

Boyle McCauley News

Circulation 5500 • Since 1979 • Online at www.bmcnews.org

July & August 2013

FREE

Capital Tower Cleaning Up



Capital Tower. Paula E. Kirman

Owners, new management, and Revitalization working together to make the building better for the community.

PAULA E. KIRMAN • BMC News Staff

Capital Tower at 10028 106 Avenue is known as an area trouble spot. A low income apartment building, the EPS had to be on

site sometimes up to four times a day. A murder took place there in January of this year.

However, thanks to the efforts of the building's own-

ers, management company, and McCauley Revitalization, things are changing at a rapid speed. Capital Tower is now under new management (as of March). Helm Property Management & Realty Ltd. hired 24/7 security and have removed over 50 tenants involved with gangs and drugs.

Now, many of the 175 units sit vacant and await renovation. Revitalization has informed management and owners of the Façade Program, grants, and other projects for which the building is eligible. The building's owners, who live in Vancouver, even recently came to Edmonton to meet with Revitalization and management.

"We are renovating suites with a plan of 10-15 unites per month," says Joel Helm of Helm Property Management. Helm hopes that most of the work will be completed within a one year period, and includes repainting the exterior and putting up new signage.

In addition, Helm says, "We are looking at painting the hallways, improving the lighting in the hallways, and upgrading the elevators."

The EPS reports that since the implementation of 24 hour security, they have not had to be present at all. "This is a good outcome for the efforts being made by EPS, The REVIT (Know Your Neighbour program) and the City of Edmonton to make it a better place in the community," says Jane Molstad, McCauley Revitalization Coordinator.

votes also came in by mail and online courtesy of *BMC News*. The total number of votes was 157.

The clear winners chosen by you are: **Meet Me in McCauley** (90 votes; idea suggested by Marissa Kochanski) and **Heart and Soul in the City** (71 votes; idea submitted by Jessica Deverill). Congratulations to Marissa and Jessica, the winners, who are both McCauley residents. Watch for these combined slogans on

window signs and T-shirts in the near future, certainly by the time we have the East Meets West Festival in August.

Congratulations to all who sent in slogans and to all who voted. It is wonderful to see so much positivity in our neighbourhood. Your input by voting is also very important. These are YOUR slogans - they came from you and they were voted on by you. We hope to see them everywhere in our community soon.

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"I love summer because, like everything, it must die. Its beauty is transitory and fleeting.

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Slogan Contest Winners!

JOANNE MCNEAL

Thanks to everyone who voted for our first McCauley Community slogan contest. We collected votes by ballot at Primavera and Heart of the City. Some

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Quirky Edmonton Weather



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

One of the realities of living in a winter city is when summer finally comes around, suddenly there is so much to do that it can be overwhelming.

On any particular weekend during the warmer weather there are any number of choices of festivals, community events, and seasonal parties and other such things. Plus, there is the added desire to spend time doing fun outdoor activities and just hanging out with family and friends.

Lately in Edmonton it seems that something is always going on, regardless of the season. Still, being able to actually do something outside seems like a privilege.

This resonates even more so this year, when almost daily the sun seems to suddenly vanish, the skies, grow dark, and then open up with rain and some spectacular thunderstorms. Or, it is so windy that a few strong gusts threaten to blow us away.

As the saying goes, Edmonton has two seasons: snow and rain. As the other saying goes, if you don't like the weather, go inside for ten minutes – it will change.

No matter if it is a deep freeze, blazing heat, or heavy downpours we face, the quirks of Edmonton weather are a fact of life. If that means carrying an emergency rain poncho in our backpacks, as well as hand and toe warming packs, and a spare shirt or jacket – all at the same time – you probably have been living here for a while. Otherwise, live and learn – freeze and burn!

PAULA E. KIRMAN • BMC News Staff

Editor's Notes

July and August always means "summer" here at *Boyle McCauley News*. In this issue we examine a few interesting and cool things to do in and around the area.

As well, we have lots of event coverage and community news. A couple of buildings in the McCauley area are getting makeovers. Another infamous building is the subject of an art exhibit.

On the event side of things, we have an extensive photo spread from Heart of the City. This year's

festival was the perfect example of how Edmonton weather can change ever so quickly.

The excitement builds even further, as we reveal the winning slogan for McCauley. Many thanks to everyone who took the time to enter and vote.

We always take a break from publishing in the summer, but will continue to update our Twitter and Facebook feeds.

September is going to bring some new, exciting changes to the paper. Until then, have a wonderful summer!

Our Next Issue . . .

September's theme is "Wisdom." What are some life lessons you can share? Who or what has been your best teacher? Deadline is August 12. Articles should be around 500 words and accompanied with photos if possible. Send your work to editor@bmcnews.org.

Letters to the Editor

Do you have a gripe? A compliment? A question? Share your thoughts with a Letter to the Editor. In two hundred words or less, tell us what made you smile or frown, or what you would do to change something if you could. Send your letters to editor@bmcnews.org. Letters may be edited for length or clarity and publication is not guaranteed.

Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published ten times yearly by the Boyle McCauley Community Newspaper Society. The Society is made up of the people who live and work in the Boyle Street and McCauley neighbourhood.

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.

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Circulation 5500 • Since 1979 • www.bmcnews.org

Vol. 34 N° 6 • JULY/AUGUST 2013
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Our goal is to report issues fairly and provide a variety of perspectives on issues affecting this community.

The opinions expressed in *Boyle McCauley News* are those of the people named as the authors of the articles, and do not necessarily reflect those of the Board, staff, or Editorial Committee of the paper.

Boyle Street and McCauley Crime and Safety Numbers

Report "john" activity & license plate numbers • (780) 421-2656

Report Problem Properties & Derelict Houses • (780) 496-6031

Report Gang Activity • (780) 414-4567

EPS General Crime/Complaints • (780) 423-4567

EPS website • police.edmonton.ab.ca

- click on Crime Prevention

- click on Prostitution Resource Centre

REACH Edmonton website • www.reachedmonton.ca

Report A Drug House • (780) 426-8229
reportadrughouse@police.edmonton.ab.ca

The Van Booms: Family and Community

PAULA E. KIRMAN • BMC News Staff

Our Volunteers

The Van Boom family moved to McCauley two and a half years ago when husband and father Mike became the Pastor at First Christian Reformed Church on Church Street. The family is also our newest Block Carriers, delivering the paper each month with the help of their housemate Miriam.

"We have always wanted to live inner city," says wife and mom Heather. "We moved into the neighbourhood because it was close to Mike's work, and given the choice again, we would still choose McCauley!"

Mike and Heather have two small children: daughter Yana and son Jonas. The family enjoys meeting their neighbours, and finds that very easy to do here. "Most people park on the street and go for walks a lot," says Mike. "That means we run into each other naturally all the time. There are a number of young families on our block that get together for life-sharing stuff, and we find that wonderful. Our



From left: Yana, Michael, Heather, and Jonas Van Boom. Paula E. Kirman

kids have friends their age across the street or alley in three different directions!"

"I also love the walkability," adds Heather. "Work, school, grocery store, coffee shops, restaurants, and now even a pharmacy - all within walking distance. I often tell my friends who live in the 'burbs, if we're caught in a snow storm we have no worries because we can WALK down the street and get more milk or pick up a prescription or whatever. Caboto

Park is also a huge benefit to the neighbourhood. It's a great place to take the kids and to meet other families. Last but not least, the people! I love the people of McCauley, their diversity and their openness to each other. It's not like the neighbourhoods where people live within feet of the next person's house, but they don't want to interact with each other too much. I've found that most people want to be part of each other's lives."

Heather and Miriam do most of the

newspaper deliveries. "We decided to volunteer because we figured it was a good way to meet neighbours, and we also wanted to support BMC News, because it's such an important part of our community."

Taking part in their community is obviously very important for this young family. Mike served for a while on the community league and is now the chair of the Crime Council, about which he writes updates for the paper. Heather is on the McCauley revitalization committee and is block captain for the Community League's Block-to-Block Initiative and is part of Mother Teresa School's Parent Council. When they aren't volunteering, the Van Booms enjoy hanging out at the park or with neighbours, playing card and board games, and spending time outdoors. Their children have been involved in the Community League's Soccer and Dance programs.

They look forward to meeting even more of their fellow McCauley-ites in the near future. If you see me in my yard or around the park, stop and introduce yourself," says Heather. "I'd love to meet you!"

MCL Donations and Partnerships

MEREDITH PORTER

Eric Aasen, past board member of McCauley Community League, donated two Ibanez electric guitars to the League's guitar program. Eric is a musician who relocated from Vancouver to McCauley in 1997. This generous donation will enable our guitar program players to expand their repertoire. Thank you to Eric for this gift!

A partnership has sprung up between Edmonton Public Schools and the McCauley Community League! Students from the Aspen program have built and will manage and maintain a planter box at the Rink site throughout the spring/summer and into the fall. The planter will contain food as well as some flowers. This first planter is a pilot project and will be evaluated as the growing season progresses to see if we want to add to it



Eric Aasen and his donated guitars. Supplied

in the future. This program will provide beautification at the site as well as an opportunity for students to engage in a hands-on learning activity. Check back for updates regarding this exciting new venture.

Building a Vibrant, Resilient, Inclusive Core



On October 21, Elect
Heather MacKenzie
for City Council, Ward 6
heathermackenzie.org

Meet New People in Your Community



CLARA GLADUE

Drum Beats

Meeting new people is beautiful like a colourful rainbow after the drizzling rain.

I met new people at Heart of the City. It was a very exciting festival, with a line-up of

many types of musical genres and performers. I embraced the wonderful sights and sounds of the musicians. My band Micah has taken part for about three years. We sang original songs written by my partner Jason in the rain filled park with two new women whom we added to our gospel crew. A few people came up to us after our set and it was great to know they appreciated our music.

I am also involved in ministry

and it will keep me busy this summer. Our fellowship is called A Sharing Place Christian Fellowship. One day I had a man who needed help connecting with resources and just needed a friend to talk to so I called upon the pastors and my partner Jason to have lunch with him and just see what his needs were. He eventually turned his life around and I hope he is doing well. We are having house meetings now and my friend Carol opens up her doors to

our fellowship.

The Boyle Street and McCauley communities are so great because of the array of neighbours I've come to know, as well as the festivities of different events right here. So, if you see an event going on, just go have fun with the family and also volunteer to make it happen. There is always time to make someone smile or encourage someone to gain new friends and skills.

Comfort Food For Summer Rainy Days

Beef stew is delicious, hearty, and a great way to warm up when it is a little chilly outside.

NHAN LU

Pacific Notes

So far this summer it is cold and rainy, so I seek comfort foods to help knock away the cold and gloom. My beef stew can help warm my soul on these wet and cool days. I call it *Bò kho* which literally means "beef stew" and can be eaten for breakfast, lunch, or dinner. This hearty soup is sure to lift your spirits as the rains fall.

With its complex blend of lemongrass, ginger, star anise, cin-

namon, curry powder, and chili, this sweet and tangy broth with tender carrots, soft onions, and beef could be at home slow cooking in your kitchen. I like to place the stew in the oven to finish braising instead of simmering it on top of the stove. I love braising stews in the oven because the temperature stays constant and I don't have to watch it.

When the *Bò kho* is ready, I serve it in an individual bowl sprinkled with freshly chopped cilantro with a crispy baguette from the Italian Bakery or Lucky 97.

Trust me: after one bowl of this tangy *Bò kho* you will be saying, "hello *Bò kho*" and saying so long to the rainy day blues.

Nhan lives in McCauley.

BÒ KHO (BEEF STEW)

2 pounds beef brisket, trimmed and cut into 1-inch chunks
 2 large stalks of lemongrass, trimmed of loose leaves, cut into 3-inch lengths, and bruised
 3 tablespoons fish sauce
 1 teaspoon green curry powder
 2 tablespoons peeled grated fresh ginger
 2 tablespoons sugar
 2 bay leaves
 3 tablespoons oil
 1 yellow onion, finely chopped
 2 cups canned diced tomatoes
 1 stick of cinnamon
 2 whole star anise
 3 red chillies
 3 cups water
 1 pound carrots, peeled and chopped into 1 inch pieces
 Salt for taste
 1 cup chopped fresh cilantro

INSTRUCTIONS

1. Preheat the oven to 300°F, and marinate the beef, lemongrass, fish sauce, curry powder, ginger, sugar, and bay leaf in a large bowl and mix everything well. Brown the onions with oil and cooked them until they are soft. Add in the tomatoes and salt to taste. Stir to combine, and simmer the sauce for 10 minutes.
2. Turn the heat to high and stir in the marinated beef for 5 minutes. Add water and the carrots, lemongrass, cinnamon, star anise, and red chili to the pot, and bring the stew up to a boil.
3. I cover the Dutch oven with the lid and place it in the oven for about 2 1/2 hours or until the brisket is really tender.

Get Ready for Paintball!



This building on 10010 107A Avenue, which formerly housed several social agencies, has been empty for quite a while. It was recently purchased by entrepreneurs who will be opening the Edmonton Paintball Centre, the largest indoor paintball facility in Canada. Edmonton Paintball Centre is scheduled to open in late July. Learn more at edmontonpaintball.ca. Paula E. Kirman

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Protecting Children from Abduction



CST. DARREN WASMUTH • EPS CLC

Cop's Corner

Recently in Boyle Street and McCauley, there was an incident of concern to both the police and members of the community. A man approached two children who were playing at their school playground and offered to buy them soda pop from a nearby convenience store. The children went with the man without asking permission from an adult. The man did not do anything other than this. This act in itself is not considered illegal but it is something to be aware of all the same.

The identity of this man will not be revealed but here is a de-

scription of him in case he is observed doing similar suspicious activities: Aboriginal male, mid 40s, skinny, 5' 11", 160 lbs, black longer hair, and a pockmarked face.

If this man or anyone is observed acting suspiciously around children, do not hesitate to contact police immediately and provide us with a detailed description of the suspect. If you are able to stay within view of the suspect until you are directed otherwise by the police you will have been of great service to both your community and the police. Some things to make note of when reporting this activity to the police include:

- Where are you? Give the Police a detailed description (preferably with an address) to ensure a speedy response.
- What vehicle is the suspect driving? Try to obtain a license

plate number as well as a vehicle description with make, model and colour.

- What does the suspect look like? Age, gender, race, height, weight, hair color, clothing, scars, tattoos, and anything else distinct about the person.
- Is there anyone else with the suspect? Are there other children or adults with the suspect and if so what are they doing.
- What is the suspect doing? Are they giving anything to the children or trying to lure them away from a public place.

Child abductions are rare but it is always something to be vigilant against. Sometimes we become so comfortable in our own back yards that we forget about the access strangers have to the same area.

When your children are out it is a good practice to make sure they are supervised by someone

responsible. Always make sure you know where your children are and when they are to return home. Never let your children walk home by themselves. Have them employ the buddy system. Leave as a group and return as a group. Talk about this with your children and ensure they understand the importance of taking care of themselves and their friends.

Keep this in mind when you and your children are out in the community. Boyle Street and McCauley are very rich and beautiful areas that should be utilized to their full potential. Being an active, positive influence in the community provides a presence that deters criminal activity in itself.

Cst. Wasmuth can be reached at darren.wasmuth@edmontonpolice.ca.

Letter to the Editor

EDLC Barbecue: Let's Work Together

Twenty two years ago, members of the Ironworkers' Union Local 720 joined in to help the Edmonton and District Labour Council (EDLC) put on a barbecue. The members of the EDLC, along with members of many other unions in the city, saw a need. This need was not new. It has been around since the beginning of time. I went to Sunday School as a child to learn about a religion that was built around a man who dedicated much of his life to looking after and feeding the needy. I remember the old line my mother taught me, "there but for the grace of God go I" when I join with my union family and others around the city to take on this project.

I am aware that a few people in the McCauley area are asking why Giovanni Caboto Park? Why not somewhere else? Simply put, that is where the need is most prevalent. You do not have to live in Edmonton long to see that the greatest concentration of the unemployed and underemployed are in this part of the city. Most of the people we feed come from that general area. We can no more afford to rent buses to bring them in than to rent buses to take them to some other part of the city.

As well, to move to another suitable venue within walking distance is not as easy as it sounds. The McCauley Com-

munity League offered a list of alternative locations and after looking at each location, none were suitable for this event for various reasons.

The other major concern seems to be the date it is held. Why was the Labour Day weekend chosen for this event? There are a number of reasons this weekend was chosen. First, it is a Canadian holiday to celebrate the worker so because of this we know that our members will not be working and will have the time to volunteer on this project. Second, as summer comes to an end most Canadians are looking for an opportunity to "get away," and enjoy the last weekend before the kids return to school and the weather starts to change. I believe these folks are no different than anyone else living in this community or the city. This date presents an excellent opportunity to of-

fer this group of Edmontonians a chance to end their summer like every other Canadian.

The EDLC, my union the Ironworkers, and our members (many of whom live in the McCauley area) have no intention of getting in a fight over whether we should be feeding the unemployed or underemployed. We are willing to meet with the members of the community not to talk about moving the barbecue to another part of the city and making it someone else's problem, but to work with the McCauley community as we have in the past to address any legitimate problems. Let's not work to make this someone else's problem. Let's work together to make it no one's problem.

- Len Legault, Ironworkers' Local 720 and Political Action Chair, EDLC

Another Successful Primavera Gets McCauley Growing



Many area residents did their garden shopping at Primavera on May 26. Pictured here are some of the event's organizers. From left: Leona Prokop, Jenny Malanchuk, and Pat Deprato. Paula E. Kirman

My Father's Strong Hands

Strong hand that have faced many years
 Strong hands wiped away many tears
 Until he passed seventy I never knew my dad like I should
 I had taken his love for granted, didn't think that we could

Could become friends and share many things
 Like the joy that a granddaughter's love often brings
 We can share the best coffee, a movie, a book
 Pass a well dressed woman and both take a look

It's terribly sad my mom's been gone four years already
 When it happened I never thought my Dad's hands could be steady
 But he held us and spoiled us and somehow we came through
 Myself when the loss came I didn't know what to do

Now time has passed and I still think of my mom
 Every time I see the photo my dad keeps of her looking young
 He got us through that but he has passed many trials
 From being our provider to coaching my writing styles

My Dad is a man who was born a world away
 In depression then war another time, another day
 How he got through so many things
 And brought up a family with the troubles that brings

Somewhere deep inside we all have the will
 To do what he did and prosper still
 But my dad did it not for a reward up above
 He did it all simply out of love

So look to your sisters and parents and friends
 And ponder what will have meaning nearer your end
 Will you have the love to care your whole life
 To hold together your loved ones, no matter the strife?

by Leif Gregersen

Living Bridge Over Chinatown



Volunteers worked hard on the weekend of June 1 and 2 to install a temporary community garden on the abandoned rail bridge over 97 Street and 105 Avenue. For more information, visit livingbridgeedmonton.com. Paula E. Kirman

Inner City Music Program Starts This September

A musical pilot program begins at Mother Teresa School in September. The YONA-Sistema (Youth Orchestra of Northern Alberta) project will provide instruction in violin for 20 grade 2 and 3 students, as well as snacks, free play time, and bus rides home.

Based on the El Sistema program developed in poor areas of Venezuela, music is seen as an agent of social change. Older students will eventu-

ally mentor younger students, and by 2017 a public performance is planned for the youth orchestra.

The first year of this program will cost around \$120,000 with funding coming from the Rotary Clubs of Edmonton-Riverview and Sherwood Park, as well as other grants and donations. Students who will take part in the program will be chosen based on musical interest and financial need.

Outdoor Soccer Update



U8 soccer players and coaches. Paula E. Kirman

MEREDITH PORTER

Turf Talk

Outdoor Soccer 2013 has been quite the season! With 83 kids registered and 12 new coaches (as well as myself as new director, and a new assistant director) we have all learned a lot. While this year was a significant time of transition for the soccer program, people throughout the neighbourhood as well as surrounding communities responded to the call for help - truly priceless.

A huge thank you to Kerri Clarkson, Kylee Nixon, Nick Hermansen, Jen Stewart, Mark Smith, Garnet Murrie, Glen Whitehead, Corrine McKell, Mike Ross, Ron McLellan, Erin Crocker, and Matt Bergin for their amazing coaching efforts. Miriam Van Niejenhuis also provided essential backup to me in my role as director, and registration would not have been possible without the efforts of Georgina Fiddler and

Jody Johnson. Without all of these folks, we would not have had a soccer program. It's amazing what a dedicated, committed, and persistent group of people is capable of achieving! All of the coaches have talked about the hard work and dedication of their soccer players, and how proud they are of the achievements of each individual player. Check out our Facebook page and website for more photos of kids playing soccer.

Thanks to the McCauley Boys and Girls Club as well for the use of their space for registration. Essential financial support for this program is provided by the McCauley Community League board of directors, BMO Financial, and Tim Hortons, as well as KidSport. Every child is welcome to register in our Outdoor Soccer program, regardless of financial means. Ours is the only program of its kind city-wide, and the Board as well as volunteers are committed to maintaining this program.

Tenth HOTC a Success!

DAVID PRODAN

Thanks to McCauley and to Edmonton's greatest volunteers and musicians for making the 10th anniversary Heart of the City Festival a rousing success!

This year we had lots of both rain and shine. Saturday was a blazing hot and busy day one, with hundreds of folks taking in fantastic music, tie dye workshops, and the Sudden Chalkboard communal art project! While there was a lot of rain on Sunday, folks still braved the weather as organizers turned the action inwards under the backstage of one tent to create a much more cozy, intimate concert vibe. All in all, it was a fantastic year of celebrating local

art and music from Edmonton's urban core.

The board would especially like to thank all our fabulous sponsors for making this festival happen! Sponsors are a big part of what keeps Heart of the City beating and they all deserve our gratitude.

This year our major financial sponsors were McCauley Revitalization, Edmonton Arts Council, McCauley Community League, the Bissell Centre, and **Boyle McCauley News**. We also received generous donations from the Boyle McCauley Health Centre, the Alberta Avenue Business Association, CEASE (Centre to End All Sexual Exploitation), and

the Edmonton and District Labour Council.

Many business and individuals helped us raise funds by donating items for our silent auction fundraiser at The Artery and our guitar raffle at MacEwan's Towers Pub. Much of the festival production is directly supported by the in-kind contribution of resources by community partners. This includes tents and stages set up by Edmonton Folk Music Festival, sound by Listen Louder Productions, 2013's CD project recording and radio publicity by CJSR, posters and t-shirts by Gateway Screen & Press, kids' art workshops by E4C Art Start, volunteer meals by Padmanadi and Popular Bakery, flowers by Zoca-

lo, festival souvenir programme by Launch-It Rocker Media in collaboration with Hip Hop In The Park, water by the Boyle McCauley Pharmacy, tables by the Nina Haggerty Centre for the Arts, equipment rentals by Long & McQuade, and neighbourly support from the McCauley Boys & Girls Club.

Stay tuned to www.heartcityfest.com for more info on local open mic coffeehouses next winter, a fall family dance, and our exciting 10 year AGM in October!

For photos from HOTC, see the centrespread on pages 8 and 9.

David is the Co-Chair of the Heart of the City Festival Society.

Crime Council Update

MIKE VAN BOOM

Hello McCauley. There is lots of good stuff happening at the crime council. Our mapping project is steaming along, with our researcher Brenda St. Germain doing some interviews and focus groups this month. A priority for us is setting up conversations with those voices that are not often heard. We are gathering information to increase our understanding of the dynamics surrounding crime and safety in our neighbourhood. The next six months will be pretty exciting for us as we process the data we gather.

Here are two things we are focusing on in our mapping project:

1. Where are the hot spots in our neighbourhood as far as crime and safety, and what can be done to address the concerns in those places?

2. How do the different people groups in our neighbourhood experience each other? Are there decent and respectful working relationships in place between police, residents, agencies, businesses, the immigrant community, and the

street population? If there are matters of concern, how can they be resolved?

At our last Crime Council meeting, we spent some time discussing best practices, restorative practices, and how these might change how we do some of our service work for people in need. We also continue to listen for alternative working models to the current centralized service-based models which can have the (usually negative) effect of concentrating poverty in a neighbourhood.

We aim to be practical, grounded, and connected in the work that we do. And so, we value your input. Currently, we are looking for more representation from residents, agencies, and businesses. Ordinarily, we meet the third Monday of every month from 10 a.m.-12 p.m. If you are interested in joining our conversation or would like to bring something to our attention, please email me at mvanboom@hotmail.com with the subject "Crime Council."

Mike Van Boom is the Chair of the United McCauley Crime Council.

East meets West
2013
Festival

a celebration of Culture and entertainment August 17 - 25

Mark your calendar for August 17 & 25, 2013 for the East meets West Festival. Chinatown and Little Italy streets will be filled with art, culture, food and entertainment, lion dance, Italian and Chinese operas. The festival is part of a revitalization program to promote celebration in the community.

Chinatown Festival
Edmonton Chinatown
Centennial Celebration
99 Street - 107 Avenue
Saturday, August 17
11am - 8pm

Viva Italia Viva Edmonton
Giovanni Caboto Park - 95 Street
Sunday, August 25
12pm - 8pm

For more info, please visit our website:
www.chinatownlittleitaly.com

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McCauley
Revitalization



FROM THE ARCHIVES: MAY 2008
Boyle McCauley News



Ten Ann Hea the Fest

PHOTOS BY E
AND PAUL



Annual Festival of City Civilians

EDWARD ALLEN
A E. KIRMAN

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6



7



- 1 Mary Rankin brought her hula hoops.
- 2 Capoeira Academy.
- 3 Inner City Fiddlers.
- 4 Andrew Scott.
- 5 The Skips.
- 6 Saturday morning Song Circle. L-R Fay Fey, Amberlie Harsch, Patrick Marchand-Smith, and Rachel Roberts.
- 7 Brian Toogood.
- 8 Maractu Mundanca.
- 9 Joe Simons volunteering at the information booth.
- 10 Celeigh Cardinal.
- 11 Rickshaw Dave, Sable, and some of the many children who loved getting a ride.
- 12 Mat Halton.

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Take a Staycation This Summer



IAN YOUNG

Ability and Community

A staycation is a vacation spent at home or nearby.

Summer is one of the most popular times for individuals and families to take a vacation. It puts money into hotels, resorts, and a municipi-

pal economy. However, why not put your funds and leisure into your own community and try a staycation?

How? Become a tourist in your own neighbourhood! With the abundance of summer festivals in our city from festivals for children to music festivals, there truly is something for everyone!

We are not known as festival city for nothing! Although we have events taking place year round, summer is when Edmonton comes alive!

In our community you can start with a cheap and cheerful breakfast at Santo's (10821 95 Street). Then, take a leisurely stroll down Church Street (96 Street from 111 Avenue to 107 Avenue), admiring the beautiful architecture put into these classic buildings. Stop for a quick coffee and breather at Zocolo (10826 95 Street), where you can even grab a quick lunch and admire the beautiful plants, ornaments, and home décor (pick up a souvenir), then stroll down the street to Giovanni Caboto Park and bask in the sunshine!

There is always the East meets West in late August and absorb the ever growing culture in our neighbourhood! And, just on the cusp of Boyle Street, you can sit on one of the many benches and enjoy a sunset overlooking the North Saskatchewan River!

You'll see why people travel here and have appreciation of your own community! Check out Edmonton Festivals at www.edmonton.ca and you would be amazed at what is going on right here!

Depression in the Elderly



SHERRY MCKIBBEN

Catch 66

A few months ago I wrote about Post Traumatic Stress Disorder (PTSD). One of the symptoms of PTSD is depression and I noted that in our community there are probably many seniors suffering from PTSD where depression is one of the symptoms. Many try to mask their symptoms though alcohol use. PTSD isn't the only reason seniors suffer depression. The incidence of depression in seniors is two to three times higher than in younger populations and there are many reasons for this.

The primary reasons for depression in the elderly are ill health and the resulting

loss of capacities - mental, physical, and social. Hypothyroidism, heart attack, loss of sight, diabetes, Parkinson's, Alzheimer's, MS, and cancer are all diseases which may be risk factors. Unfortunately, depression in the elderly is often not diagnosed, and therefore not treated. Further, the depression can make the impact of these diseases worse. For example, depressed individuals report increased pain levels and may be less likely to make changes necessary to manage these health conditions.

It is estimated 30 to 40% of people in long term care suffer from depression. Moving from your home into a care facility of any kind can be a difficult move representing not just the actual loss of independence, but also the clearest marker of declining capacity. My mother moved into a lodge after she more or less stopped cooking for herself and disliked eating by herself. This

move was both necessary and difficult and she went through a long period of adjustment.

Fortunately, the move to a care facility often means increased social activity and better nutrition. So with time, the mood improves and there can be new vigour and interest in activities. A period of adaptation including depression is normal for any major change in life. A healthy senior would adapt and their mood would improve. But for many, the resulting depression gets worse and requires treatment. Because depression in the elderly can be re-occurring, monitoring and aggressive treatment are good ideas.

Depression in the elderly is often under reported because it is masked by the presence of other health issues (as noted above) and may be complicated by the presence of dementia and communication problems because of hearing

impairment. As well, seniors are less likely to seek support and treatment. For many seniors and those around them, depression may be seen as a normal part of aging.

The first step is acknowledgement that something is not right. Those feelings of despair, lack of energy, withdrawal, and loneliness aren't normal. Talk to someone - your doctor, a visiting nurse. Assessment is the next step. The geriatric clinic at the Glenrose does a thorough physical and psychological assessment and makes treatment, referral, and medication recommendations. Family doctors can also make referrals to that program. The Good Samaritan Geriatric program is also excellent and provides not just assessment, but ongoing support and treatment including day programs to increase social activity. Depression can be treated, but first must be acknowledged by both the senior and their family members and caregivers.

Mustard Seed Petting Zoo



Families flocked to the annual Mustard Seed Petting Zoo on June 15. Many of the children enjoyed experiencing the animals up close. Paula E. Kirman



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The Cycle of Summer

KERI BRECKENRIDGE

Keri's Corner

Edmontonians, soak it up! For a limited time only we are offered crystal blue skies, deep colours of foliage, and the option of leaving our jackets at home. Summer has swung around to us once again! The sun is still up in the sky when we get home from work. Isn't that great?

I believe I have previously made known my enthusiasm for the warm season. It still holds. I continue to talk to ladybugs and marvel at the specter of sunlight dancing on emerald leaves. I carry on my conversations with feathered friends and daydream as billowy white clouds drift across the sky.

Summer calls me outside; that's why I love it. In my childhood, I had a rambling trail that I played upon. Once school had let out I was out there almost every single day. There were lions under the fallen logs, parrots sweeping across the

sky, and monkeys in the trees. Not really - I grew up in small town Alberta - but summer opened up my imagination to that world of fancy. It still does, but in different ways.

It begins when the snow starts to melt; really melt. The puddles embrace reflections of their environments and throw sparkles of sunlight as they tinkle down the drains. This holds the promise of warmth. Later along the path, the call of returning geese is heard in the still mornings. Life returning. Behind that, the smell of sap starting to run in the trees can be perceived. Then, we notice the days are stretching out and the sun is warmer. The bugs return. The blossoms are on the trees. It builds and builds, revealing one little wonder after another until one morning we wake and the symphony of summer has burst through our windows until we are compelled to chase its notes through the streets and parks of our city.

I sound terribly soppy, I know.

Summer just brings me back to my childhood again and again. The exaltation of my youthful summers is remembered as the blossoms begin to open. Winter holds its mystery too as we watch the beauty of death sweep over the land. The wonderful thing about death is that it makes way for something to be born again.

I love summer because, like everything, it must die. Its beauty is transitory and fleeting. We have to hold every moment because it's one moment closer to the end. We never know when the white blankets will sweep over our landscape and leave us with bare trees and grey skies. Would we love summer with such fervour if it lasted through the year?

Each year, summer dies to be born again. We have a season of rest and renewal in which we gather our might to burst forth and be re-born; to celebrate this all too brief world and then to leave it. We have our time in the sun and then we're gone and that's exactly as it should be.

Keri lives in Boyle Street.



ISABELLE FOORD

Something Funny

Some people think that Joan of Arc was Noah's wife.

Climate is what you expect. Weather is what you get.

Isabelle is a writer who was a long-time resident of McCauley.



Favourite Festivals

JOANNE MCNEAL

I love all of the festivals Edmonton has. I have worked as a volunteer and also as a paid staff member in both K-Days and the Fringe Festival. Both were wonderful ways to get to know new people and see these festivals from the inside. I have also attended the International Jazz Festival, the Street Performer's Festival, and The Taste of Edmonton. All give us new insight into what Edmonton has to offer.

My favourite of all is the Heritage

Festival, where we get to listen to, learn from, and watch performances from cultures around the world, see their beautiful creative arts, and taste foods eaten in their countries. It's wonderful that Edmonton has so many people from cultures around the world, and it's even better that we celebrate their contributions to our collective knowledge and understanding of each other.

For a list of festivals in our city, go to Edmonton.com and click on Festivals.

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Dining
Out

PAULA E. KIRMAN

Double Greeting Won Ton House

Chinese
10212 96 Street
(780) 424-2486



Tofu and mushrooms on steamed rice. Paula E. Kirman

A number of my friends think Double Greeting Won Ton House is the best Chinese “greasy spoon” restaurant in the city. And greasy it is - from its no frills exterior to somewhat grungy looking interior, the place spells “cheap.”

So, it is no surprise that the menu is filled with lots of different rice and noodle options for under \$10. I decided to begin with a green onion cake, because, well, I love green onion cakes. It was soft, flavourful, and satisfying.

I opted for one of the menu’s front page specials: tofu and mushrooms on steamed rice. This

came with a glass of soy milk. I found this an interesting beverage choice, but fine since I like soy milk. Tea was also provided with my meal. I probably should not have also ordered a cold Hong Kong style coffee (like Vietnamese coffee, but it comes already stirred), but I had not yet had any coffee that day so I felt justified in my abundance of drinks.

When my meal came, I stared in disbelief. The huge plate of rice, mushrooms, tofu, and vegetables could easily have filled two people. It tasted great and

I loved the sauce, which penetrated into the rice.

All of these foods and drinks came to a bill of around \$15. Wow. That is indeed a good deal.

Now, while I mentioned at the beginning that some of my friends rave about this place (and I can see why), others have warned me about it. In particular, they said that the restaurant would not meet my need for a high level of cleanliness. Personally, I didn’t see anything that grossed me out in particular (admittedly, I

did not visit the washrooms).

However, I reflected upon these warnings later in the afternoon when, without going into graphic detail, I was not very happy. In fairness, it could have been something else I had eaten that day. It could have been the strong coffee. It could have been that I ate a little too much. Or, I could have just been having a bad day.

Still, if I return to Double Greeting Won Ton House, I will do so cautiously, and possibly with others - this food is meant for sharing.

Community Service Honoured

JIM GURNETT

Two women who have shared their lives generously with many of the people struggling for a decent life in the urban core will be missing from Boyle Street and McCauley as summer begins.

Sister Marion Garneau is ending 17 years as part of Inner City Pastoral Ministry (ICPM), and as a McCauley resident, to move to new duties with her religious order in New Brunswick. Linda Winski, who has been part of ICPM for eight years, is retiring to have more time to spend with her elderly mother and dependent sister.

The Community of Emmanuel, a church that meets at Bissell Centre, recently held a farewell for them, and then they were thanked at the annual meeting of ICPM in mid-June. Each was presented with a dream catcher custom made for them.

Looking back on the work of ICPM, Garneau describes it as, “a respect-

ful and effective presence to inner city people” that focuses on the strengths and dignity of people while advocating with them for a better quality of life.

Winski leaves her work at ICPM convinced that to be followers of Jesus, “We need to be present with people pushed aside, dismissed, left out, unseen, and unheard.” Both women are firm in asserting they have received more for themselves than they have given in their work.

At the ICPM meeting Pastor Rick Chapman, said, “Linda and Marion are on new journeys in their lives but their spiritual giftedness has been a gift of God to all of us.”

Linda Whittle, a priest at St. Faith’s Anglican Church in Alberta Avenue and an ICPM board member, commented about how in the Bible wisdom is described as a woman, and it is said wisdom is more precious than jewels, guiding people to walk paths of peace, and as a tree of life. “You have been Wisdom for us, and now God speed,” she said.



Pastor Linda Whittle (foreground) presenting a dream catcher to Sister Marion. Jim Gurnett

McCauley Community League Update

Summer Happenings



MEREDITH PORTER • President

McCauley Musings

Summer can't come fast enough! If you're looking for something to do with your children or family members this summer, we are pleased to offer you many opportunities FREE with your McCauley Community League membership.

Dance classes resume on Saturday afternoons at the Boys and Girls Club, and Commonwealth Community Recreation Centre access continues Saturdays from 5-7 p.m. for the whole family. The Green Shack in Caboto Park will run Monday through Thursday, 11 a.m. - 6:30 p.m. and Fridays 1:30 - 5:30 p.m. starting Tuesday, July 2 and finishing Thursday, August 15. This program aimed at 6-12 year olds is brought to you by the McCauley Community League and the City of Edmonton, with additional funding provided by the Canada Summer Jobs program.

New this year is the daily Outdoor Pool Access program. League members can access Queen Elizabeth (Kinsmen), Oliver, and Fred Broadstock pools Mondays through Wednesdays from 5 - 7 p.m. and Mill Creek pool from 7 - 9 p.m., seven days a week. This program runs until September 18. We are looking for feedback from members about their use of the program, hours available, etc. Also new is a pilot youth drop in program running at the Rink on Wednesdays from 4 - 7 p.m. and Thursday 2 - 6 p.m. for kids who are 8-16 years old. Activities include basketball, ball hockey, soccer, remote control race cars, and more.

Our move to south Chinatown coincides with some work we have started in partnership with the Chinatown and Little Italy Business Association. Together, we are pursuing funding for lights and lanterns to run North-South on 97 Street. Something similar can be seen on Stony Plain Road in West Jasper Place running East-West between 149 Street and 163 Street. Similar projects have taken place in other cities as well to good effect. We would welcome additional interested volunteers to participate in and contribute to this process. Get in touch if this is a type of project to which you would be interested in contributing.

We are also in the process of ramping up Block to Block again for July and August. Last year we completed 11 of approximately 46 zones. We are aiming for a similar number this year. We will also have a Block to Block potluck picnic in Caboto Park. Check our Facebook and website for the date and time. Phone a neighbour, toss together a salad and bring yourself, your family, or your roommates. Last year approximately 45 people attended. We're hoping for more than 60 this year.

Residents are also busy planning and preparing for the McCauley Family Fair on September 1 and 2. We are still looking for volunteers to assist with this event, in whatever capacity you are interested in participating.

As we have recently accepted the resignation of long-time board member Wolf Geisler (who we are very sad to see go) we now have a vacant position. We are always in need of enthusiastic and committed community volunteers - email us at mccauleycommunityleague@gmail.com, or give us a call at (780) 428-5332. We would love to meet you!

Boyle Street Community League Update

Summer Programs

Yoga: Want to join Yoga and Pilate's class? Register for a \$5 class today!

Movie night: Every Friday @ 8 p.m. Free popcorn, juices, and sandwiches & movie of your choice. Vote here: www.facebook.com/groups/boylestreet/ Sandwiches provided by House of Refuge.

Drop in sports: Monday - Friday @ 3 p.m. - 5 p.m. Equipment available!

Drop in Badminton: Every Friday @ 7 p.m. - 9 p.m. Only \$2 Drop In Fee.

Basic Computer classes: Call and book a training session. Learn the basic use of computers, typing skills and use of Microsoft office. Computers donated by Uniway Computers.

Flea Market/Garage Sale: July 27 from 10 a.m. - 5 p.m. Buy a table for only \$10 and sell anything you would like. Come and drop by and support your very own neighbourhood!

Fundraiser Dinner: June 18 - at 6 p.m.

Come and help The Boyle Street Community Centre raise money to keep all the free programming going for the community. Contact Tooba for tickets!

Skate Workshop: August 1 6 p.m. - 8 p.m. Learn to skate with safety in mind!

Halal BBQ: August 15 - at 12 p.m. Enjoy a BBQ in the park and get a chance to meet the people you work with!

Want to become a volunteer and make a difference in the community? Come and join our monthly meetings held at the Boyle Street Community Centre, every third Tuesday at 6 p.m.

Call or email us to find out about free programming or events! Visit www.heartofboylestreet.ca

Contact Tooba Reaz, Facility Coordinator at (780) 422-5857 or email tooba@heartofboylestreet.ca.

Cleaning Up McCauley



The McCauley Clean Up was a huge success. Lots of volunteers helped haul garbage and clean up alleys on June 15. Wesley May



Queen Elizabeth (S, M, T, W, 5-7 PM) 9100 Walterdale Hill NW

Oliver Pool (S, M, T, W, 5-7 PM) 10315 119 St NW

Mill Creek (7 days a week, 7-9 PM) 9555 84 Avenue

Fred Broadstock (S, M, T, W, 5-7 PM), 15720 105 Avenue

You are able to access the facility 15 minutes prior to your scheduled time. Pools will close for inclement weather or temperatures forecast below 18° C.

McCauley Community League

mccauleycommunityleague@gmail.com



York Hotel Art Exhibit at Latitude 53

PAULA E. KIRMAN • BMC News Staff

The York Hotel at 96 Street and 104 Avenue was demolished in February of 2012. For many in the area, it was viewed as an intense problem spot and it was a relief to see it go. For artists Sydney Lancaster and Marian Switzer it was a source of inspiration. Their photographic exhibition YORK runs from July 25 to August 31 at Latitude 53, (10242-106 Street).

"I became interested in making work about the York Hotel when I saw the place shortly after it was closed; that would have been in August 2010; I was part of a team of staff and board members from Latitude 53 that was looking at the location as a possible site for a new home for the gallery," says Lancaster. "Looking at those rooms, I was struck by how much the entire place seemed to be in a state of suspended animation - as if at any moment, the person that lived in that room was going to return and take up where they left off. The more I saw of the place, the more I felt that it was extremely important to have some sort of record of the human artifacts that remained. My artistic practice is concerned with the relationship between public and private narratives, and the role



York Blue Room. Supplied

memory, objects, and place have in forming identity. The objects we live with tell stories and become markers of lives and experiences and memories; all of those things were going to disappear when the hotel was demolished. Marian and I had been looking for a project to work on together for a while - and the York was an ideal opportunity for us to bring our respective work together."

"Much of my own photographic work explores places that insinuate a presence: objects, messages, and other ephemera left behind by previous inhabitants all tell a story," says Switzer. "These things

seem to me to be 'witnesses' to the lives of the people that used them. I also felt for a number of reasons it was important to preserve parts of the York before it was demolished."

An artistic look inside one of Edmonton's most notorious hotels might enhance people's perceptions of the building. "There was much more to the place than the reputation it had, even in those last years," says Lancaster. "I feel that the fragments of personal stories we discovered there are important, that they needed to be acknowledged. What we found speaks volumes about the essential human

need for emotional and physical security, for a place to identify as 'mine' or 'home'."

"When we first started working on YORK, I was focused on a single idea about the show: I was interested in these abandoned spaces, and the stories that they could tell," Switzer explains. "Over the next few months, the work evolved as I realized that YORK was about much more than the space. It touched on housing issues, the preservation of historic buildings, and most importantly our own stereotypes regarding the "type of person" that would reside in the York Hotel. I am hoping that people who see the show take more away from it than just their initial reaction to the images. I hope that, like myself, the work and the ideas it explores are something that they continue to ponder and discuss. The York Hotel was much more than just a building; it was an escape for some, a home for others. A first step or a last resort."

The artists acknowledge the City of Edmonton for the opportunity to work in the York Hotel, and the Edmonton Arts Council for funding the development of this work for exhibition. To learn more about YORK and the artists, visit their blog at: yorkhotelproject.wordpress.com.

Things Donne & unDonne in the Summer

KAREN SIMONS

In the year 1631, in the month of March, in the season of Lent, a very sick man named John Donne ordered an urn to be placed in his room and a fire to be lit in the grate behind it. He then wrapped himself in a winding sheet and mounted the urn. Exposing only his face, he stood for his own funeral portrait which an artist painted on a Donne-sized plank of wood. When the painting was complete, Donne had the plank placed in his room where he could see it from his bed as he lay dying.

With this scene, the new play *Things Donne & unDonne* will open at Edmonton's Fringe Festival this summer at All Saints' Anglican Cathedral. I'll be busy co-producing it and singing in its eight-voice ensemble. In fact, this is my play. Although it is a commissioned work, in honour of the Centennial of the Anglican Diocese of Edmonton, Bishop Jane Alexander gave me complete lib-

erty. The result: a play in which the life of the poet John Donne (who eventually became an Anglican priest) intersects with the lives of three grad students of our own time. Poetry and Renaissance choral music become the stuff we live - fear, love, grief, and friendship.

Directing the play is Caroline Howarth, co-founder (with Mieke Ouchi) of Edmonton's multiple Sterling Award winning Concrete Theatre company. Caroline has directed many Fringe shows in the past, including the extremely successful *The Fourth Tenor* by Boyle Street resident Timothy Anderson. Recently, she and music director Eva Bostrand staged Hildegard von Bingen's medieval musical drama *Ordo Virtutum* at All Saints' Cathedral. Caroline is putting together a great cast for our production. Playing John Donne will be Douglas Tokaryk, known to audiences of past Fringe shows, independent theatre productions, and radio dramas. Samantha Jeffery and



Caroline Howarth (left; director) and Karen Simons (playwright). Margaret Marschall

Aly Hirji will be playing two of the grad students. Sam, a recent graduate of the BFA acting program at the U of A, has recently performed in *St. Joan* at Studio Theatre. Aly is currently a theatre student at Concordia University College of Alberta.

Our singers are well-known to audiences of Pro Coro, U of A's Madrigal Singers, and Jeremy

Spurgeon's Cathedral Choir at All Saints'. They are Sara Brooks (our music director), Catherine Kubash, Wendy Gronnestad-Damur, Rob Curtis, Jeremy Kerr-Wilson, Austin Penner, Anthony Wynne, and me.

Details will soon be available in the Fringe Guide and on the diocesan website at www.edmonton.anglican.org. I hope you'll check us out!

Community Classifieds

NEIGHBOURHOOD RESIDENTS GET FREE CLASSIFIED ADS! EMAIL 5 LINES OR LESS TO EDITOR@BMCNEWS.ORG



WECAN FOOD COOP

\$15/meat order, \$10/produce order
Annual Membership is \$5.
Deadline for payment is the first Friday of each month. Next payment deadlines are Friday July 5 and Friday August 2.
Depot dates are the third Thursday of each month. Next depot dates are Thursday July 18 and Thursday August 15, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Ave.).

FREE GUITAR LESSONS

Instructor – Steven Johnson
Drop in lessons for all ages and skill levels. Everyone welcome. Monday July 8, 15, 22, 29 & August 12, 19, 26.
Location: McCauley Boys & Girls Club, (9425 109A Avenue)
Time: 8:00 p.m. – 9:30 p.m. Cost: FREE
To sign up for guitar lessons or for more info call (780) 424-2870. Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

MCCAULEY COMMUNITY GARDEN GROUP

Join us for garden bed building, workshops and site planning for the new McCauley Community Garden! Wednesday meetings are for planning and maintaining common areas. Saturdays are for larger group builds and workshops.

Meetings: Wednesday July 10 and Wednesday August 14, 5:00 p.m.

Opening Celebration: Saturday July 27, 11:00 a.m. – 3:00 p.m.

Location: McCauley School, 9538 107 Avenue
For more information, please contact (780) 424-2870.

(780) 426-1122

The Rock Community Breakfast
Tuesday to Thursday 7 – 9 a.m.
Kid's Club. Monday 6 – 7:30 p.m.

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9611 – 102 Avenue
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Men's Residence, Anchorage Addiction & Rehabilitation Chapel.

WOMEN'S HEALTH CLINIC

Located in the Women's Emergency Accommodation Centre is open Monday - Wednesday from 9:00 a.m. to 11:30 a.m. Closed on Thursday and Friday from 8:30 a.m. to 11:30 a.m.

THE MUSTARD SEED

10635 – 96 Street
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Evening Meals (Mon. – Fri. 7-8 p.m., Sat 5-6 p.m.)
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Evening Drop In (Mon-Fri: 8-10 p.m., Sat: 8-11 p.m.)
Personal Assistance Centre (PAC)
(10568-114 Street, side door) Mon.: 1p.m.-4 p.m.
Tues.: 5 p.m.-8 p.m.
Thurs.: 1 p.m.-4 p.m.
For more information call The Mustard Seed, at (780) 426-5600 or visit: www.theseed.ca

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(780) 422-3052 for further info on anything listed here. Eucharist is held each Sunday at 10 a.m., 11:30 a.m. and 7 p.m. Bimonthly programs available to prepare parents for their child's Baptism, First Communion and Confirmations. Traditional Native Wakes, in First Nations, Métis, and Inuit traditions. AA meets in the Parish Hall. Eating Disorder Group meets each week. White Stone Project and Edmonton Inner City Children's Project Society run their programs in conjunction with Parish programs. Gospel music festivals, dances, youth dances, pancake breakfasts and Feasts are held in the hall throughout the year.

THE LEARNING CENTRE LITERACY ASSOCIATION

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

VOLUNTEER DRIVERS NEEDED

SATS is recruiting volunteer drivers to take low to middle income walking elders, age 75 and older, to important appointments. Call (780) 732-1221 or email info@satsfedmonton.org for more information.

NETWORKS ACTIVITY CENTRE

780-474-3363, EXT. 302. Volunteer! JOIN OUR TEAM! Networks Activity Centre provides adults with brain injury a program that promotes an active lifestyle through opportunities for social interaction, physical activity, and community involvement. Volunteering with Networks Activity Centre is a wonderful way to enrich your life and touch the lives of those we serve. If you are interested in joining our volunteer team please call 780-474-3363 ext. 302.

PARENT TALK, A PROGRAM OF BOYS' AND GIRLS' CLUBS OF EDMONTON

Weekly peer support group offers you the support, tools, and information to more effectively parent your children. Drop in, no cost; light meal and child-care provided. Transportation assistance available. McCauley Youth Centre, 9425 – 109A Avenue, Tuesday evenings 6-8 p.m.. Call (780) 481-1292 for more information.

P.A.L.S. PROJECT ADULT LITERACY SOCIETY

NEEDS VOLUNTEERS Work with adult students in the ESL - English as a Second Language program.

Training, materials, and supplies provided. Call (780) 424-5514 for more information.

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING

Randy, 25 years experience, \$12/hour. Offering Indoor (year round) and/or Outdoor (seasonal). Some of the work I have completed is taking care of all the painting needs at The Rock/ Breakfast Club. To contact me, please leave a message at (780) 426-1122.

WIRELESS NETWORKING

Are you tired of your street using your wireless Internet connection? I can set up your Wireless Router and increase your network security. Call Kevan at (780) 983-5343.

HANDS ON LTD. CONTRACTED SERVICES

Offers: Residential and office cleaning. Move ins and move outs and yard maintenance. Call Linda at (780) 619-4776.

NEW BOOK

Secrets Kept, Secrets Told is an inspiring story of survival and resilience, and a must read for anyone that has experienced trauma/abuse and is seeking healing. Signed (by author) copies available for \$20. Free S&H for Boyle Street and McCauley residents.
klondikecanuck@hotmail.com or text (780) 695-7274.

SEEKING VOLUNTEERS AND BOARD MEMBERS

The WildeFyre Foundation is a local humanitarian organization focusing on social issues affecting the health and welfare of Canadians. We are currently seeking volunteers for the Board of Directors and other activities. For more information, please contact executivedir@wildefyrefoundation.ca or visit our website at www.wildefyrefoundation.org.

BOOMER TO ZOOMER YOGA

Small groups or one-on-one. Learn yoga at your own pace; at your own time. \$10/hr for small group lessons. Call for more information. Sally @ (587) 336-8306.

MCCAULEY COMMUNITY LEAGUE

(780) 428-5332

MCCAULEYCOMMUNITYLEAGUE@GMAIL.COM

WWW.MCCAULEY.INFO

COMMONWEALTH COMMUNITY REC CENTRE ACCESS

All Amenities, Saturdays 5-7 p.m., FREE for members.

OUTDOOR SWIMMING

League members can access Queen Elizabeth (Kinsmen), Oliver, and Fred Broadstock pools Mondays through Wednesdays from 5 - 7 p.m. and Mill Creek pool from 7 - 9 p.m., seven days a week until September 18. See the notice on page 13 for addresses and more information.

KIDS' DANCE CLASSES

Teacher: Ms. Mariah will be teaching a fusion of modern, ballet, and hip-hop styles.

When: Every Saturday afternoon!

Times: Ages 3-5, 12:00 to 12:30

Ages 6-8, 12.45 to 1:30

Ages 9-11, 1:45 to 2:30

Where: McCauley Boys and Girls Club (95 Street and 109A Avenue).

This is a drop in class. There is no need to register. Classes are free with a McCauley Community League Membership - \$5.

MCCAULEY FAMILY FAIR

Artists, entertainers and organizers needed for the McCauley Family Fair. This event will run September 1 & 2, 2013. Call (780) 428-5332 or email: mccauleycommunityleague@gmail.com

CHURCH AND AGENCY SERVICES

BISSELL CENTRE

(780) 423-2285
Adult Cooking Classes: First 3 Wednesdays of the month January – June 11:30 a.m. – 2 p.m.
Movie Night: First 3 Wednesdays of the month 5 – 7 p.m.
Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:30, first come first serve)
Victorian Order of Nurses: Thursdays 11:30 a.m. to 3 p.m.
Early Childhood Intervention: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred) Drop-In: Monday – Friday 7 a.m. – 3 p.m.
Women's Lunch: Tuesdays and Thursday at noon
Parenting Classes: Mondays at 11 a.m.

BOYLE MCCAULEY HEALTH CENTRE

10628 – 96 Street
Monday - Thursday 8:00 a.m. to 9:00 p.m. Friday 8:00 a.m. to 4:30 p.m. Saturday 9:00 a.m. to 12:30 p.m. Women's Health Promotion Evening: Thursdays (except the last Thursday of the month) from 5:00 p.m. to 7:00 p.m. preceded by yoga class at 3:30 p.m. for one hour.
Foot Clinic - Wednesday from 1:30 p.m. to 3:00 p.m.
Dental - Monday - Friday 9:00 a.m. to 4:30 p.m. Street-works during clinic hours.

BOYLE STREET COMMUNITY SERVICES

10116 – 105 Avenue
(780) 424-4106
Monday – Friday 8:30 a.m.-4:30 p.m. Youth Drop-In, Wed. 4-7 p.m. Adult Drop-In, Thurs. 4-8 p.m. Lunch: Monday-Friday at noon. Free repairs for eyeglasses every Monday, 9 a.m.-1 p.m.

INNER CITY PASTORAL MINISTRY

10527-96 St. NW
(780) 424-7652
Pastor Rick Chapman
Sunday Service: 11 a.m. - noon
Sunday Lunch: Noon - 1 p.m.

ST. PETER'S LUTHERAN CHURCH

9606 – 110 Avenue



PETER GOLDRING
Member of Parliament
Edmonton East

JUST THE TRUTH

Much has been written, wrongly exaggerating details and severity of possible outcome of my recent regrettable legal interaction. The circumstances of being the subject of robo-calling earlier in the day, to the very unusual discussions in the evening, to the targeted event were very suspicious. I therefore was on high alert to stand up for my rights.

Our society grants police officers special powers, and with that comes the responsibility to ensure that the process is conducted properly. The court record is very clear. The trial was not about impairment. No witnesses claimed to observe symptoms of impairment. The truth is that I challenged the demand to test immediately because I had just consumed one drink, I was proven right.

There has been a cost to my standing on principle, both personal and political. The whole process, lasting over 18 months has been extremely unpleasant.

The easy way out would have been to allow the police to not follow proper procedure. But someone has to stand up for the rights of individual Canadians, not just for my rights but for your rights too - and if a Member of Parliament will not, then who will? I absolutely will not run from a fight when I have "just the truth" on my side.

Additionally, it is very disturbing how easily simple hand written recollections of police evidence regarding times and events can be manipulated. Most modern police forces are equipped with readily available audio-visual recording devices. Their evidential testimony quality benefits greatly at far less cost than the expensive fleet of Segways that the Edmonton police force chose to purchase instead. Perhaps it is time that the Edmonton Police Services upgrade their technology to better protect both police and individual rights, while saving vast amounts of court time.

What do you think?

780-495-3261 www.petergoldring.ca



JOIN US AT SOME OF OUR **UPCOMING EVENTS:**

FREE MOVIE & POPCORN EVERY FRIDAY • 8PM

- Mind Body Spirit Workshop July 6th • 10am - 5pm
- What The Truck! July 25th • 5pm - 8 pm
- Flea Market July 27th • 10am - 5pm
- Drop In Sports Mon to Fri • 3pm - 5pm
- Badminton Every Friday • 7pm - 9pm
- Skateboard Workshop August 1st • 1pm - 5pm
- Broadway Bound August 6th to August 16th • 9am - 4pm
- Flea Market August 24th • 10am - 5pm

BOYLE STREET COMMUNITY LEAGUE


#101 • 9538-103A Ave Edmonton, AB T5H 0J3 www.heartofboylestreet.ca



BRIAN MASON, MLA
 Your voice in Edmonton
 Highlands-Norwood

Connect with Brian Online
 Facebook.com/BrianMasonLeader
 Twitter.com/BMasonNDP
 E-mail: Edmonton.HighlandsNorwood@assembly.ab.ca
 Website: www.BrianMason.ca

**BRIAN MASON, MLA, Edmonton Highlands-Norwood
 Leader of Alberta's NDP**
 Constituency Office: 6519 - 112 Ave
 Phone: 780-414-0682



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10646 - 101 STREET, EDMONTON TEL: 426-3839

Councillor Jane Batty **WARD 6**



"I look forward to continuing to work with you this year. Please don't hesitate to contact me with any questions or concerns."

E: jane.batty@edmonton.ca P: (780) 496-8140

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