

# BOYLE STREET McCAULEY NEWS

Vol. IV No.3

your inner city newspaper

April 1982 Free

## BOYLE McCAULEY HEALTH CENTRE

### - Pictures From the Past



Health Centre Staff and Volunteers at work at Pioneer Place as the Health Centre Foot Clinic goes mobile.



Action was hot on the baseball diamond as the B. Mc. Health Centre team took the tournament.

All photos depict involvements of the Health Centre. Upper left: a poster on display at Pioneer Place. Upper right: First mobile foot clinic at Pioneer Place. Middle Left: Emmet Crowe at bat for Health Centre at Boyle Street Bust Out. Middle left: John Kolkman speaks on behalf of the Health Centre in support of the Boyle McCauley Plan. Lower left: The folks from McCauley gather at the Health Centre for the march to city hall in support of the Boyle McCauley Plan.



John Kolkman of Boyle McCauley Health Centre addresses Council.



Boyle Street/McCauley  
Community News

10545-92 St.

## SHARE YOUR POINT OF VIEW ....

Write a letter



The Boyle Street McCauley Community News wants your input, feedback and assistance. Anyone wishing to give feedback, either written or verbal, please contact the Boyle Street McCauley News at 424-8472, 10545-92 Street. The best time to phone is Monday morning before 1:00 P.M.

We need all the help we can get. If you have skills to offer, please contact us.

## BM News Corner

### Thank-you to Supporters

The Boyle Street McCauley Community News wishes to extend thanks to those readers who have given financial support to the paper. We wish particularly to thank those who have purchased an annual subscription to the BM News, and to individuals and businesses who have supported the paper, through the purchase of advertising space.

We wish to note that the BM News requires the support of other businesses and residents to continue publication.

### Copy Date

Copy date for the BM News will be the second last Friday of the month. In April that will be the 23rd. Any articles, pictures, letters or announcements should be delivered by mail or in person to the BM News office at St. Michael School, 10545-92 Street. Materials can be left in our Mail box in the school office. All submissions must contain the name of the contributor. Please indicate if you wish your name withheld from publication.

### Office Hours

Monday 9:30 am to 1:00 pm

Phone : 424-8472 res. 429-5045

Messages can be left at 429-2556

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Sometimes it is difficult to accept that both of these photographs have been taken at the same park. Above: A look at Giovani Caboto Park in the

latter months of winter. Below: How it looked in fall before the snow came. With luck it will be gone soon



.....cut out here.....

<h3 style="text-align: center;">BM NEWS SUBSCRIPTION FORM</h3> <p>Name (print) _____</p> <p>address _____ phone _____</p> <p><input type="checkbox"/> \$6.00 one year subscription (block volunteer distribution system)</p> <p><input type="checkbox"/> \$11.00 one year subscription (mail delivery)</p> <p><input type="checkbox"/> _____ contribution up to \$25.00 (the Boyle Street McCauley Community News is not a registered charity and cannot give receipts for tax purposes)</p>	<h3 style="text-align: center;">VOLUNTEER FORM</h3> <p>I would like to help with:</p> <p><input type="checkbox"/> layout and graphics      <input type="checkbox"/> soliciting advertisements</p> <p><input type="checkbox"/> writing news articles      <input type="checkbox"/> distribution</p> <p><input type="checkbox"/> writing a monthly column      <input type="checkbox"/> photography</p> <p><input type="checkbox"/> a column every two months      <input type="checkbox"/> newspaper committee</p> <p>Name _____ phone _____</p>
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MAIL OR DELIVER TO SCHOOL OFFICE AT 10545-92 STREET, C/O BM NEWS

## Urban House One Month Open

Only a few late renovations hold Urban House from full capacity. After three weeks of operation the number of residents has moved beyond thirty. Renovations in the basement are all that is holding back the increase.

Programming and use of space has changed appreciably since the early stages of the proposal. More space than anticipated has been required for common rooms and administration. Discussions are ongoing as to what amount of space will be needed to meet minimal recreational needs. Present estimates show a maximum capacity from 60 to 65 adults.

Staff are aiming at limiting the increase in numbers to two per day. "It is taking time to clarify expectations and set people up," volunteers one of the staff.

Jim Hughes, the director of Urban House, notes significant changes in a number of the individuals who have moved into Urban House. The most obvious change was a "man in his late fifties. He came in the day we opened. He was brought in by an agency. At that time he could hardly walk. He had been evicted that morning from a rooming house because he could no longer look after himself. He was confused, disoriented and dirty. Well we got him cleaned up and fed and reminded him to take his medication on time, and we talked to him. Within a few days he was a new



man. He didn't even look like the same person. He took an interest in himself and began interacting and talking with others."

"I have seen changes because of this project. Things that are happening now that I didn't expect for months."

Another function of Urban house will be to gather data on the "hard-to-house". This data will be used by local agencies and the province, hopefully in the long run to provide long-term solutions for the problems of the "hard-to-house". The staff work as a team. At present there are eight staff spread over four shifts. Staff meetings will be an ongoing means to keep contact between staff members.

The provision of food is a problem. There is limited hope of difficulties being resolved in the future. At present food is available through the Single Men's Hostel. Residents must make the trip three times daily for meals. For many the ten block walk, six times daily is more than they can handle. In some cases bag lunches and meals on wheels are being used as a temporary solution. Present licensing does not permit the preparation and serving of food on the premises. Space to serve food would take away from bed space and as such is questionable.

Since Urban House is a pilot project, changes were expected in the early months. Much work has yet to be done.



The Boyle McCauley Health Centre Society hosted a film on Native Health Care at its March meeting. Featured in the Film was the role of the Boyle McCauley Health Centre in responding to the needs of native people in the inner-city. The film examined the function of the Doctor and the nurse practitioners. They were observed on camera, in clinic and out.

At the meeting discussion was had on such topics as board development, primary health care, the Health Centre Society annual meeting, and introduction of a new staff member. For more information see accompanying articles, page 4.

The meeting was followed by Irish song, green mints and lunch to celebrate St. Patrick's Day. Bonnie Austen, Sacred Heart Community School Co-ordinator was the winner of 317 (one litre of) green mints, in a "guess the number contest." Bonnie left the meeting early, hence lost some of her prize to the sweet toothed children present.

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Your Neighbourhood Health Centre

# BOYLE McCAULEY HEALTH CENTRE

## Into Another Year

### New Addition to Health Centre Staff



Ms Laurence Topping, nurse practitioner at the Boyle McCauley Health Centre.

The Boyle Street McCauley News extends a warm welcome to Ms Laurence Topping, in her capacity as nurse practitioner with the staff of the Health Centre. Laurence joined the Health Centre team in mid March. She brings much experience and energy to the Health Centre.

Laurence received a B.Sc. in nursing from the University of St. Louis, Missouri. She has practiced nursing in the U.S. and Canada for several years. She worked for Medical Services, with the Federal Government in Central and Western Canada. She trained as a nurse practitioner at the University of Western Ontario in London. Following this she returned to the north to work among the native peoples. She moved south to Grande Prairie for a year, followed by three years with the Public Health Unit in Valleyview.

Laurence is happy to be on staff at the Health Centre. She feels she "belongs on staff" and is

very much "at home". "The problems and environment of the inner-city are similar to the situation in the north," says Laurence.

She enjoys the "unstructuredness" of the Health Centre. "One can do so many things. The centre is still in the process of developing." When asked if the Health Centre is patient-oriented as opposed to paper-oriented her response was an enthusiastic "YES, yes, yes." She enjoys the "limited amount of paper work, as opposed to working for the Federal Government." Though she confides, "as nurse practitioner I don't see the work done on statistics at the Health Centre." "Much more of my time is spent directly in contact with patients. I take statistics seriously. They are part of continuing a good operation."

She has already had contact with many of the inner-city agencies and speaks enthusiastically of digging into the neighbourhood.

### New Concept in Inner-city Medicine

by Theresa Arac

In bringing to reality primary health care in the inner-city, the concept of neighbourhood health worker has unlimited possibilities. The term primary health care means bringing health care closer to the people - - that is closer to residents. It means taking health care from the isolation of a doctor's office into the community where people live and work.

A neighbourhood health worker is a resident of a community who is accepted and respected by fellow residents. Such a person would receive several months training in the provision of health care education and first level health care. They would be trained to give information about the use of the health care system and to encourage referrals to physicians, nurses and other health care facilities when necessary.

The concept of neighbourhood health worker is dependent upon the belief that in every community, lay people exist to whom others naturally turn for advice, support and counsel. If these people can be identified and be offered acceptable training programs in promotive health practice, prevention of disease, early recognition of illness and simple first aid measures, they can in turn pass this information to others and raise the level of health consciousness in the community. These lay helpers make ideal first contact persons in that they can screen problems and refer persons to appropriate resources, but they go beyond that role in allaying anxiety and giving comfort, counsel, and support so that people are strengthened and able to cope better. There must be team work between lay workers and professional care givers. For example, if neighbourhood health workers are linked to a clinic they can become the true outreach arm of the clinic by spreading information about clinic programs, giving health and medical care information and

bringing to the attention of the clinic those in need of care.

The responsibilities of a neighbourhood health care worker are to promote health and to prevent and treat disease. This helps to ensure a wider coverage of the population with health care services.

This person can be a man or woman and should be selected as much as possible by the neighbourhood people. S/he is a person who can read and write and who is trusted by most. This individual must be able to communicate with a wide variety of residents from different social economics and cultural backgrounds. This person is a partner on a team and does not practise in isolation. S/he is part of the health delivery system and as such is regularly supervised. S/he will know where and when to seek guidance and refer patients whose problems are beyond his/her competence to handle.

Training received is usually from six to nine months followed by regular ongoing training. Training is in the basic areas such as anatomy and physiology, child care, mother and baby care, communicable diseases, accidents, geriatrics, nutrition and whatever are the special needs of the area. This person will get knowledge of existing services and all possibilities of help for a person or family.

The neighbourhood health worker can give advice to anyone who asks, according to what s/he has learned in the course and according to the guidance of other members of the medical team (doctor, nurse).

The implications for the inner-city are as follows.

The neighbourhood health worker is based in a health facility as a third member of the medical team. S/he will be very helpful in patient education, case finding, home visiting, follow-up and reporting on potential health problems in the neighbourhood.

Medically, s/he might find someone not taking their insulin properly, a pregnant mother not under prenatal care or children who are malnourished.

Socially, s/he might find a family without adequate space for their children in their present accommodation, a child with a learning problem or physical handicap who is not receiving all that is available to him or her.

The neighbourhood health worker could relieve the overload on the doctor and nurses. Many of the things done by highly paid staff can be done by lesser trained workers. Most important the concept of neighbourhood health worker is part of a process to bring responsibility for health care back to the people.

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## Board Development, an Opportunity to be Involved



Estelle Demers explains board development.

In order to maintain the Health Centre as a facility that meets the needs of residents of Boyle Street and McCauley the board is working on involving more people in the behind the scenes work that is much of the life of the Health Centre.

Says Estelle Demers, presently working on board development, "To provide health services oriented to the neighbourhood we need community people involved. There is lots of room for people to work on committees and begin to understand all the work behind keeping such a facility going."

One of the goals is to have only community people on the Health Centre Board. "To do this we need more people that understand the functioning of the Health Centre. The best way to begin to understand, and anyone can learn, is to get involved on a committee. Committees are a point of education on how the Health Centre is run." To have a community run centre, more people must share the knowledge of its many support systems, as well as the ongoing issues that the board and staff face. It is not healthy for the "Community to have the same folks "run the show all the time."

There are a number of committees that need help at the present time.

Number one on the list is fund-raising. People are needed to do typing, stuffing envelopes, phoning, talk to neighbours and to meet with people.

There are several other committees that require additional people. The tasks and responsibilities are varied, anything from spreading information by word of mouth to advising on the needs of residents. Anyone interested in contributing in any way, should contact Estelle at 424-7895.

This year is an important year. It marks the completion of the two year pilot agreement with Alberta Health Care. It is a year of big negotiations to arrange funding for the coming years. The first evaluation of the Health Centre will be complete. People will be needed to help in the planning to meet the needs identified in the evaluation. Resident input is crucial.

The annual general meeting of the Health Centre Society will happen in May. An exact date will be set in the near future. This will be an excellent chance to meet the members of the board, to find out who does what and to see how the Health Centre runs. Your participation is needed.

## HEALTH CENTRE

### \$35,000 needed for Health Centre in 82

The Boyle McCauley Health Centre fund raising target for 1982 is set at \$35,000. The Health Centre, a community based health care facility that provides free health care to residents of Boyle Street and McCauley, will start off its fund-raising campaign in mid April.

The Health Centre receives funding from three sources: Alberta Hospitals and Medical Care provides close to half the operating budget covering most of the costs for the doctor, receptionist, clinical nurse and the health Co-ordinator. The provincial Department of Social Services and Community Health, through the local board of health provides monies for the salaries and programs of the nurse practitioners and the community outreach development worker. The monies needed to cover the cost of building maintenance, other program expenses, supplies, utilities and insurance must be raised by the community. To do this the Health Centre Society embarks on an annual fund-raising campaign.

Joanne Koopmans, who headed last year's fund-raising campaign states that for this years campaign "the Health Centre is looking for volunteers, people to do anything typing, stuffing and stamping

envelopes, phoning, delivering letters and making personal contacts."

This year's campaign will be less mail-oriented with an increased use of contact by phone and in person. Approaches will be made from mid April through May.

Joanne adds that, "last year's support from the 500 businesses in the communities of Boyle Street and McCauley was disappointing". Few of the contributions from local businesses were over .25 dollars. She hopes that this year's response from those business that benefit directly from the health centre clientele, such as pharmaceuticals (drug store), hotels, landlords, and grocery stores, will improve.

"One of the problems in the campaign is getting the volunteers. The question is how to get in touch with the people who would like to help," says Ms Koopmans. Last year I met a girl in the park who jumped at the opportunity to help. She came every day. But how do you find people," she adds.

If anyone wishes to help in any way, big or small, they need only call the Health Centre (429-7333) and leave their name with the receptionist. When the work is under way lots of help will be needed.

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## It's a Matter of Health

Human Pests

by Doloris Kozak

Dear Dolores,

I received a phone call from the school nurse saying that my child has head lice. I was shocked and embarrassed as I keep my house clean and always see that my children are clean.

What exactly are head lice and how do you avoid getting them again?

Dear Parent,

Head lice are small bugs (1-2 mm. long) which are found on the scalp and hair. Adult lice live by sucking blood from the scalp and this causes itching. The eggs (nits) are found on the hair shaft itself, are whitish in color, and hard to remove as they are attached to the hair with a cement-like substance. The eggs hatch in 7 - 10 days.

To get rid of the lice you may use a special shampoo which is available at any drugstore.

Follow the instructions on the bottle carefully.

It is important to get rid of the lice or eggs that fall off the scalp and hair and are found in clothing, bed linen, rugs, and on furniture. Heat kills both lice and eggs so bed linen and clothing can be machine washed in hot water and dried in the dryer using the hot cycle. Articles that cannot be washed may be dry cleaned or left outside to air. Furniture and rugs should be thoroughly vacuumed.

To avoid getting head lice your children should wear only their own caps, scarves, and coats and use only their own combs.

Head lice are easily spread when people are in close contact with each other ie. children studying and playing together in school.

Rest assured that your housekeeping is not to blame and don't be alarmed. Anyone can get lice.

## Consumer Aware Plastic Trap

by G. Fisher

Unless you use them sensibly, those wallet-sized plastic cards you may be carrying around can give you bigger problems than just an overdue fine at the library.

When you use a credit card, you are DEFERRING payment, not AVOIDING payment. With most credit cards, you do not begin to pay interest until thirty days from the date of purchase. The amount of interest you pay depends upon the amount owed. Interest is the money you pay for putting off payment. Obtaining something right away without paying for it in full is a privilege, and interest payments are the price of this privilege.

Here are some advantages of using credit cards:

- 1) They allow you to have what you want immediately
- 2) They can reduce the amount of cash you have to carry.
- 3) Credit cards can help you in emergencies.

Before you use a credit card, ask yourself, "Do I really need one?", and when you make a purchase with a credit card, ask yourself, "Can I pay the bill within thirty days, or in a short period of time?" Remind yourself that when you use your card you are spending MONEY, money you may not have or may not expect to have.

Here are some disadvantages of using credit cards:

- 1) They can give you the ILLUSION of being wealthy.
- 2) Impulse spending is easier with credit cards.

3) You PAY for using credit.

There are four types of credit cards available: Retail, Oil Company, Travel, and Bank.

Retail credit cards limit your purchases to the store or chain of stores your card is for. This is a good reason for stores to issue them. Oil companies offer credit cards for automobile-related expenses. For example, they can be used on a car vacation to avoid carrying gas money and for any unforeseen repairs required for your car.

Travel credit cards can be used with similar justification for accomodation and meals. You can best use them to your advantage if you have your holiday money in the bank before you leave. While you are cultivating a sun tan in Hawaii, or having a drink with the penguins in Antarctica, your money will be collecting interest in the bank at home.

All purpose international credit cards can be used to purchase almost anything, including cash advances. When you get a cash advance, you are buying money with your credit card. It could be that you might find yourself saying, "hey, uh, I'm buying MONEY with my credit card!?!," and you would be right. Listen, it's a strange world. But more important, you begin to pay interest from the moment you receive the money. A cash advance is really a short-term loan.

Before you apply for a credit card, ask yourself if you can really use one to your advantage. Find out about them, and pick one that suits you best. There are many ways to lose, and remember, you pay for the privilege of using one.

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FREE THE WEST

## Nice Light Snack

These oatmeal cookies are quick and easy to make. They were served recently as a morning snack at Sacred Heart Community School. The cook was Jean Holmes who bakes goodies for the students on a monthly basis. I hope you will give them a try. The kids at the school certainly liked them.

### Oatmeal Cookies

1/2 cup shortening	1/2 tsp. Vanilla
1/2 cup brown sugar	3/4 c. sifted
1/2 cup white sugar	Flour
1 egg	1/2 tsp. salt
1 tbsp. water	1 1/2 cup quick oats
1/2 cup small walnuts	

Cream shortening and sugars well. Stir in egg, water, vanilla. Sift in dry ingredients. Drop by spoonfuls on cookie sheet. Bake at moderate temperature 10 - 15 mins.



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# Children's Page

It's a beautiful day.

It's a beautiful day.  
In the barn.  
The horse is eating hay.  
I stared at him, however he  
didn't seem to like it.  
He turn the other way.  
I walked out of the barn.  
And while I stood there waiting  
for my school bus.  
I looked at him again.  
Then he start whinnying.  
Suddenly it started to rain.  
I ran into the house.  
I saw the horse start to come out  
of the barn.  
Here comes the school bus.  
The driver starts to laugh at us.  
Because we were wet.  
But it's a beautiful day.

Horse No More

Gallop Trot  
Run  
Stop! He'll balk.  
Breathing  
No Air  
Whipped  
Fine! He'll tame.  
Tired  
Spiritless  
Finally he'll pull.  
Life  
Death  
Oh No! He's gone.

By: Bruce Church

## Poems from St. Mikes

White Horse

There is the only one white horse  
on this farm,  
He was a very nice horse and lived  
in our barn,  
I went close to him and touched his  
head,  
He seemed so happy as he fed.

I know his legs were very strong,  
Because I rode him far so long,  
He ran fast as the wind could Blow,  
Suddenly, he stopped! When I yelled  
"hold".

He ran and ran all the way to the  
hill top,  
It was evening, the sun came down  
when we stopped,  
And we stopped there for all eyes  
to see,  
Just the two of us, him and me.

By: Stan

Horses

Horses could be only one color  
And horses are usually different  
from each other.

I would like to own my very own  
horse, Maybe I will, I'm not sure  
of course.

And if I had a horse with a black  
and brown color, I'd go buy another  
one and make him his brother.

But now I will never ever have a  
horse, because I don't have a farm  
or money of course.

By: Bobby L.

My Poem

Little brown colt,  
You are like my table,  
Your four brown legs,  
Are strady and stable.

Your color is like,  
The branches of the tree,  
As I see one on your back,  
Oh! Oh! I wish it was me.

By: Hoa Pho

### Do you have children under 5 years of age?



If your child is four years of age and will be five on or before March 1, the child can start school in September.

The Edmonton Catholic School District offers the following programs where enrolments are sufficient:

- the English language program
- the French immersion program
- the Ukrainian-English program

As well, special services are available for:

- handicapped children 4 years of age
- hearing handicapped children 3 years of age

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**Bissell Programs**

Bissell Programs - 420-6717  
 Open to all kids in the area  
 Monday to Friday Teen Drop-in  
 at Bissell 2.00 - 5.00 p.m.

Monday

3.30 - 4.30p.m.  
 Gym time at St. Mikes for 9-12 year olds.  
 7.00 - 8.00p.m.  
 Teen floor hockey at Sacred Heart followed by Teen Drop-in at Bissell, 8.00 - 10.00p.m.

Tuesday

3.30 - 4.30p.m.  
 for 6-12 year olds  
 Creative Crafts at McCauley School, Room 4.  
 Gourmet Cooking at Sacred Heart School, Staff Room.

Wednesday

7.00 - 10.00p.m.  
 Teen Drop-in for 12 and up at Bissell.  
 3.30 - 4.30  
 Good Sport Gym Program at St. Mikes 6 - 8 years.

Thursday

3.30 - 4.30p.m.  
 9-12 years Floor Hockey at Sacred Heart School.  
 7.00 - 10.00p.m.  
 Teen Activity Night for 12 and up. Meet at Bissell at 7.00p.m.

Friday

3.30 - 4.30p.m.  
 Cooking 6 - 12 years  
 St. Michael School  
 Water Rat Swim all ages meet at St. Michael's School at 6.30p.m. to go to Y.M.C.A.

Teen Drop-in  
 Monday to Friday  
 2.00 - 5.00p.m.  
 For ages 12 and up

**Parks and Recreation**

**Wanted Wanted**

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The Learner Centre presents FRED LANDIS with his research on the CIA, plus a one hour film on the CIA involvements and control of mass media in Chile, Jamaica and Nicaragua.

SAT. APRIL 17 1:00 PM  
 at: The Kings College  
 10766 - 97 Street

**Sacred Heart Spring Programs**

The following programs are being offered at Sacred Heart Community School this spring. To register, phone Bonnie Austen, Community School Co-ordinator at 424-3291 week-days.

- (1) Aerobic Dancing  
 8 Weeks 7.00 - 8.00p.m.  
 Thursdays, April 1st to May 20th  
 Main gym of the school.  
 Fee: \$15.00
- (2) Ceramics  
 7.00 - 10.00p.m. - 6 weeks  
 Tuesdays, April 6th - May 11th  
 Fee: \$35.00 and some materials.

**Children's Festival**

From May 11th through 15th, the Citadel Theatre will play host to 19 top-flight children's companies and entertainers. In the five-day span, there will be 145 scheduled events and more happenings than you can count. The variety will be vast: Mime, puppetry, music, juggling and theatre will beguile children and adults alike.

Performances will occur throughout the day and into the evenings as well as all day Saturday, so that children can come either with school groups or with their parents - or both.

**Sprucewood Library**

Grades One to Six

Saturdays - 2.30p.m.

- April 3 - Easter Puppet Show
- 10 - Easter Craft
- 17 - Films - Anatole Beauty and the Beast
- 24 - Films - Remarkable Rocket Mole and Green Star

Bingo For Kids

FUN! PRIZES! FREE! As we are closed Easter Monday, Bingo will be held only April 26 at 7.00p.m. sharp (the fourth Monday of the month).

Spring Break Film Festival

- 2.30pm for grades Kindergarten to six.
- Monday, March 29 - Arrow to the sun Seven wishes of Joanna Peabody.
- Tuesday, March 30 - Red Balloon Ringtale
- Thursday, April 1 - I wasn't scared Paul Bunyan
- Friday, April 2 - Treasure in the pyramid Paddle to the sea.

Preschool Programs

Registrations are now being accepted for the following preschool programs.

3 - 5 year old Storytime  
 Thursdays, 1.30pm. (a variety program for 3 - 5 year olds). Registrations now being accepted for the session from April 22 - May 27.

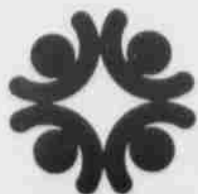
Parent and Tot  
 Mondays, 10.00a.m. For 2 year olds accompanied by an adult. Next session - April 19th - May 24th.

**AlexTaylor Community School**

Aerobic Dance April 8th to May 28th  
 Thursday from 6.00 - 8.00p.m.

Ladies Self Defence April 6th to May 26th, Tuesday from 7.00 to 9.00pm

Phone in registration Monday, April 5th, 9.00a.m. to 11.00a.m.; 1.00p.m. to 3.00p.m. - Phone 424-2920 or 422-6240



**BOYLE McCAULEY HEALTH CENTRE**

10604 - 96 Street

PH. 429-7333

**WALK-IN OR BY APPOINTMENT**

**HOURS: Mon - Fri 10:00 - 11:45 a.m.  
 1:00 - 4:45 p.m.**

**Foot Care Clinics Tuesdays**

**-1:00 - 3:00 p.m.**

**COMMUNITY RESIDENTS AS:**

- Society Members
- Volunteers
- Board of Directors

**WHOLE FAMILY CARE**

**Home Visits by:**

- Family Physician and Nurse
- Nurse Practitioners
- Community Outreach Worker
- Volunteer Staff

If you wish to join the Health Centre Society or become volunteers call 429-7333