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Boyle McCauley Newspaper Society

**Annual General Meeting**

Monday, December 9, 4:30 p.m.  
Community Board Room  
Boyle McCauley Health Centre  
10828 96 Street

All supporters of our newspaper are welcome!



Recycle this newspaper

# Boyle McCauley News

Volume 5, No. 9  
December, 1991

AFFORDABLE HOUSING FOR McCaULEY

## NEW HOUSING PROJECT OPENING

Some souls will be happy to "deck the halls" this Christmas since they will have halls to decorate. A number of individuals and families will have just moved into 26 new housing units introduced in the Boyle McCauley neighbourhood.

The Edmonton Inner City Housing (EICH) Society has just built 24 one bedroom, self contained suites in a 2 1/2 and 3 story apartment-type development. These units are housing people who, due to little income, could not find decent, safe, and affordable housing in the inner city. The units are geared for single adults and provide a separate bedroom, living area, kitchen and bathroom complete with appliances and furnished. Two of the ground floor units are wheelchair accessible. The units are bright and the large

windows allow a lot of natural light. A joint common room, upper deck and laundry facilities have been added to the building for use by the tenants. In the spring, landscaping will be added to complete the feeling of a place to call home.

The result is an appealing development which not only adds to the amount of affordable housing in the inner city but replaces three dilapidated houses and a vacant lot with suitable dwelling units.

Credit is due to the many volunteers, including tenants, who assisted with the design and follow through of the concept.

A few blocks away, two families will be celebrating their Christmas in a newly renovated side-by-side duplex. Completion of this project will be the first



ever housing geared for families that the Society has taken on.

A renovation project would normally be too expensive an undertaking for the non-profit organization, but with the Mennonite Central Committee (MCC) providing free labour, the task was possible. At the same time, MCC is teaching construction skills to the crew working on the house with the intent

that the workers can then apply these new skills elsewhere in the job market once they are finished here.

Compliments have been received from adjacent homeowners as to how much of an improvement was made to the duplex and how it fits in well with the single family character of the area. The two family units contain three bedrooms each and

a bathroom on the second floor with ground floor living room and a large kitchen. An inviting feature of the development is the porch and bay window at the front of the house.

Accolades go to Alberta Municipal Affairs for understanding the need for this kind of housing in the inner city and for following up with the money to

CONTINUED ON PAGE 2

## ARP COMMUNITY WORKSHOP REPORTS

"We like the mixed ethnic neighbourhood we live in."

That was the main message that came out of the community workshops held recently in Boyle Street and McCauley to obtain input from residents for the Area Redevelopment Plan

(ARP). Residents were very positive about the immigrant communities and felt it was one of the reasons they chose to live in this area.

They liked the choice of restaurants and the availability of many different types of stores.

Access to downtown and the river valley also rated highly in the "top ten list", as did the mixed nature of housing and the tree lined streetscapes.

It was no surprise that prostitution and its related problems was number one on the "hit

list".

Almost every person attending the workshops had strong negative feelings about this issue. Many people also felt that there was a dearth of recreational facilities and programs, both for adults and children. Some facilities were felt to be used inadequately. Although most participants agreed that

they were few problems during daylight hours, many experienced a feeling of danger when they went out at night.

These workshops were only the beginning of a community involvement process that will continue for at least two years. If you are interested call Anna Bubel at 426 3805.

by Ken Zahara



The old makes way for the new: Alex Taylor Apartments demolished for new condo development.

### TOP TEN LIKES

1. Ethnic flavour/multicultural mix
2. Variety of restaurants and retail stores
3. Chinatown area
4. Giovanni Caboto Park
5. River valley views and promenades
6. Community based agencies
7. Historic buildings
8. Tree lined streets
9. Access to downtown
10. Community atmosphere

### TOP TEN DISLIKES

1. Prostitution
2. Houses in disrepair/absentee landlords
3. Lack of recreational facilities/programs
4. Fear at night
5. Crime
6. South part of 96 St. unsafe
7. Vacant unimproved lots
8. Business moving into residential neighbourhoods
9. Displacement of long term residents
10. Parking problems

# Things are bad all over!

## Winnipeg

The prostitution trade in the Lord Selkirk Park area of Winnipeg was shut down for a recent Friday night by the "John Busters."

About 70 women, men, and youth who reside in the area took to the streets on October 4 in an effort to rid their neighbourhood of a problem they say has gotten far out of hand.

"Prostitution has been going on around here for about two years now. What we're seeing now is that the activity begins about noon hour and our students are being hassled by these strangers during their lunch hour," says Tom Campbell, who works at the David Livingstone School.

### Residents angry!

Ron Lowe, principal of the school, says the area residents finally got angry and upset enough to take the problem head on.

"The people in the community wanted to know what they can do about it," he says.

"We're going after the johns," says Campbell.

Residents gathered in a small building behind David Livingstone School about 7:30 p.m. on October 4 to plan their strategy for the evening.

Placards with messages such as **No Perverts!** and **Flush the Johns** were passed around. Cameras were loaded

with film and a camcorder went through a last-minute check.

Residents divided themselves into three groups with two of the groups hitting the street while one stayed behind to monitor progress.

### Johns' pictures taken

As the potential johns drove by, their licence plate numbers were recorded and some drivers had their pictures taken. The strategy seemed to work well.

"This one guy saw us and backed into the Autopac parking lot. We followed him and he kept backing up. Finally, he freaked out and spun out of the lot and went backwards all the way up the street. He must have been going about 30 miles an hour backwards," says George Spence, one of the marchers.

Another driver pleaded with the protesters not to have his name or plates published after he was cornered.

Another protestor, Judy Williamson, got the shock of her life while she was marching.

"There were four of us lagging about a block behind the larger group and this truck pulled up beside us and the driver said, let's go for a ride."

When other protesters came back to see what was going on the driver said: "I guess I got the wrong one," and drove off. Williamson says the experience scared her. "I didn't know what to do. I couldn't believe it," she says.

Jane Williams, a teacher at David Livingstone School, says it's exactly this type of encounter that concerns area residents the most.

"These strangers are putting the kids at risk. If the kids don't feel safe, it's our job to make them feel safe," she says.

Ron Lowe likes the idea of john busting. "I think we can get rid of the problem. This protest can be an effective thing." Lowe adds that a one-shot protest won't solve the problem. "We'll see a change if we keep it up."

**Thanks to the Inner City Voice for this story.**



## Day of Hope

*Christmas is the one day of the year that carries real hope and promise for all mankind.*

*It carries the torch of brotherhood. It is the one day in the year when most of us grow big of heart and broad of mind.*

*It is the single day when most of us are as kind and as thoughtful of others as we know how to be; when most of us are as gracious and generous as we would like always to be;*

*when the joy of the home is more important than the profits of the office;*

*when peoples of all races speak cheerfully to each other when they meet;*

*when high and low wish each other well;*

*and the one day when even enemies forgive and forget.*

### NEW HOUSING PROJECT

*(continued from page 1)*

with the money to finance the construction of both the apartment units and the side-by-side family duplex. Without both AMA and MCC these projects could not have proceeded. Of course, there was reliance on fundraising and some large donations from society supporters were greatly appreciated.

It has taken a lot of people with desire, resourcefulness, ingenuity and determination to address the fact that there is an ever decreasing amount of acceptable and affordable rental housing in the inner city and to do something about it. Here's to more projects in the new year.

**by Beatrice Denboer**

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Anna Bubel, community planner

## League wary of rezoning bid

Fifteen lots on the south side of 105A Avenue, east of 97 Street could well change from residential to commercial if a redistricting proposal goes through. The lots in question are presently zoned RA-8 which allows for medium rise apartments. The owners would like to change it to LB-2, to allow for a commercial development on eight of the lots.

The owner and architects have approached the McCauley Community League for approval of the redistricting.

The League is looking closely at the proposal aware that arguments exist for and against it.

They are concerned about the loss of land zoned residential though the land west of 97 Street is already zoned commercial. Also the Area Redevelopment Plan is in the beginning stages of being revised and the community has not had the opportunity to respond. The hust

## YOU can make a difference to YOUR community!

For the next year, the *BM News* will feature a regular column written by Anna Bubel, Community Planner for the Area Redevelopment Plan. In it she will talk about community involvement in the ARP and how important your input is. If you have any questions regarding the plan or would like to get involved in influencing decisions made about YOUR community, you can call her at 426-3805.

Anna recently made a presentation at the Annual General Meeting of the Inner City Housing Society. The *BM News* is printing an edited version of this speech as it sums up how the community can make a significant contribution.

Inner City Housing (and indeed many other organizations within the community) have learnt how to battle bureaucracy and how to win. Their successes testify to their caring and persistence. The skills we, as a community, have learnt can be used by becoming actively involved in the Area Redevelopment Plan for Boyle McCauley.

An Area Redevelopment Plan is a report that outlines the good and the bad things about an area, and identifies ways that the City Planning Department may be able to maintain and improve the neighbourhood. It is a legal document that is passed by City Council which sets our rules for the development of the area. This year the Boyle McCauley Plan is to be updated, and as well as examining land use, city planners will be examining social issues and their impact. It presents an opportunity to look at the "big picture" and try to find the answer to the question, "What kind of community should Boyle McCauley be?"

There are many examples of how an ARP can affect our lives and our community. The following are all related

and bustle of Chinatown has had a positive impact on the neighbourhood but how much residential land will be lost?

No apartments have been built in the last ten years and commercial, wholesale and auto repair buildings already exist in the immediate area.

The architects and the Community League are both committed to continuing to meet and come to a workable solution for the whole community.

by Rosalie Gelderman

to housing:

Firstly, you can bring attention to the need for affordable housing. Many residents of this area feel that there are too many houses in disrepair in this area. Does this mean that we should demolish all dilapidated housing? Is the problem with the tenants or the absentee landlords? Should affordable housing be preserved at any cost?

Residents can help generate appropriate alternatives. They can suggest the location of new developments, their style and how they can be built to help promote community development. For example the last ARP recommended that 440 additional housing units should be built in Boyle McCauley. Between 1981 and 1990, 618 housing units were built, but only 25%

of these units were targeted to singles and families and most did not serve inner city residents.

If you help to develop the ARP, you are in a better position to help enforce it. The old ARP recognised that the foundry and cement plant located within our area were not compatible with residential use and should be relocated. Additionally, it restricted the commercial development in areas adjoining 97th Street. These recommendations have not been carried out and commercial development continues to infiltrate our residential neighbourhoods. If residents had "owned" the plan, they might have enforced its application before Council or the Development Appeal Board.

Get involved. YOU can make a difference to YOUR community.

# WANTED



## PEOPLE TO HOST KITCHEN MEETINGS IN BOYLE STREET

**REWARD:** A BETTER COMMUNITY

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426 3805

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# Letter to the Editor

To the Editor:

Pam Barrett's article "...and the Poor Go to Jail..." (Volume 5, No8) is not only unprofessional, but it is propaganda in it's finest (or worst form).

After sifting through her half page ad., written as an editorial, my husband and I were still asking, "What did this woman receive a fine for?" Pam doesn't once question whether the woman did anything wrong, whether she broke the laws that the rest of us must follow, or why the woman did not pay the original amount. Rather, she used this situation of the "gentle young woman" to gain sympathy for the poor, knowing full well that many readers in this area are poor.

She goes on to say little about the fine or the responsibility of our citizens, but a lot about the "mean-minded government". She states that the generosity of Edmontonians who paid this woman's fine didn't fix the problem, which she states as "harsh and inflexible government policies".

Pam Barrett's comments can be compared to those of the nurturing parent who makes excuses for his child's behaviour in the early stages of life, then later has to "generously" bail this child out of jail because the child still hasn't learnt to live by society's rules. Are we doing our children and our fellow citizens a favour by not allowing them to accept responsibility for their actions? I think not. None of us like paying fines, but what kind of society is Pam proposing where rules are for some of us but not for others? Did this kind of donation really help this woman out? Will she come back to us when she gets her next fine because it worked out for her last time?

It is childish, unsubstantial propa-

ganda such as the article the N.D.P. submitted that turn people away from politicians and political parties. When are our politicians going to throw away their childish antics and realize that what we really want are responsible, proactive leaders; not name-callers and finger pointers?

Further, if we are going to be subjected to reading articles of this kind, why isn't our community newspaper soliciting comments from other parties in our legislature and offering the balanced viewpoint that so many in this community could benefit from.

**W. Lotosky**

### Editor's Comments

It is our policy to print all opinions expressed in the community. We feel that some readers may be interested in your comments. They may even share your views.

Pam Barrett writes a regular column for this newspaper, as does Ross Harvey, not because they are members of the N.D.P. party, but because they are our representatives in the Provincial and Federal Governments. When conservative Bill Lesick was the M.P. for this area we carried a column written by him.

It is the editor's view that the political affiliations of Pam and Ross are shared by the most of people living in the Boyle McCauley, because the majority of adult residents selected them in elections. The newspaper has no particular political leanings, other than those which benefit the interests of those living in the community. We would welcome members of any political party, or individuals having political leanings other than N.D.P. to submit articles for publication in this newspaper.

# Christmas A time of waiting

Much of the fun of Christmas for us when we were children happened in the advent season. Early letters to Father Christmas were "written" in an unintelligible language that today we would recognise as scribble. Visits to gift-laden stores and a wonderfully laden bakery always brought the wondrous day that much closer.

Soon the "postie", as Mum called him, began bringing parcels from the aunts in Ireland and in France. We used to get so excited that hardly a Christmas season went by that we

didn't get put to bed early at least once for being too curious about the contents of these parcels.

As the years past, we became more sophisticated in our approach to the great feast. We began to understand what the celebration was commemorating and took great interest in the church services held on Christmas Day, even though they were all in Latin! Music, bells, colour, lights, happy crowds and the creche, the precious crib. Now our attention began to turn to the baby Jesus and the romantic story that surrounded his birth.

It was a number of years before we began to associate that birth with the cross and the resurrection of Jesus. Christmas was only the beginning of the journey that would involve years of waiting. The four weeks of advent did not seem so long in that context.

I am still waiting. But now I look forward to the day of face-to-face encounter, not with a swaddled babe in a manger, but with a gracious and loving God.

by **Aline Roulston**



## STREET PROSTITUTION ALERT

We asked for one-way streets in South McCauley to move prostitution traffic. The one-ways worked, but we can't let the prostitution traffic get settled in elsewhere in the areas where people live.

MAYOR JAN REIMER	428-5404
ALDERMAN MEL BINDER	428-5734
ALDERMAN LANCE WHITE	428-5733
CONSTABLE SHERBOURNE	424-7248, pager 9168

Please tell them what time you saw the prostitutes and the address of the street corner they were on.

(This information is provided by the McCauley Community League and Communities For Controlled Prostitution)

## Our Volunteers

**WRITING:** Ele Gibson, Anna Bubel, Richard Auclair, Mary Gallivan, Brenda Brochu, Roma de Robertis, Anna Kennedy, Phil McIntyre-Paul, Aline Roulston, Rosalie Gelderman, Randy Glynn, Beatrice Denboer, Jim Spinelli

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**AD SALES:** Doris Oleniuk, Malcolm Archibald.  
**PHOTOS:** Mary Amerongen.

## Be part of your newspaper!

The Boyle McCauley News urgently needs you.

Join your neighbours in one of these tasks:

- ☆ delivering the paper
- ☆ typesetting
- ☆ writing
- ☆ photography
- ☆ finding stories

Call 424-4395 evenings for more information.

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

**Board of Directors:** Mary Amerongen, Julie Doyle, Davis Sheremata, Richard Auclair, Antoinette Greener, Ele Gibson, Brent McDonogh, Kathy Curran, Rossi Cameron, Malcolm Archibald.

The office of the Boyle McCauley News is located at 10631 - 96 Street, Edmonton, AB, T5H 2J1. Phone 424-6117.

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# On the street with DeWayne Brown

"Boyle McCauley residents should offer local prostitutes hot coffee and mitts in the cold," says Street Outreach Worker, DeWayne Brown. "I would like to see them (the residents) try a new approach to understand the plight of prostitutes, and to help them find much needed services," says the Edmonton City Centre Church Corporation employee.

For insight into the situation of local prostitutes, the Boyle McCauley News recently visited the office he shares with lawyer and co-worker, Brad Madill at the Women's Emergency Accommodation Centre.

"I'm not trying to keep prostitutes in the neighbourhood," he says, "But befriending them can be a novel and effective approach, bringing awareness about the exploitation they face."

Brad agrees that residents should know "that prostitutes are human beings who aren't morally evil or pursuing a life

of glamour." The two co-workers comb the streets seeking runaways and "throwaways". On referral by social workers, they also meet with young people in tough situations and occasionally with their families.

## The problem

Since the 96th Street barricade was erected and more one-ways were introduced in McCauley, local prostitution has decreased, but it has "exploded" in some of the surrounding areas.

Prostitutes' social and economic background cannot be neatly defined. They come from wealthy, poor, white, Chinese and Native families alike.

Although their average age is 16-17, some are as young as 12. We often find that there is a communication breakdown in the family. The home is dysfunctional from a communication point of view at the very least.

Studies show it's very likely the women have also been sexually abused. Within 72 hours of leaving home, they'll become involved in some sort of sexual activity. Once on the street, the rate of sexual abuse is 100%.

Initially the women enjoy a new sense of freedom and they have large sums of money passing through their hands. But they are in danger from pimps to whom they must turn over their money, as well as from johns, customers and other prostitutes.

They are also in danger from themselves as many abuse themselves and exhibit suicidal tendencies. Every time a woman gets into a car, there is an awareness that she might not come back alive. Violence becomes a way of life, although it should not be considered an occupational hazard.

Sickness, disease, open sores and malnutrition are very common among prostitutes. The women find shelter

where they can: hotels, rooming houses, and abandoned buildings. Drug abuse is rampant among prostitutes. You do the drugs to disguise what you're doing and who you are. The result is a lot of very young junkies.

It is very difficult for young girls who are trying to get off the streets. The outreach workers have seen young girls leave prostitution for 8 to 10 months, only to return. A sense of camaraderie develops. There is a sense of family and friendship on the streets. You find people who understand what you've been through and feel things in the same way as you do.

## Solutions?

A "straight" job and an apartment are not solutions. Women leaving the streets need help building their self esteem. An understanding support system, a sense of belonging, a higher minimum wage, better access to social

services, professional counselling and therapy are necessary.

Some services are available at present. Four support groups exist to help prostitutes and former prostitutes.

Dewayne and his co-worker have instituted a procedure to help cut down on the violence associated with prostitution. They distribute "bad date" sheets to the girls and ask them to record details of anyone who robs, beats, rapes or otherwise abuses them. They also offer a telephone service to report "bad dates".

DeWayne also feels that stiffer penalties, perhaps including community hours in the inner city, would help to reduce prostitution related violence.

Support, assistance and understanding may help alleviate the problems that prostitutes face, and in the long term may assist them in finding another way of life.

by Roma DiRobertis

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# Personal reflections

*This story is the reflections of a participant in the Mass to celebrate the addition of the Native parish to Sacred Heart Church.*

The mass was a very beautiful experience with the Latin responses, the Drumming, the Cree hymns, and the English Gospel hymns. The sacred songs in Blackfoot and Cree were very meaningful to this liturgy. It added a sense of sacredness to this experience and touched the root of my soul, and whisked me back to a time where our people were in constant communion with the great Spirit and all of creation.

The purification of the altar area and sacramentals were done with the smudging of one of our sacred herbs, sweetgrass. As the sacred smoke rose in prayer, petitioning our ancestors to pray with us, and to ask the Creator to bless the ceremony, I knew the Holy One heard our prayers.

As I embraced the sacred smoke towards my senses and breathed in the sweet perfume in preparation for the Holy Feast, my spirits were lifted from my mind. Peace, gentle peace, enfolded me as the Kyrie Elision rang out above me. I knew that I was forgiven. Our elders prayed in Cree, Blackfoot, Chipewan and English for all of the creation spontaneous prayers that came

from the heart. Prayers that called on the Great Spirit to bless and keep all his creation faithful until the day that we will all return to him, having completed our sacred circle of life.

At the offertory, our women prepared the altar for the Holy Meal that we were about to share. Women also prepared the table and, as is our custom, a blanket was placed on the floor to gather their offerings. Babies, children, youth, adults and elders all came forward to give what they had.

At the great Amen, our Bishop held the consecrated Body and Blood high and prayed in all four directions while the drummers sang the sacred songs of our ancestors.

The voices of the Cree choir rang out in prayer as the Eucharist was distributed by the bishop and the laity. All came forward: some to receive the Eucharist: some to receive a blessing from the bishop, or to touch the cup. All became a part of this celebration.

Following the Eucharist, the pipecarrier began his prayers. He prayed for all creation, as is his calling. The pipe passed round the circle four times while the bishop, clergy, leaders and some children prayed with the pipe and the drummers played their sacred songs. The sacred pipe was then offered to the congregation. All came: Native, Metis



Lucienne Meek offers the communion cup to a participant at the mass celebrating the Native parish being added to Sacred Heart Church. Photo by Roma de Robertis Courtesy of Western Catholic Reporter

and non-Native.

It was a moment when a bridge was made between the different cultures; a bridge of healing between the First Nation's peoples and the Church. It was a sacred moment in which we encountered the first sacrament, Jesus Christ, the builder of bridges, the builder of people.

As a Christian Native, I have witnessed the marriage of my beloved faith with my heritage. I was observer, yet I became a partaker in this union.

"There is no turning back," I thought, "There is something happening here that will stop the wheels of time for one brief period to mark this holy event for all our people. It is truly a moment of grace designated by our Lord for us of us here. Yet it is more. It is as if I am standing on the threshold of all that was and will be. It is a communion of the past and the future made holy by the Lord who is Alpha and Omega, the beginning and the end.

by Lucienne Meek

*Merry Christmas and and Happy New Year*

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## Commitment to the environment!

To become an "Environmentally Green School" is the goal of students, staff and parents at Sacred Heart School. In December of 1990, the school held a rally to celebrate their new commitment to the environment. Since then their actions have included: setting up a paper, plastic and blue box recycling program; planting a flower garden at the school, and adopting an "Environment; Elf" as

the school mascot. "Everybody takes part in recycling here," says grade four teacher, Leona Onook. "It doesn't make sense to be telling the children one thing and to be doing another."

This September the school became part of the "Seeds Project". Each class works on environmental projects of their own choosing. The Seeds Trophy travels to each classroom as projects are completed. When the classes have completed 100 projects, the school will be named "Environmentally Green".

The students also have opportunities to become more involved outside the classroom. The recycling club has the responsibility to collect paper from classrooms, and to sort it.

There is also a Flower Pot Club to learn more about house plants. The students grow plants from seeds and cuttings to sell in the spring. Monies raised will purchase perennial plants for the school garden.

As we become more aware and concerned about our environment, the environmental responsibility found at Sacred Heart School is definitely hopeful.



Tylynn Sauvie puts a tetra-pak into the recycling bin

## COMMENTS FROM STUDENTS

**Mokey Trent - Grade 3**

"We use paper over again to save trees."

**Trevor Gregory - Grade 5**

"We need to care for our environment because when we grow up we'll have a nice environment."

**Samantha Todd - Grade 2**

"We recycle paper so we won't waste trees. We want to look after the environment so it won't look dirty and smell."

**Regina Thunderchild - Grade 4**

"We recycle and try to learn more about the environment. We want to look after the earth so it will look pretty and nice for everybody."

**Tina Nguyen - Grade 4**

"We love the earth and so we do our best to help it by recycling."

**Jason Cardinal - Grade 4**

"If we don't take care of the environment, the trees and the animals will die and so will we."

by Mary Gallivan



Members of the Recycling Club at Sacred Heart School I to r Linh La, Marco Mannarino, Joanna Gallivan-Smith, Grace Miccolas

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In This Joyous Season



Sincerely Don and  
Margaret Kelly

Alberta  
GOVERNMENT OF ALBERTA



## Happy New Year

### Attonement Home

Attonement Home Multi-Cultural Daycare Centre has spaces for children 2 to 3 and a half years old. Information pamphlets in Chinese, Khmer, Spanish, Polish and English is available by calling 422-7263 or 424-6872.

### McCauley Boys and Girls Club

Located at 9425 - 109A Avenue. We are open from 3:30 to 5:30 pm and 6:30 to 9:00 pm, Monday to Friday. On Saturday we are open from noon til 4 pm. Wide range of activities. Floor hockey, wood working and team night on Wednesday from 6 to 9 pm. Christmas Hay Ride on December 15. Registration now being accepted. Phone 429-2807.

### Operation Friendship

The Grey Nuns are hosting a Christmas luncheon at 12 noon on De-

ember 15.

On December 18 the Kinsmen are hosting a Christmas luncheon. On December 20 Southminster Steinhauer United Church is hosting a Christmas luncheon. All these luncheons are for people over 55 years old living in the inner city.

McCauley Senior's Drop-in is located at 9526-106 Avenue. Phone 429-2626.

### Salvation Army

Every Christmas the Salvation Army helps over 7,000 people directly and over 200,000 indirectly through various agencies. Family Services helps people in nursing homes and hospitals. On Christmas Day there will be 3 meals for all concerned. They need volunteers to serve meals. Call Dave Foley at 423-2111.

### St. Michael School

Festival of the Spirit Christmas concert on December 17 at 7:30 pm at St. Michael School for parents and students.

### Mustard Seed Church

The Church runs a coffee house every Friday evening between 7pm and 11pm and on Sundays from 1pm to 4pm. An afternoon drop-in is open Tuesday to Friday between 1pm and 4pm.

There is a worship service and a coffee house on Sundays between 1:30pm and 4:00pm.

### Hope Mission

Hope Mission has a coffee house every Saturday from 7pm and 9pm at 9908 106 Ave.

Every Thursday a special drop-in for women is open between 2pm and 3pm. For information call Sylvia at 422 2018.

There will be a Christmas banquet December 9 at 6:30 for anyone who wishes to drop in.

### Boyle McCauley Health Centre

There is a free needle exchange program operating daily from 10 am to 4:30 pm Monday to Friday.

The Community Board room at the new Boyle McCauley Health Centre is available for use by community groups. Bookings can be made by contacting Denise or Anne at 422 7333, or in person at the Health Centre. The Boyle McCauley Health Centre is now accepting patients from Norwood, up to 118 Avenue.

### Boyle Street Community League

Bingo is held on Saturday and Sunday at 1pm at the Boyle Street Community Hall, 9515 104 Ave. Escalating jackpot.

### The Mission

Open Monday to Saturday from 9 pm to midnight. Nightly Bible Studies at 10:30 pm. The Mission is located at 10304 96 St. Phone 428 6451.

### The Church

The Church has a Wednesday night

fellowship. Church services and Sunday School every Sunday at 2 pm. Call 428 6451 for information.

### Sacred Heart Church

There is a Ultreya on December 7 from noon at Sacred Heart Church. Living Rosary is on December 18 at 7:30 pm. Healing Mass on December 26 at 7:30 pm.

There will be a Christmas dinner December 25 at Sacred Heart Church at noon. Everyone welcome. There will be gifts for the children and music.

### Adults for Kids

Once the skating rink ice is OK there will be family skating every Sunday afternoon from 2 til 6 pm. Adult supervised warm-up area for the kids. Hot dogs and hot chocolate. Rink located at 96 Street and 108 Avenue.

### Central Health Centre

The Health Centre, located at 10320 - 100 Street, has a drop-in clinic for flu shots starting Wednesday, October 30 and continuing for one month. Hours are 9 am to 4 pm. Phone 425-6351 for more information.

### Alex Taylor School

There is a Christmas concert on December 17 at 7 pm at the school

### Bissell Centre

1052796 Street You're always welcome to join us for coffee and activities at Bissell Centre, but in December we will be offering many festive activities to our program participants. Call Jim Lomas at 423 2285 for details of adult programs. Call Bill at 420 6717 for youth programs. Call Linda at 429 4126 for Child Care programs.

A new schedule of programs will begin in January. If you are interested in finding out about them, drop by Bissell Centre, or call Jim Lomas at 423 2285.

### New Year's Day Dinner

This will be held from noon till about 3pm, on January 1st 1992. A turkey dinner with all the trimmings will be served. Entertainment will

be provided. The this event. Join u Year.

Call Linda Dav you require mor

### Boyle Street Co

Community Cer support, housing, lemsolving, and and youth. Adul and alternative se lective kitchen a port group. Call information.

Hours: Monday pm, Tuesday - T 4:30 pm, Friday Youth drop-in - day 8:00 pm to op will be closed 29 and on Janua

Upcoming event

Dec 12 - 2:00 pm

Dec 20 - 1:00 pm

Family Celebrat

Round Dance - P

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Dec 20 - 8:00 pm

18) Christmas D

co-operation wi

D.J.: Mad Dog P

for Kids gym (1

### Boyle Churchil

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### McCauley Scho

Parents night W 22 at 7 pm. The to help your child.

Refreshments wi preters available

name, and Car

### First Night Fest

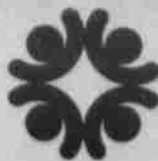
New Year's Eve town for the who



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STARTS NOV. 18, 1991 - NO APPOINTMENT NEEDED

Immunization also available for Adults

For Further Information Call Central Health Centre 425-6351

McCauley School  
Christmas Concert  
9538 - 107 Avenue  
Wednesday, December 11  
7:00 p.m.  
everybody welcome

## AVO

Phone for current br you live in McCauley community not present served.

**Olga L**  
424-17



# Nature lover!

This issue's volunteer of the month will be no stranger to readers of the Boyle McCauley News. Julie Esselmont's colourful articles on the birds of our community have been classic favourites. Her deep love of our feathered companions is no small pastime, but an intricate part of her daily life. Certainly, a visit to Julie's home in the Boyle Street community gives proof to this.

Sitting in her third story apartment, overlooking the trees and river valley, one is greeted by any number of winged visitors to Julie's balcony bird feeder. White-breasted nuthatches, chickadees, magpies, and woodpeckers, to name but a few, share in the open hospitality of her home. On the morning I visited we were greeted by the boisterous call of a most handsome blue jay (one of the seven which frequent Julie's balcony).

But just meeting the birds was only a small part of my visit with Julie. What stands out even more deeply is the insight and living respect Julie shares, not only for her winged friends, but for the whole natural environment in our community. Pointing to the huge trees lining the road in front of her apartment, Julie explained how they were an historic part of our community heritage. They are green ash and elm trees planted in 1907 when this was a Jewish working-class neighbourhood. She then went on to describe how important they were to the nesting habitat of certain birds, particularly magpies who prefer the high branches of large older trees.

You may ask why Julie places so much importance on the birds and trees and natural environment of our community. As Julie explained, "I'm interested in beauty, in seeking and appreciating beauty." For her, true beauty is something available to everyone,

free of charge. She is concerned so many people look for happiness in things which only cost money. Julie would like to see more people discovering the beauty around us in nature. "Take a walk. Even just listen to the sounds in the inner city," she states, challenging people to discover the beauty there. Julie describes taking a walk in our neighbourhood one day and finding a family of yellow warblers. They had made their nest in a gone-wild lilac bush, using an old thrown away bathtub full of rain water as their water source. To anyone else, this might have been just another run-down scene; to Julie, it was an opportunity to experience the simple pleasure of nature's beauty.

To this end, Julie is actively helping people to make such discoveries. As a credited amateur naturalist, she has led young people and adults on guided nature walks at Alex Taylor School and at the John Jantzen Nature Centre in the river valley. Likewise, she takes the articles she writes for the BM News very seriously. It all helps to introduce us to the world of beauty in nature.

Julie, of course, is well aware that life is not always so beautiful. She knows the hardships many people face, particularly in our own community, and she's not sitting quietly letting it slip by. Julie is an active volunteer with the Boyle McCauley Health Centre. After sitting on the Board of Directors for two years, an opportunity came up to act as the board's secretary. Julie offered her services. Julie also expresses her thoughts and opinions by writing letters and making telephone calls. She is very concerned that so many people in our community are the ones affected when the rest of society makes cutbacks.

Julie sees a relationship with the natural environment as an im-



Julie Esselmont with a friend

portant key to seeing beyond misery. "When I see someone throwing crumbs to pigeons on a day at -40 degrees, I rejoice," says Julie. "That's his way of communicating with nature."

Julie came to Edmonton to work, after a time in Kamloops, BC, where she worked as a copywriter. Before that she lived in the coastal city of Prince Rupert where she worked as a reporter for the Prince Rupert Daily News.

Julie grew up in Vancouver where she began her long time relationship with the environment. With parents who were keenly interested in nature, Julie quickly learned the names of almost every plant, tree, and bird in Vancouver. And not only the common names but the official Latin names, too! She remembers well the streets lined with old, old trees.

When Julie isn't our walking and listening and watching and learning in nature, she turns to her interests in classical music and literature. She is a particular fan of the Liber music of Germany, and German and French opera. "I'm crazy about Wagner", Julie admits. She also likes Strauss,


Schubert, Mahler, and Brahms. Julie is also an unashamed fanatic of the CBC. Readers who share her CBC interest should keep tuned to Morningside, with Peter Gzowski. Julie was recently called to see if she would consider a possible cross-country link-up on his program. If the proposal airs, she will be sharing her insights on birds in our Boyle McCauley community with people across Canada. So stay tuned!

Unfortunately, one small article in a newspaper can never do justice in sharing all there is to know about a person. Certainly, there is much more about Julie such as her love of dogs, her work as a creative writer, and her belief in the importance of friendship. Julie has many close friends whom she values very much.

On behalf of the Boyle McCauley News, and the Boyle McCauley community, a big thank you to Julie Esselmont, for all the time and energy and friendship she has offered to our newspaper and our community. THANK YOU Julie!

by Phil McIntyre-Paul

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# News from McCauley School

The McCauley Mustangs soccer team completed another undefeated season recently against teams from Spruce Avenue, McDougall, Eastwood and Parkdale. Due to weather conditions, McCauley was awarded the championship based on their season's performance under the coaching of Mr D. Morris.

Congratulations to the winning team: Michael Duong, Jarin Jarek, Jaruy Jarek, Noeun Noun, Vinh Pham, Leo San, Francis Chen, Kien La, Kevin Ngu, Van Trang, Jaime Ujeta-Cruz, Ken Ward, Hong do, Andy Lam, Peter Myshak, Sandy

Nguyen, Binh Thai, Khamphanh Chanasith (Equipment Manager), Phuong Dang (Co-Captain), and Norman Jasinski (Co-Captain).

There are some exciting new opportunities for our students this fall. One of these is the formation of the Student Conflict Management Team. These students help other students to help settle their normal playground conflicts and have been chosen by their classmates as being trusted and reliable. The Conflict Management Team has received special training in problem solving and creating

agreement between people - valuable life-long skills. More serious disagreements will still be handled by staff, but we know that when we were children we often listened to the advice of our peers. The idea has proven successful at many schools and helps to build self confidence and communication skills.

The Conflict Management Team, as chosen by their classmates, are: Leoniel Gratton, Jarin Jarek, Kimber Le, Winnie Luc, Faaiza Marikar, Conrad Merasty and Mike Wong.

We, at McCauley, are very excited about our upcoming

Christmas Concert. It will be a bit different this year! It is an actual play based on the children's novel, "The Best Christmas Pageant Ever" by B. Robinson. A Christmas Pageant is combined with hilarious story, and it guarantees enjoyment. Rehearsals are underway and the singing and acting parts are being played by students from 3 to 9.

"The Best Christmas Pageant Ever" will be performed on December 11th at McCauley School. Please come out and support these very talented students from your neighbourhood!

by Anna Kennedy

## McCauley School Parents Night

Wednesday  
January 22  
7 pm

**Topic:**  
How to help your child succeed in school

Interpreters for Chinese, Vietnamese, and Cambodian

Refreshments will be served

## Christmas Craft

### BAKERS CLAY ORNAMENTS

Here is an easy Christmas craft for children and adults. All you need is a few basic ingredients and some imagination to turn a lump of dough into a Santa, a star, a reindeer, a baby Jesus... The list goes on and on. They make great decorations for your tree or a nice gift for a friend.

#### Clay Recipe

1 cup flour  
1/2 cup salt  
1/2 cup water\*

\*If you would like a darker dough for skin, add some instant coffee to the water. Just mix and roll.

Now you are ready to use your imagination.....

Before you bake your creations at 250 degrees for 4 to 5 hours, put a small paper clip or any small piece of wire at the top to tie the ribbon on for hanging.

After baking you can paint them or leave them "natural". When they are completely cooled, varnish or shellac them for a shiny finish.

So.....  
Enjoy the feel of the dough, Let your imagination go. And amidst the Christmas rush, Have some moments of slow.  
by Mary Gallivan





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P175/80R13(B)	\$61.20	P205/75R15(B)	\$74.35
P185/80R13(B)	\$65.60	P215/75R15(B)	\$78.70
P185/70R14(B)	\$68.20	P225/75R15(B)	\$82.20
P185/75R14(B)	\$67.35	P235/75R15XL(B)	\$83.95

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6 Cyl.	<b>\$53.99</b>	
8 Cyl.	<b>\$59.99</b>	

Includes installation of spark plugs & fuel filter, scope to adjust timing, inspection of ignition, fuel, charging and cooling systems. Also includes inspection of belts, hoses, filters and fluid levels. All service work guaranteed. (\*Most cars & light trucks)

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- Resurface rotors
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(\*most cars and light trucks)

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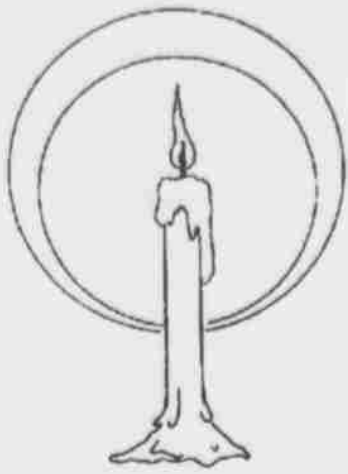
For more information please contact

Van or John Thornton

**423-2828 • 423-3398**

10528 - 102 Street, Edmonton

# Dealing with our anger



## If Every Day Were Christmas

*If the spirit of Christmas were with us every day, some revolutionary events would occur:*

*Selfishness would die a death of starvation.*

*Avarice would be hung higher than Haman.*

*Foolish pride would go down in crushing defeat.*

*Senseless strife and silly bickerings would shame each other to death.*

*The prayer of Jesus for the unity of His followers would be answered.*

*Racial animosities would be drowned in a sea of brotherhood.*

*Peace on earth would become a glorious reality.*

Almost all of us have a problem dealing with anger at some time in our lives. We may not punch our neighbour in the nose or hurl dishes across the room when we are upset with our spouse.

But many of us feel entitled to vent our anger on others in one way or another. Here in North America, holding back anger is often seen as unhealthy or even hypocritical.

Recent research, however, shows that simply dumping our anger on other people seldom solves the problem that sparked it.

Instead, it usually worsens communication with the other person, creates feelings of distance from that person, increases our blood pressure, lowers our self-esteem and makes the other person angry at us.

This is not to say that we can just ignore our feelings of anger. But we have a choice in how we deal with them. It should come as no surprise that most of us can control our anger when the target of that anger is our boss or a police officer.

It is only when the other person is unable to get back at us that we seem to have such a problem with self-control.

The reality is that the same techniques which work in dealing with anger at a boss can also work in dealing with anger at a spouse, parent, child or friend. We can learn to postpone expression of our anger until we are able to deal with it in a rational manner.

To do this, we have to be able to recognize our anger. Our body usually sends us signals such as a tight feeling in the neck or face, hot ears, rapid heartbeat, and a voice that gets louder and louder.

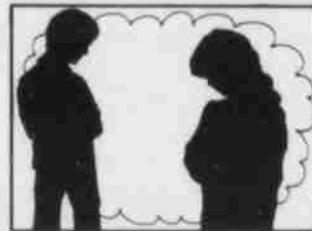
Once we recognize our anger, it is time to take a time out. We can do this by going for a walk, taking a shower, baking cookies, watching a movie, or getting involved in some other distraction.

After we have calmed down, it is time to figure out what is really going on. Is our anger really a mask for some other feeling, such as sadness, fear, disappointment, or insecurity? Are we suffering from fatigue or some other stress not related to the incident which prompted our anger? Where is the other person coming from?

Trying to understand the other person often makes us realize that this person was not really out to hurt us after all.

Once we have analyzed the situation, it is time to express our feelings verbally. If we are trying to avoid making a situation worse, this should not involve hurling insults and abuse at the other person. Our expression should be a description of how we feel and how we interpret the situation. It should allow space for the other person to describe his or her feelings and his or her interpretation of the situation.

A lasting solution to most problems is one that acknowledges the needs and feelings of both parties.



by Brenda Brochu  
Edmonton Women's Shelter

*Joy to the World*

*The Lord is Come*

*Are You Prepared For His Second Coming?*

*Come Listen to the Good News this Advent Season*

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December 1 - 'Christ Our Hope'

December 8 - 'Christ Our Rest'

December 15 - 'Christ Our Peace'

December 22 - 'Christ Our Joy'

*Worship With Us*

**CHRISTMAS CANDLELIGHT SERVICE** - 'Christ Our Light' - December 22 6:30 p.m.

**CHRISTMAS DAY SERVICE** - 'Christ Our Life' - December 25 10:00 a.m.

**EPIPHANY** - 'Christ Our Crown' - January 5 10:00 a.m.

## A Prescription for Recovery?

The Mulroney government has always suffered from bad timing. With the country still reeling from the impact of the GST, the recession and free trade, the government now wants another hike to unemployment premiums.

Unemployment premiums will have to rise by another 7.1% on January 1 because the unemployment fund could have run up about a \$4.1 billion deficit this year. Why? Because too many Canadians are out of work. This proposed increase comes only six months after the government raised the premiums by 24%. It's suicidal to suggest another increase at a time when the economy is still shaky and employers are laying off workers.

We have been told by Mulroney and company that we are on our way to economic recovery. However, it seems we just haven't been listening. Unemployment still hovers around 10%, and the predictions are that it will stay that way for most of 1992.

October's unemployment rate rose to 10.3%. Now 1,420,000 people are out of work. With so many Canadians losing their jobs, more than \$11 billion has been drained out of the unemployment fund so far in 1991. According to Stats Canada, that's 40% more than last year.

Employers are now responsible for 60% of the UI budget, and it's businesses who will feel the impact of any premium increases. Industry has already had to swallow the July increase and

now they are being nailed again. Analysts fear some may resort to increasing prices to recover labour costs.

Small businesses have the most to lose. Their profit margins are squeezed and many are losing money. They are getting to the point where they can't cut costs anymore and still stay in business.

Clearly, the federal government is out of touch. It has become obsessed in teaching the country "responsible stewardship" to prevent debt problems. And while the government first promised to cover any future shortfalls, it now says the unemployment insurance fund must remain self-financing, even in these tougher times. Yes, the federal deficit can't be ignored, but it's time for the Mulroney government to take their heads out of their accounting books and take a good look at the country.

The feds like to believe that companies are "streamlining" to become more "competitive". It couldn't be further from the truth - they are cutting costs just to survive. Consumers are only spending when companies offer discounts. We are not going to get out of this recession if taxes and fee increases keep coming our way. Canadians need help now - how can they help the federal deficit if they can't help themselves? In their fanaticism to try and balance the books, the Mulroney government just might put this country out of business.

by Ross Harvey, M.P.

## Bissell wins crib tournament

Inner City Crib tournaments are becoming a gala event between Bissell Centre and its sister agency, Operation Friendship. On November 14th there were few noticeable differences during Operation Friendship daily drop in except for the twelve couples, painfully, yet, carefully planning and placing their combinations of 31.

In total, each agency consisted of three teams with two players on each crew. All inching their way down the crib board searching for the victory,

as well as a prestigious game trophy for the winners. This year's trophy goes to the defending champs, Bissell Centre, with Richard Bechard and James May winning most Games over all.

Crib is only one small part of the social recreational activities offered by the Bissell Centre. For more information on up coming Christmas events, as well as regularly scheduled fall and winter program activities, please call Jim Lomas at 423 - 2285.



L to R: Butch Plante (Metis Nation of Alberta), Laurent Roy (Coordinator), Sylvia Arcand (I.A.A.), Kathy Vandergriff (representing the Mayor), and Lyle Donald (Native Friendship Centre), discuss the Edmonton Aboriginal Representative Committee at the Committee's open house at Sacred Heart Church. Mayor Reimer called the Committee together to be a coordinating body between the City and Edmonton's Metis and Indian organizations.

# DISCOUNT VACUUMS

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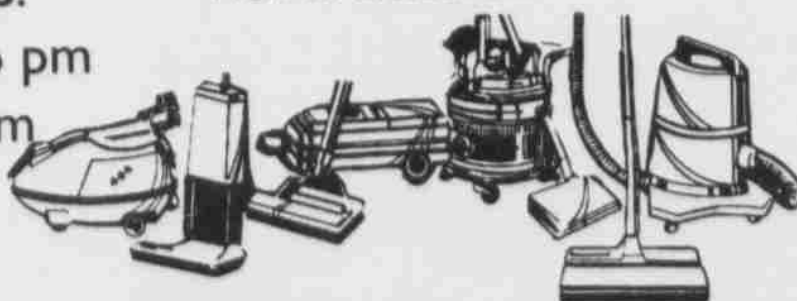
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**ACROSS FROM THE BRICK**

## Changes at the Health Centre

This fall has brought a number of changes and new faces to the Boyle McCauley Health Centre. As of October 1, the Health Centre began serving the Norwood community.

The more noticeable change has been the addition of four more staff members. Many of the Health Centre's patients will have already met Dr. Terry Heisler and the new Intake-Receptionist, Anne Coons. The Health Centre also has a new secretary, Ronda Danchak and a Resource Development Coordinator, Tina Ma. And for those who have noticed the absence of Denise Postey (Belanger) at the Reception Desk, she's still with the Health Centre. Denise is now the Administrative Assistant.

Of the new staff, Dr. Heisler has been with the Health Centre the long-

est. She began working with the Health Centre in July and like the other new staff, she feels that the Centre's atmosphere was an important part of her decision to take a job there. Dr. Heisler also likes the team approach of the Health Centre. She says there's more of a "small town feeling" in the neighbourhood that comes from the friendliness of the community and from knowing the people in the area.

Anne Coons has been at the Centre since September 23. Anne likes working as a receptionist because the contact with people is important to her. Anne likes the friendliness of the patients, but also the range she works with - everything from kids to senior citizens. She sees understanding and calmness as being a major contribution to her position.



Deanna Bright, on the far left, community resident and Health Centre Board Member, discusses the Centre's new services with staff Tina Ma, Dr. Terry Heisler, Ronda Danchuk and Anne Coons

Tina Ma began at the Centre on October 9. Like Dr. Heisler, she says working at the Health Centre is like being in a small town again. Tina has worked for the Edmonton Food Bank and recently for the Edmonton Chapter of the Multiple Sclerosis Society and sees her Health Centre position as a continuation of her interest in helping. Part of Tina's work will be to get funding for the Centre's proposed Dental and X-ray Clinics, but she also sees that an important part of her job is letting the public know how unique the Health Centre is.

Ronda is the newest staff member

of the Health Centre, having started on October 24. Her decision to come to work at the Health Centre was motivated by an interest in the inner city and in the agencies here. Ronda likes the variety of people who come to the Health Centre, and also the hectic pace.

The staff at the Health Centre are pleased with the changes and are confident that the new members will soon be familiar faces in the neighbourhood. They also look forward to meeting residents from the Norwood Area and expanding service to provide Dental and X-ray facilities to residents of Boyle Street, McCauley and Norwood.

## Old cribs can kill

The Edmonton Board of Health is advising parents to throw out any cribs built before 1986. Seventeen deaths have occurred because of these old cribs.

Unfortunately, many of the old cribs are still in use, either bought at garage sales, or handed down from relatives and friends. Public health nurses still see these cribs as they do home visits.

The old cribs had a floating system

allowing parents to adjust the height of the mattress. Unfortunately, it allowed for one end of the bottom of the crib to collapse. Babies would roll down the crib and asphyxiate as they became trapped between the bottom and sides of the crib.

Parents should make sure that they are buying cribs that meet the current safety standards.



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## The story of Arlene Archand

"Spirituality is not just for Sunday but for all of our lives". This is the feeling of Arlene Archand, founder of Bearwoman and Associates.

With the help of a core group of people and professionals working on a contract basis, she is working with Natives (and some white people) to heal the wounds that people have, so that they may regain spirituality they have lost and change the course of their lives. She feels that unless we, as individuals, can heal ourselves, we cannot be effective in government.

Arlene lost her spirituality as a teenager. She was raised on a reserve

about 30 miles from Edmonton and experienced first hand the problems of alcoholism and violence, so common on reserves.

She, herself, had personal problems with alcohol. She dropped out of school and it was only because of the positive influence of a Band counsellor that she got back on track. He convinced her to finish school.

After High School Arlene attended the University of Calgary, was employed by Indian Affairs, and went to work for the Alexander Band. It was there that she began to realize the importance of the holistic approach taken by Native culture to life,

also that she had to heal herself before she could attempt to heal others.

She formed Bearwoman based on this philosophy. The group believes in healing, but also in the fact that Native people need education beyond that offered in academic institutions.

Together the group identified the needs in communities, but they are continually modifying their programs in response to needs identified by individuals and other groups. Initially most of their work was done on reserves, but now more than their programs are carried out in their offices.

Groups that know each other well can only go so far in the process of healing. Strangers are essential for the input of fresh ideas.

They think that their services based on a holistic healing approach, is unique in Canada. No other agency offers ongoing support for those needing healing. The strong spiritual element in their work promotes the growth of self esteem, and results can be seen very quickly.

Positive feelings of Natives to

Whites, and of Whites to Natives are encouraged. They offer many cross-cultural programs designed to build bridges between the cultures. About 60% of their service users are treaty Indians, about 30% are Metis and about 10% ( an increasing percentage) are White.

Most of the programs are offered at their own facility, but they can arrange and facilitate programs in other agencies.

Examples of programs being offered during November are: "Adult Children of Alcoholics", "Dream Awareness", "Cross Cultural", "Women's Circle" and "An Evening with Elders". Many are run in the evenings so that working people can attend.

Agencies can organize programs in association with Bearwoman and Associates, but individuals also can register to attend any of their sessions. Funding is available to cover the costs if registrants are Treaty Indians. To find out more, call Bearwoman at 451-5078.

by Ele Gibson

*"The dream is that through Bearwoman & Associates we will bring together the best technicians, trainers and community developers to assist in the empowerment of our people."*

*"That this team of specialists will help the communities do the necessary comprehensive planning, training and skills enhancement*

*to develop healthy, balanced and economically viable Indian communities."*

*"These communities will be able to successfully incorporate the traditional and contemporary values to enable them to step into the 21st Century as leaders of flourishing communities."*



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Team Building Workshop  
Adult Building Workshop  
Adult Children of Alcoholics Co-Dependency Workshop  
Men's Circle  
Women's Circle  
Adventures in Communication

**Listing of other upcoming workshops available on request.**

**All workshops can be held in your community or at the Bearwoman office:  
16447 - 117 Avenue, Edmonton, AB T5M 3U3 Phone 451-5078**

**Note: Treaty Indian Registration Fee is covered by medical services.**

# Video Voyeurs

Well gang, it has been a busy month and, believe it or not, we only had a chance to see one video. We had a long week and wanted some reliable entertainment so we rented an old classic, **In the Heat of the Night**, starring Rod Steiger and Sydney Potier. It is a great film and Steiger excelled in his role of the southern sheriff. (By the way, this film will be airing on PBS, channel 13, on Friday night December 6th at midnight.)

Speaking of PBS, we got our copy of their December program guide and were excited by a couple of things which will be on during their Christmas fundraising blitz. I thought I'd tell you about them so that you might watch them too. (My apologies to those readers who don't have cable.)

On Sunday Dec. 15th at 11:10 PM and repeated on Wednesday Dec. 18th at 3:00 PM, PBS will be broadcasting a special called, **Mighty Day: The Chad Mitchell Trio Reunion**. For those of you who might not have heard of this group, they were one of the first folk groups in the early sixties to sing political satire. One of the group, Joe Frazier was from Trail, B.C. When Chad Mitchell left the group in 1965, he was replaced by the then unknown, John Denver. This

show should be a real delight, so we hope you'll give it a chance.

The other show we want to recommend is now an annual repeat on PBS but is our favourite Christmas music program. It's the **Peter, Paul & Mary Holiday Concert**. This show is filled with wonderful music and we often listen to the soundtrack during the Yuletide Season. This year it will be shown on Sunday December 15th at 9:00 PM. (That's just before the Chad Mitchell Trio.) What a music filled night that will be.

Well, that's all for this month. Hope you have a wonderful Christmas season and we'll be talking at you again in the new year.

Till then we remain...



Virgil and Valerie  
The Video Voyeurs

## JIM & ELE'S DINING ADVENTURES

# A delightful lunch at Mai Mei House

It was very nice to be invited to lunch for a change. A local business man invited us to join him at the **Mai Mei House** in the Chinese Mall on Jasper Avenue and 95th Street, and we had a most delightful lunch.

Every day is smorg day at the **Mai Mei House**. There is a really good selection of food. As much as you could ever want to eat, and all for \$5.49 per person.

The day we lunched there were two choices of soup, Hot and Sour and Wanton. I tried both, they were delicious.

The entrée featured a selection of Szechwan Beef, Chicken in Black Bean Sauce, Beef and Broccoli, Fried Rice, Egg Rolls and Fried Wontons. We washed all of this down with liberal amounts of China Tea which was served on the house.

A regular menu is available at prices ranging upward from \$6.95, although I can't think why anyone would need to order from it when such a good selection is available at such low price at the buffet.



Service was adequate and very friendly. Our luncheon companion told us that he has the habit of examining the kitchen at every restaurant he visits before he eats there. If the kitchen is found to be dirty or inefficiently run, he eats elsewhere. He assured us that the kitchen in the **Mai Mei House** was one the best he had ever seen.

I would not hesitate to recommend this restaurant for good food or good value.

The **Mai Mei House** is located at 9441 Jasper Ave. You can call for reservations or information, 424-2720.

by Ele Gibson

Seasons Greetings from the management and staff of

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# Christmas in Boyle McCauley

Our roving reporter Randy talked to residents of Boyle McCauley and asked them to explain the meaning of Christmas.

**Roland:** You have to go to midnight mass. I make my own presents like a hockey stick for myself and place mats for my mom and dad.

**Debby, Dustin and Red:** Christmas means being together on this special day, sharing what we have while wishing it were more. It also means loving each other more, if that's possible, and praying for a better future.

**Dave:** For me, Christmas means sharing, giving, and trying to be the best we can be. It also means hoping that the new year will be good, and being with those we love.

**Doug:** Christmas is just another time for my friends, Jim, Michele, Julie and I to celebrate by sharing what we have on this special day.

**Cathy and Tony:** Christmas is for sharing and giving what you can to those who have less than you. It is a time for bringing friends together and a time of peace and joy.

**Brian and Cindy:** Soon we are going to have a new baby. I suppose that is what Christmas means to us, celebrating new life and its potential.

**Martin:** Christmas means togetherness, friendship and loving people.

**Dave:** Christmas time is sad; at least that is the way it has been for me the last couple of years. My parents and relatives drink too much and it gets out of hand. Christmas should be a time for sharing, giving and celebrating joy and peace. If Christmas doesn't



**Martin Krywohyza ponders his answer to Randy Glynn's question for Randy's column on Christmas in Boyle McCauley**

mean these things, what hope is there for the rest of the year!

**Jack:** Christmas means a special time of the year to give of oneself.

**Richard:** First and foremost, Christmas is the celebration of Jesus's birthday. (The reason for the season.) It is also a time for giving and sharing. My earliest memories of Christmas are very pleasant, with all of the traditional events of the season, food, presents, relatives, music and church. One of my most pleasant Christmas memories is of a time when my dad donated a turkey to the church for a

less fortunate family. That really signified what Christmas was all about.

**Doris, Cletis, Jessy and Moira:** As a family, sometimes things haven't worked out well during the year but Christmas somehow seems to bring us closer together as a family. We don't have very much but Christmas day means more because we share whatever we have.

All of these comments come from people who live in the community. I believe that their thoughts tell us the real meaning of Christmas.  
**by Randy Gwynn**



Seasons Greetings from

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