volunteers and will be a real boost to the paper.

Thank you for your generous support of the BMC News over the years, and especially during this period of transition and change.

We look forward to new opportunities for growth and development of the newspaper.

On behalf of the BMC News Board, have a great summer!

A sad good bye to Linda Dumont. Linda has been editor of the BMC News for many years and her presense will certainly be missed. Her knowledge of the street and all its issues was of great help to setting the content and direction of the BMC News. We are hopeful that Linda will endow us with her incredible writing talent in the near future.

Welcome Maija Korhonen, Sara Campos-Silvius, and Kimberly Chung as new Boyle Street carriers.

Thank-you to Stan at Tra Amici's for his ongoing liquid support of the Boyle McCauley Newspaper volunteers! Corrections: Miranda Ringma is still an active and much appreciated member of the Board. Sorry, Miranda! Glad to have you 'back'! McCauley Community League names misspelled last issue: Russel Krause, MC Cumming, Henry Schuurman, Tracy Elofson. Sorry 'bout that!

Board of Directors: Marian Brant, Deanna Conrad, Chris LeClair, Phil O'Hara, Miranda Ringma, Garry Spotoski, Bob Whyte

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Layout & Design: Kate Werkman

Volunteer Coordinator: Kimberly Chung

DISTRIBUTION:

Coordinator: Richard Auchair

OUR VOLUNTEERS:

Writers: By Darlene Arseneault, Sara Campos-Silvius, Kimberly Chung, Brian Giffin, Dan Glugosh, Phil O'Hara, Caroline Stuart

Photography: Darlene Arseneault, Debbie Chaba, Kimberley Chung, Sara Campos-Silvius, Dan Glugosh, Pieter de Vos, R.C.,

Illustrators:

Proofing: Copy proofing: Rosalie Gelderman

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The Boyle McCauley Newspaper

Annual Volunteer Appreciation Barbecue



**Sunday, July 25
2-5 pm
Giovanni Caboto Park**

Kings College to Grand Manor Renovations complete early '05

By Brian Giffin

On Friday, June 18th the Excel Society, together with Capital Health, The Edmonton Trust Fund (EHTF), The City of Edmonton and Alberta Seniors, unveiled the new Grand Manor project located at the corner of 107A Avenue and 97th Street.

The renovation will revitalize a long neglected building but more importantly, provide safe, secure housing and support to the people who will call it home.

With the total cost at about 9.8 million dollars, the 56-suite Grand Manor should be completed in early 2005.

"The development of Grand Manor is the peak of celebrations marking our first 40 years," says CEO Sharon Read of the Excel Society.

"Through a strong partnership with Capital Health and the EHTF we are transforming the old Kings College that has stood derelict for some 10

years, back into an important asset for the community of McCauley and the 97th Street Business District. The housing project is a new specialized supportive living complex that will broaden the base of residential choices for clients."

The design of Grand Manor will provide administrative and commercial space on the main floor with a hotel style lobby and a restaurant.

The two upper floors will provide residential accommodation in the form of studio suites for clients.

It will also provide a larger site for Excel Academy, a private vocational school that will train community support workers.

The work of Excel Society could not be accomplished alone. Excel Society relies strongly on partnerships with other organizations including Capital Health to achieve its mission.

"Capital Health has worked with Excel Society and the Edmonton Housing Trust Fund to develop Grand Manor," says Sheila Weatherill, President and CEO of Capital Health.

This new residence will allow Capital Health to offer supportive housing for young people who require varied levels of care."

As another partner along with the Excel Society and Capital Health, EHTF was established in October of 1999 by the Edmonton Coalition on Homelessness Society to address the growing concern over the lack of availability of affordable housing sufficient to meet the needs of Edmonton's lower-income and special needs citizens.

The EHTF say they are pleased to contribute to this exciting project and to be working with the Excel Society and Capital Health.

Thanks McCauley

Another successful clean up done

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A special thank you to all the volunteers

McCauley is a magpie abyss

A column by Kimberley Chung

Living in the inner city, you may wonder, what wildlife? Most people associate wildlife with the river valley or even somewhere completely out of the city.

I'm here to tell you that it's all around us, even in downtown Edmonton. It is true that the closer you get to the river valley, the more variety you have in wildlife. It is also true, however, that we have lots to talk about right here in Boyle and McCauley. As fairly well established neighbourhoods, mature trees provide a great habitat for many different birds, mammals and insects.

This month we're going to examine one of the most interesting, in my opinion.

Magpies! Yes, magpies. They can be a little noisy, a little too early in the morning, tease your animals mercilessly and once in awhile eat another bird you like a little bit better, but that's the nature of things! I'd like to ask you to take a step back and see this beautiful, smart bird in a new light.

Magpies really are beautiful birds. Their iridescent feathers shimmer with hues of purple, green and blue. Their white and black contrast is an adaptation to help them stay warm in the cold winters. Visitors from the west coast, eastern Canada and the United States can't believe how beautiful our



Baby magpies I raised as a wildlife rehab worker. These 'kids' could say hello!

magpie is. The home range of this bird is mainly the prairies, so many people have never seen one before. They're astonished when they find out that most people consider them a pest. They are incredibly smart too. I had the privilege of raising baby magpies (while I was a wildlife rehabilitation volunteer). I watched them as they actually problem solved and opened the latch of their cage. They are also able to mimic sounds and even words like their cousins - crows, ravens and blue jays. If they are in areas where they are continually exposed to people talking, they often start making babbling noises all the time. My two baby birds could even say "hello".

So why do we consider them a pest?

Whenever I've asked this question I get two main answers. The first is that they are noisy. Right now, this is very true because the babies are coming out of the nests, but they still expect to be fed by their parents. The noise they make is a little grating, but hang in there, it will be gone soon. I find the noise of a blue jay much more irritating early in the morning, but you'll find very few people that complain about them.

The second reason they are seen as pests is that sometimes they will eat other birds. They are opportunists, meaning if something is presenting itself that looks tasty, they will go for it. They are not picky - they will eat a baby bird (so will a peregrine falcon, but people don't complain about them), but they will also scavenge through our litter and garbage on the streets. I like to think of them as nature's garbage disposal. They provide a service to us that we probably won't ever understand the magnitude of.

So that's my push for one of my favourite birds. If you have any questions about them or any other wildlife in the area, please write to Kim Chung the Boyle McCauley News. I will try to write on a different question each month.

We want your stories and photos.

If you see news happening, call the BMCNews at

425-3475

Wanted

Good used cameras for our photographers. If you have one lying around, consider donating it to the Boyle McCauley News.

Deadline for next issue is August 16

Letters to the editor are welcome!

All letters should be signed by the writer.

Letters reflect the opinion of the writer and not of the Boyle McCauley Newspaper.



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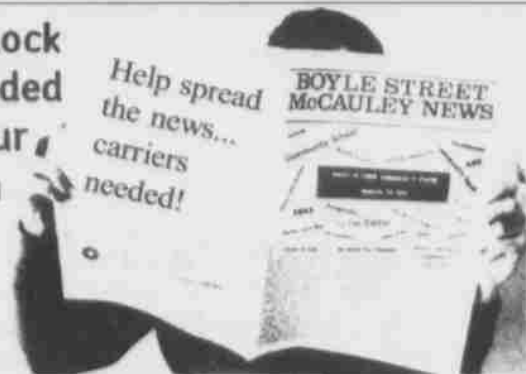


Some of the organizing committee & volunteers of the Heart of the City Music Festival get on the stage: 2nd from the left: Judith Lam, Darlene Arseneault, Roy Agnew, Norm Palmer, Tawmy Schaaf. Missing are Chris Leclair, Debbie Ried, Lady Taya Skinner, Debbie Chaba, Don Snider, Brian Giffin.

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Dear editor....

'Good daycare need not be costly'

Recently I was reading an excellent article on the Inner City Children's project (Boyle McCauley Community Newspaper June '04). I did notice a comment that this program allows parents to not have to make costly day care arrangements.

There seems to be a lack of understanding that day-care need not be costly.

As director of McCauley Community After School Care Association I wish to bring to the attention of the community the fact that we have a city accredited centre in Sacred Heart School as well as CAFRA accredited licensed day care. Both programs offer a high quality program at a low cost to parents. Low-income parents can have daily care for school age children from 6:30 in the morning until 6 p.m. (except during school hours) for as little as \$65 per month due to a city subsidy program. This includes PD days and holidays.

This care includes hours that go beyond recreational programs, includes snack, ensures qualified, certified, experienced staff with first aid, we are caring for the children. Programs of this type are monitored by a city consultant. Here in McCauley we include a summer camp experience at a provincial park and many field trips. Licensed out of school care programs offer a side variety of experiences for children. A multicultural approach is used and children have a daily choice of many types of activities. Trained educators (B.Ed degree or EC diploma) working with children ensure a safe and fun program that meets the children's developmental needs.

Other non profit programs are also available in neighbouring schools and Victoria School for the Arts and MacDougal School. When parents need full time care these programs can meet that need.

Molly Platt, Director
McCauley Community After
School Care Association

Photo by Debbie Abernethy



Armed Forces at the Mustard Seed

On Thursday June 17 15 members of the 1st Service Battalion Division of CFB Edmonton served chili outside the Mustard Seed Church.

Chief Cook Warrant Officer Phillpeft said that they made enough food to feed about 1,000 people and then estimated that they actually feed about 600 people. They also handed out sandwiches pop, juice, cookies and coffee.

This was their 2nd year at the Mustard Seed. They started at about 7:30 am and were done around 2 pm.

The Edmonton Aboriginal Children's Chorus to audition in September

By Brian Giffin

On Saturday afternoon, June 19th at Sacred Heart Parish, the Aboriginal Children's Chorus gave a delightful performance to a full house. The Edmonton Aboriginal Children's Chorus strives to provide a sound and exciting musical environment for children. A distinctive feature of the choir is their drive to ensure that this experience remains accessible to all Aboriginal children regardless of socio-economic background. The purpose of the chorus is to share and perform traditional and non-traditional music, to enhance and provide an opportunity for children to sing and become a part of an exciting musical environment.

Sherryl Sewepagaham is the founder and the Artistic Director of the Edmonton Aboriginal Children's Chorus. She is an experienced music educator, vocalist, entertainer, composer, arranger, drummer, and pianist.

Sewepagaham studied theory, voice, and piano at Douglas College in New Westminster, B.C. and at the Royal Conservatory of Music in Edmonton.

She has also taught piano lessons to children. Sewepagaham is a registered member of the Alberta Choral Federation as well. She is also a member of Asani, the Aboriginal Women's Vocal Ensemble who performed at the 2001 IAAW World Championships in Athletics "Opening Ceremonies."

Chorus membership is by audition but previous vocal or choral training is not required.

Auditions are on September 13th-15th, 2004 from 6pm to 9pm at Sacred Heart Parish. Audition forms are available at the following locations: Native Student Services: 2-400, Student Union Building, U of A, The Canadian Native Friendship Center 11205-101 St., The Metis Nation of Alberta, 100-11738 Kingsway Ave., Ben Calf Robe Society 12211-76 St., and Sacred Heart Parish 10821 96 St.

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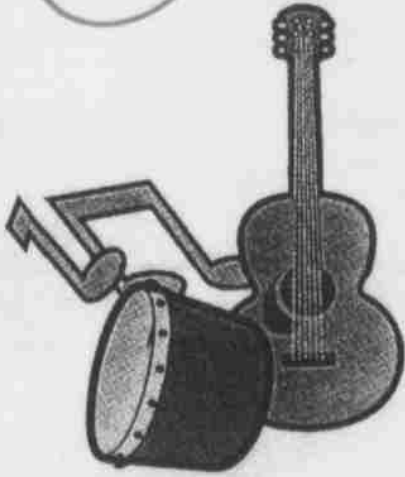
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the Music is Alive



1st annual Heart of the City Music Festival

The audience was entertained by Norwood Wind Ensemble. The McCauley Art Class was on hand with exhibited works of art as well.

Downtown residents show their heart at Giovanni Caboto Park

By Sara Campos-Silvius

Over 100 performers and 80 volunteers created a day long auditory celebration on Saturday, June 12, 2004.

The Heart of the City Music Festival had been in the works since September and a little rain didn't get in the way.

Roy Agnew, president of the Heart of the City Foundation, said the festival is a way to give to the community. "We have a wealth of talent here. All performers needed to have some connection to the inner city; either they work, live, volunteer or perform here. It's a great way to bring neighbours together, and it's free!"

With over \$5,000 in donations, a professional sound system and sound man, and many local businesses chipping in, this truly was a community event. The Edmonton Folk Festival provided stages and tents at a reduced rental price. The Red Strap Art Market, located on 95 St, showcased original paintings and craftwork while various musicians performed everything from folk, African drumming, all-out rock 'n' roll, to smooth singing with just a woman and a piano.

"I love the name of the festival," said performer Mary Rankin. "Music, art, and healing are all connected to the heart. I'm excited about hearing other musicians and what they think about living in the city."

Fellow musician and oboe player Dan Waldron added, "Any time there's music in a public place I like it." Obviously, on Saturday many residents of the inner city felt the same as Dan did.



Members of The Global Voices Choir stop for a pose.



Heart of the City Music Festival volunteer Brian Welling and his 12-year-old daughter, Fire Welling-Yiannakoulis enjoy music, art and festival sounds.



Anita Sager, member of the Norwood Wind Ensemble takes a break before going on stage.

An Evening of Music

By Kimberley Chung

On June 3, the Boyle McCauley Health Centre (BMHC) hosted its annual fundraiser – "An Evening of Music". The event was held at the Timms Centre on the University of Alberta campus. Hosted by Andy Donnelly from CKUA, it featured music by Christian Mena, the North Country Ramblers, Charlie Austin and the Oran Chamber Choir. A silent auction, 50/50 draw and draws for door prizes were also held throughout the evening.

Organizers of the event say it was a great success. The people in attendance had a great time and money was raised for a good cause. The centre would like to thank their sponsors, all the performers, the host and many others who donated their time to help with the evening. As well, they would like to thank the many businesses that donated auction items.

The Boyle McCauley Health Centre, located on 106A Avenue and 96 Street, provides a range of primary health care and health promotion services to residents of Boyle Street, McCauley and Norwood, as well as people without Alberta Health Care insurance coverage. BMHC receives an operating grant from the Capital Health Authority, but seeks to cover increasing costs by generating their own funds. They have a number of fundraisers throughout the year. If you are interested in getting more information about this organization, please contact them at 422-7333. Keep your eyes open for their next fundraiser "Dim Sum with a Difference" coming sometime this fall.



Photo by Peter de Vos

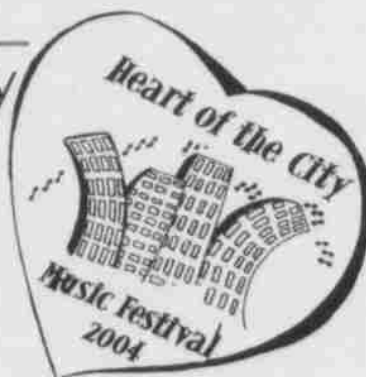
Barry McCaffery and Rosalie Gelderman of the North Country Ramblers perform at an Evening of Music.



Photo by Peter de Vos

Members of the Oran Chamber Choir perform for the Evening of Music audience.

Heart of the City Music Festival *It's a wrap!* To all our sponsors



The Heart of the City Music Festival would like to take this opportunity to thank you for helping make this Festival possible. If not for your donation, the 19 musical acts, numerous volunteers, and community members who were fortunate to attend would have missed out on a great event and experience. Unfortunately, the weather limited the attendance on Saturday, the 12th, but all who attended and were involved agree that the music and team effort was spectacular. We are excited about holding another festival next year. The Festival is the gift of music and art from inner city musicians and artists to their neighbours and community. It is also a platform for new musicians and artists to display their talent before a home audience. The quality of music and art, and the brilliant format that we were able to use to present it, resulted in a day that we all can be proud of. As a contributor, you are a link in the chain of community spirit that shows the respect and pride we all feel for the inner city.

Sincerely,

Roy Agnew & Chris Leclair, Festival Coordinators

Woman of Vision to People of Vision



Photo submitted by June Kon

1st row from left: Nasreen Omar, Iman Abdou (passed away), Karin Linschoten (Mentor), Leeann Currie (Health Resource), Surinder Dhaliwal and Sarah Borquez; 2nd row from left: Mai Nguyen, June Kon, Le Thu Tran (current President of the Coop-white shirt), Lucenia Ortiz (Co-Executive Director), Rose Pham, Yvonne Chiu (Co-Executive Director-black shirt), Irene (volunteer) and Ravi Gill; 3rd row from left: Nhan Lu, Lydia Yip and Ray-mei Liu. Please note that there were a few members not shown on the picture.

By Caroline Stuart

Yvonne Chiu was named one of Edmonton's Woman of Vision for May 2004. Yvonne Chiu works in McCauley with an organization called the Multicultural Health Brokers Co-operative (MCHB).

The organization came to Global News TV anchor Leslie Macdonald's attention through a series of events that began with a video release night.

MCHB has a video entitled, "Support from the Heart" to help service providers and funders become familiar with the most common reoccurring issues that face immigrant and refugee populations. MCHB had managed to find the well-respected documentary producer, Lorna Thomas, to tell the story of how MCHB works with the challenges and the hopes of the population that they serve. From a story telling perspective, the video focused on the people that make up MCHB and the work that they do support families and communities. Thomas then sent the video to MacDonal to put forward Chui's name for a Woman of Vision award. McDonald

contacted Chui in hopes of telling her story.

Yvonne Chui may have been named the Woman of Vision for May but to her it is important that the collective vision of her colleagues and the brave farseeing immigrant and refugee people who make up the larger vision and expression of Canada be recognized as well. However, her image and experience is that her colleagues are all women of vision. She has witnessed how her colleagues support individuals, families in the immigrant and refugee communities with genuine care, courage and hope. "We have been pursuing (the dream of MCHB), we each carry a piece of the dream and together we weave it. Together we care about each other, and with collective courage we try to make the dream come true."

They are the women of vision to Chui. Infact, Chui wanted McDonald to consider having the whole MCHB group featured. Eventually they agreed upon the idea of having Chui's story linked to the work of the Multicultural Health Brokers.

The segment on television and a daily newspaper article captured the coming together of cultures and the joy of sharing the richness of cultural diversity. Mothers and children from different cultures joined together with the MCHB's to make and share food from their homeland. In essence, MacDonal succeeded in striking a balance between Chui's story and the story of MCHB's achieving their collective vision.

The families and individuals who struggle as immigrants and refugees are the inspiration for MCHB's vision. If new comers didn't dare to dream about making a life for themselves in Canada, then we would not be moving towards the vision of a multicultural society. Every individual and each family come with a vision, and each vision is actually part of the collective vision of Canada as a multicultural society. Every year Leslie Macdonald of Global News finds and brings forward a list of women to her board and then the committee picks 12 women, one for every month.

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The 'Hills Are Alive with the Sounds' of me singing (And I'm loving it!)

By Sara Campos-Silvius

I started singing lessons with Tim Mallandaine on January 25th, 2004 and soon I realized that the reason I've never had a boyfriend is because I've been in love all along...with singing.

Pleasure, pain, loss, romance, passion, sorrow, excitement, fun, God This is Singing! and it's contained in the body and brain of each human. For all the closet Liza Minellis and Steve Tylers out there — yes, you — I strongly recommend taking singing lessons, and of course I recommend my singing teacher, but here's a little something from me to you, to keep you belters going.

1. Purse your lips when you sing, like you are making baby talk to a puppy. Awwwww, muffin. It feels dumb at first but it makes a cleaner, more focused sound and loosens up your singing.

Tension in the throat is the singer's enemy (all you stage fright sufferers know what I mean.) You need to learn when your singing feels tense or strained and when it feels loose and relaxed; then learn how to recreate that.

1. Get to know yourself.

2. Breathe, breathe, breathe! A LOT. To produce sound you need air. I don't mean breathe every two words; breathe enough air so that you can basically sing a phrase at a time; keeping the ideas in the lyrics together. What did I say? That's right, SUCK AIR.

3. Do not sing along to the radio! (Yes, it will hurt at first, but you will move on.) Singing to the radio is very detrimental because:

a) you are "following along" to a sound and that causes you to sing inside your head so you can listen to yourself instead of projecting your voice

b) it makes it way harder to sing solo with only musical accompaniment

c) to imitate the singer, you may do weird vocal callisthenics instead of learning how to produce the sound naturally and freely with

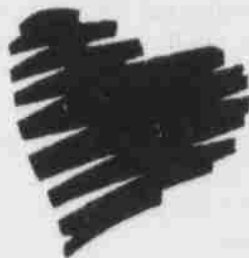
your own voice.

4. Be aware of your body. You don't make sound with your brain. It's with your diaphragm, tongue, teeth, vocal chords, lips, skeletal structure, chest, nose, eyeballs, sexual organs. Singing is universal, ancient, and why? It's not about technique; it's about common humanity. Your mind mostly gets in the way. You know that feeling in your chest when you sob and wail? Make the singing come from that same place. Even the "high notes" - don't reach upwards for them, just breathe more. Keep everything low and warm from deep in your chest, like an opera singer, or like you're purring in your sweetie's ear. Ooooh, baby.

5. Never be ashamed of the sounds that come out of you. Your voice will snap, crackle, pop, go off key, or whatever. When you rode a bike for the first time you were wobbly and rolled into curbs, even when you saw them coming. Now balancing the bike is second nature. Criticism, judgement, low confidence and low self-esteem (and not just about singing) will shut down your voice like nothing else. 96% of what's holding your singing back are social, mental, and emotional roadblocks. Give yourself time. Stop hurting yourself and other people. Someone sang "Put a little love in your heart..." Do that — it's Singing 101.

Intrigued by what you read?

For more info, please explore:
www.musicae.ca or call Tim at 440-9541



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Sacred Heart Collective
wish you a safe and happy summer.
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9624 -108 Avenue, please call 423-2031.
For more info
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Mustard Seed wins appeal

By Darlene Arseneault

The Mustard Seed church at 9552 106A Ave applied to construct and operate accessory offices in the form of a single family home directly behind their existing building.

"I needed a bigger office so my junk pile has room to expand," Les Westwood jokingly explained from his current office in the basement of the Mustard Seed.

According to the documentation provided by the City of Edmonton, this is the fifth time that the Mustard Seed has applied to build an office support service building to augment its existing office space. This time they applied to have the building designated under "Religious Assembly" zoning and succeeded. The approval took place on May 18, 2004, but the McCauley League appealed the decision.

On Thursday June 24 the McCauley Community League zoning committee appeared before the Developmental Appeal Board at a hearing at city hall.

The Community League saw the proposed office as an expansion, particularly since the Mustard Seed had already purchased another house directly north of its existing location on to store donations. They argued that this office, the Mustard Seed proper, and the recently purchased house make up six lots zoned for Religious Assembly use in a residential area. Essentially the MCL's position was that any street zoned for residential use should stay that way.

Heidi Veluw the chair of the McCauley Community League zoning committee, also stated that this rezoning was initiated without contacting the affected parties within a distance of 60 m of the site of the proposed development or the president of the McCauley Community League at least 21 days prior to submission of a Development Application. This contravened city bylaw. Specifically, a development officer *can* approve such developments if they understand that the new development would not - *Materially interfere with or affect the use, enjoyment or value of neighbouring properties.* The zoning committee argued that this expansion would result in a larger volume of people coming to the Mustard Seed for aid, when the church already serves up to 400 people per day, and that this, in fact, would *interfere with or affect the use, enjoyment or value of neighbouring properties.* Veluw stated that "there (will be) an increase of traffic, noise and disruptive or illegal behaviour and an increase in garbage from the meal programs," due to this expansion. "It's too bad that the Mustard Seed didn't consult us, or their immediate neighbours, before the implementation of this plan, because I'm sure we could have come to a satisfactory compromise," Veluw said.

The plans that the Mustard Seed sent to the Community League detailed rooms labelled "master bedroom", "secondary bedroom" and included laundry facilities and a full kitchen.

The MCL's concern was that the Mustard Seed would use this structure as housing for clients. Westwood said there are no plans and no budget to use the house for housing. "The Salvation Army, The Mission, The Herb Jamieson centre (to name a few), are filling those needs, and one house certainly wouldn't solve that problem."

The Mustard Seed does not see the proposed office and newly purchased house as part of an expansion, but as much needed office space and storage. They are also aware of the current neighbourhood concerns regarding the Mustard Seed's ability to maintain a clean and orderly. Westwood stated that they will encourage the food providers to provide clean up crews. He also intends to have the Mustard Seed janitors clean up within a half block radius of the Mustard Seed after meals.

Westwood added that the reason that they proposed to build a single family unit to house the Mustard Seed's office space was so that the building would fit into the residential area. If and when the Mustard Seed vacated their location, that the house would be available for residential use. However the MCL objected to variances to code regarding insufficient parking, the structure's distance from the front face of the block, and that due to the propose attached garage, it would not fit within the confines of the rear of the Site and also not comply with zoning codes. The argument here was that the building would not in fact fit into the residential area.

Forsaken

A poem submitted by
Donna "Dawn" Derksen

*Why have you forsaken me
What have I done
What have I said
For you to treat me this way
For you to forsake me so
For you to hate me
And tell lies about me*

*Why are you beating on me
Why do you hate me so
All I did was to love
You the best way I know how*

*You say you love me
But yet you beat me
And abuse me
Stop doing this abuse to me
It hurts
Stop beating on me
And love me*

*My heart is being
Hurt and bruised
My eyes are sore
My head hurts
From all the beatings*

*I'm crying & hurting
And you don't care
I'm bleeding
And no one looks*

*I'm tired
Yet can't sleep
I'm weary
With no where to rest*

*Stop it
Stop it
Stop it*

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COUNCILLOR
WARD FOUR



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and have a safe and happy summer.*

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Board officer of the Development Appeals Board Sheila McDonald reads the decision in favour of Les Westwood and the Mustard Seed.



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Boyle McCauley Health Centre
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Boyle McCauley Health Centre is currently recruiting Volunteer Board Members.

The Boyle McCauley Health Centre is a community health centre whose role is to promote health and prevent disease by providing primary health care and health promotion programs for the communities of Boyle Street, McCauley and Norwood.

Our agency is currently recruiting volunteer Board Members who have skills and expertise in the area such as law, healthcare, community development, board governance, and fundraising.

Please submit your resume and covering letter detailing your area of interest by August 31, 2004, to:

Laura Kozack, Chair, Recruitment Committee
10628-96 Street, Edmonton, AB T5H 2J2
Fax: 425-8515 or email: cblasett@cha.ab.ca

McCauley Community League EVENTS

Casino Volunteers Needed for August.
Please call Darlene at BMC News 425-3475.

Watch for playground times at Giovanni Caboto Park. See ad on the back page for times. Have happy and safe summer!

Become a member of our
Community League

Fee per card: Single..\$3 Family..\$5
Membership includes free swim at Eastglen Pool

For more info call Gail

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COMMUNITY CLASSIFIEDS



AGENCIES & SERVICES

Bissell Centre

423-2285. Adult Cooking Classes: Thur. afternoon. Beadwork class: Mon. mornings and Wed. nights @ 6:30. Movie Night drop in: Wed. 7 p.m. Women's Health Group & Lunch: Wed. at 12. Hep C Peer Support: Thur. 2:30 p.m. Coffee House (dinner & music; open stage): 3rd Tues. 6:30 p.m. in the Drop-In.

Boyle McCauley Health Centre

10628 - 96 St. Mon-Thur. 9 a.m. - 9 p.m. Fri. 9 a.m. - 4:30 p.m. Children's Immunization: Mon. 1-3 p.m. Foot Clinic: Wed. 1-3 p.m. Dental and Streetworks during clinic hours.

Boyle St. Community Services Co-op

10116 - 105 Avenue, 424 - 4106. Mon-Fri. 8:30-4:30 p.m. Youth Drop-in Wed. 4-7 p.m. Community Soup Line Mon-Fri. 12 Noon; Food Not Bombs Veg. Lunch Sat. 1-2 p.m.

Community of Emmanuel

Worship Services and Sunday School Sunday 11 a.m. at Bissell Centre. Lunch follows.

Edmonton Family Worship Centre

10605 - 96 St., 422-6422. Sun. service: 10:30 a.m. Care Group Fri. 7 p.m. (manse). Prayer Meetings Tues. Noon (manse). Tues. 7 p.m. (manse).

Edmonton Inner City Victory Church

10665 - 98 St., 424-4803. Worship Service: Sun. 12 Noon. Praise & Prayer: Tues. 6:30 p.m. Men's Bible study: Wed. 6:30 p.m. Where It's At Coffee House: Fri. 7-10 p.m.

St. Peter's Lutheran Church

9606 - 110 Ave., 426-1122. The Rock Community Breakfast: Tue.-Thur. 7-9 a.m. Kid's Club: Mon. 6-7:30 p.m.

Salvation Army

9611 - 102 Ave., 429-4274. Men's Residence, Anchorage Addiction & Rehab. Chapel: Mon-Fri. 8:30 - 8:45 a.m., Sun. 6 p.m. at Edm. Central Community Church (11661-95 St.), Soup Line: Wed. 2:30-3:30 p.m.

Singles Collective Kitchen

11035 - 92 St., 464-5444 (Trish). 1st Sat. of month 10 a.m.-2 p.m. \$3 for 4 meals.

Society for Metis Literacy Helpline

10865 - 96 St., 444-1234. Assists individuals and families with referrals and resources. Planning and action circles on Aboriginal/Metis/Inuit issues Thur. 7 p.m.

Wecan (City Centre) Food Co-op

424-2870 (Dan). \$12 / meat order, \$8 / produce order. Deadline is 1st Fri. of month. Annual Co-op membership: \$5.

Women's Health Clinic

Thur 5 p.m. at Boyle McCauley Health Centre. Supper and guest speakers.

The Learning Centre

For help with reading, writing or math call the Learning Centre (10116 - 105 Ave.) at 429-0675.

McCauley Community League

Meetings 7:30 p.m. 2nd Tues. of every month at #226 9624-108 Ave., Sacred Heart Centre. Open to all interested people.

Mustard Seed

Hot Lunch: Mon-Fri. 12-1 p.m. Daily Drop-In Mon-Fri. 1-4 p.m. Evening Meals: Thur & Fri 7-8 p.m. Sat-Sun 5-6 p.m. Chapel Service Sun. 3-4 p.m. Movie Night Fri. 8:30 p.m. Hockey Nights Sat. 6 p.m. Food Depot: Tue. & Thur. 1 p.m. Wed. 7 p.m.

Prosper Place Clubhouse at 10584 - 107 Street invites you to join and contribute to a community with members who suffer from a mental illness. Phone 426-7861.

Support for smokers who are trying to quit call Nicotine Anonymous - Rick 474-5593, Gwynn 4433020

McCauley Community After School Care Centre for children 17 months - 12 years old - now accepting applications for September childcare spaces. We escort children to McCauley, Victoria & Norwood Schools. We escort to & from the bus to Mother Theresa School. Subsidy available. Open 6:30 a.m. - 6 p.m. Monday to Friday. 424-9367.

There is a new website for McCauley Community News www.mccauley.info. If you have news or events please email Russel Krause at info@mccauley.info

WANTED

Board Games wanted. Call Dan at 424-2870

EVENTS

Operation Friendship's

Ninth Annual Street Carnival

Thursday, July 8, 2004

11 am - 4 p.m.

9526 - 106 Ave

Rain out date is July 15

Canadian Diabetes Prevention Walking Club at Boyle McCauley Health Centre starting June 16 from 6-7 pm meeting at 10628-96 Street. The program will run for 12 weeks. This is part of the Keep Your Body in Check program. For more info call Rachel Exner 423-11232 # 247.

Community Games Event

Every Sun 1-4 p.m. in the basement at Sacred Heart Centre 9624- 108 Ave. Free coffee and snacks. Sponsored by McCauley Community League and McCauley Apartments (ECCCC). Donations of used board games are required. For more info call Dan 424-2870.

Free Guitar Lessons. GUITARS NOW

AVAILABLE!!!!!! Every second Friday 9624-108 Ave, Sacred Heart Centre basement. Sponsored by McCauley Community League & Edmonton City Centre Church Corporation. Call Dan for more info at 424-2870.

The Bissell Centre
Family Entertainment Night
July 20, 7-9 pm
10527 - 96 Street
PERFORMERS WANTED
call Earl 423-2285 ext. 144

Summer Events Calendar

Hope Mission Summer Camp for Kids

Hope Mission offers summer camps for children from 8 to 17 years old. The schedule is set up with Adventure Camps for youth from the inner city. Fees are 100% subsidized for youth signing up for hope mission Adventure Camps.

Adventure Camps: Hope Mission Club 180

Sunday, July 4 to Friday July 9

Junior Camp ages 8 to 10 Sunday, July 11 to Friday July 16

Junior Camp ages 8-10 Sunday July 11 to Friday, July 16

Inter. Camp ages 11 to 13 Sunday, July 25 to Friday July 30

Teen's Camp ages 13 to 17 Sunday, Aug. 15 to Friday Aug. 20

To register pick up a registration form at Hope Mission.

Call 422-2018 for more information

EDMONTON

Welcome to summer!

Boyle Street Playground

Alex Taylor School 9321 Jasper Avenue

Summer Playground Program Hours:

Monday: 1:30 - 5:30pm
Tue - Fri: 10am - 5:30pm

Children ages 6 to 12 are invited to drop by their local playground for a free fun-filled summer! Join the exciting games, crafts, music, drama and special events. Leaders are easily identifiable by their blue Community Services shirts.

This free drop-in program will start July 5, 2004.

Welcome to summer!

McCauley Playground

Giovani Caboto Park 109 Avenue - 95 Street

Summer Playground Program Hours:

Monday: 1:30 - 5:30pm
Tue, Wed, Fri: 10am - 5:30pm
Thursday 12:30-8p.m.

Children ages 6 to 12 are invited to drop by their local playground for a free fun-filled summer! Join the exciting games, crafts, music, drama and special events. Leaders are easily identifiable by their blue Community Services shirts. This free drop-in program starts July 5, 2004.

If you are a resident of Boyle Street or McCauley, your three-line classified ad is FREE!!!!!!

Send your three-line ad (approximately 30 characters per line) by mail, e-mail or foot by the 15th of the month! Your ad must include a contact phone number. E-mail: bmcnews@telus.net. Drop off, fax or mail to Boyle McCauley News Room 224, Sacred Heart School 9624-108 Avenue Edmonton T5H 1A4 Fax 425-6244