

## Inhale: Yoga in the Heart of the City

*Caboto Park becomes an outdoor yoga studio to breathe vitality into the inner city and raise money for WIN House.*



Doing the downward dog in Giovanni Caboto Park. Kyle Armstrong

**PAULA E. KIRMAN • BMC News Staff**

More than 250 yogis took to Giovanni Caboto Park on October 5.

DEBONAIRE DEUX, in collaboration with Lotus Soul Yoga and the City of Edmonton, organized Yoga in the Heart of YEG. DEBONAIRE DEUX is a local ad agency concept with personal ties to Boyle Street and McCauley. Lotus Soul Yoga is one of the city's top yoga studios, with a location in Little Italy on 95 Street. The event was also supported by the Italian Centre Shop.

Yoga in the Heart of YEG was specifically targeted for Giovanni Caboto Park because of the park's location in the heart of the city. Participants registered by donation to support WIN House, Edmonton's largest



Yoga in the Heart of YEG. Kyle Armstrong

and longest standing shelter for women and their children facing abuse.

The event also intended to raise awareness of McCauley Revitalization. "We are passionate about Edmonton's Little Italy, the culture and character it adds to E-town's

flavour," says Heidi Dennis, a partner with DEBONAIRE DEUX.

"Our event mantra was to breathe vitality into Edmonton's inner city, in particular the McCauley community, and to empower Edmonton women."

## New Ward 6 Councillor

Scott McKeen is the new Councillor for Ward 6. McKeen is a former journalist who spent 24 years with the Edmonton Journal.

He took the lead over the 15 other candidates running in

Ward 6, winning about 34 per cent of the vote in the civic election on October 21.

We hope to have an interview with McKeen in the next issue of the paper.



Scott McKeen Supplied

## Inside THIS MONTH



### ■ MCCAULEY FAMILY FAIR

"It was an entirely resident and volunteer driven event that featured a puppet show, crafts, live music, a petting zoo, and the very popular bouncy castle.

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### ■ LESSONS FROM MALALA

"We can dedicate our lives to making our neighbourhood and our world a better place to live, so each and every one of us can be happy and content, as we care for others.

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# Hopes for a Bright Future



PAULA E. KIRMAN • BMC News Staff

## McCauley Musings

Everyone has hopes, wishes, and dreams. Almost anything is possible with vision and work.

The strength and determination of people in the Boyle Street and McCauley area is inspirational. Throughout the decades, neighbours have worked to improve numerous issues affecting their neighbourhood. Dreams of a cleaner, safer area have been realized. While there is still work that needs to be done, the combined efforts by both long-time residents and newer additions to the area continue to push towards positive change.

A hope of mine has always been that McCauley and Boyle Street stop being seen as places to avoid. In fact, when I tell people about my work in the community, I no longer get stares and questions about my safety like I did years ago. There is a much more positive reaction, and I have even encouraged numerous people to come to some of the events that take place here.

Being optimistic does not mean ignoring the problems that persist in the area. It includes involves channelling that positive energy in proactive ways, such as working towards attainable goals and applying pressure where pressure is needed. When we care about our community, it is only natural to want to be a part of the solution.

At least, that's my hope.

PAULA E. KIRMAN • BMC News Staff

## Editor's Notes

Autumn is one of our city's most beautiful seasons, yet by the time you read this most of the brightly coloured leaves will have fallen from the trees, the air will be crisper, and winter will be just around the corner. We can remember some of the events that took place in the area while the weather was still a bit warmer through the photos and articles in this issue.

Our theme is "Hopes, Wishes, and Dreams," and a few of the articles reflect setting goals and pondering the future.

If you are pondering how you can volunteer with *Boyle McCauley News*, just contact me at [editor@bmcnews.org](mailto:editor@bmcnews.org). We are always looking for contributors, carriers, and Editorial Committee members.

Even if you are not able to make a regular commitment, we value your feedback, ideas, and suggestions. Most of our contributions and article ideas come from community members just like you! You don't have to be an expert writer or photographer. All skill levels are welcome.

Enjoy the November issue, and I hope you all have a fabulous month!

## Our Next Issue. . .

It is time again for our annual Holidays issue. What winter traditions do you celebrate? Special holiday memories? Have a favourite recipe to share? Deadline is November 12. Articles should be around 500 words. Send your work to [editor@bmcnews.org](mailto:editor@bmcnews.org).

## Letters to the Editor

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to [editor@bmcnews.org](mailto: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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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](http://police.edmonton.ab.ca)

- click on Crime Prevention

- click on Prostitution Resource Centre

REACH Edmonton website • [www.reachedmonton.ca](http://www.reachedmonton.ca)

Report A Drug House • (780) 426-8229

[reportadrughouse@police.edmonton.ab.ca](mailto:reportadrughouse@police.edmonton.ab.ca)

# Rich Gossen & Anne Fitzpatrick

PAULA E. KIRMAN • BMC News Staff

## Our Volunteers

At *Boyle McCauley News*, we celebrate all of our volunteers, no matter how long they have been with us. Rich Gossen and Anne Fitzpatrick are new to the paper – as well as McCauley. They became Block Carriers in June when they moved into the home of one of our long-time carriers, and promptly took over her route.

The couple had previously been living in Stony Plain. “I have worked in Edmonton for over 25 years and during that time I became familiar with McCauley,” says Anne. “I always felt a strong connection with the area because it had a sense of community that reminded me of growing up in a small town in Saskatchewan. I always enjoyed the mature trees, the diversity and rich history of the neighbourhood, and the walkability.”

“What attracted me were the qualities I had enjoyed in other large cities – namely, the cosmopolitan nature of the community and its “messy vitality”. Rather than a boring homogeneity, you encounter people every day from a wide range of backgrounds, experiences, economic conditions, and personal circumstances,” says Rich.

So far, Rich and Anne are enjoying getting to know the neighbourhood, and their neighbours, better. “We have found people to be friendly and we are close to things that we enjoy doing. We used to come into Edmonton to shop at places like the Italian Centre and Zocalo,



Rich Gossen and Anne Fitzpatrick. Gary Garrison

and now we can walk to them,” says Anne.

“Surprising as it may seem, we have already interacted more with our neighbours here than we did in Stony Plain,” says Rich. “And the walkability factor has been a huge plus. We can go to Tavern 1903 on Jasper Avenue, the Edmonton Public Library, the Winspear Centre, the Art Gallery of Alberta, and Sir Winston Churchill Square, and walk home afterwards.

After inheriting the route from the former owner of the home they bought, the couple welcomed the chance to get connected to our immediate neighbourhood. “It was the first step in becoming part of the community,” says Anne.

“I have a soft spot for newspapers, after working for 23 years as a weekly newspaper reporter, photographer, editor, and managing editor,” Rich adds.

Rich and Anne hope to get involved in more aspects of the community as time goes by. In her spare time, Anne enjoys “gardening, movies, walking and hope to be able to do some travelling.”

“I enjoy reading mysteries, novels and historical fiction,” says Rich. “I’m a football fan so I like being able to walk to Commonwealth Stadium. I love music and have attended many folk, jazz, and blues live concerts and festivals in and around Edmonton. During retirement, which isn’t all that far off, I’m hoping

to get into a better physical fitness routine and get more involved in the arts.”

Though she has only lived here a short time thus far, Anne has some astute observations about McCauley. “We are aware that as a core community in Edmonton, McCauley experiences some challenges. But the aspects of walkability and neighbourliness outweigh any shortcomings. We are very grateful that we now have two extra hours every day, previously used to drive to and from our jobs, we can use for other things.”

Thank you for joining *Boyle McCauley News*, Rich and Anne – and welcome to the neighbourhood!



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# McCauley Family Fair

The first ever McCauley Family Fair took place on September 1 and 2 during the Labour Day long weekend. It was an entirely volunteer and resident driven event from the McCauley Community League, with organizers Paula Anderson and Kylee Nixon. Some of the fun included a puppet show, crafts, live music, a petting zoo, and the very popular bouncy castle.



Mike Eaton entertains the crowd with a puppet show. Paula E. Kirman



The Sunday afternoon audience. Paula E. Kirman



The colourful bouncy castle. Paula E. Kirman

# House of Refuge Burns Down



All that remained of House of Refuge after the fire. Clara Gladue

House of Refuge Mission burned to the ground in the early morning of October 19. 200 people, as well as personal care items.

Located on the corner of 95 Street and 103 Avenue, the Christian mission was open every evening from 5-9 p.m. providing meals for around 200 people, as well as personal care items. At press time, the Board of Directors of House of Refuge was planning to meet to decide upon their next steps. We will have a full story about the fire in the next issue of BMC News.

# Friendship Garden Landscaped



The Native Friendship Garden with its new path constructed by community volunteers during the landscaping party on Community League Day on September 21. The garden is located on the northeast corner of Giovanni Caboto Park. for more about the garden, see the MCL update on page 14. Meredith Porter

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(Eat well, love much.)

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### SAFETY- A TASK FOR EVERYONE AND WORKING IN PARTNERSHIP WITH THE EPS

Edmonton Police Service (EPS) has been focused on the McCauley community reduction of crime in 2013 to increase safety and bring about a better quality of life for everyone in the area. There are a wide range of opinions on how that might be done and many opposing views on this topic. One area of agreement is that crime stats are being reduced and that means that residents and business people are becoming more proactive in the reporting process and more willing to take action. This is a good sign of engagement for the McCauley community.

### IF YOU SEE SOMETHING, SAY SOMETHING!

#### CAPITAL TOWER:

Success is when you see Capital Tower moving into a sustainable building that is now in the process of creating a tenants' association. This type of action plan will help to create further safety initiatives and move people into a whole new area of development such as creating a rooftop area for themselves. The façade program will bring a new look to the building giving it an improved front to the 101 Street landscape.

#### THE THIN RED LINE:

Success is when you have absentee landowners or businesses respond and take action on their vacant lots or buildings. Working with Bylaw and EPS means that owners will be ticketed and if action is not taken on either fencing the lot, selling it, or keeping it in reasonable condition then further fines will be enforced. One by one the lots are moving forward to either be sold or to be built on. If owners are unwilling to do either then the next step is to fence the lots.

#### KNOW YOUR NEIGHBOUR:

The Know Your Neighbour program is an investment of time with local business owners to speak with and negotiate with local businesses who are allowing undesirable activity on their property. The EPS works with business owners along with Bylaw on how to make changes. The intent of the program is to change the nature of the unacceptable activity or otherwise face ONGOING fines. The Revitalization committee has a list of the top ten to work on and the task is going well. Know Your Neighbour also works with residents on the processing of issues with trouble neighbours. If you know of anyone who needs this type of assistance, contact Jane Molstad at jane.molstad@edmonton.ca or (780) 496-6887.

### THIS PAGE IS A PAID ADVERTISEMENT

## MCCAULEY REVITALIZATION MATCHING GRANTS 2013 SUCCESSFUL GRANTS

The purpose of the Matching Grant is to increase opportunities in the top four priorities with the Revitalization strategy. McCauley residents identified the high areas of concern including: Safety, Celebrating, Building and Sustainability, and Service Options. The successful recipients must complete an application and also a reconciliation once the activity has been completed. Eligible candidates must ensure the event is taking place in McCauley Community and that it meets criteria as a benefit to the community.

1. Heart of the City (10th Anniversary) - E4C
2. Inner City choir - Shiloh Multicultural Centre/First Reform Church
3. Action Dash in McCauley - Action for Healthy communities
4. Publishing of booklet Then and Now - Residents
5. Tile Project for Giovanni Caboto Park - Arts Group/residents
6. Flower Baskets and barrels in Chinatown and Little Italy - Italian Youth Association
7. Primavera Garden Market - Ukrainian Seniors and Italian Seniors
8. Chinatown Festival / East meets West - BRZ
9. Little Italy - Viva Italia Festival / East meets West - Italian Youth Association
10. Chinatown Night Market - Residents
11. Asian and Ukrainian Fitness - Melody Seniors
12. Italian senior fitness classes - Italian Seniors Association
13. Inner City Angels - Talent show for children- Santa Maria Church
14. Clean and Green - Bissell Centre
15. Big Dig - Residents
16. Team up to clean up / Safety booklets - Residents
17. Church Street Tours - Sacred Heart Church and Residents
18. Slogan Contest - Residents
19. Thin RED line project - EPS and residents
20. Pick it up project - Boyle Street Community Services
21. WELCOME WINTER festival (Nov. 23, 2013) - E4C
22. Shine it up in Chinatown - BRZ
23. Gardens in ART - THE Works
24. Know your Neighbour - Action for Healthy Communities and businesses
25. Yoga in the HEART - Businesses on 95 Street
26. Yummy Mummy yoga for expectant Moms - Multicultural Health Brokers
27. Big Heart clean up - St. Peter's Church
28. Tables in Chinatown - BRZ
29. Light up McCauley - Residents
30. Church Street: Trees - Residents

## Yummy Mummy

### Yoga For Expectant Mothers

There are many women who require good prenatal care, but do not always know what is available to them. This year and in future years, the Multicultural Health Brokers are partnering with the Lotus Soul Yoga group to offer a FREE program to Expectant Mothers located in the McCauley community. Many services do not focus on the spiritual or emotional well being in preparing for Motherhood. Research on the topic identifies clearly how women who connect strongly with their unborn child and reach out for supportive services seem to do better overall once the parenting process begins. The program hopes to start out by finding out and assessing the needs of the expecting Mothers and then continue with a post natal program as well.

The project speaks well to the Revitalization strategy goal of promoting safe and healthy livable communities. Participants in the program will build healthy relationships with other Mothers and connect to available resources in the area. The purpose is to have those in attendance connect with resources and link to those who can provide the resources. This is a program that will promote a greater sense of community building as well by using local business instructors in the program. Keeping local businesses thriving encourages greater strength in the community. The community becomes stronger and a place of destination for others. It will also attract more families to come into the area as McCauley is growing and increasing numbers of families are moving into the community.

It is hard to measure the value of good health and improving the quality of living in any community. Increasing resources is one sure way to improve the quality of life for added resources means greater stability for women and children. This program will provide education, resources, contacts, supplies, lifelong learning, and friendships that may help to parent healthy children in a positive way.

Healthy Mothers can often lead to very healthy children - the program is a benefit to both. For more information, please contact the Multicultural Health Brokers at (780) 423-1971.

lotussoulyoga.com

Please inquire about our 8 week Preparing for Birth class starting fall 2013.

Registration required.

# YUMMY MUMMY PASS

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# Helping Lost and Found Pets

JOANNE MCNEAL

Our pets are a part of our families, and we get very upset if they go missing. Several recent losses in our neighbourhood made me realize we all need info about what to do if we have lost or found a local pet. My old and sick cat went missing last fall, and I went out calling all over the area for him. Within a day he had been found, taken to the Emergency Vet clinic, then to the Humane Society, listed on the PetLynx.net website, and it cost me \$85 to bring him home. This week a neighbour found a dog loose, with no ID tag. He was going door to door with the dog hoping he would cross paths with the owners looking for him. The Animal Control and Humane Society offices were closed. So what to do? With the help of neighbours the dog and his family were soon connected, but there are other resources.

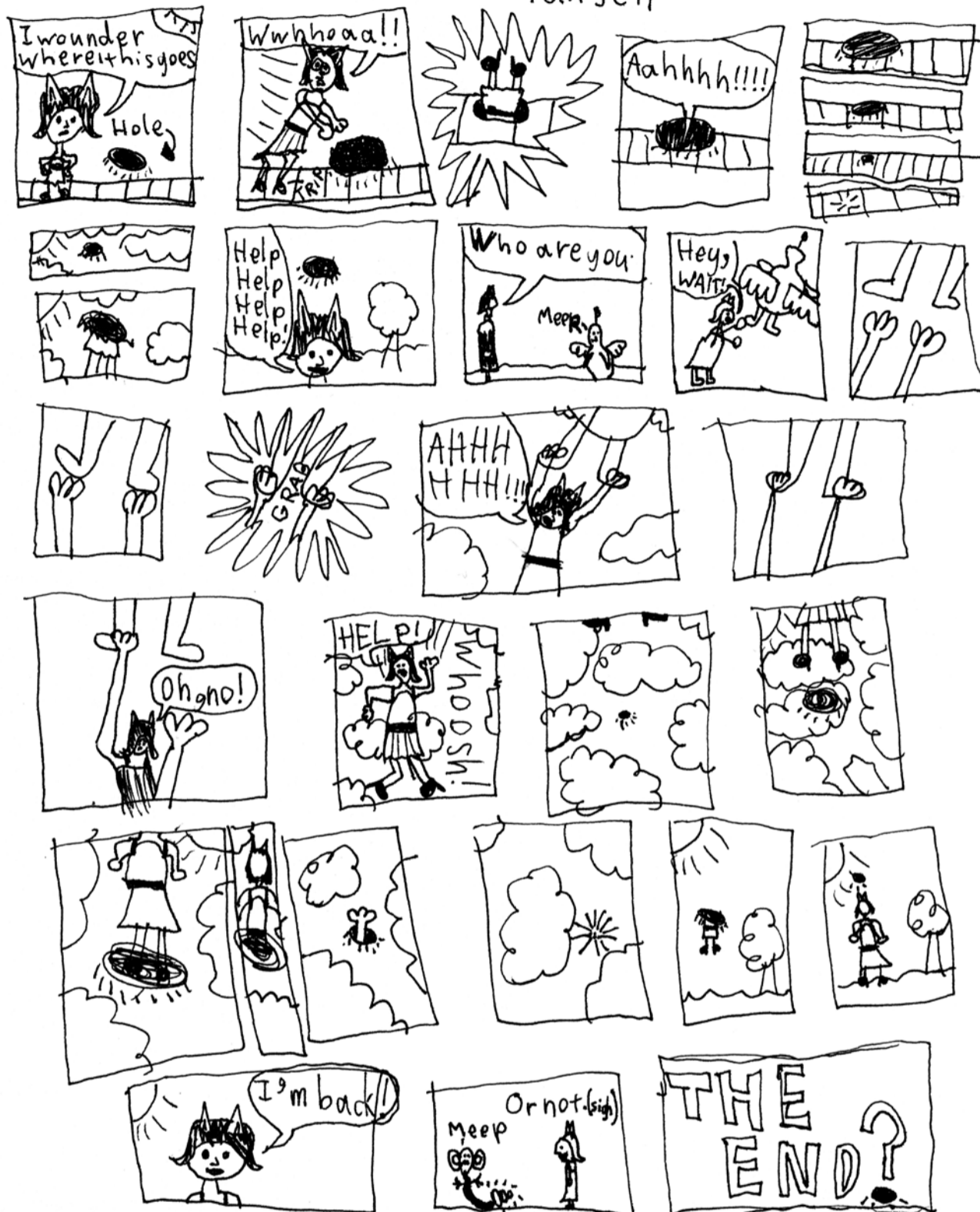
The numbers below are a good start to finding your pet, or to helping someone else find their pet. Note that things are handled differently if you have found or lost a pet inside or outside of the City of Edmonton. Also look online and access their websites, and the PetLynx.net website, for detailed information.

**City of Edmonton Animal Care and Control Services - call 311.** For lost pet service call (780) 496-8860. They hold pets 3-10 days before turning them over to the Humane Society. Their building is part of the same building as the Edmonton Humane Society at 137 Avenue and 163 Street.

**Edmonton Veterinarians Emergency Clinic - (780) 433-9505, 11104 102 Avenue.** Open 24/7, 365 days a year. Accepts injured animals 24 hours a day, plus cats when EHS is closed.  
**Edmonton Humane Society - (780) 471-1774, 137 Avenue and 163 Street.** They offer many services to help and protect animals, inside and outside of the City. Pet licences are man-

## THE LADY WITH CAT EARS

By: Ping Nixon-Hermansen



datory in the City and are sold through the EHS and the City of Edmonton website.

Petlynx.net is a free listing of lost

and found pets - photos, descriptions, and microchip numbers help connect pets with their owners. You have to register to list or look for a pet.

The best option of all is to keep your animals safely in your yard and/or house so they don't get lost! But buy a \$5 pet tag (pet stores) with the animal's name and your phone number on it, just in case. The City pet licence and microchip or tattoo, also helps to identify the pet and connect them to their owner. There is a \$250 fine for not licensing your pet! It's a scary wild world out there for our pets when they get lost, so keep them safe from harm. Post these contact numbers in some handy place!

Joanne McNeal, McCauley homeowner and pet owner.



Joanne's dog Woody. Both of Joanne's dogs are rescues from Hobbema. Joanne McNeal

# Stranger At Your Door



CST. DARREN WASMUTH • EPS CLC

## Cop's Corner

What should you do when someone comes to your door and intends to break in?

First, let's talk about someone walking up to your door, knocking in an attempt to see if you are home. If the person is doing this for criminal means and finds out you are home, they will most often leave quickly without talking to you or they will ask for a person they know is not living there.

If you are not expecting someone or don't know who is knocking on your door, **do not open the door**. Talk through the door to find out what they want. IT'S NOT RUDE, IT'S SAFE.

### TIPS TO MAKE YOUR HOME SAFER:

- When at home, use your deadbolts. They are not just for protecting your home while you are away. Deadbolts also protect you while you are at home.
- Put three inch screws into your strike plate, as this secures your strike plate to a two by four in your wall and makes it very difficult to kick in your door.
- You are not obligated to open the door to anyone. Identification should always be verified before opening the door. A wide angle door viewer is needed if there is no way to see the person without opening the door.
- All home service representatives should have appointments and not just "show up" at your door.
- Do not open the door, but acknowledge you are home and talk through the door without opening it. If you don't answer, and it happens to be a criminal, they may attempt to break into your home if they

think the home is not occupied.

- Ask what they need (speaking through the closed door). If it is a car problem, offer to make a call for them. If it is an injury collision, call 9-1-1 for them. Ask them to stand by while you place the call.
- If the person leaves quickly, it should be considered suspicious and calling the police immediately is recommended. You can report it at (780) 423-4567 or #377 on a cell phone in the Edmonton area.
- Remember to take a good look at their face, clothing, any distinguishing features, direction of travel, vehicle description, licence plate, etc. This may be useful if you need to assist the police and your community.

Next, let's talk about what to do if a criminal enters your home. If this happens and the criminal is unaware you are home, if possible grab a phone and:

- First, exit the house through

another door and call 911.

- Second, lock yourself and/or your family in a room and call 911.
- Do not approach the criminal. If someone is in your house call 911. Police will respond immediately.
- If the criminal does find you they will most likely flee when they realize you are home. If they don't flee immediately, tell them you are on the phone with the police and the police are on their way.
- If the criminal is intent on causing you physical harm, according to the criminal Code of Canada you are allowed to use as much force as is reasonably necessary to protect yourself. The courts judge the amount of force used by what an average citizen would deem reasonable.

**Your best weapon is your brain. Use common sense, imagination, and good judgement.**

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

# Setting Goals Through Depression



CLARA GLADUE

## Drum Beats

The days of autumn have arisen from the depths of sleep and have come upon us to awaken a chill of icy cold weather. Now is the time to take out the warm weather clothing that has been stored away for a season. However, this colder weather has not dampened my desire to go out and experience those days of nicer weather that are such a gift at this time of year.

Recently, I have been put through some trials in my

life that have been so heart wrenching and painful that I had a hard time to even functioning at all. Sometimes these difficulties can just envelop a person and consume their very being, swallowing them up into the oblivion of depression. Fortunately, I have a good circle of family and friends that I can rely on for support and encouragement.

Depression is very real and can be like a steam engine going out of control down a mountainous train track, bound for derailment. But through

my trials and loss, I have regained enough strength to recover and reevaluate my circumstances to set new goals. Goal setting puts things in motion so I can develop a new plan and way of thinking in order to rebuild my life.

I prayed to be sent someone to help me in my time of grief, to be a support. My prayer was answered quite quickly with my new friend Duane. He has some goals he has shared with me and he himself has been put through a lot of circumstances that have bur-

dened him but also made him to be who he is today. For example, he would like to work with youth one day and fulfill his dream of helping others with their healing journeys.

I also connected with the Boyle Street Community League in order to establish an idea I have been thinking about. Also, I have joined a great women's group that is doing a workshop on boundaries which I am finding very beneficial.

If you work to set goals it gives the hope that things will get better.

*Clara lives in McCauley.*

## Boyle McCauley News

# 2013 ANNUAL GENERAL MEETING

Wednesday, November 13 • 6 p.m. • Location to be determined

To RSVP, contact our office at: (780) 425-3475 or email: editor@bmcnews.org



1



2

ALBERTA CULTURE CELEBRATION  
IN BOYLE STREET IN A MAJOR WAY. ON SEPTEMBER 15, A GROUP OF ENTERTAINMENT PERFORMERS TOOK THE STAGE AT THE BOYLE STREET COMMUNITY CENTRE. AUDIENCE MEMBERS COULD ENJOY A FREE PERFORMANCE. THE EVENT SERVED AS THE GRAND OPENING FOR THE BOYLE STREET COMMUNITY CENTRE. THE OFFICE OF THE BOYLE STREET COMMUNITY CENTRE IS NOW OPEN.

# Boyle Street CELEBRATION Alberta Culture



4



3



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6

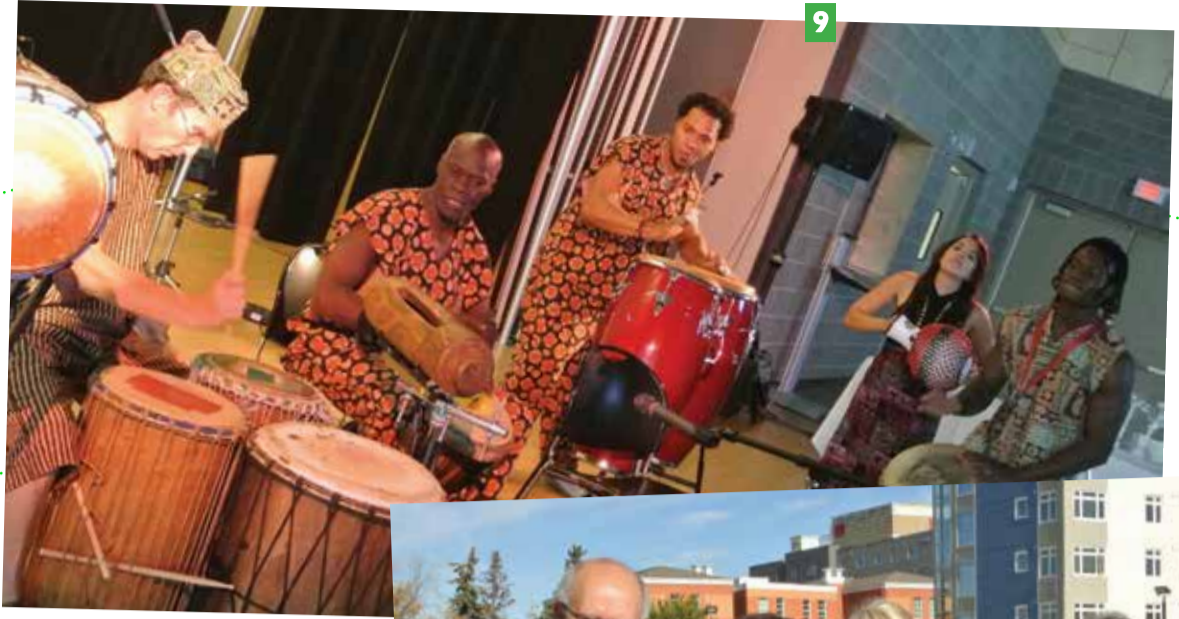
1 A fire show from Circus of Hell. Tooba Reaz 2 A hoop dance from Lakota Tootoosis. Paula E. Kirman 3 Bollywood dance moves. Tooba Reaz 4 Belly dancing. Paula E. Kirman 5 The Alberta Kwan Ying Athletic Club did a martial arts demonstration. Tooba Reaz 6 These sisters performed different styles of Metis jigs. Paula E. Kirman 7 Noah performed some traditional First Nations dances. Paula E. Kirman 8 From left: Former Mayor Stephen Mandel, BSCL President Thim Choy, Cheri Onuora, and Manon Aubrey with the BSCL. Tooba Reaz 9 African drumming from Muru Khamisi. Tooba Reaz



CULTURE DAYS WAS CELEBRATED  
SEPTEMBER 27 AND 28 A VARIETY  
BOYLE STREET PLAZA, WHILE  
BARBECUE. THE EVENT ALSO  
BUILDING, WHICH NOW HOUSES  
UNITY LEAGUE. HERE IS A LOOK  
AT SOME OF THE FUN!

# Boyle Street CELEBRATES Culture Days

PHOTOS BY  
TOOBA REAZ  
AND  
PAULA E. KIRMAN



ing from Bedouin Beats. Tooba Reaz

7 Eli Green and his grandson

ushko (City of Edmonton), and

# Caring About Community



IAN YOUNG

## Ability and Community

“Without a sense of caring, there can be no sense of community.” – Anthony J. D’Angelo

I care about my community, which is one of the oldest thriving communities in Edmonton.

An ideal community is where you can be born, go to school, work, and grow old. Our com-

munity is rich in history and culture.

I recently attended an interesting forum called “Pecha Kucha” (Japanese for “Chit-Chat”) at the beautiful Winspear Centre, where an array of speakers from across Canada gave presentations on developing downtowns. It was insightful, innovative, and, most of all, motivating to listen to alternatives about mixing the old with the new. There were discussions on abundant meeting centres,

coffee shops, locally run businesses, and other ways to give the city a heartbeat!

## I URGE EVERYONE TO PARTICIPATE

*in every proposal of growth and restoration in our area.*

I keep involved in attending meetings about the progression and restoration of our community. Issues of accessibility and being barrier free are of huge interest to

me, so every member of every walk of life can access every amenity at any time.

We are the ones who shape our communities: we, the resi-

dents. We have so many celebrations noting this, like East Meets West and Heart of the City.

I urge everyone to participate in every proposal of growth and restoration in our area. Probably one of the best resources is the paper you are reading now! Get to know your neighbours, your City Councillor, the neighbourhood business owners and keep the heartbeat of Boyle Street and McCauley pumping forever!

As one we are a voice, as two we are a concern, and as a community we become an action!

# My Foot Fritz: Hitting a Wall of Aging



SHERRY MCKIBBEN

## Catch 66

Recently, I crashed against the wall of aging. This happened when I was diagnosed with osteoarthritis (OA). In 1996, when I was in Australia, I tripped and broke seven bones in my right ankle. To fix it, several pins and a plate were installed. Upon my return to Canada I had these metal pieces taken out. At the time, the doctor suggested I would most likely get arthritis in that foot.

Since then, I have taken glucosamine and while I have experienced discomfort in that ankle, it has not really impacted my physical health. That was until May when the level of discomfort increased to the point of genuine crippling pain. As a result I consulted my family practitioner who took an x-ray, diagnosing OA. She prescribed a stronger pain

ointment than the over the counter cream I had been using and recommended Tylenol for arthritis. I upped my dose of glucosamine which alleviated the symptoms somewhat.

Reading up on OA, there are two recommendations: weight loss and continue to walk as much as you can. The problem with walking is that it is painful. The problem with taking the recommended pain medication is that it has side effects and to counteract those side effects, I have to take something else. And so forth.

I have up until this point been focusing on the positives of aging - wisdom, freedom, emotional stability, and much more. I have also not focused on the health issues but it seems Fritz (what I have nicknamed my foot, since it is “on the fritz” so

to speak) is calling for attention and acknowledgement. Okay, so as you get older your body doesn’t work as well and there are new health issues. Some of them include: gout, food allergies, diabetes, older onset eczema, arthritis, Parkinson’s, hip and knee problems, heart disease, and many other ailments.

## FOR NOW, MY FOOT FRITZ CREATES SOME VERY REAL LIMITATIONS

*and demands that I pay attention where previously I could just carry on doing all the things I wanted.*

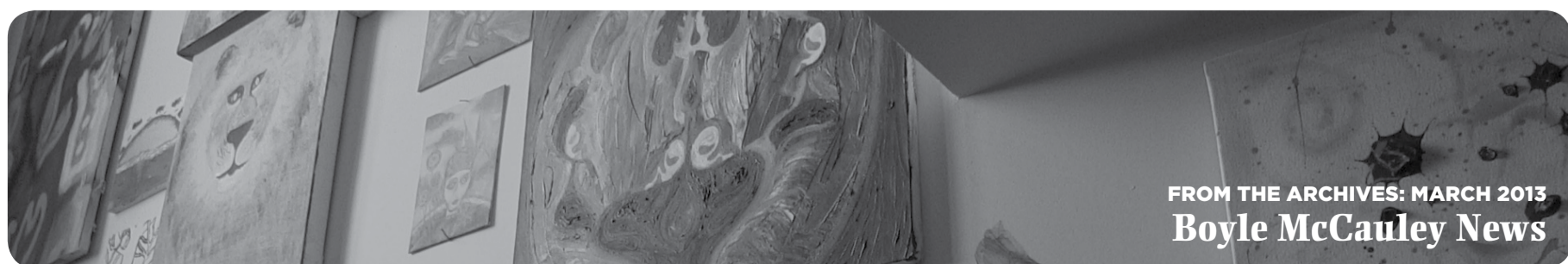
For individuals who used their physical body as their work - construction workers, loggers, dancers, and athletes among many others, their body which was strained and potentially injured in their work may show more severe deterioration. I recently read an article about the 65 yr old Baryshnikov ballet dancer who said his whole body hurt.

For now, my foot Fritz creates some very real limita-

tions and demands that I pay attention where previously I could just carry on doing all the things I wanted. I have lost some sensation in that foot and so am less able to negotiate uneven ground; my balance seems impacted. Pain makes me tired. Though I can walk normally, now sometimes without pain, my start is always slow and painful.

Since my goal is to maintain as much flexibility as I can, I need to walk and participate in other activities. Doing that takes a bit more will power because it can be painful and discouraging. I am more actively working on controlling my weight. I consulted both an occupational therapist and a physiotherapist and their suggestions are helping diminish stiffness and pain and the consequent drug use. For all of us as we age, taking care of ourselves physically takes more time and energy, but not taking this time has unpleasant consequences.

Yup, I hit a wall of aging and I am grumpy about it!



# Enjoying the Moments

KERI BRECKENRIDGE

## Keri's Corner

Life is an interesting journey. It has a lot of peaks and valleys and circles and lines. And stars and flowers and rain and wind. There's something new everyday amidst my routine, although I may not recognize it at the time. My single, daily hope is that in some small detail of my day I can find a gem that glistens in the right light.

Our everyday lives aren't that exciting. However, that's what most of our life span consists of, the day-to-day. We can plan for our next vacation or look forward to the weekend or dream about distant lands and adventures. Mainly, we're here and now in our routine. That's not a bad thing. I believe we have to search for the deeper meaning in our habitual practices. It's in the repetition that we lose perspective. It's my hope to transcend the mundane into the extraordinary.

It's easier said than done. My life doesn't feel all that exceptional when I have yet another person on the end of the line expressing their dissatisfaction with me, my organization, and the world in general. There are days when I feel like a used floor mat. It's when I can make a connection with a person and create an understanding between us that the remarkable starts to unfold.

There are seven billion people in this world and it is an incomparable event when people can understand another's perspective. Each life is unique in its experiences, hopes, and feelings. To be able to place yourself in another's position and see the world through their life takes an earnestness that can be difficult to achieve when one is years past adolescence.

As the years pile up we tend to downplay our experiences. The change of leaves into their autumn dress is no longer as inspirational, a shoot-

ing star no longer provokes the wonder it once did, and a sunset doesn't lift the heart in its beauty. We've seen it once and again and the miraculous becomes mundane. The world becomes ordinary.

It isn't ordinary. It never has been. The delicate balance between earth and sky and stars that makes any of this possible is far from commonplace. It's a wonder that we're here at all. We have a place, here and now, that is uniquely our own. We just have to be able to recognize it as such.

My hope in life is simple: to enjoy every moment of it because moments are what make up my life and yours and everyone else's. Moments are all we have, one after the next, and in each an opportunity to further understand what wonder makes up this life.

*Keri lives in Boyle Street, a place full of extraordinary moments.*



ISABELLE FOORD

## Something Funny

I watched a documentary about the global water crisis. It made me terribly thirsty.

How did people get by without hand held devices? Did they communicate by telepathy?

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

# Authentic Filipino Cuisine?



JOHN HOOPER

## Cusina ni Mutya

FILIPINO

10708 98 Street

(587) 524-1888

Cusina ni Mutya has recently opened at 10708 98 Street, occupying the former Vietnamese restaurant Ninh Kieu. To try it out, a friend of mine and I went to lunch there. Most dishes on the menu were categorized by a Philippine province or region and had ample descriptions and pictures. In addition, there were sizzling dishes and Pancit (Filipino for noodles). The choices were heavy on the protein (fish, chicken, and pork in particular) and light on the vegetables, even as sides.

When we were ready to order, our server strongly steered my co-



Chicken and vegetables. John Hooper

diner away from the "pork adobo" to "sizzling, flaming chicken." Likewise she really urged me to the sizzling dishes, but I stuck to my guns and ordered "bicol express" pork, thinking it might be more authentic. Why she thought we wouldn't like our choices, I don't know, unless she suspected that Western diners may not care for authentic Filipino food. All the mains were approximately \$12.95

-\$15.95, but the \$2.25 for a dollop of rice was excessive.

The rice and my pork came almost immediately. However, we had to wait more than five minutes for the other entree. The pork dish was certainly not skimpy in size with numerous bite-sized pieces of firm meat (with the occasional bit of grizzle or fat). There were hints of internal organ tastes, with the saltiness that

comes with canned soups. The rice tamed it somewhat, but I did yearn for some veggies.

The chicken dish looked to be what the "Western food" at a Chinese restaurant would be: fried chicken wings with some nondescript sauce and a side of frozen mixed vegetables. It was served on a hot iron plate to sizzle, but the taste didn't match the presentation. It was very heavy on the salt, and otherwise not very tasty.

We were looking forward to trying what seemed to be a signature Filipino dessert, but since it took ten minutes of looking for the server before we even got our bill, we opted to go to the DQ a few blocks away for a Blizzard instead.

I would be curious to hear from members of the Filipino community about the degree of authenticity and their take on the quality of the food. My friend and I, both rather adventurous eaters, would have to be talked into a second visit.

*John is a resident of Boyle Street.*

## Looking Up to Sunflowers



Tall stalks of sunflowers decorate an alley in McCauley on a beautiful autumn afternoon. Paula E. Kirman

**LINTON 10724-97 St.**  
(Across from Lucky 97)  
**DRUGS 424-6577**

**Prescription Drugs**



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Products for Health  
and Wellness

Edmonton  
10203 - 97 Street

Across from the Winspear Centre

marketdrugsmedical.com **422-1397**

## Memories of McCauley



Bob Davies. Gary Garrison

### GARY GARRISON

In the 1930s, brown and orange icicles would form on the outside of Ideal Laundry's windows on 110 Avenue west of 95 Street. In winter, Bob Davies and his friends would walk by on their way to Norwood School, and once they broke some icicles off and sucked on them like popsicles - until they tasted the bleach.

Bob Davies used to play street hockey on 109 Avenue back when most of the avenues in McCauley were gravel. Bob says he'd keep playing until his mother called out: "Come in now. *The Lone Ranger's* on."

"On nice summer evenings in Patricia Park [now Caboto Park], there'd be receptions and things in the community hall," he says. "We kids would holler in the door and run like mad." He remembers they had a big slide and swings in the park but little else. No goal posts, no backstops, only a park supervisor's clubhouse they'd throw balls over for fun.

When Bob was in grade six at Norwood School, he remembers a big pile of sawdust at OK Coal, Wood, and Excelsior on the south side of Norwood Blvd. west of 95 Street. His phys ed teacher "would get some of us boys to take gunny sacks to the sawdust pile, fill them up, and take them back. He would have a cord stretched out on the field, and we would sprinkle little piles of sawdust, making lines to mark out the field. Of

course, the wind would come up and the rain, and it wouldn't last."

In 1931, Bob was born in McCauley at 109 Avenue and 95 Street and lived there until 1944. When the family moved to the south side to be closer to the university, Bob cheated on his mailing address so he could keep attending McCauley School for two more years.

Bob and his family have other connections to McCauley too, even though his three sons weren't raised here. Bob was married in McCauley in 1953. For 31 years he typed up the official play-by-play record of all Edmonton Eskimo home games in Clarke and Commonwealth Stadiums. He started in 1958 on a "little portable typewriter that kept bounding around on the desk." He'd type onto a stencil, and 130 copies would be run off on a Gestetner machine for each team, for the CFL head office, and for all the sportswriters within 15 minutes after the game. "I hated when they had Wilkinson throwing a pass to McGowan," Bob says, "but when Ham threw to Kelly, that was nice. Those short names."

Bob retired from the City's water department in 1986 and moved to Victoria in 1989. He was inducted into Edmonton's Sports Hall of Fame in 1992. He frequently comes back to McCauley to visit friends and photograph familiar places for a book of memories he's making for his children.

# Lessons from Malala

JOANNE MCNEAL

Malala Yousafzai is the 16 year old Pakistani girl who was shot in the head by the Taliban because she spoke out for the education of all girls. She miraculously survived and is now in school in England. She has continued to speak out for the rights of all girls world-wide to an education, and recently addressed the UN on this subject. Malala just won the European Union's Human Rights Award, and she was nominated for the Nobel Peace Prize for her amazing and articulate fight for girls' rights. She has dedicated her life to achieving this dream.

Goals, wishes, dreams - there are so many we could pursue. Think of how we could make the world a better place just by giving it our all! We owe a lot to Malala for showing us what an injured girl can do to change the world. If we had been shot by the systems we are trying to change, would we persist? That takes a lot of courage. The goal of making education possible for every girl in the world is huge.

Can we improve our neighbourhood? Yes we can, if we work together to listen to each other, and respect all our neighbours. We can help each other with ordinary tasks and look out for each other. We all have stories to tell, and I want to help write them down. We all have gifts we can contribute to the cause.

Myself, I still want to sing, and play violin, and write children's stories that show kids how to respect others. I love teaching, and creating artwork, and building things. I want to plant more trees to make our air cleaner. I want to pass on wisdom I've learned the hard way. I love seeing the light go on in young people's minds, when they realize they really can change things.

All of us together can really make a difference if we follow Malala's wonderful example. We can dedicate our lives to making our neighbourhood and our world a better place to live, so each and every one of us can be happy and content, as we care for others. That is a lofty goal, but one worth working towards. Let's do it!

## You Are Being Watched



Plant theft and vandalism outside of Sacred Heart Church was deterred by Father Jim's clever signs. Paula E. Kirman

HOT TEA • HOME MADE SOUP • ARTISAN MARKET • LIVE MUSIC

COME OUTSIDE FOR A CUP OF



3 - 8 pm, Saturday, November 23

Giovanni Caboto Park

**Rexall** SPECIALTY PHARMACY

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## McCauley Community League Update

# Upcoming Winter News



MEREDITH PORTER • President

## McCauley Musings

What is there to do during winter time in McCauley? Night starts early, the parks are quiet, and neighbours are less likely to run into one another. Overall, the onset of winter can be challenging for everyone. Your MCL Board is hard at work developing programs and services to meet your needs on those long, cold nights.

A group of families is currently at work submitting a plan for a snow bank rink in Giovanni Caboto Park. This rink will be maintained entirely by volunteers. If you're interested in getting involved, email: [mccauleycommunityleague@gmail.com](mailto:mccauleycommunityleague@gmail.com). Your contact details will be forwarded on to the spearheads of this project. We are also in the midst of major changes at our Rink site on 96 Street and 107 Avenue. Expect to see changes to the programming for winter 2013 - spring 2014 and a new maintenance contractor for winter 2013 and beyond.

A group called Kids Inner-city Development Society (KIDS) will be taking over some of the operations for a trial period of November 2013 - March 2014. We are exploring a partnership and the potential of building a warming structure with adjoining multi-purpose space. While the construction has no set date and will require much conversation and consultation with neighbourhood residents, KIDS have asked for the opportunity to showcase their programming and maintenance skills during this upcoming season. The Board of Directors has voted to allow this trial run. At the same time, we have some other local fam-

ilies who have requested dedicated programming time at the Rink. As such, the Nixon-Hermansen and Porter-Eaton families (myself included) will be running a family skate, music, and craft night every Saturday from 6-9 p.m. throughout the 2013-2014 season. We are committed to making our Rink site a welcoming and inclusive site for all residents and would welcome ideas about how to make this space even greater than it is. This and other program opportunities will be posted on our website, Facebook, in this paper for the December/January edition, as well as on the Rink fence itself. Call the office if you would like more information: (780)428-5332.

We are also in the process of hiring a new dance instructor for the Saturday dance classes. Keep an eye out for news of the new instructor as well as dates and times of classes. The guitar program continues on Monday nights at the Boys and Girls Club, in partnership with E4C.

In zoning news, our standing committee is sending two residents to planning academy and is looking for another volunteer or two to head there in the spring. If you're interested, contact Anna at [azubel@telus.net](mailto:azubel@telus.net).

Finally, you may have noticed some changes to the northeast corner of Caboto Park. We are hard at work on completing parts of the park master plan that was drawn up by a redevelopment committee many moons ago. Expect to see much more happening on this and similar projects in the next couple of years. We have recently formed a Gardening subcommittee and are looking for enthusiastic volunteers to assist us in this. Thank you to all of the amazing folks who have helped us get to where it is today!

## Boyle Street Community League Update

# November Programs

*Meeting rooms and hall available for rent*

**Special AGM:** Please come and join us on November 5 at 6 p.m. for our special annual general meeting.

**Boyle Street Projections and Opening Launch:** Art project launch to be held on November 22 at 6 p.m. Join us to celebrate the wonderful art that will be projected on the wall.

**Yoga:** Want to join Yoga class? Every Monday @ 7 p.m. and Wednesday @ 12 p.m.

**Belly Dancing:** Want to learn how to do belly dancing? Register today!

**Art Competition:** Register and win a prize for your art work. Ages 5 years - 20 years.

**Movie Night:** Every Friday @ 8:00 p.m. Free popcorn, juices, and sandwiches. Movie of your choice. Let us know on our Facebook group: [www.facebook.com/groups/boylestreet/](http://www.facebook.com/groups/boylestreet/) Sandwiches provided by House of Refuge.

**Drop in Basketball:** Monday - Friday @ 11 a.m. - 5 p.m.

**Drop in Badminton:** Every Friday @ 5 p.m. - 7 p.m. & 7 p.m. - 9 p.m.

**Basic computer classes:** Call and book a training session. Learn the basic use of computers, typing skills and use of Microsoft office.

**Guitar Lessons:** Register today for a casual guitar lesson. Not focused on musical theory but more of the technique.

**Learn to Sew:** Register today for a basic sewing class.

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

Website: [www.heartofboylestreet.ca](http://www.heartofboylestreet.ca).

Join our Facebook group and keep updated with our activities at [facebook.com/groups/boylestreet](http://facebook.com/groups/boylestreet).



### The McCauley Community League Rink site on 96 street and 107 avenue needs you!

Volunteers are needed to develop resident-driven programming opportunities. Email us or call 780-428-5332 if you're interested or would like to find out more.

McCauley Community League

[mccauleycommunityleague@gmail.com](mailto:mccauleycommunityleague@gmail.com)



FROM THE ARCHIVES: MAY 2007  
Boyle McCauley News

# Community Classifieds

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



## WECAN FOOD COOP

NOW WECAN IS MORE CONVENIENT!  
Monthly Food Basket  
\$15/meat order, \$10/produce order  
Annual Membership is \$5.  
Next depot date is November 21  
10 a.m. - 2 p.m. at McCauley Boys & Girls Club  
(9425 109A Ave.)  
Now you can also drop off payment for your Wecan  
order at the McCauley Boys & Girls Club, Monday  
through Friday, 9 a.m. - 4 p.m.!!! Upcoming dead-  
line for payment is Friday November 8.  
Call (780) 424-2870 for more info.

## THE COMFORTABLE COLLECTIVE KITCHEN

Have Fun! Make Friends!  
Try out nutritious, inexpensive foods and easy reci-  
pes.  
Take home three ready-to-eat meals and enjoy  
lunch with the group.  
First Saturday of Every Month  
10:00 a.m. - 1:30 p.m.  
11035 92 Street  
\$4.00 = Lunch + 3 take away portions  
\$7.50 = Lunch + 6 take away portions  
Bring containers to take your meals home.  
Please sign up before by calling (780) 424-2870

## SEEKING LOCAL ARTISANS

To sell wares at pop up outdoor artisan market on  
November 23 in Giovanni Caboto Park.

Join us for a Warm Winter Welcome with hot tea,  
homemade soup, lights and live local music!

Giovanni Caboto Park  
Saturday November 23  
3 p.m. - 8 p.m.

If you make toques and scarves, arts and crafts or  
other homemade items, there are tables available  
for local artisans to sell their wares. Please contact  
(780) 424-2870 to book a table!

## 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.  
Streetworks 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  
(780) 426-1122  
The Rock Community Breakfast  
Tuesday to Thursday 7 - 9 a.m.  
Kid's Club. Monday 6 - 7:30 p.m.

### SALVATION ARMY

9611 - 102 Avenue  
(780) 429-4274  
Men's Residence, Anchorage Addiction & Rehabil-  
itation Chapel.

### WOMEN'S HEALTH CLINIC

Located in the Women's Emergency Accommo-  
dation 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  
(780) 426-5600  
Evening Meals (Mon. - Fri. 7-8 p.m., Sat 5-6 p.m.)  
Food Depot (Tues. and Thurs. afternoons 1-3  
p.m., Wed. evenings 8-9 p.m.)  
Drop In Coffee: Mon, Tues, Thurs, and Fri after-  
noons 3:30-6:00 p.m.  
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](http://www.theseed.ca)

### NICOTINE ANONYMOUS

RICK (780) 474-5593  
GWYNN (780) 443-3020  
Support for smokers who are  
trying to quit. Call Nicotine Anonymous.

### SACRED HEART CHURCH OF THE FIRST PEOPLES

(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 avail-  
able to prepare parents for their child's Baptism,  
First Communion and Confirmations. Traditional  
Native Wakes, in First Nations, Métis, and Inuit tra-  
ditions. AA meets in the Parish Hall. Eating Disor-  
der Group meets each week. White Stone Project  
and Edmonton Inner City Children's Project Soci-  
ety 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](mailto: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](mailto: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 ac-  
tive lifestyle through opportunities for social inter-  
action, physical activity, and community involve-  
ment. 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 chil-  
dren. 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 SOCI- ETY NEEDS VOLUNTEERS

Work with adult stu-  
dents in the ESL - English as a Second Language  
program. Training, materials, and supplies pro-  
vided. Call (780) 424-5514 for more information.

## COMMUNITY EVENTS AND ACTIVITIES

### NEIGHBOURHOOD PAINTING

Randy, 25 years experience, \$12/hour. Of-  
fering Indoor (year round) and/or Outdoor  
(seasonal). Some of the work I have com-  
pleted 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 wire-  
less 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 tra-  
uma/abuse and is seeking healing. Signed (by  
author) copies available for \$20. Free S&H  
for Boyle Street and McCauley residents.  
[klondikecanuck@hotmail.com](mailto:klondikecanuck@hotmail.com) or text (780)  
695-7274.

### SEEKING VOLUNTEERS AND BOARD MEMBERS

The WildeFyre Foundation is a local humani-  
tarian organization focusing on social issues  
affecting the health and welfare of Canadi-  
ans. We are currently seeking volunteers for  
the Board of Directors and other activities.  
For more information, please contact execu-  
tivedir@wildefyrefoundation.ca or visit our  
website at [www.wildefyrefoundation.org](http://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.

### ZUMBA CLASSES

Tuesdays  
November 5 - December 10  
A six week session  
7:30 p.m.  
Zumba fitness is an innovative, fun,  
and exciting dance/exercise pro-  
gram designed for the active older  
adult, the true beginner, and/or  
people who are not used to exer-  
cising or are limited physically.  
Cost: \$2.00 per class  
Ital Canadian Senior Association  
(780) 424-1255

### MCCAULEY COMMUNITY LEAGUE

(780) 428-5332

[MCCAULEYCOMMUNITYLEAGUE@GMAIL.COM](mailto:MCCAULEYCOMMUNITYLEAGUE@GMAIL.COM)  
[WWW.MCCAULEY.INFO](http://WWW.MCCAULEY.INFO)

### COMMONWEALTH COMMUNITY REC CENTRE ACCESS

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

### FREE GUITAR LESSONS

Instructor - Steven Johnson  
Drop in lessons for all ages and skill  
levels. Everyone welcome. Monday  
November 4, 18, 25. Location: Mc-  
Cauley 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 Com-  
munity League, E4C and Ansgar  
Danish Lutheran Church.



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## ENCOURAGING THE GIFT OF LIFE

I wish to introduce a Motion in the House of Commons calling for a change in the way we proceed with organ transplants in this country, suggesting priority should be given (all medical factors being equal) to those who have previously shown their willingness to be organ donors themselves.

Despite the increased awareness of the need for donor organs in Canada, there is still a shortage; about 200 people still die each year while waiting for transplants because no suitable organ is available. If more people were registered as organ donors, perhaps some of those lives could be saved. When such legislation was introduced in Israel there was a dramatic increase in the number of people who registered as organ donors. Perhaps many who are not now registered here in Canada would similarly be motivated to do so.

I have some personal experience. In 2010, after years of daily dialysis required to replace her failing kidneys function, my sister Sue was privileged to receive a new kidney from an anonymous donor. To be liberated from the dialysis machine was such a joy for her and such a blessing to all her friends and to our family, all due to the generosity of someone who signed an organ donor card and a family who thought of others in their grief.

I want to stress that this is a situation where the medical needs of the transplant candidates are determined to be identical. It does not allow a person to jump the transplant queue, but it does provide doctors with an extra criterion they can use when making what can be a very difficult choice.

I think we should do whatever we can to encourage Canadians to become organ donors. You never know when someone in your family may need such a gift. It might even be you.

What do you think?

**780-495-3261 [www.petergoldring.ca](http://www.petergoldring.ca)**



# JOIN US AT SOME OF OUR UPCOMING EVENTS

**SPECIAL GENERAL MEETING: PLEASE COME AND JOIN US ON NOVEMBER 5TH AT 6:00PM**

**BOYLE STREET PROJECTIONS AND OPENING LAUNCH:** Art project launch to be held on November 22 at 6:00pm. Join us to celebrate the wonderful art that will be projected on the wall.


<b>YOGA</b> Monday @7pm Wednesday @ 12pm	<b>BASIC COMPUTER CLASSES</b> Call and book a training session. Learn the basic use of computers, typing skills and use of Microsoft office.	<b>ZUMBA</b> Dance and work out at the same time. Register for Nov 19, Nov 26, and Dec 3rd at 6:30pm	<b>DROP IN BASKETBALL:</b> Monday - Friday @ 11am - 5pm	<b>MOVIE NIGHT:</b> Every Friday @ 8:00pm free popcorn, Juices, and sandwiches & movie of your choice. Let us know on our Facebook page: <a href="http://www.facebook.com/groups/boylestreet/">www.facebook.com/groups/boylestreet/</a>
<b>BELLY DANCING</b> Wednesdays at 6:30pm to 7:30pm			<b>DROP IN BADMINTON:</b> Every Friday @ 6pm-9pm	<b>GUITAR LESSONS:</b> Register today for a casual guitar lesson with Bill Bourne. Must bring own guitar.
			<b>VOLUNTEER! JOIN OUR MONTHLY MEETINGS HELD AT THE BOYLE STREET COMMUNITY LEAGUE, EVERY THIRD TUESDAY AT 6:00PM.</b>	<b>FACILITIES FOR RENT!</b> Call or email us for more info on renting our meeting rooms, gymnasium/hall and kitchen!

**BOYLE STREET COMMUNITY LEAGUE #101 • 9538-103A Ave Edmonton, AB T5H 0J3 [www.heartofboylestreet.ca](http://www.heartofboylestreet.ca)**

## Trees Turning in a Row



The beautiful trees lining the west side of Giovanni Caboto Park as they begin to change into the colours of fall foliage. Paula E. Kirman



**ELECT**

**RAY Martin**

**WARD D**

**EPSB TRUSTEE**

Thank you to the residents of Boyle Street and McCauley for your support.

RayMartin4EPSBwardD@gmail.com

[www.raymartin.ca](http://www.raymartin.ca)



**FROM THE ARCHIVES: NOV 2009**

**Boyle McCauley News**